



全国英语教学法专家 **袁昌寰**
指导推荐用书 ★★★★★

新课标 人教

走向 优生

同步学习与测评

八年级(上)

本册主编 / 刘 忻

英语
新目标

给你带得走的能力，
不是背不动的书包

8



- 权威专家指导推荐
- 梳理知识精讲巧练
- 新课标理念融入其中
- 学习应试有机结合
- 视野开阔全面兼容
- 教辅图书的创新力作



北京教育出版社



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本册编者:刘 忻 许国彩 王鹏举 刘水兰 李晓磊
胡 波

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给你一种带得走的能力

◎ 选择《走向优等生》的五大理由

首先感谢你选择了《走向优等生》丛书！《走向优等生》新课标版从灵活实用的内容、富有创意的体例到清新雅致的整体效果，处处凝聚着所有编创人员对学习方法和方式所进行的有价值的总结和有益的尝试。在走向优等生的道路上，她将教给你一种带得走的能力……

权威专家指导推荐

丛书是在多位权威教学法专家的指导、把关和直接参与下，以北京教学一线教师为主体，精心打造而成，是全国唯一一套教学法专家指导推荐用书。

梳理知识精讲巧练

丛书从便于学生理解和掌握的角度安排体例，以方法、能力为编写主线，梳理知识，搭建知识网络，精讲巧练，让学生在掌握知识要点的过程中自觉地举一反三、触类旁通。

新课标理念贯彻始终

丛书以新课标理念为指导思想，按照“三维”目标安排内容，注重学生学习的自主性、互动性、探究性，引导学生自觉地概括知识中隐含的学习方法，领悟其中蕴涵的思维模式，培养科学的学习习惯。

素质教育与应试有机结合

丛书是素质教育与应试技能培养有机结合的一种全新探索，突出对知识的总结和要点归纳，并配以相应练习，希望以“同步学习+测评”的形式，更快地提高你的学习水平和应试能力。

视野开阔全面兼容

丛书涵盖小学、初中、高中各个学段，严格按照教育部颁发的《课程标准》的新思维、新理念编写，注重学段目标培养，在以一种版本为主的同时，兼顾其他同类教材，极大地扩展了丛书的适用范围。



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Unit 1

How often do you exercise?

单元学习目标

语言功能	· 谈论某人多长时间做某事
语言目标	· 用 how often 询问他人做某事的频率 · 能够询问他人经常做什么 · 学会表达自己经常做什么
语言结构	· what 引导的特殊疑问句在一般现在时中的用法 · how often 引导的特殊疑问句 · 频度副词: all, most, some, none
重点词汇	always, usually, often, sometimes, hardly ever, never, exercising, shopping, skateboarding, once, twice, three times a week, month, milk, junk food, drink

单元语言点解析

1. How often ...? 某人花多长时间做某事

How often 引导特殊疑问句, 表示询问某人做事情的频率。通常用于一般现在时。如:
How often do you go there? 你多久去那里一次?

I don't know how often this kind of thing happens. 我不知道这种事情多久发生一次。
对这类问句的回答通常采用表示频度的词。如:

—How often do you see your parents? 你多久去看望你的父母一次?

—Not often, once a month. 不多, 一月一次。

—Quite often, twice a week. 经常去, 一周两次。

2. exercise v. 训练; 锻炼 n. 练习; 习题; 训练; 锻炼

It's important to exercise regularly. 经常进行体育锻炼是很重要的。

You should exercise every day and get plenty of fresh air. 你每天都应该锻炼, 呼吸新鲜空气。

Do Exercises 3 and 4 on page 51 for homework. 家庭作业做 51 页练习 3 和练习 4。

You should do at least fifteen minutes' exercise each day. 你应该每天至少做 15 分钟的运动。

3. always adv. 总是; 永远; 始终

always 表示一直做某事, 动作的频率很高。频率由高到低依次递减的词为 always, usually, often, sometimes, hardly ever, never。

