

第一部分 3500 词词形变化(426 个词)

训练 1 (ab—ai)

1. abandoned 2. ability; enable; disable; disability 3. abnormal
4. absence 5. absolutely 6. accessible 7. accidental;
accidentally 8. accountant 9. accurate 10. achievement
11. acquisition 12. acknowledgement 13. actively; activity;
actress 14. actually 15. adaptation/adaption 16. addition;
additionally 17. addicted; addiction 18. adjustable
19. admiration 20. admission 21. adoption; adopted
22. advanced 23. disadvantage 24. advertisement
25. affordable 26. African 27. agency 28. disagree;
agreement; disagreement 29. agricultural 30. aimless

训练 2 (al—at)

31. allowance 32. amazing; amazed; amazement 33. ambitious
34. amusing; amused 35. analysis 36. anger; angrily
37. announcement 38. annoyed; annoying 39. annually
40. anxiety 41. apology 42. apparently 43. appealing
44. appearance; disappearance 45. applause 46. application;
applicant 47. appointment 48. appreciation 49. approval
50. architecture 51. argument 52. arrangement 53. arrival
54. Asian 55. assessment 56. assistance; assistant
57. association 58. assumption 59. astonished; astonishing;
astonishment 60. athletic

训练 3 (at—ca)

61. attachment; attached 62. attempted 63. attendance
64. attentive 65. attraction; attractive 66. awareness
67. badly 68. balanced 69. barely 70. basis; basic 71. bathe
72. beautifully; beautify 73. bedding 74. beggar 75. beginner;
beginning 76. behaviour 77. belief 78. belonging 79. bent
80. beneficial 81. bleed 82. blessed 83. blindly; blindness
84. bored; boring 85. bravery 86. breathe; breathless
87. broaden 88. broken 89. calculator
90. carefully; carefulness; careless

训练 4 (ca—co)

91. casually 92. cautious 93. celebration 94. central
95. uncertain; certainty 96. challenging 97. changeable
98. characteristic 99. cheerful 100. chemical; chemist
101. citizen 102. civilization 103. choice 104. classify
105. unclear; clarify 106. closed; closely 107. cloudy
108. coldly; coldness 109. collection 110. colourless; colourful;
colourfully 111. comfortable; uncomfortable; comfortably
112. committed; commitment 113. communication
114. comparative; comparison 115. competition; competitive;
competitor 116. complaint 117. completely 118. composition
119. concentration 120. concerned; concerning

训练 5 (co—da)

121. conclusion 122. conductor 123. confidence
124. confused; confusing; confusion 125. congratulation
126. connected; connection 127. conservative
128. consciousness; unconscious 129. considerate; consideration
130. consistently 131. constantly 132. construction
133. consultant 134. consumer; consumption 135. container
136. contribution 137. inconvenient; convenience 138. cooker
139. correction 140. countable; countless 141. encourage;

discourage; discouraging 142. creation; creative; creativity
143. criminal 144. crowded 145. cruelty 146. cultural
147. curiosity 148. cycling; cyclist 149. dangerous; endanger;
endangered 150. darkness

训练 6 (di—ed)

151. dead; death; dying 152. decision 153. decoration
154. depth; deepen 155. defence/se 156. delighted
157. delivery 158. demanding 159. departure
160. dependence; independent 161. description 162. deserted
163. determined; determination 164. development; developed;
developing 165. devotion; devoted 166. difference; different
167. difficulty 168. direction; directly 169. disappointed;
disappointing; disappointment 170. discovery; discoverer
171. discussion 172. distance 173. disturbing 174. division
175. donation 176. dusty 177. easily; uneasy 178. eagerness
179. edition 180. educated; education

训练 7 (ef—fo)

181. effective; effectively 182. election 183. electrical; electricity;
electronic 184. embarrassed; embarrassing; embarrassment
185. employee; employed; employment 186. encouragement;
encouraged; encouraging 187. ending; endless 188. energetic;
energetically 189. enjoyable; enjoyment 190. enthusiastically;
enthusiasm 191. entry; entrance 192. equally; equality
193. equipment 194. evidently; evidence 195. excited; exciting;
excitement 196. existence; existing 197. expectation
198. explanation 199. exposed; exposure 200. expression
201. facial 202. failure 203. faithful 204. favourite; favourable
205. fearful; fearless 206. finally 207. fluently; fluency
208. foggy 209. forgetful; unforgettable 210. formal; informal

