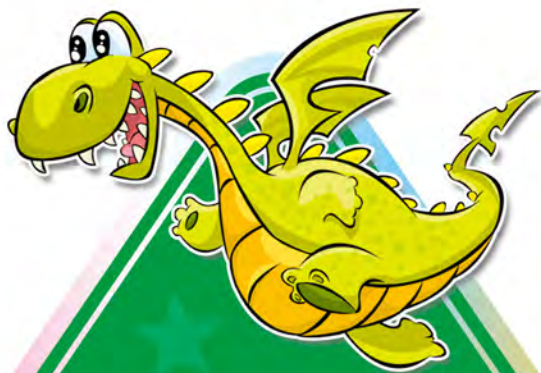


经人民教育出版社授权

配 人教版[®]



同步训练

八年级（上册）

英语



河北人民出版社组织编写

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作 者 李 丽 张 静 焦永进 王建华 石淑萍 赵丽丽 郜 洁 高爱春
岳 峰 李红英 郭冰心 王文联 姚 彬 魏向前 张小静 孙振华
张慧芬 石庆娟 吴晓燕 冯丽萍 赵 天 马安丽 刘春玲 王 娜
尹志娟 魏勇军

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编 写 出 版 说 明

为了适应国家有关部门加强中小学教辅材料使用管理工作的需要，并为中小学生学习各科课程提供有益的指导和帮助，夯实学习基础，巩固重点知识，培养创新能力，激发探究兴趣，我们组织省内专家、教研人员和教学一线骨干教师共同编写了这套《同步训练》。

该套《同步训练》的内容配人教版教科书，紧扣教材，与课堂同步，便于学生课后巩固课本知识，主要包括基础训练、拓展提高、单元测试部分，并且编写了期中测试卷和期末测试卷，帮助学生自己检测学习效果。

该套《同步训练》具有以下鲜明特点：

贯彻课标理念，提升学习能力。根据新的课程标准，强调科学性、实用性和发展性，充分体现课改精神，侧重学习方法的改进和学习能力的提升。

结合本身实际，适合学生使用。在编写中我们充分考虑全省学生的实际需要，特别是照顾到城乡学生的共同需要，强调基础练习，加强基础知识训练，适合全省学生使用。

编写阵容强大，作者队伍一流。我们组织了教材原创人员和全省教学一线骨干教师编写，充分把握了教材内容精华。

体例结构新颖，形式活泼多样。在充分遵循不同学科规律的基础上，力争体例结构创新，形式活泼多样，适宜学生学习。

通过本书的自主学习，一定会使你更好地掌握基础知识，使你变得越来越聪明，希望你喜欢这本书。愿这本书成为伴你成长的好朋友！

河北人民出版社

2012年3月

Unit 1 How often do you exercise?

Section A

→ 第一课时

知 识 感 悟

I. 根据句意及汉语提示完成句子

- I went to the zoo _____ (两次).
- He often _____ (冲浪) the Internet at the weekend.
- The boy is _____ (活跃的) at school.
- What's your favorite _____ (节目)?
—*Chinese Cooking*.
- Children like to _____ (踩滑板) after school.

II. 单项选择

- () 1. —How often does Kate go hiking?
— _____
A. I guess she's OK.
B. About an hour.
C. Once the week.
D. Twice a week.

- () 2. They usually do some office work _____ weekdays.

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

- () 3. —I _____ have time to have breakfast.
—It's not good for your health.

A. sometimes B. hard
C. hardly D. already

- () 4. — _____ do you go shopping?
—Every Sunday.

A. How soon B. How many times
C. How much D. How often

- () 5. —How was the weather yesterday?
—It was terrible. It rained _____. People could _____ go out.

A. hardly; hardly B. hard; hard
C. hard; hardly D. hardly; hard

能 力 提 高

III. 句型转换, 每空一词 (对画线部分提问)

1. Most students exercise three times a week.
_____ do most students exercise?

2. I sleep nine hours every night.

_____ hours do you sleep every

night?

3. My favorite program is Animal World.

_____ your favorite program?

4. My sister often goes to a movie on weekends.

_____ your sister often _____

_____ on weekends?

5. She sometimes does her homework at school.

_____ does she _____ her

homework at school?

