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初中英语 同步拓展 阅读精编



●江苏国标
7 年级 上

宁夏人民教育出版社

图书在版编目(CIP) 数据

初中英语同步拓展阅读精编:江苏国标. 七年级. 上/曾晓文
主编. —银川:宁夏人民教育出版社, 2010. 6
ISBN 978 - 7 - 80764 - 279 - 4
I. ①初… II. ①曾… III. ①英语—阅读教学—初中—教学
参考资料 IV. ①G634. 413
中国版本图书馆 CIP 数据核字(2010)第 118825 号

初中英语同步拓展阅读精编——七年级上(江苏国标)

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黄河出版传媒集团 出版发行
宁夏人民教育出版社

地 址 银川市北京东路 139 号出版大厦(750001)

网 址 [www. nxcbn. com](http://www.nxcbn.com)

网上书店 [www. hh - book. com](http://www.hh-book.com)

电子信箱 [nxhhsz@ yahoo. cn](mailto:nxhhsz@yahoo.cn)

邮购电话 0951 - 5014294

经 销 全国新华书店

印刷装订 芜湖金桥印刷有限责任公司

开 本 787mm×1092mm 1/16 印 张 7.25 字 数 145 千

印刷委托书号(宁) 0003993 印 数 10000 册

版 次 2010 年 7 月第 1 版 印 次 2010 年 7 月第 1 次印刷

书 号 ISBN 978 - 7 - 80764 - 279 - 4/G · 1212

定 价 16.00 元

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Unit 1 This is me!

Monday, Week 1st

Yi Jianlian 易建联

主题:人物简介

词数:77

难度:★★★

建议用时:3 分钟

Yi Jianlian is a famous basketball player. He comes from Guangdong, China. He was born on October 27th, 1987. He is 2.12 meters tall. In 2003, he became a college(大学) student. He began playing for the National Basketball Team(中国国家篮球队) in July, 2004. He is the second Chinese player in NBA after Yao Ming. In his spare time, he likes listening to pop music(流行音乐) and playing computer games. Now he is trying his best to learn English well.



» 根据短文内容选择最佳答案

- () 1. Yi Jianlian is a famous _____ player.
 - A. football
 - B. volleyball
 - C. basketball
 - D. soccer
- () 2. Where is he from?
 - A. Guangxi.
 - B. Shandong.
 - C. Guizhou.
 - D. Guangdong.
- () 3. When did he become a college student?
 - A. In 1987.
 - B. In 2003.
 - C. In 2002.
 - D. In 2004.
- () 4. He likes _____.
 - A. listening to pop music
 - B. listening to classical music
 - C. playing computer games
 - D. listening to pop music and playing computer games



Super pandaman Jay Chou 熊猫超人周杰伦

主题:人物简介

词数:106

难度:★★★

建议用时:3 分钟

Jay Chou creates pandamen for Chinese. In the TV series(电视剧), he introduces two pandamen to us. He was born on January 18th, 1979. He is a very famous singer and actor. He can sing and dance. He can also play the guitar and he has a guitar collection. He likes playing basketball very much, his favourite basketball star is Yao Ming. His favourite colors are blue and black. He likes wearing many kinds of hats. But what he likes best is all kinds of instruments(乐器), especially(特别地,尤其是) piano. He plays the piano very well. What he wants to do is to walk every corner in the world!



» 根据短文内容选择最佳答案

- () 1. Jay Chou's birthday is on _____.
 A. February 18, 1979 B. January 18, 1979
 C. February 17, 1979 D. January 18, 1978
- () 2. Who is his favourite basketball star?
 A. Liu Xiang. B. Yao Ming.
 C. Yi Jianlian. D. Jordan.
- () 3. His favourite colors are _____.
 A. blue and white B. white and black
 C. blue D. blue and black
- () 4. What kind of instrument does he like best?
 A. Guitar. B. Piano.
 C. Violin. D. Trumpet(鼓).

Liu Xiang 刘翔

主题:人物简介

词数:75

难度:★★★

建议用时:3 分钟

Liu Xiang is a national hero. He won the 110m hurdles(跨栏) gold medal(金牌) in the Athens Olympic Games in 2004. He was born on July 13, 1983. He is also a singer, and he will



even be a movie star.

He began training as a hurdler in 1998. In 2002, Liu broke Renaldo Nehemiah's 24-year-old world junior record for the 110m. The following year he got a bronze medal(铜牌) at the World Championships of Athens.



