

张文霞 主编

R
(新目标)

英语

创新

八年级上

课时精练

创新课时精练 英语

创新课时精练

| | | | | |
|--------|----|-----------|-----|------|
| 创新课时精练 | 语文 | (七、八年级上、下 | 九年级 | 人教版) |
| 创新课时精练 | 数学 | (七、八年级上、下 | 九年级 | 浙教版) |
| 创新课时精练 | 英语 | (七、八年级上、下 | 九年级 | 新目标) |
| 创新课时精练 | 科学 | (七、八年级上、下 | 九年级 | 浙教版) |

创新课时精练 英语 (八年级上)

责任编辑 尤建忠

出版发行 浙江大学出版社

(杭州浙大路38号 邮政编码:310027)

(E-mail:zupress@mail.hz.zj.cn)

(网址: <http://www.zjupress.com>)

排 版 杭州好友排版工作室

印 刷 杭州出版学校印刷厂

开 本 787mm×1092mm 1/16

印 张 9.25

字 数 307千字

版 印 次 2006年6月第1版 2006年9月第2次印刷

统一书号 7308·285

定 价 10.00元

编写说明

要学好一门学科,除掌握该学科的基本概念、基本知识外,还必须学会自主学习、善于探究,掌握分析问题、解决问题的方法。毋庸置疑,这些能力和方法的获取,是需要通过一定数量的习题训练来达成的。但训练不是多多益善,更不能搞题海战术。把学生从题海中解脱出来,通过少而精的训练,激发学生的学习热情,培养学生的学习兴趣,正是编写本丛书的目的。基于此,我们约请了省内一线的资深高级教师和特级教师,编写了这套“创新课时精练”丛书。丛书以新课程标准的理念为依据,从教学实际出发,遵循学生的认知规律,按照“新”、“精”的原则精选内容。

丛书包括语文(七、八年级上下,九年级)、数学(七、八年级上下,九年级)、英语(七、八年级上下,九年级)和科学(七、八年级上下,九年级),共20个分册。

每册内容包含以下栏目:

1. 知识盘点 梳理知识脉络,从知识点出发,着重训练学生的识记、理解能力;
2. 知识巩固 从课程标准的基本要求出发,着重训练学生应用知识的能力;
3. 拓展延伸 从培养学生学习能力出发,着重训练学生分析和解决问题的能力;
4. 综合提高 从培养学生综合素质出发,着重训练学生的综合探究能力。

本书由张文霞主编,参加编写的人员有:孙广趁、王海英、金秀敏、吕秀良。

目 录

| | | |
|------------|--|-----|
| Unit 1 | How often do you exercise? | 1 |
| Unit 1 | 单元学习评价 | 8 |
| Unit 2 | What's the matter? | 11 |
| Unit 2 | 单元学习评价 | 18 |
| Unit 3 | What are you doing for vacation? | 23 |
| Unit 3 | 单元学习评价 | 30 |
| Unit 4 | How do you get to school? | 35 |
| Unit 4 | 单元学习评价 | 42 |
| Unit 5 | Can you come to my party? | 46 |
| Unit 5 | 单元学习评价 | 54 |
| Unit 6 | I'm more outgoing than my sister | 57 |
| Unit 6 | 单元学习评价 | 64 |
| Unit 7 | How do you make a banana milk shake? | 67 |
| Unit 7 | 单元学习评价 | 74 |
| Unit 8 | How was your school trip? | 78 |
| Unit 8 | 单元学习评价 | 85 |
| Unit 9 | When was he born? | 89 |
| Unit 9 | 单元学习评价 | 96 |
| Unit 10 | I'm going to be a basketball player. | 100 |
| Unit 10 | 单元学习评价 | 106 |
| Unit 11 | Could you please clean your room? | 110 |
| Unit 11 | 单元学习评价 | 117 |
| Unit 12 | What's the best radio station? | 121 |
| Unit 12 | 单元学习评价 | 127 |
| 参考答案 | | 131 |

Unit 1 How often do you exercise?

Period 1 Section A 1a—2c

基础巩固

I. Words and sentences. (词汇句型巩固。)

A. List (请罗列你的周末活动, 包括你经常做的、想做的、可以做的)。

| Weekend activities |
|--------------------|
| |
| |
| |
| |
| |

B. Arrange and write (将以下的活动按照你做的频率由多到少排列填写在下列表中, 并写出你的活动频率)。How often do you do these activities?



| Activities | How often |
|------------|-----------|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

C. 请问你的朋友: How often do you...? 并记录下他(们)的答案:

如: Picture 1: Li Ming **runs** every morning.

