

宇恒文化  
YU HENG CULTURE

魔力学习  
NEW  
全新改版系列

# 学海风暴

同步系列

丛书主编：冷媛



## 八年级英语（上） （配人教版）

喀什维吾尔文出版社  
新疆电子音像出版社

☆ 突出重点 ☆ 突破难点 ☆ 锁定热点 ☆ 直击中考

责任编辑：侯淑婷

封面设计：王博



学海掀起风暴 知识改变命运

让学海风暴来的更猛烈些吧！

ISBN 978-7-5373-1676-7



9 787537 316767 >

本册定价 17.90 元

(另配有听力磁带)



魔力导学系列全新改版

# 学海风暴

同步系列

丛书主编：冷媛



## 八年级英语（上）

（配人教版）

本册主编：李玉红、肖艳、黄小林

本册副主编：光凤霞、朱卫萍、邓红燕、

谢晓明、乐舒融、卢大宗、

聂冬兰、卢凤凰、朱爱华、

余冬红、易瑞华、丁娇兰、

宋娜、潘良艳、刘琼华

（排名不分先后）

喀什维吾尔文出版社

新疆电子音像出版社

全新版  
NEW

突出重点 ☆ 突破难点 ☆ 锁定热点 ☆ 直击中考



# 前言

“东方欲晓，  
莫道君行早，  
踏遍青山人未老，  
风景这边独好！”

我们太应该重视这个“独”了！

世上被人们公认的景点都是独特的：埃及金字塔，中国古长城，法国凯旋门，罗马斗兽场……

世上被人们赞誉的美景都独具风采：泰山日出，威尼斯水城，巴西热带雨林，非洲撒哈拉大沙漠……

文学作品中的经典人物也独具个性：王熙凤的笑里藏刀，鲁滨逊的坚毅顽强，奥赛罗的嫉妒仇恨……

独特是一种能力，  
独特是一种智慧，  
独特是一种超然！

《学海风暴》便是众多教辅资料中的独特品牌！

“人无我有，人有我优”是我们奉行的最高准则。

“没有最好，只有更好”是我们遵循的服务理念。

经编写组殚精竭虑倾心打造的《学海风暴》教辅丛书，具有以下独特之处：

●**权威性** 丛书主笔均为全国优秀的一线特高级教师，国家级、省级骨干教师，可谓强强联合、名师荟萃。先进的教学理念、成功的教学经验、科学的操作方式，组成了独树一帜的信息方阵。莘莘学子可以由此轻松“步蟾宫”“跃龙门”。

●**新颖性** 以新课标精神为指导，突出学生的主体性，强化人文意识的终极关怀，强调“感受、观察、体验、参与社会生活”的能力，注重构建“情景化”“生活化”的学习氛围，把学生引向好学、会学、乐学的理想天地。

●**科学性** 丛书各科既有对知识的宏观梳理，又有对解题思路的微观探究；既有对个案技巧的点拨，又有对整体规律的总结。以科学的方法打通了思维心理的屏蔽通道，为提升同学们的综合应用能力架起了一座金色之桥。

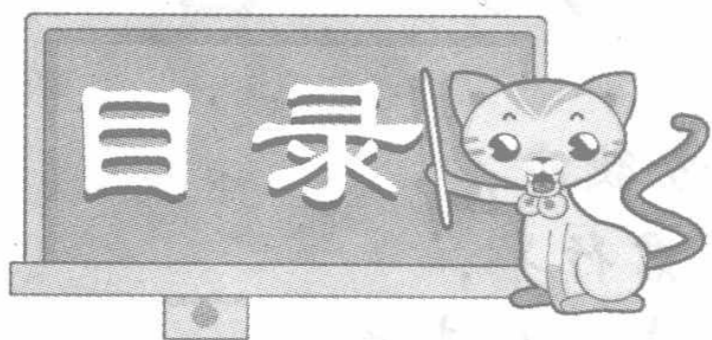
●**实用性** 实事求是，尊重实际，是本丛书的出发点，也是落脚点。从体例的设计，到内容的编写，本丛书都充分考虑到教学过程的特点和学生的实际需要，大处着眼，小处着手，努力使本丛书成为实实在在的学生的帮手，能切实的帮助学生积累知识，训练能力，开阔思维，提高成绩。

“删繁就简三秋树，领异标新二月花。”我们坚信，《学海风暴》定会给你的求学带来无穷的乐趣，定会引领你跨越人生的“十八盘”，去领略那“一览众山小”的无限风光！

学海弄潮，激流勇进，梦想成真！

《魔力导学》系列编写组  
2008年8月





<b>Unit 1 How often do you exercise?</b>	
Section A .....	(2)
Section B .....	(4)
Self - check .....	(6)
<b>Unit 2 What's the matter?</b>	
Section A .....	(8)
Section B .....	(10)
Self - check .....	(12)
<b>Unit 3 What are you doing for vacation?</b>	
Section A .....	(14)
Section B .....	(16)
Self - check .....	(17)
<b>Unit 4 How do you get to school?</b>	
Section A .....	(19)
Section B .....	(21)
Self - check .....	(22)
<b>Unit 5 Can you come to my party?</b>	
Section A .....	(24)
Section B .....	(26)
Self - check .....	(28)
<b>Unit 6 I'm more outgoing than my sister.</b>	
Section A .....	(31)
Section B .....	(32)
Self - check .....	(34)
<b>Unit 7 How do you make a banana milk shake?</b>	
Section A .....	(35)
Section B .....	(37)
Self - check .....	(38)
<b>Unit 8 How was your school trip?</b>	
Section A .....	(39)
Section B .....	(41)
Self - check .....	(43)
<b>Unit 9 When was he born?</b>	
Section A .....	(45)
Section B .....	(47)
Self - check .....	(49)
<b>Unit 10 I'm going to be a basketball player.</b>	
Section A .....	(52)
Section B .....	(54)
Self - check .....	(55)
<b>Unit 11 Could you please clean your room?</b>	
Section A .....	(57)
Section B .....	(59)
Self - check .....	(61)
<b>Unit 12 What's the best radio station?</b>	
Section A .....	(64)
Section B .....	(65)
Self - check .....	(67)
第一单元自我评价 .....	(69)
第二单元自我评价 .....	(75)
第三单元自我评价 .....	(81)
第四单元自我评价 .....	(87)
第五单元自我评价 .....	(93)
第六单元自我评价 .....	(99)
期中自我评价 .....	(105)
第七单元自我评价 .....	(111)
第八单元自我评价 .....	(117)
第九单元自我评价 .....	(123)
第十单元自我评价 .....	(129)
第十一单元自我评价 .....	(135)
第十二单元自我评价 .....	(141)
期末自我评价 .....	(147)
参考答案 .....	(153)



