

Yingyu Peiyou Jingsai

英语培优竞赛



主编 高分

# 超级课堂

Chaoji Ketang

课堂+培优+中考+竞赛  
基础+应用+能力+创新

8 年级上册

华中师范大学出版社




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Chaoji Ketang

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年级上册

 华中师范大学出版社

## 新出图证(鄂)字 10 号

图书在版编目(CIP)数据

英语培优竞赛超级课堂(8 年级上册)/高分 主编. —1 版.

—武汉:华中师范大学出版社,2008.6

ISBN 978-7-5622-3724-2

I. 英… II. 高… III. 英语课-初中-教学参考资料

IV. G634.413

中国版本图书馆 CIP 数据核字(2008)第 042262 号

### 英语培优竞赛超级课堂(8 年级上册)

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封面设计:甘 英

选题设计:第一编辑室(027—67867361)

出版发行:华中师范大学出版社 ©

社址:湖北省武汉市珞喻路 152 号

销售电话:027—67867371 027—67861549 027—67863040 027—67867076

传真:027—67863291

邮购:027—67861321

网址:<http://www.ccnupress.com>

电子信箱:hscbs@public.wh.hb.cn

印刷:湖北省鄂南新华印务有限公司

督印:章光琼

字数:210 千字

开本:889mm×1194mm 1/16

印张:8

版次:2008 年 6 月第 1 版

印次:2008 年 6 月第 1 次印刷

定价:16.00 元

欢迎上网查询、购书

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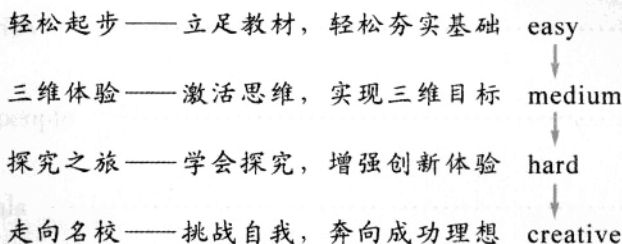
## 华中师大英语教辅“奇兵”

### ——中学生朋友英语成绩提高的好搭档

对于广大中学生朋友而言,阅读一直是制约英语学习成绩提高的主要障碍。我们知道,在初中阶段,“完形填空”、“阅读理解”以及“短文填词”甚至“短文改错”等等题型本质上都是对阅读能力的检测,因此,攻克了阅读,无疑就是冲破了我們跻身“尖子生”行列的最大的一个关卡。

正是基于这样一个原因,我们精心组织编写了这套“英语培优竞赛超级课堂”。事实上,在这套书成书之前,我们就将这套书的理念和方法贯彻到了日常的教学中,我们欣喜地看到,许多学生正是遵循这一方法在短期内取得了飞跃性的进步,大大提高了学习英语的信心。为此,我们禁不住要把这一成果与大家分享。这就是循序渐进(step by step)四步跨越学习法。

这一方法在本书中的体现就是在同一话题(topic)中,将不同体裁、不同切入点、不同难易程度的文章以“完形填空”、“阅读理解”、“短文填词”的题型加以呈现,在编排顺序上依照循序渐进、逐步跨越的原则分为以下四个层次:



众所周知,任何教学都要按照学科的逻辑系统和学生认识发展的顺序进行,才能使系统地掌握基础知识、基本技能,从而形成严密的逻辑思维能力。本学习法最大的特色就是很好地体现了这一人们经常挂在嘴边却又很少正真贯彻到位的教学理念,也正由于此,它将会给不同层次的学生以最大的空间,通过 learning by doing(做中学),逐步达到 practice makes perfect(熟能生巧)的境界。

本套书的另外一个最大的特色就是围绕同一话题(topic)精心选材,入选的文章不仅新颖、而且均切中话题(topic)的不同侧面,绝不是同类文章的简单堆砌,更不是为了凑篇幅而拉在一起的“大杂烩”。我们为此煞费苦心,只为达到这样一个目的,那就是通过这一方式寻找“一类题”在思维方法和解题技巧上的“共性”,“通吃”千张纸,万道题”,节约读者的宝贵时间,促成读者在短期内阅读能力的快速提高。

此外,为加深对某一话题(topic)的全面了解,我们在每个话题(topic)的阅读强化训练之后,又给出了一篇小小的写作训练,清新淡雅的条纹作文纸,如卷轴一般展现在广大读者的面前,会让读者忍不住要提笔书写。

