

# English-Chinese

八年级·上册



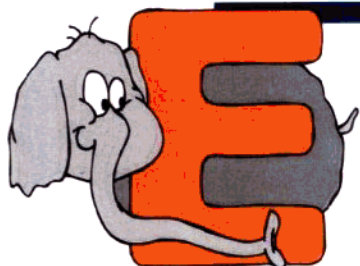
新目标

英语

课文翻译

TRANSLATION

与人教版新目标英语教材同步配套



人民日报出版社

# 前言

当今世界,英语已被公认为是国际通用的语言,学好它也就意味着掌握了与世界交流的工具。而对每个中学生来说,英语更是中、高考的一门必考科目,是跨入更高学府,争取学习深造,获得社会竞争优势的必要条件。尤其是在申奥成功的今天,英语学得棒对青少年来说也许更不仅仅是停留在升学意义上。

为适应广大中学生的这一学习需要,结合英语学习特点,我们依据国家教育部制定的新课程标准,以人教版最新《义务教育课程标准实验教科书英语(新目标)》教材为蓝本,编写了“英语课文翻译”丛书。

这套书总体上针对中国中学生学习英语常遇到的诸多困难,有的放矢,分析讲述简洁明了;从应试和实用的角度着手,指导普通中学学生及其他自学者的英语学习,尤其对那些英语基础较差的初学者会有较大帮助。在这套书中,我们把每单元的学习目标、重点句型、有用短语等首先列出,以使他们清楚地认识到学习的重点及应注意的问题,并对课文进行了逐句的汉语翻译,而且对课文中的知识要点、难点、疑点进行了归纳、分析、总结、讲解,并配有大量的例句;同时,对于每个单元中出现的语法项目,书中也有详细讲述,以便帮助学生克服语法困难、弄清模糊概念;为了强化所学知识点在实际中的运用,我们在每一个单元后还配有综合能力测试,重点测试本单元所学的重点单词、句型、语法知识点,从而起到加强巩固的效果。总之,“学生实用英语课文英汉对照译注”的突出特点在于:它是一套译注教材,补充教材,从教材起步,集教材、教参、练习册、词汇手册为一体的综合性英语学习指导丛书。我们相信:无论老师,还是学生都会从中受益匪浅。

丛书每册的单元编写分如下几部分:

- |         |                |
|---------|----------------|
| 一、语言目标; | 六、重点、难点、疑点注释;  |
| 二、有用短语; | 七、知识要点精讲归纳;    |
| 三、重点句型; | 八、单元综合能力测试;    |
| 四、语法重点; | 九、附单元综合能力测试答案。 |
| 五、自测题   |                |

本套书均由北京市海淀区各知名中学多年从事初、高中毕业班教学的骨干教师共同探讨,并实地调研了中学生所急需的形式而编写成的。真诚地希望这套丛书能成为你学习英语的得力助手。



时间紧迫,编写仓促,缺点及不足之处在所难免,也敬请各方专家、学者及教师同仁提出宝贵意见。

最后,再跟学习英语的朋友们多说几句:

1. 语言是美好的,语言是重要的,所以我们要学习语言。
2. 如果你在学习上有了困难,请不要退缩。毅力会战胜困难。
3. 如果你记单词有困难(记不住),请不要放弃。那是缺乏语言环境。要积极创造学习环境。对我们中国人来说,学英语就是听、说、大量阅读,准能记住。
4. 如果你单个词知道意思,但在文句中不理解,不会译文句。那是你对词汇、习语、句型结构掌握不够。这需要你下功夫去记,别人是无法代替的。
5. 如果你做了很多题,但是错误率不降低,那是因为你没能记住所出现过的错。劝你要有一个改错本,把所有的错记在本上,随身携带,随时翻看,反复去记。相信你的错会越来越少,分数会越来越高。不信试试看。

祝你成功!