# Unit 1 How often do you exercise?

## 单元词组归纳

整合知识, 梳理脉络

- |              |                      |
|--------------|----------------------|
| 1. 多久一次      | how often            |
| 2. 难得, 几乎从来不 | hardly ever          |
| 3. 垃圾食品      | junk food            |
| 4. 就……而言     | as for               |
| 5. 在周末       | on weekends          |
| 6. 每周一两次     | once or twice a week |
| 7. 上网冲浪      | surf the Internet    |
| 8. 照顾, 照料    | look after           |
| 9. 饮食习惯      | eating habits        |
| 10. 保持健康     | keep in good health  |
| 11. 每周两次     | twice a week         |
| 12. 每周三次     | three times a week   |
| 13. 购物       | ① go shopping        |
|              | ② do some shopping   |
|              | ③ buy something      |
| 14. 做早操      | do morning exercises |
| 15. 做眼保健操    | do eye exercises     |
| 16. ……的调查结果  | the results for...   |
| 17. 对……有好处   | be good for          |
| 18. 对……有害处   | be bad for           |
| 19. 照顾       | ① look after         |
|              | ② take care of       |
| 20. 努力做      | try to do            |
| 21. 和……相同    | the same as...       |
| 22. 有点不健康    | kind of unhealthy    |
| 23. 一个健康的习惯  | one healthy habit    |

## 单元语法归纳

循循善诱, 点石成金

### 一、频率副词

**always, often, usually, sometimes, hardly ever, never** 的用法区别

这几个词都表示动作的频率, 区别如下:

1. **always** 表示“总是, 一直”, 通常指“没什么意外”之意, 它表示动作的重复、状态的继续。一般放在实义动词之前, 系动词、助动词之后, 常与一般现在时连用。eg:

① The sun always rises in the east.

太阳总是从东方升起。

② He always comes to school early and is never late. 他总是很早到校, 从不迟到。

▲ **always** 与动词的进行时态连用时具有一定的感情色彩, 带有气恼、厌烦等情绪, 意为“总是, 老是”。eg:

① The boy is always asking questions.

这个男孩总是问个没完。

② You are always finding fault with me.

你老是挑我的错。

2. **often** 意思是“常常, 经常”, 着重动作发生的次数, 强调动作的经常性。often 在句尾时常常被 **very** 或 **quite** 修饰。eg:

① What do you often do in the morning?

你早上经常做什么?

② We play basketball after class quite often.

我们课后经常打篮球。

3. **usually** 意思是“通常”, 含有“遵循常规, 一贯如此”之意, 表示习惯动作。eg:

① We usually read English in the morning.

我们通常早上读英语。

② They usually do their homework in the evening. 他们通常晚上做作业。

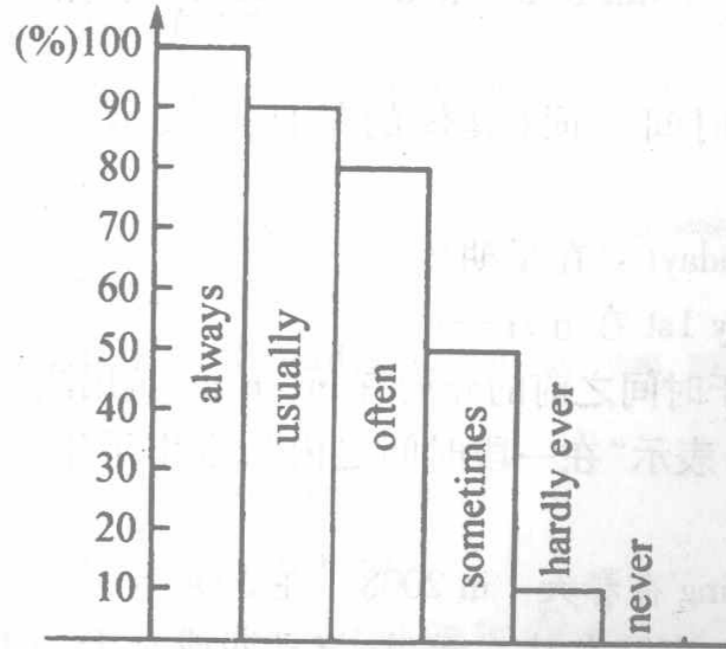
4. **sometimes** 意思是“有时候”, 也可以表达为 **at times**, 可置于句首、句中或句末。eg:

① I have letters from him sometimes.

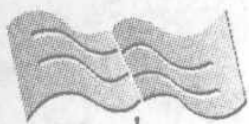
我有时候收到他的来信。

② Sometimes I come by train, but usually I come by car.

我有时坐火车来, 但通常坐汽车来。



### 二、学习不定代词 **all, most, some** 和 **no** 的用法



all	所有的	用来指事物的全部。既可指复数名词,也可指不可数名词,常与of连用	All of us are students. 我们都是学生。 All the students went to the movie.
most	大多数	指事物的大部分。既可指可数名词,也可指不可数名词,可与of连用,也可用于名词前	Most people like sports in our city. 在我们的城里多数人喜欢运动。 Most of the girls like singing. 多数女孩喜欢唱歌。
some	一些	指事物中的一部分。既可指可数名词,也可指不可数名词,可与of连用,也可直接用在名词前	Some of girls watch TV twice a week. 有些女孩每周看电视两次。 I have some bread for breakfast every day. 我每天早饭吃些面包。
no	无,没有	指无一人或无一物,具有形容词性质,用于名词前,不可与of连用	There is no time to go shopping. 没有时间去购物。 No people know the news. 没有人知道这个消息。

下面用图中的阴影部分表示四个词所表示的量。



all



most



some



no

## Section A



## 课程解读

夯实基础,温故知新

要点1. What does she do on weekend? 她周末一般做什么?