He always comes late. 他总是迟到。

4. sometimes adv. 不时; 有时

Sometimes I help my mother in the house. 有时候我帮助妈妈做家务。

5. hardly adv. 几乎不 (almost not)

It was so dark that I could hardly see. 天那么黑, 我简直看不见。

Peter is hardly ever late. 彼得几乎从不迟到。

6. surf v. 冲浪

surf the Internet / Net / Web 在网上冲浪; 上网 windsurfing 帆板冲浪

Many youngsters spend much time surfing the Net. 许多年轻人花很多时间上网。

When we were in Hawaii, we went surfing every day. 当我们在夏威夷时, 我们每天都去冲浪。

7. junk food 垃圾食品

junk 是“垃圾”“无用之物”的意思, 而 junk food 是指市面上贩售的许多高热量、富含人工添加剂, 却没有营养价值的食品; 这样的食物对人体有害无益, 因此有人直接称其为垃圾食物。

Kids these days eat too much junk food! 现在的孩子们吃了太多的垃圾食物!

health food 健康食品 convenience food 方便食品 fast food 快餐

organic food 有机食品 spicy food 辛辣食品

8. pretty adj. 漂亮的; 可爱的 **adv.** 相当; 颇

a pretty girl 一个漂亮的女孩

What a pretty dress you are wearing today! 你今天穿的衣服多漂亮!

pretty well 相当好

It was a pretty serious accident. 这是一次相当严重的事故。

9. of course adv. 当然; 自然

—Do you think I could borrow some money? 你认为我可以借一些钱吗?

—Of course. How much do you need? 当然可以，你需要多少钱？

—Don't tell anyone else, will you? 不要告诉其他任何人，好吗？

—Of course not. 当然不会。

10. look after v. 照顾；关心

I can look after myself. 我可以自己照顾自己。

同义词组有 take care of 和 care for.

11. difference n. 差异；区别；不同

There are many differences between living in a big city and living in the country.

生活在大城市与生活在乡村有许多不同之处。

在本课出现的 make a difference 的意思是“有影响”“很重要”。如：

One more person will not make any difference to the party. 多一个人不会对聚会产生任何影响。

Whatever he says makes no difference to me. 无论他说什么对我都没有影响。

12. help v. & n. 帮助

help sb. with sth. 帮助某人某事。如：

Could you please help me with my homework? 你能帮助我做作业吗？

Please help me lift the case. 请帮我把这个箱子抬起来。

can't help doing 禁不住做……如：

I can't help crying. 我禁不住哭了。

Thank you for your help. 谢谢你的帮助。

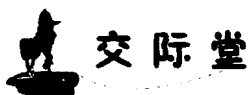
13. although conj. 虽然；尽管

Although they are poor, they are happy. 虽然他们很穷，但很快乐。

注意：although 引导的让步状语从句，主句不能加 but。如：

误：Although he is young, but he is brave. 虽然他很小，但是他很勇敢。

正：Although he is young, he is brave. 虽然他很小，但是他很勇敢。



交际堂

GREETINGS (问候语)

1. Hello! / Hi! 你好!
2. Good morning / afternoon / evening! 早晨 / 下午 / 晚上 / 好!
3. I'm Kathy King. 我是凯西·金。
4. Are you Peter Smith? 你是彼得·史密斯吗?
5. Yes, I am. / No, I'm not. 是，我是。 / 不，我不是。

6. How are you? 你好吗?
7. Fine, thanks. And you? 很好, 谢谢。你呢?
8. I'm fine, too. 我也很好。
9. How is Amy / your wife / your husband? 艾米好吗? / 你妻子好吗? / 你丈夫好吗?
10. She is very well, thank you. 她很好, 谢谢。
11. Good night, Jane. 晚安, 简。
12. Good-bye, Mike. 再见, 迈克。
13. See you tomorrow. 明天见。
14. See you later. 再见。
15. I have to go now. 我必须走了。



