



宁夏回族自治区教育厅中小学教材审查委员会审定
配合义务教育课程标准实验教材



学习之友

宁夏教育厅教学研究室 编

八年级(上)
英语



黄河出版传媒集团
宁夏人民教育出版社

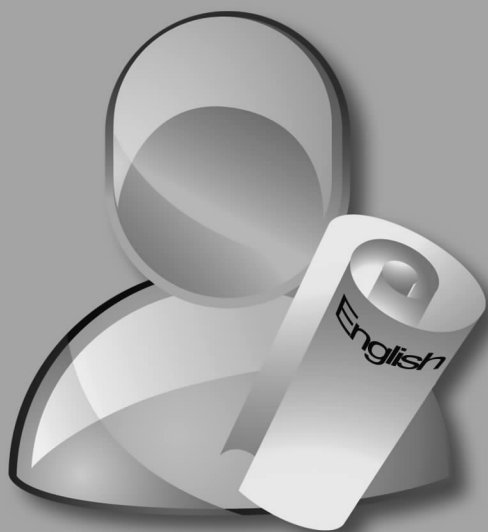


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宁夏教育厅教学研究室 编

八年级(上)

英语



我的学校 _____

我的班级 _____

我的姓名 _____



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宁夏人民教育出版社

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亲爱的同学：

你们好！欢迎使用新编人教版八年级英语《学习之友》！

本册《学习之友》是在经过几年使用后，通过征求师生的意见和建议，结合宁夏的教学实际，聘请一线骨干教师、教研员根据义务教育《英语课程标准》要求及人教版八年级英语(上册)课本内容编写而成。它与课本同步，重视基础知识和语言技能的训练，同时强调语言的综合运用。同学们在英语学习中首先要重视基础知识的学习，包括语音的学习、词汇的学习、语法的学习。语言技能的训练离不开基础知识。听、说、读、写四种语言技能是互相影响的，不是孤立的，任何一种技能的形成都需要大量的练习和实践，熟能生巧。

本册《学习之友》中的语法练习、词汇练习、句型练习属于巩固性练习，侧重打基础。听力、完型、阅读、写作等练习则属于综合语言运用的训练，这类练习有助于语言能力的形成。本册《学习之友》中除了单元练习题，还有两套阶段复习题和一套总复习测试题，目的是为了检测同学们的学习效果。

愿《学习之友》成为你们的良师益友！

编 者





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Unit 1 How often do you exercise?

基础训练

I. 听句子, 选择正确答案。

- | | | |
|----------------------------------|-----------------------------------|----------------------------|
| () 1. A. Twice a week. | B. Three hours. | C. Every day. |
| () 2. A. Two hours. | B. Three days. | C. Every day. |
| () 3. A. No, it's healthy food. | B. Yes, it's good for our health. | C. Yes, it's junk food. |
| () 4. A. I do my homework. | B. I go to school every day. | C. I watch TV once a week. |
| () 5. A. Yes, it is. | B. Yes, they are. | C. No, they aren't. |

II. 听对话及问题, 选择正确答案。

- | | | |
|----------------------------|------------------------|------------------|
| () 1. A. No, she doesn't. | B. Yes, she does. | C. I don't know. |
| () 2. A. Never. | B. Once a month. | C. Once a week. |
| () 3. A. Goes shopping. | B. Goes skateboarding. | C. Watches TV. |
| () 4. A. Every day. | B. Once a week. | C. Twice a week. |
| () 5. A. Yes, she does. | B. No, she doesn't. | C. Yes, she is. |

III. 词汇。

A. 根据句意, 用括号内所给词的适当形式填空。

1. My brother's _____ (write) habits are not good.
2. My mom goes shopping _____ (two) a week.
3. She tries _____ (eat) a lot of vegetables and fruit.
4. What are the _____ (different) between Lucy and Lily?
5. Tom often goes _____ (skateboard).

B. 根据首字母和汉语提示填写单词, 使句子完整、通顺。

1. The students in our school go home o_____ a week.
2. Eating a lot of vegetables is good for our h_____.
3. Animal World is my favorite TV p_____.
4. He _____ (几乎不) goes to restaurant for dinner.
5. The old man is very healthy because he e_____ every day.
6. Good food and exercise help me to study _____ (更好).
7. Mrs Wilson failed (失败) her driving test four _____ (次).

8. We must _____ (保持) our classroom clean.
9. Forming a good _____ (习惯) is very important.
10. Everyone must _____ (设法) to work hard.