“on + 时间名词(具体的某日)”表示“某一特定时间”。eg:

on Sunday(s) 在星期日

on May 1st 在五月一日

常用于时间之前的介词有 in, on, at, 其用法如下:

(1) in 表示“在一段时间之内”,常用于年、月、季节之前。eg:

in spring 在春天 in 2008 在2008年

(2) on 表示在某一天,常与日期或某天的上、下午连用。eg:

on my birthday 在我生日那一天

on the evening of May 1st 在5月1日的晚上

(3) at 则常用于时间点之前。eg: at seven o'clock 在7点钟

(4) “在上午,在下午,在晚上”习惯上用介词 in, 如: in the morning, 但是如果 morning, afternoon, evening 前有修饰词时,往往使用介词 on, 如 on a sunny morning 在一个晴朗的上午。

要点2. How often 表示“多久(多长时间)一次”,主要针对状态或动作的频率提问,它对应的答语通常是表示频率的词或短语,如 never, sometimes, every day, once a week, twice a month, three times a year 等等。

—How often does he swim? 他多久游一次泳?

—Once a week. 一周一次。

此外,还有几个 how 的短语,同学们在运用中要注意区分。

(1) how long 表示“多长,多久”,既可指时间也可指事物的长度。eg:

How long did you stay in Wuhan? 你在武汉呆了多久?  
(指时间)

How long is the Yellow River? 黄河有多长?(指事物)

(2) how many 表示“多少”,对可数名词的数量提问,后跟可数名词的复数形式。

How many classes do you have? 你上几节课?

(3) how much 表示“多少”,主要指不可数名词的量,还可表示价格。eg:

How much meat do you want? 你想要多少肉?

How much is the sweater? 这件毛衣多少钱?

(4) how soon 表示“多久(以后)”。指将来何时要发生某事,用于将来时,回答用“in + 一段时间”。eg:

—How soon will he be back? 他何时会回来?

—In five days. 5天后。

此外,与 how 相关的疑问短语还有: how far(问距离) how old(问年龄) how wide(问宽度)等。

要点3. Here are result of the student activity survey at Green High School. 这里是格林高中学生活动调查结果。

(1) the result of ... 的结果, eg:

the result of this exam 这次考试的结果

(2) Here are ... 此句为倒装句, here 用于句首,使对方注意并指示人、物或用于交出对方寻找东西时的情景。eg:

Here are our favorite flowers. 这些是我们最喜爱的花。

要点4. Most students exercise three or four times a week. 大多数学生一周锻炼三次或四次。

exercise 在句中作动词,意为“运动,训练”。它还可作名词。作不可数名词意为“运动,体操”,作可数名词意为





“练习,训练,功课”。eg:

She exercises every morning. = She does exercise every morning. 她每天早晨锻炼。

要点 5. As for homework, most students do homework every day. 至于说家庭作业,大多数同学每天都做。

as for 意为“至于,关于”。用于说明时提及另一个人或另一个件事,或事的另一方面。eg:

As for Tom, he is ill today. 至于说 Tom, 他今天病了。

课内基础闯关

同步测控, 步步为营

一、根据句意和首字母完成单词

①—How o \_\_\_\_\_ does your mother shop?

—Twice a week.

② I like English best, but math is his f \_\_\_\_\_ subject.

③ Some children often surf the I \_\_\_\_\_ with the help of their parents.

④ He u \_\_\_\_\_ plays soccer on weekends.

⑤ A \_\_\_\_\_ for him, he is nothing but a boy. Don't be angry with him.

⑥ Maria e \_\_\_\_\_ every day, so she is in good health.

⑦ Jim goes to the m \_\_\_\_\_ once a month.

⑧ His grandma n \_\_\_\_\_ watches football match.

She doesn't like football at all.

⑨ Mr Wang often watches TV news. But today he is l \_\_\_\_\_ to the radio.

⑩—How many t \_\_\_\_\_ did you go to Beijing?

—Only once.

二、选择填空

( ) ① He eats \_\_\_\_\_ what I eat.

- A. twice
- B. two
- C. two times
- D. three time

( ) ② John went to London \_\_\_\_\_ the morning of March 12th.

- A. in
- B. on
- C. at
- D. of

( ) ③ —How often do you come here?

- \_\_\_\_\_
- A. No
- B. Some
- C. Sometime
- D. Sometimes

( ) ④ They are going to have a picnic \_\_\_\_\_ next week.

- A. some time
- B. sometime
- C. sometimes
- D. some times

( ) ⑤ \_\_\_\_\_ your brother, I'll drive to pick him up.

- A. As
- B. For
- C. Because
- D. As for

( ) ⑥ “\_\_\_\_\_ do you surf the Internet?” “Once a week.”

- A. How
- B. How old
- C. How often
- D. How many times

( ) ⑦ My mum \_\_\_\_\_ surfs the Internet, she likes watching TV.

- A. doesn't hardly ever
- B. hard ever
- C. isn't hardly ever
- D. hardly ever

( ) ⑧ He \_\_\_\_\_ late for school.

- A. is often
- B. often is
- C. does often
- D. often does

( ) ⑨ —\_\_\_\_\_ was your weekend, Linda?

—It was OK.

- A. What about
- B. How about
- C. How
- D. How often

( ) ⑩ “Are you late for class?” “\_\_\_\_\_.”

- A. Yes, never
- B. Yes, sometimes
- C. No, ever
- D. No, usually



课外拓展提高

沙场百战, 大战不殆

一、句型转换

① The girl likes watching TV. (改为一般疑问句)

\_\_\_\_\_ the girl \_\_\_\_\_ watching TV?

② They exercise every day. (对画线部分提问)

\_\_\_\_\_ they \_\_\_\_\_?

③ Peter does his homework every day. (改为否定句)

Peter \_\_\_\_\_ his homework every day.

④ My favorite subject is English. (改为同义句)

I \_\_\_\_\_ English \_\_\_\_\_ of all the subjects.

⑤ There is some water in the glass. (改为否定句)

There \_\_\_\_\_ water in the glass.

⑥ Chinese names are not the same as English names. (改为同义句)

Chinese names are \_\_\_\_\_ English names.

⑦ They usually surf the Internet on weekends. (对画线部分提问)

\_\_\_\_\_ they \_\_\_\_\_ on weekends?

二、补全对话

A: Tomorrow is Saturday. What do you usually do on weekends?

B: 1 What about you?

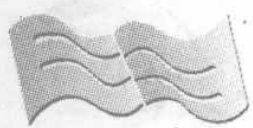
A: I often go to the movies.

B: 2 How often do you go to the movies?

A: 3

B: What is your favorite film?

A: 4



B: Whom do you usually go with?

A: 5

B: Are you going to the movies this weekend?

A: Yes. Would you like to go with us?

B: I'd love to, but I have to shop then. Have a good time with your friend.

A: Thank you. Goodbye!