Picture 2: _____

Picture 3: _____

Picture 4: _____

Picture 5: _____

Picture 6: _____

Picture 7: _____



综合运用

I. Look and complete the conversation. (看图补全对话。)

A: What do you do _____ weekends?

B: I often watch TV at home.

A: _____ do you watch TV?

B: I watch TV every day.

A: _____ your favorite program?

B: _____ Animal World.

A: How often _____ you watch it?

B: Once a week.

A: What does Jim do on weekends?

B: He often _____.

A: How often _____ he do it?

B: _____ a week, on Saturday and Sunday.



Jim

II. Read and complete the chart. (完成表格。)

What do you... do? 根据所给频率词, 写出你相应的一些活动:

| How often | Activities |
|-------------|------------|
| always | |
| usually | |
| often | |
| sometimes | |
| hardly ever | |
| never | |

Period 2 Section A 3a—4



基础巩固

I. Rearrange the words. (归纳排列下列词汇。)

all, always, never, exercise, fruit, most, usually, no, vegetables, go to the movies, often, some, meat, sometimes, watch TV, hardly ever, go shopping, milk, porridge

1. 时间频率副词(高到低): _____
2. 表示数量的形容词(多到少): _____
3. 表示活动(activities): _____
4. 食物(food): _____

II. Fill in the blanks with the right words in the box. (选择方框中词的适当形式填空。)

or, no, watch, result, most, for, some, how often, as for

1. Here are the _____ of the student activity survey at Green High School.
2. _____ homework, _____ (51%—99%) students do homework every day.
3. _____ (1%—50%) students play computer games once or twice a week.
4. _____ (0%) students surf the Internet every day.
5. The results _____ “exercise” are interesting.
6. —What does Jim do on weekends? —He sometimes _____ TV.
—_____ does he watch TV? —Twice a week.
7. Some students go shopping three _____ four times a week.



综合应用

I. Read and fill. (阅读表格信息, 完成短文, 每空一词。)

No. 1 Middle School: Activity Survey

| Activity | Every Day | Three or Four Times a Week | Once or Twice a Week |
|-------------------|-----------|----------------------------|----------------------|
| Surf the Internet | 5% | 10% | 85% |
| Exercise | 25% | 65% | 10% |
| Do housework | 5% | 20% | 75% |

All students=100% Most students=51%—99% Some students=1%—50% No students=0%

We did a survey about the students' activities in No. 1 Middle School. _____ students do exercise every day, and _____ students exercise three or four times a week. All the students say they like to surf the Internet, but _____ of them can surf the Internet only once or twice a week, because they must work hard at their subjects. Only 5% of them surf the Internet _____. What's interesting is that 5% of the students _____ every day. _____ of them do it once or twice a week.

II. Survey and report. (调查汇报。)

请根据表格中所罗列的 activities 运用 How often do you...? 调查你的三位同学, 并将其答案填写在下表中。

| Name | How often | | |
|-------------------|-----------|--|--|
| Activities | | | |
| Surf the Internet | | | |
| Go shopping | | | |
| Read English book | | | |
| Exercise | | | |
| Go to KFC | | | |
| Go skateboarding | | | |

Report[汇报]:

III. Class survey. (班级调查。)

调查你全班同学, 将数字(百分比)填写在下表中, 然后将其写成调查报告。

| Class _____: Activity Survey | | | | |
|------------------------------|-----------|----------------------------|----------------------|-----|
| Activity | Every Day | Three or Four Times a Week | Once or Twice a Week | ... |
| Surf the Internet | | | | |
| Read English book | | | | |
| Watch TV | | | | |

What Do Students Do in Class _____?

Period 3 Section B 1a—2c

基础巩固

I. Write. (请写出下列图片中的食物英语单词。)



1. _____



2. _____



3. _____



4. _____



5. _____



6. _____



7. _____



8. _____

II. Classify and list. (请归纳以上食物, 并增加至少 3 种食物。)

1. healthy food: _____

2. junk food: _____

III. Look and complete the conversation. (看图补全对话。)

A: Hi, Tom. _____ it going?

B: Pretty good. What about you?

A: Not bad. What are you doing?

B: I'm drinking _____.

A: _____ do you drink it?

B: I drink it every day.

A: Do you like it?

B: No. But my parents want me _____ drink it. They say it's _____ my health.

A: Do you like ice cream?

B: _____, I like it very much.

A: How often do you eat it?

B: I eat it two or three times a week.

A: Oh, it's _____ food and it's bad for your _____.