IV. 用方框中所给词的适当形式填空。

health, maybe, be, keep, watch, exercise, want, or, surf, two

1. He often _____ TV at 8:00 in the evening.
2. Walking can _____ you in good health.
3. He looks very tired, _____ he worked all night.
4. The results of the football match _____ fun.
5. Bill often exercises, so he is very _____.
6. Some students _____ the Internet every day.
7. Some students go shopping three _____ four times a week.
8. I usually go to my hometown _____ a year.
9. Most students in our class _____ every day.
10. My mother _____ me to study hard.

V. 同步语法。

A. 选词填空。

hardly ever, often, sometimes, never, always

1. My mother _____ gets up at six, seven days a week.
2. — How _____ do you shop?
— Three or four times a month.
3. Bill lives a little far from school. He _____ gets to school late, but not very often.
4. The weather is beautiful. It _____ rains here. It's usually sunny and warm.
5. Ann can't swim, so she _____ goes to the beach to swim. Sometimes she goes with me to run on the beach.

B. 用括号内所给词的适当形式填空。

1. My father usually _____ (watch) TV after supper.
2. We _____ (get up) at six every morning.
3. Mr Green often _____ (play) football in the afternoon.
4. _____ Lily _____ (do) her homework every evening?
5. She usually _____ (have) five English classes a week.

C. 按要求改写下列句子,每空一词。

1. He does homework after supper. (改为否定句)

He _____ homework after supper.

2. My brother is playing basketball. (用 often 改写句子)

My brother _____ basketball.

3. He usually plays soccer after school. (改为一般疑问句)

_____ he usually _____ after school?

4. He often goes shopping with his mother. (对画线部分提问)

_____ he often _____ with his mother?

5. He visits his grandparents three times a month. (对画线部分提问)

_____ he _____ his grandparents?

VI. 单项选择。

() 1. — _____ do you go to the movies?

— Twice a month.

A. How

B. Where

C. How long

D. How often

() 2. His friends _____ any shopping on weekdays.

A. isn't do

B. aren't do

C. don't do

D. doesn't do

() 3. — _____ do they play football?

— Always.

A. How soon

B. How much

C. How many

D. How often

() 4. _____ Mary is from Canada, _____ she can speak Chinese very well.

A. Although; but

B. Although; \

C. Although; so

D. \; so

() 5. Here _____ the key to the lock.

A. are

B. is

C. does

D. was

() 6. I think doing sports is _____ our health.

A. good at

B. bad for

C. good for

D. good to

() 7. He is too busy. He hardly _____ watches TV.

A. often

B. usually

C. never

D. ever

() 8. Her lifestyle is the same _____.

A. to my

B. to mine

C. as mine

D. from mine

() 9. My mother is out, so I have to _____ my young sister at home.

A. look at

B. look after

C. look for

D. look over

() 10. He _____ late for class. Mr Zhang is angry with him.

A. always is

B. is always

C. never is

D. is never

VII. 根据汉语句意完成下列句子, 每空一词。

1. 你周末通常干什么?

_____ do you usually _____ on weekends?

2. 考试的结果令我非常高兴。

_____ the exam make me very happy.

3. 多吃蔬菜有助你保持身体健康。

Eating more vegetables can help you _____.

4. 至于作业,我们中的大部分人每天都做。

_____ homework, _____ us do it every day.

5. 他一周购物一两次。

He goes shopping _____ or _____ a week.

综合训练

I. 完形填空。

Food is very important. Everyone needs to 1 well if he or she wants to have a strong body. Our brains (大脑) also need a kind of food. This kind of food is 2. We begin to get knowledge (知识) when we are very young. Small children are interested in everything around them. They learn 3 while (当……的时候) they are watching and 4. When they are getting older, they begin to 5 storybooks, anything they like. When they find something new they like to ask questions and 6 to find out the answer.

What is the best 7 to get knowledge? If we 8 by ourselves, we'll get the most knowledge. If we're 9 getting answers from others and do not ask why, we will never learn well. When we study in a right way, we will learn 10 and understand (理解) better.

- | | | | |
|----------------------|-----------------|--------------|---------------|
| () 1. A. read | B. see | C. drink | D. eat |
| () 2. A. knowledge | B. sport | C. playing | D. fruit |
| () 3. A. everything | B. something | C. nothing | D. anything |
| () 4. A. finding | B. listening to | C. listening | D. looking at |
| () 5. A. learn | B. buy | C. write | D. read |
| () 6. A. try | B. have | C. like | D. should |
| () 7. A. place | B. school | C. way | D. road |
| () 8. A. work | B. learn | C. help | D. do |
| () 9. A. often | B. always | C. usually | D. sometimes |
| () 10. A. more | B. much | C. little | D. some |

II. 阅读理解。

A. 根据短文内容,选择最佳答案。

Health is the most important (重要) for all of us. But how can we keep healthy?

