

HSK 7-9 Essential Grammar Structures

Key grammatical formulas with paired bilingual example sentences.

134 STRUCTURES

1. 话（又）说回来

Phrases · Fixed Phrases · Others (Discourse Markers)

现在很多公交车驾驶座旁安装了包围门，保证司机专注开车。话说回来，司机安全驾驶，乘客才能安全到站。

Nowadays, many buses have a protective door installed next to the driver's seat to ensure the driver can focus on driving. That said, only when the driver drives safely can passengers arrive safely.

我一定得去问问，她这本书是在哪淘来的？不过话又说回来了，打听出来了又怎么样？反正已经被她买走了。

I really have to ask where she found that book. But then again, even if I find out, what's the use? It's already been bought by her.

2. 换句话说

Phrases · Fixed Phrases · Others (Discourse Markers)

喀什绝大多数人口是维吾尔族，汉族仅占10%。换句话说，10个人里只有一个是汉族人。

The vast majority of Kashgar's population is Uyghur, with Han Chinese making up only 10%. In other words, only one in ten people is Han Chinese.

读书固然范围要广博，但是也要有所选择，不能什么都读。换句话说，不仅要多读书，还要读好书。

Reading should indeed be broad, but you also need to be selective; you can't read everything. In other words, you should not only read more but also read good books.

3. 简（而）言之

Phrases · Fixed Phrases · Others (Discourse Markers)

你要问我过年的感受，简言之：热热闹闹、忙忙碌碌、吃吃喝喝、嘻嘻哈哈罢了。

If you ask me about my feelings during the New Year, in short: it's bustling, busy, eating and drinking, and laughing.

电影艺术的教育作用，在于将人物的境遇、所作的斗争以及内心活动、思想感情传递给观众并为其所理解，从而激起共情。简而言之，就是能否动之以情。

The educational role of film art lies in conveying the characters' situations, struggles, inner activities, and emotions to the audience for their understanding, thereby evoking empathy. In short, it's about whether it can move people emotionally.

4. 可不（是嘛）

Phrases · Fixed Phrases · Others (Discourse Markers)

“北京的雪总是静悄悄地飘下来，不会有一点声音。只有第二天早上睡醒了去开门，才知道昨天晚上下雪了。”一个道地的北京口音回答说：“可不，北京连雪也文明。”

"Snow in Beijing always falls quietly, without making a sound. Only when you wake up the next morning and open the door do you realize it snowed last night." A native Beijing accent replied, "Indeed, even Beijing's snow is civilized."

刘全指着铁子说：“要不是蔬菜大棚，铁子还是贫困户哩！”铁子不好意思地笑了：“可不是嘛！”

Liu Quan pointed at Tiezi and said, "If it weren't for the vegetable greenhouses, Tiezi would still be a poor household!" Tiezi smiled sheepishly and said, "That's right!"

5. 老实说

Phrases · Fixed Phrases · Others (Discourse Markers)

老实说，我对你太失望了。

To be honest, I am very disappointed in you.

我和我老公现在的状态是，只要我不主动和他说话，他也绝不会找我说话，老实说，有时候我觉得这样也挺好的，默契就行。

The current state between my husband and me is that as long as I don't initiate conversation with him, he never talks to me either. To be honest, sometimes I think it's fine; as long as we have that understanding.

6. （你）还别说

Phrases · Fixed Phrases · Others (Discourse Markers)

我的朋友给我介绍了一位知名造型师。还别说，经他这么一打扮，我感觉整个人年轻了10岁。

My friend introduced me to a famous stylist. You have to admit, after he dressed me up, I felt ten years younger.

我当年一咬牙，花了三个月的工资买了这台洗衣机，你还别说，贵有贵的道理，这么多年它没出现过一次质量问题。

Back then, I gritted my teeth and spent three months' salary on this washing machine. You have to admit, you get what you pay for. Over the years, it has never had a single quality problem.

7. 你看你

Phrases · Fixed Phrases · Others (Discourse Markers)

孩子考试不及格，千万别这样训斥孩子：“你看你，就考这么点分。你看那谁谁谁，人家怎么就能考那么高的分呢？”

When a child fails an exam, never scold them like this: 'Look at you, you got such a low score. Look at so-and-so, how come they can get such high scores?'

小娟啊！别人减肥，你可不能减啊！你看你，本来就瘦，再减的话都没人形了！

Xiaojuan! Others are losing weight, but you must not! Look at you, you're already skinny. If you lose more weight, you'll look like a shadow of yourself.

8. 说到哪儿去了

Phrases · Fixed Phrases · Others (Discourse Markers)

你说到哪儿去了，我才不会对他产生任何好感！

You're exaggerating! I would never have any feelings for him!

姐姐，看你说到哪儿去了，这么见外，我们是一家人，我怎么会不尽全力帮你呢？

Sister, don't say that. You're being too formal. We're family, so of course I'll do my best to help you.

9. 说真的

Phrases · Fixed Phrases · Others (Discourse Markers)

说真的，老张，我真怕他！不但我怕，别人也都怕他。他要是来了，我可是一句话都说不出来。

Honestly, Lao Zhang, I'm really afraid of him! Not just me, everyone is afraid of him. If he comes, I can't say a word.

娜娜心平气和地说：“说真的，晓东，你过得好还是不好，对我已经无所谓了。我现在看到你，心里完全没有波澜。你放心吧，我不恨你，你不用抱歉。”

Nana said calmly, 'To be honest, Xiaodong, whether you're doing well or not no longer matters to me. When I see you now, I feel no emotion at all. Don't worry, I don't hate you, and you don't need to apologize.'

10. 退一步说

Phrases · Fixed Phrases · Others (Discourse Markers)

向一个根本不喜欢数学的人解释为何迷上数学，这几乎不可能。退一步说，他甚至不能向自己解释清楚。

Explaining to someone who has no interest in math why you're fascinated by it is nearly impossible. Even if that weren't the case, he can't even explain it clearly to himself.

且不说在近几年内，本省电力紧缺的局面不可能有根本性的改观，退一步说，即使电力紧缺得到基本缓解，小火电仍然有其不可替代之处。

Not to mention that in the next few years, the power shortage in this province cannot be fundamentally improved. Even if that weren't the case, even if the power shortage were basically alleviated, small thermal power plants would still have their irreplaceable advantages.

11. 无论如何

Phrases · Fixed Phrases · Others (Discourse Markers)

无论如何，我得去打听打听，她这衣服到底从哪买的？

No matter what, I have to go and find out where exactly she bought this dress from.

追逐梦想的过程必然是艰辛的，但无论如何，你都要坚持下去。

The process of chasing your dreams is inevitably difficult, but no matter what, you must keep going.

12. 要（让）我说

Phrases · Fixed Phrases · Others (Discourse Markers)

你不能只看别人对你热不热情，先得想想自己应该怎么做。要我说呀，你还老觉得自己是个知识分子，身份与众不同。

You can't just look at how warmly others treat you; first you need to think about how you should behave. If you ask me, you still think of yourself as an intellectual, with a status different from others.

我是没看出来他的书法好在哪里，妙在哪里。要让我说，不同就不同在他是个作家，而不是普通人。

I can't see what's so good or wonderful about his calligraphy. If you ask me, the difference is that he's a writer, not an ordinary person.

13. 这不

Phrases · Fixed Phrases · Others (Discourse Markers)

那些小伙子经常过来帮我在院子里干活，遇着墙坏了就重新垒。这不，院子的东墙就是他们不久前新垒的。

Those young men often come over to help me work in the yard, and if a wall is broken, they rebuild it. See, the east wall of the yard was newly built by them not long ago.

节日到了，我想给他们改善改善伙食。他俩是滕州的，这不，我准备了大葱、煎饼，还有一大盘肉。

The holiday is coming, and I want to improve their meals. They are from Tengzhou, so see, I've prepared scallions, pancakes, and a big plate of meat.

14. 这样一来

Phrases · Fixed Phrases · Others (Discourse Markers)

他在屋后的空地上饲养了一群小鸡。这样一来，等小鸡长大后，他就有鸡蛋和鸡肉可吃了。

He raised a group of chicks in the empty lot behind the house. In this way, once the chicks grew up, he would have eggs and chicken to eat.

这些猎犬虽然个个经验丰富、身手矫健，但是对主人却不够信任。这样一来，整个队伍在捕猎时的战斗力并不高。

Although these hounds are all experienced and agile, they don't trust their master enough. As a result, the whole team's combat effectiveness during hunting is not high.

15. 真是的

Phrases · Fixed Phrases · Others (Discourse Markers)

他在我睡熟的时候偷偷跑了。真是的，我怎么会一点儿动静都没听到，睡得这么沉呢？

He sneaked away while I was fast asleep. Honestly, how could I not have heard a single sound and slept so soundly?

这点儿小事你竟然能唠叨两个多小时，真是的！

You can actually nag for over two hours about such a trivial matter. Really!