A. I often go to the movies once a week.

B. I like movies, too.

C. I usually shop.

D. My friend, Bill.

E. It doesn't matter.

F. *The Song of Youth* (《青春之歌》).

G. Do you often go to the movies?

① \_\_\_\_\_ ② \_\_\_\_\_ ③ \_\_\_\_\_

④ \_\_\_\_\_ ⑤ \_\_\_\_\_

### 三、用所给单词的适当形式填空

① I look after my \_\_\_\_\_ and I am \_\_\_\_\_ (health).

② My teacher wants me \_\_\_\_\_ (write) a letter to you

③ I got good \_\_\_\_\_ (grade) with the help of our teachers last term.

④ They \_\_\_\_\_ (hard) go out of this small town.

⑤ The boy is trying \_\_\_\_\_ (climb) up the tree.

⑥ The \_\_\_\_\_ (different) between the two words are clear.

⑦ He often helps me \_\_\_\_\_ (do) some housework.

⑧ I don't think she \_\_\_\_\_ (have) good habits.

⑨ What do you \_\_\_\_\_ (usual) do on Sundays?

⑩ We should do eye \_\_\_\_\_ (exercise) every day.

## Section B

### 课程解读

夯实基础, 温故知新

**要点 1. And it makes a big difference to my grades.** 而且它使我的学业成绩有很大的改观。

(1) make a difference 使有所不同, 有影响, 有作用。

eg:

I don't think it will make a difference. 我认为那会有什么不同。

difference 是名词, 它的形容词是 different, 意为“不同的”。eg:

There are five differences between the pictures. 这两幅图

画有五处不同。

English names are different from Chinese names.

英文姓名和中文姓名有很大的区别。

(2) grade 的含义很多, 教材中有两种含义。

① 年级。如指具体某年级时, 首字母应大写。eg:

I'm in Class 1, Grade 8. 我在八年级(1)班。

② 分数、成绩(可用复数), 等级。eg:

Her grade in English is A. 她的英语等级是 A。

He lost the game because of his low grades. 因为低分, 他输掉了比赛。

**要点 2. She says it's good for my health.** 她说那对我的健康有利。be good for “对……有用, 有效” eg:

Spring is good for sports. 春天有利于体育锻炼。

This medicine is good for TB. 这种药对结核病有效。

**要点 3. My eating habits are pretty good.** 我的饮食习惯相当好。

(1) pretty 在句中作副词, 修饰形容词 good, 意思是“相当, 很”。eg:

The movie was pretty great. 那部电影棒极了。

He is pretty old now. 他现在相当老了。

(2) pretty 作形容词, 意思是“漂亮的, 可爱的”, 多用于小孩、妇女或较小的东西, 语气较弱。eg:

What a pretty girl! 多漂亮的女孩啊!

Snow White lived in a pretty beautiful house.

白雪公主住在一幢非常漂亮的小房子里。

**要点 4. I try to eat a lot of vegetables.** 我尽量多吃蔬菜。

(1) try to do sth. 设法做某事 eg:

I'll try to learn English. 我要设法学会英语。

(2) a lot of 许多的……, 用来修饰可数名词或不可数名词, 也可写成 lots of. eg:

He has a lot of books. 他有许多书。

She spends a lot of money on clothes.

她把大量的钱都花在服装上。

**要点 5. Good food and exercise help me to study better.** 合理的饮食和适当的运动帮我学得更好。

help sb. to do sth. 或 help sb. do sth. 意思是帮助某人做某事。

eg: I helped him to look for his key. 我帮他找钥匙。

help 还有名词“帮助”之意。

eg: I need some help. 我需要一些帮助。

### 课内基础闯关

同步测控, 步步为营

一、根据句意及首字母完成单词

① I don't think junk food is good for our h\_\_\_\_\_.



- ② My eating h \_\_\_\_\_ are pretty good, so I'm healthy.  
 ③ The twins don't look the same. They look d \_\_\_\_\_.  
 ④ Don't worry. M \_\_\_\_\_ he can help you.  
 ⑤ Can you tell me the d \_\_\_\_\_ between the two words?  
 ⑥ Would you like to drink milk or c \_\_\_\_\_?  
 ⑦ Do you like to eat v \_\_\_\_\_ and fruit?  
 ⑧ My grandfather is still healthy, a \_\_\_\_\_ he is over 80 years old.

- ⑨—What s \_\_\_\_\_ do you play?  
 —I usually play basketball and football.  
 ⑩ I exercise every day, so I'm p \_\_\_\_\_ healthy.

二、单项选择

- ( ) ① “How are you today?” “ \_\_\_\_\_, thank you.”  
 A. Pretty healthy      B. Very health  
 C. Pretty well      D. Very much
- ( ) ②— \_\_\_\_\_ does she do on weekends?  
 —She often goes to the movies.  
 A. How      B. What      C. When      D. Why
- ( ) ③— \_\_\_\_\_ do the students exercise a week?  
 —Once or twice.  
 A. How often      B. How many  
 C. How long      D. How many times
- ( ) ④ \_\_\_\_\_ he was tired, \_\_\_\_\_ he didn't stop \_\_\_\_\_.  
 A. Although; but; to rest  
 B. Though; /; working  
 C. Although; /; resting  
 D. Though; but; working
- ( ) ⑤ \_\_\_\_\_ eye exercises \_\_\_\_\_ good \_\_\_\_\_ your eyes.  
 A. Doing; are; for      B. Do; is; for  
 C. Doing; is; for      D. Do; are; to
- ( ) ⑥ We'll go to the farm and help the farmers with the apple - picking if it \_\_\_\_\_ tomorrow.  
 A. won't rain      B. will be rainy  
 C. doesn't rain      D. isn't raining
- ( ) ⑦ Which do you like better, English \_\_\_\_\_ Chinese?  
 A. and      B. or      C. to      D. of
- ( ) ⑧ “ \_\_\_\_\_ your uncle?” “He's a farmer.”  
 A. How's      B. What's  
 C. Who's      D. Where's
- ( ) ⑨ Don't read \_\_\_\_\_ bed. It's bad \_\_\_\_\_ your eyes.  
 A. at; to      B. in; with  
 C. on; for      D. in; for
- ( ) ⑩ Please do it \_\_\_\_\_ I told you.

- A. so      B. like      C. /      D. as



课外拓展提高

沙场百驰，大战不殆

一、句型转换

① The Japanese girl can hardly sing a Chinese song. (改为反意疑问句)

The Japanese girl can hardly sing a Chinese song, \_\_\_\_\_ ?

