



用龙中龙教辅争做龙中之龙

龙

中

龙

LONGZHONGLONG

课课练单元测

总 主 编:赵彧晨
编 写:龙中龙教研中心

八年级英语·上

【新目标人教版】

黑龙江教育出版社

本地区专用

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图书在版编目(CIP)数据

龙中龙课课练单元测:新目标人教版.英语.八年级.
上 / 赵彧晨主编. — 哈尔滨:黑龙江教育出版社, 2008.5
ISBN 978-7-5316-4926-7

I. 龙… II. 赵… III. 英语课—初中—习题 IV. G634

中国版本图书馆 CIP 数据核字(2008)第 075923 号

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龙中龙课课练单元测

ONGZHONGLONGKEKELIANDANYUANCE 新目标人教版

英语 八年级·上

责任编辑 宋舒白 宋怡霏

责任校对 杨振华

装帧设计 王 雪

出 版 黑龙江教育出版社(哈尔滨市南岗区花园街 158 号)

印 刷 哈尔滨报达人印务有限公司

发 行 黑龙江教育出版社

开 本 880×1230 1/16

印 张 10

版 次 2008 年 7 月第 1 版

印 次 2008 年 7 月第 1 次印刷

字 数 250 千

本册定价 19.00 元

书 号 ISBN 978-7-5316-4926-7/G·3849

黑龙江教育出版社网址:www.hljep.com.cn

黑龙江教育出版社法律顾问:黑龙江朗信律师事务所 刘宝庆

如有印装质量问题,请与印刷厂联系调换。

前言 FOREWORD

随着课程改革的不断深入,为体现初中新课程标准的教育目标,着力促进学生学习方式的转变,指导学生形成科学的思维方法和扎实的基本技能,《龙中龙课课练单元测》系列丛书本着这个理念,由具有多年教学和研究经验的龙中龙教研中心研究员精心编写而成。本丛书重在使学生更多地训练并牢固掌握基础知识和基本技能,提高对知识的实际运用能力,提高学习效率;丰富学生的学习资源,满足学生在新课程学习中的发展要求,突出对学生能力和综合素质的全面培养,是学习和把握新课程教材的不可或缺的重要辅导材料。

本丛书主要突出以下特点:

一、时效性

本丛书与教材同步,紧跟教学内容。课课练单元测即一课一练习,一单元一测验。每当学完一课、一单元,就能在第一时间复习和巩固所学的知识内容,及时了解自己当前的学习情况。

二、体例设计合理性

课课练分为三个板块:“基础掌握”“拓展提高”“中考回顾”。此设计符合学生认知规律,使学生在练习过程中循序渐进、逐步提高。如果说“基础掌握”板块旨在考察学生的知识广度,那么“拓展提高”部分就是对学生的知识深度的进一步检验。“中考回顾”板块集结历年中考典型试题,使学生了解考点,避免学习过程中的盲目性。

单元测部分是区别于课课练的又一综合性极强的总结测验,并精心安排了特有的期中、期末测试。最终达到对知识的全面掌握,取得事半功倍的效果。

三、知识全面、丰富性

题型新颖,重、难点突出,含金量高。本书根据考试大纲对各知识点不同能力层次的要求,将知识点及知识点下的细目以各种主要考试题型的形式编写,覆盖全部考核内容,适当突出重点,并加大重点内容的覆盖密度。在考察和培养学生综合能力运用方面体现得淋漓尽致。使不同层次的学生都能通过本丛书的练习产生学习的乐趣,找到适合自己的学习方法,坚定学习的信心。

编写高质量的《龙中龙课课练单元测》系列丛书,毫无疑问这是一项艰难而有意义的工作,需要各方面的关怀与支持,衷心希望广大读者为我们提出宝贵的意见和建议,使本套系列丛书在使用中不断提高和日臻完善。

龙中龙教研中心

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Unit 1 How often do you exercise?

Section A



基础掌握

I. 短语互译

- | | |
|------------------------|-------------------|
| 1. how often | 2. how many |
| 3. as for | 4. twice a week |
| 5. pretty healthy | 6. the same... as |
| 7. keep in good health | 8. on weekends |
| 9. 照顾 | 10. 网上冲浪 |
| 11. 饮食习惯 | 12. 以……开始 |
| 13. 去看电影 | 14. 垃圾食品 |

II. 介词填空

- Do you do your homework _____ home?
- As _____ Jack, he is very clever.
- You can do exercise _____ the playground.
- My sister is listening _____ the pop music.
- What movie is _____ this week?