编者  
2004年7月

# 目 录

<b>Unit 1</b>	How often do you exercise?	
	你多久锻炼一次? .....	(1)
<b>Unit 2</b>	What's the matter?	
	怎么啦? .....	(11)
<b>Unit 3</b>	What are you doing for vacation?	
	假期你在做什么? .....	(20)
<b>Unit 4</b>	How do you get to school?	
	你怎样去学校? .....	(30)
<b>Unit 5</b>	Can you come to my party?	
	你能来参加我的晚会吗? .....	(41)
<b>Unit 6</b>	I'm more outgoing than my sister	
	我比我的姐姐更开朗 .....	(52)
<b>Unit 7</b>	How do you make a banana smoothie?	
	你怎样做香蕉思木西? .....	(65)
<b>Unit 8</b>	How was your school trip?	
	你们学校旅游怎么样? .....	(73)
<b>Unit 9</b>	When was he born?	
	他什么时候出生的? .....	(81)
<b>Unit 10</b>	I'm going to be a basketball player	
	我要当一名篮球运动员 .....	(91)
<b>Unit 11</b>	Could you please clean your room?	
	请打扫你的房间好吗? .....	(99)
<b>Unit 12</b>	What's the best radio station?	
	最好的电台是哪一家? .....	(109)
单元综合能力测试参考答案 .....		(127)



# How often do you exercise? 你多久锻炼一次?

## ● Language Goal:

### 语言目标:

- Talk about how often you do things  
谈论你怎样经常做事情

## ● 有用短语

- |                           |        |
|---------------------------|--------|
| 1. how often              | 多久一次   |
| 2. do exercise            | 锻炼     |
| 3. make a list            | 制作表格   |
| 4. on weekends            | 在周末    |
| 5. go to the movie        | 去看电影   |
| 6. once a week            | 一周一次   |
| 7. twice a month          | 一月两次   |
| 8. as for                 | 至于,关于  |
| 9. want sb to do          | 要某人做某事 |
| 10. most of               | 多数     |
| 11. be good for...        | 对……有好处 |
| 12. come from             | 来自     |
| 13. try to do             | 尽力做某事  |
| 14. junk food             | 垃圾食品   |
| 15. eating habits         | 饮食习惯   |
| 16. a lot of              | 大量,许多  |
| 17. of course             | 当然     |
| 18. look after            | 照顾,照看  |
| 19. make a big difference | 使得结果不同 |
| 20. the same as           | 与……一样  |

- |                         |         |
|-------------------------|---------|
| 21. write about         | 写关于……   |
| 22. add...to            | 增加到……   |
| 23. on page 90          | 在 90 页上 |
| 24. write down          | 记下,写下   |
| 25. take a vote         | 表决      |
| 26. make sentence       | 造句      |
| 27. get up              | 起床      |
| 28. keep in good health | 保持健康    |
| 29. start with          | 以……开始   |

## ● 重点句型

- How often do you exercise?  
你多久锻炼一次?
- What do you usually do on weekends?  
你通常在周末做什么?
- Most of the students do homework every day.  
大多数的学生每天做作业。
- It's good for my health.  
对你的健康有好处。

## ● SECTION A A 部分

### 1c PAIRWORK 双人练习

Talk about the people in the picture above.  
谈论上面图画中的人物。

What do they do on weekends?

他们在周末做什么?

A: What does she do on weekends?

她在周末做什么?

B: She often goes to the movies.

她经常去看电影。

### PAIRWORK 双人练习

How often do you do these activities? Fill

你多久做一次这些活动?

in the chart and then make conversations.

填表然后进行对话。

Activities 活动	How often 多久一次
watch TV 看电视	every day 每天
surf the Internet 上因特网	
read English books 读英文书	
go to the movies 去看电影	
exercise 锻炼	

A: How often do you watch TV?

你多久看一次电视?

B: I watch TV every day.

我每天看电视。

A: What's your favorite program?

你最喜欢的节目是什么?

B: It's Animal World.

动物世界。

A: How often do you watch it?

你多久看一次它?

