

人教版课标本

龙门

学生专用版

新教案

在线课堂



八年级英语 (上)

全新修订

● 丛书主编 周益新 ● 本册主编 皮建明



龍門書局

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在线课堂

新教案

八年级英语(上)

按人民教育出版社课程
标准实验教材同步编写

(全新修订)



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策划者语

学会学习,轻松考高分

你会学习吗?

在学习中,你是否存在以下问题:

♪ 你上课会不会经常走神?老师讲课有些内容你没有听懂怎么办?

如果你上课经常走神,或者没有听懂老师的讲解,而你又不喜欢问老师问题,那你在学习的过程中就会有不懂的问题。一个个不懂的问题积攒在一起,形成一片片知识空白。长此以往,你的成绩能提高吗?

因此,你需要一个能够像播放DVD一样将老师讲解再现的“纸上课堂”。

♪ 你在家学习,有问题不会怎么办?

老师不在身边,家长帮不上你的忙,问题不会,无处可问,成绩怎样,可想而知。

所以,你需要一个可以随时提问、不受约束的“便携式纸上教练”。

这些问题是大多数学生的通病,但正是它们导致你的成绩徘徊不前。我们策划这套书就是为了解决大家在学习中的这些问题——你可以在较短的时间内学得更多,记得更牢,练得更精。

如何利用本书迅速提高学习成绩?

本套丛书是专门为那些渴望成为优等生的同学设计的,它可以用于预习、上课、课后作业时。栏目设计新颖别致,有自己独特的功能,你在使用时一定要特别留心以下几个栏目:

问题探究

在新课标的新考试形势下,“着重考查学生运用知识分析和解决实际问题的能力”明确写入中高考考试大纲,研究性学习的内容成为考试热点。

为了从一开始就培养你的创新能力和研究性学习的能力,本书特别设计了“问题探究”这一栏目。学会如何思考、搜集信息、获得答案,应对考试不再困难。你可一定要特别注意哦!

教材全解

透彻理解教材的重要知识点,这是你解决一切问题的基础。千万不要教材知识点还没搞明白就去追难题!这一部分就像老师上课一样,帮你透彻理解教材知识点,在此基础上匹配典型例题,加深你对该知识点的理解。老师还为你总结了方法技巧、易错误区等,然后通过一两题随堂练习,检测你是否真正掌握了该知识点。

主干知识梳理

中考试题链接

为了帮助你更好地复习应考,本书特别设计了“单元小结与复习”一节:

1. 所谓“磨刀不误砍柴工”,这就是说,如果你的刀快,那么砍起柴来肯定既多又快还省劲。可是如何让刀快呢?很简单,就是对教材中的各知识考点了然于心,面对考题也就能很快找到思路,难题也就迎刃而解。

“主干知识梳理”将各单元你最需要掌握的问题全部归纳在一起,尤其是在期中、期末复习时,只要你完全记在心里,相信你一定能取得满意的成绩!

2. 在你身边,肯定有很多同学把做题奉为取得好成绩的“法宝”。可是当你筋疲力尽地做了一天的题却发现毫无成效时,你一定很困惑吧?其实你是没有找到使用“法宝”的秘诀,练错了题,白做功!力气要花在刀刃上,这刀刃就是中考真题。

“中考试题链接”精选各地最新中考真题,帮助你在最短的时间内练到位,获得事半功倍的效果。只要你是聪明人,一定能品出其中的妙处!

“世上无难事,只怕有心人。”渴望成为优等生的你,一定要做生活的有心人,那么,开始行动起来吧!

答案点拨及听力材料

Unit 1

[随堂练习]

- I. 1. always 2. every day 3. often
4. sometimes 5. never 6. hardly ever
- II. 1. habits 2. exercise 3. surf 4. help
5. junk 6. healthy 7. want 8. try
9. have 10. twice
- III. 1. Does your father usually do any sports in the morning?
2. Li Lei doesn't have a healthy lifestyle.
3. How often do most students in your class come to school on time?
4. What does your mother usually do on weekends?
5. When do you usually play football?
- IV. 1. C (do 作实义动词, 与 any shopping 构成短语“去购物”, 相当于 go shopping.)
2. C (第三人称复数实义动词的疑问式在句首加 do.)
3. B (见课本内容.)
4. B (问频率)
5. A (try to do sth. 句型“尽力干某事”; try doing sth. “做某事试试”。)
6. B (exercise 作实义动词“锻炼”。)
7. B (healthy 形容词作定语.)
8. D (be good for “对……有好处”; be good at “在……方面成绩好”。)

V. always Most usually Some often
Sometimes hardly ever never

[口语过关]

[第一节]

1. Yes.
2. I like playing basketball. (或其他运动)
3. Three times a week. (可根据自己的实际来作答)
4. Yes. I think so/No. I don't.
5. Answers are vary.

[第二节]

1. do, do, play football, How often do, play football, tires a, Who, your favorite, is, good for, Yes
2. or at, surf, How often, Once/Twice/a

3. How often do you eat fruit?

Yes, I do.

[语法精练]

- (1) How often (2) How many (3) How much
(4) How soon (5) How long (6) How far

[创新能力综合测试]

听力部分

- I. 1. Liu Ying usually goes to the movies once a month.
2. How long do you surf the Internet every week?
3. Most boys in our class exercise every day.
4. My favourite TV program is Animal World.
5. I hardly ever shop. I can't stand it.
答案: 1~5 BACCC

II. Woman: Thanks for coming in for the interview, Linda and Jack.

Linda: That's OK. We're glad to talk with you.

Woman: Thanks. Then, um, how often do you eat junk food?