语言是文化的组成部分,是文化在人类交流中的表现形式,好的语言基础有助于深刻理解语言的社会文化意义,良好的文化修养和文化知识又能促进语言学习。因此,学习语言与了解语言所反映的文化是分不开的,透过话题(topic)来了解文化,无疑是最适宜和便捷的途径。为此,我们专门在每个话题(topic)的最前面开辟了“文化快餐”这一小栏目。为使读者带着轻松愉悦的心情开始一个话题(topic)的训练,我们将这个栏目以“英汉对照”的形式呈现。文笔洗练而又优美的文章,配以精美的图片,无任何“任务”的阅读体验,为读者的后续训练做了一个最贴心的文化背景知识准备。

全新的理念、丰满的内容辅之以清新、活泼的版式设计,将该套书誉为华中师大英语教辅“奇兵”实不为过。我们坚信,只要读者善于用好这套教辅“奇兵”,循序渐进,注意思考和总结,相信在短期内实现英语学习的跨越性进步,成为梦寐以求的“尖子生”将不再是可望不可及的“神话”。

编者

# 读者调查问卷

勇于挑战,追求卓越!感谢您购买我社品牌培优竞赛类助学读物“英语培优竞赛超级课堂”。在此,非常希望您能填妥以下问卷,并及时寄给我们,以便我们进一步优化该丛书,为您提供更优秀的助学读物。对于您的支持我们将给予一定的回报:我们将从来信中抽取 50 位幸运者以资鼓励,详细名单我们会去函通知。奖品请您自行填写,我们会尽最大努力满足您的愿望。

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您的支持,是我们最大的动力!

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(来信请在信封右下角注明“英语培优竞赛超级课堂”字样)



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# Topic 1 Free time activities



## 文化情景

In America, young people spend their free time in many different ways, according to their ages, interests and environments. For many young people, watching television programs and using computers are popular activities. Many young people use computers to play games, look for interesting websites, listen to music, watch movies, send e-mails, and chat with their friends.

On the other hand, many young people enjoy outdoor activities. In a neighborhood, young people may play games with their neighbors including touch-football, basketball and hide-and-seek. Skateboarding and bicycling may be popular. In winter, ice-skating, hockey and skiing may be popular in areas where it snows. In middle school and high school, young people can join sports team such as track and field, basketball, football, volleyball, swimming and so on.

在美国,根据年龄、兴趣和环境的不同,年轻人有不同的度过业余时间的方式。对很多年轻人来说,看电视和用电脑是最普遍的活动。



很多年轻人用电脑玩游戏,寻找有趣的网站,听音乐,看电影,发邮件,网上和朋友们聊天。

另一方面,很多年轻人喜欢户外活动。在小区里,他们可能会和邻居们玩各种运动,包括触身式橄榄球,篮球,捉迷藏。溜滑板和骑自行车会很普遍。冬天,滑冰,曲棍球和滑雪在下雪的地区很受欢迎。在中学,年轻人可以加入一个运动队,如田径队,篮球队,足球队,排球队,游泳队等等。



## 轻松起步

### 一、完形填空

A: How often does Lily exercise?

B: She exercises 1. She runs in the morning.

A: What does she usually do after school?

B: She usually 2 her homework, I think. Maybe she helps her mother 3 the housework too.

A: Why does she hardly ever play computer games? Doesn't she like them?

B: 4. She likes reading and wants to do some reading after she finishes (完成) her homework.

A: How hard she works!

B: Although her grades are very good, she still keeps working hard.

A: What a 5 student!

B: But Jim is 6. He often plays computer games and 7 TV every night.

A: But how 8 does he do his homework?

B: Only once or twice a week.

A: I hope he can work 9 .

B: I hope 10 .