### ● Grammar Focus

#### 语法重点

What do you usually do on weekends?

在周末你通常做什么?

I usually play soccer.

我通常踢足球。

What do they do on weekends?

他们在周末做什么?

They often go to the movies.

他们经常去看电影。

What does he do on weekends?

他在周末做什么?

He sometimes watches TV.

他有时看电视。

How often do you shop?

你多久购物一次?

I shop once a month.

我一个月购物一次。

How often does Cheng watch TV?

程多久看一次电视?

He watches TV twice a week.

他每周看两次。

Read the magazine article. Use the information in the boxes below to help you.

读这篇杂志文章。

用下表信息帮助你。

## Green High School: Activity Survey

### 格林中学: 活动调查

Activity 活动	Every Day 每天	Once or Twice a Week 一周一次或两次	Three or Four Times a Week 一周三次或四次
Exercise 锻炼	15%	10%	75%
Do homework 做作业	95%	0%	5%
Watch TV 看电视	85%	2%	13%

All students = 100%

全体学生 = 100%

Most students = 51% - 99%

大多数学生 = 51% - 99%

Some students = 1% - 50%

有些学生 = 1% - 50%

No students = 0%

没有学生

3

## What Do Students Do at Green High School?

### 格林中学的学生们干什么?

Here are the results of the student activity survey at Green High School. Most student

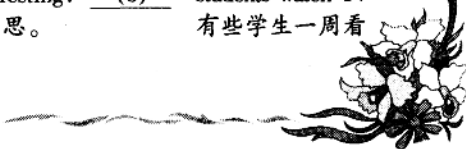
这里是对格林中学的学生活动调查的结果。 (1) 大多数学生

exercise three or four times a week. Some students exercise once or twice a week. (2)  
一周锻炼 三四次。 有些学生一周锻炼一两次。

students exercise every day. As for homework, (3) students do homework every day.  
有些学生 每天锻炼。 至于家庭作业, 多数学生每天做。

(4) students do homework three or four times a week. (5) students do homework  
有些学生一周做三四次。 没有学生一周做

once or twice a week. The results for "watch TV" are interesting. (6) students watch TV  
一两次。 看电视的(调查)结果 很有意思。 有些学生一周看



once or twice a week, some students watch TV (7) a week, but most students watch TV (8).  
一两次电视, 有些学生一周看电视三四次, 但多数学生每天看电视。

## ● SECTION B

### B 部分

#### 1a Match the words with the pictures.

将图和词配对。

1.   b   junk food  
垃圾食品
2.        milk  
牛奶
3.        fruit  
水果
4.        vegetables  
蔬菜
5.        sleep  
睡觉

#### 1b PAIRWORK 双人练习

Ask and answer questions. Use the words  
问和答。使用 1a 活动  
中的词。

A: How often do you drink milk, Liu Fang?  
你多久喝一次牛奶, 刘芳?

B: I drink milk every day.

我每天喝牛奶。

A: Do you like it?

你喜欢牛奶吗?

B: No. But my mother wants me to drink it.

不喜欢, 但是我母亲要我喝。

She says it's good for my health.

她说牛奶对我的健康有好处。

#### 2c PAIRWORK 双人练习

Role play. Student A is the interviewer.  
角色表演。学生 A 是采访者。

Student B is Katrina. Then change roles.  
学生 B 是卡特琳娜。然后变换角色。

Student B is the interviewer and Student A  
学生 B 是采访者 而学生 A 是  
is Bill.  
比尔。

Interviewer: How often do you exercise?  
记者: 你多久锻炼一次?

Katrina: I exercise every day.  
卡特琳娜: 我每天锻炼。

Interviewer: And how often do you...?  
记者: 而你多久……?