知识点

some time, sometime, sometimes, some times 的用法辨异

1. some time 作为名词短语, 是指一定的时限而言, 表示相当长的一段时间 (a long time); 作副词短语时, 意为“随便何时”。如:

It will take some time to tell you the whole story. 把全部经过讲给你听需要相当长的时间。

I haven't seen Mr. Fang for some time. I miss him very much. 我已好久没有看见方先生了, 我十分想念他。

2. sometime 作为副词, 意思是“在某一时候”“日后”“昔时”, 指不定的时间而言, 既可指将来亦可指过去的不确定时间 (any time in the future or in the past)。如:

I will tell you sometime or other. 我将来会告诉你的。

He gave us a detailed report sometime ago. 他曾给我们一个详细的报告。

sometime 也可用作形容词, 放在名词之前作定语。如:

He was a sometime university professor. 他曾经是大学的教授。

从例句可见, 这里的 sometime 相当于 onetime 或 former 之意。

3. sometimes 的意思是“有时”“不时” (at times; now and then)。如:

The weather is cold and changeable. Now it rains, now it snows, sometimes it hails. 气候冷而多变, 时而下雨, 时而下雪, 有时还下冰雹。

We have letters from her sometimes. 有时候, 我们会收到她的信。

I am sometimes at leisure. 我间或有暇。

4. some times 表达的是次数, 意思是“几次”。如:

—How often do you write a letter to your friends? 你多长时间给你的朋友写信?



—Five times a year. 一年五次。



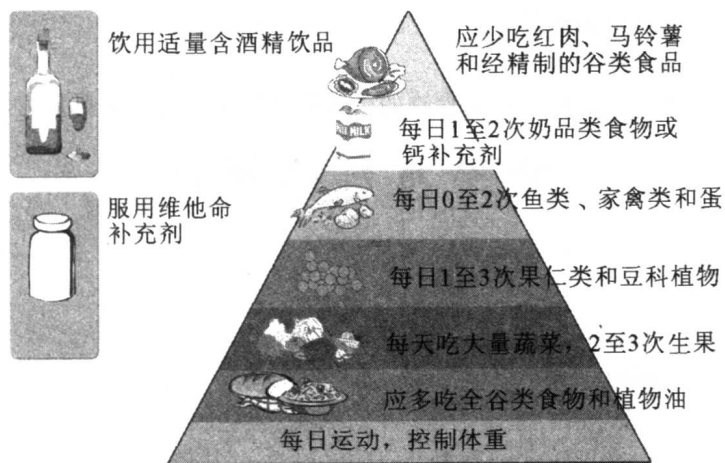
背景知识

健康饮食金字塔

“健康饮食金字塔”建议

- ❖ 减少进食红肉、马铃薯和经精制的谷类食物，如白面包。
- ❖ 每日只进食 1~2 次牛奶及奶品类食物。
- ❖ 减少进食饱和脂肪，应由不饱和脂肪，如植物油代替。
- ❖ 多进食全谷类食物、蔬菜和生果。
- ❖ 每日进食维他命补充剂。
- ❖ 适量饮用含酒精类饮品。
- ❖ 保持理想体重和每日作适量运动。

“食物金字塔”



五大原则

一、六类俱全：

每日饮食都应涵盖五谷根茎类、蔬菜类、水果类、蛋豆鱼肉类、奶类及油脂类六类食物，以获得所有食物完整的营养。

二、聪明分配：

饮食要像金字塔，以五谷根茎类为主要基础、多吃蔬菜水果、适量摄食蛋豆鱼肉和奶类。

三、多样选择：

每一类食物都要多样选择来彼此搭配，尽情享受饮食变化、口味翻新的乐趣。

四、节制油、糖、盐：

少吃富含油、糖、盐的食物，可降低罹患心血管疾病、糖尿病、癌症及高血压等文明病的几率。

五、弹性调整：

均衡饮食是一日三餐弹性搭配的艺术。若午餐吃了便当里的大块排骨，晚餐记得多吃蔬菜水果，这样就能均衡健康。三餐之间如果吃了点心，也要一并考虑。

1. 每天的食谱必须包括五谷、肉类、奶类和纤维质，才叫做均衡饮食。
2. 避免偏吃，菜谱的编排宜多变化。
3. 多选高纤维食物，如蔬菜、豆类、全糠五谷等。
4. 应以清淡口味为主，过浓、过甜或过咸皆不适宜。
5. 避免食物添加剂及腌制品。
6. 避免肥腻及含脂肪量大的食物。
7. 烹调应以快煮方式。绞、炖使食物的营养容易消失，煎、炸则脂肪含量高。

