

新课程

XinKeCheng ZhongKao

英语

中考备考手册

BeiKao ShouCe



凤凰出版传媒集团

江苏教育出版社

新课程中考备考手册

英 语



主
编

编
者

陈博文
钱群
张学卉
胡卫刚

方杨
沈周

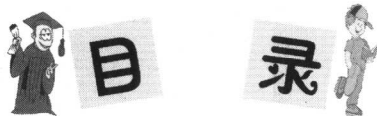
晨勇
艳维

凤凰出版传媒集团

● 江苏教育出版社

书 名 新课程中考备考手册·英语
主 编 陈博文 方晨
责任编辑 谈允恬
出版发行 凤凰出版传媒集团
江苏教育出版社(南京市马家街 31 号 210009)
网 址 <http://www.1088.com.cn>
集团网址 凤凰出版传媒网 <http://www.ppm.cn>
经 销 江苏省新华发行集团有限公司
照 排 南京理工出版信息技术有限公司
印 刷 南京新创连环画册印刷有限公司
厂 址 南京江宁滨江开发区盛安大道 727 号(邮编 211178)
电 话 025-66612233
开 本 787×1092 毫米 1/16
印 张 10.5
字 数 361 000
版 次 2007 年 12 月第 5 版
2007 年 12 月第 1 次印刷
书 号 ISBN 978-7-5343-6116-6
定 价 12.00 元
批发电话 025-83260760,83260768
邮购电话 025-85400774,8008289797
短信咨询 10602585420909
E-mail jsep@vip.163.com
盗版举报 025-83204538

苏教版图书若有印装错误可向承印厂调换
提供盗版线索者给予重奖



7A	Unit 1	1
	Unit 2	4
	Unit 3	7
	Unit 4	10
	Unit 5	13
	Unit 6	16
7B	Unit 1	19
	Unit 2	22
	Unit 3	25
	Unit 4	28
	Unit 5	31
	Unit 6	34
8A	Unit 1	37
	Unit 2	40
	Unit 3	43
	Unit 4	46
	Unit 5	49
	Unit 6	52
8B	Unit 1	55
	Unit 2	58
	Unit 3	61
	Unit 4	64
	Unit 5	67
	Unit 6	70
9A	Unit 1	73



Unit 2	76
Unit 3	79
Unit 4	82
Unit 5	85
Unit 6	88
9B Unit 1	91
Unit 2	94
Unit 3	97
Unit 4	100
测试卷(7A Unit 1—Unit 6)	103
测试卷(7B Unit 1—Unit 6)	109
测试卷(8A Unit 1—Unit 6)	115
测试卷(8B Unit 1—Unit 6)	121
测试卷(9A Unit 1—Unit 6)	129
测试卷(9B Unit 1—Unit 4)	137
2008 年中考模拟试卷(一)	145
2008 年中考模拟试卷(二)	155

7A

Unit 1

I 知识点归纳

一、词汇识记

- | | | |
|-----------------|-----------------|----------------|
| 1. 主人_____ | 2. 有礼貌的_____ | 3. 乐于助人的_____ |
| 4. 鱼, 鱼肉_____ | 5. 飞, 放飞_____ | 6. 餐馆_____ |
| 7. 消息, 新闻_____ | 8. 功课_____ | 9. 运动员_____ |
| 10. 懂得, 理解_____ | 11. 下一个的_____ | 12. 年龄_____ |
| 13. 比赛_____ | 14. 赢_____ | 15. 又, 再_____ |
| 16. 强壮的_____ | 17. 橡皮_____ | 18. 借用_____ |
| 19. 在校篮球队_____ | 20. 为...得分_____ | 21. 在祖父母家_____ |
| 22. 在一年级七班_____ | 23. 出生_____ | 24. 放学后_____ |
| 25. 听音乐_____ | 26. 戴眼镜_____ | 27. 打排球_____ |
| 28. 足球场_____ | 29. 游泳池_____ | 30. 在午饭时间_____ |
| 31. 每天_____ | 32. 在周末_____ | 33. 跑步半小时_____ |
| 34. 刻苦学习_____ | 35. 深棕色的眼睛_____ | 36. 吃正餐_____ |