#### 3a Read part of Katrina's letter to a pen pal and answer the questions. 把卡特琳娜的信的一部分读给一个笔友听并回答问题。

...but I'm pretty healthy. I exercise every day, usually when I come home from school.  
但我很健康。 我每天锻炼, 通常, 是在我从学校回家的时候。



And my eating habits are pretty good. I try to eat a lot of vegetables, usually ten to eleven  
我的饮食习惯 是很好的。 我尽量多吃大量的蔬菜。 通常一周十次

times a week. And I eat fruit every day and I drink milk every day. Of course, I love junk  
到十一次。 我每天吃水果, 每天喝牛奶。 当然,我也喜欢垃圾

food too, but I try to eat it only once a week. Oh, and I sleep nine hours every night. So you see,  
食品, 但我一周只吃一次。 哦,我每晚睡觉9个小时。 你看,

I look after my health. And my healthy lifestyle helps me get good grades. Good food and exercise  
我很注意我的健康。我的健康生活方式帮我得到了好成绩。 健康食品和锻炼

help me to study better.  
帮助我学习更好。

1. How often does she exercise?

她多久锻炼一次?

2. How often does she drink milk?

她多久喝一次牛奶?

3. Why does she only eat junk food once a week?

为什么她一周仅吃一次垃圾食品?

4. Do you think she has a healthy lifestyle? Why or why not?

你认为她有一个健康的生活方式吗? 为什么或为什么不这样认为?

5. Is her lifestyle the same as yours or different?

她的生活方式和你的一样还是不同?

What are the differences?

不同之处是什么?

#### 4 SURVEY Who is the healthiest? 调查 谁最健康?

Add five questions to the survey on page 82.  
在82页的调查中增加五个问题。

Then ask two classmates the questions and  
然后请两个同学 来回答问题

write down their answers. Next, tell your  
并记下 他们的答案。下一步,告诉

classmates about your survey and listen to your  
你的同学关于你调查的情况,并听听你的

classmates about their surveys. Take a vote:  
同学的调查情况。 表决:

Who is the healthiest student?

谁是 最好的学生?

#### ● SELF CHECK 自测题

1. Fill in each blank with the correct word  
用所给的正确的词填空。

given. Change the form of the word  
如有必要,改变该词形式。

if necessary. Then make your own  
然后 用每个词造句。

sentence with each word.

help make want exercise try

帮助 制造,使 想,要 锻炼 试,尽力

1. Mum \_\_\_\_\_ me to get up at 6:00 and play

妈妈要我6:00起床,和她一起打

ping-pong with her.

乒乓球。

2. Grandpa is pretty healthy because he \_\_\_\_\_

爷爷很健康因为他每天锻炼。

every day.



3. A lot of vegetables \_\_\_\_\_ you to keep in  
大量的蔬菜帮助你保持身体健康。  
good health.
4. You must \_\_\_\_\_ to eat less meat.  
你必须尽力少吃肉。
5. Do you \_\_\_\_\_ a healthy lifestyle if you  
如果你每天锻炼, 会有健康的生活方式  
exercise every day?  
吗?

### ● 重点、难点、疑点注释

1. how often “多久一次”, 通常表示频率。  
如:  
How often do you go to the movie?  
你多久去看电影一次?  
I usually go to the movie once a month.  
我一般一个月去一次。
2. Hardly “几乎不”, 这是一个否定词。在  
句中使用时不能和否定词一起使用。  
如:  
He hardly work out the problem.  
他几乎做不出这道题。
3. time 做名词可以表示时间和次数。如:  
What time is it? 几点了?  
It's time for class. 到上课的时间了。  
常用词组有: on time 按时, in time 及时。  
I usually exercise three times a week.  
我通常一周锻炼三次。  
He usually helps me with my English three  
times a week.  
他通常一周帮助我学习英语三次。
4. key “提示”, “线索”。也表示“钥匙”, “关  
键”等意。如:  
This is the key to my car.  
这是我车的钥匙。

