

Lesson 3 Mental & Physical Health

【例句可以直接背诵放到口语和写作用】

1. adolescent (n.) 青少年

Many adolescents experience a phase of rebellion as they seek to establish their own identity. (许多青少年在寻求建立自我认同时会经历一个叛逆阶段。)

The government should provide more psychological support for adolescents who are under immense pressure from both school and peers. (政府应为那些承受来自学校和同龄人巨大压力的青少年提供更多心理支持。)

2. toddler(n.) 学步儿童

The period from being a toddler to a child is characterized by rapid language acquisition and physical coordination development. (从学步儿童到儿童的这段时期，以快速的语言习得和身体协调性发展为特征。)

It is crucial for toddlers to have a safe environment to explore, as this fosters/nurtures their curiosity and independence.** (为学步儿童提供一个安全的环境去探索至关重要，因为这能培养他们的好奇心和独立性。)

3. growth spurt (n.) 生长突增期

Many teenagers feel awkward and clumsy during a growth spurt, which can affect their self-confidence. (许多青少年在生长突增期会感到笨拙和尴尬，这可能会影响他们的自信心。)

A balanced diet is particularly important for children experiencing a growth spurt to ensure they receive adequate nutrition. (均衡的饮食对于正处于生长突增期的儿童尤为重要，以确保他们获得充足的营养。)

4. transition (n.) 过渡， 转变

The transition from adolescence to adulthood can be a challenging period, marked by increasing responsibilities and expectations. (从青春期到成年期的过渡可能是一个充满

挑战的时期，其标志是日益增长的责任和期望。)

University life represents a significant transition for many young people, as they learn to live independently. (大学生活对许多年轻人来说是一个重大的转变，因为他们要学习独立生活。)

5. self-conscious (adj.) 害羞的，不自然的，过分关注他人看法的

It is common for adolescents to become overly self-conscious about their appearance due to peer pressure. (由于同伴压力，青少年变得过分关注自己的外表是很常见的。)

Feeling self-conscious when speaking in public is a hurdle that many people need to overcome. (在公共场合发言时感到害羞是许多人需要克服的一个障碍。)

6. rebel against (v.) 反抗

It is a natural part of growing up for teenagers to rebel against parental authority in order to form their own values. (青少年为了形成自己的价值观而反抗父母权威是成长的自然组成部分。)

Some young people rebel against social norms through their fashion choices or artistic expression. (一些年轻人通过他们的时尚选择或艺术表达来反抗社会规范。)

7. abstract thinking (n.) 抽象思维

The development of abstract thinking allows adolescents to contemplate complex philosophical questions and hypothetical situations. (抽象思维的发展使青少年能够思考复杂的哲学问题和假设情境。)

Subjects like mathematics and philosophy are excellent for cultivating students' ability for abstract thought. (数学和哲学等学科对于培养学生抽象思维的能力非常有益。)

8. clumsy (adj.) 笨拙的

It is understandable for a teenager going through a growth spurt to be a bit clumsy as their body adjusts to its new size. (一个正处于生长突增期的青少年有点笨拙是可以理解的，因为他们的身体在适应新的体型。)

I was so clumsy as a child that I was always tripping over my own feet and spilling drinks. (我小时候非常笨拙，总是被自己绊倒，还把饮料洒出来。)

9. peer (n.) 同龄人

The influence of peers is often stronger than that of parents during adolescence. (在青春期，同龄人的影响通常比父母的影响更大。)

Positive peer pressure can motivate students to achieve higher academic standards. (积极的同伴压力可以激励学生达到更高的学业标准。)

10. throw a tantrum (v.) 发脾气

Toddlers often throw tantrums when they are unable to express their frustrations or desires verbally. (当幼儿无法用语言表达他们的挫折感或欲望时，经常会发脾气。)

While a young child might throw a tantrum in public, a teenager is more likely to express displeasure through sarcasm or withdrawal. (年幼的孩子可能会在公共场合发脾气，而青少年则更可能通过讽刺或疏离来表达不满。)

11. mature(adj.) 成熟的

Taking a gap year to travel can help young people become more mature and self-reliant. (间隔年旅行可以帮助年轻人变得更加成熟和自立。)

It is a sign of being emotionally mature when one can accept constructive criticism without becoming defensive. (当一个人能够接受建设性的批评而不产生抵触情绪时，这是情感成熟的一个标志。)

12. immature (adj.) 不成熟的

Postponing important tasks until the last minute is considered an immature approach to time management. (将重要任务推迟到最后一刻被认为是一种不成熟的时间管理方法。)

His immature behaviour in the meeting, such as making inappropriate jokes, undermined his professional credibility. (他在会议上的不成熟行为，比如开不恰当的玩笑，损害了他的专业信誉。)

13. overindulgent (adj.) 溺爱的, 放纵的

Overindulgent parenting may lead to children who lack resilience and a sense of responsibility. (溺爱式的养育可能导致孩子缺乏韧性和责任感。)

Some critics argue that an overindulgent society has created a generation with a sense of entitlement. (一些批评者认为, 一个放纵的社会造就了有特权感的一代人。)

14. logically (adv.) 逻辑上地

When faced with a complex problem, it is essential to analyze the situation logically before making a decision. (当面临复杂问题时, 在做出决定之前进行逻辑分析是至关重要的。)

A well-structured essay presents arguments logically and coherently, making it easy for the reader to follow. (一篇结构良好的文章会逻辑清晰、连贯地提出论点, 让读者易于理解。)

15. hypothetically (adv.) 假设地

In job interviews, candidates are sometimes asked to think hypothetically about how they would handle a challenging scenario. (在求职面试中, 候选人有时会被要求假设性地思考他们会如何处理一个具有挑战性的场景。)

Let's speak hypothetically: if you were given a million dollars, what would be your priority? (让我们假设一下: 如果你得到一百万美金, 你的首要任务会是什么?)