综合运用

I. Rearrange the words or phrases. (根据句意提示把方框里的单词及词组分类。)

- A. eat vegetables B. go to the movies C. never D. go to the beach
E. hardly ever F. eat junk food G. exercise H. listen to English program
I. read English books J. watch TV too much

- It's very bad for our health to _____.
- It's good for our health to _____.
- On weekends, Mr and Mrs Black often _____.
- It's good for our English studies to _____.
- She wants to be quiet. So she _____ goes out on weekends.

II. Survey and report. (调查并完成汇报。)

| Questions | Name | | | |
|---|------|--|--|--|
| 1. How often do you eat vegetables? | | | | |
| 2. How often do you eat fruit? | | | | |
| 3. How often do you drink milk? | | | | |
| 4. How often do you eat junk food? | | | | |
| 5. How often do you drink coffee? | | | | |
| 6. How often do you drink cola? | | | | |
| 7. How often do you exercise? | | | | |
| 8. How many hours do you sleep every night? | | | | |

Who is healthy? _____

Report: _____ vegetables _____ times a week/day. He/She _____

Period 4 Section B 3a—Self-check

基础巩固

I. Vocabulary. (词汇巩固。)

A. 根据首字母或中文意思拼写单词完成句子:

1. —Do you often d _____ milk? —Yes, it's good for my health.
2. He exercises every day. He has a good h _____.
3. —Do you have a healthy l _____? —Yes, I'm pretty healthy.
4. I have to drink milk every day, _____ (尽管) I don't like it.
5. We should eat _____ (不同的) kinds of food to keep healthy.

B. 根据所给单词的适当形式填空:

1. Mom wants me _____ (drink) more milk.
2. My brother's _____ (eat) habits are not very good.
3. My mom goes shopping _____ (two) a week.
4. You work very hard. But you have to look after your _____ (healthy).
5. She tries _____ (eat) a lot of vegetables to keep healthy.
6. My healthy lifestyle helps me _____ (get) good grades.
7. Is her lifestyle the same as _____ (you) or different? What are the _____ (different)?
8. You must _____ (try) to eat less meat.

II. Read and fill. (填空并完成表格。)

A. 选择所给单词的适当形式填空:

habit, pretty, when, health, but, help, of, eat, better, it

... but I'm _____ healthy. I exercise every day, usually _____ I come home from school. My eating _____ are pretty good. I try _____ a lot of vegetables. I eat fruit and drink milk every day. I never drink coffee. _____ course, I love junk food too, _____ I try to eat _____

only once a week. Oh, I sleep nine hours every night. So you see, I look after my _____. And my lifestyle _____ me get good grades. Good food and exercise help me to study _____.

B. 请根据以上短文内容, 选择最佳答案完成下表:

| | |
|------------|--|
| exercise | |
| vegetables | |
| fruit | |
| milk | |
| coffee | |
| junk food | |
| sleep | |
| She is | |

- | | | |
|----------------|-------------|---------------------------|
| A. every day | B. healthy | C. nine hours every night |
| D. once a week | E. a lot of | F. never |



综合练习

I. Reading comprehension. (阅读理解。)

Jim: Hello, Tom. Where are you going?

Tom: I'm going to buy some milk. There's no milk in my fridge (冰箱).

Jim: Do you like milk?

Tom: No. But my mother drinks it every morning and evening.

Jim: Is your mother well?

Tom: Not very healthy. She doesn't like to exercise.

Jim: Oh! I'm sorry. How's your father?

Tom: He's strong and healthy. He likes to exercise. He runs for 30 minutes every morning.

Jim: Do you usually run in the morning?

Tom: No, I can't get up early. But I play basketball three or four times a week and swim three or four times a month. So I'm pretty healthy now. How about you, Jim?

Jim: I like to exercise too. I dance in the club four times a month and play ping-pong three times a week with my father. So, look! I'm as strong as you.

根据以上对话内容判断下列句子正(T)、误(F):

- () 1. Tom likes to drink milk very much.
- () 2. Tom's mother drinks milk every day.
- () 3. Jim's mother isn't well.
- () 4. Tom's father is strong and healthy.
- () 5. Tom's father runs for 30 minutes every morning.
- () 6. Tom hardly ever runs in the morning.
- () 7. Tom plays basketball and swims three or four times a week.
- () 8. Jim dances with his father in the club four times a month.

