

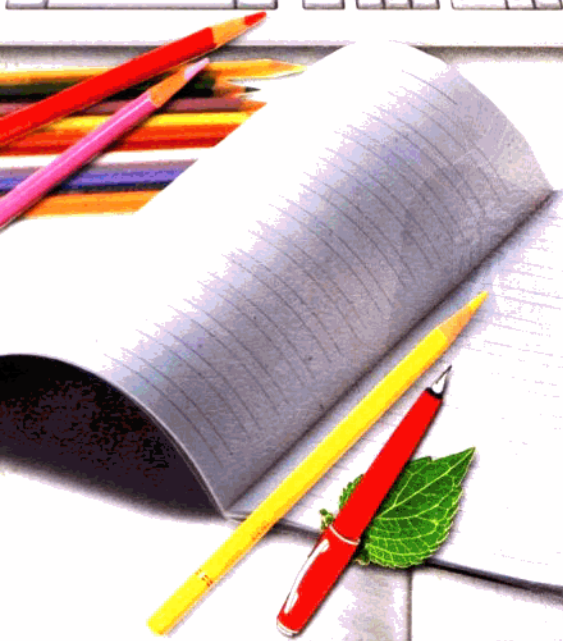
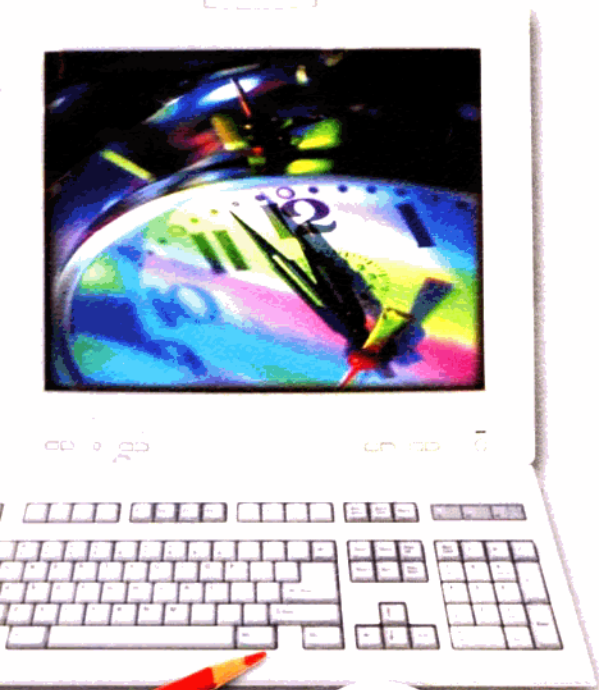
● 与人教版义务教育课程标准实验教科书配套

基础训练

【英语(新目标)】

● 八年级(上)

● 河南省基础教育教研室 编



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教材变了，考王来了



“大象考王”，秀出名门——大象出版社是河南省唯一一家专业教育出版机构，也是河南省唯一一家全国优秀出版社。

以中考、高考和阶段测试为基本立足点，“大象考王”一共推出新书100多种，在河南教育图书市场上演一场红、蓝、绿“三色风暴”！“河南考生读‘大象考王’，‘大象考王’助河南考生”的观点已经深入人心。不少教研专家和优秀教师预言：立足创新，立足河南，面向全国的“大象考王”，将成为莘莘学子新时代的“三色宝书”。

“大象考王”品牌教辅包括三大系列

红色 “大象考王”中考系列 包括“河南重点名校中考复习内部讲义”丛书（大纲本/非课改试验区用）、“全国课改名校中考复习新讲义”丛书（新课标总复习系列/课改试验区用）及“全国中考试题荟萃解析”丛书（试题精选研究系列）。

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●“全国中考试题荟萃解析”丛书：《全国中考试题分类解析》、《全国中考试卷汇编与解答》、《中招考新题型》（包括数学、物理、化学）