单元自我评价

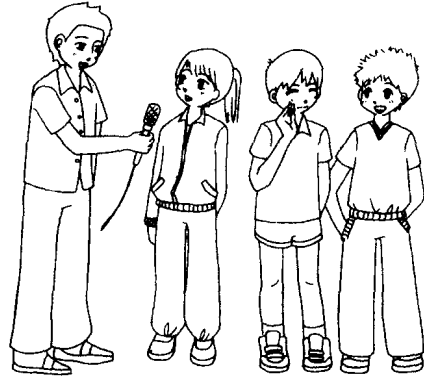
Listening

I. Listen and choose T for "True" or F for "False".

- | | | |
|---------------------------------------|---|---|
| 1. Martin looks healthy. | T | F |
| 2. Martin never exercises. | T | F |
| 3. Martin plays football once a week. | T | F |
| 4. Martin hardly ever eats fruit. | T | F |
| 5. Martin seldom feel ill. | T | F |

II. Listen and match the activity to the answer.

- | | |
|----------------------|-----------------------|
| 1. exercise | a. once a week |
| 2. go to karaoke | b. twice a month |
| 3. watch TV | c. every day |
| 4. go shopping | d. hardly ever |
| 5. go to the movies | e. sometimes |
| 6. read books | f. three times a week |
| 7. surf the internet | g. seldom |
| 8. eat junk food | h. every evening |
| | i. often |
| | j. once a month |



Using Language

I. Put the proper words in the chart.

exercise, hamburger, sleep, running, fish, playing soccer, potatoes, fruit, swimming, bread, driving, eggs, watching TV, milk, going to the doctor, junk food, vegetables

Healthy activities	Healthy food

II. Put the word in its correct order.

- | | |
|----------------------|--------------------|
| 1. blgetaesev _____ | 2. lsauuyl _____ |
| 3. etofn _____ | 4. aslawy _____ |
| 5. ydarlh reve _____ | 6. oesmtmsej _____ |
| 7. uknj odof _____ | 8. eitcw _____ |
| 9. teyrpt _____ | 10. latehh _____ |

III. Put the words in the correct order.

EXAMPLE: are What doing you ?

What are you doing?

1. water drink how you do often ?

2. do how fruit often eat you ?

3. many every sleep do how hours you night ?

4. never I food eat junk

5. often you exercise do ?

6. usually running school I after go

7. plays three a he tennis times week

8. often parents do see how you your ?

IV. Complete the sentences using the words in brackets.

EXAMPLE: How often do you go to the movies? (twice a month)

I go to the movies twice a month.

1. A: How often do you exercise? (every day)

B: _____

2. A: How often do you drink milk? (three times a week)

B: _____

3. A: How many hours do you sleep every night? (eight hours)

B: _____

4. A: _____ (junk food)

B: Hardly ever.

5. A: How often do you eat vegetables? (once a day)

B: _____

6. A: How often does Joan swim? (twice a week)

B: _____

7. A: How often do you watch TV? (every evening)

B: _____

8. A: What do you and your brother do on weekends? (play basketball, usually)

B: _____

9. A: What does Alice do on weekends? (do some washing, always)

B: _____

10. A: _____ on weekends?

B: He sometimes visits his aunt.

11. A: _____

B: She goes shopping once a month.

12. A: _____ when you are free?

B: I often listen to the music.