16. 综上所述

Phrases · Fixed Phrases · Others (Discourse Markers)

生态经济学认为，一切经济活动都是在一定的生态经济系统中进行的。它是由生态系统和经济系统两个子系统有机结合形成的。经济活动不单在经济系统中进行，同时也在生态系统中运行。也就是说，同时要受经济规律和生态规律的双重制约。有的地区比其他地区发展得好、前景也更广阔，关键就在于主政者能够不但遵循商业经营规律，同时也满足生态平衡的自然规律要求。综上所述，创造经济效益、增强地区的竞争力与可持续发展密不可分，关键之处是人类是否在合理地利用资源、是否在改善和保护环境。

Ecological economics holds that all economic activities are carried out within a certain ecological-economic system. This system is formed by the organic combination of two subsystems: the ecosystem and the economic system. Economic activities are not only conducted in the economic system, but also operate within the ecosystem. In other words, they are subject to the dual constraints of both economic and ecological laws. Some regions develop better than others and have broader prospects, and the key lies in whether the governing officials can not only follow the laws of business operations, but also meet the requirements of the natural laws of ecological balance. In summary, creating economic benefits and enhancing a region's competitiveness are inseparable from sustainable development, and the key point is whether humans are using resources rationally and whether they are improving and protecting the environment.

在这两天的赛场上，对面实力强大，调兵遣将游刃有余，相比起来，我们在女子项目上可与之匹敌，男双也有机会，但男单相对处于弱势。综上所述，赢下对方的困难不小，可他们碰见我们，心里未必就不发怵。

On the field over these two days, the opposing team is strong and manages their lineup with ease. In comparison, we can match them in women's events, and we also have a chance in men's doubles, but we are relatively weaker in men's singles. To sum up, it will be difficult to beat them, but when they face us, they may not be without fear either.

17. 总的来说

Phrases · Fixed Phrases · Others (Discourse Markers)

法制组调查组赴广东省多地，对招商引资工作进行了深入调研。总的来说，工作取得了不小的成就，但也暴露出了若干具体问题。

The legal investigation team went to several places in Guangdong Province to conduct in-depth research on investment promotion work. Overall, the work has achieved considerable success, but it has also exposed several specific problems.

他虽然性子急，有时说话有点儿伤人，但总的来说，他是个善良、真诚的人，关键时刻，总能给予我最及时的帮助。

Although he is impatient and sometimes says things that hurt others, overall, he is a kind and sincere person, and at critical moments, he can always give me the most timely help.

18. 总而言之

Phrases · Fixed Phrases · Others (Discourse Markers)

现在这个时代，你不但可以进行传统的阅读自学，还可以在网络上参加正规大学开设的慕课，学习之后甚至能获得学分认定。总而言之，一个有志于学习的人，肯定能够找到适合自己的学习之路，从而走上精彩的人生之路。

In this era, you can not only engage in traditional reading and self-study, but also take MOOCs offered by regular universities online, and even earn credits after completing them. In short, a person who is determined to learn will definitely find a suitable path for themselves and thus embark on a wonderful life journey.

鲁迅早就主张用“拿来主义”对待他国的科学文化。他主张“拿来”以后，再区别好坏，或用或弃，总而言之，为我所用。

Lu Xun long ago advocated using a 'take-ism' approach towards other countries' science and culture. He advocated that after 'taking', one should distinguish between good and bad, and either use or discard them. In a word, make them serve my own purposes.

19. X到这个地步/份上

Fixed Patterns

他的出发点是好的，只是没想到事情会闹到这个地步。

His intentions were good, but he didn't expect things to escalate to this point.

她是铁了心要走，话说到这个份上了，再挽留也就没什么意思。

She is determined to leave. Since she has said it to this extent, further persuasion is meaningless.

20. X得要命/要死

Fixed Patterns

他对他那一对双胞胎儿女，喜欢得要命。

He loves his twin children to death.

今年福州破天荒下起了雪，天气冷得要死。幸亏家里提前装了地暖。

This year, Fuzhou unexpectedly saw snowfall, and the weather was freezing cold. Fortunately, we had underfloor heating installed at home.

21. X都不/没X

Fixed Patterns

儿子再次打来电话，可他连听都不听就直接把电话挂掉，然后把话筒放在一边，这样他儿子就再也打不进来了。

His son called again, but he didn't even listen and just hung up, then put the phone aside, so his son couldn't get through anymore.

我敢断定，你托他办的这件事，他在老板面前提都没提过。

I'm sure that the matter you asked him to handle, he didn't even mention it in front of the boss.

22. X就X个Y

Fixed Patterns

玩就玩个痛快，反正明天还是假期。

If we're going to play, let's play to our heart's content; anyway, tomorrow is still a holiday.

今天我请客，你不用心疼钱，咱去就去个好点儿的饭店。

Today I'm treating, so don't worry about money; let's go to a nice restaurant.

23. X了Y，Y了X

Fixed Patterns

在海上生活可不是件简单的事。这几天，我们晕船晕得吃了吐，吐了吃，一点儿胃口都没有。

Living at sea is not easy. These days, we've been so seasick that we eat and then throw up, throw up and then eat again; we have no appetite at all.

昨天晚上我睡了醒，醒了睡，心里十分烦躁，总觉得我们的秘密被泄露了。

Last night I kept waking up and then falling back asleep, feeling very restless, as if our secret had been leaked.

24. X也好，Y也罢

Fixed Patterns

你相信也好，不相信也罢，反正我没有在背后说过你的坏话。

Whether you believe it or not, I haven't spoken ill of you behind your back.

不论别人说我幼稚也好，不成熟也罢，我都会坚持自己的原则。

Whether people say I'm childish or immature, I will stick to my principles.

25. 别提（有）多+形容词+了

Fixed Patterns

她这次考试没考好，整整哭了一天，别提多伤心了。

She didn't do well on the exam and cried all day; you can't imagine how sad she was.

我和爸爸昨天第一次坐了过山车，那种体验，别提有多奇妙了。

My dad and I rode a roller coaster for the first time yesterday; that experience was incredibly amazing.

26. 不亚于.....

Fixed Patterns

站在慕田峪长城的高处看去，只见长城宛如一条曲折蜿蜒的巨龙，气势丝毫不亚于八达岭长城。

Standing on the high point of Mutianyu Great Wall, you can see the wall winding like a twisting dragon, its momentum is no less than that of Badaling Great Wall.

她一说起家乡便打开了话匣子，那骄傲的神情透出对家乡无比的热爱。她对每一处名胜的了解程度不亚于一个专业导游。

Once she starts talking about her hometown, she can't stop. Her proud expression shows her deep love for it. Her knowledge of every scenic spot is no less than that of a professional tour guide.

27. 不知X是/才好

Fixed Patterns

很多年轻人工作上有闯劲，但比较毛躁，遭遇挫折时，总不知如何是好。

Many young people are enterprising at work but are a bit impetuous. When they encounter setbacks, they often don't know what to do.

她告诉我她和男友分手了，很痛苦。可我真的不知怎么办才好，只能不停地安慰她。

She told me she broke up with her boyfriend and is in great pain. But I really don't know what to do, so I can only keep comforting her.

28. 动不动就.....

Fixed Patterns

那姑娘动不动就给他打电话，弄得别人都以为他们是恋爱关系。

That girl calls him at the drop of a hat, making everyone think they are in a romantic relationship.

“我根本没有说过那些话！”王静的脸沉了下来，“你怎么动不动就歪曲我？”

"I never said those things!" Wang Jing's face darkened. "Why do you always twist my words so easily?"

29. 动词+得个.....

Fixed Patterns

小黄怎么也不会想到，这份就业协议把自己送上了法庭，赔了2万元“违约金”不说，还落得个“没有诚信”的名声。

Xiao Huang never imagined that this employment agreement would take him to court. Not only did he pay a 20,000 yuan 'penalty', but he also ended up with a reputation of 'lacking integrity'.

他也在股市搏杀，企图大赚一笔，结果闹得个血本无归，连房子都卖了。

He also tried his luck in the stock market, hoping to make a big profit, but ended up losing everything, even selling his house.

30. 动词+个X

Fixed Patterns

你来我家，我一定用珍藏多年的好酒招待你，让你喝个痛快。

If you come to my home, I will definitely treat you with the fine wine I've kept for years, letting you drink to your heart's content.

你下班之后就回家不行吗？天天在外面玩个什么劲儿？

Can't you just go home after work? Why do you always hang out outside and have fun like that?

31. 该X（就）X，该Y（就）Y

Fixed Patterns

遇事别多想，该吃吃，该喝喝，天塌不下来。

When things happen, don't overthink it. Eat when you should eat, drink when you should drink. The sky won't fall.

到了高三下学期，就该放下所有负担，调整好心态，该学就学，该玩就玩。

In the second semester of senior year, you should let go of all burdens and adjust your mindset. Study when you should study, and play when you should play.

32. 何至于.....

Fixed Patterns

要是我能想到别的办法，何至于来叨扰您呢？

If I had thought of another way, why would I have come to bother you?

我后悔没有听从他的忠告——要不然，事情何至于变得如此不可收拾！

I regret not following his advice—otherwise, how could things have become so irreparable?