二、表达与运用

- 听起来很好(讲解连系动词的用法)_____
- Excuse me. 与 I'm sorry. 的用法区别_____
- take 与 bring 的区别_____
- good 与 well 的区别_____
- all 的不同用法及在句中的位置_____
- 用来修饰可数名词和不可数名词的“许多”_____
- 那个用英语怎么说?(注意 say, speak, tell 与 talk 的区别)_____

三、重点句型

- 他在阅读兴趣小组。(2种)_____
- 她每天走路回家。(2种)_____
- 我每天乘公共汽车上学。(2种)(注意其他交通方式)_____
- 他晚饭后经常遛狗。(2种)_____
- 她留着长/短发。(2种)_____
- 我的兴趣爱好是跳舞。(2种)_____
- 他擅长游泳。(3种)_____

四、语法知识

- be 动词和实义动词的一般现在时用法及其否定句和问句形式。(p. 12 ~ 15)
- 一般现在时的含义及动词的第三人称单数构成形式。(p. 12 ~ 15)

五、中心任务 写一篇自我介绍或介绍你的好朋友的文章。

有用的句子:

- My name / My best friend is ...
- I'm / He's ... years old.
- I / He was born in ...
- I come(am) / He comes(is) from ...
- I live / He lives in ...
- My / His hair is ...
- I am / He is good at ...
- I / He likes ...
- I am / He is ... (表示品质的形容词)



II 课堂训练

一、根据句子意思和所给中文提示写出单词,使句意完整

1. My brother looks _____ (强壮的).
2. There are two big _____ (图书馆) in my school.
3. I usually go to my grandparents' home for _____ (正餐).
4. Kitty wears _____ (眼镜) because she likes playing computer games.
5. I'm very happy because my team _____ (赢) the game again.

二、根据句子意思及单词的英文释义或首字母写出适当的单词

1. Everyone likes him because he is very _____ (willing to help others).
2. He often watches TV at the _____ (Saturday and Sunday).
3. When we want to b _____ our game, we can say, "Let's start."
4. Yao Ming is one of the best basketball p _____ in the world.
5. Daniel often f _____ kites with his parents in the park.

三、选用框内所给词组填空

lives in, is good at, play for, a member of, was born

My best friend is Sam. He (1) _____ in Shanghai, but now he (2) _____ Nanjing. He likes playing football and (3) _____ it. He is now (4) _____ our school football team. He wants to (5) _____ the World Cup next year.

四、单项选择

- () 1. There are sixty minutes in _____ hour.
A. a B. an C. the D. /
- () 2. There are 12 _____ in a year.
A. hours B. seasons C. months D. seconds
- () 3. He likes to _____ things on the Internet.
A. look after B. look for C. look like D. look down on
- () 4. He is a _____ swimmer, and he swims very _____.
A. good; well B. well; good C. good; good D. well; well

五、首字母填空

Dear Sam,

My name is Frank. I am from A _____. Here is a picture of my class. We are in Class Three, G _____. 9. We learn Chinese in our school. Our Chinese t _____ name is Joy Wang. Can you s _____ her in the picture?

You can see my f _____ in the picture, too. Jimmy is tall and has black hair. He is good at playing basketball. May is short and wears a yellow dress. She is good at Maths. Sandra has l _____ hair. She can speak French. Sally is good at s _____. She often swims with her classmates. I like singing pop songs and watching TV. Can you f _____ me in the picture? Well, I w _____ glasses.

Please w _____ to me soon and tell me about your class.

Yours,
Frank



III 课后巩固

一、根据句意用所给单词的适当形式填空

1. We often have dinner at my _____ (grandparent) home.
2. My father likes to watch many football _____ (match) on TV.
3. My mother always _____ (watch) TV at night.
4. He goes _____ (run) every day. He wants to be a good _____ (run) in the future.
5. Li Hua is a good football _____ (play). He is good at _____ (play) football.