V. Fill in the blanks with the proper words.

always every day often usually sometimes never hardly ever

1. I can't play football, so I _____ go to the playground to play football. Sometimes I go with my friends to run on the playground.

2. My sister _____ gets up at six o'clock.

3. How _____ do you go to see your grandparents?

4. The weather is very dry because it _____ rains here.

5. I like eating junk food, but my mother asks me to eat junk food _____.

6. He is _____ late and the teacher is very angry.

VI. Choose the correct answers.

1. _____ often do you play tennis?

A. What

B. How

C. When

2. What does Lisa do _____ weekends?

A. in

B. at

C. on

3. I watch TV _____.

A. never

B. always

C. every day

4. — _____ hours do you sleep every night?

—Eight hours.

A. How many

B. How long

C. How often

5. Is Ben _____?

A. health

B. healthy

C. unhealthily

6. —Who is the _____ student in your class?

—Tom is.

A. healthy

B. healthier

C. healthiest

7. —What's your _____ program?
—It's Animal World.
A. result B. exercise C. favorite
8. —How often do you read English books?
—I like _____. So I read them twice a week.
A. reading B. read C. to read
9. He _____ eats vegetables and it's not a good habit.
A. sometime B. sometimes C. some times
10. —Do you think she has a healthy lifestyle?
—No, _____.
A. I do B. I think she hasn't C. I don't

VI. Answer the questions about you using the complete sentences.

EXAMPLE: What do you usually do in the evening?

I usually watch TV in the evening.

1. How often do you eat vegetables?

2. What do you do on weekends?

3. How often do you eat junk food?

4. How many hours do you usually sleep every night?

5. What's your favorite TV program?

VII. Read the passage and choose T or F.

One of the World's Most Important Foods

Li Hai's family grows rice on their farm. Rice is one of the world's most important foods. More than half of the people in the world eat rice with every meal. In some languages in Asia, the same word means eat and eat rice.

Like wheat and corn, rice is a kind of grass. Rice likes to grow in warm, wet places. China and India grow the most rice. Together, China and India grow more than half of the rice in the world.

1. Rice is one of the world's most important foods. T F
2. Less than 100 000 people in the world eat rice. T F

- | | |
|---|-----|
| 3. In some language in China, the same word means eat and eat rice. | T F |
| 4. Rice is a kind of grass. | T F |
| 5. Wheat and corn are not a kind of grass. | T F |
| 6. China and India grow more than half of the rice in the world. | T F |

 **Checking Yourself**

1. Write down the useful words you have learned in this unit. (写出本单元学到的生词。)

2. Write down the useful structures you have learned in this unit. (写出本单元学到的句型结构。)

型结构。)

3. What grammar you have learned in this unit? (本单元学到了什么语法?)

Unit 2

What's the matter?

单元学习目标

语言功能	· 谈论健康 · 提出建议
语言目标	· 学会如何询问他人身体状况 · 能够提出建议
语言结构	· 用 have 谈论健康问题 · 情态动词 should / shouldn't
重点词汇	head, nose, eye, ear, mouth, tooth, neck, stomach, back, leg, arm, hand, foot, tired, hungry, thirsty, cold, headache, backache, toothache, stomachache, sore throat, dentist

单元语言点解析

1. What's the matter? 怎么了? 怎么回事?

我们看到某人心情沮丧, 闷闷不乐, 或是身体不太舒服时, 可使用本句询问对方, 以表达我们的关怀之意。注意本句常与介词 with 并用, 其后再接“人”。

What's the matter with you? 你怎么了?

—Sarah, you don't look so good. What's the matter? 莎拉, 你看来气色不佳。怎么回事?

—I've got a really bad headache and my stomach hurts. 我头好疼, 胃也不舒服。

—It sounds like you're coming down with something. 听起来你似乎生病了。

注意: 词组 come down with + 疾病 表“感染”“患病”, 其后通常接感冒之类的疾病。如:

He came down with a bad cold.

= He fell ill with a bad cold. 他重感冒病倒了。