33. 仅次于X

Fixed Patterns

在这家私营企业中，他的地位仅次于董事长。

In this private enterprise, his status is second only to the chairman.

水稻是世界上分布最广泛的粮食作物之一，其种植面积仅次于小麦。

Rice is one of the most widely distributed food crops in the world, and its planting area is second only to wheat.

34. 看在X的面子上

Fixed Patterns

我今天之所以放他一马，完全是看在你的面子上。

The reason I let him off the hook today is entirely for your sake.

你别那么固执了，看在孩子的面子上，就来一趟吧。

Don't be so stubborn. For the sake of the children, just come once.

35. 没什么+动词+头儿

Fixed Patterns

我觉得高档饭店的菜真没什么吃头儿，还是路边地道的土菜馆吃着过瘾。

I think the dishes at high-end restaurants are really not worth eating. The authentic local eateries by the roadside are much more satisfying.

春晚小品少了原来那些老面孔，还真是没什么看头儿。

The Spring Festival Gala sketches have lost those familiar faces, so they are really not worth watching.

36. 没什么好+动词+的

Fixed Patterns

你别再解释了，我跟你没什么好说的。

Stop explaining. I have nothing to say to you.

这事儿已经过去了，没什么好纠结的，人得往前看。

This matter is over. There's no point dwelling on it. People need to look forward.

37. 莫过于.....

Fixed Patterns

登山的游客可以欣赏到众多书画名家留下的石刻题词。石刻题词最密集地方，莫过于我们现在看到的这处崖壁了。

Hiking tourists can enjoy stone carvings and inscriptions left by many famous calligraphers and painters. The densest area of these carvings is none other than the cliff wall we see now.

近些年，在全球范围内引发最多关注的火山，莫过于2010年3月20日开始大规模喷发的冰岛南部的埃亚菲亚德拉火山了。

In recent years, the volcano that has attracted the most global attention is undoubtedly the Eyjafjallajökull volcano in southern Iceland, which began a large-scale eruption on March 20, 2010.

38. 你说你一个X，.....

Fixed Patterns

你说你一个20多岁的成年人，又不是小孩子，怎么连话都说不清楚呢？

You're a grown adult in your twenties, not a child. How can you not speak clearly?

你说你一个弱女子，一个人跑到这儿来干什么？人生地不熟的。

You're a weak woman. What are you doing here all alone? You don't know anyone or the place.

39. 什么A的B的

Fixed Patterns

你知道我的难言之隐，我不能和任何人说明我们的关系。所以什么好的坏的我都要憋在心里，默默承受。

You know my secret, and I can't explain our relationship to anyone. So I have to keep all the good and bad to myself and bear it silently.

听说小林和小王要结婚了，是真的吗？

I heard Xiao Lin and Xiao Wang are getting married. Is that true?

40. 视.....而定

Fixed Patterns

这项低保补助金，是为低收入家庭发放的。补助金额每家从500到3500元不等，视家庭收入而定。

This subsistence allowance is provided for low-income families. The amount varies from 500 to 3500 yuan per family, depending on family income.

领导进行调研的方式有多种，可以明察，可以暗访，可以召开小型座谈会，还可以针对性地个别谈话。该用什么方式，应视情况而定。

Leaders have various ways to conduct research: they can inspect openly, investigate secretly, hold small symposiums, or have targeted individual talks. The method used should depend on the situation.

41. 谈何.....

Fixed Patterns

十几年前，该县共有20余所小学，其中多半学校的校舍残破，教学设施老旧。这种情况下，谈何“素质教育”？

Over a decade ago, the county had over 20 primary schools, most of which had dilapidated buildings and outdated teaching facilities. Under such circumstances, how could they talk about 'quality education'?

消费能力不足，工业产品就卖不出去。产品市场惨淡，工业谈何兴旺！

If consumer spending is insufficient, industrial products won't sell. With a sluggish product market, how can industry thrive?

42. 无非/不过/只是.....罢了/而已

Fixed Patterns

他无非有些小聪明罢了，离天才还差得远呢！

He's just a bit clever, that's all; he's far from being a genius.

这里的海鲜大餐物美价廉，人均花费不过二百多港币而已。

The seafood feast here is good and cheap, costing just over 200 Hong Kong dollars per person.

43. 想X之所想，急X之所急

Fixed Patterns

领导干部不能有私心杂念，要全心全意为人民服务，想人民之所想，急人民之所急。

Leading cadres must not have selfish thoughts; they should serve the people wholeheartedly, thinking what the people think and worrying about what the people worry about.

创业指导专家服务团成立一年来，想创业者之所想，急创业者之所急，是创业者的最佳智囊团。

Since its establishment a year ago, the entrepreneurial expert service team has been thinking what entrepreneurs think and worrying about what they worry about, making it the best think tank for entrepreneurs.

44. 向.....致以.....

Fixed Patterns

我们谨此向广大读者致以最诚挚的问候，感谢大家在过去的一年里对本刊的支持、鼓励和批评。

We hereby extend our most sincere greetings to our readers, thanking you for your support, encouragement, and criticism over the past year.

我满怀喜悦，用中文向留学生们致以节日的祝福。

With great joy, I extend festive greetings to the international students in Chinese.

45. 要X有/没X，要Y有/没Y

Fixed Patterns

我要长相没长相，要身材没身材，怎么可能当明星？

I don't have looks, and I don't have figure; how could I become a star?

我们返回的时候要机票没机票，要火车票没火车票，只好跟人拼车回来。

When we returned, we had no plane tickets and no train tickets, so we had to share a car with others.

46. 因.....而.....

Fixed Patterns

看到其他人的结局，俞经理十分庆幸自己没有因一时冲动而犯下大错。

Seeing the endings of others, Manager Yu was very glad that he hadn't made a big mistake due to a moment of impulse.

教师为每个学生制定的学习计划应因人而异。

The learning plans that teachers make for each student should vary from person to person.

47. 有何X

Fixed Patterns

政府若仅靠当地力量不能让群众脱贫致富，引入外部资源有何不可？

If the government cannot help the people get rid of poverty and become prosperous by relying only on local forces, what's wrong with introducing external resources?

我是真不明白，你这样只知道拼命赚钱，生活究竟有何乐趣？

I really don't understand, if you just work hard to make money like this, what joy is there in life?

48. 有什么+动词+头儿

Fixed Patterns

这不就是一场校际篮球联赛吗，有什么看头？

Isn't this just an inter-school basketball league? What's there to watch?

我是不明白，这些垃圾食品，油腻至极，有什么吃头？

I don't understand, these junk foods are extremely greasy, what's there to eat?

49. (在)之余

Fixed Patterns

他职位提升后，工作日益繁忙，只能在工作之余发表一些作品。

After his promotion, his work became increasingly busy, and he could only publish some works in his spare time.

这本书收录了很多幽默、滑稽的故事，不过倘若能在捧腹大笑之余回味一番，便可发现这些故事背后也蕴含着深刻的哲理。

This book contains many humorous and funny stories, but if you can reflect after laughing heartily, you will find that these stories also contain profound philosophy.

50. 值此.....之际，.....

Fixed Patterns

值此新春佳节之际，衷心感谢您对本公司一直以来的关心和支持！

On the occasion of the Spring Festival, I sincerely thank you for your continued care and support to our company!

值此教师节来临之际，祝我校全体老师身体健康，阖家幸福！

On the occasion of Teachers' Day, I wish all the teachers in our school good health and family happiness!

51. A+形容词+于/过+B

Sentence Types · Special Sentence Patterns · Comparative Sentence 5

新型钛合金门窗不仅美观大方，而且在使用寿命方面也远远优于铁窗和铝合金门窗。

New titanium alloy doors and windows are not only beautiful and elegant, but also far superior to iron and aluminum alloy doors and windows in terms of service life.

对她这种锦衣玉食的富家小姐而言，面子往往胜于一切。

For a rich young lady like her who is used to a life of luxury, face often matters more than anything else.

52. 一来.....，二来.....，三来.....

Sentence Types · Simple Compound Sentences · Coordinate Compound Sentences

他虽然在犹豫，但现在还不会和她说分手，一来于心不忍，二来谈了这么多年多少也习惯了，三来怕别人议论。

He is hesitating, but he won't break up with her now. First, he can't bear to hurt her; second, after dating for so many years, he's somewhat used to it; third, he's afraid of what others might say.

他对王经理有相当的敬意，一来因为是自己的顶头上司，二来因为经理对于相关业务确实是烂熟于心，三来因为经理虽沉默寡言但又善于处理人际关系。

He has considerable respect for Manager Wang. First, because Wang is his immediate superior; second, because the manager is thoroughly familiar with the relevant business; third, because although the manager is taciturn, he is good at handling interpersonal relationships.

53. 一则.....，二则.....，三则.....

Sentence Types · Simple Compound Sentences · Coordinate Compound Sentences

这种药品一则价格高昂，二则产量较少，三则副作用明显，因此难以推广。

This medicine is hard to promote because, first, it is expensive; second, its production is limited; and third, it has obvious side effects.

