

思维发散创新

——训练指导



英语

准确解读课程标准

知识结构梳理清晰

例题解析精到细致

同步训练层次分明

八年级上册（配人教版）

主编 乔军钊



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编写出版说明

为了给中学生学习各科课程提供有益的引导和帮助，夯实学习基础，巩固重点知识，有针对性地准备中考，我们集中省内专家、教研人员和教学一线骨干教师经验和智慧，编写了这套适用于初中生的全科《思维发散创新——训练指导丛书》。

该丛书具有以下鲜明的特点：

以课本为基础，针对初中教学的特点，本套丛书紧扣主旨，专门开辟课标解读部分，帮助学生准确地解读课程标准，充分地领会中考精神；知识结构梳理部分由点及面，力求条理清晰，层次分明，帮助学生系统有效地把握知识架构；题例解析部分由浅入深，归纳总结的经典例题分析精到细致，采用阶梯式难易程度编排，符合初中生思维规律；同步训练部分，严格与教材同步，配合教学进度，与课堂教学相辅相成，七年级注重基础、八年级发散思维、九年级面向中考；题量控制得当，力求不使学生产生难以负荷的感觉。

我们希望，这套《思维发散创新——训练指导丛书》不仅能成为可以为广大初中生朋友提供帮助的伙伴，而且也能成为沟通你们与我们之间良好关系的桥梁，你们的意见和建议将促进我们的进步，我们也愿意通过我们的不断进步见证你们的成长。

河北人民出版社

《丛书》编写组

2006年8月

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Unit 1 How often do you exercise?

课标解读

本单元围绕“你多久锻炼一次?”这一话题展开,学习恰当地使用一些表示频率的副词及短语;学习描述课余时间的活动安排;学习描述基本饮食结构;学习综合信息、表述频率。通过学习,培养学生的人际交往能力、逻辑表述能力和内省思维能力。

知识要点

一、词组和短语要点

- | | |
|--------------------------|------------------------------|
| 1. on weekends 在周末 | 2. go skateboarding 去溜冰 |
| 3. go to the movies 去看电影 | 4. watch TV 看电视 |
| 5. surf the Internet 上网 | 6. as for ... 至于;就……方面说来 |
| 7. do homework 做作业 | 8. junk food 垃圾食品,无营养食品 |
| 9. be good for... 对……有益 | 10. eating habits 饮食习惯 |
| 11. a lot of... 许多的…… | 12. of course 当然 |
| 13. look after... 关心,照顾 | 14. the same as... 与……同样的 |
| 15. kind of... 有几分 | 16. keep in good health 保持健康 |

二、语法要点

本单元主要学习频率副词的用法。

我们用频率副词来形容我们做某事有多频繁,例如:always(总是),usually(通常),often(经常),sometimes(有时),seldom(很少),hardly(几乎不),never(从不)。

1. 频率副词在句中的位置:

①实意动词之前。例如:

I always get up at six o'clock. 我总是六点钟起床。

②系动词 be 之后。例如:

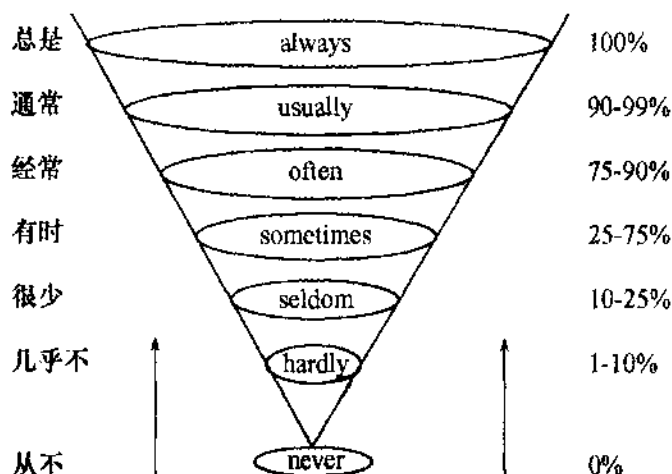
He is often late. 他经常迟到。

The hospital is always open. 医院从不关门。

③谓语由几部分组成时,置于第一部分之后。例如:

I have never seen this film before. 我以前从没看过这部电影。

2. always, usually, often, sometimes, seldom, hardly 和 never 表示的频率依次减弱。



例如:

I always brush my hair in the morning. 我总是在早晨梳头。

People usually smile at babies. 人们通常会对婴儿笑。

We often visit our friends. 我们时常拜访朋友。

Sometimes Ann makes coffee. 安有时煮咖啡。

They seldom go to the movies. 他们很少去看电影。

Mary hardly drinks tea. 玛丽几乎不喝茶。

Donna never runs. 唐娜从来不跑。

三、功能和话题要点

1. What do you usually do on weekends? 周末你通常做什么?

介词短语 on weekends 意思是“在周末”，在句中说明谓语动词 do 的时间，作时间状语。英语的周末通常指从星期五晚上到星期天晚上这段时间。和 weekend 相对的是 weekday，意思是“平日”。例如：

On weekdays I'm usually in bed by ten o'clock. 我平时通常 10 点钟以前睡觉。

2. How often do you watch TV? 你多久看一次电视?

这是谈论某项活动或行为频率的用语。其中 how often 作“多少时候一次”解，表示频率。回答 how often 提出的问题时，常用“一次”、“两次”、“(几)次”等。注意次数的表达：一次用 once，两次用 twice，三次或三次以上时，则用“数词 + times”表示。例如：

— How often do you see them? 你多久见他们一次面?

— Once every two months. 每两个月一次。

I have been to Beijing four times. 我去过北京四次。

3. Here are the results of the student activity survey at Green High School. 这是格林中学学生活动调查的结果。

本句使用了“Here + 系动词 be + 主语(名词)”的倒装结构，以引起对方注意某人或某物。其中 here 是副词，作“瞧；在这里；向这里来”解。例如：

It's ten o'clock and here is the news. 现在十点钟,新闻广播开始了。

4. She says it's good for my health. 她说这有利于我的健康。

①it's good for my health 是省略了连词 that 的从句,作动词 say 的宾语。引导宾语从句的连词 that 没有任何实际意义,在口语中经常省略。例如:

Everybody knows (that) the earth goes round the sun. 众所周知,地球绕着太阳转。

②be good for... 是动词短语,“有益于……”,其中 for 是介词,后接名词或代词。例如:

Exercise is good for health. 运动有益于健康。

注意 be good for... 与 be good to... 的用法区别:be good to... 作“对……很好”解,其中 to 也是介词,后接表示人的名词或代词。例如:

His stepmother is good to him. 他的继母对他很好。

5. ...but I'm pretty healthy. 但我很健康。

句中 pretty 是副词,意思是“相当,颇,很,非常”,用来修饰形容词或副词,表示程度。例如:

Yao Ming is pretty tall. 姚明个子很高。

Liu Xiang runs pretty fast. 刘翔跑得相当快。

6. I exercise every day. 我每天锻炼。

①句中 exercise 是不及物动词,作“锻炼,训练;运动”解。例如:

I think you should exercise more. 我认为你应该多运动运动。

②exercise 作“锻炼;运动”解,也可用作名词。例如:

Swimming is one of the healthiest forms of exercise. 游泳是最有益于健康的运动方式之一。

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

①动词 try 后接动词不定式(to + 动词原形),意思是“努力去做……”。例如:

We'll try to improve our teaching methods. 我们要设法改进教学方法。

动词 try 后面还可接动词的-ing 形式,意思是“试一试做……”。例如:

Let's try knocking at the back door. 咱们敲后边的门试试。

②a lot of... 意思是“许多的”,后接可数名词复数或不可数名词,用法和意思同 lots of...。例如:

They paid a lot of money for that house. 他们买那座房子花了很多钱。

There were a lot of people at the party. 晚会上有很多人。

8. Good food and exercise help me to study better. 美味和锻炼有助于我取得好成绩。

①help 意为“帮助”,后面可接名词或代词作宾语,也可接动词不定式作宾语,还可接动词不定式作宾语补足语的复合宾语,其中动词不定式符号 to 可以省略。例如:

I can't lift this box—will you help me please? 我搬不动这个箱子,请你帮我一下好吗?(代词作宾语)

She was coming to help (to) clean the room. 她来帮忙打扫房间。(不定式作宾语)

She helped him (to) choose some new clothes. 她帮他选了一些新衣服。(不定式作宾语补足语的复合宾语)

②句中 better 是副词 well 的比较级,其中 well 作“很好地”解。例如:

Do the boys eat well at school? 孩子们在学校吃得好吗?

9. Is her lifestyle the same as yours or different? 她的生活方式和你的一样还是不一样?

①the same (...) as... 意为“跟……一样”。其中,as 是连词,常引导一个省略了的从句。例如:

The two brothers look the same as each other. 这兄弟俩长得一样。

②same 可用作形容词,意为“同一的;同样的”,和定冠词 the 连用,修饰名词作定语。same 也可用作代词,意为“同样的人;同样的事物”,通常和定冠词 the 连用。例如:

Those shirts are all the same size. 那几件衬衫都一样大小。

His birthday and hers are the same. 他和她的生日是同一天。

10. ... and I think I'm kind of unhealthy. 我认为我不是很健康。

句中 kind of... 意思是“有点,有几分”,用作副词,多修饰形容词或副词。例如:

She looks kind of pale after her illness. 她病后面色有点苍白。

11. I hardly ever exercise. 我很少运动。

句中 hardly ever 意思是“难得;几乎从不”,多用来修饰谓语动词。例如:

Mary is hardly ever late. 玛丽几乎从不迟到。

He hardly ever eats meat. 他从来不吃肉。

12. I'm not very healthy, although I have one healthy habit. 我不是很健康,不过我有好习惯。

①句中 although 是并列连词,意思是“然而”,表示转折,常置于第一个分句之后。例如:

I did not know that then, although I learned it later. 当时我不知道那件事,但我后来知道了。

②although 还可作为从属连词,表示让步。所引导的让步状语从句可置于主句之前,也可置于主句之后。例如:

Although he was ill, he worked hard. 他虽然生病,但仍努力工作。

I am gentle, although I am ugly. 我很丑,可是我很温柔。

13. Grandpa is pretty healthy because he exercises every day. 爷爷非常健康,而为他每天锻炼。

①句中 because 是从属连词,引导原因状语从句,可置于主句之前,也可置于主句之后。例如:

He is absent because he is ill. 他因病缺席。

②注意 because 与 because of 的用法区别。because of... 也作“因为”解,但 because of... 视为介词,后接名词、代词或动词的-ing 形式,构成介词短语。例如:

Because of the storm he didn't go there. 因为暴风雨他没有去那儿。

14. A lot of vegetables help you to keep in good health. 大量的蔬菜有助于你保持健康。

句中中介词短语 in good health 意思是“身体好”。例如:

He is in pretty good health. 他身体相当好。

15. You must try to eat less meat. 你必须少吃肉。

句中 must 是情态动词,和动词原形一起作谓语,意思是“必须”,表示必要、命令或强制。must not 表示“禁止,不许”,因此,对于 must 提出的问题,肯定回答用 must,否定回答用 needn't。例如:

It's getting late. I really must go. 天黑了,我必须得回家了。

You mustn't talk like that. 你可不能这样说话。

— Must I pay now? 我现在得付钱吗?

— Yes, you must. 是的。/No, you needn't. 不,不必。

典型例题解析

例 1 My mother goes _____ twice every week.

A. shops B. shop C. shopping D. shopping

(C) 本题考查“go + v-ing”固定短语的构成。句意:妈妈每周去买两次东西。shop 在本句中是不及物动词,意思是“购物;逛商店”。其-ing 形式是 shopping。go 是不及物动词,不可以直接接名词 shop,需先接介词 to,故最佳答案是 C。

例 2 — I'm afraid that I have a bad cold. (2005,海南,1.5 分)

— Take this medicine and you'll feel _____.