First, we must have healthy eating habits. Some foods, such as vegetables, fresh fruit, fish, milk are good for our health. We must eat enough of them. But some foods, such as candy (糖果), chocolate, hamburgers are not good for our health. They usually make us become overweight (超重). So they are



called junk food. We must try to eat them little.

Second, we must do sports as frequently (经常) as we can. Running, swimming, boating, hiking and so on are all good sports. Doing sports frequently can make us strong and healthy. But many people don't want to do any sports when they become overweight. As a result, they will be fatter.

Third, we must have enough sleep. People should get enough sleep. If you don't have enough sleep, you can't work well.

So if you want to be happy and healthy, you must stop eating junk food, exercise frequently and get more sleep.

- () 1. What make(s) healthy children overweight?
- A. Vegetables and fruits. B. Junk food.
C. Sports. D. Enough sleep.
- () 2. Which of the following is junk food?
- A. Ice cream. B. Eggs. C. Rice. D. Fish.
- () 3. If someone doesn't have enough sleep, he _____ the next day.
- A. will be sad B. will work harder
C. will be happy D. can't work well
- () 4. If you want to keep happy and healthy, you should _____.
- A. not eat too much junk food B. do sports as frequently as you can
C. have enough sleep D. all of the above
- () 5. Which of the following is the best title of the passage?
- A. How to keep healthy. B. How to sleep well.
C. What is junk food. D. How to exercise.

B. 阅读表格,根据相关信息选择最佳答案。

Activity	Every Day	Three or Four Times a Week	Twice a Week	Once a Week
Exercise	55	30	10	5
Play basketball	20	40	20	20
Watch TV	5	60	30	5
Do homework	90	10	0	0
Eat vegetables	50	30	10	10
Eat junk food	15	50	30	5
Eat fruit	60	25	10	5

(There are 100 students in the class together.)

- () 1. In the class, most students exercise _____.
- A. every day B. three or four times a week
C. twice a week D. once a week

- () 2. _____ students watch TV three or four times a week.
A. All B. Most C. Some D. No
- () 3. No students do homework _____.
A. once a week B. twice a week C. three times a week D. both A and B
- () 4. Most students _____.
A. eat fruit every day B. eat junk food once a week
C. do homework three or four times a week D. play basketball twice a week
- () 5. Which sentence is Not true?
A. Most students do homework every day.
B. Half students eat junk food three or four times a week.
C. All students do homework every day.
D. Only five students exercise once a week.

III. 书面表达。

根据下列班级活动调查表,用英语写一篇文章。

Class 12, Grade 8: Activity Survey			
Activity	Every Day	Twice a Week	Four Times a Week
Watch TV	60%	20%	20%
Have sports	10%	20%	70%
Do homework	100%	0	0

(All students=100% Most students=51%~99% Some students = 1%~50% No students = 0)



基础训练

I. 听句子,选择正确的应答语。

- | | | |
|---------------------------|--------------------------|----------------------|
| () 1. A. You're welcome. | B. Don't thank me. | C. No, thanks. |
| () 2. A. No matter. | B. It doesn't matter. | C. I've got a fever. |
| () 3. A. Yes, I won't. | B. I guess you're right. | C. Yes, I shouldn't. |
| () 4. A. Good idea! | B. Yes, I do. | C. No, I don't. |
| () 5. A. For 3 days. | B. 3 days before. | C. 3 days ago. |

II. 听对话,选择最佳答案。

- | | | | |
|----------------------------------|-------------------|--------------------------|------------------------|
| () 1. Who is not here today? | A. Li Lei. | B. Han Mei. | C. Wei Hua. |
| () 2. What's wrong with him? | A. He has a cold. | B. He has a sore throat. | C. He has a toothache. |
| () 3. How long does he have it? | A. One day. | B. Two days. | C. Three days. |
| () 4. Where should he go? | A. To the school. | B. To the hospital. | C. To his home. |
| () 5. What shouldn't he eat? | A. Anything. | B. Sweet food. | C. Rice. |

III. 词汇。

A. 根据句意,用括号内所给词的适当形式填空。

1. You must exercise every day to stay _____ (health).
2. We can eat a _____ (balance) diet to keep in good health.
3. Tibet is in the _____ (west) part of China.
4. He didn't go to school because of (因为) his _____ (ill).
5. _____ (tradition) Chinese food on Mid-Autumn Day is mooncake.