排练时需要的演员比实际演出的时候要多一些，一则考察演员的表现，不合适的话就换掉；二则可以相互提出意见，完善表演；三则不上场的演员也可以做一些剧务工作。

During rehearsals, more actors are needed than for the actual performance. First, to assess the actors' performance and replace them if unsuitable; second, to allow mutual feedback and improve the performance; third, actors not on stage can also handle some stage management tasks.

54. 所谓....., 就是.....

Sentence Types · Simple Compound Sentences · Explanatory Compound Sentences

所谓绒面涂料, 就是视觉效果一流, 又不会引发眩晕, 触感柔软而有弹性的新型装饰材料。

The so-called flock coating is a new type of decorative material that has excellent visual effects, does not cause dizziness, and feels soft and elastic to the touch.

企业管理者要为企业的发展提供催化剂。所谓催化剂, 就是能为企业发展提供助力的一切行为, 包括设立清晰目标、调动员工自主性和创造性, 以及提供充分的资源等。

Enterprise managers should provide a catalyst for the company's development. The so-called catalyst is any action that can boost the company's growth, including setting clear goals, mobilizing employees' initiative and creativity, and providing sufficient resources.

55. 或....., 或.....

Sentence Types · Simple Compound Sentences · Alternative Compound Sentences

这一辈子, 或饱经挫折, 或一帆风顺。受挫折的, 心性会得到磨炼, 总是处于顺境的, 往往思想单纯。

In this life, one either experiences many setbacks or enjoys smooth sailing. Those who face setbacks have their character tempered, while those who are always in favorable circumstances often remain naive.

那个工人, 或是生病了, 或是家里头有事, 反正今天来不了了。

That worker is either sick or has something going on at home; anyway, he can't come today.

56. 宁可/宁愿....., 也不.....

Sentence Types · Simple Compound Sentences · Alternative Compound Sentences

今年上半年, 门店营业额有二百五十万元之多, 但利润仅一万多元, 公司经理说: “我们宁可利润少一些, 也不能忘掉服务消费者的宗旨。”

In the first half of this year, the store's turnover was as high as 2.5 million yuan, but the profit was only a little over 10,000 yuan. The company manager said, "We would rather have less profit than forget our purpose of serving consumers."

这批有志于交响乐艺术的音乐家始终以发展中国高水平的交响乐为己任。他们宁愿生活艰苦些, 也不愿放弃自己热爱的事业。

These musicians, who are committed to symphonic art, always take it as their mission to develop high-level symphonic music in China. They would rather live a hard life than give up their beloved career.

57. 与其....., 宁愿/宁可.....

Sentence Types · Simple Compound Sentences · Alternative Compound Sentences

与其在这里胡思乱想, 我宁愿当面去问个清楚。

Rather than sit here and let my imagination run wild, I'd rather go and ask directly.

与其跟这些毫无责任心的人一组, 我宁可一个人做这个小组作业。

Rather than be in a group with these irresponsible people, I'd rather do this group assignment alone.

58. X (倒) 是X (了),

Sentence Types · Simple Compound Sentences · Adversative Compound Sentences

重庆火锅好吃是好吃, 不过对于吃不惯麻辣味的人来说, 恐怕会难以入口。

Chongqing hotpot is tasty, that's for sure, but for those who can't handle the numbing spiciness, it might be hard to swallow.

上周的大型相亲会, 他迫于父母的压力, 去倒是去了, 但若是让他在相亲会上勇敢地表达自己, 追求心上人, 确实是难为他了。

Last week's big blind date event, he did go under pressure from his parents, but asking him to express himself boldly and pursue his sweetheart at the event was really a challenge for him.

59. 别看.....,

Sentence Types · Simple Compound Sentences · Adversative Compound Sentences

别看年龄小, 他的志向可很大呢!

Don't be fooled by his young age; his ambitions are really big!

别看小王一天到晚看上去什么都不在乎的样子, 其实他是个特别在意别人看法的人。

Don't be fooled by Xiao Wang's carefree attitude all day; he's actually someone who cares a lot about what others think.

60. 虽说....., 但/可.....

Sentence Types · Simple Compound Sentences · Adversative Compound Sentences

虽说我的身体不好, 但我并不会放弃一直以来的理想。

Although my health is not good, I won't give up my long-held ideals.

虽说这位著名画家的一幅画就可赚上百万, 可仍然架不住儿子这样挥霍。

Although this famous painter can earn millions from a single painting, it still can't withstand his son's reckless spending.

61. 无论.....与否, 都.....

Sentence Types · Simple Compound Sentences · Conditional Compound Sentences

无论你同意与否, 他都会按自己的计划去处理这件事的。

Whether you agree or not, he will handle this matter according to his own plan.

所有的工作人员, 无论工作成绩优异与否, 都是能领到高额奖金的。

All staff members, regardless of whether their work performance is excellent or not, can receive a high bonus.

62. 凡.....(者), 均(可)

Sentence Types · Simple Compound Sentences · Conditional Compound Sentences

此次比赛设有一、二、三等奖及优秀奖。凡获奖者均颁发荣誉证书。

This competition has first, second, third prizes and excellence awards. All winners will be awarded certificates of honor.

凡来我市进行技术合作的单位, 均可根据自身的资金、设备、专长等条件, 进行多领域、多层次的合作。

All units that come to our city for technical cooperation can engage in multi-field and multi-level cooperation based on their own funds, equipment, expertise, and other conditions.

63. 假若/假使.....,

Sentence Types · Simple Compound Sentences · Hypothetical Compound Sentences

假若你不愿待在家里, 你可以到湖边散散步, 或在公园喝喝茶、下下棋。

If you don't want to stay at home, you can take a walk by the lake, or have tea and play chess in the park.

我从来都不会后悔之前的决定, 假使一切再从头来, 结果也还是一样的。

I have never regretted my previous decisions. Even if everything started over, the result would still be the same.

64. 幸亏/幸好....., 不然/否则.....

Sentence Types · Simple Compound Sentences · Hypothetical Compound Sentences

幸好你今天中午替我打了饭, 不然我就只有挨饿的份了。

Fortunately, you got me lunch today; otherwise, I would have gone hungry.

幸亏老张告诉了我哥哥的电话号码, 否则我就真没法跟哥哥联系了。

Luckily, Old Zhang told me my brother's phone number; otherwise, I really couldn't have contacted him.

65. 纵然/纵使....., 也.....

Sentence Types · Simple Compound Sentences · Hypothetical Compound Sentences

纵然无人为他加油喝彩, 他最终也还是夺取了本站比赛的冠军。

Even if no one cheered for him, he still won the championship in this stage of the competition.

纵使出于好心, 你也要注意沟通的方式, 说话不要那么直接。

Even if you mean well, you should pay attention to the way you communicate; don't be so direct.

66. (因), 故.....

Sentence Types · Simple Compound Sentences · Causal Compound Sentences

富有智慧者看得透, 故不争; 胸襟豁达者想得开, 故不斗。

Those with wisdom see through things, so they do not contend; those with broad-mindedness are able to let go, so they do not fight.

肺肉瘤样癌是一种罕见的肺癌, 因其症状、体征缺乏特异性, 常需术后活检才能确诊, 故明确诊断较难。

Pulmonary sarcomatoid carcinoma is a rare type of lung cancer. Because its symptoms and signs lack specificity, it often requires postoperative biopsy for diagnosis, so a definitive diagnosis is difficult.

67., 以至(于)

Sentence Types · Simple Compound Sentences · Causal Compound Sentences

自从这种靶向药物问世之后, 它的治疗癌症的功能被推崇到了极点, 以至它在黑市上的价格被炒到了百万以上。

Since this targeted drug came out, its function in treating cancer has been extolled to the extreme, so much so that its price on the black market has been driven up to over a million.

当下的素质教育实践呈现出明显的形式化特征, 以至于一些学校将活动课的数量作为衡量素质教育实施的指标, 反而加重了学生负担。

The current practice of quality education shows obvious formalization, to the extent that some schools use the number of activity classes as a measure of quality education implementation, which actually increases the burden on students.

68. 别说……, 都/也……

Sentence Types · Simple Compound Sentences · Progressive Compound Sentences

这本书别说本科生了, 研究生读起来都费劲。

This book is difficult even for graduate students to read, let alone undergraduates.

他现在没有收入来源, 别说10万, 就是一万块现在也拿不出。

He has no source of income now. Not to mention 100,000, he can't even come up with 10,000 right now.

69. ……不说, 还……

Sentence Types · Simple Compound Sentences · Progressive Compound Sentences

你们在我家住着白吃白喝不说, 还给我添乱。

You stay at my house, eating and drinking for free, and not only that, you also cause trouble for me.

消费者最怕的就是上当受骗, 买到假冒伪劣商品, 钱花了不说, 还弄了一肚子气。

What consumers fear most is being cheated and buying counterfeit or shoddy goods. Not only do they waste money, but they also end up angry.

70. 连……都……, 更不用说……了

Sentence Types · Simple Compound Sentences · Progressive Compound Sentences

这道题的解法连老师都得想半天, 更不用说学生了。

Even the teacher has to think for a long time to solve this problem, let alone the students.