Jack: Well, I like hamburgers very much. I eat it four or five times a week.

Linda: I like fried chicken and potato-chips. I eat them about three times a week.

Jack: And I have coke every day.

Linda: So do I. I like it.

Woman: Do you know junk food is not good for your health?

Jack: I know it's bad for health. But I like to eat it, and there are too many shops and restaurants selling it.

Linda: And fast food is really convenient (方便的).

Woman: Well, thank you very much.

Jack/Linda: You're welcome.

答案: 1~5 CACCC

III. I'm Mary. I'm an office worker.

Every day I get up at 7:00, and then I exercise for about forty minutes. Then I have a good breakfast. I get to work before half past eight. I have no time to go home for lunch, but I

try to eat a lot of vegetables. I try to eat less junk food. I drink milk every day. For supper I make a lot of different food. I sometimes watch TV less than an hour after supper. I always go to bed before 10 o'clock.

答案:1~5 TFFTT

IV. A: Hello! Emma, you look healthy.

B: Yes, I exercise every day.

A: That's good. How about your eating habits?

B: They're good, too. I try to eat a lot of vegetables, usually ten to eleven times a week.

And I eat fruit and drink milk every day.

A: Do you like milk?

B: No, but my father wants me to drink it. He says it's good for my health.

A: He's right. Good food and exercise help you to study better.

(答案:1. healthy, 2. every day, 3. eating,

4. better)

笔试部分

I. 1. sometimes 2. twice a week 3. never
4. every day 5. How often 6. Junk food 7. an unhealthy lifestyle 8. try to 9. go to the movies
10. Most students

II. 1. How often I watch TV every day.
2. What I usually read on weekends.
3. How many Some students sometimes do housework at home.
4. What I think his lifestyle is healthy.
5. When/ What time I get to school at about 7:00 every day.

III. 1. B (问频率用 How often.)
2. C (因空前有冠词 a, 故应选名词作 make 的宾语。且 make a difference “使得不同”是一固定词组。)
3. C (most of 后接名词时, 一般要加 the, 或 this, that 等, 表示“特指的一些人或物中的”大多数。)
4. A (Tina 是第三人称单数, 谓语动词一般现在时要加“es”。)
5. B (形容词 healthy 作宾语 you 的补足语。)
6. A (be the same... as “与……一样”。)
7. C (kind of “有一点”; a kind of... “一种……”。)
8. D (从题干前一部分可知“不喜欢看电影”, 因此后文“几乎不去看电影”也就顺理成章了。)

9. B (can't stand + v.-ing 表示“无法忍受干某事”。stand 后也可接名词。)

10. D (help sb. (to) do sth. 句型。)

IV. 1. f (从 That's OK. 是对谢谢的回答, 可知应选 f。)

2. e (回答 How often 的提问。)

3. d (从 Every day 的答语中, 可知。)

4. c (亦从答语中可推知, 问吃 junk food 的频率。)

5. b (从答语对时间长度的回答可知, 用 How long 提问。)

V. 这是一篇介绍中国的春节的文章, 每一年与一个生肖相应。

1. D (for “作为”。)

2. C (以生肖命名。)

3. B (be busy doing sth “忙于干某事”。)

4. C (cleaning 与 shopping 并列。)

5. A (welcome the New Year “迎接新年到来”。)

6. A (“大年初一”应是“第一天”。)

7. D (put on “往身上穿” dress 后接反身代词“给……自己穿衣”。)

8. C (“新年好运”之类的祝福语。)

9. D (A、B、C 的频率太少。只有 D 符合我们过年的习惯。)

10. A (in 表示“一段时间内”。for 后接一段时间, 句中用完成时或一般时。)

先看懂文章, 本文说到人感到累, 有四个方面原因: 第一是工作忙, 起早睡晚, 睡眠不充足。第二是可能生病了, 不健康而感到疲劳。第三, 吃了一些不能吃的食物, 如鸡蛋、花生、肉、巧克力或咖啡等。可能食物会引起人体不适, 或者因变质而导致你生病。第四, 则是因为空气不新鲜, 而使你疲劳, 因此要勤开窗换气。

11. well 12. busy 13. finish 14. night

15. late 16. early 17. tired 18. healthy

19. again 20. window(s)

VI. 1. A (从第一段中可知 The Browns 有一儿一女可知是四个人, 但都结婚, 有他们自己的家庭。)

2. D (从第一段最后两句中“... became a manager... get much money...”可知。)

3. B (从第二段“he's much fatter than before”和“... out of breath”可知。)

4. C (从“Do more exercise if you hope to live longer”到“playing golf...”可知。)

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Unit 1 How often do you exercise?

目标预览

[话题] Free time activities 休闲/课余活动

[功能] Talk about how often you do things
谈论干某事多久一次

[语法] Wh-questions wh-开头的疑问句

What do...?

How often...?

Adverb of frequency 表示频度的副词

All / most / some / none

[语言] What do you usually do on weekends?

I sometimes go to the beach.

How often do you eat vegetables?

Every day.

Most of the students do homework every day.

