

ДЖУДИ ГРЭММЕР

**АНГЛИЙСКИЕ
ИДИОМЫ
И УСТОЙЧИВЫЕ
ВЫРАЖЕНИЯ:
СИСТЕМНЫЙ
КУРС ДЛЯ ЕГЭ**

Джуди Грэммер
Английские идиомы
и устойчивые выражения:
системный курс для ЕГЭ

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Аннотация

Книга посвящена изучению устойчивых выражений и идиом английского языка, необходимых для успешной подготовки к ЕГЭ и повседневного общения. Материал систематизирован по темам и сопровождается примерами, упражнениями и ключами. Практический подход помогает закрепить знания и уверенно применять их в речи и на экзамене.

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Английские идиомы и устойчивые выражения: системный курс для ЕГЭ

Джуди Грэммер

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Введение

Дорогие читатели!

В современном изучении английского языка важно не только знать грамматику и лексику, но и уметь правильно использовать устойчивые выражения и идиомы. Эти элементы языка помогают говорить и писать более точно, а также делают речь естественной и понятной носителям. Владение ими особенно важно для успешной подготовки к ЕГЭ, где проверяется умение применять язык в различных ситуациях.

Цель этой книги — систематизировать и представить наиболее распространённые устойчивые выражения и идиомы, сгруппированные по темам, связанным с повседневной жизнью, учебой, работой, отношениями и эмоциями. Каждая глава включает список выражений с примерами их использования, упражнения для закрепления материала и развёрнутые ключи для самопроверки и анализа.

Практическая направленность книги позволит вам изучать выражения постепенно, закреплять их употребление и повышать уверенность при работе с экзаменационными заданиями. Все упражнения ориентированы на формирование навыков понимания и использования языка в реальных си-

туациях.

Эта книга предназначена для систематического изучения и подготовки к экзаменам, а также для улучшения повседневной речевой практики на английском языке.

Joy & Happiness / Радость и счастье

Выражения

On cloud nine — быть на седьмом небе от счастья; She was on cloud nine when she got the job offer.

Over the moon — очень рад, вне себя от счастья; He was over the moon about his exam results.

Walking on air — летать от радости; I was walking on air after hearing the good news.

In high spirits — в приподнятом настроении; The team was in high spirits after winning the championship.

Grin from ear to ear — улыбаться во всю ширь; He was grinning from ear to ear after seeing his birthday gift.

Jump for joy — прыгать от радости; The children jumped for joy when the circus came to town.

Tickled pink — быть в восторге, очень рад; She was tickled pink to meet her favorite author.

Beaming with happiness — сиять от счастья; She was beaming with happiness on her wedding day.

Like a kid in a candy store — в восторге от чего-то нового, счастлив как ребёнок; He was like a kid in a candy store when he entered the toy shop.

Full of the joys of spring — полон радости и энтузиазма; He was full of the joys of spring after his successful presentation.

Практика

Заполните пропуски, используя подходящее выражение:

She was _____ when she received the news about her promotion.

He felt _____ after hearing that he had won the contest.

After hearing the good news, I was _____ all day.

The team was _____ after winning the championship.

He was _____ when he saw his birthday cake.

She couldn't stop _____ when she heard the good news.

The kids were _____ when they saw the amusement park.

He was _____ after getting the acceptance letter from his dream university.

When she met her favorite celebrity, she was _____.

He walked into the room _____ after hearing the compliments.

Everyone was _____ at the party last night.

I was _____ when my best friend returned from abroad.

She felt _____ after finishing her first marathon.

He was _____ when his idea got approved by the manager.

The children were _____ in the playground.

She was _____ with excitement before her wedding day.

He was _____ after receiving the award.

They were _____ at the success of their project.

I was _____ when I received a gift from my secret admirer.

She felt _____ after spending the day with her friends.

Проверь себя

On cloud nine — быть на седьмом небе от счастья; пример: She was on cloud nine when she got the job offer.