他连简单的道歉都不肯, 更不用说做出什么补偿了。

He won't even give a simple apology, let alone make any compensation.

71. ……尚且……, (更) 何况……

Sentence Types · Simple Compound Sentences · Progressive Compound Sentences

这样的影视作品, 成人尚且不宜观看, 何况是涉世未深的孩子。

Such films and TV works are not suitable for adults to watch, let alone for children who are still inexperienced.

高海拔地区土壤贫瘠、气候恶劣, 野草生长尚且困难, 更何况发展大规模农业?

In high-altitude areas, the soil is barren and the climate is harsh; even wild grass has difficulty growing, let alone developing large-scale agriculture?

72. ……更不用说……了

Sentence Types · Simple Compound Sentences · Progressive Compound Sentences

听音乐如果音量过大, 对成人的听力都会造成损伤, 更不用说对婴幼儿了。所以, 让婴幼儿听音乐时, 音量要控制适当。

If the music is too loud, it can damage even adults' hearing, let alone infants and young children. Therefore, when letting infants listen to music, the volume should be controlled appropriately.

虽说“豪华型”大客车带有卧铺, 但路况不好, 一路颠簸。坐在这种车上, 想打个盹常常都不容易, 更不用说睡个安稳觉了。

Although the 'luxury' coach has berths, the road conditions are poor and it is bumpy all the way. Sitting in such a car, it is often not easy to even take a nap, let alone sleep soundly.

73. 为(了)……起见, ……

Sentence Types · Simple Compound Sentences · Purpose Compound Sentences

超强台风将在浦东登陆, 为安全起见, 长三角地区部分列车会临时停运。

A super typhoon will make landfall in Pudong; for safety reasons, some trains in the Yangtze River Delta region will be temporarily suspended.

医生说手术恢复得很好, 但为了保险起见, 还是需要留院观察一段时间。

The doctor said he recovered well from the surgery, but for safety's sake, he still needs to stay in the hospital for observation for a while.

74. ……以……

Sentence Types · Simple Compound Sentences · Purpose Compound Sentences

在广泛听取各方意见之后, 工信部决定实施宽带提速计划, 以实现上网速度与国际平均水平接轨。

After extensively listening to opinions from all sides, the Ministry of Industry and Information Technology decided to implement a broadband speed-up plan in order to bring internet speeds in line with the international average.

世界卫生组织呼吁成员国加强合作, 完善监督机制, 保证有充裕的资金, 以帮助广大发展中国家。

The World Health Organization calls on member states to strengthen cooperation and improve supervision mechanisms to ensure sufficient funds to help developing countries.

75. 非得.....才.....

Sentence Types · Simple Compound Sentences · Condensed Compound Sentences

为什么我事先对你百般劝说都没有用，非得酿成大错你才肯反思？

Why did all my previous advice and persuasion have no effect? Only when a big mistake is made will you reflect on it?

若是家长不给买玩具，“小皇帝”便会大哭大闹，非得把玩具弄到手才罢休。

If parents don't buy toys, the 'little emperor' will cry and make a fuss, and will not stop until he gets the toy.

76. 任.....也.....

Sentence Types · Simple Compound Sentences · Condensed Compound Sentences

他的小女儿要是哭起来，任谁也哄不好。

If his little daughter starts crying, no one can comfort her.

他的心情低落到了极点，似乎任什么事也不能让他开心一点。

He was so down that it seemed nothing could cheer him up.

77. 多重并列复句

Sentence Types · Multi-clause Complex Sentences

我8岁开始学拉二胡，现已达到第七级了；11岁开始学弹钢琴，现已通过第八级的考试。

I started learning erhu at age 8 and have now reached level 7; I started learning piano at 11 and have passed the level 8 exam.

我在孩子的成长过程中，给予他充分的自由。我不逼他学奥数，除非他自己愿意学；不逼他音乐考级，只求培养些许乐感；不逼他学外语，只为他提供开口讲外语的机会。

Throughout my child's growth, I gave him plenty of freedom. I didn't force him to study Olympiad math unless he wanted to; I didn't push him to take music exams, just hoped to cultivate some musical sense; I didn't force him to learn a foreign language, only provided opportunities for him to speak it.

78. 多重转折复句

Sentence Types · Multi-clause Complex Sentences

今年虽然因为气温低，西瓜上市的时间推迟了，但总产量同比增长了近二成。

Although the watermelon season was delayed this year due to low temperatures, the total output still increased by nearly 20% year-on-year.

我清楚地记得那天她戴的是一枚钻戒，虽然她后来坚决否认，说她戴的只不过是枚普通金戒指，而且她发给我的照片也证实了这一点，可我还是不愿意承认我记错了。

I clearly remember that she wore a diamond ring that day, although she later firmly denied it, saying it was just an ordinary gold ring, and the photo she sent me confirmed that, but I still refuse to admit I was wrong.

79. 多重假设复句

Sentence Types · Multi-clause Complex Sentences

如果你足够努力，而且有一定的天赋，再加上一点点好运气，就一定能通过这次考试。

If you work hard enough, have some talent, and a bit of good luck, you will definitely pass this exam.

要是房子没有其他问题，只是因为租金高而迟迟租不出去，你就要考虑降一部分租金试试了。

If the house has no other problems but is just not renting out because the rent is too high, you should consider lowering the rent a bit and try.

80. 多重因果复句

Sentence Types · Multi-clause Complex Sentences

由于奥运会足球比赛一开始只面向准业余选手，所以它的水平不能与世界杯相比。于是在1930年乌拉圭举办第一届世界杯后，奥运会足球比赛就退居到次要位置。

Since Olympic football initially only allowed quasi-amateur players, its level couldn't compare with the World Cup. So after Uruguay hosted the first World Cup in 1930, Olympic football took a back seat.

他非常热衷于人体研究，因为在研究中不但可以获得新知识，而且还能对自己的身体状况有更深入的了解。

He is very passionate about human body research, because in his research he not only gains new knowledge but also gains a deeper understanding of his own physical condition.

81. 多重递进复句

Sentence Types · Multi-clause Complex Sentences

他不但会吹笛子，而且吹得还挺好，甚至还会做笛子呢！

He can not only play the flute, but he plays it quite well, and he can even make flutes!

这个项目不如交给小张负责，这样既能考验小张的能力，又能满足董事长的要求，而且还可以不得罪总经理。

This project might as well be assigned to Xiao Zhang. That way, we can test Xiao Zhang's abilities, meet the chairman's requirements, and also avoid offending the general manager.

82. 时间顺序

Discourse (Sentence Groups)

豆腐皮包肉的制作程序如下：取豆腐皮一袋用温水泡软，切成两个饺子皮大小的方块备用。将肉末用姜末、葱花、盐、味精、鸡蛋和好，再将几只冬菇泡软、切碎，放入肉末中拌匀。

The procedure for making tofu skin wrapped meat is as follows: take a bag of tofu skin and soak it in warm water until soft, then cut it into squares the size of two dumpling wrappers and set aside. Mix the minced pork with minced ginger, chopped green onions, salt, MSG, and egg, then soak a few shiitake mushrooms until soft, chop them finely, and stir them into the meat mixture.

在广泛调研的基础上，有关部门合并了一些高度类似的企业，停办一些消耗高、污染重、利润低的企业。经过调整以后，不少厂很快扭亏为盈。

Based on extensive research, the relevant departments merged some highly similar enterprises and shut down some enterprises with high consumption, heavy pollution, and low profits. After adjustments, many factories quickly turned losses into profits.

83. 空间顺序

Discourse (Sentence Groups)

20年前的长江中堡岛已不复存在。现在，在它的左边，大坝已矗立在波涛之中，左岸厂房坝、电厂、泄洪坝等已相继建成。在它的右边，三期工程的主体项目——右岸电厂正夜以继日地工作着。

The Zhongbao Island in the Yangtze River 20 years ago no longer exists. Now, to its left, the dam stands tall amidst the waves, and the left bank powerhouse dam, power plant, and flood discharge dam have been completed one after another. To its right, the main project of the third phase—the right bank power plant—is working day and night.

站在广场的中心位置，向东望去，1号展馆坐落于馆区主轴线上。其南北分别为2、3号展馆。三个展馆从远处看排成一条线，十分整齐。绕过三馆，背后是4、5号展馆，分别位于2、3号馆的东侧，两馆皆为东西走向，共同构成环湖之势。

Standing at the center of the square and looking east, Exhibition Hall 1 is located on the main axis of the exhibition area. To its north and south are Halls 2 and 3 respectively. From a distance, the three halls line up neatly. Going around the three halls, behind them are Halls 4 and 5, located to the east of Halls 2 and 3 respectively. Both halls run east-west, together forming a ring around the lake.

84. 逻辑顺序

Discourse (Sentence Groups)

全球变暖是自然因素和人为因素共同作用的结果。一方面，近年来超强的厄尔尼诺现象显著升高了海水温度，使得大洋上空温度偏高。另一方面，人类活动，如大规模的工业排放和森林采伐，是更主要的原因。

Global warming is the result of both natural and human factors. On one hand, the recent super El Niño phenomenon has significantly raised sea water temperatures, making the atmosphere over the ocean warmer. On the other hand, human activities, such as large-scale industrial emissions and deforestation, are the more primary cause.