蓝色 “大象考王”同步测试系列 包括“新课标节节高”丛书。这是专为课改实验区七至九年级各个学科并配合所有版本教材开发的《单元测评与阶段（月考）试卷》。

由北京、山东、江苏、福建、湖北、湖南、安徽、甘肃等第一批国家课改试验区教研专家以及河南省课改试验区重点中学的优秀教师严格按照新课标理念编写，河南省基础教研专家最终审定把关。

●名家执笔，内容新创。

●专家把关，专业品质。

●深入研发，精心打造。

●结合省情，方便实用。

绿色 “大象考王”高考系列 包括《河南高考新学典·高考第一轮复习提要及测评（2006版）》（系统讲练）、《河南高考新学典·高考第二轮复习专项突破（2006版）》（专题讲练）、《河南高考新学典·最新高考模拟试卷（2006版）》（专用测试）。

由大象出版社和河南省基础教研室联合推出，供高中三年级学生在一、二、三轮复习时配套使用，本套书与省情紧密结合，集科学性、权威性于一体，在河南的图书市场上占据四个惟一：

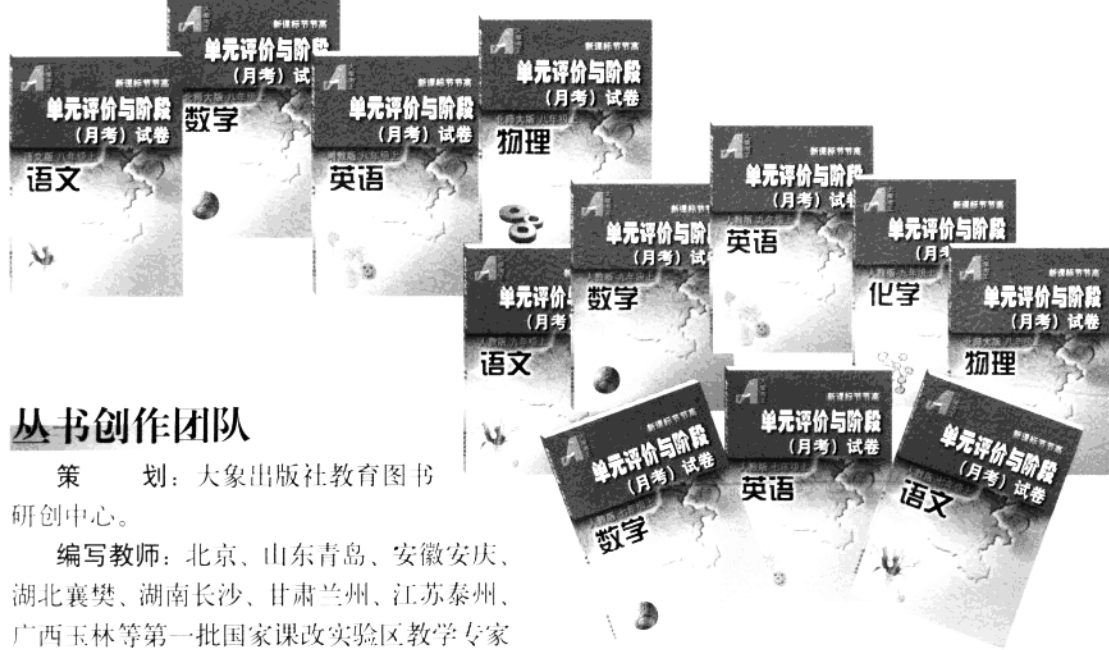
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河南考生读“大象考王”，“大象考王”助河南考生



丛书创作团队

策 划：大象出版社教育图书
研创中心。

编写教师：北京、山东青岛、安徽安庆、
湖北襄樊、湖南长沙、甘肃兰州、江苏泰州、
广西玉林等第一批国家课改实验区教学专家
以及河南省课改实验区重点中学的优秀教师。

审定专家：河南省基础教育教研人员，各学科特级教师。

丛书内容编排

①单元课标双向测评设计：把课程标准中的课程教学目标划分为两部分，针对每一部分设计一套专项测试。即针对“知识与技能”目标设计“单元基础测试卷”，针对“过程与方法”目标设计“单元拓展测试卷”。

②活动探索综合评价设计：根据课程标准实验教材每章节或单元后“活动与探究”的教学，设计一套“活动与探索综合性评价”，把探索实践活动分解为一系列的程序和步骤，并为每一个步骤设计对应的测评题目，实际了解学生活动的过程，活动中的认识、感悟体验，对学生的收获的情况进行评价。突破新课标教学中“探索、综合实践等活动”难于量化考评的难点，为课程改革教学实验基层教师提供一个操作方式标准和有效评价方法。

③阶段（月考）试卷：紧扣阶段学习内容，覆盖课堂知识要点，仿照中考题型设计。以标准试卷形式附于每册书后，可方便取下单独使用。

丛书特点

新创——名家执笔，最新成果。

根据全国第一批课改实验区及河南省重点名校的最新教学成果，由全国各地名校名师创作。

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河南省教研专家结合《国家课程标准》（修订版）和河南省中学课程教学计划要求认真审读，大象出版社专业编辑、专业校对三审三校，严格把关。

精致——深入研发，量身定做。

大象教育图书研创中心为开发这套丛书走访了河南省十几个县市，20多所学校，30多家书店，对比分析了10多种同类图书。根据市场调查获得的真实信息，针对我省教学的特点和实际需要，精心策划，设计内容，创编试题，步步扣合我省教学进度。

实用——结合省情，使用方便。

根据河南省课改教材的使用情况，分版本、分年级编写。大16开本，索线胶订，优质书写纸精印。书中的阶段（月考）试卷统一装订于书后，可以单独取下，答案另附，便于检测使用。



编写说明

为配合教育部新课程标准的实验工作,进一步提高我省义务教育阶段课堂教学效率,加强我省中小学生人文素质和科学素质的培养,将培养学生创新精神、创造意识、实践能力的要求落到实处,我们按照教育部颁布的《全日制义务教育课程标准(实验稿)》精神,在对我省教育状况进行认真调查研究的基础上,组织部分教研人员和一线教师编写了这套“基础训练”。

这套“基础训练”的编写,以《课程标准》提出的课程理念、课程目标为标准,以各科义务教育课程标准实验教科书为依据,以帮助学生掌握基础知识、形成基本能力,进而培养创新精神、合作意识和开放的视野为目的,吸收借鉴了近年来课程改革和教学、教研改革的最新成果。全套书的结构体例和内容编排经过精心设计,在训练的基础性与探究性、开放性相结合,学习的理论性与实践性、趣味性相结合,知识的全面性与典型性相结合方面,有明显的提高和突破。同时,全套书题型新颖多样,难易适度,贴近教学实际和学生学习实际,具有很强的实用性。

从紧密配合各科教学考虑,这套书按学年分学期出版,各学科各册均与教材的章、节或单元、课文同步。为了体现训练的基础性与学习的开放性并举、并重,每节或每课习题的设计大致分为“理解 巩固 积累”和“实践 探索 创新”两大部分;各册还设计了两套期末测试题。全部训练题均附有参考答案。

本书以课堂训练为主,但部分题目也可以安排在预习或课后完成。教学中可将本书有关训练题和教科书的课后练习配合使用,使之与教材成为一个有机整体,从而达到最佳的训练效果。

参加本册编写的作者是陈庆、袁静、常洪、宋林会同志,最后由姚连荣同志统稿。

对使用中发现的错谬缺漏之处,恳请广大师生批评、指正。

河南省基础教育教研室



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Unit 1

How often do you exercise?



Section A



理解 巩固 积累

I 根据句意,用所给的首字母补全单词。

1. —How often do the students do shopping? —T_____ a month.
2. —Can you t_____ these sentences into English? —Sorry, I can't.
3. Jim a_____ watches news on TV after dinner.
4. —What's your favorite p_____? —It's Animal World.
5. Irene's r_____ of physics exam is OK.

II 翻译下列短语。

- | | |
|-----------------|----------------|
| 1. 多长时间一次_____ | 2. 去玩滑板_____ |
| 3. 很少_____ | 4. 一周一次_____ |
| 5. 一个月三至四次_____ | 6. 搜索因特网_____ |
| 7. 在周末_____ | 8. 翻译英文歌曲_____ |
| 9. 至于_____ | 10. 读英语书_____ |

III 选择填空。

- () 1. —How often does Lily take a shower? —_____.
A. Three time a week B. Three times of week
C. Three times every week D. Three times a week
- () 2. There are sixty students in my class. 90% students like P. E. What does "90% students" mean?
A. All the students. B. Some of the students.
C. Most of the students. D. A few of the students.
- () 3. We often do morning _____ at school.
A. exercise B. exercising C. an exercise D. some exercise
- () 4. —What _____ she _____ on Sundays?
—She often _____ her homework at home.
A. is, doing; doing B. does, do; does

C. does, does; does

D. does, do; do

IV 根据中文提示,完成句子。

1. 一你的妈妈多长时间去购物一次? 一大约一周一两次。

— _____ your mother _____?

—About _____ or _____ a week.

2. 一杰克喜欢上网吗? 一不,他认为那很无聊。

— _____ Jack like _____ the _____?

—No, he _____ it's _____.

3. 罗恩是我们班最好的学生,因为他总是能在考试中取得好成绩。

Ron _____ the _____ student in our class because he _____ gets good
_____ in the exams.

4. 大部分同学都喜欢打电脑游戏。

_____ students _____ games.

5. 锻炼身体有助于你的身体健康、强壮。

Exercise _____ make your _____ and strong.



实践 探索 创新

V 补全对话。

A: Lisa, 1 _____ 2 _____ do you exercise?

B: Let me 3 _____. I 4 _____ to school in the morning and I 5 _____ home after school.

A: That's 6 _____ a day. 7 _____ 8 _____ minutes do you walk?

B: About 5 minutes.

A: That's 9 _____ minutes of exercise a day and 10 _____ minutes a week. I think you need 11 _____ get 12 _____ exercise, Lisa!

B: OK, I'll 13 _____ more sports on TV!

A: No, Lisa! You 14 _____ to do some sports for 15 _____!

VI 阅读理解。

Fish and chips and Chinese take-away food are very popular in England. But they are less popular in the USA. In the USA, they eat take-away food, too, like chicken. But the most popular kind of take-away food is the hamburger. It looks like bread with meat in it. Ham is kind of pork, but the hamburger does not have any pork in it. It has beef in it. The beef is inside a kind of cake. Hamburgers are delicious. They are very popular in the USA. They are also popular in England and Australia.

根据短文内容选择正确答案。

- () 1. Fish and chips are very popular _____.

A. in England

B. in Australia

C. in the USA

D. in Canada

- () 2. In the USA, the most popular kind of take-away food is the _____.
A. hamburger B. fish C. chips D. bread
- () 3. The hamburger usually has some _____ in it.
A. beef B. pork C. potatoes D. chips
- () 4. Hamburgers are _____.
A. beautiful B. delicious C. good D. hard
- () 5. Hamburger is a kind of _____.
A. meat B. drink C. food D. vegetable



Section B



理解 巩固 积累

I 根据句意和首字母, 补全单词。

- Most children like eating j_____ food. But eating too much is bad for our health.
- Tom is u_____ because he doesn't often exercise.
- Study hard and you'll get good g_____.
- Can you say any d_____ between these two pictures?
- Mr Smith plays s_____ on weekends and so do I.

II 翻译下列短语。

- 吃蔬菜_____
- 尽量去做某事_____
- 对我们的健康有好处_____
- 以……开始_____
- 许多_____
- 喝牛奶_____
- 相当健康_____
- 使……不同, 有重要性_____
- 饮食习惯_____
- 喝咖啡_____

III 选择填空。

- () 1. His math is very weak. He must _____ his best.
A. tries to do B. trying to do C. tried to do D. try to do
- () 2. Good food and exercise help me _____ better.
A. studying B. to study C. studies D. studied
- () 3. — _____ Ron ever _____ fruit? — Yes, sometimes.
A. Do; eat B. Does; eats C. Is; eating D. Does; eat
- () 4. — What's your favorite sport? — I like to play _____ basketball.
A. the B. a C. / D. an

IV 根据中文提示,完成句子。

1. 我的饮食习惯相当不错。

My _____ are _____.

2. 它对我的分数非常重要。

It _____ a _____ my grades.

3. 谁是最健康的呢? —艾琳是。

— _____ is the _____? —Irene _____.

4. 他每晚睡四个小时。

He _____ four hours _____ night.

5. 她看起来很虚弱,因为她很少锻炼。

She _____ weak because she _____.



实践 探索 创新

V 阅读理解。

Greenland is the largest(最大的) island in the world. It's in north of Europe(欧洲). Near Greenland is another land. It's very small. Its name is Iceland. Do you think Greenland is green and warm? And do you think Iceland is white with ice? If you do, you are quite wrong. Few people live on Greenland. Maybe the people in a small town are more than the ones on Greenland. Because Greenland is not green. Greenland is white. Most of the island is covered with a lot of ice. The ice covering Greenland is higher than the tallest building in the world. How about Iceland? Is it colder than Greenland? No, it isn't. Iceland has ice, but not so much ice as Greenland. Iceland has lots of hot springs. They give out hot water and steam(水蒸气). The weather is not so cold as on Greenland. And there are more people on Iceland than Greenland.

根据短文内容判断正(T)误(F)。

- () 1. Iceland is a land of ice.
 () 2. The weather on Greenland is colder than that on Iceland.
 () 3. "Hot spring" here means "暖春".
 () 4. The whole Iceland is covered with ice.
 () 5. The people on Iceland are more than that on Greenland.

VI 根据表格完成短文。

| | Day | Week | Month | Year |
|-----------------|-----|------|-------|------|
| play basketball | / | 3 | 12 | 144 |
| eat cabbage | 2 | 14 | 56 | 672 |
| go shopping | / | / | 1 | 12 |

| | Day | Week | Month | Year |
|-----------------|-----|------|-------|------|
| clean his house | / | 2 | 8 | 96 |
| go to England | / | / | / | / |

Li Ming likes playing _____. He plays it _____ a week. _____ is his favorite vegetable. He eats it _____ a day. He doesn't like _____ very much. He only goes shopping _____ a month. He likes doing housework and he cleans his house _____ a month. He doesn't like taking trips at all, so he _____ goes to England.



单元练习

I 重新排列下列单词的字母顺序,使其成为本单元学过的单词,并翻译成汉语。

1. buvolacary _____
2. yek _____
3. grproam _____
4. itwec _____
5. thghoual _____
6. inerterviewi _____
7. surelt _____
8. bitha _____
9. netterin _____
10. latetrsan _____

II 按要求写出下列单词。

- | | |
|----------------------------|-------------------------|
| 1. different(名词) _____ | 2. healthy(反义词) _____ |
| 3. interview(名词) _____ | 4. although(同义词) _____ |
| 5. watch(第三人称单数) _____ | 6. vocabulary(复数) _____ |
| 7. exercise(动词ing形式) _____ | 8. good(最高级) _____ |
| 9. eat(动词ing形式) _____ | 10. healthy(名词) _____ |

III 短文改错。

请同学们仔细观察下面短文中的每一句话,把错误改在每行的后面,如果该行没有错误,在后面的横线上打“√”。

Xiao Ming look very heavy. He
hard ever exercises. He doesn't

1. _____
2. _____

like taking exercise. He takes
exercise only one a week,
but he walks school every day,
and he hardly ever eats junk foods.
He eats lot of fruit and vegetables
every day. The doctor say his food
habit is good. But he must does
morning exercising from now on.

3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

IV 完形填空。

Fox is an eight-year-old boy. He is a good boy. He does 1 in all his lessons. He 2 school and he is always active in class. Every time the teacher asks a question, Fox always 3 his hand quickly. Sometimes his answer is 4, but the teacher always smiles (微笑) and says, "Good, Fox, but 5 a better answer to my question?"

Yesterday afternoon the teacher asked the boys and girls a question. "Swallows (燕子) fly to the south before winter 6," he said. "But why don't cats and dogs do 7?"

Fox lifted his hand 8 usual.

"Yes, Fox?" said the teacher 9.

Fox stood up and said, "10 they have no wings (翅膀)." "

- | | | | |
|---------------------|--------------|--------------|---------------------|
| () 1. A. good | B. hard | C. well | D. bad |
| () 2. A. loves | B. likes a | C. goes to a | D. enjoys the |
| () 3. A. gets up | B. puts on | C. gets on | D. puts up |
| () 4. A. right | B. wrong | C. easy | D. hard |
| () 5. A. has | B. is there | C. are there | D. have |
| () 6. A. will come | B. is coming | C. comes | D. is going to come |
| () 7. A. different | B. these | C. the same | D. with |
| () 8. A. as | B. at | C. for | D. in |
| () 9. A. happy | B. glad | C. happily | D. angrily |
| () 10. A. Why | B. Because | C. That | D. Where |

V 阅读理解。

338 Sixteenth Street
Washington D. C., USA
May 14th, 2006

Dear Ann,

I hope that you are all very well.

I'm glad to hear that you and your children will be here in two weeks. My husband and I will go to meet you at the train station.

Our town is small but it is very nice and beautiful. Ron can go to the sports center ev-

ery day. He can play games and go swimming there. Jill is also lucky. My son has a cat and two sheep, and I myself have two horses. She can play with them all day. There is a large farm near our home. All of us can go to visit it together.

Dear Ann, please don't worry. I'm sure you will have a good time here.

See you soon!

With much love,

Linda

根据短文内容选择正确答案。

- () 1. The letter was written by _____.
A. Ann B. Linda C. Jill D. Ron
- () 2. Ann and her children will get to Linda's home on about _____.
A. May 1 B. May 7 C. May 14 D. May 28
- () 3. Linda lives in _____.
A. a big city B. a big town C. a small town D. the country
- () 4. Ann and her children are going to Linda's home _____.
A. by bus B. on foot C. by train D. by plane
- () 5. From this letter we know that Ron loves _____ and Jill loves _____.
A. sports; animals B. music; animals
C. sports; dancing D. animals; sports

VI 书面表达。

保持身体健康对每个人都是非常重要的,那么林涛平时是怎样做的呢?请同学们根据所给词语完成一篇短文,短文开头已给出。

要求:1. 字数:60—80 个单词。

2. 提示词: always, take exercise, like, sports, go to bed, get up, take care of, take a shower, wash, before meals, all kinds of, healthy food, fruit, look, healthy

How Lin Tao Keeps Healthy

It's important for us to keep healthy. Lin Tao gives us a good example. He _____



Unit 2

What's the matter?



Section A



理解 巩固 积累

I 根据音标写出下列单词及其汉语意思。

- | | |
|----------------------|--------------------|
| 1. [mætə] _____ | 2. [dentist] _____ |
| 3. [stʌmʌkeɪk] _____ | 4. [fʊt] _____ |
| 5. [sɔ:(r)] _____ | 6. [θrəʊt] _____ |
| 7. [fɪ:və(r)] _____ | 8. [hʌni] _____ |
| 9. [ɪlnɪs] _____ | 10. [aɪ'diə] _____ |

II 根据句意和所给的首字母补全单词。

- What's the matter, John?
—I have a t_____
—You'd better see a dentist.
- I'm t_____. I want to have something to drink.
- Please l_____ down and have a good rest.
- Doctor, I'm f_____ ill. What shall I do?
- You mustn't eat a_____ before you see the doctor.

III 翻译下列短语和句子。

- | | |
|-----------------|--------------------|
| 1. (患)背疼_____ | 2. 加蜂蜜的热茶_____ |
| 3. 喝大量的水_____ | 4. 看牙医_____ |
| 5. 一个好主意_____ | 6. 感觉(身体)很好_____ |
| 7. 发烧_____ | 8. 那太糟糕了。_____ |
| 9. 我想是这样的。_____ | 10. 我希望你早日康复。_____ |

IV 根据中文意思和英文提示词,写出句子。

- 你看上去身体不好,怎么啦?(look, well, matter)

- 你应该躺下休息,两小时之内不能吃任何东西。(lie, rest, eat, anything)

3. 一这种情况什么时候开始的? 一两天前。(it, start, ago)

4. 也许你应该去看医生。(maybe, should)

5. 一你感冒了吗? 一不, 没有。(do, cold)



实践 探索 创新

V 句型转换。

1. You should drink some water. (改为否定句)

2. He has a fever. (对画线部分提问)

3. I have a sore throat. (改为一般疑问句)

4. You should listen to the teacher carefully in class. (用 everyone 改写)

5. I'm feeling much better now. (对画线部分提问)

VI 根据下列对话内容从所给的七个选项中选出五个最佳答案, 使对话意思完整。

A: What's the matter?

B: 1 _____

A: How are you feeling now?

B: 2 _____

A: Let me see... Oh, it's a cold. Nothing serious.

B: 3 _____

A: Did you eat anything for breakfast?

B: 4 _____

A: Well, take this medicine three times a day. Have a good rest and drink more water.

B: 5 _____

- A. I'm feeling badly ill.
 B. I'm sorry to hear that.
 C. No, I didn't want to eat anything.
 D. This morning I had a pain in my head.
 E. Really? But I don't feel any better now.
 F. OK. Thank you.
 G. That's too bad.



Section B



理解 巩固 积累

I 根据音标写出下列单词及其汉语意思。

- | | |
|---------------------|---------------------|
| 1. [ˈhʌŋɡri] _____ | 2. [ˈbælənst] _____ |
| 3. [imˈpruːv] _____ | 4. [spraut] _____ |
| 5. [læm] _____ | 6. [enədʒi] _____ |
| 7. [strei] _____ | 8. [ɡiv] _____ |
| 9. [ˈdaɪət] _____ | 10. [məʊmənt] _____ |

II 根据句意和所给的首字母补全单词。

- It's i _____ for us to eat a balanced diet.
- People who are s _____ out and angry might have too much yang in their lives.
- Jenny can't say a word. She might have a sore t _____.
- Please keep warm in winter or you may get a c _____.
- Although Mother always feels t _____ when she gets back home, she prepares supper for the family every day.

III 翻译下列短语。

- | | |
|-------------------|-----------------|
| 1. 健康食品 _____ | 2. 另一方面 _____ |
| 3. 感到疲惫 _____ | 4. 听音乐 _____ |
| 5. 保持健康 _____ | 6. 豆芽、豆荚 _____ |
| 7. 此时、现在 _____ | 8. 一点、一些 _____ |
| 9. 紧张的、有压力的 _____ | 10. (患)头痛 _____ |

IV 根据中文意思和英文提示词写出句子。

- 得知你身体不舒服,我很遗憾。(sorry, hear, not feeling)