A. health B. best C. good D. better

(D) 本题考查形容词 good 或 well 的比较级。句意:— 我恐怕得意感冒了。— 吃了这药,你感觉会好些。句中动词 feel 作“感觉”解,是半系动词,常接形容词作其表语。表示“感觉很好”用 feel well,“感觉好些”显然要用 feel better,其中 better 是形容词 well 的比较级,作“健康的”解。

例 3 _____ he is in his office. I'm not sure.

A. Because B. May C. Maybe D. Although

(C) 本题考查副词 maybe 的用法。句意:他可能在办公室。我不肯定。maybe 作“大概,或许,可能”解,常置于句首。because 和 although 都是从属连词,只能引导一个从句,在句中作状语,不能单独或句。may 作为情态动词,有“可能,也许”之意,但必须和动词原形一起构成谓语,显然在陈述句中不能置于句首。故最佳答案是 C。

同步训练

基础巩固

I. 看图分类:把和图片内容对应的英文单词写在适当的位置。



Junk food: _____

Healthy food: _____

II. 用所给词的适当形式填空。

1. Mother goes _____ (shop) on Wednesdays and Saturdays.
2. She goes to France three _____ (time) a year.
3. The children eat well and look very _____ (health).
4. Are you feeling any _____ (good)?
5. There are some _____ (different) between Western food and Chinese food.
6. Everyone in my family _____ (watch) TV in the evening.
7. Mary _____ (go) to school by bike on weekdays.
8. Where _____ (do) your brother surf the Internet?
9. Peter sleeps only five _____ (hour) a day.
10. Most girls like _____ (buy) beautiful clothes.

III. 单项选择

- () 1. He is thin _____ he eats very little.
A. although B. but C. or D. because
- () 2. Somebody wants _____ you.
A. sees B. seeing C. to see D. will see
- () 3. Let me help you _____ the chocolate.
A. to eat B. eat C. eating D. both A and B
- () 4. Here _____ two English books.
A. is B. are C. have D. has
- () 5. The shop is open 9:00 to 22:00 _____ weekdays.
A. in B. at C. on D. with
- () 6. Most children do _____ homework at school.

A. them B. there C. her D. their

() 7. I go to see my grandparents three _____ four times a month.

A. and B. or C. but D. with

() 8. Which is good _____ health, vegetables or fast food?

A. for B. to C. at D. in

() 9. How much _____ do you drink every day?



A



B



C



D

() 10. — _____ can I keep this book?

— Two weeks.

A. How long B. How often C. How far D. How much

() 11. — May I borrow your ruler?

— _____, Here you are.

A. Of course B. I'm sorry C. No, you may not D. Yes, I may

() 12. All the students are trying _____ hard.

A. studying B. to study C. study D. will study

() 13. Who _____ the flowers and grass in the garden?

A. looks for B. looks after C. looks at D. looks like

() 14. She looked _____ tired after work.

A. a kind of B. kind C. kindly D. kind of

() 15. We must _____ home by six.

A. is B. am C. are D. be

IV. 根据图画内容,完成下面对话。



1. A. _____ do you _____?

B. Every day.

2. A. _____ do you _____?

B. Once a week.



3. A. _____ do you _____

every day?

B. About two hours.

4. A. _____ do you _____
every day?
B. Three cups.



5. A. _____ days do you _____ your
_____ a week?
B. Five.

V. 根据要求转化句型。

- I go to the movies once a month. (就画线部分提问)
_____?
- How often do you take exercise? (同义句转换)
_____.
- I am a little fat. (同义句转换)
_____.
- We usually sleep for eight hours. (就画线部分提问)
_____?
- I am healthy. I exercise every day. (用 because 将两个句子合并成一个句子)
_____.
- He eats much. He is thin. (用 although 将两个句子合并成一个句子)
_____.
- He eats much chocolate. (改为否定句)
_____.
- He drinks two cups of tea every day. (就画线部分提问)
_____?
- How are you? (肯定回答)
_____.
- Two red apples are here. (改为 here 开头的句子)
_____.

