

# 百思英语

## BEST ENGLISH

人教版 初中英语（新目标） **八年级（上册）**

# 辅导与训练

丛书主编：李键强

专家辅导——释疑解惑

高效训练——夯实基础 提升能力

知识拓展——发展思维 开阔视野





**百思英语**  
BEST ENGLISH

图书在版编目(CIP)数据

人教·英语·初中(新目标)系列

2007.8

百思英语丛书“辅导与训练”系列随着新课改的铺开,受到越来越广泛

ISBN 978-7-5062-8850-7

“辅导与训练”系列与“新目标”、新课程接轨,体现着创新、开放的编写思想,

人教版 初中英语(新目标)

# 辅导与训练

八年级(上册)

百思英语丛书主编 李健强

本册主编 柳尼娜 刘传根

编者 叶梅英 黄雪英

杨军伟 庞桂莲

陈晓霞

世界图书出版公司

广州·上海·西安·北京

定价: 12.50元

## 图书在版编目(CIP)数据

人教版·初中英语(新目标) 辅导与训练 八年级/李键强主编.- 广州:广东世界图书出版公司,2007.8

(百思英语)

ISBN 978-7-5062-8850-7

I. 新…      II. 李…      III. 英语课—初中—教学参考资料  
IV. G634.413

中国版本图书馆 CIP 数据核字(2007)第 103990 号

人教版·初中英语(新目标) 辅导与训练 八年级(上册)

---

责任编辑: 戴华国

出版发行: 广东世界图书出版公司

(广州市新港西路大江冲 25 号 邮政编码: 510300)

电 话: 020-37218117 84460408

经 销: 各地新华书店

印 刷: 湛江南华印务公司

(地址: 广东省湛江市霞山区绿塘路 61 号)

版 次: 2007 年 8 月第 1 版

2007 年 8 月第 1 次印刷

开 本: 787mm×1092mm 1/16

印 张: 8.5

I S B N 978-7-5062-8850-7/G·0246

定 价: 12.50 元

---

版权所有 侵权必究

# Unit 1

# 前言

百思英语丛书“辅导与训练”系列随着新课改的铺开,受到越来越多师生的欢迎。

“辅导与训练”系列与“新课标”、新课程接轨,体现着创新、开放的编写思想,主张“自主、合作、探究”的学习模式,强调深入浅出地读懂教材以获新知,循序渐进地科学训练以求夯实基础、提高能力,立足课本,拓展课外知识以求发展思维、培养创新的能力。

“辅导与训练”系列中每个分册都以新颖的栏目、精心的设计体现着上述要点,努力帮助同学们学好英语。

本书与“人教版”初中英语(新目标)八年级配套。书中的体例设计科学,讲解简明易懂,练习量充足,练习题型多样——包括语法填空、信息匹配、短文填空、任务型写作等新题型。相信本书能给同学们学好八年级英语带来切实有效的帮助。

## 书中的主要栏目及其特点:

- 新课导读——胸有成竹** 准确分析每个单元,要点一目了然,学习目标更明确。
- 学海泛舟——广闻博见** 引导同学们了解更多与单元内容相关的课外知识,拓展与单元话题相关的词汇,开阔同学们的视野。
- 学法导航——快人一步** 贯彻“新课标”提倡的学习策略,引导同学们巧学、巧记,学好英语,快人一步。
- 名师家教——全程辅导** 对每个单元的要点词、短语、句型、语法和交际用语等作深入浅出的讲解,全程辅导同学们学好每个单元。
- 活学活用——立竿见影** 重点内容着重练、专题专练;由词、短语、句型到专题,即学即练,力求帮助同学们巩固所学知识;所设计的练习由易到难、循序渐进。
- 达标评价——全面提升** 通过“语言知识应用——篇章理解——写作运用”的方式,科学全面地训练,切实提升同学们的英语水平。

本分册由一批对“人教版”初中英语有丰富教学经验的骨干教师编写。书中内容虽经反复推敲,但仍需不断完善,恳请广大师生指正!