B. 根据首字母和汉语提示填写单词,使句子完整、通顺。

1. We have too much homework to do every day. We're s_____ out.
2. Don't b_____ him. He always tells lies.

3. You must solve (解决) the _____ (问题) yourself. It's easy.
4. If you are t _____, you should drink some water.
5. Take the m _____ three times a day and you will feel better soon.

IV. 用方框中所给词的适当形式填空。

help, make, say, feel, exercise, try, health, different, do, something

I'm a heavy boy. I often (1) _____ tired and don't want to do (2) _____. And I can't follow the teachers in class. My mother tells me (3) _____ with her early in the morning. She often (4) _____ that my grandfather is pretty (5) _____ because he runs every day. I remember my mother's words. I (6) _____ to get up very early every day and run with her in the park near my house. Now I am feeling better. (7) _____ sports really (8) _____ big (9) _____ to my study as well as my health. And running can really (10) _____ us keep in good health.

V. 同步语法。

A. 用括号内所给词的适当形式填空。

1. She _____ (have) a toothache. She should see a dentist.
2. It's important for him _____ (keep) healthy.
3. —What's the matter?
— I'm not _____ (feel) well.
4. You should _____ (go) there today.
5. He should _____ (not eat) too much unhealthy food.

B. 按要求改写下列句子, 每空一词。

1. Tom has a sore back. (对画线部分提问)
_____ the _____ Tom?
2. To learn English is important for me. (改为同义句)
_____ important for me _____ learn English.
3. He should lie down and rest. (改为一般疑问句)
_____ down and rest?
4. You should eat something for breakfast. (改为否定句)
You _____ for breakfast.
5. Dave has a bad cold. (改为一般疑问句)
_____ Dave _____ a bad cold?

VI. 单项选择。

- () 1. We find _____ very important to learn English well.
A. its B. that C. it D. this

- () 2. If he feels _____ enough to play, he'll be _____ very soon.
A. well; nice B. well; fine C. nice; well D. fine; good
- () 3. We should not eat _____ junk food.
A. too many B. many too C. too much D. much too
- () 4. Maybe you should _____ a dentist tomorrow.
A. see B. watch C. look D. visit
- () 5. I'm sorry _____ that you are not feeling well.
A. and hear B. hearing C. hear D. to hear
- () 6. Jim has only _____ friends in his class.
A. a few B. a little C. few D. little
- () 7. Tim didn't have dinner _____ he finished watching the cartoon.
A. while B. unless C. until D. since
- () 8. Mr Black gave us _____ on how to learn English well.
A. some advices B. many advice C. some advice D. an advice
- () 9. She would like some coffee _____ sugar.
A. to B. is C. of D. with
- () 10. Sarah _____ a stomachache, so she _____ eat anything for 24 hours.
A. has; shouldn't B. has; should C. is; shouldn't D. have; should

VII. 根据汉语句意完成下列句子,每空一词。

- 你妈妈怎么了? What's _____ your mother?
- 我不想再吃这种不健康的食物了。I don't want to eat the _____ food any more.
- 她应该躺下来休息。She _____ and _____.
- 他喜欢喝加蜂蜜的热茶。He likes drinking _____ honey.
- 吃蔬菜对健康有好处。_____ vegetables _____ our health.

综合训练

I. 完形填空。

Mary was ill yesterday. She went to see the doctor.

"Doctor, I'm not feeling 1 at the moment," she said. "Every time I do my homework at night, I feel 2. If I walk to school every day, I have to sit down and 3 for ten minutes."

The doctor looked 4 Mary carefully. At last he said, "5 serious, but I'm afraid you are 6 too much." "I don't understand, what do you mean?" asked Mary. "I mean you eat too much 7," said the doctor. "Oh! You mean I'm too 8. That's a problem," said Mary. "What should I do if I don't want to be heavy?" "The answer is easy," said the doctor. "If you want to be

thinner and healthier, you 9 eat a lot of food and you also should take more 10 .”

- | | | | |
|---------------------|-------------|-----------------|--------------|
| () 1. A. good | B. bad | C. well | D. terrible |
| () 2. A. hungry | B. thirsty | C. tired | D. relaxed |
| () 3. A. rest | B. lie down | C. stand | D. look |
| () 4. A. after | B. over | C. like | D. for |
| () 5. A. Too | B. Not | C. Nothing | D. Very |
| () 6. A. drinking | B. sleeping | C. working | D. eating |
| () 7. A. ice cream | B. fruit | C. food | D. chicken |
| () 8. A. fat | B. healthy | C. stressed out | D. thin |
| () 9. A. can | B. can't | C. should | D. shouldn't |
| () 10. A. homework | B. sports | C. exercise | D. housework |

II. 阅读理解。

A. 根据短文内容,选择最佳答案。

Old John went to see a doctor. The doctor examined him and said, “Medicine can't help you. You must have a good rest. Go to a quiet place for a month, go to bed early, drink some milk, walk a lot and smoke one cigar a day.” “Thank you very much,” said old John, “I will do everything you say.”

