

优

英语 阅读

A+ ENGLISH READING

主编 高分



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迅速提升整体实力！
“读”出英语力!!!

湖北教育出版社
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前言

PROLOGUE



优生精英阅读



藏书 A 书 ENGLISH READING

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目前，我国许多地区的英语教育已经向下延伸至小学阶段。但是，虽然我们投入了相当多的人力和物力，效果却并不理想。根据相关调查显示，虽然我国中小学生的英语听力水平较过去有所提高，但读写能力却在下滑，甚至有每况愈下的趋势。有识之士疾呼，拯救孩子们的英语能力，一定要从大量有计划的阅读入手，因为一个人的英语能力是“读”出来的！

提高阅读理解能力的确是英语学习的关键，也一直是各类考试的重点。“阅读理解”的题量和分值在中、高考试卷中所占的比重最大，所以对中学生来说，阅读能力对考试成绩和升学有着举足轻重的影响！

遗憾的是，虽然现在市面上为中学生编的英语阅读书籍很多，但真正管用的却很少。因为这类书必须同时满足下面几个条件，缺一不可。

一是语言要地道，因为“蹩脚英语”对学生的负面影响是难以估量的；二是难度要适当，太难或太容易都达不到提高的目的；三是选材要与学生的学习、生活密切相关，这样他们才会感兴趣；四是内容要与教材“若即若离”，游离太远解决不了升学的实际问题，联系紧密又无法与课堂教学形成互补，甚至引起读者的反感。

我们的《优+英语阅读》就是具备上述所有条件的中小学优秀英语读物！它以分级阅读的形式，在中学阶段一共分为6册，分别适合初一到高三年级的学生使用。

该书语言地道、题材广泛、内容符合中学生的兴趣特点，而且难能可贵的是，这套书与各年级教材所涉及的语法重点、词汇及话题基本一致，所以既是生动有趣的课外泛读材料，又可作为巩固课堂所学的单元同步教辅。

中学生阅读理解能力的培养固然离不开阅读理解训练，但扩大词汇量、有效克服阅读过程中的词汇障碍也非常重要。因此，我们在每篇阅读训练后面都精心编写了一个“词汇拓展”单元，以帮助读者横向扩大词汇量和纵向深入理解词汇的用法。

我们真心希望这套书能伴随大家度过难忘的中学时代，在“悦”读中提高自己的阅读理解水平，进而提升英语的整体实力！

湖北省《优+英语阅读》课题组

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能力训练

1

A

There are 45 students in our class. I have made a survey. 36 students say they like to exercise. Most boys play basketball together twice a week. But girls think basketball is difficult for them, so they'd like to play volleyball together twice a week. My friend, Tonny, is good at running. He runs fastest(最快地) in our class. He runs for 30 minutes on the playground every evening before he goes to bed. Is it interesting? Gray is good at swimming. He goes to the swimming club three times a month in winter, and three times a week in summer. So he's pretty healthy. Some of my classmates have good eating habits. They eat both meat and vegetables. 70% of them drink milk every day. 15 students like to eat junk food, especially Sally. What's worse(更糟糕的) is that she doesn't like to exercise, so she is very fat. She always says, "I'm going to lose weight tomorrow."

- () 1. How often do most boys play basketball?
 - A. Every day.
 - B. Twice a day.
 - C. Twice a week.
 - D. Twice a month.
- () 2. Why do the girls dislike to play basketball?
 - A. Because they have no time.
 - B. Because they think it's not easy.
 - C. Because they don't like to play with the boys.
 - D. Because they don't like to exercise.
- () 3. When does Tonny often run for 30 minutes?
 - A. Every morning.
 - B. Every evening after dinner.
 - C. Every evening before he goes to bed.
 - D. Every afternoon.
- () 4. How often does Gray swim in winter?
 - A. Three times a month.
 - B. Three times a week.
 - C. Hardly ever.
 - D. It's not mentioned in the passage.
- () 5. What does the underlined sentence "I'm going to lose weight tomorrow." mean?
 - A. I'm going to exercise tomorrow.
 - B. I'm exercising.
 - C. I'm going to be fatter.
 - D. I'm going to do something to make myself thinner.