16. keep an open mind (phr.) 保持开放心态

When studying abroad, it is vital to keep an open mind towards different cultures and perspectives. (在国外学习时, 对不同的文化和观点保持开放的心态至关重要。)

A good scientist always keeps an open mind and is willing to consider new evidence that may challenge existing theories. (一个好的科学家总是保持开放的心态, 并愿意考虑可能挑战现有理论的新证据。)

17. bear in mind (phr.) 记住, 牢记

When designing public spaces, architects must bear in mind the needs of elderly

and disabled citizens. (在设计公共空间时, 建筑师必须牢记老年人和残疾公民的需求。)

We need to bear in mind that economic development should not come at the expense of environmental degradation. (我们需要牢记, 经济发展不应以环境恶化为代价。)

18. have something on one's mind (phr.) 有心事, 烦恼

You look like you have something on your mind; would you like to talk about it? (你看起来心事重重的, 想聊聊吗?)

It's difficult to concentrate on work when you have financial problems on your mind. (当你心里想着财务问题时, 很难集中精力工作。)

19. broaden one's mind (phr.) 开阔眼界/思维

Many people believe that traveling is the best way to broaden one's mind and gain a global perspective. (许多人认为旅行是开阔思维、获得全球视野的最佳方式。)

Reading literature from various countries can significantly broaden your mind and enhance your empathy. (阅读来自不同国家的文学作品可以极大地开阔你的思维, 增强你的同理心。)

20. put one's mind at ease (phr.) 使安心

The doctor's thorough explanation about the procedure helped to put my mind at ease before the surgery. (医生关于手术过程的详细解释在手术前让我安心了。)

To put parents' minds at ease, the school has implemented a stringent safety protocol. (为了让家长们放心, 学校已经实施了严格的安全规程。)

21. slip one's mind (phr.) 忘记

I'm so sorry I missed your birthday; it completely slipped my mind with all the work deadlines. (非常抱歉我忘了你的生日, 最近工作截止日期太多, 我完全忘记了。)

The name of the restaurant slipped my mind, but I can remember how to get there. (那家餐厅的名字我一时想不起来了, 但我记得怎么去。)

22. milestone (n.) 里程碑

Learning to read is a critical milestone in a child's cognitive development. (学会阅读是儿童认知发展的一个关键里程碑。)

The invention of the Internet was a major milestone in human history, revolutionizing communication and access to information. (互联网的发明是人类历史的一个重要里程碑, 它彻底改变了通信和信息获取的方式。)

23. independence (n.) 独立

University education should not only provide knowledge but also foster independence and critical thinking skills. (大学教育不仅应提供知识, 还应培养独立性和批判性思维能力。)

Many young adults delay achieving financial independence due to high living costs and student loans. (由于高昂的生活成本和学生贷款, 许多年轻人推迟实现财务独立。)

24. crawl (v.) 爬行

Crawling is an important physical milestone that helps to strengthen a baby's muscles and coordinate limb movement. (爬行是一个重要的身体发育里程碑有助于增强婴儿的肌肉力量和协调四肢运动。)

Before babies can walk, they typically learn to crawl, which gives them a new level of autonomy to explore their surroundings. (在婴儿学会走路之前, 他们通常先学会爬行, 这给了他们探索周围环境的新自主权。)

25. rapid (adj.) 迅速的

The first few years of a child's life are a period of rapid brain development. (孩子生命的最初几年是大脑快速发展的时期。)

The rapid pace of technological change means that workers must continuously update their skills to remain relevant in the job market. (技术的快速变化意味着工作者必须不断更新技能, 以在就业市场中保持竞争力。)

26. imagination (n.) 想象力

Encouraging children to engage in imaginative play is crucial for their creative and

cognitive development. (鼓励孩子们参与富有想象力的游戏对他们的创造力和认知发展至关重要。)

Science fiction novels often stretch the limits of our imagination and provoke thoughts about the future of humanity. (科幻小说常常拓展我们想象力的边界，并引发我们对人类未来的思考。)

27. tolerant (adj.) 宽容的

A multicultural society can only thrive if its citizens are tolerant of different beliefs and customs. (一个多元文化社会只有在它的公民包容不同信仰和习俗时才能繁荣发展。)

Education plays a key role in raising a generation that is more tolerant and understanding of diversity. (教育在培养更能包容和理解多样性的一代人方面起着关键作用。)

28. overprotective (adj.) 过度保护的

Overprotective parents may inadvertently hinder their children's development of problem-solving skills and resilience. (过度保护的父母可能会无意中阻碍孩子解决问题能力和韧性的发展。)

Being overprotective of children can prevent them from learning from their own mistakes, which is a vital part of growing up. (过度保护孩子会阻止他们从自己的错误中学习，而这是成长的重要组成部分。)

29. patient (adj.) 耐心的

Teachers need to be extremely patient when dealing with young learners who have short attention spans. (老师在应对注意力持续时间短的年轻学习者时需要极其耐心。)

Mastering a musical instrument requires disciplined practice and a patient attitude towards gradual improvement. (掌握一门乐器需要严格的练习和对逐步提高的耐心态度。)

30. consequence (n.) 后果

Part of becoming a mature adult is learning to take responsibility for the consequences of your actions. (成为一个成熟的成年人的一部分，是学会为自己的行为后果

负责。)

The government must consider the long-term environmental consequences of industrial policies.(政府必须考虑工业政策可能带来的长期环境后果。)

By Melanie