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Lesson 2 Breakfast or lunch?

早餐还是午餐 **现在进行时** **一般现在时**

与课文关联的 5 个单词(点击每个单词可查看详细介绍) 

until * /ʌn'tɪl/ prep. 直到

outside * /,aʊt'saɪd/ adv. 外面

ring * /rɪŋ/

v. (铃、电话等) 响 (rang, rung)

aunt * /ɑ:nt/ n. 姑，姨，婶，舅母

repeat * /rɪ'pi:t/ v. 重复

课文理解 What a terrible day! 难度：3 级

※ **It was Sunday.** 过去时

it 指时间、天气、温度或距离等，被称为“虚主语” (empty subject)。作为第三人称单数的中性代词，it 可以指一件东西、一事件或用来指是什么人：It is a lovely baby. ^{不知道性别}

时间	It was Sunday. / It's one o' clock!
天气	It was dark outside. / It's raining again.
不确定的对象	It was my aunt Lucy. (打电话)

※ **I never get up early on Sundays.** 一般现在时：经常性、习惯性的事

『never adv. 从不』

- I don't like her. 不喜欢 = I never like her. 从来都不喜欢

- I get paid on Friday **usually**. = I **usually** get paid on Fridays.
- Very **often** the phone rings when I'm in bath. = The phone **often** rings when I'm in the bath.
- Helen **never** writes to her brother, Tony.
- She **sometimes** rings him. = She **sometimes** gives him a call.

频率副词在句首 (在特别强调和需要对比时)	通常为实义前情系后
frequently、generally、normally、sometimes、usually	always, usually, frequently, often, sometimes, seldom, rarely, hardly, ever, never...

『当使用 last, next, this, that 时 介词 (以及定冠词) 必须省略』

- I'll see you **next / this** Friday.

※ I sometimes stay in bed until lunchtime.

『stay in bed 待在床上』

- It's time for **bed** now.
- You must stay/remain in **bed** for another two days. 你必须再卧床两天。

until conj. 直到...为止	till conj. 直到, 到...为止 v. 犁地
I will wait until my mother arrives.	I was awake till late in the night.

※ Last Sunday I got up very late.

<u>Last Sunday</u>	I	got up	<u>very late.</u>
时间状语 (过去)	主语	谓语	时间状语

※ I looked out of the window. §

I	looked	out of the window.
主语	谓语	宾语(vt.) / 方式状语(vi.)

※ "What a day!" I thought. "It's raining again." §

"What a day!"	I	thought.	"It's raining again."

直接引语	主语	谓语	直接引语
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※ **Just then**, the telephone rang. **It was** my aunt Lucy.

at that time 就在那时候	I was living with my parents at that time . 那时候我和父母住在一起。
Just then 就在那时刻	Just then , someone knocked at the front door. 就在那时，大门口有人敲门。
at that moment 在那瞬间	At that moment he lost his balance and fell. 他在那一瞬间失去平衡摔倒了。

※ **I've just arrived by train.** §

- I go out **in/on** two buses. (指具体的两辆车介词用 in/on)
- Long ago people could go to America only **by** ship/sea. (特指的交通工具 My aunt left **by** the 9:15 train.)

『 § **by** 直接加交通工具 (不能有任何修饰词, 复数) 』

如果加修饰词, 就要换掉 by 用 in 或 on: I go out **by** bus. (交通方式)

by air 乘飞机	by plane 乘飞机	by land 由陆路	by sea 由海路	by bus 乘公共汽车
by bicycle/bike 骑自行车	by train 乘火车	by boat 乘船	by ship 乘船	by car 乘小汽车

※ **It's raining** again. 现在进行时(强调当时那个时间的状态)

It	is raining	again.
主语	谓语	副词

※ **I'm coming to see** you. 一般将来时

be coming to 表示一般将来 (be going to), 表示近期按计划或安排要进行的动作。同样用法的(瞬间)动词有: go \ leave \ arrive \ land \ meet \ die \ start \ return \ join ...

※ 'But I'm still **having** breakfast,' I **said**. §

still adv. 还, 依旧; 仍然	yet adv. 仍然, 还
Sam still lives in New York.	My mother has not yet arrived from the store.