② My boss has been to Hong Kong twice a month. (对画线部分提问)

\_\_\_\_\_ has your boss been to Hong Kong?

③ What do you want me to do? (改为同义句)

What \_\_\_\_\_ you \_\_\_\_\_ me to do?

④ He sleeps nine hours every day. (对画线部分提问)

\_\_\_\_\_ does he \_\_\_\_\_ every day?

⑤ My favorite sport is basketball. (对画线部分提问)

\_\_\_\_\_ is \_\_\_\_\_ sport?

二、补全对话

A: I know you like 1 basketball. When do you 2 play it?

B: I usually 3 it on Saturday and Sunday afternoons.

A: 4 5 do you play it every time?

B: Two hours.

A: 6 do you play basketball with?

B: Some of my classmates.

A: 7 do you play it?

B: In a playground not far 8 our school.

A: Can I play it 9 you this week?

B: Of 10. You are welcome.

① \_\_\_\_\_ ② \_\_\_\_\_ ③ \_\_\_\_\_ ④ \_\_\_\_\_

⑤ \_\_\_\_\_ ⑥ \_\_\_\_\_ ⑦ \_\_\_\_\_ ⑧ \_\_\_\_\_

⑨ \_\_\_\_\_ ⑩ \_\_\_\_\_

三、用所给单词的适当形式填空

① Where \_\_\_\_\_ (do) he go on vacation?

② How often does Lily \_\_\_\_\_ (watch) TV?

③ It \_\_\_\_\_ (blow) strongly last night.

④ John sometimes \_\_\_\_\_ (work) ten hours a day.

⑤ I always \_\_\_\_\_ (sleep) well.

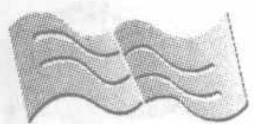
⑥ They shop \_\_\_\_\_ (two) a week.

⑦ Most \_\_\_\_\_ (student) go to school by bike.

⑧ Tom likes \_\_\_\_\_ (read) English in the evening.

⑨ Alice and Peter \_\_\_\_\_ (look) for a new house now.

⑩ Some boys play football three or four \_\_\_\_\_ (time) a



week.

Self-check

课程解读 夯实基础, 温故知新

1. keep in good health 保持健康

相当于 keep healthy。in good health 健康, in bad health 不健康。The old man has good eating habits. It helps him keep in good health. 这位老人有很好的饮食习惯, 这些有助于使他保持健康。

My grandma is in bad health. My parents go to see her on weekends. 我奶奶身体不好, 我父母每周末去看她。

2. less 较少

是 little 的比较级, 用来修饰不可数名词, 与 more 相对。

Take more exercise and eat less food and you will be thin and healthy. 多运动, 少吃饭能让你保持苗条和健康。

The boy tries to eat less junk food every day.

这男孩每天尽力少吃垃圾食品。

课外拓展提高 沙场百战, 大战不殆

一、根据句意, 在空白处填入适当的词

- 1 He tries to eat healthy food, so his eating \_\_\_\_\_ are pretty good.
2 My lifestyle is the same \_\_\_\_\_ yours.
3 You can keep \_\_\_\_\_ good health if you eat a lot of vegetables every day.
4 He is very healthy, he \_\_\_\_\_ ever eats junk food.
5 Drinking milk every day is good \_\_\_\_\_ your health.

二、补全对话, 每空填写一个句子

- A: 1 \_\_\_\_\_ ?
B: I usually watch TV on weekends.
A: 2 \_\_\_\_\_ ?
B: My favorite program is Animal World.
3 \_\_\_\_\_ ?
A: No, I hardly ever watch it. I like Lucky 52.
B: 4 \_\_\_\_\_ ?
A: I watch it once a week. 5 \_\_\_\_\_ ?
B: Me, too.

三、根据短文内容, 用方框中所给词的适当形式填空

start, have, read, pretty, watch, in, on, get, hard, eat

Tom is my friend. He 1 the day with morning exercises. After morning exercises, he 2 English at home. It's time to 3 breakfast. His 4 habits are 5 good. He eats a lot of vegetables. He 6 ever eats junk food. He says it's bad for health to eat junk food too much. 7 the afternoon, he plays football with his friends. Although he doesn't like to go to the movies, he 8 TV at home. Sometimes he 9 on the Internet and talks with me 10 the Internet.

- 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_
5 \_\_\_\_\_ 6 \_\_\_\_\_ 7 \_\_\_\_\_ 8 \_\_\_\_\_
9 \_\_\_\_\_ 10 \_\_\_\_\_

四、书面表达

有很多同学早上上学不吃早餐, 这是一个不好的习惯, 对身体有很大的害处。请你根据这种现象写一篇短文, 指出不吃早餐的危害。词数 60 左右。

提示: 1 不吃早餐对身体有害; 2 不吃早餐会影响上午听课; 3 参考词汇: have breakfast, be bad for, if, feel hungry, listen to, carefully (仔细地), need energy (能量), should



## Unit 2 What's the matter?

### 单元词组归纳

整合知识, 梳理脉络

- |               |   |
|---------------|---|
| 1. 患感冒        | have a cold                             |
| 2. 躺下         | lie down                                |
| 3. 看牙医        | see a dentist                           |
| 4. 好主意        | good idea                               |
| 5. 休息一下       | get some rest                           |
| 6. 紧张的        | stressed out                            |
| 7. 例如         | for example                             |
| 8. 保持健康       | stay healthy                            |
| 9. 此刻         | at the moment                           |
| 10. 感到舒服      | feel well                               |
| 11. 听音乐       | listen to music                         |
| 12. 上床睡觉      | go to bed                               |
| 13. 怎么了       | { ①What's the matter?<br>②What's wrong? |
| 14. 胃痛        | have a stomachache                      |
| 15. 背痛        | have a sore back                        |
| 16. 咽喉痛       | have a sore throat                      |
| 17. 加蜜热茶      | hot tea with honey                      |
| 18. 多喝水       | drink lots of water                     |
| 19. 躺下休息      | lie down and rest                       |
| 20. 一种健康的生活方式 | a healthy life style                    |
| 21. 传统中医      | Traditional Chinese doctors             |
| 22. 另一方面      | on the other hand                       |
| 23. 中国方式      | Chinese way                             |
| 24. 太多        | too much                                |
| 25. 太         | much too                                |
| 26. 做……很容易    | It's easy to do sth.                    |
| 27. 疲劳        | get tired                               |
| 28. 几个晚上      | a few nights                            |
| 29. 目前, 现在    | at the moment                           |
| 30. 寄宿家庭      | host family                             |

### 单元语法归纳

循循善诱, 点石成金

#### 一、情态动词

情态动词表示说话人对所说话的态度和看法, 无人称和数的变化, 后接动词原形。虽有自己的含义, 但不能单独作谓语。其用法如下:

1. 表示请求, 许可, 用 may 或 can 均可。

May I ask you a question? 我可以问你一个问题吗?