训练 8 (fo—id)

211. unfortunate; fortune; fortunately; unfortunately 212. freedom
213. freezing; freezer 214. friendly; unfriendly; friendship
215. frightened; frightening 216. furnished 217. gently
218. gifted 219. golden 220. global 221. government
222. gradually 223. graduation 224. greeting 225. growth
226. guidance 227. handy; handful 228. happiness; unhappy;
happily 229. harmful; harmless 230. healthy; unhealthy
231. heavily 232. highly; height 233. helpful; helpless
234. hesitation 235. dishonest; honestly; honesty 236. hopeful;
hopeless 237. humorous 238. hurried; hurriedly 239. hunger
240. identification; identify

训练 9 (ig—mi)

241. ignorance; ignorant 242. imagination; imaginative
243. importance; importantly 244. impression; impressive;
impressed 245. information; informed 246. injury; injured
247. inspiration; inspired; inspiring 248. instruction
249. intention; intended; intentional; intentionally
250. interested; interesting 251. introduction 252. inventor;
invention 253. invitation 254. judgement 255. kindness
256. lately; later; latest 257. laughter 258. length; lengthen
259. librarian 260. loss 261. lucky; luckily; unluckily
262. majority 263. manager; management 264. marriage
265. medical 266. memorial 267. mentally 268. merciful
269. messy 270. mistaken

训练 10 (mi—po)

271. mixed; mixture 272. movement; moving; moved
273. mountainous 274. muddy 275. musical; musician
276. national; nationality 277. natural; naturally
278. necessarily; necessity 279. noisy 280. objection; objective;
subjective 281. obviously 282. occupation 283. operation;
operator; cooperation 284. opposed; opposite 285. organization;
organized; organizer 286. painful; painfully 287. painter;
painting 288. patience; patiently 289. peaceful
290. performance 291. permission 292. personal; personality;
personally 293. pleased; pleasure; pleasing; pleasant
294. poisonous 295. impolite; politely; politeness 296. political;
politician 297. polluted; pollution 298. possession
299. impossible; possibly; possibility 300. powerful; powerless

训练 11 (pr—sa)

301. practical; practically 302. preference; preferred
303. prepared; preparation 304. presentation; presence
305. preservation 306. pressure 307. proud; proudly
308. promotion 309. pronunciation 310. protection; protective
311. puzzling; puzzled 312. punishment 313. quicken
314. racial 315. rainy 316. reality; realise/ze 317. reasonable
318. relation; relationship 319. reliable 320. religious
321. repeated; repetition 322. requirement 323. reservation
324. resistance; resistant 325. response 326. irresponsible;
responsibility 327. sadness; sadly 328. safety; safely 329. salty
330. satisfied; satisfying; satisfactory; satisfaction

训练 12 (sc—su)

331. scientific; scientist 332. secretly; secretary 333. security
334. sensible; senseless; sensitive 335. separation; separately
336. seriously 337. service 338. settlement 339. sharpen
340. shortage; shorten 341. significantly; significance

342. silently; silence 343. similarity 344. simply; simplify
345. skilled; skilful 346. snowy 347. society; socialism
348. softly; soften 349. solution 350. speaker; speech
351. specially; specialize 352. spelling 353. spiritual
354. starving; starvation 355. steadily 356. strangely; stranger
357. strength; strengthen 358. subjective 359. submission
360. success; successful; unsuccessful; successfully

训练 13 (su—ti)

361. suddenly 362. suffering 363. suggestion 364. suitable;
unsuitable 365. sunny 366. supportive 367. supposing
368. surely 369. surrounding 370. survivor; survival
371. sweetly 372. swimming; swimmer 373. symbolic
374. sympathetic 375. talented 376. tasty; tasteless
377. teaching 378. technically; technology 379. tendency
380. tension 381. terribly; terrify 382. thankful; thankfully
383. theoretical 384. thicken; thickness 385. thought; thoughtful
386. thirsty 387. thoroughly 388. threaten 389. thrilled;
thrilling 390. tired; tiring