百思英语丛书编委

# 目 录

---

## contents

Unit 1 How often do you exercise? .....	1
Unit 2 What's the matter? .....	10
Unit 3 What are you doing for vacation? .....	20
Unit 4 How do you get to school? .....	29
Unit 5 Can you come to my party? .....	38
Unit 6 I'm more outgoing than my sister .....	47
Unit 1-6 单元复习检测题 .....	57
Unit 7 How do you make a banana milk shake? .....	62
Unit 8 How was your school trip? .....	71
Unit 9 When was he born? .....	81
Unit 10 I'm going to be a basketball player .....	92
Unit 11 Could you please clean your room? .....	102
Unit 12 What's the best radio station? .....	112
Unit 7-12 单元复习检测题 .....	122
参考答案 .....	126

## Unit 1

## How often do you exercise?



## 新课导读——胸有成竹

## 要点分析

主要词汇、 短语	how often, exercise, once, twice, time, hardly, never, most, active, for, as for, about, health, habit, try, must, grade, better, same, as, different, difference, maybe, although, a lot of, keep
主要句型	What do you/they do on weekends? I/They usually/often/sometimes... What does he/she do on weekends? He/She usually/often/sometimes... How often do you...?
主要语法	频度副词
功能话题	谈论某事的频率



## 学海泛舟——广闻博见

## 背景知识

## 健身运动之最

**最优抗衰老运动:**抗衰老的健身方法首推跑步,实验证明,只要持之以恒坚持健身跑,就可以调动体内抗氧化酶的积极性,从而收到抗衰老的作用。

**最优减肥运动:**以手脚并用的效果最好,如滑雪、游泳等。如果你正当壮年,也可以选择拳击、举重、爬山等运动,对消耗脂肪特别有效。

**最优健美运动:**不少青年男女追求健美,只要持之以恒进行健美操和体操运动,加强平衡性和协调性锻炼,就会收到明显效果。

**最优抗高血压运动:**据日本专家研究,可供高血压病人选择的运动方式有散步、骑自行车、游泳等,不宜采用举、拉、推、挑重物之类的活动,因为这可诱发血压上升。

**最优防近视运动:**打乒乓球对于增强睫状肌的收缩功能很有益,奥妙在于打乒乓球时,眼睛以乒乓球为目标,不停地远、近、上、下调节和运动,不断使睫状肌放松和收缩,眼外肌也在不停地收缩,大大促进眼球组织的血液供应和代谢,因而能有效地预防近视。

## 奥林匹克运动会运动项目的英语单词

diving 跳水	water polo 水球	walk 竞走	marathon 马拉松
badminton 羽毛球	handball 手球	hockey / field hockey 曲棍球	
softball 垒球	equestrianism 马术	fencing 击剑	gymnastics 体操
rings 吊环	balance beam 平衡木	shooting 射击	
sailing 帆船	cycling 自行车	archery 射箭	
taekwondo 跆拳道	wrestling 摔跤	weightlifting 举重	
canoeing 皮划艇	judo 柔道	boxing 拳击	rowing 赛艇



## 学法导航——快人一步

运用构词法记忆本课单词

- 1 名词 -er, interviewer;
- 2 形容词 -y, healthy, funny, scary; -ive, active;
- 3 副词 -ly, hardly, really, usually;
- 4 否定 -un, unhealthy, uncountable;
- 5 合成 skateboard, maybe, backpack, bookcase, nootbook, weekend;
- 6 多词性转化 exercise(名词、动词); shop(名词、动词)



## 名师家教——全程辅导

## 要点精解

- 1 **shop** v. 买东西, 相当于 go shopping 或 do some shopping.  
My sister usually shops at weekends. 我姐姐通常在周末购物。  
**shop** n. 商店  
There is a shop nearby. 附近有一间商店。
- 2 **exercise** v. 锻炼, 运动  
My father always exercises in the morning. 我爸爸每个早上都做运动。  
【拓展】**exercise** n. 锻炼, 运动(为不可数); 训练, 练习(可数)  
Running is good exercise. 跑步是有益的运动。  
We are doing maths exercises. 我们正在做数学练习。  
During the break, we usually do eye exercises. 我们通常在课间做眼保健操。
- 3 **go skateboarding** 溜滑板; go+v-ing 表进行某项具体的活动。  
go swimming/boating/hiking/shopping 去游泳 / 划船 / 远足 / 购物
- 4 **surf the Internet** 上网, 在网上搜寻资料; 意思相当于 search some information on the Internet.
- 5 **as for** 至于; 关于, 常用于句首做状语, 其后跟名词、代词或 v-ing 形式。  
As for TV, most students watch it every night. 至于电视, 大多数学生每天晚上都看。
- 6 **try to do sth.** 尽力做某事; 试图做某事, 不包含是否成功的意思; **try doing sth.** 试着去做某事, 尝试做某事  
I tried to stand up, but I couldn't. 我试图站起来, 可我没有做到。  
You'd better try doing the experiment in another way. 你最好试试用另一种方法做这个试验。
- 7 **look after** 照顾, 照料; 相当于 take care of.  
The workers look after their own machines. 工人们照看自己的机器。  
【拓展】look after...well=take good care of 好好照顾; look like 看起来像; look for 寻找; look up 查找
- 8 **be good for** 对……有好处, 后面常跟名词或动名词作宾语。其反义词组为 be bad for, 意思是对……有坏处。  
Exercise is good for your health. 锻炼对你的健康有好处。  
Taking a walk after dinner is good for you. 饭后散步对你有好处。
- 9 **healthy** adj. 健康的  
The children look very healthy. 孩子们看起来很健康。  
【拓展】unhealthy adj. 不健康的; health n. 健康