Over the moon — вне себя от радости; пример: He was over the moon about his exam results.

Walking on air — летать от радости; пример: I was walking on air after hearing the good news.

In high spirits — в приподнятом настроении; пример: The team was in high spirits after the victory.

Grin from ear to ear — улыбаться во всю ширь; пример: He was grinning from ear to ear after seeing his birthday gift.

Jump for joy — прыгать от радости; пример: The children jumped for joy when the circus came to town.

Tickled pink — быть в восторге, очень рад; пример: She was tickled pink to meet her favorite author.

Beaming with happiness — сиять от счастья; пример: She was beaming with happiness on her wedding day.

Like a kid in a candy store — очень рад, как ребёнок в кондитерской; пример: He was like a kid in a candy store when he entered the toy shop.

Full of the joys of spring — полон радости и энтузиазма; пример: He was full of the joys of spring after his successful presentation.

On cloud nine — I was on cloud nine when my favorite team won.

Over the moon — She was over the moon after getting the scholarship.

Walking on air — He's walking on air after hearing the good news.

In high spirits — The students were in high spirits before the summer holidays.

Grin from ear to ear — He grinned from ear to ear when he opened the gift.

Jump for joy — She jumped for joy when she heard she passed the test.

Tickled pink — I was tickled pink to see my old friends again.

Beaming with happiness — They were beaming with happiness at the family reunion.

Like a kid in a candy store — He felt like a kid in a candy store seeing all the new gadgets.

Full of the joys of spring — She was full of the joys of spring after finishing her exams.

Sadness & Melancholy /

Грусть и уныние

Выражения

Down in the dumps — быть в депрессии, подавленным; He's been down in the dumps since he lost his job.

Feeling blue — грустный, в унынии; She's feeling blue because her best friend moved away.

In the doldrums — в унынии, без настроения; The team was in the doldrums after losing the championship.

Heartbroken — с разбитым сердцем; He was heartbroken when his girlfriend left him.

Downhearted — удручённый, разочарованный; She felt downhearted after failing her driving test.

Carry a heavy heart — быть огорчённым, тяжело на душе; He carried a heavy heart after the argument with his parents.

Cry over spilt milk — сожалеть о прошлом, что уже нельзя изменить; There's no use crying over spilt milk about the missed opportunity.

Have the blues — испытывать грусть, тоску; I've had the blues all week because of the bad weather.

In low spirits — в подавленном состоянии; She was in low spirits after receiving the rejection letter.

Bitter about — испытывать горечь, обиду; He was bitter about being passed over for promotion.

Практика

Заполните пропуски, используя подходящее выражение:

He was _____ after failing his final exam.

She has been _____ ever since her cat ran away.

After the team lost the match, they were _____.

She was completely _____ when her boyfriend broke up with her.

I felt _____ after hearing the bad news.

He went home _____ after the argument with his friend.

There's no point in _____ mistakes you made last year.

He seems to _____ these days, I think he's worried about something.

She was _____ after receiving the rejection letter.

He felt _____ after being betrayed by his colleague.

I've been _____ since my best friend moved away.

She was _____ when her favorite TV show ended.

After the loss, he was _____ and didn't want to talk to anyone.

Don't _____, focus on what you can do now.

He looked _____ during the funeral.

She has been _____ since her dream job offer was rejected.

He was _____ over losing his favorite watch.

I was _____ when I found out my vacation was canceled.

She felt _____ about the unfair treatment at work.

They were _____ after their pet passed away.

Проверь себя

Down in the dumps — быть в депрессии, подавленным; He was down in the dumps after failing his final exam.

Feeling blue — грустный, в унынии; She has been feeling blue ever since her cat ran away.

In the doldrums — в унынии, без настроения; After the team lost the match, they were in the doldrums.

Heartbroken — с разбитым сердцем; She was completely heartbroken when her boyfriend broke up with her.

Downhearted — удручённый, разочарованный; I felt downhearted after hearing the bad news.