训练 14 (to—wo)

391. tolerant; tolerance 392. totally 393. toughly; toughen
394. tourism; tourist 395. traditional; traditionally
396. translation; translator 397. transportation 398. traveller
399. treatment 400. troublesome 401. truly; trust 402. typist
403. uncertainty 404. understanding; misunderstanding
405. universal; universally 406. urgent 407. useful; useless
408. usually; unusual 409. valuable; valueless 410. variety;
various 411. violently; violence 412. visitor 413. voluntary
414. waiter; waitress 415. warmth 416. warning
417. weaken; weakness 418. wealthy 419. weight
420. widen; widely; width 421. winner 422. windy; winding
423. wisdom; wisely 424. wonderful 425. wooden
426. woollen

第二部分 词形变化易错训练

训练 1 动词变化常见易错

1. beat; beaten 2. begged; begged; begging 3. banned; banned;
banning 4. began; begun; beginning 5. bent; bent 6. bit;
bitten 7. blew; blown 8. broke; broken 9. brought; brought
10. broadcast; broadcast 11. burnt/ burned; burnt/ burned
12. burst; burst 13. buried; buried; burying 14. caught; caught
15. built; built 16. bought; bought 17. cast; cast 18. cost;
cost 19. cried; cried 20. cut; cut 21. delayed; delayed
22. destroyed; destroyed 23. died; died; dying 24. dug; dug;
digging 25. dipped; dipped; dipping 26. dotted; dotted; dotting
27. dragged; dragged; dragging 28. drew; drawn 29. dropped;
dropped; dropping 30. ate; eaten 31. equipped; equipped;
equipping 32. fell; fallen 33. felt; felt 34. fed; fed
35. fought; fought 36. found; found 37. fled; fled 38. flew;
flown 39. forbade; forbidden; forbidding 40. forecasted;
forecasted 41. foresaw; foreseen 42. forgot; forgotten;
forgetting 43. froze; frozen; freezing 44. hit; hit; hitting
45. held; held 46. hugged; hugged; hugging 47. hurt; hurt
48. hung; hung 49. hid; hidden; hiding 50. jogged; jogged;
jogging 51. kept; kept 52. laid; laid; laying 53. lay; lain;

lying 54. nodded; nodded; nodding 55. occurred; occurred;
occurring 56. overcame; overcome; overcoming 57. patted;
patted; patting 58. permitted; permitted; permitting
59. planned; planned; planning 60. referred; referred; referring
61. regretted; regretted; regretting 62. stole; stolen 63. stuck;
stuck 64. struck; struck 65. tore; torn

训练 2 易拼错单词

1. truly 2. possibly 3. probably 4. terribly 5. comfortably
6. simply 7. writing 8. eaten 9. believable 10. gently
11. argument 12. changeable 13. hopeful 14. moveable
15. envelope 16. panicked; panicking 17. picnicked; picnicking
18. offered; offering 19. suffered; suffering 20. unforgettable
21. written 22. beginning 23. inferred 24. referred
25. occurred 26. robbed 27. regretting 28. permitted
29. forgetting 30. wrapping 31. preferred 32. begged
33. hugged 34. planned 35. dropped 36. winning
37. cutting 38. hitting 39. belief 40. behaviour 41. ninth
42. length 43. height 44. depth 45. width 46. beneficial
47. refusal

第三部分 熟词生义训练 (常见熟词生义 360 句)

训练 1

1. *adv.* 到处, 四处 = (美) around 2. *adj.* 茫然的, 恍惚的
3. *vi.* 适应 4. *adv.* 从……的一边向…… 5. *prep.* 在……对
过, 在对面 6. *vt.* 发表演说 7. *v.* 补充说, 接着说 8. *v.* 容纳