⑩ **the same as** 和……一样;其反义词组为 **be different from**,意思是“和……不同”。

Her schoolbag is the same as yours. 她的书包跟你的一样。

I use the same text book as yours. 我用的课本跟你的一样。

⑪ **habit** *n.* 习惯,主要指个人习惯。

eating habit 饮食习惯

My father falls/ gets into the habit of sleeping late. 我爸爸养成了晚睡的习惯。

【拓展】**have the habit of** 有……的习惯;**fall/get into the habit of** 养成……的习惯(尤指染上……的习惯 / 嗜好)

⑫ **keep in good health** 保持身体健康,其同义词组为 **keep healthy**,

**be in good health** 意为“身体状况良好”,其反义词组是 **be in bad health**,意为“身体状况较差”。

He exercises every day to keep in good health. 他每天都锻炼,以保持身体健康。

My grandparents are in good health. 我的祖父母身体很好。

【拓展】“**keep + 形容词**”表示保持某种状态。

We must keep our classroom clean. 我们必须保持教室干净。

⑬ **less** *adj.* 更少,更小,后跟不可数名词。

less meat/water/milk 更少的肉 / 水 / 牛奶

⑭ **although** *conj.* 虽然,不能与 **but** 一起连用,句中用 **although** 就不用 **but**,用 **but** 就不用 **although**。

Although he's ill, he goes to school on time. 虽然他生病了,但他还是准时上学。

She eats a lot of chocolate, although she is very fat. 虽然她很胖,但她却吃很多的巧克力。

⑮ **maybe** *adv.* 也许,可能;相当于 **perhaps**。

Maybe he knows the answer. 也许他知道答案。

⑯ **want to do sth.** 想要做某事;**want sb. to do sth.** 想要某人干某事

Do you want to go to the movies with me? 你想和我一起去看电影吗?

I want you to help me with my math. 我想要你帮我学数学。

## 语法专讲

### 频度副词

常见的频度副词有: **always, usually, often, never** 等。还有一些短语也表示频度,如: **twice a day, four times a week** 等。询问频率可用 **how often**。

How often do you go to the park? 你多久去一次公园?

Sometimes. / Often. / Once a week. 有时候。 / 经常。 / 一个星期一次。

## 活学活用——立杆见影

### Section A

#### I 单词填空

① What do you usually do at w\_\_\_\_\_?

② Can you tell me the r\_\_\_\_\_ of the football game?

③ My mother goes shopping t\_\_\_\_\_ a week.

④ The children like the story very much because it is very i\_\_\_\_\_.

⑤ How o\_\_\_\_\_ do you go to the library?

⑥ I can h\_\_\_\_\_ solve the problem, because it is too difficult.





II 选词填空

shopping, hardly, usually, on, what, how often, times

- A: 1 do you usually do 2 weekends?  
 B: I 3 watch TV.  
 A: 4 do you watch TV?  
 B: Twice a week.  
 A: Do you go 5 on weekends?  
 B: No, I don't like shopping. I 6 ever go shopping.  
 A: What about your mother?  
 B: She goes shopping three 7 a week.