※ 'What **are you doing?**' she asked. §

※ 'I'm **having** breakfast,' I repeated. §

语法知识 时态 难度: 3 级

一般现在时 § 主语 + do (表示现在经常性习惯性的动作)	现在进行时 § 主语 + am / is / are + doing (表示现在正在进行的事)
<ul style="list-style-type: none"> We have the English class every day. 经常的事 I never get up early on Sundays. 习惯的事 I sometimes stay in bed until lunchtime. He often gets up late. 	<ul style="list-style-type: none"> I am having breakfast now. (狭义的现在) J.K. Rowling is writing another book this year. (广义的现在) I am working as a teacher. "现阶段" He is still sleeping. (现在还在睡觉) Jane is just dressing up. 简正在打扮。

『一般现在时』

现在的状态 (在哪儿、名字、性别、外观等)	永恒 (科学事实、客观真理、名言警句等)	第三人称单数 (可以被he、she、it所代替的)
<ul style="list-style-type: none"> I am a teacher. 状态 It is one o' clock. 现在 I am home. (回家的瞬间) = I am at home. (待在家里) You are beautiful. 状态 	<ul style="list-style-type: none"> The earth is round. 通常情态 The earth moves around the sun. 至少几十亿年以来未变 Practice makes perfect. 熟能生巧 	<ul style="list-style-type: none"> my mother = she 可使用代词代替 his teacher = she/he 男老师/女老师 my son = he the book => it; a car = it; your cat = it; her dog = it

动词变三单的规则与名词复数规则一致。请转到: [Lesson 055&56 The Sawyer family](#) 查看详细说明!

- I **tell** you a secret.

- He tells you a secret.
- Your friend tells you a secret.

句型	Be 动词	动词原型	动词三单
陈述句	He is happy.	You like English.	She likes Chinese.
否定句	He is not happy.	You do not like English.	She does not like Chinese.
一般疑问句	Is he happy?	Do you like English?	Does she like Chinese?
特殊疑问句	How is he?	What do you like ?	What does she like ?

『 正在进行时 』

“现在”可以理解为狭义的现在与广义的现在，区分为此刻与现阶段。现在进行时常与 now, just, still 等副词连用。

『 表示将来确定要发生的事 』

- I **am coming** to see you.
- We **are arriving** at
- The old man **is dying**.

句型	现在进行时		
陈述句	He is listening .	You are drinking .	She is walking .
否定句	He is not listening .	You are not drinking .	She is not walking .
一般疑问句	Is he listening ?	Are you drinking ?	Is she walking ?
特殊疑问句	What is he doing ?	What are you doing ?	What is she doing ?

在英语中，动词 "be" 在现在进行时的口语中通常缩写为 "'s"。例如，"He is listening" 可以缩写为 "He's listening"。书面语通常不缩写。

单词句型 感叹句 难度：3 级

『 What a day! 什么鬼天气哟! (感叹句) 』

It is a terrible day!	What a terrible day it is!	What a day (it is)!
原句	感叹句(完整)	感叹句(省略)

有上下文和一定的语境,才能省略形容词。一般省略形容词表示批评或不大好的意思。在英语中可用what引导的感叹句来表示惊奇、愤怒、赞赏、喜悦等感情,在感叹中主谓语采用正常语序。

What + n./n.词组 (感叹名词)	How + adj./adv. (感叹形容词、副词)
<ul style="list-style-type: none"> This is a wonderful world. → What a wonderful world (this is)! It is a surprise. → What a surprise (it is)! 主、谓随时可省 What a good girl (she is)! 省形容词 What a pity! 多遗憾呀! What a mess! 多么乱啊! What a thing to say! 多么难听的话啊! What (a lot of) trouble (he is causing)! 	<ul style="list-style-type: none"> How interesting! 多么有趣啊! How time flies! 时间过得真快啊! How Quickly Time Flies. 光阴似箭

扩展知识 一般现在时 V.S. 现在进行时 难度: 4 级

I **am looking out** of my window. I **can see** some children in the street.

一般现在时 强调经常性、习惯性的事	现在进行时 强调此刻正在进行的事
They always play (play) football in the street.	The children play (play) football.
	Now a little boy kicks (kick) the ball.
	Another boy is running (run) after him but he cannot catch him.

『不规则动词的变化 S』

原型	过去式	过去分词	现在分词
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think	thought	thought	
ring	rang	rung	
sing	sang	sung	
drink	drank	drunk	
swim	swam	swum	
begin	began	begun	
come	came	come	coming



save my ass.

救我一命（不是“保定”）：用于形容某人帮助或拯救自己免于困境、危险或失败。

共有4道练习题(解题方法与答案需要在“ncego.com”笔记官网查看)

1. For he _____ (wait) until it stopped raining. (单选)
A、waited B、wait C、didn't wait D、leave
2. He doesn't get up early on Sundays. He gets up _____. (单选)
A、late B、lately C、slowly D、hardly
3. He _____ out of the window and saw that it was raining. (单选)
A、looked B、saw C、remarked D、watched
4. Breakfast is the first _____ of the day (单选)
A、food B、dinner C、lunch D、meal

受限于个人水平，笔记若有疏漏之处，恳请发送邮件至 hibenba@gmail.com 批评指正。

同时可通过网址(ncego.com)页面底部“举报”错误 (更新于:2026-03-01)。

一场孤独的修行，需要相信积累的力量。专注当下、珍惜时间、心怀感恩、顶峰相见。