9. *vt.* 准许加入 10. *vt.* 深深打动, 使悲伤 11. *vt.* 供给, 给予
12. *prep.* 和……接触 13. *prep.* 在……映衬(背景)下
14. *vi.* 与……一致 15. *n.* 气氛 16. *n.* 神态, 样子 17. *vt.* 给
予 18. *prep.* 是……中的一个 19. *vt.* 通报……的到来
20. *v.* 应答 21. *n.* 爱好(for), 欲望 22. *n.* 掌上明珠

23. *vt.* 涂, 敷 24. *n.* 武器 25. *vt.* 照顾, 护理 26. *adj.* (人) 有空的 27. *adj.* 普通的, 平常的, 一般的 28. *v.* 后退 29. *vt.* 支持 30. *adv.* 很, 非常

训练 2

31. *n.* 减价品; 便宜货 32. *vt.* 带有 (标记或特征) 33. *vt.* 承担 (责任) 34. *vt.* 经得起 (考验检查等) 35. *prep.* 无法解决, 超过 (某人的) 能力 36. *adj.* 没有表情的, 没有兴趣的 37. *adj.* 忧伤的 38. *v.* 在校寄宿 39. *n.* 体格, 体形 40. *vi.* 逐渐增强 41. *n.* 休息, 休假 42. *vi.* 稍停, 暂停 43. *v.* 告诉 (某人) 不愉快的消息 *vi.* 消息传开 44. *vi.* (天) 刚亮, 破晓 45. *vi.* 天气突变 46. *adj.* 蹩脚的 47. *vt.* 消除隔阂; 弥合分歧, 代沟等 48. *adv.* 仅仅 49. *vt.* 相信 (尤指不太可能的事) 50. *n.* 金属罐 51. *n.* 小心, 谨慎 52. *n.* 令人忧虑, 烦心的事 53. *vt.* 登载, 广播, 报道 54. *vt.* 发现, 撞见, 当场抓住 55. *v.* (被) 夹住, 绊住 56. *n.* 事业 57. *adj.* 偶然的, 意外的 58. *n.* 零钱 59. *v.* 充电 60. *vt.* 指控; 起诉

训练 3

61. *vt.* 索要; 认领 62. *vi.* 天放晴 63. *vt.* 去接, 去取 64. *n.* 掌握 65. *n.* 同伴 66. *adj.* 不明朗的, 不清晰的 67. *vt.* 完成, 结束 68. *vt.* 抑制 69. *v.* 以牺牲……为代价; 付出……代价 70. *vi.* 有价值, 重要 71. *n.* 菜肴 72. *v.* 掩饰, 掩盖 73. *vt.* 行走 (一段路程) 74. *vt.* 足以支付 75. *vt.* 涵盖 76. *vt.* 采访 77. *adj.* 生气的 78. *vi.* 大声叫; 呼喊 79. *v.* 纠正, 矫正 80. *n.* 幕布 81. *vt.* 删减, 删剪, 缩短 82. *n.* 赔偿金 (复数) 83. *v.* (男女) 约会 84. *vt.* 急送 85. *n.* 交易 86. *adj.* 昂贵的 87. *vt.* 发表 (演讲) 88. *v.* 质问; (坚决) 要求 89. *vt.* 抛弃, 丢弃 90. *adj.* 非常需要, 极想

训练 4

91. *vt.* 冲洗 92. *vt.* 患 (病) 93. *n.* 菜肴 94. *vt.* 给……指路 95. *v.* 合适 96. *v.* 获得, 推断出, 得出 97. *vt.* 吸引 98. *vi.* (向某一方向) 移动 99. *vt.* 拉 (动) 100. *vi.* 拿出, 取出 101. *vt.* 清理, 包扎 (伤口) 102. *vt.* 迫使, 驱使 103. *n.* 动力 104. *vt.* 停止做, 放下 105. *vt.* 让某人中途下车 106. *vi.* 偶然拜访 107. *vi.* 渴望, 期望 108. *adj.* 舒适的, 安逸的 109. *v.* 使用, 利用 110. *v.* 促进, 助长 111. *vt.* 登记, 录入 112. *vt.* 被忘记, 一时想不起 113. *n.* (气体、液体等) 漏出, 逸出 114. *n.* 活动, 场合 115. *vt.* 激起 116. *vt.* 准许……离开 117. *vt.* 为……开脱, 给……找理由 118. *v.* 勃然大怒 119. *vt.* 利用 120. *n.* 快递