[词汇] always 总是, 一直

usually 通常

often 经常

sometimes 有时

hardly ever 很少

never 从不, 从来没有

how often 多久一次

once 一次

twice 两次; 两倍

three times a week 每周三次

every day 每天

milk 牛奶

junk food 垃圾食品

health 健康

unhealthy 不健康的

habit 习惯

在线课堂

Section A

1a Look at the picture. Make a list of the different weekend activities. 看图片, 列出不同的周末活动。

课本上图片中的 a、b、c、d、e 五个圈分别表示了五种活动, 也是图中人物谈论的话题: 一位女孩在购物; 另一位女孩在看书; 一位男生在健身; 另一位男生在看电视; 还有两位女生在玩滑板。

把这五种活动用英语写出来, 可以不必按照顺序写:

1. go skateboarding 2. read a book 3. _____
4. _____ 5. _____

1b Listen and write the letters from the picture above on the lines below. 听录音, 在下面的横线上写出与图中内容相对应的字母。

这段对话是, 一人提问, 问大家在周末都干些什么。有 6 人回答: 有的说通常做练习; 有的说总是去购物; 还有人说她/他经常去参加滑板运动; 也有的时不时看看电视或读书。

听清这些回答, 同时注意, always(总是, 一直)、usually(通常)、often(常常, 经常)、sometimes(有时)、hardly ever(几乎不)、never(从不)等都是表示“频度”的副词, 即表示某事或某动作多长时间发生一次。请注意听, 将活动与相对应的频度副词连接起来。(填代号 a、b、c、d 或 e)

always(100%) _____ usually _____ often _____
sometimes _____ hardly ever _____ never(0%) _____

1c PAIRWORK

Talk about the people in the picture above. What do they do on weekends? 谈谈上面图中的人物, 他们在周末干什么?

这里谈论的是经常性的活动, 不是某个具体的时间, 所以要注意用一般现在时态。找一个同伴, 看课本上的图片, 就“What does he/she do on weekends?”或“What do they do on weekends?”进行问答。

Example

A: What does she do on weekends? 她周末干什么?

B: She often goes to the movies. 她常常去看电影。

写出你们的几组问答:

A: _____
B: _____
A: _____
B: _____
A: _____
B: _____

2a Listen. Cheng is talking about how often he does different activities. Number the activities you hear [1~5]. 听录音, 陈先生正在谈他进行不同活动的频度, 给你听到的活动标上号码(1~5)。

从这一部分内容可知, 表示“频度”的副词(短语)还有 every day(每天)、once a week(每周一次)、twice a week(每周两次)、four times a month(每月四次)等。本部分的听力对话是陈先生接受采访, 他谈到了他的一些日常活动(上面 a、b、c、d、e 中所列出的)的“频度”, 先将他所做活动按先后顺序标上号。

Activities 活动

How often 多久一次

_____ a. go to the movies 看电影	every day 每天
1 _____ b. watch TV 看电视	once a week 每周一次
_____ c. shop 买东西	twice a week 每周两次
_____ d. exercise 锻炼	three times a week 每周三次
_____ e. read 看书	once a month 每月一次
	twice a month 每月两次

- 2b Listen again. How often does Cheng do the activities above? Match his activities with the number of times he does them. 再听一遍录音。陈先生多久做一次上述活动?把他的活动与他做这些活动的次数连接起来。

第二遍听录音时,多注意与各个活动相关的表示“频度”的短语,在上面的活动 2a 中将左、右两边连上线。像 watch TV 与 twice a week 连线,其他的呢?

2c PAIRWORK

How often do you do these activities? Fill in the chart and then make conversations. 这些活动你多久做一次?完成下表,然后进行对话练习。

本活动是两人一组做对话练习。先根据自己的实际情况完成下表,再找同伴,根据表格中的内容,像上面的对话那样,做对话练习。练习时除了用 How often 提问外,还可以进一步用 What, Where, How long, Who 等疑问词来相互询问。

Activities	How often
watch TV(看电视)	every day
surf the Internet(上网)	
read English books(读英文书)	
go to the movies(看电影)	
exercise(锻炼身体)	

Example

A: How often do you surf the Internet?

B: I surf the Internet twice a week.

A: Where do you surf the Internet?

B: I do it at home.

A: What do you usually do on the Internet?

B: I read news and talk with my friends on it.

A: How long do you surf on it every time?

B: About two hours.

写出一段你们的问答:

Write a short dialogue between two people using the information in the chart.

Write your dialogue here.

- 3 Read the magazine article. Use the information in the boxes below to help you. 阅读这篇来自杂志的文章,利用下面表格中的信息完成练习。

图表传递信息具有直观、量大的特点,学会看图表是一项重要的能力。活动 3 中表格显示的是格林高级中学学生活动的情况。100% 表示全部学生,51%~99% 表示大多数学生,1%~50% 表示有些学生,0% 表示没有任何学生。

从表中可以看出,每周进行几次体育锻炼的学生都有,而 75% 的人每周进行三至四次,符合 51%~99% 的范围,属于 Most students,故第一空填 Most。每周一到两次的占 10%,因

此第三句中用了 Some students exercise once or twice a week. 其他依此类推。

[参考译文]

格林高中的学生们都做些什么?

这是格林高中学生活动调查的结果。大多数同学每周运

- (1) 动三四次。部分同学每周运动一到两次。____ 同学非常活跃,每天都运动。至于家庭作业,____ 同学每天做作业。____ 同学每周做三到四次作业。____ 同学一周只做一两次作业。看电视的调查结果很有趣,____ 学生一周看一两次,一些同学一周____ 但大部分同学____ 都看。
- (2) (3) (4) (5) (6) (7) (8)

4 GROUPWORK

Who's the best English student? 哪位学生英语最棒?

What can you do to improve your English? Add more things to the chart. Then ask your classmates the question and find the best English student. 怎样提高你自己的英语水平?再给表格加上一些内容,然后问你的同学这个问题并找出英语最棒的学生。

学英语的确有多种途径,如看英文书、与人用英语交谈、听英语节目、看英语电影、多背课文等,但无论何种方法,要学好英语就必须反复练习、不断强化。

问问你周围的同学,他们学习英语有何“绝招”?多久一次?并填入下表中:

How often do you... 你多久做一次……	Once a week 每周一次	twice a week 每周两次	three times a week 每周三次	once a month 每月一次
read English books? 读英语书?		Lin Ying 林英		

Example

A: What do you do to improve your English?