» 根据短文内容选择最佳答案

- () 1. Now Liu Xiang is _____.
 A. a national hero B. a singer
 C. a movie star D. A and B
- () 2. Liu Xiang was born on _____.
 A. June 13, 1983 B. July 23, 1983
 C. June 23, 1983 D. July 13, 1983
- () 3. When did Liu get a bronze medal at the World Championships of Athens?
 A. In 2002. B. In 2003.
 C. In 1998. D. In 1983.
- () 4. Which of the following statements is true?
 A. He won the 110m hurdles gold medal in 2003.
 B. He is a movie star now.
 C. He began training as a hurdler in 2002.
 D. He got a bronze medal at the World Championships of Athens in 2003.

Thursday, Week 1st

Self-introduction 自我介绍

主题:人物简介 词数:136 难度:★★★★ 建议用时:4 分钟

Hello, everyone! My name is Lucy. I come from America. I am 12 years old. I am tall and slim. I like listening to music. I do not like football at all.

Hi, I am Cindy. I come from Beijing. I have long black hair and I wear glasses. I love reading, and I am in the Reading Club. I am tall but a little fat.

My name is Selina. I am from Taiwan. I enjoy playing computer games. I am good at English. I often help my classmates with their English. I wear glasses.

Hello, I am Jane. I come from England. I live in London. I am in Class 2, Grade 5. I have



short hair. I love animals and I have a dog. His name is Andy. I love him very much.

» 根据短文内容判断,对的写“T”,错的写“F”

- () 1. Lucy is an American girl and she is short.
- () 2. Cindy comes from China and she has long black hair.
- () 3. Selina enjoys playing computer games and she is not good at English.
- () 4. Jane is in Class 2, Grade 3 and she has a dog.
- () 5. The four students wear glasses.

Friday, Week 1st

A Canadian girl 一个加拿大女孩

主题:人物简介 词数:100 难度:★★★ 建议用时:3 分钟

Hello! My name is Elaine. I come from Canada. My father comes to work in China, so my family moves to the country. Now we live in Shanghai. I like Shanghai very much.

I am 13 years old and I am in Grade 7 at No.1 Middle School. I have a big family because I have two sisters and one brother. I like reading and swimming. I want to be a writer when I grow up.

I am good at Chinese. I can understand(明白) what Chinese children are talking about. I like listening to them and enjoy talking with them in Chinese.

» 根据短文内容完成句子

- 1. Elaine is _____ years old.
- 2. Elaine studies at No.1 _____.
- 3. Elaine likes _____ and _____.
- 4. Elaine has _____ sisters and _____ brother.
- 5. Elaine wants to be _____ when she grows up.

Saturday, Week 1st

主题:人物简介 词数:77 难度:★★★★★ 建议用时:5 分钟

My uncle is a writer. He works at home. He lives in the centre of the city. He spends 10 hours in his study every day. His study looks very nice. He has three dining rooms. He often works on the computer while his family are watching TV in the sitting room. (1) Now, time, lunch, it, for, is.



His wife and children are waiting for him. But where is he? (2) He must forget to eat lunch again!

» 根据短文内容完成下列问题

1. My uncle is a _____.

A. student

B. writer

C. teacher

D. doctor

2. Where does he live?

3. 将文中(1)处单词连成意思通顺的句子。

4. 将文中(2)处一句翻译成中文。

5. 给短文加一个适当的标题。

Sunday, Week 1st

美文赏析

A girl who loves nature 热爱大自然的女孩

我的邻居是一对很喜欢去钓鱼的夫妇,可是他们的女儿却不喜欢钓鱼。一个风和日丽的下午,我听见快乐的欢笑声,原来是那对夫妇的女儿,在用玫瑰花引蝴蝶,我问她为什么不喜欢去钓鱼,她告诉我说她不忍心看到鱼钩伤害鱼儿。那天下午的阳光照在女孩脸上,看起来真像个天使,美丽的玫瑰花折射出女孩的可爱和纯洁。

My neighbors are a couple who love going fishing, but their daughter doesn't. Every weekend I can hear the girl crying.

One fine afternoon I heard a happy voice. I found the lovely girl attracting¹ a colorful butterfly with a red rose. I was surprised², so I asked her what she was doing. The girl replied happily that she had caught a beautiful butterfly with a rose.

I was moved. I asked the girl why she didn't like to go fishing with her parents. She told me she used to go fishing and she enjoyed seeing beautiful scenery³. However, she couldn't stand the sharp hook⁴ that hurt fish, so she would rather stay at home.

I watched the girl carefully. The afternoon sunlight was shining on her face. She really looked



like an angel, and the beautiful rose reflected her sweetness and purity⁵.

A flower can attract some butterflies and bees. It can also bring us a happy and healthy life. However, the people in our lives, like the young girl, who keep their naive⁶ ideas and have bright and happy life styles, are few.