思 维 拓 展

IV. 任务型阅读

Early to bed, early to rise, makes a man healthy, wealthy and wise.

This is an old English saying. Have you heard of it before? It means that we must go to bed early and get up early in the morning. Then we shall be healthy. We shall also be rich and clever.

This is true. The body must have enough sleep to be healthy. Children of young age should have ten hours' sleep every night. Children who do not have enough sleep cannot do their work very well. They will not be wise and they may not become wealthy!

The body also needs exercise. Walking, running, jumping, swimming and playing games are all exercise. Exercise keeps the body strong. Exercise also helps the blood (血液) to move around in-

side the body. This is very important. Our blood takes food to all parts of our body. The head also needs blood. Exercise helps us to think better!

根据短文内容填空。

1. _____ is another way of saying "rich".

2. The head also needs _____.

回答下列问题。

3. What's the meaning of "Early to bed, early to rise" in English?

4. How many hours should young children sleep every day?

5. 把文中画线的句子翻译成汉语。

→ 第二课时

知 识 感 悟

I. 用单词的适当形式填空

1. My father plays basketball _____ (two) a week.

2. John often _____ (exercise) in the park.

3. Maria is _____ (act) at school.

4. He _____ (watch) TV every night.

5. —How often does your mother exercise?
—_____ (one) a week.

() 1. —_____ do you have a class meeting?
—Every weekend.

- A. How much B. How often
C. What time D. How long

() 2. I _____ see her in the supermarket.
A. sometime B. some time
C. sometimes D. some times

() 3. —_____ did you watch TV?
—About two hours.

- A. How far B. How often

II. 单项选择

- C. How soon D. How long
()4. The results _____ “watching TV” are interesting.
A. at B. in
C. for D. on

- ()5. He's a good student. He _____ late for school.
A. isn't never B. is often
C. is always D. is hardly ever

能力提高

III. 句型转换, 每空一词

1. I go swimming four times a month. (对画线部分提问)

_____ do you go swimming?

2. They play football on Wednesday and Saturday afternoon every week. (改为同义句)

They play football _____ a _____.

3. He takes a walk after supper. (改为否定句)

He _____ a walk after supper.

4. They often sleep for eight hours every night. (对画线部分提问)

_____ do they sleep every night?

5. Her lifestyle isn't the same as mine. (改为同义句)

Her lifestyle is _____ mine.

思维拓展

IV. 完形填空

Many people think the more 1 is spent, the more work will be done. So students have to spend the whole 2 doing schoolwork except the three meals.

Modern students have many 3. They love sports, computers and music. A 4 holiday can get them away from too much schoolwork, and they can do what they like. But still teachers do not think about it and they give students too much homework. The students have no time to 5 themselves. They are really tired of their weekend homework. So they don't do it 6 Sunday night. And there is not enough time to finish the homework carefully. The poor weekend homework usually makes teachers 7.

Things always get 8 without right ideas. Too much schoolwork makes students lose interest of learning. It's also bad for their health.

A horse runs faster after a 9. But for students only rest isn't enough. So such a condition should be 10 to give students both pleasure and knowledge.

- ()1. A. day B. money
C. time D. thing
()2. A. week B. morning
C. evening D. day
()3. A. interests B. books
C. pens D. friends
()4. A. two days B. two-days
C. two-day D. two-day's
()5. A. learn B. look

- | | | | | | |
|--------|------------|---------------|---------|------------|----------|
| | C. teach | D. look after | | C. worse | D. worst |
| () 6. | A. in | B. on | () 9. | A. meal | B. rest |
| | C. after | D. until | | C. moment | D. while |
| () 7. | A. happy | B. angry | () 10. | A. changed | B. kept |
| | C. worried | D. thirsty | | C. taught | D. made |
| () 8. | A. better | B. best | | | |

Section B

→ 第一课时

知 识 感 悟

I. 根据句意及汉语提示完成句子

- Children like _____ (喝牛奶).
- What would you like, _____ (咖啡) or cola?
- _____ (吃) breakfast helps you keep fit.
- Good sleep can help you to study _____ (好).
- There are some _____ (不同) between you and me.