- |                         |                    |                |                  |
|-------------------------|--------------------|----------------|------------------|
| ( ) 1. A. once          | B. twice           | C. three times | D. four times    |
| ( ) 2. A. do            | B. did             | C. does        | D. done          |
| ( ) 3. A. doing         | B. do              | C. did         | D. done          |
| ( ) 4. A. Yes, she does | B. No, she doesn't | C. Yes, she is | D. No, she isn't |
| ( ) 5. A. good          | B. bad             | C. kind        | D. healthy       |
| ( ) 6. A. bad           | B. good            | C. the same    | D. different     |
| ( ) 7. A. watch         | B. watches         | C. sees        | D. looks         |
| ( ) 8. A. many          | B. much            | C. long        | D. often         |
| ( ) 9. A. early         | B. good            | C. hard        | D. happy         |
| ( ) 10. A. this         | B. that            | C. so          | D. it            |



## 二、阅读理解

My name is Gina. I'm pretty healthy. I exercise every day, usually when I come home from school. And my eating habits are pretty good. I try to eat a lot of vegetables, usually ten to eleven times a week. And I eat fruit every day and I drink milk every day. Of course, I love junk food too, but I try to eat it only once a week. Oh, and I sleep nine hours every night. So you see, I take care of my health. And my healthy lifestyle helps me get good grades. Good food and exercise help me to study better.



- ( ) 11. —How often does she exercise?  
A. Every day. B. Once a week.  
C. Twice a week. D. Hardly ever.
- ( ) 12. —How often does she drink milk?  
A. Sometimes. B. Often.  
C. Every day. D. Never.
- ( ) 13. —How often does she eat vegetables?  
A. Once or twice a week.  
B. Three or four times a week.  
C. Five or six times a week.  
D. Ten or eleven times a week.
- ( ) 14. —Do you think she has a healthy lifestyle?  
A. I don't know. B. I don't agree.  
C. Yes, I think so. D. No, I don't think so.
- ( ) 15. What does the underlined phrase "take care of" mean?  
A. 像. B. 重视.  
C. 不注意. D. 不在乎.

## 三、短文填词

## Do you know how to exercise?

Do you like doing exercise? How do you exercise? Everyone k 16 that exercising is good for our h 17 . We all need exercise. After doing exercise, one's body and heart will be s 18 . Children usually do much exercise to be more active. So they can do better in exams and get good g 19 .

There are many ways to exercise. You can walk, run, swim, skate(滑冰) or play some ball games. Make sure that you exercise in the following ways: You should love the sports that you are playing. Exercise enough(足够地) but not too m 20 . It's better to exercise t 21 a week. You can do exercise thirty m 22 each time. Try all kinds of things until(直到) you find the one you like.

Some people exercise at fitness centers(健身中心). There is a lot of equipment(设备) in it. The equipment there can help you exercise your arms, legs and o 23 parts of your body.

Exercise can be f 24 . Doing exercise with your friends is also a good way to keep h 25 . What do you think of it? Have a try!



16. k \_\_\_\_\_ 17. h \_\_\_\_\_ 18. s \_\_\_\_\_ 19. g \_\_\_\_\_ 20. m \_\_\_\_\_  
21. t \_\_\_\_\_ 22. m \_\_\_\_\_ 23. o \_\_\_\_\_ 24. f \_\_\_\_\_ 25. h \_\_\_\_\_



## 三维体验

## 一、完形填空

Do you want to keep 1 ? Exercise often, please. If(如果) you usually go to work 2 , from now on(从现在开始) you'd better go to work by bike or 3 . If you always 4 late in the morning and only eat lunch and supper every day, I think you should have the clock wake you up early and do some morning exercises 5 . You can breathe the fresh(新鲜的) air and have a 6 diet. Do you like to eat 7 , for example, potato chips, hamburgers or hot dogs? Sure they're 8 . But I think you should eat more fruit and 9 instead of them. Too much junk food is no 10 for you.

- ( ) 1. A. fat B. slim(苗条的) C. healthy D. tall  
( ) 2. A. by bike B. by bus C. on foot D. by plane  
( ) 3. A. by car B. by taxi C. by railway D. on foot  
( ) 4. A. get up B. sleep C. eat breakfast D. exercise  
( ) 5. A. outside B. inside C. in the air D. at home  
( ) 6. A. full B. balanced C. fill D. enough  
( ) 7. A. fat B. junk food C. much food D. meat  
( ) 8. A. nutrient(有营养的) B. cheap  
C. good D. yummy  
( ) 9. A. meat B. cheese C. vegetables D. water  
( ) 10. A. bad B. good C. use D. healthy



## 二、阅读理解

In my class, I have four best friends. They are John, David, Han Mei and Li Ying. Let me tell you what they like

doing best.

John likes playing basketball best. He plays it almost every day. He says basketball is very exciting(激动人心的), but he doesn't care about(在意) the results of the game. David likes surfing the Internet, but his parents don't want him to play with the computer too often. So he surfs the Internet once a week. Han Mei likes shopping best. She does shopping five times a month. Li Ying likes reading in the school library(图书馆). She goes there once a week. What about you? What do you like doing best? How often do you do it?