III 单项选择

- 1 —\_\_\_\_\_ does he shop? —Twice a month.  
 A. How long      B. How soon      C. How often      D. How far  
 2 Lily goes to a movie \_\_\_\_\_ a week.  
 A. one              B. once              C. first              D. one time  
 3 Li Ping usually goes to bed \_\_\_\_\_ eleven \_\_\_\_\_ weekends.  
 A. at, in            B. in, on            C. at, on            D. on, at  
 4 What's \_\_\_\_\_ favorite program?  
 A. Mike            B. Mike's            C. Mikes'            D. /

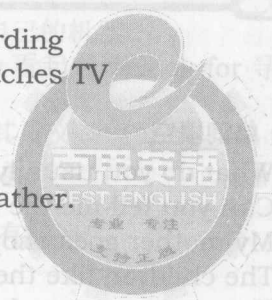
Section B

I 单项选择

- 1 —Excuse me, may I use your bike?  
 —Sure. Here \_\_\_\_\_.  
 A. is it              B. are you              C. they are              D. it is  
 2 It's too late now. \_\_\_\_\_ the shops are closed.  
 A. All              B. Some              C. Most              D. Any  
 3 Is her lifestyle the same \_\_\_\_\_?  
 A. to yours              B. to mine              C. as you              D. as mine  
 4 —Does she eat junk food every day?  
 \_\_\_\_\_.  
 A. Yes, she is              B. She often eats junk food  
 C. No, she doesn't              D. Twice a week  
 5 —What does she do on weekends?  
 \_\_\_\_\_.  
 A. She likes weekends              B. She likes skateboarding  
 C. She never stays at home              D. She sometimes watches TV

II 翻译下列句子。

- 1 他长得跟爸爸一模一样。  
 He \_\_\_\_\_ his father.  
 2 你能帮我照顾小狗吗?  
 Will you please \_\_\_\_\_ my dog?  
 3 我们将尽全力帮助你们。  
 We will \_\_\_\_\_ you.



- ④ 你多久去看一次电影?  
 \_\_\_\_\_ do you go to a movie?
- ⑤ 运动可以帮助我更好地学习。  
 Exercise can \_\_\_\_\_.
- ⑥ 我的父母身体很好。  
 My parents are \_\_\_\_\_.

### III 选词填空

healthy, study, close, enjoy, shop, carry, different, heavy

- ① Please keep the window \_\_\_\_\_.
- ② My mother goes \_\_\_\_\_ twice a week.
- ③ It makes a big \_\_\_\_\_ to my grades.
- ④ He always helps his mother \_\_\_\_\_ water.
- ⑤ It is raining \_\_\_\_\_ outside.
- ⑥ It is difficult \_\_\_\_\_ English well.
- ⑦ Everyone \_\_\_\_\_ music.
- ⑧ Eating junk food will make you \_\_\_\_\_.

### 语法专练

#### I 选词填空

never, often, sometimes, always, usually

- ① He is \_\_\_\_\_ late and the teacher is very angry.
- ② My sister \_\_\_\_\_ gets up at six o'clock, but she woke up very late today.
- ③ How \_\_\_\_\_ do you go to see your grandparents?
- ④ The weather is very dry because it \_\_\_\_\_ rains here.
- ⑤ Hamburgers are junk food, but I like to eat them \_\_\_\_\_.

#### II 翻译下列句子。

- ① 我几乎不吃垃圾食品。 \_\_\_\_\_
- ② 大部分学生每周看一两次电视。 \_\_\_\_\_
- ③ 你多久买一次东西? \_\_\_\_\_  
 一 每个星期三次。 \_\_\_\_\_

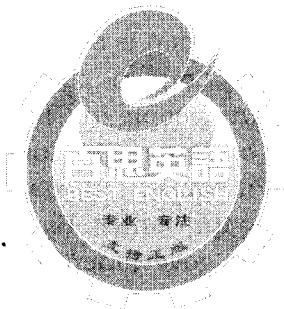
## 达标评价——全面提升

### 夯实基础

#### 第一节 词语识记

#### I 单词填空

- ① My little sister is an \_\_\_\_\_ (活跃的) girl.
- ② Mr. Smith is \_\_\_\_\_ (大约) thirty years old.
- ③ I don't know the \_\_\_\_\_ (结果).
- ④ Edison liked to \_\_\_\_\_ (尝试) new ideas.
- ⑤ How many \_\_\_\_\_ (次数) did you go to the zoo?
- ⑥ Animal World is my favorite TV p\_\_\_\_\_.  
 ⑦ The weather here is so cold, I can h\_\_\_\_\_ stand it.  
 ⑧ A\_\_\_\_\_ I got up early, I was still late.  
 ⑨ We must k\_\_\_\_\_ our classroom clean.  
 ⑩ There are some d\_\_\_\_\_ between the two pictures.