II. 用单词的适当形式填空

- A lot of vegetables help you _____ (keep) in good health.
- His _____ (eat) habits are pretty good, so he's very healthy.
- He brushes his teeth _____ (two) a day.
- You must eat more vegetables and keep _____ (health).
- My mother does some _____ (shop) on Sunday.

能 力 提 高

III. 单项选择

- | | |
|---|--|
| () 1. I _____ like to drink milk. | () 3. I like _____ for breakfast. |
| A. not | A. a book |
| B. doesn't | B. a ruler |
| C. don't | C. an egg |
| D. no | D. a sofa |
| () 2. Good food and exercise _____ me to study better. | () 4. Tennis _____ my favorite sport. |
| A. help | A. are |
| B. helps | B. is |
| C. helping | C. am |
| D. to help | D. be |
| | () 5. —_____ do you go swimming? |
| | —Sometimes. |
| | A. How often |
| | B. How long |

- C. How many D. How old
- () 6. Katrina watches TV once ____ week.
A. a B. the
C. an D. /
- () 7. Please drink some milk. It's good ____
your health.
A. to B. for
C. at D. with
- () 8. Mary couldn't go to the cinema with us
because she had to ____ her little
brother.
A. look for B. look after
C. look at D. look into
- () 9. _____ I have one healthy habit,
_____ I'm not very healthy.
A. Although; but
B. Although; so
C. Although; /
D. but; /

- () 10. The East Lake has become very dirty.

Lots of fish have died.
A. A lot B. Much
C. Lot of D. Many

IV. 根据提示翻译句子

1. 吃得太多不利于我们的健康。(be good for ...)

2. 我将尽力把这份工作干好。(try to do sth.)

3. 他也许是一位好老师。(maybe)

4. 我有许多作业要做。(a lot of / lots of)

5. 虽然他已 80 岁了,但他还相当健康。
(although / though)

思维拓展

V. 阅读理解

A good breakfast is important. You can easily understand it. By breakfast time you have not eaten anything about twelve hours. Your body needs food for morning activities (活动). One good breakfast should be rice or bread, an egg, milk and fruit. On a cold morning, a cup of hot drinks is necessary (必需的). A good breakfast helps you to smile more easily. It helps you to be more friendly and also to work better and play more happily. Your whole day will be more fun after you have enjoyed a good breakfast.

根据短文内容,判断下列句子正(T)误(F)。

- () 1. It's not very important to have a good breakfast.
- () 2. Food is needed in the morning because you have had nothing to eat for the whole night.
- () 3. Only rice or bread will be a good breakfast.
- () 4. If you get up late, you will not eat your breakfast.
- () 5. A good breakfast is helpful to you.

第二课时



知识感悟

I. 用单词的适当形式填空

- There are many _____ (different) between China and America.
- This movie is very _____ (interest), and all of us are _____ (interest) in it.
- My mother _____ (want) me _____ (not eat) junk food too often.
- The man's _____ (eat) habits are bad, so his body is not _____ (health).
- Jack does eye _____ (exercise) in the school every day, and he usually does a lot of _____ (exercise) on the playground after school.

II. 根据首字母提示填写单词

- How o_____ do you come to school late?
—N_____.
- J_____ food isn't good for your h_____. You'd better not eat too much.
- Mr Smith h_____ ever do some ex-

ercise, so he is u_____.

4. A_____ he isn't very tall, Tom is good at playing basketball.

5. The r_____ of the football match is exciting. All of us felt very excited.

III. 根据汉语提示完成句子

- 爸爸想让他天天去体育场锻炼。
Dad wants him _____ in the gym every day.
- 天天跑步对我们的健康有好处。
Running every day is _____ our health.
- 我努力吃大量的蔬菜。
I _____ a lot of vegetables.
- 健康的生活方式帮助我取得好成绩。
My healthy lifestyle helps me _____.
- 你多久吃一次垃圾食品?
_____ do you eat _____ food?