词汇拓展

* exercise

1) 用作不可数名词, 意为“锻炼, 运动”。

Exercise makes us strong. 运动使我们强壮。

I like taking some exercise after class. 课后我喜欢运动。

2) 用作可数名词, 意为“体操; 练习”。

I do morning exercises every morning.

我每天早上做早操。

We have too many math exercises on weekends.

周末我们数学作业太多。

3) 用作动词, 意为“锻炼, 训练”。

You should exercise patience. 你得有耐心。

She exercises every evening. 她每晚锻炼。



A

B

• Many cities have a big race every year. The biggest race is in San Francisco, the USA. More than 100,000 people ran the 12 kilometers in this race. Another famous race is in London every year. This race is longer and harder. It is more than 42 kilometers, but 25,000 people usually finish it.

• The youngest international player in any sport was an 8-year-old table tennis player from Jamaica. Her name was Joy Foster. She was the Jamaican table tennis champion in 1985 and she played in the Jamaican international team in that year.

• Have you ever tried walking backwards? It is not a popular sport, but a few people enjoy it! The world record for walking backwards is 12,875 kilometers. A man from Texas, the USA, walked backwards for 18 months in 1931—1932. Nobody has ever broken this record. Would you like to try?

• Yes, you guessed right! The most popular team game in the world is football. People play football in villages, streets and stadiums all over the world. The most famous football competition is the World Cup. It happens every four years, and nearly two billion (2,000,000,000) people watch it on television. In the past, football was a game just for men, but now half the countries in the world have an international women's team, too. The first Women's World Cup was in 1991.

() 6. The San Francisco race is not as _____ as the London race.

- A. long B. big C. popular D. good

() 7. Joy Foster was _____ table tennis player in her country in 1985.

- A. the most famous B. the best
C. the most popular D. the most beautiful

() 8. Joy Foster played table tennis _____.

- A. for America B. for her country

- C. against Jamaica D. for China
- () 9. _____ walked more than 12,875 kilometers backwards.
- A. Few people have B. Nobody has
C. One man has D. One woman has
- () 10. Chinese women's football team became worldwide (世界范围的) famous
- A. in 1931 B. in 1932 C. before 1985 D. after 1991

词汇拓展

1. record

1) 用作名词, 意为“记录”。

medical records 病历 keep a record 保持记录

break a record 打破记录 set a world record 创下世界记录

2) 用作动词, 意为“记录, 记载”。

Make sure you record the numbers of tickets you sell.

一定要把你售出的票的号码记录下来。

2. try 用作动词, 意为“努力; 尝试”。

1) try to do sth. 意为“尽力做某事”。

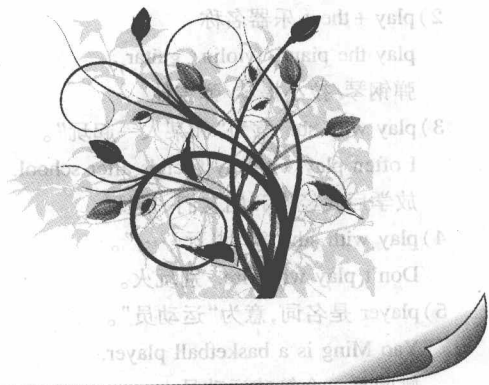
I'll try to study English well.

我将尽力学好英语。

2) try doing sth. 意为“尝试做某事”。

Please try answering my question.

请试着回答一下我的问题。



Tom often does sports, so he is tall and strong. His father and mother worked in London, so he began to study in a middle school there. He was a member of the school basketball team. He liked the sport very much and played it on Saturday and Sunday.

His grandma lived in a village and one day she came to see him. It was Saturday but she didn't see the boy at home, so she went to look for him in the school. She saw many boys were playing with only one ball. The old woman asked Tom to go home with her.

“But, Grandma, I...” said Tom.

“Don't play with them, my dear!” said the old woman. “I'm going to buy a ball for you!”