该体制的优点是灾害响应速度快，处理突发情况效率高；缺点是不利于整合地方力量，也不利于平日村民自救意识的提高。

The advantages of this system are its fast disaster response and high efficiency in handling emergencies; the disadvantages are that it is not conducive to integrating local forces, nor to improving villagers' self-rescue awareness on a daily basis.

85. 话题延伸

Discourse (Sentence Groups)

甘草i于亚欧大陆的中国北部、蒙古、俄罗斯西伯利亚地区、哈萨克斯坦、巴基斯坦等地都有分布，Øi在中国具体分布于东北、华北、西北等地。甘草i喜光照充足、干燥少雨、冬夏分明以及昼夜温差大的环境，甘草i具有喜光、耐旱、耐热、耐寒及耐盐碱等特性。

Licorice is distributed in northern China, Mongolia, Siberia in Russia, Kazakhstan, Pakistan, and other places. In China, it is specifically distributed in the northeast, north, and northwest. Licorice thrives in environments with abundant sunlight, dry and little rain, distinct winters and summers, and large temperature differences between day and night. It has characteristics such as liking light, drought resistance, heat resistance, cold resistance, and salt-alkali tolerance.

人工智能i是新一轮科技革命和产业变革的重要驱动力量，Øi是研究、开发用于模拟、延伸和扩展人的智能的理论、方法、技术及应用系统的一门新的技术科学。

Artificial intelligence is an important driving force of the new round of technological revolution and industrial transformation. It is a new technical science that researches and develops theories, methods, technologies, and application systems used to simulate, extend, and expand human intelligence.

86. 话题转换

Discourse (Sentence Groups)

我在创作这幅作品时，是希望能够依靠背影去反映出人物的情绪和精神状态。至于这件作品的展出位置，在规划展厅布局时，就做了特别的安排。

When I created this artwork, I hoped to reflect the character's emotions and mental state through the back view. As for the placement of this piece, special arrangements were made when planning the exhibition layout.

我刻录光盘的速度都是软件默认的，如果自己去调高速度的话光盘容易报废。（至于）价钱嘛，买的比较多的话就一元一张盘。

I burn CDs at the software's default speed; if you increase the speed yourself, the discs are likely to be ruined. As for the price, if you buy in bulk, it's one yuan per disc.

87. 承前省略

Discourse (Sentence Groups)

我奶奶虽然没有文化，【】做事却十分干脆，【】听了这话便找出存折，【】抱着我便径直走出家门去银行取钱。

My grandmother was uneducated, but she was very decisive in her actions. Upon hearing this, she found the bankbook, and holding me, she walked straight out of the house to the bank to withdraw money.

中国政府秉承“以人为本”的精神，【】根据被援助国要求和国际社会的呼吁，【】及时提供了救灾物资、救援队和医疗队，【】尽力提供现汇资金援助，【】积极参与了国际合作的重大紧急救援任务。

The Chinese government, adhering to a people-oriented spirit, and in accordance with the requirements of the recipient countries and the calls of the international community, promptly provided disaster relief supplies, rescue teams, and medical teams, made every effort to provide cash assistance, and actively participated in major international emergency rescue missions.

88. 蒙后省略

Discourse (Sentence Groups)

虽然【】没有得到为国家献身的机会，但也一直做好了准备；如果到了那一天，汪昌绪绝对丝毫不会犹豫。

Although he never had the chance to sacrifice for his country, he has always been prepared; if that day comes, Wang Changxu will not hesitate at all.

无论【】平时工作多忙，【】回家多晚，王和平都会非常认真地检查孩子的作业。

No matter how busy he is at work or how late he comes home, Wang Heping always carefully checks his children's homework.

89. 不是我说你

Phrases · Fixed Phrases · Others (Discourse Markers)

不是我说你，你真是一点儿事都不懂。你既然求他帮忙，为什么姿态不放低点儿？

Not that I'm blaming you, but you really don't understand anything. Since you asked him for help, why not lower your posture a bit?

哥们儿，不是我说你，你还是社会经验不够啊。这件事搞成这样，说明你和上司的关系实在不怎么样。

Dude, if you don't mind me saying, you still lack social experience. The fact that things turned out this way shows that your relationship with your boss is really not good.

90. 反过来（说）

Phrases · Fixed Phrases · Others (Discourse Markers)

人的素质是人进行社会实践的产物，反过来，人的素质同样也会影响社会实践。

Human quality is a product of social practice, and conversely, human quality also affects social practice.

一个国家的教育发展水平取决于其经济、政治的发展程度；反过来说，它的经济和政治的发展程度，同样受到教育发展水平的深刻影响。

A country's educational development level depends on its economic and political development; conversely, its economic and political development is also deeply influenced by the level of educational development.

91. 概括来说

Phrases · Fixed Phrases · Others (Discourse Markers)

我看过陈刚写的诗，概括来说，给我留下了这样两点印象：第一，他的诗可谓大气磅礴；第二，他古典诗词方面的修养非常高。

I've read Chen Gang's poems. To summarize, they left me with two impressions: first, his poems are grand and powerful; second, his mastery of classical poetry is very high.

《体育课程标准》为体育课堂提供了课程评价的相关要求。概括来说，相关要求涵盖对学生的学习、教师的教学和课程的建设等多个方面。

The 'Physical Education Curriculum Standards' provide relevant requirements for course evaluation. In summary, these requirements cover multiple aspects such as student learning, teacher instruction, and curriculum construction.

92. 归根到底

Phrases · Fixed Phrases · Others (Discourse Markers)

我所做的一切，归根到底，不还是为了你吗？

Everything I do, in the final analysis, is it not for you?

企业竞争，是技术、产品的竞争，归根到底是人才的竞争。

Enterprise competition is competition in technology and products, but ultimately it is competition for talent.

93. 话是这么说

Phrases · Fixed Phrases · Others (Discourse Markers)

他问同事怕不怕，他们总是说：“这有什么好怕的？”话是这么说，但他依然有些恐惧。但怕也没有用，因为活是要干的，你怕不怕都得干！

He asked his colleagues if they were afraid, and they always said, 'What's there to be afraid of?' That's what they say, but he still felt some fear. But being afraid was useless, because work had to be done; whether you're afraid or not, you have to do it!

如果一个人的事业能够被社会所认可，那么这种感受是超越物质的。话是这么说，但谁不想拥有好的物质条件呢？

If a person's career can be recognized by society, then that feeling transcends material things. That's what they say, but who wouldn't want good material conditions?

94. 后一、亲一

Morphemes · Quasi-Prefixes

奥运场馆开工之前，就要考虑到后奥运时代的需求。

Before the Olympic venues are built, the needs of the post-Olympic era must be considered.

市长对老人们嘘寒问暖，并亲手将慰问品送到老人手中。

The mayor showed concern for the elderly and personally handed them care packages.

95. 大体、概、皆、尽、均、通通、统统、唯、唯独、唯有、无非、一概

Parts of Speech · Adverbs · Scope Adverbs

他的身体已经大体恢复了，我觉得可以进行一些基础性训练了。

His body has largely recovered, and I think he can start some basic training.

同类企业中，设备或许大体相似，但是生产效能可能相差悬殊。

Among similar enterprises, equipment may be largely similar, but production efficiency can differ greatly.

96. 姑且、即、即时、届时、尽早、就此、历来、尚、随即、向来、一经、暂且、早日

Parts of Speech · Adverbs · Time Adverbs

出于保护当事人的考虑，我们隐去了其真实姓名，姑且以“张某”代称。

For the protection of the parties involved, we have concealed their real names and will refer to them as 'Zhang' for now.

我给您简单分析一下，您姑且一听，要是不对，权当我没说。

Let me give you a brief analysis; you can listen for now, and if it's wrong, pretend I didn't say anything.

97. 连连、屡次、屡屡、频、时而、时时、相继、一个劲（儿）、一连、再度

Parts of Speech · Adverbs · Frequency Adverbs

这家店的饭菜不但量大实惠，而且色香味俱全，每一个来吃的人都连连称赞。

The food at this restaurant is not only generous in portion and affordable, but also delicious in color, aroma, and taste; every customer who comes praises it repeatedly.

杂技艺术节上，各地顶尖的杂技演员各显身手，引得现场惊呼不断、掌声连连。

At the acrobatics festival, top acrobats from all over showed their skills, eliciting continuous exclamations and applause.

98. 一观、一鬼、一界、一然、一坛、一为、一制

Morphemes · Quasi-Suffixes

新时代农民的价值观、消费观、审美观都和以往有了很大的不同。

The values, consumption views, and aesthetic views of farmers in the new era are very different from those in the past.

只给孩子花钱却不花时间陪伴孩子的家长同样是小气鬼。

Parents who spend money on their children but don't spend time with them are also stingy.