A month later, old John came to the doctor again. “Well,” said the doctor, “I'm glad to see you. you look much younger.”

“Oh, doctor,” said old John, “I feel quite well now. I had a good rest. I went to bed early. I drank a lot of milk, and I walked a lot. Your advice certainly helped me. But you asked me to smoke one cigar a day, and the ‘one cigar a day’ nearly killed me at first. It's no joke to start smoking at my age.”

- () 1. The doctor _____.
 A. asked him to take some medicine
 B. asked him not to take any medicine
 C. didn't say any word about medicine
 D. gave him some medicine
- () 2. Old John _____ after a month.
 A. didn't get well
 B. got well
 C. was young
 D. was old
- () 3. Which one is true?
 A. Old John smoked before.
 B. Old John didn't smoke before.
 C. Old John didn't smoke a cigar a day.
 D. Old John smoked less than before.
- () 4. When old John was ill, he looked _____.
 A. young
 B. old
 C. younger
 D. older
- () 5. The best title of this passage should be _____.
 A. Old John
 B. Old John Is ILL
 C. The Doctor's Advice
 D. Old John Did as the Doctor Asked Him

B. 根据短文内容,选择最佳答案。

Do you want to be healthy? I think everybody should say "Yes". And sleeping is very important for our health.

There is an old English saying. It tells us that we must go to bed early in the evening and get up early in the morning. Then we will be healthy and clever. The bodies must have enough sleep to be healthy. And how much do we really need? Young people should have seven or eight hours' sleep every night, but children should have ten hours' sleep.

People who sleep less than six and a half hours a night are more often ill. It's better to sleep seven or eight hours. Sleeping too less can make us ill. Some children sleep more than ten hours. They study better than children who sleep less than eight hours.

Sleep is like food and drink, we don't need it too much. If a man sleeps more than ten hours, he will find it isn't easy to get up in the morning.

- () 1. We should go to bed _____ in the evening and get up _____ in the morning.
A. early; early B. late; early C. early; late D. late; late
- () 2. Young people should sleep _____.
A. six hours B. seven or eight hours
C. two hours D. twenty-four hours
- () 3. Children should sleep _____ hours than young people.
A. more B. less C. the same as D. We don't know.
- () 4. The man who sleeps _____ hours a night is often ill.
A. eight B. ten C. seven D. four
- () 5. Which sentence is RIGHT?
A. The more you sleep, the better you will be. B. Children study better than young man.
C. Don't sleep too much or too less. D. Sleep is not important.

IV. 书面表达。

假如你的一位同学感到不舒服,头痛、四肢无力,且烦躁不安。请你给他/她提些建议。词数 50 左右。内容包括:

1. have one healthy habit and lifestyle;
2. exercise every day;
3. eat a balanced diet;
4. eat yin foods, like... and yang foods, like...;
5. keep a balance of studying and rest.



基础训练

I. 听对话及问题,选择最佳答案。

- () 1. A. She is going sighting. B. She's visiting her parents. C. She's renting videos.
 () 2. A. A week. B. Three days. C. Five days.
 () 3. A. Hospital. B. Lake. C. School.
 () 4. A. Never. B. Once a week. C. Twice a week.
 () 5. A. Father and daughter. B. Mother and son. C. Brother and sister.

II. 听短文,完成表格。

Who	What	Where
Mary	(1) _____	Paris
Tom	go fishing	(2) _____
Simon and Bill	(3) _____	in the countryside
(4) _____	take photos	in the park
my brother and I	play chess and relax	(5) _____

III. 词汇。

A. 根据句意,用括号内所给词的适当形式填空。

- Where are they going _____ (sightsee) next week?
- What about _____ (go) to the movies?
- Mike wants to have a very _____ (relax) vacation this year.
- We are leaving on the _____ (12).
- I'm going to the beach with _____ (they).

B. 根据首字母或汉语提示填写单词,使句子完整、通顺。

- Mum is working. I have to b _____ my sister at home.
- I am going to have a long summer v _____.
- My aunt always s _____ me some beautiful toys on my birthday.
- She is going bike r _____ this weekend with her best friends.
- That _____ (听起来) interesting.
- Tim got many kinds of _____ (明信片) from his friends last year.