二、单项选择

- () 1. It's 11:10 p. m. now. Let's _____.
A. go swimming B. have lunch C. go to school D. go to bed
- () 2. — Where _____ the sweaters? — _____ on the bed.
A. is; It's B. are; They're C. are; It's D. is; They're
- () 3. He can't speak Japanese, but he can _____ it in English.
A. speak B. say C. tell D. talk
- () 4. I like reading. I often go to _____. Which is NOT right?
A. the Reading Club B. the library C. the bookshop D. the restaurant
- () 5. — _____. Can I use your pen? — _____. I don't have a pen.
A. Excuse me; Excuse me B. I'm sorry; I'm sorry
C. I'm sorry; Excuse me D. Excuse me; I'm sorry

三、根据汉语意思完成句子

1. My cousin _____ (学习不努力).
2. There _____ (四十九块橡皮) on the desk.
3. _____ you _____ (擅长打篮球)?
4. _____ Sandy _____ (坐公车) home every day?
5. Simon often _____ (和我放风筝) after school.

四、阅读短文, 根据要求回答问题

Mary loves swimming. Every Saturday she has a swimming lesson with ten other girls and boys. Their mothers and fathers come to watch them because the children are one or two years old!

When Mary began to have swimming lessons, she was six months old. Now she is one year old and a good swimmer. She can swim across the pool and even float on her back.

Some people are afraid of water. But the children in Mary's class are not. They are good at swimming.

1. Put the underlined sentence into Chinese. _____
2. Why do the children's parents come to watch them? _____
3. How old was Mary when she began to have swimming lessons? _____

五、写作 请以“This is me”为题从外貌、性格、爱好等方面介绍你自己。

7A

Unit 2

I 知识点归纳

一、词汇识记

- | | | |
|------------------|----------------|-------------------|
| 1. 锻炼_____ | 2. 因为_____ | 3. 最好的_____ |
| 4. 首先,第一_____ | 5. 图书馆_____ | 6. 操练_____ |
| 7. 种类_____ | 8. 使用_____ | 9. 因特网_____ |
| 10. 应该,应当_____ | 11. 忙的_____ | 12. 更好_____ |
| 13. 信息_____ | 14. 在外面_____ | 15. 旅程,旅行_____ |
| 16. 原因_____ | 17. 世界_____ | 18. 部分_____ |
| 19. 醒醒_____ | 20. 去睡觉_____ | 21. 享乐,取乐_____ |
| 22. 一周两次_____ | 23. 看报纸_____ | 24. 做作业_____ |
| 25. 进行课外活动_____ | 26. 吃晚饭_____ | 27. 做飞机模型_____ |
| 28. 期待做某事_____ | 29. 一起回家_____ | 30. 为...做好准备_____ |
| 31. 更多地了解世界_____ | 32. 问题的答案_____ | 33. 约见某人_____ |

二、表达与运用

1. 发电子邮件给某人(2种)_____
2. 想要做某事(2种)_____
3. both 与 all 的区别以及在句中的位置_____
4. exercise 的用法_____
5. much 与 many, a lot of 与 lots of 的用法_____
6. open, close, closed 的用法_____
7. look at, see, watch 与 read 的区别_____

三、重点句型

1. 现在是早饭时间。(2种)_____
2. 她最喜欢的科目是英语。(2种)_____
3. 我每天花一个小时做家庭作业。_____
4. 每个学生要花到十元钱。(2种)_____
5. 谢谢你组织了这次班级旅行。_____
6. 她没有时间与朋友聊天。_____
7. 我每天看电视新闻。_____

四、语法知识

1. 人称代词主格的用法。(p. 28 ~ 29)
2. 人称代词宾格的用法。(p. 30)

五、中心任务 写一篇关于你喜欢和不喜欢的活动以及原因的短文。

有用的句子:

1. I like some parts of the day and I don't like others.
2. I love ..., because ...
3. I like ..., because ...
4. I dislike ..., because ...



II 课堂训练

一、根据句子意思和所给中文提示写出单词,使句意完整

1. We practice _____ (排球) every Tuesday.
2. Jack often _____ (使用) some paper to make paper boats.
3. _____ (星期三) is the fourth day of a week.
4. He can make very nice _____ (模型) planes.
5. I find a lot of _____ (信息) about the trip on the Internet.

二、根据句子意思及单词的英文释义或首字母写出适当的单词

1. We don't have lessons on _____ (the first day of a week).
2. Our school _____ (a place where you can read or borrow books) is nice and clean.
3. Amy and Sandy are in the Swimming Club. They are very good _____ (someone who can swim).
4. I don't know how to s _____ e-mails on the Internet.
5. I am very b _____ now. I have no time to talk to you.