III. 用所给单词的适当形式填空

- I go to the movies _____ (one) a month.
- I think I'm kind of _____ (health). I hardly exercise.
- Mary is talking to a _____ (interview).
- My healthy _____ (life) helps me get health.
- I _____ (hard) go to the seaside. It's too far away.

IV. 单项选择

- | | | | |
|---|--------------|--------------|-------------|
| () 1. — _____ do you play soccer?
— Once a week. | A. How often | B. How soon | C. How long |
| () 2. — _____ do you drink milk?
— I always drink milk every day. | A. How often | B. How soon | C. How long |
| () 3. — _____ will your friend come back?
— In a week. | A. How often | B. How soon | C. How long |
| () 4. — _____ will you finish your homework?
— In half an hour. | A. How often | B. How soon | C. How long |
| () 5. — _____ is Chang Jiang River?
— It's about 6 310 km. | A. How often | B. How soon | C. How long |
| () 6. — _____ is it from your home to school?
— It's about ten minutes' walk. | A. How far | B. How often | C. How long |



- () 7. — _____ have you learned English?
—About ten years.
A. How far B. How often C. How long
- () 8. — _____ did you jump in the long-jump?
—About 2.75 meters.
A. How high B. How long C. How far
- () 9. — _____ water is there in this bottle?
—Just a little.
A. How many B. How much C. How often
- () 10. — _____ books do you want to buy?
—Five books.
A. How many B. How much C. How soon



拓展提高

V. 语法营养快线(句型转换之否定句)

- He is a teacher.
- He can play basketball.
- He has an interesting book.
- He did his homework yesterday.
- He has studied English for 10 years.
- He is swimming.
- They will go to see a film.
- Open the door, please.
- You'd better stay at home.
- I think that he can win.
- Either he or she goes to school.
- We have already finished our work.
- She has ever been to France.
- She does some washing every day.



中考回顾

- () 1. There are few _____ in the fridge. Let's go and buy some peas.
A. vegetables B. fruit C. meat D. eggs
- () 2. — _____ will Mr Green be back?
—In a week. I think.
A. How often B. How many C. How long D. How soon
- () 3. I'll finish the job no matter _____ it takes.
A. how soon B. how long C. how far D. how often

Section B



I. 翻译短语

- | | |
|-----------------------|------------------------|
| 1. drink milk | 2. want sb. to do sth. |
| 3. be good at | 4. eating habit |
| 5. help sb. do sth. | 6. help sb. to do sth. |
| 7. help sb. with sth. | 8. of course |
| 9. 尝试做某事 | 10. 照顾 |
| 11. 许多 | 12. 从学校回家 |
| 13. 在调查中 | 14. 相当健康 |
| 15. ……的结果 | 16. 中学 |
| 17. 我最喜爱的节日 | 18. 几乎,从不 |

II. 介词填空

1. She says it's good _____ my health.
2. Is her lifestyle the same _____ yours?
3. I think I'm kind _____ unhealthy.
4. Fill in each black _____ the correct word.
5. A lot of vegetables help you to keep _____ good health.

III. 用所给单词的适当形式填空

1. He sometimes _____ TV(watch).
2. The results for "watch TV" are _____(interest).
3. Many students are very _____ and exercise every day(activity).
4. Most students exercise three or four _____(time).
5. I do my homework _____(everyday).

IV. 单项选择

- | | |
|---|--------------------|
| () 1. What do you usually do _____ weekends? | |
| A. on | B. of |
| () 2. —How often do you play soccer? | C. in |
| —_____. | |
| A. Two times a week | B. Twice a week |
| () 3. John _____ goes to the movies. | C. One time a week |
| A. some time | B. sometime |
| () 4. Although I feel tired, _____ I still go on working. | C. sometimes |
| A. and | B. / |
| () 5. There is no water _____ air on the moon. | C. but |
| A. and | B. or |
| () 6. — How often do you drink milk? | C. but |
| —_____. | |
| A. Everyday | B. Every day |
| () 7. Tom's mother says exercise is good _____ his health. | C. Tomorrow |
| A. to | B. for |
| () 8. Is this new bike the same as _____? | C. of |
| A. her | B. she |
| | C. hers |



() 9. There _____ two pictures and a map of China on the wall.

A. have

B. has

C. are

() 10. There is _____ milk in the bottle.