【注释】 1. attract 吸引 2. surprised 惊讶的 3. scenery 景色 4. hook 鱼钩 5. purity 纯洁

6. naive 天真的

双语阅读

How to beat nerves

Do you blank out, freeze up or feel so nervous in exams that you have trouble writing answers to questions that you knew just last night?

If so, you likely have a case of test anxiety.

But, don't panic. By recognizing the problem, you are taking the first step towards overcoming it.

Believe it or not, a touch of nervousness can sharpen your mind, allowing you to perform more quickly. This is because under stress, the body releases the hormone adrenaline, which prepares it for something important that will happen. However, too much anxiety can result in sleeplessness, loss of appetite before tests, and poor performance. Some people might feel shaky, hot, or even sick.

If you worry a lot or are a perfectionist, you are more likely to have trouble with test anxiety. Those who have prepared poorly for a test or have had negative experiences taking tests may also experience test anxiety.

When you feel a storm of anxiety coming on, stop what you're doing and make your mind a blank. If possible, actually tell yourself to 'STOP!' This will get your mind off the stress.

Then think of being at a place of comfort and let your body relax. As you continue the test, find questions you know the answers to and answer them first. This will help restore your confidence.

Talk to yourself using positive language. Make it a habit to replace each negative thought with a logical reason. For example: "I've studied hard and I know the material, so I'm ready to do the best I can."

Another thing you can do is learn to accept mistakes. In fact, they can be valuable learning opportunities.



Last but not least, start test preparation early—three to five days ahead of the quiz or test. After all, good study habits and skills—for example, time management and note-taking—will give you the feeling that you are in control.

教你考试不紧张

你有没有在考试时头脑一片空白、发呆或者异常紧张,以致很难写出昨晚你刚记过的问题的答案?

如果你这样的话,那你可能属于考试焦虑症者。

但请不必惊慌。当你认识到这个问题,你已经迈出了解决它的第一步。

不管你是否相信,轻微的紧张会使你的思维变得敏锐,反应更迅速。这是因为在压力之下,体内会释放出肾上腺素,为即将出现的重要时刻而做准备。可是,如果过度焦虑则会引起失眠、考试前没有食欲以及表现不好。一些人还可能会感觉体虚、急躁甚至不舒服。

如果你担忧过多或者是个完美主义者,你更有可能会患考试焦虑症。那些没有为考试做好准备或者有过失败经历的人可能也会出现考试焦虑症。

当你感觉到焦虑感即将袭来时,停下来什么都不要做,什么都不要想。如果可能的话,对自己说声:“停下!”这会使你的情绪从压力中摆脱出来。

然后,想象自己身在一处舒服的地方,让身体放松下来。在你继续考试的时候,先回答那些你知道答案的题目。这会帮助你恢复信心。

要对自己说些积极向上的话。打消每个消极的念头,找到合理的理由,将之形成习惯。比如说:“我很努力学习,知道那些内容,所以我准备做到最好。”

你还可以学着接受错误。其实错误本身都是珍贵的学习机会。

最后一点也很重要,早日着手准备考试——在测验或考试前三五天。毕竟,良好的学习习惯和技能——比如时间安排和记笔记——会使你安之若素。



Jack London 杰克·伦敦

主题:人物简介

词数:124

难度:★★★

建议用时:3 分钟

Jack London was a famous American writer. His most famous book is *The Call of the Wild*. The story is about the adventure of a large dog in the frozen north.

Jack was born on January 12, 1876, in the USA. His family was very poor(贫穷的) and Jack had to leave school to make money(赚钱). He worked hard in many difficult(艰难的) jobs. Later Jack returned to school, but he didn't stay long. In 1897, he went to Alaska to find gold. Instead he found ideas there for his storybooks. He went home and started to write. He became rich and famous in his twenties.

Jack was not a happy man. He killed himself in 1916. At that time he was only 40 years old.

» 根据短文内容选择最佳答案

- () 1. Where did Jack come from?
- A. England. B. America.
C. Japan. D. China.
- () 2. Why did Jack have to leave school?
- A. Because he didn't like studying.
B. Because his teacher didn't like him.
C. Because his family was very poor and he had to make money.
D. Because his parents didn't let him study.
- () 3. When did Jack become famous and rich?
- A. In his twenties. B. In his thirties.
C. In his forties. D. In his fifties.
- () 4. When did the writer write *The Call of the Wild*?
- A. In 1916. B. In 1876.
C. In 1897. D. When he left school.
- () 5. What is the meaning of the book's name *The Call of the Wild*?
- A. 呼风唤雨 B. 野性的呼唤
C. 呼唤的田野 D. 田野之称



Tuesday, Week 2nd



Christina Aguilera 克里斯蒂娜·阿奎里拉

主题:人物简介 词数:86 难度:★★★ 建议用时:3 分钟

Christina Aguilera is an American girl. She was born on December 18, 1980. She is 1.59 meters tall. Her eyes are blue and her hair is blonde(金色的).