- () 11. Tom is tall and strong because _____.
- A. he eats too much B. he studies in a middle school
C. he often does sports D. he lives with his parents
- () 12. Tom's parents worked in _____.
- A. China B. England C. Japan D. America
- () 13. One Saturday grandma saw Tom _____.
- A. in the school B. at home



- C. in the village D. in the street
- () 14. From this passage, we know Tom's grandma didn't know _____.
- A. how to go to London B. how to go to Tom's school
- C. what to buy for Tom D. how to play basketball
- () 15. Grandma told Tom _____.
- A. to buy a ball for her B. not to play with the boys
- C. to see his parents D. not to study in London

词汇拓展

* play

1) play + 球类名称

play basketball/ football/ volleyball

打篮球/踢足球/打排球

2) play + the + 乐器名称

play the piano/ violin/ guitar

弹钢琴/拉小提琴/弹吉他

3) play with sb. 意为“和某人一起玩”。

I often play with my friends after school.

放学后我经常和朋友们一起玩。

4) play with sth. 意为“玩……”。

Don't play with fire. 别玩火。

5) player 是名词,意为“运动员”。

Yao Ming is a basketball player.

姚明是一个篮球运动员。



Tom often does sports, so he is tall and strong. His father and mother worked in London, so he began to study in a middle school there. He was a member of the school basketball team. He liked the sport very much and played it on Saturday and Sunday.

His grandma lived in a village and one day she came to see him. It was Saturday but she didn't see the boy at home, so she went to look for him in the school. She saw many boys were playing with only one ball. The old woman asked Tom to go home with her.

"But, Grandma, ..." said Tom.

"Don't play with them, my dear!" said the old woman. "I'm going to buy a ball for you!"

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- A. China B. England C. Japan D. America
- () 13. One Saturday grandma saw Tom _____.
- A. in the school B. at home



能力训练

2

A

We all need to exercise. Doctors say it is good for us. It makes our heart and body strong. It also gives us more energy(能量). And we will feel better about ourselves. It's best to exercise twice a week. Twenty minutes each time is enough.

There are many ways to exercise. We can walk, run, play sports, or swim. Many people go to special places to exercise. These places are called "fitness centers". These places have a lot of equipment(器材). Some people buy equipment for their homes. But it is very expensive.

Exercising can be fun. Friends can exercise together at a fitness center. Or they can play sports together. How do you exercise?

- () 1. What is the main idea of the passage?
- A. Exercise equipment is expensive.
B. Playing sports is a good way to exercise.
C. Every person should exercise.
D. Fitness centers are popular.
- () 2. What does the underlined phrase "fitness centers" mean in Chinese?
- A. 体育馆 B. 体操中心 C. 健身中心 D. 训练营
- () 3. At fitness centers, _____.
- A. you can buy all kinds of equipment
B. people can do many kinds of exercise
C. it is very expensive to do sports
D. exercise is not fun
- () 4. Which of these kinds of exercise is not mentioned(提及) in the passage?
- A. Walking. B. Swimming. C. Running. D. Dancing.
- () 5. Which of these sentences about exercise is TRUE?
- A. Exercising is expensive.
B. Exercise is good for your heart.
C. Only young people exercise.
D. Friends can exercise together only at a fitness center.

词汇拓展

* need

1) 用作实义动词, 意为“需要”。

I need to think about this before I make a decision. 在做决定之前, 我需要想一想。



2) 用作情态动词, 意为“需要, 必须”。

You need get up early to catch the early bus.

要赶上早班车你必须早起。

3) 用作名词, 意为“需要, 需求”。

There is a growing need for new housing in many cities.

许多城市对新住房的需求不断增长。

B

Jack loves to ride his bike. It's his favorite activity. But he made a big mistake last Wednesday. He acted foolishly(愚蠢地). He did not know the safety rules. He did not think about keeping his body safe.

Thinking before you act can help you avoid(避免) many accidents. Knowing what to do can keep you or someone close to you safe. Remember that when you ride a bicycle, you share the road with trucks and cars. Read the following rules. They can help you stay away from the risk, or chance of getting hurt.