A. few

B. a few

C. little



拓展提高

V. 课文达标测试

... but I'm 1 healthy. I 2 every day usually when I 3 4 from school. My 5 habits are pretty good. I try to 6 a lot of vegetables. I eat fruit and 7 milk every day. I 8 drink coffee. Of course, I have 9 food, too. And I eat it two 10 three times a week. Oh, I sleep nine 11 every night. So you 12.

I look 13 my health. And my health 14 helps me 15 good 16. Good food and 17 help me 18 19 20.

- | | | | | |
|-----------|-----------|-----------|-----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |
| 11. _____ | 12. _____ | 13. _____ | 14. _____ | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ | 19. _____ | 20. _____ |

VI. 语法营养快线(句型转换之一般疑问句)

- He is a soldier. _____
- They are friends. _____
- I can play basketball. _____
- There are some birds in the tree. _____
- He plays basketball every morning. _____
- He played basketball yesterday. _____
- He has bread for breakfast everyday. _____
- He had bread for breakfast this morning. _____
- He does his homework every day. _____
- He did his homework yesterday. _____
- They have known for 10 years. _____
- They were drinking tea when I saw them. _____



中考回顾

- Mr Brown asked his friends to dinner. (改为一般疑问句)
_____ Mr Brown _____ his friends to dinner?
- Allan goes to the library every Monday. (改为一般疑问句)
_____ Allan _____ to the library every Monday?

Self Check



基础掌握

I. 英汉互译

- | | |
|------------|------------------|
| 1. 去公园 | 2. middle school |
| 3. 在周末 | 4. junk food |
| 5. 一周一次 | 6. how many |
| 7. 多久一次 | 8. less than |
| 9. 健康的生活方式 | 10. look after |

II. 介词填空

1. He is very active _____ school.
2. Who is _____ duty today?
3. What are they talking _____?
4. There is a letter _____ you.
5. She was born _____ May 20, 1997

III. 用所给单词的适当形式填空

1. They are _____ (watch) TV now.
2. I need English books _____ a month (two).
3. Is Lily _____ (health)?
4. I can't see it _____ (clear).
5. She is _____ than yesterday (good).

IV. 单项选择

- () 1. — _____ do you go to the movies?
— Once a week.
A. How long B. How much C. How often
- () 2. — _____ going to the museum?
— That's a good idea.
A. How often B. How about C. What is
- () 3. — Do you like _____ shopping?
— Yes, I do.
A. going B. go to C. do
- () 4. — _____ does she watch TV?
— Every day.
A. How long B. How often C. What soon
- () 5. — _____ are they from?
— They are from Hong Kong.
A. Where B. Why C. What
- () 6. — _____ students are there in your class?
— Fifty.
A. How often B. How much C. How many



- () 7. — _____ is the mountain?
—It's 700 meters high.
A. What high B. How high C. How long
- () 8. I eat fruit and drink milk every day, but I _____ drink coffee.
A. ever not B. never C. always
- () 9. My father is _____ in my family.
A. healthier B. the healthiest C. heath
- () 10. I like to _____.
A. play the basketball B. play a basketball C. play basketball



拓展提高

V. 句型转换

- I often play the violin after school. (对划线部分提问)

- She reads English novels every day. (同上)

- I get up at 6:30 every morning. (同上)

- He does homework carefully. (改成否定句)

- I sleep nine hours every night. (对划线部分提问)

- They have been in China for 5 years. (同上)

- It's good for my health. (改成一般疑问句)

- He likes drinking milk very much. (同上)

- I can understand what he said. (同上)

- My brother eats junk food very often. (同上)



中考回顾

- () 1. —How often do you play a ball game at school?
—_____.
A. All day B. One hour C. Once a day D. Half an hour
- () 2. —How often were you late for school last term, Tom?
—_____. I get to school early everyday.
A. Always B. Usually C. Sometimes D. Never
- () 3. —Peter, _____ do you visit your grandparents?
—Twice a month.
A. how long B. how soon C. how far D. how often
- () 4. —_____ do you live from your school?
—About ten minutes' walk.
A. How many B. How long C. How far D. How soon

Section A



1. have a cold
3. have a stomachache
5. lie down and rest
7. give advice
9. 头痛
11. 我认为如此
13. 好主意
15. 带蜂蜜的热茶

2. have a sore back
4. have a sore throat
6. see a dentist
8. make new conversations
10. 牙痛
12. 感觉好多了
14. 多喝水
16. 怎么啦?

1. Look _____ the picture. What can you see in it?
2. —When did it start? —_____ two days ago.
3. You should drink hot tea _____ honey.
4. What's the matter _____ you?
5. He shouldn't eat anything _____ 24 hours.

