

1. a bitter pill to swallow 吞下苦果    2. an apple a day keeps the doctor away  
一天一个苹果，不用请医生(常吃水果有益健康)
3. a piece of cake 容易做的事(不费吹灰之力)
4. as fit as a fiddle 非常健康
5. a picky eater 吃饭挑剔之人
6. apple of one's eye 珍爱之人(或物)，宝贝
7. the cold shoulder 对某人冷淡
8. a slip of the tongue 口误
9. a big appetite 胃口很好
10. an adventurous eater 大胆的食客    11. bring home the bacon 挣钱养家    12. bite off more than you can  
chew  
贪多而吃不下(尤指接下过多工作而完不成)
13. burn the midnight oil 熬夜
14. be kept in the dark 被蒙在鼓里
15. behind the times 过时了，落伍了，不时髦
16. bump into 偶然碰到,撞见
17. burn the candle at both ends 非常忙碌，过度疲劳
18. cry over spilt milk 覆水难收
19. It is not my cup of tea 非我所爱
20. the calm before the storm 暴风雨前的平静
21. born with a silver spoon in your mouth 生于富贵之家，生来享受  
富贵
22. by hook or by crook 不择手段，无论如何
23. burn one's bridges 破釜沉舟，自断后路

24. Beauty is in the eyes of the beholder 情人眼里出西施
25. bite the hand that feeds you 忘恩负义
26. eat like a horse 吃得很多
27. go to pieces 破碎,沮丧, 心碎
28. go Dutch 各付各的钱
29. get the axe: 被解雇, 被开除
30. go in one ear and out the other 听了并不照办,左耳朵进右耳朵出
31. get carried away 得意忘形,失去理智
32. give somebody a ring 给某人打电话
33. give somebody a hand 帮助某人
34. have your cake and eat it 鱼与熊掌兼得
35. hold your horses 放慢, 等一等
36. high and dry 让某人陷入困境
37. hit the hay 去睡觉
38. be hot and bothered 焦虑, 不安
39. have one's hands full 很忙
40. have cold feet 紧张
41. hit the roof 很生气
42. His name rings a bell 名字听起来很熟
43. have a heart of gold 心好,好人
44. in the wink of an eye 一眨眼功夫,很快
45. to jump the gun 行动过早, 结论错误
46. keep a straight face 摆出严肃面孔.忍住不笑

47. keep one's fingers crossed 交叉手指,乞求好运
48. keep an eye on someone 留心,留意
49. to kick the bucket 死
50. to knock your teeth out 打人
51. look for a needle in a haystack 象大海捞针一样困难
52. to let the cat out of the bag 泄露秘密
53. to let one's hair down 放松,好好玩
54. the least of my worries 次要的事情,小事一桩,一点也不担心
55. eat one's words 收回说过的话
56. a fish out of water 如鱼儿离水,没有把握,有点不安
57. to face the music 勇敢地面对困难
58. make a monkey out of 嘲弄,戏弄
59. make eyes at 送秋波,抛媚眼
60. make one's mouth water 使人垂涎三尺,想吃
61. make or break 涉及成败的关键时刻
62. music to one's ears 悦耳的声音,喜讯
63. make hay while the sun shines 趁热打铁, 及时把握机会
64. make some time 抽出时间,挤出时间
65. meet each other half way 相互妥协,各让一步
66. My legs have fallen asleep 双腿麻木
67. make a night of it 痛快玩一夜
68. make heads or tails of it 弄清楚,弄明白 (多用在搞不懂的情况下)