B: I like watching English programmes on TV.

A: How often do you watch them?

B: I watch CCTV 9 every day.

写出两组自己的对话:

- A: _____
- B: _____
- A: _____
- B: _____

录音课文

Dialogue in 1b

Reporter: What do you usually do on weekends?

Boy 1: I usually exercise.

Girl 1: I always go shopping.

Boy 2: Eeeew... I never go shopping.

I can't stand shopping.

Girl 2: I often go skateboarding.

Boy 2: And I sometimes watch TV.

Reporter: How about you?

Girl 3: I hardly ever watch TV. I love reading.

Reporter: Oh, why is that?

Girl 3: Oh, I don't know. I guess I just like books.

Dialogue in 2a&2b

Reporter: So, Cheng, how often do you watch TV?

Cheng: Hmmm... about twice a week, I guess.

Reporter: Uh-huh. And how often do you read?

Cheng: Oh, I read every day at school!

Reporter: How often do you go to the movies?

Cheng: Uhh... let's see... maybe once a month?

Reporter: How often do you exercise?

Cheng: Oh, I exercise about three times a week.

Reporter: How often do you shop?

Cheng: Shop? I shop about... about twice a month.

参考答案

1a 1. watching TV 2. skateboarding 3. shopping

4. reading 5. exercising

1b always a usually c often e
sometimes d hardly ever d never a

2a&2b

Activities	How often
a. <u>3</u> go to the movies	every day
b. <u>1</u> watch TV	once a week
c. <u>5</u> shop	twice a week
d. <u>4</u> exercise	three times a week
e. <u>2</u> read	once a month
	twice a month

3 (1) Most (2) Some (3) most (4) Some (5) No
(6) Some (7) three or four times (8) every day

随堂练习

I. 选词填空(一词只能用一次)

hardly ever sometimes every day never always often

- My mother always gets up at six, seven days a week.
- Most of my classmates exercise every day and never eat junk food, but some of them eat junk food hardly ever.

3. —How often do you shop?

—Once a week.

4. Tom lives a little far from school. He sometimes gets to school late, but not very often.

5. Ann can't swim, so she never goes to the beach to swim. Sometimes she goes with me to run on the beach.

6. The weather is beautiful. It always rains here. It's usually sunny and warm.

II. 从方框内选择适当的词完成句子

exercise twice junk surf help have
want try healthy habit

- Lucy's eating habits are pretty good.
- Most students in our class exercise every day.
- Some children like to surf internet very much.
- Healthy food can help you keep in good health.
- You'd better not eat too much junk food.
- Fruit and vegetables are healthy.
- My parents want me to study hard.
- I'll try to do better in study this term.
- Would you like to have a healthy lifestyle?
- I usually go to my hometown twice a year.

III. 句型转换

- My father usually does some sports in the morning. (变为一般疑问句)
Does your father usually do some sports in the morning?
- Li Lei has a healthy lifestyle. (变为否定句)
Li Lei doesn't have a healthy lifestyle.
- Most students in our class always come to school on time. (对画线部分提问)
How often do most students in your class come to school on time?
- My mother usually does some cleaning on weekends. (对画线部分提问)
What does your mother usually do on weekends?
- We usually play football on weekends. (对画线部分提问)
When do you usually play football?

IV. 单项选择

- His friends C (not do) any shopping on weekdays.
A. isn't do B. aren't do
C. don't do D. doesn't do
- C the children play (play) football everyday?
A. Is, play B. Are, play
C. Do, play D. Does, play
- "Most" means B.
A. 100% B. 51% ~ 99%
C. 1% ~ 50% D. 0%
- B do you go to the movies?
— Once a week.
A. How many B. How often
C. How much D. How
- I love junk food, but I try A it only once a week.

A. to eat B. eat

C. eating D. eats

(A) 6. The twins' uncle _____ every day.

A. exercise

B. exercises

C. is exercise

D. is exercises

(A) 7. The _____ lifestyle may help you get good grades.

A. health

B. healthy

C. healthily

D. unhealthy

(D) 8. Good food and exercise are good _____ health.

A. at

B. with

C. in

D. for

V 根据汉语提示完成短文

All the students in our class always (总是) exercise.
Most (绝大多数) of us usually (通常) play basketball.
Some (有些人) of us often (经常) play football after school.
Sometimes (有时) we go to the movies. We hardly ever (很少) surf the Internet. And we never (从没) lift weights.

Section B

1a Match the words with the pictures.

将单词与图片连起来。

1. b junk food(垃圾食品) 2. _____ milk(牛奶)

3. _____ fruit(水果) 4. _____ vegetables(蔬菜)

5. _____ sleep(睡觉) 6. _____ coffee 咖啡

你可以看到六幅图片,每幅图片的内容与上述6个单词相对应,如图片b与junk food(垃圾食品)相对应。其他的题目稍加观察就能做对。

1b PAIRWORK

Ask and answer questions. Use the words from activity

1a. 利用上面活动1a中的词汇,两人一起进行问答练习。

同学们应围绕饮食爱好这一话题进行问答,可以用 How often, How long 等疑问词。

Example

Conversation 1

A: How often do you have junk food, Li Nan?

B: I sometimes have it.

A: Do you like junk food?

B: Yes, I like it. But my parents let me not have it. They say it's bad for my health.

Conversation 2

A: How long do you sleep every day?