根据短文内容,完成下面的表格。

Name	Activity	How often
John	Playing basketball	Almost every day
David	(11)	Once a week
(12)	Shopping	(13)
Li Ying	(14)	(15)

### 三、短文填词

#### My lazy friend

I have a good friend, Tom. We work in the same police station. He is very f 16. He can't catch thieves, because he runs slowly. I'm the head of him.

One day we t 17 with each other on our way home. I said, "Tom, you should t 18 exercise and make yourself h 19." "I'm a l 20 man, as you know," he said, "After work I always s 21." "I think you'll be a good policeman." I told him, "I can help you. You should do as I tell you."

I bought a pair of shorts and a black T-shirt for him. I asked him to r 22 every morning.

Then one morning, I wanted to know whether he ran or not. I drove my police car to the road. I saw a man sitting on the side of the road. It was Tom. I was a little a 23. Just then Tom saw me. He began to run. I drove my car after him. He ran fast.

There were some people w 24 us. They didn't know what happened. Suddenly a young man ran to Tom and caught him. The young man took Tom to me, "I have caught(已经抓住) the man for you, sir. You can b 25 him to your police station now."

I had to say, "Thank you, sir. You are a brave man."

16. f \_\_\_\_\_ 17. t \_\_\_\_\_ 18. t \_\_\_\_\_ 19. h \_\_\_\_\_ 20. l \_\_\_\_\_

21. s \_\_\_\_\_ 22. r \_\_\_\_\_ 23. a \_\_\_\_\_ 24. w \_\_\_\_\_ 25. b \_\_\_\_\_



## 探究之旅

### 一、完形填空

#### What do people usually do at weekends?

What do you do at the weekends? Some people like to 1 at home, but others like to go 2 a walk or play football. My friend Jack works hard in a factory during the 3. At the weekends, he always 4 the same things. On Saturday he 5 his car and 6 he goes with his family to a village by car. His uncle and aunt have a farm there. It isn't a 7 one but there's always 8 to do on the farm. The children help with the animals and give them their 9. Jack and his wife help in the fields. At the end of the day, they are all 10 and Jack's aunt gives them a meal.



- ( ) 1. A. play                      B. live                      C. stay                      D. enjoy
- ( ) 2. A. to                          B. for                      C. in                          D. at
- ( ) 3. A. day                        B. time                     C. autumn                  D. week
- ( ) 4. A. does                      B. makes                  C. borrows                D. has
- ( ) 5. A. watches                B. drives                  C. sells                      D. washes
- ( ) 6. A. on Monday              B. on Sunday            C. on Saturday            D. on Wednesday
- ( ) 7. A. small                    B. big                      C. hard                      D. short
- ( ) 8. A. much                    B. little                    C. fast                      D. far
- ( ) 9. A. clothes                B. places                  C. food                      D. water
- ( ) 10. A. clean                    B. late                      C. hungry                  D. friendly

## 二、阅读理解

There are 45 students in our class. I have made a survey. 36 students say they like to exercise. Most boys play basketball together twice a week. But girls think basketball is difficult for them, they'd like to play volleyball together twice a week. My friend, Tonny, is good at running. He runs fastest(最快) in our class. He runs for 30 minutes on the playground every evening before he goes to bed. Is it interesting? Gray is good at swimming. He goes to the swimming club three times a month in winter, and three times a week in summer. So he's pretty healthy. Some of my classmates have good eating habits. They eat both meat and vegetables. 70% of them drink milk every day. 15 students say they drink milk three or four times a week. But some students like to eat junk food, especially Sally. What's worse(更糟糕的) is that she doesn't like to exercise, so she is very fat. She always says, "I'm going to lose weight tomorrow."

- ( ) 11. How often do most boys play basketball?  
A. Every day.                      B. Twice a day.              C. Twice a week.              D. Twice a month.
- ( ) 12. Why do the girls dislike to play basketball?  
A. Because they have no time.  
B. Because they think it's not easy.  
C. Because they don't like to play with the boys.  
D. Because they don't like to exercise.
- ( ) 13. When does Tonny often run for 30 minutes?  
A. Every morning.                      B. Every evening.  
C. Every evening before he goes to bed.              D. Every afternoon.
- ( ) 14. How often does Gray swim in winter?  
A. Three times a month.                      B. Three times a week.  
C. Hardly ever.                              D. It's not mentioned(提及) in the passage.
- ( ) 15. What does the underlined sentence "I'm going to lose weight tomorrow." mean?  
A. I'm going to exercise tomorrow.  
B. I'm exercising.  
C. I'm going to be fatter.  
D. I'm going to do something to make me thin.