Title: _____

- (1) Always wear a helmet(头盔).
 - (2) Don't ride on the sidewalk so that you won't run into someone walking.
 - (3) Ride on bike paths if they are near you.
 - (4) Always ride in the same direction as the traffic.
 - (5) Use hand signals(信号) when you stop or turn.
 - (6) Obey traffic lights and signals.
 - (7) Walk your bike across busy crossings.
 - (8) If you ride with a friend, ride one behind the other.
 - (9) If you ride at night, use your headlights(前灯), wear light-colored clothes, and make sure you have reflectors(反射镜) on your bike.
- () 6. We know from this passage that maybe Jack last Wednesday.
 - A. failed an exam
 - B. had an accident
 - C. went to school by bus
 - D. lost his way
 - () 7. The sidewalk is built for people who .
 - A. walk
 - B. drive cars
 - C. ride bikes
 - D. drive taxis
 - () 8. The underlined word "risk" means .
 - A. safety
 - B. turning
 - C. danger
 - D. corner
 - () 9. It's dangerous to according to the rules.
 - A. ride in the same direction as the traffic
 - B. ride side by side(并排) with someone else
 - C. use hand signals when you stop or turn
 - D. wear a helmet when riding a bike
 - () 10. The best title of the list will be .

- A. Bike Safety Rules B. Bike Riding Club
C. Bike Riding Skills D. How to Ride a Bike

词汇拓展

* run into

1) 撞上

His car skidded and ran into a lamp-post.
他的车打滑后撞到了一根路灯柱上。

2) 偶然遇见

Guess who I ran into in town today.
猜猜今天我在城里碰见谁了。

3) 遇到困难、问题

The company ran into trouble soon.
这家公司很快陷入了困境。



There was a boy who was sent to a boarding school (寄宿学校). He used to be the best student in his class. But things changed after that. His grades started dropping. He hated being in a group. He was lonely all the time.

His parents began to worry. But they did not know what was wrong. So his dad decided to visit the school and talk to him.

They sat on the bank of the lake near the school. The father started asking him some questions about his classes, teachers and sports. Then he asked, "Do you know, son, why I am here today?"

The boy said, "To check my grades?"

"No, no," his dad answered. "I am here to tell you that you are the most important person for me. I want to see you happy. I don't care about grades. I care about you. I care about your happiness. You are my life, do you know?"

Now the boy has everything he wants. He knows there is someone who cares for him deeply. He loves his life very much.

"Thanks a lot, Dad. You are my life, too," he always says to himself.

- () 11. Why did the boy's parents worry about him?
A. Because he studied in a boarding school.
B. Because he was badly ill.
C. Because he changed a lot after coming into the boarding school.
D. Because he got a girlfriend in the boarding school.
- () 12. What does the underlined word "bank" mean in Chinese?
A. 银行 B. 岸边 C. 中心 D. 水面
- () 13. What did the boy think of his father's visit?
A. He thought his father came to tell him his love.



- B. He thought his father came to work in the school.
- C. He thought his father came to let him leave school.
- D. He thought his father came to ask something about his grades.

() 14. What can we know from the passage?

- A. The boy will be sadder than before after his father left.
- B. The boy's father is a good teacher.
- C. The boy will love his life better than before.
- D. The boy will leave the boarding school at last.

() 15. What's the best title for this passage?

- A. Mother's Love
- B. A Boy in a Boarding School
- C. You're My Life
- D. A Son's Love for His Father

词汇拓展

1. used to 过去常常

I used to live in an old small house.

我过去住在一个破旧的小房子里。

2. be used to doing sth. 习惯于做某事

My father is used to getting up early.

我爸爸习惯早起。

3. be used to do sth. 被用来做某事

A knife is used to cut things.

刀用来切东西。

能力训练

3

A

An old man's eyesight (视力) was becoming worse and worse and he came to stay in a hotel room with one bottle of wine in each hand. On the wall there was a fly and he thought it was a nail (钉子). So he decided to hang (悬挂) his bottles on it, but the bottles fell down and broke. When a waiter learned it, he felt sorry for him and decided to help him. So the next morning when the old man went out for a walk in the garden, he put a nail right into the place where the fly had stayed.

When the old man went into his room, the smell of the wine made him remember what had happened. When he looked up at the wall, he found the "fly" was there again. He walked to it slowly and slapped it hard. Hearing a loud cry, the waiter rushed in and found the poor old man sitting on the floor, with his right hand bleeding (流血)!

