

词汇: *fashion* 时尚

Do you ever struggle with choosing your **outfit** in the morning? If you have a full wardrobe yet still feel you don't have anything to wear, you might want to build yourself a **capsule wardrobe**!

So, what is this? Put simply, a capsule wardrobe is a small selection of items of clothing that **complement** each other, and are therefore **interchangeable**. Key to the capsule wardrobe is solid **basics**, like **plain tops**, and, ideally, **neutral colours**, because they make **combinations** easier. Think about the **versatility** of a simple pair of denim jeans. They can be combined with **trainers** and a t-shirt for a **casual** look or a **blazer paired** with **heels**, or **loafers**, if you want to look more **sophisticated**. Fashion bloggers also talk about **timeless classics** – picture a luxury black handbag that will **suit** any occasion and won't **go out of style**.

But why might it be beneficial to build a capsule wardrobe? Well, by limiting your choices, it can become much easier to choose what to wear, but there is another advantage too – it can reduce the amount of **fast fashion**. Fast fashion refers to clothes which are **trendy** for just a short time, so are quickly replaced by newer **trends**. This results in cheap and poor-quality clothing which has huge environmental costs as waste goes to landfill, resulting in an increase in pollution. According to UK clothes waste charity TRAIID, the average **garment** is worn just 10 times before being disposed of. So, having a capsule wardrobe with long-lasting and high-quality clothes should help reduce this, even if it means paying more in the first place.

Fashion and lifestyle magazine, Vogue, says 'building an excellent capsule wardrobe takes time and patience'. But, if you want to reduce waste and have some extra time in the morning, it might be time to start building!

词汇表

| | |
|-------------------------|---------------|
| outfit | 全套服装 |
| capsule wardrobe | “胶囊衣橱”，极简主义衣橱 |
| complement | 为...增色，相互补充 |
| interchangeable | 可互换使用的，可交替的 |
| basics | 基本款 |
| plain | 朴素的，素色的 |
| top | 上衣 |
| neutral colour | 中性色 |
| combination | 搭配 |
| versatility | 有多种用途 |
| trainers | 运动鞋 |
| casual | 休闲的 |
| blazer | 正式的西装外套 |
| pair | 搭配 |
| heels | 高跟鞋 |
| loafers | 乐福鞋，平底便鞋 |
| sophisticated | 成熟高雅的 |
| timeless classic | 永不过时的经典 |
| suit | 适合，适宜于 |
| go out of style | 过时 |
| fast fashion | 快速时尚 |
| trendy | 时髦的 |
| trend | 潮流 |
| garment | (一件) 衣服 |

测验与练习

1. 阅读课文并回答问题。

1. Why are denim jeans a versatile item of clothing?
2. Why are solid basics and neutral colours key to a capsule wardrobe?
3. True or False? *Fast fashion refers to clothes that stay fashionable for a long time.*
4. What happens to fast fashion after it is thrown away?
5. According to TRAIID, how many times is the average item of clothing worn before it is thrown away?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Her _____ is so sophisticated. She must work in fashion.

| | | | |
|--------|----------|--------------|--------|
| outfit | classics | fast fashion | basics |
|--------|----------|--------------|--------|

2. Sarah wore shiny high _____ to the party. She looked very glamorous.

| | | | |
|---------|----------|-------|--------|
| blazers | bloggers | heels | trends |
|---------|----------|-------|--------|

3. I've used this handbag for 20 years and it still looks new! It's so _____.

| | | | |
|-----------------|------|--------------|--------|
| interchangeable | fast | long-lasting | trendy |
|-----------------|------|--------------|--------|

4. I buy a new coat every few months because they _____ so quickly.

| | | | |
|------|------------|-----------------|------|
| suit | complement | go out of style | pair |
|------|------------|-----------------|------|

5. This _____ always looks good on you – blue jeans and a basic white t-shirt.

| | | | |
|---------|-------------|-------------|--------|
| trainer | combination | versatility | blazer |
|---------|-------------|-------------|--------|

答案

1. 阅读课文并回答问题。

1. Why are denim jeans a versatile item of clothing?

Because they can be easily combined with other items of clothing for different looks.

2. Why are solid basics and neutral colours key to a capsule wardrobe?

Because they make combinations easier.

3. True or False? *Fast fashion refers to clothes that stay fashionable for a long time.*

False. Fast fashion refers to clothes which are trendy for just a short time, so are quickly replaced by newer trends.

4. What happens to fast fashion after it is thrown away?

It goes to landfill, resulting in an increase in pollution.

5. According to TRAIID, how many times is the average item of clothing worn before it is disposed of?

The average garment is worn just 10 times.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Her **outfit** is so sophisticated. She must work in fashion.

2. Sarah wore shiny high **heels** to the party. She looked very glamorous.

3. I've used this handbag for 20 years and it still looks new! It's so **long-lasting**.

4. I buy a new coat every few months because they **go out of style** so quickly.

5. This **combination** always looks good on you – blue jeans and a basic white t-shirt.