### 三、短文填词

Hi, I'm Lucy Chan. I c 16 to America a year ago. I'm studying at Yale. It's not easy but I e 17 it.

I go to the college every day. I u 18 study in the evening. Sometimes I w 19 TV or l 20 to CDs. On weekends I often go to the m 21 with my friends or have American football games. Yes, football games. Don't say that it's not for women. I r 22 love this game though I'd known nothing about it b 23 I came to the USA.

I often cook. I'm a good c 24 and I like eating. Of course I miss those d 25 dishes made by Mum but my stomach can enjoy hamburgers and French fries as well.

16. c \_\_\_\_\_ 17. e \_\_\_\_\_ 18. u \_\_\_\_\_ 19. w \_\_\_\_\_ 20. l \_\_\_\_\_  
21. m \_\_\_\_\_ 22. r \_\_\_\_\_ 23. b \_\_\_\_\_ 24. c \_\_\_\_\_ 25. d \_\_\_\_\_



## 走向名校

### 一、完形填空

It is reported that the health of young people in China, college students in particular(尤其) is not as good as they should be. There are many reasons for this 1, but the main reason is that many people don't know 2 important it is to take exercise.

3, then, is physical exercise so important to our health? Firstly, physical exercise can 4 blood circulation (血液循环). Secondly, physical exercise can bring a healthy metabolism(新陈代谢). 5, physical exercise can help consume(消耗) excessive(多余的) 6 in the body, preventing(阻止) people from putting on too much 7. Finally, after physical exercise we usually need a good rest and a sound sleep at night, it makes us feel better for 8 work.

In a word, physical exercise not only keeps us 9 and strong, but also helps us to be successful in our lives. Young people should 10 some time taking an active part in physical exercise.

- ( ) 1. A. problem                      B. fact                                      C. matter                                  D. question  
( ) 2. A. how                                  B. what                                      C. the most                                  D. more  
( ) 3. A. What                                  B. How                                      C. Why                                      D. When  
( ) 4. A. make                                  B. help                                      C. improve                                  D. start  
( ) 5. A. Then                                  B. Third                                      C. Three                                      D. Thirdly  
( ) 6. A. fat                                      B. meat                                      C. food                                      D. heat  
( ) 7. A. food                                  B. weigh                                      C. weight                                      D. heavy  
( ) 8. A. tomorrow                          B. the next day                              C. more                                      D. the next day's  
( ) 9. A. health                                  B. healthy                                      C. thin                                      D. healthier  
( ) 10. A. spend                                  B. cost                                      C. take                                      D. pay



### 二、阅读理解

Jack loves to ride his bike. It's his favorite activity. But he made a big mistake last Wednesday. He acted foolishly (愚蠢地). He did not know the safety rules. He did not think about keeping his body safe.

Thinking before you act can help you avoid(避免) many accidents. Knowing what to do can keep you or someone close to you safe. Remember that when you ride a bicycle, you share the road with trucks and cars. Read the following rules. They can help you stay away from the risk, or chance of getting hurt.

Title: \_\_\_\_\_

1. Always wear a helmet(头盔).
2. Don't ride on the sidewalk so you won't run into someone walking.
3. Ride on bike paths if they are near you.
4. Always ride in the same direction as the traffic.
5. Use hand signals(信号) when you stop or turn.
6. Obey traffic lights and signals.
7. Walk your bike across busy crossings.
8. If you ride with a friend, ride one behind the other.
9. If you ride at night, use your headlights(前灯), wear light-colored clothes, and make sure you have reflectors(反射镜) on your bike.

( ) 11. We know from this passage that maybe Jack \_\_\_\_\_ last Wednesday.

- A. failed an exam                      B. had an accident  
C. went to school by bus                D. lost his way

( ) 12. The sidewalk is left for people who \_\_\_\_\_.

- A. walk                                      B. drive cars  
C. ride bikes                                D. drive taxis

( ) 13. The word "risk" means \_\_\_\_\_.