B: About seven hours.

A: Is it enough?

B: No. I'm often sleepy. But my homework is too much. I have not enough time to sleep.

写出一段你们自己的对话:

A: _____

B: _____

A: _____

B: _____

A: _____

B: _____

2a Listen. Then circle your answer to each question. 听录音, 圈出你对每个问题的回答。

在你即将听到的这段录音中, Bill 和 Katrina 接受了一个有关饮食习惯、体育锻炼和睡眠时间的采访, 请注意他们的生活习惯是否健康。在相应的 Yes(是)、No(不)、I don't know(我不知道)中画圈。

Is Bill healthy? 比尔健康吗?	Yes(是)	No(不)	I don't know. (我不知道)
Is Katrina healthy? 卡特里娜健康吗?	Yes(是)	No(不)	I don't know (我不知道)

2b Listen again. Fill in the blanks in the survey.

再听一遍录音, 完成调查表。

听第二遍录音时, 将调查采访的结果记录下来。先看清表内容, 把每一项活动的频率听清楚, 填在相应的人物下面。

Questions	Katrina	Bill
1. How often do you exercise? (你多长时间做一次运动?)	every day	
2. How often do you eat vegetables? (你多久吃一次蔬菜)		
3. How often do you eat fruit? (你多久吃一次水果?)		
4. How many hours do you sleep every night? (你每天睡几个小时?)		
5. How often do you drink milk? (你多长时间喝一次牛奶?)		
6. How often do you eat junk food? (你多长时间吃一次垃圾食品?)		
7. How often do you drink coffee? (你多长时间喝一次咖啡?)		

2c PAIRWORK

Role play. Student A is the interviewer. Student B is Katrina. Then change roles. Student B is the interviewer and Student A is Bill. 分角色表演。学生A扮演采访者, 学生B扮演卡特里娜; 然后交换角色, 学生B扮演采访者, 学生A扮演比尔。

同学们可模仿活动2a和2b中的采访活动, 口头练习之后写出一段你们的会话。(可参考本课的“录音课文”)

Interviewer: How often do you exercise?

Katrina: _____

Interviewer: _____

Katrina: _____

Interviewer: _____

3a Read part of Katrina's letter to a pen pal and answer the questions. 读卡特里娜给她笔友的一封信(部分)并回答问题。

这篇文章是 Katrina 写给一位笔友的一封信(部分),她在信中谈到了自己在饮食等方面的生活习惯。读后回答下面的5个问题。其中1、2、3小题在短文中可找到答案,4、5小题则要结合自己的实际情况和看法来回答。

1. How often does she exercise?

(她多久做一次体育锻炼?)

2. How often does she drink milk?

(她多长时间喝一次牛奶?)

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

(她为什么每周只吃一次垃圾食品?)

4. Do you think she has a healthy lifestyle? Why or why not? (你认为她拥有一种健康的生活方式吗?为什么健康或为什么不健康?)

5. Is her lifestyle the same as yours or different? What are the differences? (她的生活习惯与你的生活习惯是否相同?不同之处在哪里?)

[参考译文]

……但我非常健康。我每天做运动,通常在放学回家后进行。我的饮食习惯相当好。我尽量吃很多蔬菜。我每天吃水果,喝牛奶。我从不喝咖啡。当然,我也喜欢垃圾食品,但我尽量一周只吃一次。哦,我每晚睡九个小时。所以你看,我很注意我的健康,而且我的健康的生活方式使我取得了好的成绩。良好的食物和适当的运动有助于我学得更好。

3b Now fill in the blanks in Bill's letter.

现在填出比尔信中的空白。

注意文章开头说 I think I'm kind of unhealthy“我觉得我的生活习惯不是很健康”,所以后面的语句应该与这一主题句相符:喜欢吃垃圾食物,不吃水果或蔬菜,也不进行或很少进行体育锻炼,这些都是不健康的生活习惯。

Example

1. hardly ever 2. fruit 3. vegetables 4. hate 5. milk

6. junk food 7. seven to ten times 8. sleep 9. eight

hours

写下你的答案:

1. _____ 2. _____ 3. _____ 4. _____
5. _____ 6. _____ 7. _____ 8. _____
9. _____

3c How healthy are you? Write about your own habits.

你的健康状况如何? 写写你自己的习惯。

根据3a和3b两篇文章的提示,你可写写自己的生活习惯,组成一篇短文。如:

I think I'm kind of unhealthy. I must stay in the classroom and study, so I hardly ever exercise. I eat vegetables every day, and I like to eat fruit, but I hardly ever eat any because I live in the

school instead of my home. When I am hungry after class, I often eat junk food. So maybe I'm not very healthy, although I want to have one healthy habit. I can't.

下面,写一篇你的短文。

3 SURVEY

Who is the healthiest? 谁最健康?

Add five questions to the survey on page 81. Then ask three classmates the questions and take notes. Discuss and decide: Who is the healthiest student? 给学生用书81页的调查表上加五个问题,再问三位同学这些问题,记录下他们的回答。讨论并确定:谁是最健康的学生?

根据本部分的活动要求:你先要准备好五个问题,加入81页的 Questions 中去。你可以问饮食习惯,如爱吃什么或不爱吃什么;也可以问睡眠情况;还可以问体育活动的时间长短和项目等。请写在下面:

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

录音课文

Dialogue in 2a&2b

Reporter: Thanks for coming in for the interview, Katrina.

Katrina: That's OK. This is Bill. You can interview him,

too.

Reporter: OK, then, so, um, how often do you exercise?

Katrina: Every day.

Bill: Hardly ever.