三、选用框内所给词组填空

go to tennis lessons, looking forward to, members of, twice a week, live near each other

Sandy and I like playing tennis very much. We are (1) _____ our School Tennis Club. We go to the club (2) _____. Because we (3) _____, we often go to the club together. Sandy is good at tennis, but I'm not. So I (4) _____ every Sunday. Now I have a problem. I spend too much time playing tennis, so I don't have much time to do my homework. Can you help me? I'm (5) _____ your help.

四、单项选择

- () 1. It's 7 p. m. now. It's time for _____.
A. school B. breakfast C. dinner D. bed
- () 2. There are _____ nice apples and _____ bread in the fridge.
A. much; many B. a lot of; much C. much; much D. lots of; many
- () 3. — What can Peter do, Millie? — _____ can fly a kite.
A. He B. Him C. Her D. She
- () 4. The shop _____ at 9 a. m. and _____ at 10 p. m.
A. opens; closed B. open; closed C. opens; closes D. open; closes
- () 5. My parents _____ teachers.
A. all are B. are all C. both are D. are both

五、首字母填空

Sandy plays volleyball every Tuesday, T _____ and Friday. She is in our school volleyball t _____. She p _____ volleyball with her friends after school. They often s _____ about an hour doing it. They should go home before 6 p. m. b _____ there is m _____ homework every day. Sandy loves l _____ to music too. She often b _____ CDs from her friends. On Mondays and Saturdays, Sandy and Millie go to the bookshop to r _____ books. At school, Sandy is b _____ but happy.



III 课后巩固

一、根据句意用所给单词的适当形式填空

1. You can call _____ (she) Lisa.
2. Which picture is _____ (good), Jim's or Simon's?
3. We are looking forward to _____ (hear) from you.
4. He doesn't have much time _____ (play) computer games.
5. It's time for him _____ (get) up now.

二、单项选择

- () 1. — Where _____ the shirts? — _____ on the bed.
A. is; It's B. are; They're C. are; It's D. is; They're
- () 2. The man sits between _____.
A. I and Andy B. Andy and I
C. Andy and me D. me and Andy
- () 3. She often _____ her sister.
A. e-mails B. e-mails to
C. sends e-mails D. to send e-mails
- () 4. After supper, Mum often _____ TV and Dad often _____ newspapers.
A. sees; looks B. watches; looks
C. reads; looks at D. watches; reads
- () 5. We do morning _____ at 7:20 a. m. Our lesson _____ at 7:55 a. m.
A. exercise; begin B. exercises; begin
C. exercise; begins D. exercises; begins

三、根据汉语意思完成句子

1. Simon goes to the English Club _____ (在每周二和周五).
2. _____ (她最爱的功课) are Chinese and English.
3. Millie goes to the Reading Club _____ (一周两次).
4. I spend about two hours _____ (做家庭作业).
5. We often _____ (放学后互相聊天).

四、阅读短文, 根据要求回答问题

Michael Jordan is a great basketball player. He comes from America. He has many fans. I am his fan, too. And Scott, Danny and Gene also love to watch Michael Jordan's matches. They think Michael Jordan is the best basketball player in the world. Scott, Danny and Gene love to watch their favourite basketball player run, jump and pass the ball. Basketball is a very popular sport. There are some good basketball players in China, too.

1. What's the Chinese meaning for "fan"? _____
2. My friends love to watch Michael Jordan _____. (完成句子)
3. Put the underlined sentence into Chinese. _____
4. Where does Michael Jordan come from? _____