1. —Where _____ your father _____ (work)?
—He _____ (work) in an office.
2. —_____ you _____ (come) from China?
—Yes, I _____.
3. How about _____ (go) swimming now?
4. You'd better _____ (do) some cooking for your baby.
5. He _____ (not watch) TV every day.

() 1. I'm sorry to hear that you're not feeling very _____.
A. good B. nice C. well

() 2. The boys are _____ on the playground.
A. enjoy they B. enjoying their C. enjoying themselves

() 3. The doctor tells me I should eat _____ meat and take _____ exercise.
A. a little; few B. less; more C. many; much

() 4. I have a pain _____ my back.
A. on B. at C. in

() 5. I have a bad cold. I don't feel like _____.
A. eat something B. eating anything C. eating nothing



- () 6. My teacher always gives me some _____.
A. good advices B. pieces good advice C. good advice
- () 7. There is a wallet _____ on the floor.
A. to lie B. lying C. lying
- () 8. Why not _____ and drink coffee?
A. stop smoking B. stop smoke C. smoking
- () 9. Not all the people like drinking tea _____ ice.
A. and B. with C. add
- () 10. We _____ you to be all right soon.
A. hope B. wish C. make



拓展提高

V. 语法营养快线(变反意疑问句)

- Mrs Read hates travelling by air, _____ she?
- You have a meeting once a week, _____ you?
- They will go to a concert tomorrow, _____ they?
- She has to have a rest every ten minutes, _____ she?
- He's planting the tree, _____ he?
- Nothing is wrong with my computer, _____?
- There is little water in the bottle, _____?
- They never know who did it, _____ they?
- Few people worked out that problem, _____ they?
- They can hardly find the way to the hospital, _____ they?
- She's unhappy without her parents with her, _____ she?
- I don't think she knows the secret, _____?
- Don't play the computer game, _____?
- Open the door, _____?
- Let's meet outside the school gate, _____?
- Let us meet at the school gate, _____?



中考回顾

- () 1. You bought a new computer last week, _____ you?
A. aren't B. don't C. didn't D. haven't
- () 2. Few of them hurt themselves in the accident last night, _____?
A. don't they B. didn't they C. did they D. do they
- () 3. Nothing is difficult in the world if you put your heart in it _____?
A. aren't they B. are they C. isn't it D. is it
- () 4. The film Hoot(拯救猫头鹰) is on at the movies. Let's go to see it, _____?
A. will you B. shall we C. won't we D. don't you
- () 5. He could hardly believe what she said, _____?
A. could he B. couldn't he C. could she D. couldn't she
- () 6. She listens to the radio every day, _____?
A. doesn't she B. isn't she C. hasn't she D. won't she

Section B



基础掌握

I. 短语互译

1. on the other hand
3. have a (high) fever
5. lie down
7. get tired
9. 此时现在
11. 保持健康
13. 背疼
15. 听音乐

2. all one's life
4. be stressed out
6. a few
8. not...until
10. 太多
12. 变疲劳
14. (重)感冒
16. 对……有好处

II. 介词填空

1. Match the words _____ the pictures below.
2. He is listening _____ music.
3. We need a balance _____ yin and yang to be healthy.
4. You should eat hot food, _____ beef.
5. Chinese medicine is now popular _____ many western countries.

III. 用所给单词的适当形式填空

1. The man is so old that there are not any _____ (tooth) left in his mouth.
2. His mother usually _____ (advise) him not to stay up late.
3. The old man usually has a _____ (backache).
4. I have a much _____ (small) house than hers.
5. I'm not _____ (feel) well. I think I need to see a doctor.

IV. 单项选择

- | | |
|--|----------------|
| () 1. What about _____ Japanese next year? | |
| A. studies | B. studying |
| () 2. —Something is wrong _____ my car. | |
| —Don't worry _____ it. I can mend it. | |
| A. with; about | B. about; with |
| () 3. You shouldn't eat _____ junk food. | |
| A. too many | B. too much |
| () 4. They held a sports meeting _____ the morning of April 30. | |
| A. in | B. on |
| () 5. Is there _____ wrong with your clock? | |
| A. something | B. everything |
| () 6. —How _____ shall I take the medicine? | |
| —Once a day. | |
| A. long | B. soon |
| () 7. _____ you put your watch in your inside pocket (口袋). | |
| A. May be | B. Maybe |
| () 8. _____ vegetables is _____ good for you. | |
| A. Eating; either | B. Eat; also |
| () 9. What kind of music would you like to _____? | |
| A. hear | B. listen |
| () 10. Everyone _____ his own hobbies. | |
| A. have | B. has |