Unit 1 单元学习评价

I. Basic language knowledge. (基础语言知识. 5 分)

- () 1. Some students watch TV three _____ four _____ a week.
A. and, times B. and, time C. or, times D. to, time
- () 2. —_____ do they play football? —Every day.
A. How old B. How much C. How many D. How often
- () 3. His mother wants him _____ at home today.
A. stays B. stayed C. to stay D. staying
- () 4. —Please drink some milk. It's good _____ your health. —Thank you.
A. to B. for C. at D. with
- () 5. _____ I have one healthy habit, _____ I'm not very healthy.
A. Although, but B. Although, / C. Although, so D. But, /

II. Vocabulary. (词汇巩固运用. 15 分)

A. 图词配对, 选出与图相配的词. (5 分)



1. _____ 2. _____ 3. _____ 4. _____ 5. _____

A. surf the Internet B. tea C. go skateboarding D. chocolate E. watch TV

B. Jim 正在准备明天英语课的演讲稿, 可是他有些单词记不起了, 又没有词典, 请你帮他, 将单词补上. (10 分)

| | |
|---|--|
| <div> <div> 段落 字体 字体大小 B I U </div> </div> | |
| <div> Hello, everybody! Today I'm going to talk about my healthy lifestyle. I'm pretty healthy. I _____ (锻炼) every day. I often play basketball, soccer ball, table tennis, and so on. My eating _____ (习惯) are pretty good. I _____ (试图) to eat a lot of vegetables, fruit and drink some _____ (牛奶). They are good for my health. But I _____ (几乎不) ever drink _____ (咖啡) and I eat _____ food (垃圾食品) only _____ (一次) a month. I _____ (睡眠) eight hours every night. So you see, I look after my health. Look! I'm strong. My healthy lifestyle helps me get good _____ (分数). Thank you! </div> | |

III. Rearrange the conversation. (对话排序. 8 分)

- A. I guess I eat it two or three times a week.
- B. Maybe twice a week. But I never eat fruit. I don't like it.
- C. Yes, a little.

- D. You're welcome.
E. How often do you eat it?
F. Do you like junk food?
G. OK, thank you for telling me.
H. What about vegetables and fruit?

正确顺序:



IV. Reading. (任务型阅读。27 分)

A

Here are the results of the student activities survey at No. 7 Middle School. Most students do homework every day. About 5% of the students do homework three or four times a week.

Some students play sports after school every day. But more than 65% of them only exercise once or twice a week. Only a few students never exercise.

Over 75% of the students watch TV once or twice a week. Some students watch TV every day.

The results for "surfing the Internet" are quite interesting. All students like this activity. About 30% of them surf the Internet three or four times a week. But most students are too busy to surf the Internet every day, and only 2% of the students surf the Internet every day.

根据以上短文内容完成下表。

| Activities | How often | | | | |
|-------------|-----------|---------------|-----------|----------------------------|----------|
| | How many | Every day | 1. _____ | Three or four times a week | 2. _____ |
| Do homework | | 3. _____ | / | 4. _____ | / |
| 5. _____ | some | more than 65% | / | 6. _____ | |
| Watch TV | | 7. _____ | 8. _____ | / | / |
| 9. _____ | 2% | / | 10. _____ | / | |

B

David's parents will travel to China for about a month. They make a list for David to remind him of what to do.

- I. Water the flowers once a day.
II. Exercise for 20 minutes every afternoon.
III. Give Harry dog food three times a day.
IV. Take the milk from the box every morning.
V. Change water for the fish twice a week.
VI. See the dentist every Sunday afternoon.
VII. Clean the house once a week.

根据以上内容在下表的正确位置上画“√”。

| Activities How often | Water the flowers | Exercise | Give dog food to Harry | Take the milk from the box | Change water for the fish | See the dentist | Clean the house |
|-------------------------|-------------------|----------|------------------------|----------------------------|---------------------------|-----------------|-----------------|
| Every day | | | | | | | |
| Once a week | | | | | | | |
| Twice a week | | | | | | | |

C

Liu Xiang is a famous runner in the world. He was the winner (获胜者) of the Athens Olympics (雅典奥运会). The Chinese people are proud (自豪) of him. He is a hard-working young man. He is still strong and healthy. Why is he in good health? He usually gets up early in the morning and exercises every day. He likes listening to music and he sings well. He has good eating habits. He never eats junk food and hardly ever smokes (吸烟) and drinks (饮酒). He goes to bed early and sleeps 8 hours every night. He often says, "It is important (重要的) for health to have a good lifestyle."



根据以上短文内容判断下列句子正(T)、误(F):

- () 11. Liu Xiang is a singer.
 () 12. He never wins the Olympics.
 () 13. He doesn't have a healthy eating habit.
 () 14. He likes singing and smoking very much.
 () 15. He has enough (充足的) sleep and he is healthy.