Carry a heavy heart — быть огорчённым, тяжело на душе; He went home carrying a heavy heart after the argument with his friend.

Cry over spilt milk — сожалеть о прошлом; There's no point in crying over spilt milk about mistakes you made last year.

Have the blues — испытывать грусть, тоску; He seems to

have the blues these days.

In low spirits — в подавленном состоянии; She was in low spirits after receiving the rejection letter.

Bitter about — испытывать горечь, обиду; He felt bitter about being betrayed by his colleague.

Anger & Annoyance / Гнев и раздражение

Выражения

Blow your top — выйти из себя, разозлиться; He blew his top when he found out someone scratched his car.

See red — прийти в ярость; She saw red when she realized her report was deleted.

Lose your temper — потерять самообладание; He lost his temper during the argument with his colleague.

Fly off the handle — сорваться, вспылить; Don't fly off the handle over small mistakes.

Hot under the collar — раздражён, злой; He got hot under the collar when his team lost again.

Drive someone up the wall — довести кого-то до бешенства; The constant noise from the construction drove me up the wall.

At the end of your rope — быть на пределе терпения; She was at the end of her rope after dealing with complaints all day.

Go ballistic — прийти в ярость, сильно разозлиться; He went ballistic when he saw the mess in the kitchen.

Rant and rave — громко выражать гнев, ругаться; He spent the whole evening ranting and raving about the unfair decision.

Get on someone's nerves — действовать кому-то на нервы; Her constant humming really gets on my nerves.

Практика

Заполните пропуски, используя подходящее выражение:

He _____ when he discovered the mistake in his report.

She _____ after hearing about the canceled flight.

Don't _____ over minor problems.

He _____ when his brother borrowed his car without asking.

The teacher was _____ because the students were noisy.

The neighbor's loud music really _____.

She was _____ after dealing with all the complaints all day.

He _____ when he saw someone steal his wallet.

The manager spent an hour _____ about the missed deadlines.

His constant interruptions _____ during the meeting.

I nearly _____ when my computer crashed in the middle of my presentation.

She _____ after hearing the unfair news.

Don't _____ at your coworkers; stay calm.

He _____ when his team lost the championship.

The dog barking all night _____.

I was _____ after waiting in line for two hours.

He _____ when the waiter spilled coffee on his notes.

She spent the afternoon _____ about the traffic jam.

His loud chewing really _____ at the dinner table.

The boss _____ when the report was late again.

Проверь себя

Blow your top — выйти из себя; He blew his top when he found out someone scratched his car.

See red — прийти в ярость; She saw red when she realized her report was deleted.

Lose your temper — потерять самообладание; He lost his temper during the argument with his colleague.

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Go ballistic — сильно разозлиться; He went ballistic when he saw the mess in the kitchen.

Rant and rave — громко выражать гнев; He spent the whole evening ranting and raving about the unfair decision.

Get on someone's nerves — действовать на нервы; Her constant humming really gets on my nerves.

Blow your top — I nearly blew my top when my computer crashed in the middle of my presentation.

See red — She saw red after hearing the unfair news.

Fly off the handle — Don't fly off the handle at your coworkers; stay calm.

Lose your temper — He lost his temper when his team lost the championship.

Drive someone up the wall — The dog barking all night drove me up the wall.

At the end of your rope — I was at the end of my rope after waiting in line for two hours.

Go ballistic — He went ballistic when the waiter spilled coffee on his notes.

Rant and rave — She spent the afternoon ranting and raving about the traffic jam.

Get on someone's nerves — His loud chewing really gets on my nerves at the dinner table.

Hot under the collar — The boss got hot under the collar when the report was late again.

Fear & Anxiety / Страх и тревога

Выражения

On edge — быть на взводе, нервничать; She's been on edge all day waiting for the exam results.

Scared stiff — окаменеть от страха, быть очень испуганным; He was scared stiff when he saw the snake in the garden.