C. studying

C. in; with

C. much too

C. at

C. anything

C. often

C. May

C. Eating; also

C. listen to

C. is having



拓展提高

V. 课文达标测试

Traditional Chinese doctors 1. We need a 2 of yin and yang to 3 healthy. For example, are you often weak and 4? Maybe you have 5 6 yin. You should eat hot yang 7, like beef 8 Dang-shen and Huang qi herbs is also good 9 this. But people 10 are 11 12 13 and angry 14 have too 15 yang. Chinese doctors 16 that they 17 eat more yin foods like tofu. Chinese medicine is now popular 18 many western countries. It's easy to have a healthy 19 and it's 20 to eat a balanced diet.

- | | | | | |
|-----------|-----------|-----------|-----------|-----------|
| 1. _____ | 2. _____ | 3. _____ | 4. _____ | 5. _____ |
| 6. _____ | 7. _____ | 8. _____ | 9. _____ | 10. _____ |
| 11. _____ | 12. _____ | 13. _____ | 14. _____ | 15. _____ |
| 16. _____ | 17. _____ | 18. _____ | 19. _____ | 20. _____ |

VI. 语法营养快线(就划线部分提问部分)

1. He always drinks milk at home in the morning.

① ② ③ ④ ⑤ ⑥

- ① _____
- ② _____
- ③ _____
- ④ _____
- ⑤ _____
- ⑥ _____

2. Tom's sister is reading a book under the tree.

① ② ③ ④ ⑤

- ① _____
- ② _____
- ③ _____
- ④ _____
- ⑤ _____

3. I'm tired because I have a cold.

4. I have a stomachache.

5. The bananas are two yuan a kilo.

6. His father is very tall.

7. It's ten kilometres away.

8. She's going to Hawaii for vacation.



中考回顾

() — _____ is your maths teacher?

— The one in red.

A. What

B. Where

C. Which

Self Check



I. 英汉互译

- | | |
|----------|-----------------------|
| 1. 胃病 | 2. have a cold |
| 3. 看医生 | 4. hot tea with honey |
| 5. 一个好主意 | 6. feel better |
| 7. 传统的 | 8. a balanced diet |
| 9. 生气 | 10. for example |

II. 介词填空

- Is there anybody _____?
- What do you know _____ China?
- He treated me _____ a child.
- Thank you _____ helping me.
- _____ my way home, I met Li Ming.

III. 用所给单词的适当形式填空

- You should _____ down and rest(lie).
- I'm not _____ well(feel).
- She is very _____ (tire).
- Chinese medicine is very popular in many _____ countries(west).
- We have _____ English for 3 years(study).

IV. 单项选择

- () 1. —What's the matter _____ Mike?
—He has a cold.
A. for B. with C. as
- () 2. —When did it start?
—About half an hour _____.
A. after B. later C. ago
- () 3. It's important _____ us to study Chinese well.
A. at B. for C. on
- () 4. I hope you are _____ my school here.
A. enjoy B. enjoying C. enjoyed
- () 5. He shouldn't eat _____.
A. something B. nothing C. anything
- () 6. _____ I can help you.
A. Maybe B. May be C. Can be
- () 7. _____ too much is bad for your health.
A. Eat B. Eating C. Eats



- () 8. _____ you often weak?
A. Are B. Do C. Can
- () 9. My mother has a bad _____.
A. toothache B. tooth ache C. teethache
- () 10. I didn't go to bed _____ 10 o'clock.
A. to B. until C. for



拓展提高

V. 句型转换

- I have a sore throat. (对划线部分提问)

- You should do homework first. (同上)

- I think I'm improving. (改成否定句)

- She wants to drink some water. (同上)

- There is something wrong with the bike. (改成一般疑问句)

- She would like to listen to the light music. (同上)

- What about taking a taxi? (作肯定回答)

- Do you think it's good for him? (同上)

- Maybe you are right. (同义句转换)

- What's wrong with you? (同上)



中考回顾

- () 1. I'm a football fan. I'm interested in everything _____ is about the 2006 World Cup.
A. who B. that C. where
- () 2. Health is very important to us, we should eat more vegetables and fruit instead of _____ rich food.
A. too much B. much too C. very much
- () 3. Would you like some _____?
Yes, please. I'm a little thirsty.
A. bread B. meat C. orange
- () 4. —There is enough food for the birds isn't _____?
—No. We need to get some.
A. it B. there C. that D. this