You can go home now. 你现在可以走了。

请求别人时为使语气更婉转, 可用 could。

Could you tell me the way to the hospital? 请告诉我去医院的路好吗?

2. 表示猜测, 用 may 或 can, 用 can 表示的可能性比 may 大。

He may be ill at home. 他可能在家生病了。

You may be right, I'm not sure. 你可能对了, 我不太确定。

3. 表示义务, 意为“应该”。should 有规劝、建议的意味。

You should drink more water. 你应该多喝水。

He should do some housework. 他应该干些家务。

4. 表示必须, 用 must 或 have to。must 表示说话人的主观意志, have to 则强调由于客观原因而必须做某事。

You must study hard. 你必须努力学习。

We must take him to the hospital. 我们必须送他去医院。

It's raining hard, so we have to stay at home.

天在下雨, 因此我们不得不呆在家里了。

5. 表示能力, 用 can。

I can use the computer now. 现在我会使用电脑了。

My pen pal can speak English and Chinese. 我的笔友会讲英语和汉语。

二、本单元的交际用语主要是询问疾病和表述身体的不适的交际用语

1. 医生询问病情时的常用语:

What's the matter with...? .....怎么了?(有什么不舒服?)

What's wrong with...? .....怎么了?

What's the trouble? .....怎么了?

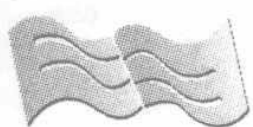
Is there anything wrong with...? 有.....病吗?

2. 病人诉说病情时的常用语:

I have a headache (cold, fever...). 我头痛(感冒, 发烧.....)。

I have got a cold (sore back, toothache...). 我感冒了(背痛, 牙疼.....)。

I feel ill (bad, terrible...). 我感到病了(很不舒服.....)。



I'm not feeling very well. 我感到不舒服。

There is something wrong with... 有点毛病。

3. 医生给病人检查时的常用语:

Let me exam you. 我来给你检查一下。

Does it hurt here? 这儿痛吗?

4. 医生看完病后对病人提出医嘱时的常用语:

It's nothing serious. 不要紧。(病不重)

You should... 你应该……

Take this medicine three times a day. 一天服药三次。

## Section A

### 课程解读

夯实基础, 温故知新

**要点 1. What's the matter? 怎么啦?**

这通常是医生与患者之间的对话, 英美医生常用的表达方式是 What's wrong with you?

▲trouble, matter 前常用定冠词 the, 其表达方式是 What's the matter/trouble with you? eg:

—Good morning, doctor. 早上好, 医生。

—Good morning! What's wrong with you, young man? 早上好! 你怎么啦, 年轻人?

—Er, my head hurts badly. 呃, 我头疼得厉害。

这几个句子也用于表示关切的询问。eg:

①You look ill. What's the trouble?

你看起来生病了, 怎么回事?

②What's the matter? I hope it is nothing serious.

怎么回事? 我希望不要紧。

③—What's wrong? 怎么啦?

—I can't find my book. 我找不到我的书了。

**要点 2. ache 和 sore 的区别**

(1)ache 作名词, 意为“疼痛”, 它可以放在表示身体部位的某些词后构成合成词。eg:

headache 头疼 earache 耳朵疼

heartache 心脏疼 stomachache 肚子疼

toothache 牙疼 backache 背疼

(2)sore 是形容词, 意为“疼痛的”, 它通常放在表示身体部位的词前, 表示哪个部位疼痛。eg:

①I have a sore back. 我后背疼。

②She has a sore throat. 她喉咙疼。

▲当表示身体状态的健康与否时, 还有可能提到“感冒”, 这时我们就可以用 have a cold 这个短语来表达, 它还可以表达成 catch a cold 或 get a cold。eg:

She often catches a cold in winter. 她冬天经常感冒。

**要点 3. Maybe you should see a dentist. 也许你应该看**

牙医。

(1) maybe 在句中是副词, 作状语, 通常置于句首。eg:

Maybe it'll rain tomorrow. 明天可能会下雨。

【提示】maybe 与 may be 的区别。may be 是情态动词 may 加动词原形 be(do), 是句子的谓语动词。eg:

There may be a strong wind tomorrow. 明天可能有大风。

(2)should 是 shall 的过去式, 表示“应当, 应该”之意, 在本句中 should 已经失去了过去式的作用, 我们通常把它看成情态动词。其后加动词原形。用来提出建议, 比 must 更委婉, 客气。eg:

You should be more careful next time.

**要点 4. I hope you feel better soon. 我希望你早日康复。**

(1)hope v. “希望”其后可跟 that 宾语从句, 也可跟动词不定式 to do 形式。eg:

I hope that you can come to see me. 我希望你能来看看我。

We hope to visit Guilin again. 我们希望能够再度参观桂林。

(2)feel 在句中是系动词, 其后通常用形容词。类似的系动词还有: look, smell, get, sound, turn, taste, grow, stay, keep 等。eg:

I always feel tired these days. 这些天我总是感觉累。

Your mother looks very young. 你妈妈看起来很年轻。

It's getting dark. We must go home. 天黑了, 我们该回家了。

(3)better 是形容词 well 的比较级, 意思是身体状况好, 注意和 good 的区别, 通常是指精神上的舒服。

eg: I feel better than yesterday. 我感觉比昨天好多了。

His words made me feel good. 他的话让我感觉舒服。

表示身体状况的形容词有: ill, well, sick, healthy, terrible, tired, thirsty, hungry, fine, OK

【提示】①表示“感到不舒服”, 英语可说:

I'm a little ill today.

I'm not feeling well/all right today.

②表示“感到身体好”英语可说:

I'm very well today.

I'm feeling quite well.

I'm fine/OK/all right.

③ill 和 well 不能作定语修饰名词, 如果说“她生病的孩子”, 应为 her sick son; 而不能说成 her ill son; “一个健康的孩子” a healthy boy 而不能说成 a well boy.