Reporter: Uh-huh. How often do you eat vegetables and fruit?

Katrina: I eat vegetables every day and I eat fruit every day.

Bill: I sometimes eat vegetables. But I never eat fruit.

I don't like it.

Reporter: All right. So how many hours do you sleep every night?

Katrina: Nine. I need lots of sleep.

Bill: Same. Nine. I need lots of sleep, too.

Reporter: How often do you drink milk?

Bill: Never. I can't stand milk. It's awful.

Katrina: Oh, I love milk — I drink it every day.

Reporter: What about junk food? How often do you eat it?

Bill: I love junk food — I eat it three or four times a week.

Katrina: Yeah, I love it too. I guess I eat it two or three times a week.

Reporter: And coffee? How often do you drink coffee?

Bill: Oh, I drink coffee four times a day. I love coffee.

Katrina: I never drink coffee.

Reporter: Well, thank you very much.

Bill/ Katrina: You're welcome.

参考答案

1a 1. b 2. a 3. e 4. c 5. f 6. d

2a 1. No 2. Yes

2b

Questions	Katrina	Bill
1	every day	hardly ever
2	every day	sometimes
3	every day	never
4	nine	nine
5	every day	never
6	two or three times a week	three or four times a week
7	never	four times a day

- 3a 1. Katrina exercises every day.
2. Katrina drinks milk every day.
3. She only eats junk food once a week because junk food isn't good for her health.
4. Answers will vary.
5. Answers will vary.

- 3b 1. hardly ever 2. vegetables 3. fruit 4. don't like
5. milk 6. junk food 7. three or four times 8. sleep
9. nine hours

SELF CHECK

Answers to ①

- Mum wants me to get up at 6:00 and play ping-pong with her. 妈妈要我早晨六点钟起床, 和她一起去打乒乓球。
- Grandpa is pretty healthy because he exercises every day. 爷爷由于天天锻炼, 身体很健康。
- A lot of vegetables help you to keep in good health. 吃大量蔬菜有助于保持健康。
- You must try to eat less meat. 你一定要尽量少吃肉。
- Do you have a healthy lifestyle? 你拥有健康的生活方式吗?

口语过关

【第一节】 请回答下列问题。

1. T: Do you exercise in the morning?

S: _____

2. T: Which sports do you like the most?

S: _____

3. T: How often do you play it?

S: _____

4. T: Do you think you are healthy?

S: _____

5. T: Why or why not?

S: _____

【第二节】 请根据文字和图画提供的信息, 与同伴相互进行问答。

1. A: What _____ you usually _____ on weekends?

B: I usually _____.

A: _____ you _____?

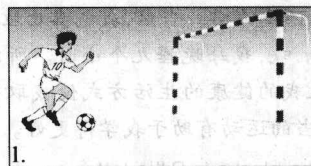
B: Four _____ month.

A: _____ is _____ footballer?

B: Owen.

A: _____ football _____ your health?

B: _____, I think so.



2. A: What do you do _____ weekends?

B: I _____ the Internet.

A: _____ do you surf the Internet?

B: _____ week.



3. A: _____?

B: I eat it every day.

A: Do you like fruit very much?

B: _____. And it's good for health, too.



教材全解

词句解读

1. 美国最流行的体育运动介绍。

大多数美国人喜欢体育运动。他们喜欢的运动项目主要有棒球 (baseball)、篮球 (basketball)、高尔夫球 (golf)、手球 (handball)、垒球 (softball) 和排球 (volleyball)、乒乓球 (table tennis)、美式足球 (American football) 等。棒球被称为美国的“国球”，是美国人最喜欢的运动项目。美式足球 (American football, 也就是俗称的橄榄球) 是大中小學生普遍喜爱的运动项目之一。几乎每个学校都有自己的业余足球队，有的学校还有自己的专业足球队。各大城市也都有自己的专业足球队。这些球队之间每年都举行一些名目繁多的联赛 (league football matches) 或其他类型的比赛。篮球和排球是冬季最好的室内运动项目。此外，在美国，许多娱乐性的运动 (recreational activities) 也很受人们欢迎，如保龄球 (bowling)、划船 (boating)、滑雪 (skiing)、滑水 (water skiing)、冲浪 (surfing)、远足 (hiking)、慢跑 (jogging) 等等。

2. twice 副词，两次；两倍。

twice 表示“两次”相当于 two times，表示“一次”则说 once，表示“三次”则说 three times，以此类推。twice 一词单独使用只表次数，它只有和时间连用才表频率。如：

I have been there twice. 我去过那儿两次。

I wash my clothes twice a week. 我每周洗两次衣服。

She eats twice what I eat. 她的食量是我的两倍。

注意：“一次；一倍”要说 once，不说 one time。“两次；两倍”要说 twice，不说 two times。超过“三次”才用“数词 + times”表示：three times, four times, ten times 等。

3. all, most, some 和 none 的用法。

(1) all *adj.* 全部的，所有的

adv. 全部，都

pron. 全部，全体，一切

例如：All the students went to plant trees.

所有的学生都去植树了。

He's all wet. 他全身都湿了。

All are here. 全部都在这儿。

Don't drink all the water in the bottle.

不要把瓶子里的水都喝光。

(2) most (many/much 的最高级)

adj. 最多的，多数的

adv. 最，很

pron. 最多，大部分

例如：Most children like eating hamburgers.

大多数孩子喜欢吃汉堡包。

Which is the most popular, surfing, skating or skiing?

冲浪、滑冰、滑雪三种运动，哪种最受欢迎？

Most of them are ill. 他们中的大多数都生病了。

(3) some *adj.* 一些，若干；某一

pron. 一些，若干

例如：Some of us are good at fishing.

我们中有些人擅长钓鱼。

(4) none (all 的反义词)

adv. 毫无，毫不

pron. 没有人；没有任何东西

指人时，可与 of 短语连用，谓动词用单数、复数都行。可用来回答 how many 或 how much 的提问。例如：

—How many students surf the Internet every day?

有多少学生每天都上网？

—None. 一个也没有。

None of his questions had anything to do with his lessons.

他提的问题都与功课无关。

4. health 和 healthy 的用法。

(1) health 名词，健康 (指人体或心理状况)。例如：

His father is in good/poor health.

他父亲的身体很好/不好。

You must look after your health. 你要注意你的健康。

(2) healthy 形容词，健康的；卫生的。例如：

The children look very healthy. 孩子们看起来很健康。

Exercise can keep you healthy. 运动能使你保持健康。

She has a healthy lifestyle. 她有一种健康的生活方式。

5. always, usually, often, sometimes, hardly ever, never 的用法及区别。

它们都是表示频度的副词，表示多少时间做某事一次。它们的主要区别在于表示的频度高低不同。

(1) always 意为“一直，总是”，没有间断。(教材上用 100% 表示)。例如：

He always gets to school before 7 o'clock.

他总是 7 点钟以前到学校。

(2) usually 意为“通常，一般地”，表示习惯动作，少有例外，频度仅次于 always。例如：

I usually go to school by bus.

我通常乘公共汽车上学。

(3) often 意为“常常，时常”，频度不定，和说话人主观看法关系较大。例如：

He often asks me questions after class.

他常常在课后问我问题。

He is often late for school.

他经常上学迟到。(也许一周有两三次，也许一月有一两次，要依说话人的主观看法而定。)

(4) sometimes 意为“有时”，表示的频度较低，相当于 at times。例如：

Mr Wang has lunch at school sometimes.

王老师有时在学校吃午饭。

(5) hardly ever 意为“几乎不，几乎没有”，表否定意义。

He hardly ever goes to bed before midnight.

他很少在半夜以前就寝。

比较：

His wife almost always goes to bed before midnight.

他的妻子几乎总是不到半夜便就寝。

(6) never 意为“从来没有,绝不”,表示频度为零,是否定词。例如:

Miss Lin never drinks wine.

林小姐从不喝酒。

若将以上词语按所表示的频度的大小排成一个“不等式组”,可以表示如下:

always(100%) > usually > often > sometimes > hardly ever > never

这些词一般可放在句中实义动词之前,前四词也可以放在句首或句尾。

6. result

result 可作可数名词用,意为“结果,成果”。如:

I'm listening to the football results on the radio.

我正在收听收音机中播的足球比赛结果。

His illness is the result of bad food.

他的病是由劣质食物造成的。

可以构成短语:as a result of...“由于……的结果”。

As a result of the snow, he is late for school.

因为下雪他上学迟到了。

7. although

although 与 though 同义,用法也相同,两词都可以作连词,引导让步状语从句。如:

Although/Though she's young, she knows a lot.

= She's young, but she knows a lot.

尽管她年纪小,但她懂得很多。

I'll never give up English though it is difficult.

= English is difficult, but I'll never give it up.

虽然英语很难,但是我不放弃。

注意:由于连词 although 和 though 的意思是“虽然……但是”,且引导让步状语从句,所以主句前不能再用 but,即用了 although 或 though 就不用 but;用了 but 就不再使用 although 或 though,但有时可以用副词 yet 或 still。

注意:当加强语气时,我们通常说 even though,而不用说 even although。如:

Even though she didn't understand a word of what he said, she kept smiling.

尽管他的话她一个字都听不懂,她还是保持微笑。

注意:though 放在句尾作副词,意为“但是”。如:

Fine day, isn't it? Yes, a bit cold, though.

天气好,是不是? 是的,但有点儿冷。

8. go skateboarding 去滑滑板

v.-ing 时可用作名词,表示某项活动。如:

watching TV 看电视 skateboarding 溜滑板运动

roller-skating 滚轴溜冰 shopping 购物 reading 读书

exercising 锻炼,运动 swimming 游泳 skating 滑冰

skiing 滑雪 fishing 钓鱼 running 跑步

surfing the Internet 上网 going to the movies 去看电影

而 go + v.-ing 则表示“去进行某项活动”。如:

go shopping 去购物 go fishing 去钓鱼 go hunting 去打猎
go hiking 去徒步旅行。

9. go to the movies 去看电影

(1) go to the movies 的意思是“去看电影”。如果表示“看某一场双方都知道的电影”,也可以表达成 go to the movie,相当于 see a film。如:

We'd better go to the movies on weekend.

我们最好在周末去看电影。

What about going to the movie this evening?

今天晚上去看电影怎么样?

注意:英语中表示“去看电影”时,也常使用 go to the cinema 或者 go to see a film。

(2) 英语中,还有类似于 go to the movies 的表达方式。如:

Can you go to the baker's? 你能买点儿面包吗?

He goes to the hairdresser's once a month.

他每个月理一次发。

10. 常用词组

every day 每天

once a week 一周一次

twice a week 一周两次

three times a week 一周三次

once a month 一月一次

twice a month 一月两次

注意:every day 和 everyday 的区别:

① every day 是词组,在句中作时间状语,意为“每天”。如:

He reads newspapers every day. 他每天看报纸。

I go to school by bike every day. 我每天骑车上学。

② everyday 用作形容词,在句中作定语,意为“每日的”“日常的”。如:

everyday life 日常生活 everyday English 日常英语

everyday people 普通人 everyday routine 日常工作

11. as for 就……而言

(1) as for 意为“至于”“就……而言”,相当于介词,后接名词、代词等,通常用于开始一个与前面相关的新话题。如:

As for me, I shall not return there either.