能力提高

IV. 单项选择

- _____ do you see a film?
—Three or four times a month.
A. How many times B. How long
C. How soon D. How often
- _____ did the meeting last?
—About half an hour.
A. How soon B. How long
C. How far D. How much
- _____ of us are teachers, but several aren't.
A. All B. Some C. Most D. Any

()4. My daughter studies _____. She _____ goes to sleep before 11 o'clock at night.

- A. hard, hard B. hard, hardly
C. hardly, hardly D. hardly, hard

()5. My father wants me _____ vegetables every day.

- A. to eat B. eating C. eat D. eats

V. 句型转换, 每空一词

1. She does her homework at school. (变成否定句)

She _____ her homework at

school.

2. He reads English books every day. (变为一般疑问句)

_____ he _____ English books every day?

3. Sandra goes shopping once a month. (对画线部分提问)

_____ Sandra

_____ shopping?

4. Frank goes for a walk every evening. (对画线部分提问)

_____ Frank _____ for a walk?

5. He likes playing volleyball. (对画线部分提问)

_____ he _____ playing?

思维拓展

VI. 完形填空

Food is very important. Everyone needs to 1 well if he or she wants to have a strong body. Our minds also need a kind of food. This kind of food is 2 . We begin to get knowledge(知识) even 3 we are very young. Small children are 4 in everything around them. They learn 5 when they are watching and listening. When they are getting older, they begin to 6 story books, science books ... anything they like. When they find something new, they love to ask questions and 7 to find out answers.

What is the best 8 to get knowledge? If we learn by ourselves, we will get 9 knowledge. If we are 10 getting answers from others and do not ask why, we will never learn well. When we study in the right way, we will learn more and understand better.

- ()1. A. sleep B. read
- C. drink D. eat
- ()2. A. sport B. exercise
- C. knowledge D. meat
- ()3. A. until B. when
- C. after D. so
- ()4. A. interested B. interesting

- C. weak D. better
- ()5. A. everything B. something
- C. nothing D. thing
- ()6. A. lend B. read
- C. learn D. write
- ()7. A. try B. have
- C. refuse(拒绝) D. wait
- ()8. A. place B. school
- C. way D. road
- ()9. A. little B. few
- C. many D. more
- ()10. A. often B. always
- C. usually D. sometimes

VII. 书面表达

你的生活方式健康吗? 请根据下面表格内提供的信息,用第一人称介绍一下自己的生活方式,不少于 60 个词。

Exercise	Every day
Eat vegetables	Twice a day
Eat fruit	Four times a week
Have milk	Once a day
Eat junk food	Once a week
Sleep	About eight hours

单元检测一

I. 单项选择

- () 1. — _____ do you see your uncle?
—Quite often.
A. How long B. How far C. How often D. What time
- () 2. —Your mother _____ goes to the movies, does she?
—No. So she knows nothing about new movies.
A. usually B. sometimes C. always D. never
- () 3. —Would you like _____ some apples?
—Yes, please.
A. to have B. have C. had D. has
- () 4. I like _____, but I like _____ TV this evening.
A. to read; watching B. reading; to watch
C. to read; to watch D. reading; watching
- () 5. He _____ his homework at school.
A. doesn't B. don't do C. don't D. doesn't do
- () 6. _____ homework, you must do it every day.
A. To B. As C. For D. As for
- () 7. Linda's father is ill. Linda has to _____ him at home.
A. look at B. look for C. look after D. look like
- () 8. _____ the boy is very young, he knows a lot about geography.
A. Although B. Because C. So D. If
- () 9. Good food and exercise _____ us healthy.
A. makes B. making C. make D. to make
- () 10. In order to keep healthy, I try _____ for at least(至少) an hour in the morning.
A. exercising B. to exercise C. do exercise D. exercise

II. 完形填空

Student's life in America

From Monday to Friday, students usually get up at seven. Then they wash their faces and have breakfast. They usually have eggs, bacon, bread, fruit and a glass of milk. After breakfast they go to school on foot or by yellow school 1. Some students ride bikes. They get to school at about half past eight. Then they put their 2 in their lockers(柜子) and take only one book, a notebook and a pencil to each class. In a middle school,

students have 3 for six hours. Their classes are English, writing, math, 4 and so on.

At noon students have lunch at school. They usually 5 meat, fruit, vegetables, bread and a drink. 6 most students like pizza, hot dogs and hamburgers better. Students don't have a short 7. They go back to have classes 8 lunch until three o'clock. Then they go home.

Students usually play or watch TV before 9. They have supper at six in the evening. The supper usually has soup, meat, 10, rice or pastes (面食). After supper they do their homework. Sometimes they play or talk with their parents.

- () 1. A. car B. bike C. bus D. plan
- () 2. A. school bags B. clothes C. pencil-boxes D. money
- () 3. A. meals B. a rest C. each class D. classes
- () 4. A. music, playing football B. Chinese, running
C. music, art D. P. E, listening to music
- () 5. A. buy B. have C. eat D. bring
- () 6. A. So B. And C. Because D. But
- () 7. A. sleep B. talk C. drink D. holiday
- () 8. A. at B. before C. after D. in
- () 9. A. a supper B. supper C. the dinner D. a dinner
- () 10. A. vegetables B. dumplings C. fishes D. potatoes

III. 阅读理解

A

People didn't eat potatoes before. They thought potatoes were bad for their health.

After many years, some people in France had some potatoes. They were surprised the potatoes were nice. Later they went to their king and said, "Potatoes are a kind of nice food." The king was very happy because his people could have more food to eat. He asked his people to plant potatoes, but nobody wanted to. At last the king had a good idea. He asked some people to plant lots of potatoes in a garden. And then he asked some guards(卫兵) to guard the potatoes. Many people came and wanted to know what plant was so important. They tried to get some potatoes. Days later, there were no potatoes there. The king was happy.

From then on more and more people in France started to eat potatoes. Because potatoes were good and cheap, people from other countries started to eat them too.

根据短文内容,判断下列句子正(T)误(F)。

- () 1. People didn't eat potatoes before, because they thought potatoes were unhealthy.
- () 2. The French king had some potatoes first.
- () 3. The king wanted to have potatoes himself, and didn't want his people to eat them.

- ()4. Potatoes were very expensive at that time.
()5. Later potatoes arrived at every corner of the world from France.

B

Last month I had a health problem and had to see a doctor. After examining (检查), the doctor said to me, “The result isn’t too bad. But you must exercise often and have healthy food every day.”

In fact, I’m a lazy person. I never get up early to exercise. And I often have junk food because I like it. In order to be healthy, I decided to change(改变) my lifestyle.

Now I get up at 6:00 a. m. every day. Then I go out to run for about an hour. I go to a gym on Wednesday and Saturday afternoon. And I hardly have junk food. I have healthy food, like milk and fish. I often eat vegetables and I have an apple every day. You know, “An apple a day keeps the doctor away.” I also have about eight glasses of water every day. And I usually go to bed by ten. All these things make me healthy.

- ()6. Where did I go last month?
A. A post office. B. A hospital. C. A bank. D. A hotel.
- ()7. Why was I ill?
A. Because the weather was cold.
B. Because I was too hungry.
C. Because I didn’t do exercise or have healthy food.
D. Because I go to bed too late every day.
- ()8. How often do I go to a gym?
A. Once a week. B. Twice a week.
C. Twice a month. D. Three times a month.
- ()9. What does “An apple a day keeps the doctor away.” mean?
A. The doctor goes away when he sees an apple.
B. The doctor runs away when you give him an apple.
C. If you eat an apple every day, you’ll be healthy.
D. The doctor gives you an apple every day and then you don’t need to see him.
- ()10. We can use _____ instead of (代替) “about”.
A. on B. with C. maybe D. around

C

Fish and chips, and Chinese take-away food (熟食) are very popular in England. But they are less popular (不受欢迎) in the USA. In the USA, they eat take-away food, too, like fried (油炸的) chicken. But the most popular kind of take-away food is the hamburger. It looks like bread with meat in it. Hamburgers are delicious.

They are very popular in the world.

Chinese food has different tastes and is usually very delicious. It's also very popular in the world.

- () 11. What's the favorite food in the USA?
 A. Hamburgers. B. Fish and chips.
 C. Fried chicken. D. Take-away food.
- () 12. What does hamburger look like?
 A. It looks like a mooncake. B. It looks like a sausages (香肠).
 C. It looks like bread with meat in it. D. It looks like a banana.
- () 13. Which food has different tastes and is usually very delicious?
 A. English food. B. American food.
 C. Chinese food. D. French food.
- () 14. Are fish and chips and Chinese take-away food very popular in the USA?
 A. Yes, they are. B. No, they aren't.
 C. Yes, they were. D. No, they weren't.
- () 15. Who do you think likes hamburgers best?
 A. The old people. B. Children.
 C. Nobody. D. Most of people.

IV. 根据首字母或汉语提示完成句子

- My favorite p_____ of CCTV is *Animal World*.
- You m_____ do your homework after school. Then you can watch TV.
- He has a good sleeping _____ (习惯).
- What do you think of _____ (咖啡)?
- The children are very _____ (积极的). All of them want to have a try.

V. 用单词的适当形式填空

- My school is very big. What about _____ (your)?
- Jodie often _____ (exercise) in the park.
- I'm a good student. I hope I can study _____ (well) in the future(将来).
- Do you want me _____ (teach) history?
- Let's go _____ (shop) this afternoon.

VI. 句型转换, 每空一词

- Kevin comes to China once a year. (对画线部分提问)
 _____ Kevin come to China?
- I go to the library four times every week. (对画线部分提问)
 _____ you go to the library every week?

3. We usually have a party on Sundays. (对画线部分提问)

_____ you usually _____ on Sundays?

4. Cindy often reads books at home. (改为否定句)

Cindy _____ books at home.

5. I cleaned my room last night. (用 sometimes 改写句子)

I _____ my room.

VII. 根据汉语提示完成句子

1. 你多久吃一次饺子?

_____ do you eat _____?

2. 你书包里有多少本书?

_____ are there in your schoolbag?

3. 我每天跑步一个小时。

I run _____ every day.

4. 你必须尽量少喝果汁,多喝水。

You _____ less juice, and drink _____.

5. 我哥哥经常帮助我学习英语。

My brother often _____ me _____ my English.

VIII. 书面表达

假如 Helen 是你最好的朋友,请你从以下几方面向大家介绍她:

1. 在学校学习努力,平时喜欢看英文书,有时上网冲浪。
2. 身体很健康,每周锻炼两三次,天天步行去学校。
3. 饮食习惯很好,喜欢吃许多不同种类的蔬菜和水果,每周吃五次蔬菜。

词数:不少于 60 个词

Unit 2 What's the matter?

Section A

→ 第一课时

知 识 感 悟

I. 翻译词组

1. have a cold _____
2. have a headache _____
3. have a stomachache _____
4. have a sore throat _____
5. have a sore back _____
6. take some medicine _____
7. 看牙医 _____
8. 多喝热水 _____
9. 牙痛 _____
10. 躺下休息 _____
11. 早点睡觉 _____
12. 听音乐 _____

II. 用单词的适当形式填空

1. We should _____ (drink) more hot water.
2. How many _____ (foot) does a dog have?
3. I can see a cat _____ (lie) on the ground.
4. The baby has ten _____ (tooth) now.
5. Because of _____ (ill), he didn't go to school yesterday.

III. 句型转换, 每空一词

1. You should eat some vegetables. (改为否定

句)

- You _____ eat _____ vegetables.
2. He has to walk home. (改为否定句)
He _____ walk home.
 3. We have to stay at home on a rainy day. (改为一般疑问句)
_____ you _____ stay at home on a rainy day?
 4. The girl can sing and dance well. (改为一般疑问句)
_____ the girl sing _____ dance well?
 5. Miss Wang likes her students. (改为一般疑问句)
_____ Miss Wang _____ her students?

IV. 单项选择

- () 1. —What's _____ matter with you?
—I have a fever.
A. a B. an C. the D. /
- () 2. Xiao Wang has a sore _____. He should drink more water.
A. eye B. back
C. leg D. throat