五、写作 写一篇介绍你学校及学校生活的短文。词数 100 左右。

7A

Unit 3

I 知识点归纳

一、词汇识记

- | | | |
|--------------------|---------------------|------------------|
| 1. 庆祝_____ | 2. 地方_____ | 3. 蜡烛_____ |
| 4. 月饼_____ | 5. 钱, 货币_____ | 6. 喊叫_____ |
| 7. 给...涂色_____ | 8. 出色的, 极好的_____ | 9. 自己的_____ |
| 10. 牙齿(复数)_____ | 11. 光线_____ | 12. 热的(反义词)_____ |
| 13. 饮料_____ | 14. 日期_____ | 15. 卡片_____ |
| 16. 米饭_____ | 17. 电影_____ | 18. 发光, 照耀_____ |
| 19. 装扮成_____ | 20. 中秋节_____ | 21. 教师节_____ |
| 22. 五一节_____ | 23. 儿童节_____ | 24. 国庆节_____ |
| 25. 有个长假_____ | 26. 在10月31号的晚上_____ | 27. 钓鱼_____ |
| 28. 举行一次特别的聚会_____ | 29. 用许多方法_____ | 30. 挖去, 切去_____ |
| 31. 敲邻居的门_____ | 32. 在厨房_____ | 33. 捉弄某人_____ |
| 34. 在西方_____ | 35. 中国传统食物_____ | |

二、表达与运用

1. 把某物给某人(2种)_____
2. 为某人买某物(2种)_____
3. one 和 it 的区别_____
4. interesting 和 interested, exciting 和 excited 的区别_____
5. through 和 across 的区别_____
6. 介词 by 的用法_____

三、重点句型

1. 他给了我一些糖果作为招待。(2种)_____
2. 我们经常玩一个叫“不招待就使坏”的游戏。(注意过去分词的用法)_____
3. 你想要些茶吗?(注意句中 some 的用法)_____
4. 这是我第一次看舞狮子。_____
5. 我们俱乐部的会议下午4点开始, 5点结束。_____

四、语法知识

1. 表示时间的介词 at, in, on 的用法。(一年四季以及十二个月份要会拼写)(p. 45 ~ 46)
2. 特殊疑问词的使用。(p. 47 ~ 48)
3. some 与 any 的用法。(p. 49)

五、中心任务 介绍你最喜爱的节日。

有用的句子:

1. My favourite festival is ...
2. It is on + 日期.
3. People in + 地区名 + celebrate it.
4. We eat ...
5. We do ...
6. I like ... best.



II 课堂训练

一、根据句子意思和所给中文提示写出单词,使句意完整

1. There are twelve _____ (月份) in a year.
2. It's not polite to _____ (喊叫) in the reading room.
3. Simon has his _____ (自己的) bedroom.
4. We are always _____ (激动的) when our team wins again.
5. The workers like _____ (给...涂色) walls white.

二、根据句子意思及单词的英文释义或首字母写出适当的单词

1. My mother is washing dishes in the _____ (a place where you cook meals) now.
2. We wear _____ (not usual, strange, uncommon) costumes and masks at Halloween.
3. — What d _____ is it today? — March 20th.
4. The last month of a year is D _____.
5. The sunlight is shining t _____ the windows.

三、选用框内所给词组填空

each other, do some cleaning, After dinner, put on, On the first day

The Chinese Spring Festival usually comes in January or February. Before the festival, people (1) _____. On the Eve(除夕), there is a big family dinner. (2) _____, all the family stay up late to welcome the new year. (3) _____ of the new year, people (4) _____ their new clothes and go to visit their friends. They say "Happy New Year" or "Good Luck" and some other greetings to (5) _____. People usually have a good time during the festival.

四、单项选择

- () 1. Would you like _____ tea?
A. any B. some C. many D. a few
- () 2. We often send our teachers some flowers _____ Teachers' Day.
A. at B. in C. on D. during
- () 3. We Chinese eat rice dumplings at _____.
A. Spring Festival B. Middle-Autumn Festival
C. Christmas D. Dragon Boat Festival
- () 4. — _____ is our English teacher? — Sorry, I don't know. Maybe he's at home.
A. How B. Where C. Who D. When

五、首字母填空

The most important f _____ in China is Chinese New Year. We also c _____ it Spring Festival. 2007 is the year of the Pig. It is in January or F _____. Before New Year's Day, people are busy shopping and cleaning their houses. On New Year's Eve, there is a big f _____ dinner. After dinner, all the family are making dumplings when they are w _____ TV together. They usually stay up late to welcome the new year. P _____ always give their children some r _____ packets. On the f _____ day of the new year, people put on their new clothes and go to see their friends. They give each other the b _____ wishes for the coming year. During the Chinese New Year, people can eat delicious traditional Chinese food, watch the lion dance and beautiful fireworks, visit some i _____ places. So Chinese people always have a good time at Chinese New Year.