训练 5

121. *n.* 特快列车 122. *vi.* (节日、庆典等) 发生 123. *vi.* (夜幕等) 降临 124. *vi.* (健康、视力) 衰退, 变弱 125. *vi.* 摸索, 寻找 126. *v.* 认为, 以为, 料想 127. *n.* 罚款 128. *vt.* 解雇 129. *vi.* (如洪水般地) 涌入 130. *n.* 大量的东西 131. *v.* 可容纳 132. *vt.* 认为, 感到 133. *vt.* 强装 (欢笑) 134. *adj.* 不熟悉的 135. *adj.* 没有……, 无…… 136. *vi.* 惊呆 137. *vi.* 别动 138. *adj.* 无经验的 139. *vt.* 增加 (速度、重量等) 140. *prep.* 考虑到 141. *vt.* 全神贯注地看; 离某物很近 142. *vi.* (事情的) 进展 143. *v.* 被授予 (某人) 144. *v.* 相配 145. *n.* 帮助 146. *v.* 碰巧 147. *v.* 朝……地方而去 148. *adj.* (交通) 拥挤的 149. *adj.* 超出一般量的 150. *v.* 抑制, 控制住

训练 6

151. *v.* 盛 (饭、菜), 倒 (酒、饮料) 152. *v.* 容纳 153. *vt.* 吸引 154. *adj.* 红极一时的, 很受欢迎的 155. *adj.* 最新的 156. *vt.* 收藏, 藏有 157. *adj.* 渴求的 158. *vi.* 疼 159. *adv.* 坏地 160. *vt.* 启发 161. *n.* 利益 162. *n.* 股份 163. *v.* 捏造, 虚构 164. *adj.* 诱人的, 吸引人的 165. *vt.* 招致 166. *vt.* 熨烫 167. *vt.* 堵塞 168. *v.* 把……使劲塞进或挤进 169. *n.* 费力的事 [口语] 170. *vt.* 连接 171. *vi.* 大幅度上涨 172. *adj.* 公正的 173. *vt.* 养活 174. *vi.* (食物等) 不坏, 保鲜 175. *vt.* 管理, 经营 176. *adj.* 关键的 177. *n.* 极度刺激 178. *v.* 开玩笑

179. *vt.* 消磨, 打发 180. *vt.* 谋得 (工作等)

训练 7

181. *det.* 最不可能的 182. *v.* 足够维持, 够用 183. *adj.* 已故的 184. *vt.* 铺, 铺设 185. *v.* 听到, 获悉, 得知 186. *n.* 休假, 假期 187. *n.* 批评, 训斥 188. *n.* 教训, 经验 189. *linking verb.* 处于某种状态 190. *v.* 出租 191. *n.* 搭便车 192. *n.* 较好的心情 193. *n.* 生机, 活力, 朝气 194. *adj.* 荒凉的, 人迹稀少的 195. *vi.* 渴望 196. *n.* (尤指吸引人的) 相貌 197. *vi.* 钟表走慢 (与 gain “快”相对) 198. *vt.* 浪费, 失去 199. *adj.* 迷惘的, 困惑的, 不知所措的 200. *n.* 作某种用途的场地 201. *adj.* 特别喜欢的, 狂热的, 着迷的 202. *linking verb.* 适合, 胜任 203. *vt.* 与……般配, 与……匹配 204. *vt.* 比得上, 是……的对手 205. *vt.* 估量, 判定 206. *adj.* 小气的, 吝啬的 207. *vt.* 当真, 说到做到 208. *v.* 满足 (要求) 209. *v.* (眼神等) 接触 210. *n.* 要点, 启示