II 用所给的词或短语的适当形式填空。

- 11 He \_\_\_\_\_ (look after) the old man now.
- 12 He looks very \_\_\_\_\_. (health)
- 13 My car is quite different from \_\_\_\_\_. (you)
- 14 His \_\_\_\_\_ habit is pretty good. (eat)
- 15 He \_\_\_\_\_ (like) that song. It is really noisy.
- 16 What are the \_\_\_\_\_ (different) between English names and Chinese names?

第二节 语言知识运用

I 单项选择

- 1 English people \_\_\_\_\_ use Mrs. before a woman's first name.  
A. usually      B. never      C. often      D. sometimes
- 2 — \_\_\_\_\_ do you have an English test?  
— Once a month.  
A. How old      B. How far      C. How often      D. How long
- 3 We help the farmers \_\_\_\_\_ their rice harvest.  
A. with      B. to      C. in      D. for
- 4 Hurry up, or you'll \_\_\_\_\_ the last bus.  
A. miss      B. catch      C. take      D. keep
- 5 If you like the bread, you may have as \_\_\_\_\_ as you like.  
A. much      B. many      C. more      D. little
- 6 My father can make my kite \_\_\_\_\_ higher in the sky.  
A. fly      B. flies      C. to fly      D. flying
- 7 She always finishes her homework on time. She \_\_\_\_\_ leaves it for tomorrow.  
A. always      B. never      C. usually      D. sometimes
- 8 I am not good at \_\_\_\_\_ songs.  
A. sing      B. singing      C. to sing      D. sings
- 9 My computer doesn't work. Will you please help me \_\_\_\_\_ it?  
A. repairing      B. repairs      C. with repairing      D. repair
- 10 The young man often looks after the old lady \_\_\_\_\_.  
A. care      B. careful      C. carefully      D. careless

II 完型填空

When Chinese people find out that someone comes from London, they often say, "London is a foggy city, isn't it?" British people who visit China often have to say that London is not a foggy city at all! But if London is not foggy, 11 do so many people in China think it is? In fact, London used to be a foggy city, but it isn't any more. In London some of its pollution (污染) came from factories, but a lot of it came from coal (煤) because people used it in their houses 12 warm during the winter. By the 1950s, London's air pollution had become so 13 that the government (政府) decided to do something to clean up the air. A new rule was made. It said that 14 was allowed to burn (燃烧) coal in any British city. Just a few years 15, the air became much cleaner.

Now many Chinese cities meet the same kind of 16 with air pollution that London met forty or fifty years ago. However, this problem is more difficult for Chinese cities to 17. First, more of the pollution comes from big factories than from coal that people use in their houses. If these factories are suddenly closed, lots of people 18 their jobs. Second, cleaner fuels(燃料)are quite expensive. However, the air in many cities is 19 slowly becoming cleaner, because the government and ordinary people are trying to make pollution 20. As a result, the air in Beijing is getting cleaner and cleaner.

- 11 A. what B. when C. which D. why  
 12 A. to keep B. keeping C. kept D. keep  
 13 A. well B. good C. badly D. bad  
 14 A. somebody B. nobody C. anybody D. everybody  
 15 A. before B. ago C. later D. after  
 16 A. problem B. question C. accident D. discussion  
 17 A. find B. answer C. solve D. save  
 18 A. lost B. lose C. would lose D. will lose  
 19 A. almost B. already C. hardly D. nearly  
 20 A. little B. less C. much D. more

### III 语法填空

I go to the cinema a lot. I often go alone, 21 sometimes my friend Rose comes, too. My husband 22 comes with me—he is always too busy! I buy chocolates to 23 during the film. I usually 24 these night films very much. I don't want to see the 25 film twice, but sometimes I do if it's really good.

### 阅读提升

#### 第一节 阅读理解

A

Almost everyone likes dogs, and almost everyone likes to read about dogs. I have a friend. He has a big police dog with the name Jack. Police dogs are very clever. Every Sunday afternoon my friend takes Jack for a long walk in the park. Jack likes these long walks very much.

One Sunday afternoon a young man came to visit my friend. He stayed a long time. He talked and talked. Soon it was time for my friend to take Jack for a walk. But the visitor still stayed. Jack became much worried. He walked around the room several times and then sat down in front of the visitor and looked at him. But the visitor paid no attention (注意) to Jack. He went on talking. At last Jack got angry. He went out of the room and came back a few minutes later. He sat down again in front of the visitor, but this time he took the visitor's cap in his mouth.

- ① The young visitor stayed a long time in my friend's house, didn't he?  
 A. Yes, he was. B. Yes, he did. C. No, he wasn't. D. No, he didn't.  
 ② Jack became worried because \_\_\_\_\_.  
 A. he wanted to go out for a walk B. he wanted to play with him  
 C. he didn't know the young man D. he wanted to eat something

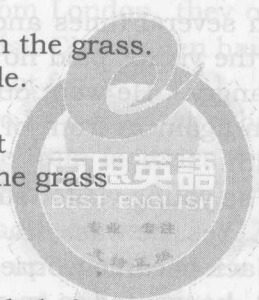
- 3 Jack sat down in front of the visitor because he wanted \_\_\_\_\_.
- A. the visitor to talk with him      B. to join the talk  
C. to show the visitor how clever he was      D. the visitor to leave the house soon
- 4 The visitor went on talking and \_\_\_\_\_.
- A. he paid no attention to his cap  
B. he didn't like Jack  
C. he didn't know that his cap was taken away by Jack  
D. he paid no attention to Jack
- 5 At last Jack took \_\_\_\_\_ in his mouth.
- A. food      B. nothing  
C. the visitor's cap      D. the visitor's bag

**B**

The day was like any other day in his life. After school Bill walked past the shop on the street corner. He stopped to look at the front row of shoes, and he felt sorry for himself. He really wanted to have a new pair of shoes for his birthday.

He sadly walked away and thought of what to tell his mother. He knew she would give him anything if she could. But he also knew very well she had little money. He decided not to go home at once, because he looked worried and he didn't want to make his mother worry about it. So he went to the park and there he sat on the grass. Then he saw a girl in a wheel chair. He found that the girl moved the wheels with her hands. Bill looked at her carefully and was surprised to see that the girl had no feet. He looked down at his own feet. "It is much better to be without shoes than without feet." He thought. It was not right of him to feel so sorry and sad. He went away and smiled, thinking he was luckier in life.

- 6 Bill was sorry that \_\_\_\_\_.
- A. the shoes in the shop were too large for him  
B. he forgot to bring any money with him  
C. he couldn't get a new pair of shoes  
D. he had to work hard every day
- 7 Which of the following is True?
- A. Bill's mother had much money.  
B. Bill's mother often bought presents for Bill's birthday.  
C. Bill's mother didn't love him so she never bought him anything.  
D. Bill had a poor family.
- 8 Why didn't Bill go home at once?
- A. Because his mother was at work.  
B. Because his mother wouldn't give him any money.  
C. Because he was tired and he wanted to have a rest on the grass.  
D. Because he didn't want to give his mother any trouble.
- 9 In the park, Bill found the girl \_\_\_\_\_.
- A. without hands      B. without feet  
C. walking sadly      D. sitting on the grass
- 10 At last Bill \_\_\_\_\_.
- A. decided to buy a new pair of shoes  
B. left the park sadly  
C. thought he was more luckier than the girl in the wheel chair  
D. didn't know what to do with his old shoes



## 第二节 新题探究

## C 信息归纳

In American high schools, most students take English, science, math and history. These are basic courses and each course is as useful as the others. In English class, the students study grammar and famous literature. In science class, they study biology, chemistry or physics. History is more interesting to some students because they learn more about important events and places in the United States. Others are music, home economics, and computer science. Students don't have to take all of these courses. Some study music because they feel it is more enjoyable. Some study computer science. It is more difficult than others, but a good student can do it easily.

Courses of American High Schools

Students	①		Reasons
most	English	grammar, literature	Basic courses
	science	Biology, chemistry, physics	
	②	/	
	③	important events and places	④
some	music		
⑤	computer science		

## 写作运用

## 第一节 写前热身

翻译句子。

- ① 中国的饮食习惯和西方国家的不一样。

The Chinese \_\_\_\_\_ are \_\_\_\_\_ that of the western countries.

- ② 我早餐经常喝粥。

I \_\_\_\_\_ have porridge \_\_\_\_\_.

- ③ 有时候我午饭吃面条。

\_\_\_\_\_ I \_\_\_\_\_ for lunch.