VI. 根据对话内容, 选用适当的句子填空, 使对话完整有意义。



- When do you go to school?
- Then do you go home for dinner?
- Sounds like a busy day!
- Well, I get up at 6:30.
- Then I go to bed at 10:00.



Mandy: So, Amber, tell me about a day in your life.

Amber: 1 I take a shower and eat breakfast.

Mandy: 2

Amber: 7:30. And I leave school at 5:00.

Mandy: 3

Amber: Yes. And after dinner, I do my homework and read. 4

Mandy: 5

1. 2. 3. 4. 5.

Ⅶ. 完形填空: 根据图片提示, 从四个选项中选择最佳答案。



③



④



⑤



⑥



⑦



⑧



⑨



⑩

My name is Katrina. I 1 a 2 student. I 3 at six in the morning. I have 4 and 5 for breakfast. Then I go to school. I have 6 at 12:15 for lunch in the afternoon. Then I go back to school. At school I have classes and 7. In the evening, I have 8 and 9 for supper. After I do my homework, I 10.

- () 1. A. am B. is C. are D. be
() 2. A. boy B. girl C. woman D. man
() 3. A. go to bed B. have breakfast C. get up D. get on
() 4. A. orange B. juice C. milk D. water
() 5. A. donuts B. hamburgers C. pizza D. bread
() 6. A. porridge (麦片粥) B. noodle C. noodles D. rice
() 7. A. get up B. go to bed C. have lunch D. do my homework
() 8. A. bread B. cake C. noodles D. hot dogs
() 9. A. apples B. vegetables C. fruit D. oranges
() 10. A. get up B. go to school C. walk to school D. go to bed

Ⅷ. 阅读理解

A

It's Sunday tomorrow. We are going to watch a football game. It's between (在……之间) a Japanese team and a Chinese team.

The football game is going to be at four o'clock in the afternoon. Our teachers Mr Li and Mr Ma are going to watch the football game with us. We are going there by bike. We think we are coming back at about six in the evening.

- () 1. It's tomorrow.
A. a fine day B. Monday C. Sunday D. Saturday

- () 2. We are going to watch _____.
 A. a basketball game B. a football game
 C. a ping pong game D. a volleyball (排球) game
- () 3. It's between _____.
 A. a Japanese team and an American team
 B. a Chinese team and an American team
 C. a Chinese team and a Japanese team
 D. an English team and an American team
- () 4. The game is going to begin at _____.
 A. three o'clock B. four o'clock C. five o'clock D. six o'clock
- () 5. We are going there _____.
 A. by bus B. by train C. by bike D. on foot

B

Jim likes playing football. And he also likes watching football matches. As he hasn't enough (足够的) money to buy tickets, he has to watch them on TV at home if he is free (有空). But he always goes to school from Monday to Friday and misses a lot of important matches.

One afternoon there would be the biggest football match of the year in Germany (德国). Jim wanted to watch it on TV very much but he couldn't. They would have a science (自然科学) test the next morning and he had to get ready for it.

"Can we have a video, Mum?" Jim asked before he went to school, "Then you'll record (讲……录下来) the football matches for me."

"I'm afraid we can't buy one," said his mother sadly.

But the next afternoon in came Jim, with a new video in his arms. "How did you pay for that, Jim?" his mother asked in surprise. "That's easy, Mum," answered the boy, "I've sold our TV set."

- () 6. Jim is a _____.
 A. teacher B. pupil C. player D. worker
- () 7. Jim often misses a lot of important football matches because _____.
 A. he hasn't enough money to buy the tickets for the matches
 B. his parents don't let him watch them
 C. he wants to get ready for a science test
 D. he has to go to school
- () 8. Jim couldn't watch the biggest football match that afternoon because _____.
 A. he didn't get any tickets
 B. something was wrong with the TV set
 C. he had to get ready for the science test