99. 巴不得、并非、除外、犯不着、犯得着、恨不得、可否、可谓、免不了、所谓、有所、予以

Parts of Speech · Verbs

他巴不得早点儿退休，好能到处游山玩水。

He can't wait to retire early so he can travel around and enjoy himself.

在外漂泊多年的游子归心似箭，巴不得一步跨进家门。

The wanderer who has been away from home for years is eager to return, wishing he could step into his home in one stride.

100. 我

Parts of Speech · Pronouns · Personal Pronouns

我校教育质量上乘，办学几十年间为国家培养、输送了大批优秀人才。

Our school has excellent educational quality and has cultivated and delivered a large number of outstanding talents for the country over the decades.

我公司始终秉持“以客户为中心”的理念，致力于为客户提供最优质的服务。

Our company always adheres to the 'customer-centric' philosophy and is committed to providing customers with the highest quality service.

101. 彼、这么着、兹

Parts of Speech · Pronouns · Demonstrative Pronouns

“古典小说”鼎盛于明清时期，彼时涌现了如四大名著等众多经典之作。

Classical novels flourished during the Ming and Qing dynasties, when many classic works such as the Four Great Classical Novels emerged.

提起朝阳，人们往往会想到北京的朝阳区。然而我们今日前往参观的此“朝阳”非彼“朝阳”，乃是被誉为“三燕古都”的辽宁省朝阳市。

When mentioning Chaoyang, people often think of Chaoyang District in Beijing. However, the 'Chaoyang' we are visiting today is not that 'Chaoyang', but Chaoyang City in Liaoning Province, known as the 'Capital of the Three Yan Kingdoms'.

102. 何、怎么着

Parts of Speech · Pronouns · Interrogative Pronouns

历史学家的任务之一是在浩瀚的史料中挖掘出何时、何地发生了何种事件。

One of the tasks of historians is to dig out from the vast historical materials when, where, and what events occurred.

这座滨江小城魅力何在？因何引得诸多文人骚客留下脍炙人口的名篇？

What is the charm of this riverside town? Why has it attracted many literati to leave popular masterpieces?

103. 若干

Parts of Speech · Pronouns · Quantitative Pronouns

经过初赛、复赛和决赛，大赛产生了“十佳歌手”和若干“优秀歌手”。

After the preliminary, semi-final, and final rounds, the competition produced 'Top Ten Singers' and several 'Outstanding Singers'.

她一生著有长篇小说七部，另有中短篇小说、散文、诗歌、随笔若干。

In her lifetime, she wrote seven novels, as well as several novellas, short stories, essays, poems, and miscellaneous pieces.

104. 重、截、缕、码、枚、摊、丸、则、幢、宗

Parts of Speech · Measure Words · Nominal Measure Words

该项目的延期是由多重原因所导致的，包括预算不足、人员短缺等。

The delay of the project was caused by multiple reasons, including budget shortfalls and staff shortages.

她们团队克服重重困难和阻碍，出色地完成了艰巨的任务。

Their team overcame numerous difficulties and obstacles and completed the arduous task with excellence.

105. 通

Parts of Speech · Measure Words · Verbal Measure Words

了解了我的饮食习惯以后，那位医生将我好一通批评，说我没有管住嘴。

After learning about my eating habits, the doctor gave me a thorough scolding, saying I hadn't controlled my diet.

因为他的失误，公司利益受到了重大损失，老板把他狠狠训了一通。

Because of his mistake, the company suffered significant losses, and the boss gave him a severe reprimand.

106. 人次

Parts of Speech · Measure Words · Compound Measure Words

旅游大数据显示，今年一季度辽宁省共接待游客1.71亿人次，同比增长68.2%。

Tourism big data shows that in the first quarter of this year, Liaoning Province received a total of 171 million visits, a year-on-year increase of 68.2%.

各大图书馆的古旧书刊，因近年借阅人次大幅增加，损坏非常严重。

The old books and periodicals in major libraries have been severely damaged due to a significant increase in borrowing visits in recent years.

107. 大为、分外、何等、极度、极力、略、略微、颇、稍稍、万分、微、尤为、愈加、越发

Parts of Speech · Adverbs · Degree Adverbs

当他们第一次品尝这道精致的菜肴时，大为惊叹，味蕾感到前所未有的满足。

When they first tasted this exquisite dish, they were greatly amazed, and their taste buds felt unprecedented satisfaction.

该歌手的演唱会门票，每张均以高价售出，但其表演水平并不高，观众看后大为不满。

The singer's concert tickets were sold at high prices, but his performance level was not high, and the audience was greatly dissatisfied after watching.

108. 按理、按说、百般、不由得、趁机、趁早、大肆、断然、公然、火速、截然、竭力、尽情、就近、刻意、拼命、强行、任意、日趋、如期、擅自、私自、特此、曙、一并、一举、一手、毅然、有意、照常、照例、照样、执意、骤然、逐一、专程

Parts of Speech · Adverbs · Manner Adverbs

按理，一到广州我就应该即刻去拜访先生，不料因行程繁忙到最后也未能成行。

According to etiquette, I should have visited you immediately upon arriving in Guangzhou, but due to a busy schedule, I failed to do so in the end.

你出现了这个失误，按理该扣一个月的工资，但看在你平时工作还算认真的份上，公司决定给你机会将功补过。

You made this mistake, and according to the rules, a month's salary should be deducted, but considering your usually serious work, the company has decided to give you a chance to make up for it.

109. 不见得、绝不、无从、无须、无可、勿

Parts of Speech · Adverbs · Negative Adverbs

文学上的分类只反映文学作品的特点而非价值的高低，通俗小说不见得不高雅，

Literary classification only reflects the characteristics of literary works, not their value; popular novels are not necessarily lowbrow or unserious, and so-called non-popular novels are not all masterpieces.

不见得不严肃，而那些所谓的非通俗小说，也并非都是精品。

This matter is very troublesome; even if you send someone ten times more capable than me, it may not be accomplished.

110. 必定、必将、不妨、不免、反倒、非得、分明、怪不得、果真、好在、何必、竟、愣、莫非、难怪、宁可、宁愿、碰巧、偏偏、恰巧、切、情愿、势必、索性、万万、未免、务必、幸好、幸亏、终究、何不、何尝、何苦

Parts of Speech · Adverbs · Modal Adverbs

快乐的人，必定是对生活有深刻洞察力的人，必定是内心富于诗意的人。

A happy person is surely someone with deep insight into life, and surely someone with poetry in their heart.

以你的资质，假以时日必定会“青出于蓝而胜于蓝”。

With your talent, given time, you will surely surpass your teacher.

111. 乃

Parts of Speech · Adverbs · Judgmental Adverbs

该片剧情严谨，全员演技在线，真乃一部不可多得的佳作。

The film has a rigorous plot and all actors perform well; it is truly a rare masterpiece.

我问他是怎么知道的，他神秘地说：“此乃天机，不可泄露。”

I asked him how he knew, and he mysteriously said, 'This is a heavenly secret; it cannot be revealed.'

112. 打

Parts of Speech · Prepositions · Introducing Time & Place

打这天起，小赵替父亲担起了全家的重担。

From that day on, Xiao Zhao took on the family's heavy burden for his father.

他悄声说这可是件宝贝，打皇宫里流出来的。

He whispered that this was a treasure that had come out of the imperial palace.

113. 当着、就6

Parts of Speech · Prepositions · Introducing Objects

当着这么多人，那人只好把话咽了下去。

In front of so many people, the man had to swallow his words.

大家聊得正高兴，她却当着大家的面掉下泪来。

Everyone was chatting happily, but she burst into tears in front of everyone.

114. 本着、基于、鉴于1、经、依

Parts of Speech · Prepositions · Expressing Means, Tools & Basis

我们本着“友谊第一，比赛第二”的精神，充分享受比赛的乐趣。

We fully enjoy the fun of the competition in the spirit of 'friendship first, competition second'.

虽然我和小孙素日关系更近，但本着实事求是的态度，我还是把票投给了小魏。

Although Xiao Sun and I are usually closer, in the spirit of seeking truth from facts, I still voted for Xiao Wei.

115. 鉴于2、况且、免得、若、倘若、以防

Parts of Speech · Conjunctions · Connecting Clauses or Sentences

鉴于近期设备故障频发，技术部门决定对相关设备进行全面维护。

In view of the frequent equipment failures recently, the technical department has decided to carry out comprehensive maintenance on the relevant equipment.

鉴于被告人严某主动上缴违法所得，认罪态度良好，可酌情从轻处罚。

In view of the defendant Yan's voluntary surrender of illegal gains and his good attitude of admitting guilt, he may be given a lighter punishment as appropriate.

116. 加之、乃至、且

Parts of Speech · Conjunctions · Connecting Words, Phrases, Clauses or Sentences

空气湿闷，加之窗外嘈杂不已，使得她彻夜未眠。

The air was humid and stuffy, and coupled with the noisy outside, she couldn't sleep all night.

他出众的能力加之丰富的工作经验是他职位迅速晋升的关键所在。

His outstanding ability, coupled with his rich work experience, is the key to his rapid promotion.