课内基础闯关

同步测控, 步步为营

一、连词成句

- ① so, he, anything, has, eat, a, shouldn't, stomachache, he  
\_\_\_\_\_
- ② am, I, feeling, not, well  
\_\_\_\_\_
- ③ balance, of, yin, a, need, we, and, yang, be, healthy, to  
\_\_\_\_\_
- ④ lifestyle, it, easy, is, to, a, have, healthy  
\_\_\_\_\_
- ⑤ give, doctor, you, a, can, medicine  
\_\_\_\_\_

二、单项选择

- ( ) ① "Do you have a sore throat?" "\_\_\_\_\_."  
A. Yes, I have      B. No, I haven't  
C. Yes, I do        D. No, I'm not
- ( ) ②—I have \_\_\_\_\_ today, so I can't go to school.  
—I'm \_\_\_\_\_ to hear that.  
A. cold; sorry      B. cool; happy  
C. a cold; sorry    D. a cool; sorry
- ( ) ③ Many women often wear necklaces(项链) \_\_\_\_\_.  
A. on their necks    B. behind their necks  
C. round their necks D. B and C
- ( ) ④ "What's wrong?" "I'm not feeling \_\_\_\_\_."  
A. good      B. health      C. in health      D. well
- ( ) ⑤ You're too tired. You \_\_\_\_\_ have a good rest.  
A. should      B. can      C. may      D. shouldn't
- ( ) ⑥—You have a stomachache. Please go to the hospital.  
—\_\_\_\_\_.  
A. Yes. I do      B. No, I don't  
C. Yes, I have    D. Yes, I think so
- ( ) ⑦ She has a toothache, so she \_\_\_\_\_ see a dentist.  
A. have to    B. has to    C. having    D. hasing
- ( ) ⑧ I asked the doctor for some \_\_\_\_\_.  
A. advice    B. advices    C. advise    D. advises
- ( ) ⑨ You look tired. You \_\_\_\_\_ go to bed early and \_\_\_\_\_ stay up late.  
A. should; should    B. should; shouldn't  
C. shouldn't; should    D. shouldn't; shouldn't
- ( ) ⑩—You can go to the policeman for help.  
—\_\_\_\_\_.  
A. Sure      B. It's bad

C. Good idea      D. You're right

三、用所给单词的适当形式填空

- ① I hope you are enjoying \_\_\_\_\_ (live) here.
- ② It is important \_\_\_\_\_ (sleep) eight hours a night.
- ③ You looked very tired. You shouldn't \_\_\_\_\_ (go) out.
- ④ Take the medicine three \_\_\_\_\_ (time) a day.
- ⑤ If you eat \_\_\_\_\_ (health) food, you will be much \_\_\_\_\_ (health).
- ⑥ I \_\_\_\_\_ (real) need some help.
- ⑦ I'm \_\_\_\_\_ (stress) out.
- ⑧ I have a \_\_\_\_\_ (tooth). I have to see a dentist.
- ⑨ You should \_\_\_\_\_ (drink) some hot tea.
- ⑩ I'm not \_\_\_\_\_ (feel) well. I have a sore back.

课外拓展提高

沙场百战, 大战不殆

一、根据汉语提示完成句子

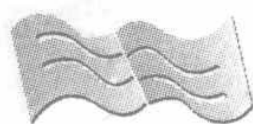
- ① 我今天上午头痛。  
I \_\_\_\_\_ this morning.
- ② 你不久就会好多了。  
You'll \_\_\_\_\_ soon.
- ③ 两天前我去看医生了。  
I went to \_\_\_\_\_ two days ago.
- ④ 你应该躺下来休息两天。  
You should \_\_\_\_\_ for two days.
- ⑤ 我胃痛, 我得多喝水。  
I \_\_\_\_\_, I should \_\_\_\_\_.

二、句型转换

- ① I have a sore throat. (对画线部分提问)  
\_\_\_\_\_ the \_\_\_\_\_ with you?
- ② My toothache started a week ago. (对画线部分提问)  
\_\_\_\_\_ your toothache \_\_\_\_\_?
- ③ He has a stomachache. (改为同义句)  
There is \_\_\_\_\_ his stomach.
- ④ You shouldn't eat anything for 24 hours. (改为同义句)  
You should \_\_\_\_\_ for 24 hours.
- ⑤ What's the matter? (改为同义句)  
\_\_\_\_\_?

三、补全对话

- Doctor: What's the matter, young man?  
Jim: 1 \_\_\_\_\_  
Doctor: How are you feeling now?



Jim: 2

Doctor: Let me take your temperature (量体温). It's a cold. Nothing serious.

Jim: 3

Doctor: Do you want to eat anything?

Jim: 4

Doctor: Well, take this medicine twice a day. Have a good rest and drink more water.

Jim: 5

- A. I'm feeling even worse.  
B. No, I don't want to eat anything.  
C. I have a bad headache.  
D. Really? But I don't feel any better now.  
E. OK. Thank you.

- ① \_\_\_\_\_ ② \_\_\_\_\_ ③ \_\_\_\_\_  
④ \_\_\_\_\_ ⑤ \_\_\_\_\_

## 四、用所给单词的适当形式填空

- ① Her grandmother's \_\_\_\_\_ (ill) is very serious.  
② We should drink \_\_\_\_\_ (lot) of water every day.  
③ If you have a \_\_\_\_\_ (tooth), you should see a doctor.  
④ The child \_\_\_\_\_ (have) a cold two days ago.  
⑤ Let's go to the teacher for \_\_\_\_\_ (advice).  
⑥ She is \_\_\_\_\_ (stress) out after a long walk.  
⑦ Don't eat too much or too little, you need a \_\_\_\_\_ (balance) diet.  
⑧ It's important for us \_\_\_\_\_ (speak) English every day.  
⑨ He \_\_\_\_\_ (look) ill. We must call the doctor.  
⑩ What's the problem with \_\_\_\_\_ (they), Mr Green?