训练 8

211. *v.* 当心, 注意 212. *vt.* 错过 213. *vt.* 监控 214. *vt.* 掩饰 215. *n.* 必不可少的事物; 必须做的事 216. *modal verb.* 非得 217. *adv.* 勉强地; 以毫厘之差 218. *n.* 本质, 性质 219. *n.* 天性, 本性 220. *n.* 小人物 221. *vt.* 注意到 222. *vt.* 看护, 照料 223. *vt.* 遵守 224. *vt.* 庆祝, 欢度 225. *adj.* 忙于 226. *vi.* 被想到 227. *n.* 开价, 出价 228. *n.* 野外, 户外 229. *adj.* (问题、事情等) 未解决的 230. *v.* 订购, 点 (饭菜) 231. *v.* 把……归功于 232. *n.* 苦功, 大力气 233. *n.* 文件 234. *n.* 试卷, 试题 235. *n.* (停车) 场 236. *vi.* 分手, 分开 237. *n.* 通行证 238. *vi.* 合算, 值得, 有好处 239. *vt.* 选择, 挑选 240. *vt.* 描绘

训练 9

241. *n.* 意义 242. *n.* 惯例, 通常的做法 243. *n.* 代价 244. *vt.* 预示 245. *adj.* 有希望的, 有前途的 246. *v.* (迅速地) 穿上或脱下 247. *v.* 拿出, 掏出 248. *v.* 鞭策, 督促 249. *vt.* 陈述, 表达 250. *v.* (使) 快速移动, 快速运转 251. *v.* 评估 252. *v.* 饲养; 种植 253. *vt.* 筹集, 募集 254. *vt.* 与……取得联系 255. *v.* 伸手拿 256. *v.* 延伸 257. *n.* 可够到的地方 258. *vt.* 理解 259. *v.* 写着 260. *v.* (和某人) 讲道理, 规劝 261. *vt.* 代……问好 262. *vt.* 弥补, 补救 263. *v.* 把……放回原处 264. *n.* 敬意, 问候 265. *v.* 使倚靠 266. *vi.* 回响 267. *vt.* 接待, 接见 268. *vi.* 站立, 起身 269. *n.* 空间, 地方 270. *n.* (游戏、体育) 回合, 一局, 一轮

训练 10

271. *vt.* 经营, 管理 272. *vt.* 移动 (某物), 拨弄 273. *vi.* (机器等) 运转 274. *vi.* 参加竞选 275. *v.* (使) 仓促行事 276. *vt.* 快速送往 277. *vt.* 催促 278. *vt.* 省去, 免去 279. *v.* 保留, 保存 280. *vt.* 表明 281. *v.* 得分 282. *vt.* 坐得下 283. *vt.* 明白, 理解 284. *vt.* 见证 (事件) 285. *vt.* 感觉到 286. *vt.* 判决, 判刑 287. *vt.* (给某人) 提供; 端上 288. *vi.* 充当 289. *v.* 使处于舒适的位置 290. *vi.* (目光) 停留 291. *adv.* (……点) 整 292. *adj.* (资金) 短缺的, 不足的 293. *vt.* 承担 294. *adj.* 恶心的, 想呕吐的 295. *vi.* 倒下 296. *adv.* 大约 297. *n.* 重要人物 298. *pron.* 了不起的事情 299. *adj.* 健全的, 健康的 300. *adj.* 酣畅的

训练 11

301. *vt.* 抽出, 匀出 302. *vt.* 免去 (麻烦、困难等) 303. *n.* 情绪, 心境 304. *vt.* 发现, 看到 305. *n.* 摊位 306. *vi.* 悄悄地移动 307. *n.* 长处, 优势 308. *vt.* 打动, 给 (某人……) 印象 309. *v.* (主意) 被想到 310. *v.* (钟) 敲响 311. *v.* 击出 (火星) 312. *vi.* 艰难地行进, 吃力地向前 313. *vt.* 审视, 端详, 细看 314. *n.* 书房 315. *vt.* 表明 316. *v.* 从困难中挺过来, 渡过难关 317. *vt.* 供养 318. *vi.* 跳, 蹦 319. *vt.* 接替 320. *v.* 知道, 看出 321. *vt.* 猛动 (身体部位) 322. *vt.* 举行 323. *n.* 罚单 324. *adj.* 渴望的 325. *vt.* 款待, 请客 326. *n.* (难得的) 乐事 327. *n.* 兴趣, 爱好 328. *v.* 体验 (快乐、悲伤等) 329. *n.* 术语,