117. 罢了、也罢、矣

Parts of Speech · Particles · Modal Particles

他很谦虚地将自己的成功归结为运气好罢了。

He humbly attributes his success to just luck.

那些我们一度以为难以承受的挫折，终将会变成人生宝贵的经历，只是时间的问题罢了。

Those setbacks we once thought were unbearable will eventually become valuable life experiences; it's just a matter of time.

118. 爱A不A

Phrases · Fixed Phrases · Four-Character Phrases

团购的产品价格十分优惠，可商家对待使用团购券的客人却很不热情，总摆出一副爱吃不吃、爱住不住、爱买不买的姿态。

The products in the group-buying are very cheap, but the merchants treat customers who use group-buying vouchers very coldly, always putting on an attitude of 'eat it or not, stay or not, buy or not'.

他这个人干什么都是我行我素，穿衣打扮更是特立独行，一副“你爱看不看，反正我的事你管不着”的态度。

He does everything in his own way, and his dressing is especially unconventional, with an attitude of 'look or not, it's none of your business'.

119. 半A半B

Phrases · Fixed Phrases · Four-Character Phrases

我这两天工作压力比较大，晚上一直半睡半醒，第二天精神很差。

I've been under a lot of work pressure these past two days, and I've been half asleep and half awake at night, so I've been very tired the next day.

他提供的信息半真半假，我们不能完全信任他。

The information he provided is half true and half false, so we can't fully trust him.

120. 不A不B

Phrases · Fixed Phrases · Four-Character Phrases

我开服装店到今天正好一个月，生意不好不坏。

It's been exactly one month since I opened my clothing store, and business is neither good nor bad.

1000万，对绝大多数人来说是一个天文数字。如果一个人年入10万，他需要不吃不喝100年才能攒够1000万。

10 million yuan is an astronomical figure for the vast majority of people. If a person earns 100,000 yuan a year, they would need to neither eat nor drink for 100 years to save up 10 million.

121. 不A而B

Phrases · Fixed Phrases · Four-Character Phrases

这名教授在职称晋升后，不顾尚未履行完毕的人事合同，连招呼都不打，直接不辞而别。

After being promoted to professor, this professor, without fulfilling the remaining employment contract, left without even saying goodbye, directly taking French leave.

有研究表明，长期坚持有氧运动的人心肺功能会得到明显提升，一些疾病也会不治而愈。

Studies have shown that people who engage in long-term aerobic exercise see significant improvements in heart and lung function, and some diseases can be cured without treatment.

122. 东A西B

Phrases · Fixed Phrases · Four-Character Phrases

这几个月我不停地东奔西走，几乎参访了集团下面所有的分公司，足以说明我一直关注集团的发展。

Over the past few months, I have been constantly rushing around, visiting almost all the branch companies under the group, which shows that I have always been concerned about the group's development.

她东拼西凑了3万多元钱，但是离治病所需的高额费用还是远远不够的。

She scraped together more than 30,000 yuan from various sources, but it was still far from the high medical costs needed for treatment.

123. 非A非B

Phrases · Fixed Phrases · Four-Character Phrases

我跟他非亲非故，但是他却为了我的事四处奔波，感动得我不知说什么好。

He is neither a relative nor a friend of mine, but he has been running around for my sake, and I am so moved that I don't know what to say.

这些非真非假的传说故事，吊足了一众游客的胃口，也给第二天的行程增添了几分神秘色彩。

These legends that are neither true nor false have piqued the curiosity of tourists and added a touch of mystery to the next day's itinerary.

124. 忽A忽B

Phrases · Fixed Phrases · Four-Character Phrases

那条盘山公路很险，一个接一个的急转弯。汽车开着像是扭秧歌，忽上忽下，忽左忽右。

That mountain road was very dangerous, with one sharp turn after another. The car drove as if it were doing a yangge dance, now up, now down, now left, now right.

羊群在草丛中忽隐忽现。一只细长的牧羊犬忙不迭地穿梭其中。

The sheep were now visible, now hidden in the grass. A slender sheepdog busily darted among them.

125. 或A或B

Phrases · Fixed Phrases · Four-Character Phrases

酒吧里的客人手里端着酒杯，或坐或立，姿态各异。

In the bar, the guests held glasses in their hands, either sitting or standing, each in a different pose.

夜深了，可她或躺或坐，一直难以入睡。她生平第一次有这种牵肠挂肚的感觉。

It was late at night, but she either lay down or sat up, unable to fall asleep. For the first time in her life, she felt this kind of deep worry.

126. 可A可B

Phrases · Fixed Phrases · Four-Character Phrases

小婉对这位天才同事，没有半点嫉妒，而是一开始就由衷地欣赏她，并真心地关爱她，完全像一位可敬可亲大姐姐。

Xiao Wan had no jealousy towards her talented colleague; instead, she genuinely admired her from the start and sincerely cared for her, just like a respectable and amiable elder sister.

读书笔记要精炼，要根据实际的阅读进度，总结概括，并体现所思所想。篇幅可长可短，决不写空话、假话、应付的话。

Reading notes should be concise, based on the actual reading progress, summarizing and reflecting thoughts. The length can be long or short, and one should never write empty, false, or perfunctory words.

127. 连A带B

Phrases · Fixed Phrases · Four-Character Phrases

一群年轻人连说带笑地迎面走来，整个街道顿时充满了欢声笑语。

A group of young people came walking towards us, talking and laughing, and the whole street was filled with cheerful voices.

昨晚有人在江边骑行，结果连人带车落入江中，至今生死不明。

Last night, someone was cycling by the river and fell into the river along with the bike. Their whereabouts are still unknown.

128. 七A/B

Phrases · Fixed Phrases · Four-Character Phrases

司机对这里的道路不太熟悉，竟七拐八绕地把车开到了海边，现在陷在烂泥里出不来了。

The driver was not familiar with the roads here and drove the car in a zigzag manner all the way to the seaside, where it got stuck in the mud and couldn't get out.

乐乐是个十足的捣蛋鬼，常常把家里的玩具拆得七零八落的，用画笔把墙上涂得乱七八糟。

Lele is a real troublemaker. He often takes apart his toys into pieces and paints the walls with a brush, making everything a mess.

129. 时A时B

Phrases · Fixed Phrases · Four-Character Phrases

他最近身体时好时坏，但只要他还撑得住，他一定会来参加我们的婚礼的。

His health has been up and down recently, but as long as he can hold on, he will definitely come to our wedding.

雨停了，天上的云渐渐散了，天边有道彩虹时隐时现。

The rain stopped, the clouds gradually dispersed, and a rainbow appeared and disappeared faintly on the horizon.

130. 无A不B

Phrases · Fixed Phrases · Four-Character Phrases

短短几天，我们就成了无话不谈的好友，一想到就要分开了，不免觉得伤感。

In just a few days, we became friends who talked about everything. The thought of parting soon makes me feel sad.

这所无人不知的重点初中的家长可谓卧虎藏龙，基本上都是知名学者、政府高官、企业高管等有着较高社会地位的人。

This prestigious middle school, known to everyone, has parents who are truly a mix of talents—mostly renowned scholars, senior government officials, and corporate executives, all with high social status.

131. 无A可B

Phrases · Fixed Phrases · Four-Character Phrases

工作地点离城里很远，休息时无处可去，他只得靠钓鱼聊以解闷。

The workplace is far from the city, and with nowhere to go during breaks, he had to rely on fishing to pass the time.

到了淡季，公司业务很少，大部员工无事可做，只能拿底薪。

During the off-season, the company has little business, and most employees have nothing to do, so they can only receive their base salary.

132. 自A自B

Phrases · Fixed Phrases · Four-Character Phrases

这位导演，早年在外国留过学，编剧功底了得，今天这戏，就是他自编自导的。

This director studied abroad in his early years and has excellent screenwriting skills. Today's play is one he wrote and directed himself.

他开心极了，直夸我干得好，并自称自赞，说自己眼光独到。

He was extremely happy and praised me for doing well, then praised himself, saying he had great insight.

133. 不瞒你说

Phrases · Fixed Phrases · Others (Discourse Markers)

你这一番言论真令我醍醐灌顶，不瞒你说，我虽虚长你几岁，见解却远不如你。

Your remarks have truly enlightened me. To be honest, although I am a few years older than you, my insights are far inferior to yours.

老刘，不瞒你说，那次去你家吃饭，我到得早，你不在屋子里，桌上放着白菜炖五花肉，我就恨不得先吃两块解解馋。

Old Liu, to be honest, that time I went to your house for dinner, I arrived early and you weren't in the room. Seeing the cabbage and braised pork on the table, I couldn't help but want to eat a couple of pieces to satisfy my craving.

134. 不是

Phrases · Fixed Phrases · Others (Discourse Markers)

你们俩有话好好说，别斤斤计较，各自让一步，这事儿不就过去了？

You two should talk things out properly and stop being so petty. If each of you gives a little, won't this matter be resolved?

——不是，我俩吵架你瞎掺和什么？

— No, why are you butting in when we're arguing?