## Section B

## 课程解读

夯实基础, 温故知新

要点 1. Traditional Chinese doctors believe we need a balance of yin and yang to be healthy. 传统中医认为, 要想健康我们必须保持阴阳平衡。

(1) believe 后跟的是 that 引导的的宾语从句, believe 作动词, 意为“相信”, 常用于 believe + 宾语或 that 从句中, 也用于“believe + 宾语 + 宾语补足语”结构。eg:

- ① I believe him (或 what he says).  
我相信他所说的话。  
② I believe him honest. 我认为他是诚实的。

(2) believe 引导宾语从句时, 如否定从句动作, 则往往用承前否定。eg:

- ① I don't believe he can fix the bike.  
我认为他修不好这辆自行车。  
② I can't believe it's true.  
我相信那不是真的。  
③ They don't believe she'll come.  
他们相信她不会来了。

要点 2. It's easy to have a healthy lifestyle, and it's important to eat a balanced diet. 拥有一个健康的生活方式很容易, 重要的是饮食要均衡。

在英语中动词不定式作主语时, 通常后置, 在主语的位置上用 it 来代替动词不定式作形式主语, 目的是用来平衡句子。这样的句子结构是: It is + adj. / n. + to do

## 要点 3. too much, too many 与 much too 的用法

(1) many, much 都意为“许多”, many + 可数名词, much + 不可数名词。eg:

- ① How many people are there at the meeting?  
多少人在开会?  
② How much time have we left?  
我们还剩下多少时间?

(2) too much 和 much too 只是两个词的顺序颠倒了一下, 但意义和用法却大不一样。

▲ too much 是形容词性词组, 意为“太多”, too 是副词, 修饰 much。too much 作定语, 修饰不可数名词。eg:

- ① We both have too much work to do.  
我们俩都有太多的工作要做。

② It won't make too much difference whether he will come or not. 他来不来关系不大。

- ③ I am afraid I've given you too much trouble.  
我担心给你添了许多麻烦。

▲ much too 是副词性词组, much 只是用来加强 too 的语气, 常用来修饰形容词。eg:

- ① That's much too expensive! 那太贵了!

② I am very much afraid that you have given much too little care to your work.

我很担心你干工作太不细心了。

要点 4. I study late every night, sometimes until 2 a. m., but I don't think I'm improving. 我每天晚上学到很晚, 有时到 2 点钟, 但我认为成绩并没有提高。

until 意思是“一直到”, 表示动作状态的延续, 与之连用的谓语动词须为持续性动词; until 用在否定句中, 常与瞬间动词连用, 译为“直到……才”eg:

They didn't go until the rain stopped. 直到雨停了他们才走。



They waited until 3:00. 他们一直等到三点钟。

课内基础闯关

同步测控, 步步为营

一、根据句意和首字母完成单词

- ① I think it's i \_\_\_\_\_ to sleep eight hours a night.
- ② I'm s \_\_\_\_\_ out because we are going to have a math test.
- ③ Mary is t \_\_\_\_\_. Please bring her some water.
- ④ I think it's easy to stay h \_\_\_\_\_.
- ⑤ His s \_\_\_\_\_ is not good, so he can't eat food for 24 hours.
- ⑥ Doctors say d \_\_\_\_\_ much water is good.
- ⑦ He knows the answer and he puts up his right h \_\_\_\_\_.
- ⑧ Sally doesn't feel very well at the m \_\_\_\_\_.
- ⑨ He was so h \_\_\_\_\_ that he ate a lot.
- ⑩ We try to keep the b \_\_\_\_\_ of nature.

二、单项选择

- ( ) ①—What's the matter?  
—I have \_\_\_\_\_.  
A. toothache      B. a toothache  
C. a teethache    D. toothache
- ( ) ②He shouldn't \_\_\_\_\_ for 24 hours.  
A. eat something    B. eats anything  
C. eat anything     D. eats something
- ( ) ③—You should drink some hot tea.  
—Yes, I think \_\_\_\_\_.  
A. drink      B. do      C. so      D. should
- ( ) ④Kate has a \_\_\_\_\_ and she can't speak a word.  
A. cold              B. sore throat  
C. backache          D. headache
- ( ) ⑤He should drink some hot tea \_\_\_\_\_ honey.  
A. and      B. or      C. but      D. with
- ( ) ⑥Herbs are good \_\_\_\_\_ you.  
A. to      B. with      C. at      D. for
- ( ) ⑦I'm not feeling very well \_\_\_\_\_ the moment.  
A. in      B. at      C. on      D. after
- ( ) ⑧Everyone \_\_\_\_\_ tired sometimes.  
A. gets    B. get    C. keep    D. keeps
- ( ) ⑨—Maybe you should go to bed early.  
—\_\_\_\_\_.  
A. That's good idea    B. A good idea  
C. Good ideas          D. Good idea
- ( ) ⑩—When did it start?  
—About two days \_\_\_\_\_.

- A. ago    B. before    C. later    D. after

课外拓展提高

沙场百驰, 大战不殆

一、句型转换

- ① She shouldn't eat anything for 24 hours. (改为肯定句)  
She \_\_\_\_\_ eat \_\_\_\_\_ for 24 hours.
- ② Please open your books. (改为否定句)  
\_\_\_\_\_ open your books.
- ③ She has to eat less food if she wants to stay healthy. (对画线部分提问)  
\_\_\_\_\_ she \_\_\_\_\_ to do if she wants to stay healthy?
- ④ Mrs Brown has a rest every five minutes. (对画线部分提问)  
\_\_\_\_\_ does Mrs Brown have a rest?
- ⑤ I hope I can improve my English soon. (改为同义句)  
I hope \_\_\_\_\_ my English soon.

二、完形填空

Dick had a toothache. His mother 1 him to the dentist. Before they saw the dentist, they 2 wait. "Please come in!" said a nurse in a 3 dress.

Dick looked afraid 4 he came into the dentist's room. "Now tell me. What's wrong 5 you?" the dentist asked. "I feel terrible. I think I've a 6 tooth," said the boy.

"Well, let me have a 7," said the dentist kindly. Dick 8 his mouth 9 the dentist began to examine his 10.

- ( ) ① A. took      B. wanted      C. brought      D. saw
- ( ) ② A. will      B. may      C. must      D. can
- ( ) ③ A. white      B. black      C. red      D. green
- ( ) ④ A. when      B. if      C. then      D. so
- ( ) ⑤ A. to      B. about      C. with      D. in
- ( ) ⑥ A. big      B. good      C. bad      D. nice
- ( ) ⑦ A. see      B. look at      C. rest      D. look
- ( ) ⑧ A. closed      B. opened      C. saw      D. held
- ( ) ⑨ A. as      B. or      C. but      D. and
- ( ) ⑩ A. teeth      B. arm      C. foot      D. nose

三、根据句意用所给单词的适当形式填空

- ① You will be \_\_\_\_\_ (relax) when you come back.
- ② This is a good place \_\_\_\_\_ (go) camping.
- ③ Does your father like going \_\_\_\_\_ (boat)?
- ④—What are you doing for vacation?