Shaking like a leaf — дрожать от страха; The little boy was shaking like a leaf before his first piano recital.

Have butterflies in your stomach — нервничать, испытывать волнение; I always have butterflies in my stomach before giving a speech.

Lose your nerve — потерять смелость; He lost his nerve and didn't jump from the diving board.

Break out in a cold sweat — покрыться холодным потом; She broke out in a cold sweat when she realized she forgot her passport.

Chicken out — струсить, передумать в последний момент; He was going to climb the mountain but chickened out.

Panic-stricken — охваченный паникой; The passengers were panic-stricken when the plane hit turbulence.

Scare someone to death — напугать до смерти; The horror movie scared me to death.

Lose sleep over — не спать из-за беспокойства; She lost sleep over the upcoming exam.

Практика

Заполните пропуски, используя подходящее выражение:

She's been _____ all morning waiting for the interview results.

He was _____ when he saw a spider on his desk.

The child was _____ before performing on stage.

I always _____ before a big presentation.

He _____ and didn't go skydiving.

She _____ when she realized her phone was missing.

They _____ when they heard the loud explosion.

The tourists were _____ during the sudden storm.

That ghost story really _____ me.

He _____ about his sick grandmother.

I was _____ before my driving test.

She was _____ when the lights went out suddenly.

Don't _____ just because the task seems difficult.

The student was _____ before entering the exam hall.

The loud bang made me _____.

He _____ over the deadline for the project.

She _____ and didn't go on the roller coaster.

The crowd was _____ when the fire alarm rang.

The scary movie _____ my little brother.

I often _____ about upcoming presentations.

Проверь себя

On edge — быть на взводе; She's been on edge all morning waiting for the interview results.

Scared stiff — быть очень испуганным; He was scared stiff when he saw a spider on his desk.

Shaking like a leaf — дрожать от страха; The child was shaking like a leaf before performing on stage.

Have butterflies in your stomach — нервничать; I always have butterflies in my stomach before a big presentation.

Lose your nerve — потерять смелость; He lost his nerve and didn't go skydiving.

Break out in a cold sweat — покрыться холодным потом; She broke out in a cold sweat when she realized her phone was missing.

Chicken out — струсить; He chickened out and didn't climb the mountain.

Panic-stricken — охваченный паникой; The tourists were

panic-stricken during the sudden storm.

Scare someone to death — напугать до смерти; That ghost story scared me to death.

Lose sleep over — не спать из-за беспокойства; She lost sleep over the upcoming exam.

Have butterflies in your stomach — I was having butterflies in my stomach before my driving test.

Scared stiff — She was scared stiff when the lights went out suddenly.

On edge — Don't be on edge just because the task seems difficult.

Shaking like a leaf — The student was shaking like a leaf before entering the exam hall.

Break out in a cold sweat — The loud bang made me break out in a cold sweat.

Lose sleep over — He lost sleep over the deadline for the project.

Chicken out — She chickened out and didn't go on the roller coaster.

Panic-stricken — The crowd was panic-stricken when the fire alarm rang.

Scare someone to death — The scary movie scared my little brother to death.

Lose sleep over — I often lose sleep over upcoming presentations.

Surprise & Shock / Удивление и шок

Выражения

Take aback — быть поражённым, ошеломлённым; I was taken aback when I heard the news about his resignation.

Gobsmacked — сильно удивлённый, потрясённый; She was gobsmacked when she won the lottery.

At a loss for words — потерять дар речи; I was at a loss for words when I saw the surprise party.

Blow someone's mind — потрясти кого-то, впечатлить сильно; The magician's trick completely blew my mind.

Left speechless — остаться без слов; He was left speechless after receiving the unexpected gift.

Stunned — ошеломлённый, потрясённый; The audience was stunned by the performer's incredible skills.

Flabbergasted — крайне удивлённый; She was flabbergasted when her old friend appeared at the wedding.

Take by surprise — застать врасплох; The sudden snowfall took everyone by surprise.