- ④ 晚饭后我通常吃一个苹果。

I \_\_\_\_\_ eat an apple \_\_\_\_\_.

## 第二节 任务型写作

外国朋友 Frank 对中国人的饮食很感兴趣,因此你决定向他介绍自己的饮食习惯。首先你拟出了下面的常用食谱,然后根据食谱写一篇短文来介绍自己一日三餐的饮食情况。

What I eat every day	
breakfast	milk, noodles, bread
lunch	rice, pork, vegetables, beef noodles
dinner	pork, chicken, fish, vegetables
after dinner	fruit

## Unit 2

# What's the matter?



### 新课导读——胸有成竹

#### 要点分析

主要词汇、 短语	have, cold, have a cold, foot, tooth, fever, rest, should, headache, shouldn't=should not, ago, so, illness, advice, thirsty, way, believe, weak, angry, medicine, everybody, get, few, a few, stay, important, until, hear
主要句型	—What's the matter? —I've got a cold/headache. You should... I hope that...
主要语法	情态动词 should, 动词 have 表示得(病), 患(病)
功能话题	谈论身体健康



### 学海泛舟——广闻博见

#### 背景知识

#### 在美国看病(Seeing a doctor)

在美国,除了政府设立的公立医院(Public Hospital)和慈善机构及教会、财团设立的私人医院(Private Hospital)外,还有大大小小的各类私人诊所(Private Clinic)。如有紧急病情,要到医院急诊室(Emergency Room)去看急诊。

在美国,要看病必须先和医生电话预约(make an appointment),不能随意拖延或取消预约。要取消预约,也必须先通知,否则一般是要付费的。美国的医疗费用通常较高,这一点在私立医院尤为明显。病人就诊时,如果找的是专科医生(Specialist),通常要比普通医生贵得多。平时看病,一次至少要花二、三十美元(买药除外)。

美国对药品的管理较严。除伤风感冒及某些外用药可以自由购买以外,其它药品必须由医生开处方(prescription)才能买到。药需要到药房(drug store)去买,药剂师(pharmacist)把药配好后,须写明药名和服用方法。人们要想知道该药蕴含的性能,可到图书馆查详细资料。看不同的病要找不同的医生,我们来了解一下各种专科医生的英语表达吧。

dentist 牙科医生

internist 内科医生

surgeon 外科医生

paediatrician 儿科医生

psychotherapist 心理医生

general practitioner 全科医师



### 学法导航——快人一步

#### I 运用构词法记忆单词

- 1 名词 -ist, dentist, artist; -ness, illness, kindness;
- 2 形容词 -al, traditional, national; -ern, western, eastern;
- 3 合成 stomachache, headache, skateboard, maybe