5. sometimes, 和 sometime 的用法。  
Sometimes “有时”, 而 sometime 为“某时”之  
意。如:  
I sometimes go to the park..  
我有时去公园。  
He will come to see me sometime next week.  
他下周的某时刻要来看我。
6. although “虽然”, 一般引导状语从句。  
如:  
He knows a lot about the computer although  
he is a child.  
虽然他是一个孩子, 但是他知道很多有  
关计算机的事。  
注意 although 所引导的句子英语与汉语  
在翻译上不同。汉语在翻译上有但是,  
而英语中没有 but。
7. keep in good health “保持健康”, 也可说:  
keep fit, stay health 和 be in good health。  
如:  
Although he is over eighty years old my  
grandpa is in good health, 尽管我的祖父  
八十多岁了, 但是他身体健康。
8. do 做动词时意思是“做”, 但也可以用作  
助动词, 没有实际意义, 只是构成一种句  
子结构。位于实义动词之前。如:  
What do you often do on Sunday?  
星期天你经常做什么?  
We don't have any homework in the  
evening.  
今天晚上我们没有课。  
Do 在以上两个句里是和一般现在时构  
成了谓语动词的形式。  
Do come to see me. 一定来看我。

这里 Do come to see me 一句中的 do 也是助动词,但是是对句子加强语气的。

9. start with 以……开始,也可用:begin with...

## ● 知识要点精讲归纳

1. always, usually, often, sometimes, never, hardly 在句中的使用。

以上词汇均为表示频率的时间副词,这些词汇通常用于一般现在时态中。在句中使用时,一般放在动词之前,助动词和系动词之后。如:

- 1) He sometimes watch TV.

他有时看电视。

- 2) We often go to the movies.

我们经常去看电影。

- 3) I am always late for school.

我总是上学迟到。

- 4) What do you usually do on weekends?

你周末经常做什么?

2. all, most, some, none 在句中的使用。

all, most, some 在本单元作形容词使用。

all, some, none 还可作不定代词。

all “所有的”,“全部的”,在句中可以表示人或物。一般指三个或三个以上的人或物品。如:

- 1) All students do their homework every day.

- 2) All of us like him.

most 指人为,“多数的”,“大多数的”。指物为,“大部分的”,如:

Most student exercise three or four times a week.

some “一些”,“有些”。如:

- 1) Some student shop once a week.

- 2) Some of them often go to the movies.

none “没有”,“没有一个”。表示否定的意思,可指人和物。如:

- 1) —Are there any pictures on this page?

—None.

- 2) —Are there any students in the classroom?

—None.

- 3) None of us like the film.