Jaw dropped — от удивления отвисла челюсть; My jaw dropped when I saw the huge cake.

In disbelief — в недоумении, не веря своим глазам; He looked in disbelief at the finished painting.

Практика

Заполните пропуски, используя подходящее выражение:

I was completely _____ when I saw my old school friend at the airport.

She was _____ when she received the unexpected bonus.

I was _____ after hearing the shocking news.

The magician's trick really _____.

He was _____ when he opened the mysterious package.

The crowd was _____ by the spectacular fireworks.

We were _____ when our favorite actor walked into the room.

The sudden announcement _____ everyone.

My _____ when I saw the price of the car.

She stared at the gift in _____.

I was _____ to see my team win the championship.

He was _____ when he heard about the inheritance.

Don't _____ by the news; think carefully.

The incredible performance left the audience _____.

I was _____ when my teacher called me first for the presentation.

The sudden change of plans _____ us all.

My _____ when I discovered the mistake in the report.

He was _____ by the announcement of the winner.

I was _____ when my childhood friend sent me a letter.

The amazing view from the mountain left me _____.

Проверь себя

Take aback — быть поражённым; I was completely taken aback when I saw my old school friend at the airport.

Gobsmacked — сильно удивлённый; She was gobsmacked when she received the unexpected bonus.

At a loss for words — потерять дар речи; I was at a loss for words after hearing the shocking news.

Blow someone's mind — потрясти; The magician's trick really blew my mind.

Left speechless — остаться без слов; He was left speechless when he opened the mysterious package.

Stunned — ошеломлённый; The crowd was stunned by the spectacular fireworks.

Flabbergasted — крайне удивлённый; We were flabbergasted when our favorite actor walked into the room.

Take by surprise — застать врасплох; The sudden announcement took everyone by surprise.

Jaw dropped — отвисла челюсть от удивления; My jaw dropped when I saw the price of the car.

In disbelief — в недоумении; She stared at the gift in disbelief.

Gobsmacked — I was gobsmacked to see my team win the championship.

Flabbergasted — He was flabbergasted when he heard about the inheritance.

Take aback — Don't be taken aback by the news; think carefully.

Stunned — The incredible performance left the audience stunned.

At a loss for words — I was at a loss for words when my teacher called me first for the presentation.

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mistake in the report.

Left speechless — He was left speechless by the announcement of the winner.

At a loss for words — I was at a loss for words when my childhood friend sent me a letter.

Blow someone's mind — The amazing view from the mountain blew my mind.

Love & Affection / Любовь и симпатия

Выражения

Head over heels — по уши влюблённый; He's head over heels in love with her.

Carry a torch for someone — испытывать тайную любовь; She's been carrying a torch for him for years.

Love at first sight — любовь с первого взгляда; They experienced love at first sight when they met at the café.

Fall for someone — влюбиться в кого-то; I think I'm falling for my new coworker.

Be smitten with — быть покорённым, очарованным; He was smitten with her the moment they met.

Have a soft spot for someone — иметь слабость к кому-то; I have a soft spot for my little niece.

Tie the knot — жениться, выйти замуж; They finally decided to tie the knot after 5 years of dating.

Pop the question — сделать предложение; He popped the question during their holiday in Paris.

Match made in heaven — идеальная пара; They're a match made in heaven.

Go steady with someone — встречаться серьёзно; She's been going steady with Tom for two years.

Практика

Заполните пропуски, используя подходящее выражение:

They were _____ the moment they met.

He's completely _____ with her.

I think she's _____ for her old friend.

They decided to _____ after many years of dating.

He finally _____ and asked her to marry him.

I've always had a _____ for my childhood friend.

She's _____ her new classmate.

That couple is a _____; they understand each other perfectly.

They've been _____ for over a year now.

I can see he's completely _____ with her charm.

It was truly _____ when they met at the park.

He's still _____ for his first love.

They're planning to _____ this summer.

She felt _____ when he held her hand for the first time.

He couldn't resist because he was _____.

I have a _____ for my old neighbor; she's very kind.

He's been _____ his coworker secretly.

They seem like a _____ because they share the same hobbies.

She's been _____ him for months.

They're finally ready to _____ and start a family.

Проверь себя

Love at first sight — любовь с первого взгляда; They were love at first sight the moment they met.

Head over heels — по уши влюблённый; He's head over heels with her.

Carry a torch for someone — испытывать тайную любовь; I think she's carrying a torch for her old friend.

Tie the knot — жениться, выйти замуж; They decided to tie the knot after many years of dating.

Pop the question — сделать предложение; He finally popped the question and asked her to marry him.

Have a soft spot for someone — иметь слабость к кому-то; I've always had a soft spot for my childhood friend.

Fall for someone — влюбиться в кого-то; She's falling for her new classmate.

Match made in heaven — идеальная пара; That couple is a match made in heaven.

Go steady with someone — встречаться серьёзно; They've been going steady for over a year now.

Be smitten with — быть покорённым, очарованным; He's completely smitten with her.

Love at first sight — It was truly love at first sight when they met at the park.

Carry a torch for someone — He's still carrying a torch for his first love.

Tie the knot — They're planning to tie the knot this summer.

Head over heels — She felt head over heels when he held her hand for the first time.

Be smitten with — He couldn't resist because he was smitten.

Have a soft spot for someone — I have a soft spot for my old neighbor; she's very kind.

Carry a torch for someone — He's been carrying a torch for his coworker secretly.

Match made in heaven — They seem like a match made in heaven because they share the same hobbies.

Fall for someone — She's been falling for him for months.

Tie the knot — They're finally ready to tie the knot and start a family.

Hatred & Disgust / Ненависть и отвращение

Выражения

See eye to eye — соглашаться; (отрицательная форма: not see eye to eye — не соглашаться, конфликтовать); I don't see eye to eye with my brother on family issues.

Turn your stomach — вызывать отвращение; The smell of rotten food really turned my stomach.

Have a bone to pick with someone — иметь к кому-то претензии; I have a bone to pick with you about your behavior yesterday.

Can't stand someone/something — терпеть не могу; I can't stand people who lie.

Give someone the cold shoulder — игнорировать кого-то; After the argument, she gave him the cold shoulder.

Hate someone's guts — ненавидеть; He hates his rival's guts.

Be fed up with — быть сытым по горло, устать от чего-то; I'm fed up with the constant noise in this street.

Make your blood boil — приводить в ярость; It makes my blood boil when people are unfair to others.

Be at odds with someone — быть в конфликте, не ладить; He's at odds with his manager over the project decision.

Turn away in disgust — отвернуться с отвращением; She turned away in disgust when she saw the mess in the kitchen.

Практика

Заполните пропуски, используя подходящее выражение:

I really _____ people who cheat on tests.

The rotten fish smell _____.

I have a _____ about the way he treated me.

She _____ after he ignored her message for a week.

He _____ his enemy completely.

I'm _____ the constant arguing at home.

It really _____ when someone talks during a movie.

They _____ on the best way to handle the situation.

She _____ when she saw the dirty bathroom.

We don't _____ on most issues.

I can't _____ liars.

The gruesome scene in the movie _____.

He has a _____ with his colleague for spreading rumors.

After the fight, she _____ him.

I _____ my neighbor's dog barking all night.

It _____ me when people litter in public places.

He's _____ his sister over her decision to move abroad.

She _____ when she smelled the spoiled milk.

They don't _____ about the house renovation plans.

I _____ rude and selfish people.

Проверь себя

Can't stand someone/something — терпеть не могу; I really can't stand people who cheat on tests.

Turn your stomach — вызывать отвращение; The rotten fish smell turned my stomach.

Have a bone to pick with someone — иметь претензии; I have a bone to pick about the way he treated me.

Конец ознакомительного фрагмента.

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