As a child, she wanted to be a singer. She sang at neighborhood parties and talent shows. Soon she became known as “the little girl with the big voice”. In 1993, she joined the famous show The New Mickey Mouse Club. At fourteen, she recorded(录制) her first song. In 2007, she went to hold a concert in Shanghai.

» 根据短文内容选择最佳答案

- () 1. What colors are Christina's eyes and hair?
- A. Blue and black. B. Blonde and blue.
C. Black and blonde. D. Blue and blonde.
- () 2. When she was a child, she sang _____.
- A. at talent shows
B. in The New Mickey Mouse Club
C. at neighborhood parties
D. A and C
- () 3. Christina wanted to be a singer when _____.
- A. she was in diapers(尿布) B. she was a girl
C. she was a child D. she was famous
- () 4. When Christina was _____, she joined the famous show The New Mickey Mouse Club.
- A. twelve years old B. thirteen years old
C. sixteen years old D. fifteen years old
- () 5. When did she go to hold a concert in Shanghai?
- A. In 1980. B. In 1993.
C. In 2007. D. When she was fourteen.





Jackie Chan 成龙

主题:人物简介

词数:80

难度:★★★

建议用时:3 分钟

Jackie Chan is a very famous movie star and singer. He was born on April 7, 1954, in Hong Kong. He likes automobile very much but he also likes jogging. His favourite actor is Charlie Chaplin. He wrote an English Autobiography(英文自传) *I am Jackie Chan*.



Jackie Chan is famous for his action movie. At 53-year-old, he is still doing his own stunts(特技表演). In 1998, he acted in the “Rush Hour”, and this was his new start as an international(国际的) actor.

» 根据短文内容选择最佳答案

- () 1. Jackie Chan was born in _____.
 A. Taiwan B. Beijing
 C. Hong Kong D. America
- () 2. What does Jackie Chan like?
 A. Motorbike.
 B. Automobile.
 C. Motorbike and jogging.
 D. Automobile and jogging.
- () 3. Who is his favourite actor?
 A. Charlie Chaplin. B. Jay Chou.
 C. Zhang Ziyi. D. Li Lianjie.
- () 4. Jackie Chan is famous for his _____ movie.
 A. comedy B. action
 C. thriller D. art
- () 5. When did he act in the “Rush Hour”?
 A. In 1954. B. In 1996.
 C. In 1998. D. In 2008.



Thursday, Week 2nd



Who are they? 他们是谁?

主题:人物简介

词数:140

难度:★★★★

建议用时:4 分钟

My name is Lisa. I am from Cuba. I am 13 years old. I like music and art(美术) best. I have lunch with my good friend Cindy at school. I usually do my homework and play computer games after school(课后). I love China.	My name is Tina. I am from Japan. I can speak Japanese well. But I can't speak Chinese. I like math very much. But I don't like physics. I want to visit(参观) China and the USA because they are very beautiful(漂亮的).	I am Laura. I am from New York . I like physics and art. I don't like math. I think it's boring. China is a beautiful country. And Chinese food is very nice. I don't know any Chinese. That's why I want to study Chinese. I hope I can visit China one day <u>in the future</u> .
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» 根据表格内容选择最佳答案

- () 1. Who is from the USA?
- A. Lisa. B. Tina.
C. Cindy. D. Laura.
- () 2. Where do Tina and Laura both want to visit?
- A. The USA. B. China.
C. The USA and China. D. Japan.
- () 3. What does Lisa usually do after school?
- A. Does homework. B. Plays computer games.
C. Reads books. D. A and B.
- () 4. Who likes art?
- A. Lisa and Tina. B. Tina and Cindy.
C. Cindy and Laura. D. Laura and Lisa.
- () 5. The underlined words(画线的单词)"in the future" mean "_____".
- A. 现在 B. 在过去
C. 在将来 D. 此时此刻



Friday, Week 2nd

主题:人物简介 词数:185 难度:★★★★★ 建议用时:5 分钟

Our English teacher, Tom Jackson, has some good friends. They are Carl, Ann, Joe and Mary.

Carl is a train conductor(列车员). He has worked on the railway(铁路) for 28 years. (1) It is a good job for him because he likes people. Carl is very helpful. He often stops to talk with passengers(乘客). He likes his work because he can travel to many different(不同的) places.

