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# 使用说明

1. 本教材共 16 个单元，可供高三学生或在校大学生第一学期使用（每周 22 条成语）。为方便自学，本教材还配有音频资料。
2. 各单元包含的英语成语数量相同（22 条成语）。各单元内的成语基本按照字母顺序排列，个别单元按关键词的出现频率排列。
3. 教材中的每一条英语成语都有英汉解释和例句。此外，在个别英语成语条目下，还有说明和变体，这四个方面是互补的，都有助于学生准确理解。学习时不要只看中文解释和例句，因为英文的解释和例句能让你更准确地理解成语。
4. 绝大多数成语“变体”的意思没有变化。个别成语的“变体”有不完全相同的意思，如遇这种情况，书中会加以说明。
5. 各单元的练习量很大，很重要。同学们千万不要眼高手低、囫囵吞枣，要坚持做完每一道题，成语的掌握在于反复操练。如果学生学得轻松，教师可视情况补充一些更有趣的改错题。
6. 建议在课堂教学中适当增加口头练习。如果学生的英语水平起点较高，建议增加成语造句的练习。当然，也可以要求起点更高的学生在写作练习中应用英语成语。根据我们的经验，在每一单元的练习完成以后，要求学生写一篇短文，其中包含 3—5 条成语的做法是可行的。
7. 除了各单元的 Warming-up exercise 以外，本教材不提供答案。我们认为找答案也是学习的过程，对学生是个锻炼。
8. 根据我们在中国人民大学和鄂尔多斯市杭锦旗中学的教学经验，以下情况应该提醒学生注意：（1）成语的褒贬色彩；（2）有些成语是口语化的语言，有些是较为正式的书面语言，使用成语要准确。英语成语用得好，简洁、生动、幽默的效果立竿见影；用得不好，不如不用。
9. 需要再次提醒的是，英汉成语不可对译。在绝大多数情况下，不可将英语成语和汉语成语相互套用。对于较难理解的成语，可查阅“参考书目”中列出的英语成语词典。

# Unit 1

## 跟时间相关的英语成语

学习英语成语要掌握成语的特点，切忌望文生义。不要把英语成语 turn night into day 理解为汉语的“日以继夜”，它也不是“夜以继日”的意思；behind time 和 behind the times 是两条不同的英语成语，意思完全不一样；Time flies! 或 How time flies! 已经表达了“光阴似箭”的意思，如果把“光阴似箭”译成 Time flies like an arrow. 或 Time flies like a rocket., 别人也能懂，但听起来有点画蛇添足。本单元英语成语关键词包括 clock、day（或 days）、dot、hours、moment、month、night 和 time（或 times）。



看图想成语

Which English idiom does this picture show?



（作图：张鑫）



## Warming-up exercise

Complete each of the following sentences with the correct word.

1. He used to be wealthy and powerful; he has seen better \_\_\_\_\_.  
A. months  
B. days  
C. years
2. This job is extremely difficult and complicated. It will take him a month of \_\_\_\_\_ to finish it.  
A. Mondays  
B. Sundays  
C. Fridays
3. She is working against the \_\_\_\_\_ to finish her homework before Sunday.  
A. time  
B. clock  
C. hour
4. We are all exhausted. Let's call it a \_\_\_\_\_.  
A. night  
B. time  
C. day

Key: 1. B 2. B 3. B 4. C

# Learning

## 1. Put the clock back

[ 解释 ] Act in a way that was desirable in the past but is no longer so.  
指行为或观念跟不上时代；按陈旧的规矩办事；老脑筋。

[ 变体 ] Turn the clock back

[ 例句 ] You must give university students more freedom. Don't try to prevent them from falling in love before graduation. You can't put the clock back!  
你应该给大学生更多的自由，不要试图阻止他们在毕业前谈恋爱，不能用过去那一套！

## 2. Round the clock

[ 解释 ] All day and all night.  
夜以继日，日以继夜。

[ 例句 ] After the wedding party, Michael and I went back home and slept round the clock because we had stayed up the whole night drinking, singing and dancing at the party.  
婚宴结束后，我和迈克尔回家睡了一天一夜，因为我们整晚都在聚会上喝酒、唱歌、跳舞。

## 3. Against the clock

[ 解释 ] (of work) Fast, without pause.  
指抓紧时间工作，强调不停顿。

[ 例句 ] I'll have to work against the clock to finish my thesis before the holiday finishes.  
Otherwise my supervisor will not be happy with me.  
假期结束前，我必须抓紧时间完成论文，否则我的导师会对我不满。

## 4. Go like clockwork

[ 解释 ] Go very easily, without any trouble; happen according to plan.  
强调有条不紊，没有麻烦；指按计划进行，进展顺利。

[ 变体 ] Run like clockwork

[ 例句 ] The president is very happy that all our arrangements for the project are going like clockwork. And I am sure we can finish the project on time.  
我们对该项目的所有安排都在有条不紊地进行，董事长对此非常高兴。我相信我们能按时完成这个项目。

### 5. Call it a day

[ 解释 ] Stop doing something.