## II 运用归纳法记忆

各种疾病的表达

have a cold

患感冒

have a toothache

牙痛

have a fever

发烧

have a sore throat

喉咙痛

have a headache

头痛

have a sore back

背酸痛

have a stomachache

胃痛

have a sore neck

脖子痛



## 名师家教——全程辅导

## 要点精解

- ① **What's the matter?** 怎么了? 用来询问某人情况的。相当于 **What's wrong? What's your trouble? What's up?**  
**What's the matter with you, Tom?** 你哪里不舒服, 汤姆?  
**I have a headache.** 我头痛
- ② **I have a cold.** 我感冒了。一般情况下用 **have+a+n.** 表示患了某种疾病。常见“语法”部分。  
**cold** *n.* 感冒, 得了感冒可以说 **have/get a cold.**
- ③ **ache, sore** 与 **pain** 三者都有“痛”的意思, 但用法不同。  
**ache** 常指持续性的疼痛, 它常与身体某部分的名词结合构成复合词。如: **headache** (头痛), **toothache** (牙痛), **stomachache** (肚子痛) 等。  
**sore** 常指因发炎而引起的肌肉痛, 表示身体的某一部位疼痛时, 常置于部位名词前。如: **The old man has a sore back.** 那位老人背痛。  
**pain** 常指肉体上的剧烈疼痛, 它通常不与身体的部位名词直接连用。如: **The boy cried with pain.** 那男孩痛得大哭。
- ④ **see a dentist** 看牙医  
**【拓展】dentist** 指专门的牙科医生, 而 **doctor** 常指内科医生, 而不包括外科医生和牙医。
- ⑤ **I'm not feeling well.** 我感觉不好。  
 这是一个系表结构, **feel** 为连系动词, 意为“感到”, “觉得”, 后接形容词作表语。此处的 **well** 作形容词, 指身体好, 作连系动词的表语。  
**I'm not well, I have a headache.** 我不舒服, 头痛。  
**I feel very sad.** 我感到很伤心。
- 【拓展】**初中阶段常见的系动词还有 **be, feel, get, turn, become, keep, stay, smell, look, taste** (尝起来), **sound** 等。
- ⑥ **advice** *n.* 建议; 是不可数名词, 表示“一条建议”不能说 **an advice**, 而要用 **a piece of advice.**  
**She can give you some advice on learning English.** 她可以给你一些关于学英语的建议。
- 【拓展】advise** *v.* 建议
- ⑦ **People who are too stressed out and angry may have too much yang.**  
 此句的意思是: 太紧张、太易怒的人是阳太盛。  
**be stressed out** 意为“紧张的”  
**The students are stressed out because the exam is coming.** 由于要考试了, 学生们都很紧张。  
**too much** 意为“太多”, 用于修饰不可数名词。  
**Don't eat too much chocolate.** 不要吃太多巧克力。
- 【拓展】much too** 的意思是“实在太……”, 用于修饰形容词或副词原级, 表示程度的增加。  
**The box is much too heavy for him to carry.** 对于他来说, 这个箱子太重了, 他搬不动。



## 8 the balance of... ……的平衡

It's very important to keep the balance of nature. 保持生态平衡是非常重要的。

## 9 Eating Dangshen and Huangqi herbs is also good for this. 吃党参、黄芪这些药物对这也有益处。

动词作主语时,必须用动名词或不定式,谓语用单数。如:

Watching TV for a long time is bad for our eyes. 长时间看电视对我们的眼睛有害。

Reading English newspapers is good for our English studying. 读英语报纸对我们学习英语有益。

## 10 It's easy to have a healthy lifestyle, and it's important to eat a balanced diet. 保持健康的生活方式很简单,同时均衡饮食也是很重要的。

这是一个不定式作主语的句子,不定式作主语时,常用句型 **It + be+adj./n. + to do...**,其中 **it** 为形式主语,代替不定式,不定式为逻辑主语。这种句式不但能起到强调的作用,而且可避免因主语太长而使句子显得头重脚轻。

It is interesting to see a movie. 看电影是有趣的。

**have a healthy lifestyle** 意思是“保持健康的生活方式”。

**eat a balanced diet** 意思是“均衡饮食”,此处 **diet** 不可用 **meal** 代替,meal 泛指一顿饭食,diet 泛指日常的饮食或为某种目的而规定的饮食。

She goes on a diet these days. 她这些天以来一直在节食。

## 11 everyone pron. 每个人,是不定代词,强调全体,当它作主语时,后面的谓语用单数形式。

Everyone likes to listen to his music. 人人都喜欢听他的音乐。

## 12 tired adj. 疲倦的; get tired 感觉疲倦; be/ get tired of 对……感到厌烦。

He is ill and he always gets tired. 他病了,老是觉得累。

He is tired of Tom. 他讨厌汤姆。

## 13 at the moment 此刻(相当于 now); 那时

I am very busy at the moment. 我此刻很忙。

**moment** n. 片刻;瞬间

Just a moment, I want to speak to you. 请稍等一下,我想跟你说句话。

## 14 until 一直到,表示动作、状态的继续,与之连用的谓语动词须为延续性动词;until 还可用在否定句中,常与瞬间动词连用,意为“直到……才”。

We're going to stay here until Saturday. (stay 为延续性动词) 我们要一直在这儿呆到周六。

The meeting won't begin until Mr. Brown gets here. 布朗先生到了会议才会开始。

## 15 host family 接待家庭; 寄宿家庭

**host** n. 主人; 节目主持人

**host country** 主办国家

【相关知识链接】**host family** 是一个现在非常流行的不同国家之间的文化交流活动。一个国家的学生或老师到国外去学习,住在外国人家里。同样,外国人来到这个国家学习,居住在这个国家的家庭中,与其家人共同生活。

## 16 I'm sorry to hear that. 听到这件事我很难过。是在得知他人遇到不幸或有不愉快的事情时,表示自己对此内疚或感叹的常用语。

—My mother is ill. 我母亲生病了。

—I'm sorry to hear that. 听到这件事我很难过。