- () 1. How was the old man's eyesight?
 A. It was very good.
 B. It was very short.
 C. It was becoming worse and worse.
 D. His eyes were very big.
- () 2. How many bottles of wine did the old man get?
 A. One. B. Two. C. Three. D. Four.
- () 3. What did the waiter do when the old man went out for a walk?
 A. He killed the fly.
 B. He drew a fly on the wall.
 C. He cleaned the old man's room.
 D. He put a nail into the wall.
- () 4. What does the underlined word "slapped" mean in Chinese?
 A. 用手掌打 B. 吮吸 C. 品尝 D. 打碎
- () 5. Why did the old man cry?
 A. Because he killed the fly.
 B. Because he could hardly see anything.
 C. Because his hand was badly hurt.
 D. Because he was very happy.

词汇拓展

* fly

1) 用作名词, 意为“苍蝇”。



There are a few flies in the restaurant. 这家餐馆里有几个苍蝇。

2) 用作动词, 意为“飞”。

The fly flew away when the boy wanted to catch it. 当男孩想抓那只苍蝇的时候它飞走了。

3) 用作动词, 意为“乘坐飞机”。

My father flew to Beijing on business. 我爸爸坐飞机到北京出差了。

B

The good food festival	
Date	April 25, 26 and 27
Place	International Center
Time	Friday: 12:00 a. m. — 8:00 p. m. Saturday: 10:00 a. m. — 8:00 p. m. Sunday: 10:00 a. m. — 5:00 p. m.
Price	Adults: \$ 12 Kids under 12: free You can buy tickets at the International Center door and online(在网上). All tickets online are \$ 11.

- () 6. How long will the food festival last(持续)?
- A. Only one day. B. Two days.
- C. Three days. D. Four days.
- () 7. What day is April 26?
- A. It's Friday. B. It's Saturday.
- C. It's Sunday. D. It's Monday.
- () 8. Mrs White plans to go to the good food festival with her ten-year-old son. How much should she pay if she buys tickets online?
- A. \$ 12. B. \$ 22. C. \$ 23. D. \$ 11.
- () 9. When can you go to the good food festival on Sunday?
- A. From 12:00 a. m. to 8:00 p. m.
- B. From 10:00 a. m. to 8:00 p. m.
- C. From 10:00 a. m. to 5:00 p. m.
- D. From 7:00 a. m. to 4:00 p. m.
- () 10. Where can you get the tickets?
- A. At the International Center door and online.
- B. Only online.
- C. Only at the International Center door.



D. At school.

词汇拓展

* 与本单元相关的表“疼痛”的词:

a sore finger/ back/ throat/ knee/ eye/ foot 手指/背/喉咙/膝盖/眼/脚疼
headache 头疼 stomachache 肚子疼/胃疼 backache 背疼 toothache 牙疼
earache 耳朵疼



Have you ever been ill? When you are ill, you must be unhappy because your body becomes hot, and there are pains all over your body. You don't want to work and you have to stay in bed, and you will feel very sad.

What make us ill? They are germs. Germs are everywhere. They are very small and you can't find them with your eyes. But you can see them with a microscope. They are very, very small and there could be hundreds of them on a little bit of something.

Germs are always found in dirty water. When we look at dirty water under the microscope, we will see a lot of them in it. So your father and mother will not let you drink dirty water.

Germs are not only found in water. They are found in air and dust. If you get a cut in the finger, and if some dust from the floor goes into the cut, germs will come into your finger. Your finger will become big and red, and you will have much pain in it. Sometimes if the germs go into all of your body, you may have pain in every part of the body.

- () 11. If _____, you may be ill now.
- A. you like to stay in bed B. your body becomes hot
C. you feel cold in winter D. you feel hot after work
- () 12. A microscope is used for _____.
- A. making very big things look much smaller
B. making very small things look much bigger
C. helping us read the newspapers easily
D. helping us when we are near-sighted
- () 13. Germs can be found _____.
- A. everywhere around us
B. only in our body
C. only in dirty water
D. only in a microscope
- () 14. Which of the following statements is TRUE?
- A. If things are very small, they are germs.
B. If things can't be seen, they must be germs.
C. Germs are too small to see with our eyes.
D. Your fingers may be cut by small germs.