- A. safety                                    B. turning  
C. danger                                  D. corner

( ) 14. It's dangerous to \_\_\_\_\_ according to the rules.

- A. ride in the same direction as traffic  
B. ride side by side(并排) with someone else  
C. use hand signals when you stop or turn  
D. wear a helmet when riding a bike

( ) 15. The best title of the list will be \_\_\_\_\_.

- A. Bike Safety Rules                      B. Bike Riding Club  
C. Bike Riding Skills                      D. How to Ride A Bike

### 三、短文填词

I started playing tennis 38 years ago for fun; I s 16 play now. I moved to northern California 20 years ago as I couldn't stand the cold and s 17 of the Midwest. I was lucky to find a house w 18 a full-size tennis court(球场) in the backyard, which made one of my d 19 come true. For these 20 years, I have been playing tennis with friends every Saturday and Sunday. We play singles and doubles for two to three h 20. After tennis, we have a chat, eating some snacks. That is the b 21 part of our get-together. The o 22 time I do not play it if it is raining or I am out of town. If n 23 comes to play with me, I practice out on the court. I am the oldest in the group; the youngest is 16. I love the game and h 24 to play forever. Also, I love coaching(训练), t 25 I am not a tennis expert(专家). If I can play well, I love to coach the beginners.

16. s \_\_\_\_\_      17. s \_\_\_\_\_      18. w \_\_\_\_\_      19. d \_\_\_\_\_      20. h \_\_\_\_\_  
21. b \_\_\_\_\_      22. o \_\_\_\_\_      23. n \_\_\_\_\_      24. h \_\_\_\_\_      25. t \_\_\_\_\_

#### 四、书面表达

Jim 的朋友 Sam 上周给他写了一封信,向他询问有关保持健康的方法。请你以 Jim 的名义给 Sam 回封信(开头和结尾已给出),告诉他你的如下建议:

1. 每天锻炼。2. 多吃蔬菜、水果等健康食品,尽量少吃肉及垃圾食品。3. 每天坚持喝牛奶,有益于健康。4. 拒绝网络游戏,阅读有益书籍。5. 不要看太多电视,保证八小时的充足睡眠。

要求:不少于 60 字,语句通顺,内容完整。

Dear Sam,

Thank you for your last letter. . .

Yours,

Jim





# Topic 2 Health



## 文化情景

### Medical care in the US

Unlike Britain, the US does not have a national health care service. The government helps to pay for some medical care for low-income and old people, but most people buy insurance to help to pay for medical care.

When people are ill, they usually go first to a general doctor. Children are usually taken to a pediatrician. As in Britain, if a patient needs to see a specialist, their general doctors will usually give them a specialist's name.

Doctors do not go to people's homes when they are ill. People always make appointments to see the doctor in the doctor's office. In emergencies, people can call for an ambulance. Hospitals must treat all emergency patients, even if the patient does not have medical insurance. The government would then help to pay for some of the cost of the medical care.



### 在美国看病

与英国不同的是美国没有一个国家健康医疗服务,政府帮助低收入的人和老人付一部分医疗费,但大多数人都买了医疗保险。

当人们生病的时候,通常先找普通医生看病,小孩生了病,则带去看儿科医生。跟在英国一样,如果病人须要看专家,普通医生会向他们介绍专家的名字。

医生不需到病人家里去看病人,病人总是跟医生预约到医生办公室去看病;如果是急诊,人们会叫救护车。即使急诊病人没有医疗保险,医院也必须医治所有的病人,然后政府会帮助付一部分医疗费。



## 轻松起步

### 一、完形填空

Traditional Chinese doctors believe we need a balance 1 *yin* and *yang* to be 2. For example, are you often 3 and 4? Maybe you have 5 *yin*. You should 6 hot *yang* foods, like beef. Eating Dangshen and Huangqi herbs 7 also good for this. But people 8 are too stressed out and angry may have too much *yang*. Chinese doctors believe that they should eat more *yin* foods like tofu. Chinese medicine is now popular in many western countries. It's easy 9 a healthy lifestyle, and it's important to eat a 10 diet.

- |                   |           |              |              |
|-------------------|-----------|--------------|--------------|
| ( ) 1. A. for     | B. of     | C. on        | D. about     |
| ( ) 2. A. healthy | B. health | C. unhealthy | D. healthily |
| ( ) 3. A. week    | B. weak   | C. quite     | D. quietly   |