## 第一单元综合能力测试

### I. 选择填空

1. This is \_\_\_\_\_ week of this month.

A. first B. the first

C. next D. the one

2. Our teacher knows all the \_\_\_\_\_ names.

A. students' B. student's

C. students' D. students

3. Let's \_\_\_\_\_ shopping.

A. going B. goes

C. go D. to go

4. He writes their names \_\_\_\_\_ a piece of paper.

A. in B. of

C. in D. on

5. Look! The girls are \_\_\_\_\_ supper.

A. have B. has

C. having D. to have

6. The twins look \_\_\_\_\_.

A. the same B. same

C. a same D. some

7. He is \_\_\_\_\_ a bike.

A. ride B. drives

C. driving D. riding

8. Jane \_\_\_\_\_ TV every evening.

A. looks B. watches

C. is watching D. see

9. What time \_\_\_\_\_ your sister \_\_\_\_\_ her homework.

A. do; do B. does; do

C. does; does D. do; does

10. It's time for \_\_\_\_\_ football.

A. playing B. to play

C. plays D. play

11. Be quiet, listen to \_\_\_\_\_.

A. he B. his

C. him D. himself

12. My bike is broken. May I \_\_\_\_\_ yours?

A. borrow B. to borrow

C. lend D. to lend

13. They goes to the zoo \_\_\_\_\_ a year.

A. five time B. five times

C. fifth time D. fifth times

14. Listen! Tom and his brother \_\_\_\_\_ in the room.

A. are sing B. are singing

C. do singing D. do sing

15. You are late. Don't \_\_\_\_\_ late next time.

A. / B. do

C. be D. are

### II. 用所给动词的正确形式填空

speak, have, buy, teach, be, do, go, get, make

1. Lily wants to \_\_\_\_\_ a nice bag for her mother.

2. Can you \_\_\_\_\_ paper flowers?

3. My apple is too small. May I \_\_\_\_\_  
a bigger one?

4. Jim is a good worker. He \_\_\_\_\_ to  
the factory early every day.

5. My mother often \_\_\_\_\_ the shop-  
ping on Saturdays.

6. Come earlier next time. Don't \_\_\_\_\_  
late.

7. Sometimes we \_\_\_\_\_ to school by  
bus.

8. Look! The little boy \_\_\_\_\_ for his  
picture book under the bed.

9. \_\_\_\_\_ you \_\_\_\_\_ French?

10. Don't \_\_\_\_\_ to me in class.

### III. 完成下列对话

A: 1 do you watch TV?

B: About twice a week.

A: And 2 do you read?

B: Oh, I read every day at school.

A: How often 3 the movies?

B: Let me see, maybe once a month.

A: How often 4 -?

B: I exercise about three times a week.

A: 5 shop?

B: No, I don't like going shopping.

### IV. 按要求改写句子

1. I usually go to the movies with my family  
on weekends. (对划线部分提问)

2. She only eats junk food once a week.  
(对划线部分提问)

3. My eating habits are pretty good. (改为  
一般疑问句)

4. Good food and exercise help me to study  
better. (改为一般疑问句)

5. My mother wants me to eat good food.

(改为一般疑问句)

### V. 完形填空

A boy's grandfather beats (打) his grand-  
son for playing 1 fire in the courtyard (庭  
院). The boy's 2 sees this and he gets  
worried about his son, so he 3 a stick (棒)  
and begins beating 4. The grandfather is  
surprised and asks, "Why are you beating your-  
self?" "You are beating my son and I'm beating  
your son, 5." The boy's father answers.

1. A. for B. with

C. to D. at

2. A. mother B. sister

C. father D. grandma

3. A. takes B. take

C. took D. brings

4. A. himself B. herself

C. him D. he

5. A. too B. either

C. also D. still

### VI. 阅读理解

One day Nick's mother looked at his shoes  
and said, "Nick, look at your shoes. How dirty  
they are! You must clean them."

"Oh, Mother, but I cleaned it only yester-  
day," said the boy.

"They are dirty now. You must clean them  
again."

"I don't want to clean them today. Even if  
I clean them today, they will be dirty again to-  
morrow."

Nick's mother thought a moment and said,  
"All right, don't do it then."



In the evening, Nick came back from school. He was very hungry.

"Mother, give me something to eat, please," he said.

"You had your breakfast in the morning, Nick, and you had lunch at school," his mother said.

"I am hungry again," cried the boy.

"Oh, hungry? But if I give you something to eat today, you will be hungry again tomorrow."

row."

根据故事内容判断正误:

1. One day Nick's mother wanted him to clean his shoes.
2. Nick's shoes were dirty that day.
3. Nick didn't like to clean his shoes, because he was late for school.
4. Nick went to school with his dirty shoes.
5. In the evening again his mother asked him to clean his shoes.



# What's the matter? 怎么啦?

## ● Language Goals:

### 语言目标:

- Talk about your health  
谈论有关你的健康。
- Give advice  
提出建议。

## ● 有用短语

- |                         |          |
|-------------------------|----------|
| 1. have a cold          | 感冒, 伤风   |
| 2. give advice          | 提出建议     |
| 3. lie down             | 躺下       |
| 4. lots of water        | 大量的水     |
| 5. go to bed            | 去睡觉      |
| 6. for example          | 例如       |
| 7. give sb. more energy | 给某人更多的精力 |
| 8. on the other hand    | 另一方面     |
| 9. stress out           | 有压力的     |
| 10. in one's life       | 在某人的一生   |
| 11. bean sprout         | 豆芽       |
| 12. stay health         | 健康       |
| 13. make sb sick        | 使某人生病    |
| 14. at the moment       | 此刻, 现在   |
| 15. get a cold          | 感冒, 伤风   |