Ann is a nurse in a small town. She has been a nurse for four years. She likes her work very much. This month she is helping mothers with their new babies.

Joe is a taxi driver. He has driven a taxi for 22 years. Most of the time(大部分时间) he likes his work. He has taken many film and TV stars to station. He smiles a lot, and his passengers like him.

Mary is a teacher in a high school. She teaches English. She has 33 students in her class, 15 boys and 18 girls. She likes dancing. (2) It cost her 2 hours to dance every day. She likes her students and her students like her. She is very kind and helpful.

» 根据短文内容完成下列问题

1. 将(1)处的画线句子译成汉语。

2. (2)处画线的句子有一处错误,请改正。

3. What is Joe's job?

4. 请给这篇短文加个标题。

Saturday, Week 2nd

Lovely girls, beautiful songs 可爱的女孩,好听的歌

主题:人物简介 词数:185 难度:★★★★★ 建议用时:5 分钟

S. H. E is a Taiwanese girl group that is famous in China, Malaysia, Indonesia, Philippines, Singapore and other parts of Asia. S. H. E has three members: Selina Ren, Hebe Tian, and Ella Chen.



● Selina

Selina Ren was born on October 31, 1981, in Taipei, Taiwan. She is the only member of S. H. E who has a Bachelor's degree(学士学位).(1) In her childhood, she hated dogs; however, after being introduced to Hebe and Ella, who both had dogs, she got her own dog as well.



● Hebe

Hebe Tian is the youngest member of S. H. E. She was born on March 30, 1983, in Hsinchu, Taiwan. She came onto the scene at the age of 18; her height is 161.5cm. The name Hebe was chosen by her company after taking a personality test, and it represents(代表)“confidence”(自信).

● Ella

Ella Chen is the oldest member of S. H. E. (2)她出生于1981年6月18号, in Pingtung County, Taiwan. She is a basketball lover, and usually plays basketball (3) _____ other Taiwanese singers such as Jay Chou and her other friends. The name Ella was chosen by her company after taking a personality test, and it represents “courage(勇气)”.

» 根据短文内容完成下列问题

1. When was Selina Ren born?

2. 将(1)处的英文翻译成中文。

3. 将(2)处的中文翻译成英文。

4. 在文中(3)处填一个介词,应选_____。

A. in

B. with

C. to

D. of

5. Ella Chen is _____ of S. H. E.

Sunday, Week 2nd



Voice of a young writer 一位小作家的心声

张希妮是广东省深圳东湖中学的一名学生,三岁时由于一场医疗事故,她丧失了大部分的听力,但她并没有丧失对生活的信心。5岁时她开始阅读各类书籍,从文学经典到孙子兵



法。她有着强烈的愿望要和更多人分享她对生活和社会的理解。于是她开始发表书籍,并且在网络上和广大网民交流并帮助他们解决心理上的问题。她的梦想是到哈佛念书,将来当一名自由作家。

Zhang Xini is a student at Shenzhen Donghu Middle School, Guangdong Province. When she was three years old, she had a medical accident¹ and lost most of her hearing. But that hasn't stopped her from making great strides.

Zhang started reading from 5 years old and since then reading has become her favourite in life. From Chinese literature classics² to ancient Sun Tzu's "Art of War"³, from Western novels to science books, Zhang has always been eager to read every book she could find.

Zhang had a strong will to express and share her own understanding of life and society with more people, and so she thought of recording something on the computer. She slowly fell in love with the computer and the magic of Internet.

Her first published article was "Who I am". The article was soon republished in some other newspapers, and received an encouraging response. Zhang didn't just rely on the Internet to learn something new and write stories, but also helped other young Netizens⁴ by solving their psychological⁵ problems.

Now Zhang has made a name for herself in the real and virtual⁶ worlds. She has released over 200 articles in different newspapers and magazines and has made three Web sites, which have each attracted more than 10,000 visitors.

Zhang is quite satisfied with the city where she lives, as Shenzhen has a vast stage for individual development. Her dream is to study at Harvard University and become a freelance writer in the future.

【注释】 1. medical accident 医疗事故 2. literature classics 文学经典 3. Art of War 孙子兵法
4. Netizens 网民 5. psychological 心理上的 6. virtual 虚拟的

双语阅读

Violin lessons

"Daddy, can I learn to play the violin?" young Sarah asked her father. She was always asking for things and her father was not very pleased.

"You cost me a lot of money, Sarah," he said. "First you wanted to learn horse riding, then dancing, then swimming. Now it's the violin."

"I'll play every day, Daddy." Sarah said. "I'll try very hard."