III 课后巩固

一、根据句意用所给单词的适当形式填空

1. We clean our _____ (tooth) after we get up every day.
2. We often play a game _____ (call) "trick or treat".
3. Would you like _____ (make) a pumpkin lantern for our teacher?
4. June 1st is _____ (child) Day.
5. Thank you for _____ (tell) me about the Middle-Autumn Festival.

二、单项选择

- () 1. _____ comes after March.
A. February B. April C. May D. January
- () 2. There _____ water in the cup.
A. isn't some B. aren't some C. isn't any D. aren't any
- () 3. Which of the following festivals is in October?
A. Women's Day. B. Teachers' Day.
C. Easter. D. National Day.
- () 4. We are going to have a party _____ the evening of December 24th.
A. in B. at C. on D. with

三、根据汉语意思完成句子

1. Let's _____ (装扮成) different animals.
2. She _____ (挖出眼睛) on the potato.
3. People _____ (在西方) celebrate Halloween _____ (用许多方法).
4. They give us candies _____ (作为招待).
5. If you don't feel well, you should _____ (去看病).

四、阅读短文, 根据要求回答问题

Mother's Day is celebrated in both Britain and the USA. On the day, (1) cards, give, and, flowers, mothers, to, children, their. They often make presents for their mothers. Father and children make breakfast, and children give it to their mothers in bed.

People in the USA first celebrated Mother's Day on May 10th 1908. A woman named Anna Jarvis wanted people to (2) 花一天的时间为他们的母亲庆祝. Many other women tried to stop a special day for mothers, but Anna Jarvis made Mother's Day famous. In 1923, however, Anna tried to start Mother's Day. She didn't like the way people chose to celebrate it. She wanted people to spend less money buying things and more telling their mothers that they love them.

1. 把(1)处画线的单词重新组合成完整的句子. _____
2. 把(2)处画线的句子翻译成英文. _____
3. When did people in the USA first celebrate Mother's Day?

4. How did Ann want people to celebrate Mother's Day?

五、写作 写一篇短文介绍你最喜爱的节日。词数 100 左右。

7A

Unit 4

I 知识点归纳

一、词汇识记

- | | | |
|-----------------|------------------|-----------------|
| 1. 饥饿的_____ | 2. 蔬菜_____ | 3. 胡萝卜_____ |
| 4. 能量_____ | 5. 容易的(反义词)_____ | 6. 买(三单)_____ |
| 7. 面条_____ | 8. 故事(复数)_____ | 9. 土豆(复数)_____ |
| 10. 圆的_____ | 11. 超市_____ | 12. 水果_____ |
| 13. 刀(复数)_____ | 14. 拔尖的_____ | 15. 改变_____ |
| 16. 仔细的_____ | 17. 搬运,携带_____ | 18. 绵羊(复数)_____ |
| 19. 变累_____ | 20. 少于_____ | 21. 感觉更好_____ |
| 22. 计划做某事_____ | 23. 两公斤肉_____ | 24. 三瓶果汁_____ |
| 25. 两片面包_____ | 26. 两碗茶_____ | 27. 需要做某事_____ |
| 28. 在每两顿之间_____ | 29. 打篮球_____ | 30. 有好的身体_____ |

二、表达与运用

1. 在...前面(2种)_____
2. 保持健康(2种)_____
3. lie 的用法及变化形式_____
4. exercise 作为名词和动词的用法_____
5. how long 与 how often 的区别_____
6. people 与 person 的区别_____

三、重点句型

1. 作为一名舞蹈演员保持健康很重要。_____
2. 我想要成为一名歌唱家。_____
3. 这帮助我开始一天。_____
4. 你可以喝水而不长胖。_____
5. I sometimes have rice with fish and an apple. _____
6. Good luck with your new diet and lifestyle. _____

四、语法知识

1. 表示频度的副词 never, seldom, sometimes, often, usually, always 的用法。(p. 64)
2. 可数名词复数的规则变化和不可数名词的特点、计量。(p. 65 ~ 66)
3. 冠词 a / an 的基本用法。(p. 67)

五、中心任务 学会写有关健康饮食的文章。

有用的句子:

- | | |
|---|---|
| 1. I'm ... I often ... so I am fit and healthy. | 2. I need lots of energy every day. |
| 3. For breakfast, I always have ... | 4. I have ... for lunch / dinner. |
| 5. I need vitamins to stay healthy. | 6. It's important to drink lots of water. |



II 课堂训练

一、根据句子意思和所给中文提示写出单词,使句意完整

1. I eat some _____ (面包) for breakfast every day.
2. — How much are these _____ (西红柿)? — Two *yuan* a kilo.
3. There are lots of _____ (绵羊) in Australia.
4. When Mrs Green works in the garden, she often gets _____ (累的).
5. Jack often _____ (买) some snacks after school.