停止做某事；结束某事；宣布某事的结束。

[ 例句 ] We have been working on the project since eight o'clock this morning. Now it is 12 o'clock. I think we should call it a day. I am hungry and exhausted.

从今天早上 8 点开始我们就一直在做这个项目。现在已经中午 12 点了，我想我们应该收工了。我现在又饿又累。

### 6. Day after day

[ 解释 ] For a long period of time (boring and possibly unpleasant).

日复一日（年复一年 year after year）；长时间持续（常指枯燥乏味或不愉快的事情）。

[ 说明 ] Day by day 的意思是“随着时间的流逝”，中性，不含贬义。

[ 例句 ] His boss asked him to do the same boring job day after day and his salary was very low, so eventually he was forced to look for another job.

老板让他日复一日地做着同样枯燥的工作，而且工资很低，所以最终他被迫另找工作。

### 7. Day in, day out

[ 解释 ] Every day without exception.

天天如此，没有例外。

[ 例句 ] Day in, day out, no matter what the weather is like, the old man walks half an hour.

不管天气如何，这位老人每天都要散步半小时，从无例外。

### 8. Evil days

[ 解释 ] Unlucky days when one suffers misfortune, loses money or power.

不走运，遭遇不幸，损失金钱或失去权力。

[ 例句 ] The economy of the area failed to recover from the natural disaster and fell on evil days.

该地区经济未能从天灾中恢复过来，陷入了困境。

### 9. Have seen better days

[ 解释 ] ① (of things) Have been in a better condition at one time but are rather old and useless now.

某物过去是好的，也好用；但现在已陈旧，已没有用。

[ 例句 ] This pair of boots have seen better days. But now I have to throw them away.  
这双靴子已经过时了，现在我得把它们扔掉。

[ 解释 ] ② (of people) Was richer, more powerful or famous in the past.  
某人曾经有过辉煌的时候（包括金钱、权力或名声等方面）。

[ 例句 ] Not many people know him now, but he has seen better days. He used to be the one in charge of the entertainment industry.  
现在知道他的人不多了，但他也曾辉煌过。他曾是娱乐业的负责人。

### 10. The good old days

[ 解释 ] An earlier time which is thought of as being happier than today.  
过去的美好时光；过去的幸福日子。

[ 例句 ] We have to queue up and wait for hours to buy a bit of bread nowadays, but bread was very easy to get in the good old days.  
现在我们买一点面包都要排队等上几个小时，还是过去的日子好，那时买面包是非常容易的。

### 11. On the dot

[ 解释 ] Promptly, punctually.  
迅速，按时，准点，正点。

[ 说明 ] dot 像钟表上的刻度。

[ 例句 ] He said he would come at six and he got here on the dot. He hates to let others wait for him.  
他说六点到就六点到，他讨厌让别人等他。

### 12. Keep good hours

[ 解释 ] Go to bed early and get up early.  
保持良好的作息時間，尤指睡眠有規律。

[ 例句 ] When he was at kindergarten, he kept good hours. Now he is a man of 60, but he still keeps good hours. That's why he is so healthy.  
上幼儿园时，他就保持良好的作息時間。现在 60 岁了，他仍然坚持早睡早起，所以才会这么健康。

### 13. Small hours

[ 解释 ] One or two hours after midnight.  
凌晨一两点钟。

[说明] 指钟表上数字的大小。

[例句] The wife went hysterical when she found that her husband was still drinking in the small hours.

发现丈夫深夜还在喝酒，妻子变得歇斯底里。

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#### 14. A month of Sundays

[解释] A long time (used to emphasize that something will definitely never happen) often used in negative constructions.

漫长的时间；遥遥无期（用于指某事根本不会发生）。多用于否定句。

[例句] He will not finish his thesis in a month of Sundays.

他很可能写不完论文了。

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#### 15. Make a night of it

[解释] Spend the night doing an activity.

花一整晚做某事。

[例句] You can all come to my place. I have just finished my exams today. Let's make a night of it.

你们都来我家吧。我今天刚考完试，让我们狂欢一晚。

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#### 16. Against time

[解释] Quickly because there is not enough time.

因时间不够而加快速度，争分夺秒。

[说明] Against time 常跟动词 work 连用。

[例句] The students are working against time to finish their essays. They know the consequence of a late submission.

同学们正在争分夺秒地写论文，因为他们知道迟交的后果。

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#### 17. Behind time

[解释] Late.

比原定时间晚；晚点。

[例句] The plane landed at the John F. Kennedy International Airport half an hour behind time.

飞机晚点半小时降落在肯尼迪国际机场。



### 18. Bide one's time

[解释] Wait patiently for a good opportunity.

耐心等待好机会的到来。

[说明] bide 是古英语，等于 abide，是“容忍”“遵守”或“延续”的意思。

[例句] I have been biding my time for years, just waiting for a chance like this.

多年来，我一直在等待这样的机会。

### 19. In the nick of time

[解释] Just in time.

勉强算是“来得及”，在最后时刻，紧要关头。意思是“差一点就晚了”。

[例句] The toast was about to burn when he turned off the electricity in the nick of time.

面包快要烤焦了，他及时关掉了电源。

### 20. Kill time

[解释] Do something in order to fill up time, to pass time quickly.

消磨时间；在空闲时间内找事做，以此打发时间。

[例句] The plane was late, so they killed time by playing cards in the lounge.

飞机晚点了，他们就在候机室里打牌消磨时间。

### 21. Behind the times

[解释] Old-fashioned; out of date.

过于传统，想法过时，太保守。

[例句] My old man does not approve of young men having long hair; he is rather behind the times.

我父亲不赞成年轻人留长发，他太保守了。

### 22. On the spur of the moment

[解释] Suddenly, without thinking or previous planning.

未经仔细考虑，没有事先计划，一时冲动之下（突然做某事）。

[说明] 就好像一匹马被马刺（马靴内侧的金属钉）戳了一下而做出反应的一刹那。

[例句] He said he would go out with his girlfriend. On the spur of the moment I gave him my car key. And now I am a bit worried, for he is only a learner driver.

他说要和他女朋友出去玩。我一时兴起，就把车钥匙给了他。现在我有点担心，因为他刚学开车。



## Exercise

### I. Find out the meaning of each of the following sentences.

1. Her ideas are behind the times.
  - A. She is slow in thinking.
  - B. Her ideas are half-baked.
  - C. Her ideas are old-fashioned.
2. He keeps good hours.
  - A. He is always punctual.
  - B. He can make you happy.
  - C. He goes to bed early and gets up early.
3. He plays snooker round the clock.
  - A. He enjoys watching people play snooker.
  - B. He plays snooker all day and all night.
  - C. He plays snooker by himself.
4. Our arrangements are going like clockwork.
  - A. Our arrangements are going smoothly.
  - B. We are not making any progress with our arrangements.
  - C. Our arrangements are not feasible.
5. Let's make a night of it.
  - A. We should finish the job tonight.
  - B. We should go to bed early tonight.
  - C. We should have a good time tonight.
6. They played cards to kill time.
  - A. They played cards to fill up time.
  - B. They refused to play cards.
  - C. They were interested in playing cards.
7. She is biding her time.
  - A. She is as busy as a bee.
  - B. She is waiting for her chance to come.
  - C. She is having a good time.

8. She said it on the spur of the moment.  
 A. She spoke without thinking carefully.  
 B. She was reluctant to say it.  
 C. She was careful when she spoke.
9. They often play games in the small hours.  
 A. They often play games in the daytime.  
 B. They often play games in the evening.  
 C. They often play games after midnight.
10. She will be here on the dot.  
 A. She will be here punctually.  
 B. She will be here soon.  
 C. She intends to be late.

## II. Match up.

- |                       |  |
|-----------------------|--|
| 1. evil days          | [    ] function smoothly               |
| 2. on the dot         | [    ] unlucky days                    |
| 3. go like clockwork  | [    ] late                            |
| 4. a month of Sundays | [    ] wait for a chance               |
| 5. against the clock  | [    ] punctually                      |
| 6. behind time        | [    ] one or two hours after midnight |
| 7. behind the times   | [    ] old-fashioned                   |
| 8. bide one's time    | [    ] fast, without pause             |
| 9. small hours        | [    ] a long time; never              |
| 10. round the clock   | [    ] all day and all night           |

## III. Complete each of the following idioms according to the clue.

- |              |                 |
|--------------|-----------------|
| 1. 夜以继日      | → round _____   |
| 2. 分秒必争      | → against _____ |
| 3. 过去的美好时光   | → the _____     |
| 4. 日复一日      | → day _____     |
| 5. 保持良好的作息時間 | → keep _____    |
| 6. 凌晨一两点鐘    | → small _____   |
| 7. 等待时机      | → bide _____    |
| 8. 落在时代后头    | → behind _____  |

9. 消磨时间 → kill \_\_\_\_\_  
10. (飞机) 晚点 → behind \_\_\_\_\_

IV. Complete each of the following sentences with one suitable word.

1. My boss is pleased that our plan is going like \_\_\_\_\_.
2. We don't know why the coach has arrived at the stadium 20 minutes behind \_\_\_\_\_.
3. He is retired now; but he has seen better \_\_\_\_\_.
4. Don't worry. I shall be there on the \_\_\_\_\_.
5. He used to stay up late and watch TV in the small \_\_\_\_\_.
6. She made a stupid remark on the spur of the \_\_\_\_\_.
7. Let's all go out and make a \_\_\_\_\_ of it.
8. They are working against the \_\_\_\_\_ to finish the job before 12 o'clock.
9. I am exhausted. Let's \_\_\_\_\_ it a day.
10. This job is extremely difficult and complicated. He won't finish it in a month of \_\_\_\_\_.