至于我,我也不会回那儿去。

As for being shy, you'll get over that.

说到害羞,你会克服它的。

(2) as to 也是“至于”“说到”的意思,多用于说起一个结论或争论。如:

As to that, I haven't decided yet.

至于那件事,我还没有决定。

As to me, I sat on his left hand.

至于我,坐在他的左边。

12. junk food 垃圾食物

junk food 意为“垃圾食品”“无营养食品”。指热量高、添加剂多但营养价值低的快餐食品,如汉堡包、热狗、炸薯条、土豆片、汽水等。

13. I can't stand shopping. 我忍受不了购物。

stand 动词,“忍受”,“忍耐”。后接名词、代词作宾语。例如:

I can't stand this life any more.

我再也忍受不了这样的生活了。

Nobody can stand a person like you.

没有人能够忍受像你这样的一个人。

14. How often do you exercise? 你多长时间锻炼一次?

how often 意为“多久一次”,指动作发生的频率,与一般现在时或一般过去时连用,回答一般是用表示频率的词,如 once, twice, three times, ..., sometimes, quite often, never 等。如:

“How often do you go to the factory?” “Twice a week.”

“你们多久到工厂去一次?” “每星期两次。”

“How often do you watch TV?” “Three times a week.”

“你们多长时间看一次电视?” “一星期三次。”

“How often do they have a dancing party?” “Usually once every other week.”

“他们多长时间举办一次舞会?” “通常每两周举办一次。”

“How often do you want us to visit you?” “Twice a month is OK.”

“你希望我们多长时间来看你一次?” “一个月两次就行了。”

15. Here are the results of the student activity at Green High school. Most students exercise three or four times a week. 这是格林高级中学学生活动情况的结果。大多数学生每周做三到四次锻炼。

(1) “Here are the results of...” 句型作“这些是……的结果”解释。results 用复数的原因,是说明该结果的多样性。如果后面要叙述的仅为一种情形,可以使用单数形式,即“Here is the result of...”。 “Here are the results of...” 是倒装句式,这主要是因为其后的表示结果的词语较长。如果把该“结果”词语置于句首,句子就会显得头重脚轻,不简洁,不精练。又如:

Here are the results of our market survey.

这些是我们市场调查的结果。

Here are the results of his cheating here and there.

这些是他到处行骗的结果。

Here is the result of your often being late.

这就是你经常迟到的结果。

(2) ①most 在这里作代词,意为:“大部分”“大多数”,most 作代词时常与 of 连用,使用时前面不加 the。如:

Most of the students in our class are Young Pioneers.

我们班的大部分学生是少先队员。

Most of North China will have a cold wet day.

华北的大部分地区将有一个湿冷的天气。

② most 还可作形容词,是 many 或 much 的最高级,意为“最高的”“大量的”“最高程度的”。如:

Who has the most oranges? 谁的橘子最多?

③ most 也可作副词,用在多音节形容词或副词的前面,构成最高级。如:

It must be the most delicious food in the world.

它肯定是世界上最美味可口的食物。

④ 另外,most 还可作形容词,意为“大多数的”“大部分的”,后跟名词。如:

Most people like swimming in Summer.

大多数人喜欢夏天游泳。

Most people agree with me.

大部分人同意我的意见。

16. What can you do to improve your English? 你能干些什么来提高你的英语水平?

动词 improve 意为“改进”“提高”,可作及物动词,也可作不及物动词,相当于 make better 或 become better。如:

Can you help me improve my English?

你能帮我提高英语水平吗?

He is trying to improve himself in English.

他正尽力提高自己的英语水平。

而 improve oneself 指“提高自己各方面的能力和素质”,泛指身体、学习、工作和生活。如要强调某一方面,可用介词 in。如:

I'm going to improve myself in English this year.

= I'm going to improve my English this year.

= I'm going to make progress in English this year.

今年我要在英语方面取得进步(或提高我的英语水平)。

17. But my mother wants me to drink it. She says it's good for my health. 但是我妈妈要我喝。她说喝牛奶对我的健康有好处。

(1) want sb. to do sth. “想要某人干某事”,相当于 would like sb. to do sth.。如:

I want my father to come back home soon.

我想要我父亲早些回家。

want 后也可以直接接不定式作宾语: want to do sth. “想要干某事”。

I want to buy a Christmas card. 我想买一张圣诞贺卡。

(2) be good for... 表示“对……有好(益)处”; be bad for... 表示“对……有害处”。如:

It's good for you to take a walk after supper.

晚饭后散散步对你有益。(= Taking... is good...)

This book is very good for children. 这本书对儿童有益。

Eating an apple a day is good for your health.

每天吃一个苹果对你身体有益。(= It's good... to eat...)

It's good for your health to do more sport.

多进行体育运动有助于你的身体健康。(Doing... is good...)

18. And my eating habits are pretty good. (并且)我的饮食习惯相当好。

(1) eating habits “饮食习惯”,常用复数形式。habit 是名词“习惯”。如:

He is in the habit of getting up late. 他有晚起的习惯。

Don't get yourself into bad habits.

不要让你自己养成了坏习惯。

(2) pretty 在本课作副词,意为“相当,颇”,常用于口语中修饰形容词或副词。如:

He is pretty old now. 他现在相当老了。

The movie is pretty good. 那部电影相当好。

pretty 还可以作形容词,意为“漂亮的”,“可爱的”,多用于