## ● 重点句型

1. What's the matter? 怎么啦?
2. I have a stomachache. 我胃(肚子)痛。
3. You should drink lots of water. 你应该多喝水。
4. I'm not feeling well. 我感觉不好。
5. It is easy to stay health. 保持健康是容易的。

11

## ● SECTION A A 部分

### 1c PAIRWORK 双人练习

Look at the picture. What are the students' problems? 看这幅画。 学生们的問題是什么?

Make conversations.  
进行对话。

A: What's the matter?  
怎么啦?

B: I have a sore throat.  
我喉咙痛。

### 2c PAIRWORK 双人练习

Role play the conversations in 2b.  
表演 2b 里的角色对话。



A: What's the matter?

怎么啦?

B: I have a toothache.

我牙痛。

A: Maybe you should see a dentist.

也许你应该去看牙科医生了。

B: That's a good idea.

是个好主意。

## ● Grammar Focus

### 语法重点

		Look! 注意
I have a headache. 我头痛。	You should go to bed. 你应该去睡觉。	shouldn't = should not
He has a stomachache. 他肚子痛。	He shouldn't eat anything. 他不应吃东西。	
She has a toothache. 她牙痛。	She should see a dentist. 她应该去看牙科医生。	

12



Fill in the blanks in the conversation.

填对话里的空格。

A: What's the matter?

你怎么啦?

B: I'm not feeling well. I have a \_\_\_\_\_.

我感觉不好。我\_\_\_\_\_。

A: When did it start?

什么时候开始的?

B: About \_\_\_\_\_ ago.

大约\_\_\_\_\_以前。

A: Oh, that's too bad. You should \_\_\_\_\_.

哦,太糟了。你应该\_\_\_\_\_。

B: Yes, I think so.

对,我想也是。

A: I hope you feel better soon.

我希望很快好起来。



GROUPWORK 小组练习

One student mimes an illness. The other

一个学生假装生了一种病。其他学生

students guess the illness and give advice.

猜猜这个病

并给出建议。

A: What's the matter? Do you have a sore throat?

你怎么啦?你喉咙痛吗?

B: No, I don't.

不,不痛。

C: Do you have a headache?

你头痛吗?

B: Yes, I do.

是的,我头痛。

D: You should lie down and rest.

你应该躺下来休息。



Name 名字	Illness 疾病	Advice 建议
Liu peng 刘鹏	headache 头痛	lie down and rest 躺下休息

## ● SECTION B

### B 部分

3a Read the article. Underline the things you should do.

读这篇文章。 在你应该做的事情下面划线。

## A Healthy Lifestyle, the Chinese Way

### 健康的生活方式,中国人的方法

13

Traditional Chinese doctors believe we need a balance of *yin* and *yang* to be healthy.  
传统的中医认为我们需要 一种阴阳平衡来 保持 健康。

For example, are you quiet and often tired? Maybe you have too much *yin*. You should eat hot  
例如, 你经常很累吗? 可能是你阴气太盛了。 你应该吃阳性食物,  
yang foods, like beef. Eating Dangshen and Huangqi herbs is also good for this. But people  
像牛肉。 吃党参和黄芪等草本植物 对此也有好处。 但那些

who are stressed out and angry may have too much *yang*. Chinese doctors believe that they should  
有压力和生气的人们可能 阳气太多。 中医认为 他们应该

eat more *yin* foods, like tofu. It's easy to have a healthy lifestyle, and it's important to eat a  
多吃阴性食物, 像豆腐。 有一个健康的生活是容易的, 而饮食平衡

balanced diet.  
是很重要的。

4 GROUPWORK Who is Dr. Know?  
小组练习 谁是通晓医生?

Choose a problem from the list below. Then  
从下列表格中选一个问题。 然后