V. Read and fill. (选词填空, 注意词形变化。10 分)

tomato, for, keep, happy, healthy, help, every, be, fruit, sleep

Everyone wants to _____ healthy. Food is very important. There _____ a lot of healthy foods. You can eat more bananas, apples, oranges and _____ because _____ and vegetables are good _____ your health. But don't eat too much chocolate. It's not _____ food. Healthy food can make you strong and _____. Remember there is a saying, "An apple a day keeps the doctors away." Sports can also keep you healthy. Get up early and exercise _____ day. Don't be lazy! You will be healthy and happy. Good food and exercise help you to study better. Of course, you need to try to _____ 8 hours every day. Healthy lifestyle _____ you get good grades.

VI. Writing. (书面表达。15)

Are you healthy? What can you do to keep healthy? What's your lifestyle?

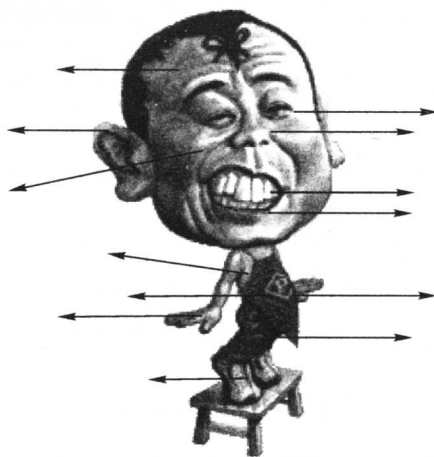
请以 "My lifestyle" 为题写一篇不少于 60 词的短文。

Unit 2 What's the matter?

Period 1 Section A 1a—2c

基础巩固

I. Look and write. (请写出下列人体各部位名称的英语单词。)



你还能写出多少其他身体部位名称的英语单词: _____

II. Match(连线, 可以多项连线。)

| | |
|----------------|-------------------------------------|
| 1. toothache | A. drink lots of water |
| 2. stomachache | B. see a dentist |
| 3. headache | C. drink lots of hot tea with honey |
| 4. sore throat | D. lie down and rest |
| 5. sore back | E. go to bed |
| 6. fever | F. shouldn't eat anything |

III. Look and complete the conversation. (看图补全对话。)

A: Hi, Tom. How's it going?

B: Terrible.

A: What's the _____?

B: I have a bad _____.



A: Oh. Maybe you should see a _____.

B: That's a good _____.

A: Now you shouldn't eat _____.



综合应用

I. Look and complete the conversations. (看图填空回答问题。)

1. — _____ the matter? —I have _____.

—You should _____.

You shouldn't _____.

2. — _____ ? —I have _____.

—You should _____.

You shouldn't _____.

3. — _____ ? —I have _____.

—You should _____.

You shouldn't _____.

4. — _____ ? —I have _____.

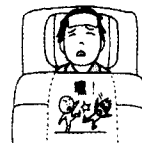
—You should _____.

You shouldn't _____.

5. — _____ ? —I have _____.

—You should _____.

You shouldn't _____.



II. Give advice (提建议)

Li Mei is a middle school girl. She is not healthy, so she wants to be healthy. What should she do? Can you help her? Give her some advice. She should... and she shouldn't...

My Advice (建议)

She should _____

Period 2 Section A 3a—4

基础练习

I. Complete this chant and read. (完成下列歌词, 注意所填单词的单复数形式。)

Think with your _____. Look with your _____.

Listen with your _____. Smell (闻) with your _____.

Eat and speak with your _____. Turn your head with your _____.

Carry heavy things with your _____. Take things with your _____.

Digest (消化) food with your _____. Put your backpack on your _____.

Help you run ahead (向前). Kick the football with your _____.

Don't forget, don't forget. Brush (刷) your _____ every morning and night.

II. Look and complete the conversation. (看图补全对话。)

A: What's the matter?

B: I'm not _____ well. I have a _____.

A: When _____ it start?

B: About two days _____.

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

And you shouldn't _____.

B: Yes, I think _____.

A: I _____ you feel _____ soon.

B: Thank you, doctor.

A: That's OK.



综合练习

I. Reading. (阅读理解。)

Get Well Soon!

Mother: How are you this morning, dear?

Jerry: A little better, thank you, Mum.

Mother: You really look better.

Jerry: Do you think I can go to school tomorrow?

Mother: Don't worry (担心) about your lessons. Here's a card for you.

Jerry: Really? Whom (谁) is it from?

Mother: It's from your classmates.

Jerry: What does it say?

Mother: "Get well soon and keep healthy."

Jerry: How nice!

根据以上对话内容回答下列问题: