

VOA流行美语第112课 天气热了该减肥了实用英语考试 PDF
转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/581/2021_2022_VOA_E6_B5_81_E8_A1_8C_E7_c96_581879.htm 李华在学校体育馆里碰到Larry，今天李华会学到两个常用语: flab和ripped. (Ambience sound in a busy gym) LH: 哇！Larry! 你怎么满头大汗的？你在做什么啊？我要收藏 LL: I ' ve been out running. I ' m trying to burn all this flab on my stomach! LH: 噢！原来你刚才是去跑步啦，怪不得一身都是汗。哎，你还说你是要燃烧掉什么？哎！该不是要靠锻炼来去掉你身上多余的脂肪吧？ LL: That ' s right! Flab means fat, especially loose fat that hangs off the body. LH: 原来flab就是脂肪的意思，特别是指身上那些鼓出来的肥肉。哎呀，其实我不觉得你胖啊！你现在比我刚认识你的时候要瘦多了！ LL: Sure, I might be thinner, but I still have more flab than I need. I want to look good when I visit the beach next spring. LH: 原来你是为了明年春天到海滩去玩的时候身材看起来更漂亮？你既年轻又健康，只要少吃一点，多余的脂肪就会消失的。 LL: It ' s never that easy. A lot of westerners are like me, they grow flab very easily. If I don ' t exercise, the flab won ' t go away. LH: 西方人好象是很容易发胖，一旦胖了就很难瘦下去。如果不运动，肥肉就不会消失？我倒不认为所有的西方人都像这样。 LL: Well, no, of course not. For instance, my friend Pete eats like a pig, but there isn ' t an ounce of flab on his body. It ' s amazing. LH: 噢！你那个朋友Pete啊！他真的是很能吃，可是还那么瘦。我猜有些人就是不容易发胖。一般来说，我也不太会发胖！不过最近我发现我的手臂好像越来越粗了.... LL:

Really? Maybe you ' d better join me next time I go running. You don ' t want that flab to get worse, do you? ***** LH: 对了！Larry, 你怎么突然间决定要开始运动了呢？噢！该不是.....有新女朋友了？ LL: Pfft... I wish! It ' s just that last month when I was in Florida, I saw a lot of ripped guys on the beach there. I felt like a real loser after seeing them. LH: 你上个月到佛罗里达去玩，看到海滩上好多ripped guys。什么是ripped guys? 这些人让你觉得自己很失败，那是为什么呀？ LL: If someone is ripped, it means that they are very strong, and have lots of muscle definition. You can see their muscles clearly. LH: 啊，ripped原来是指那些身体很强壮、肌肉很发达的人，就像那些健美先生，或者是奥林匹克运动会的那些短跑选手嘛！ LL: That ' s right. Sprinters usually are pretty ripped - too much flab would slow them down. LH: 没错，短跑运动员身上有太多脂肪，那怎么跑得快呢！对了！Larry，你大概要花多长时间才可以锻炼成像你在海滩上看到的那些身材健美的人呢？ LL: Oh, I don ' t know. I don ' t really care if I ' m ripped or not. I just want to lose some flab so that I can go to the beach without being laughed at. LH: 我同意你的想法，不管健美不健美，只要把多余的肥肉去掉，到海滩去不给人笑就好了。其实，对大多数女人来说，健美倒不一定是她们心目中理想的男人的主要条件！ LL: Really? So you ' re saying women don ' t really care if a guy is strong and ripped? LH: 是呀！至少我是这么想的。当然太胖，flab太多也不行。今天李华从Larry那儿学到了两个常用语。一个是flab, 是指身上多出来的脂肪肥肉。另一个常用语是ripped，形容人身材健美、肌肉强壮。

100Test 下载频道开通，各类考试题目直接下载。详细请访问