二、根据句子意思及单词的英文释义或首字母写出适当的单词

1. Kitty wants to be a _____ (a person who dances) when she grows up.
2. Some people _____ (not very often) eat fruit before dinner.
3. I am very _____ (not busy) today. Let's go shopping.
4. You need to exercise every day to keep f _____.
5. He has had two eggs and a glass of milk for breakfast. He isn't h _____ now.

三、选用框内所给词组填空

for lunch, plays volleyball, getting fat, a glass of orange juice, stay healthy

Millie is very busy. She often (1) _____. She needs a lot of energy every day. For breakfast, she has some bread and drinks (2) _____. She has some rice with fish and an apple (3) _____. At dinner, she has some soup, meat and vegetables. She needs vitamins to (4) _____. It's also important for her to drink lots of water. There are no calories in water, so people can drink it without (5) _____.

四、单项选择

- () 1. It takes me half _____ hour to cook dinner.
A. a B. an C. the D. /
- () 2. Mum, we need to buy _____.
A. two packet of salt B. two packet of salts
C. two packets of salt D. two packets of salts
- () 3. — _____ does your brother play football? — Every day.
A. How long B. How often
C. How much D. How soon
- () 4. — Good luck _____ your new diet. — Thank you.
A. for B. of C. with D. on

五、首字母填空

Simon: Hello, Jim. You don't look w _____. What is wrong with you?

Jim: Oh, I don't f _____ well today. I think I'm ill.

Simon: You should see a d _____. Or you can s _____ at home and rest.

Jim: It's OK. Thank you. This term I often feel bad. I don't know w _____.

Simon: Well, I think you should do more e _____ and have h _____ food, like v _____ and fruit. They will help you to keep healthy.

Jim: You are r _____. I'll do it l _____ this.



III 课后巩固

一、根据句意用所给单词的适当形式填空

1. I know some _____ (story) about that old man.
2. Some students want _____ (be) teachers when they grow up.
3. Daniel plans _____ (spend) his holiday in Japan.
4. — _____ Amy often _____ (swim) after school? — Yes, she does.
5. Kitty is always _____ (care) with her diet, so she is healthy.

二、单项选择

- () 1. There's _____ "l" in the word "luck".
A. a B. an C. the D. /
- () 2. Kitty _____ practises dancing hard, so she is good at it.
A. never B. seldom C. sometimes D. always
- () 3. Millie is very _____. She wants to sit down and have a rest.
A. tired B. hungry C. thirsty D. healthy
- () 4. — _____ do you watch TV every day? — Less than an hour.
A. How long B. How much C. How many D. How often
- () 5. Can you give me _____?
A. two bread B. two breads
C. two pieces of bread D. two pieces of breads

三、根据汉语意思完成句子

1. We need _____ (一个鸡蛋和一条鱼) for the soup.
2. Jim _____ (从不吃冰淇淋).
3. _____ (吃得太多) will make you fat.
4. _____ (多少) TV do you watch every day?
5. My brother does some exercise every day _____ (保持健康).

四、阅读短文, 根据要求回答问题

James is very fat. He wants to lose weight, so he is on a diet. He must eat very little. He eats little sugar because it can make him fat. He also does exercise every day. He swims and runs about two miles a day. Now he is stronger than before. James' cousin, Ann, is healthier than James. She is also younger and thinner than he is. She does exercise every day, too. She doesn't eat much meat. She eats a lot of fruit and vegetables.

1. What does the phrase "on a diet" mean in Chinese? _____
2. Why does James eat little sugar? _____
3. What sports does James do every day? _____
4. What is James' cousin like? _____

五、写作 以“My healthy lifestyle”为题, 写一篇短文。文中需包括:

1. What was your diet before?
2. How about now?
3. How often do you exercise?
4. What do you do every day?