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金榜之星[®]



第一步

导练大课堂[®]
DAO LIAN DA KE TANG

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Unit 1 How often do you exercise?

Section A



课前自主练

I. 英汉互译

- 每周三次 _____
- 踢足球 _____
- as for _____
- 在周末 _____
- 玩滑板 _____
- kind of _____
- 网上冲浪 _____
- 去看电影 _____
- get good grades _____
- 她最喜欢的节目 _____

II. 根据句意和首字母写单词

- How often do you exercise?
—T _____ a week.
- Here are the r _____ of the student activity survey at Green High School.
- How often do they drink wine(白酒)?
—H _____ ever.
- What do you usually do on weekends?
—I usually surf the I _____.
- How often do you read English books?
—I read English books three t _____ a week.
- What's your favorite p _____?
—It's *Animal World*.



课堂巩固练

III. 单项选择

- _____ do you go to the bookstore?
—Once a month.
A. How often B. How many times
C. How many D. How long
- As _____ homework, we do homework every day.

- A. to B. of
C. for D. from

- Lucy is very fat because she _____ exercises and eats a lot.
A. often B. always
C. usually D. never
- Here _____ my favorite books.
A. is B. are
C. am D. be
- My father watches TV _____.
A. two a week B. twice
C. second a week D. twice a week
- What does he usually do _____ week-ends?
A. in B. on
C. for D. of
- There's hardly any milk in the bottle, _____.
A. is there B. isn't there
C. is it D. isn't it
- My mother _____ goes to work on foot.
A. sometime B. some times
C. sometimes D. some time
- What does your father do in the morning?
—He usually _____.
A. watch TV B. exercises
C. read books D. walking
- What do you usually do on weekends?
—I usually _____, because I like making friends.
A. watch TV B. surf the Internet
C. exercise D. read English books

IV. 用所给单词的适当形式填空

- How often does Lily _____ (watch) TV?
- John sometimes _____ (work) ten hours a day.
- My brother often _____ (go) to the movies.
- We do morning _____ (exercise) at school every day.



5. My mother usually goes _____ (shop) in the morning.

V. 句型转换

1. He does his homework after supper. (改为否定句)
He _____ his homework after supper.
2. He usually goes shopping with his mother. (对画线部分提问)
_____ does he go shopping with his mother?
3. The boy plays basketball on Sunday afternoon. (对画线部分提问)
_____ the boy _____ on Sunday afternoon?
4. I like Chinese best of all the subjects. (改为同义句)
My _____ is Chinese.
5. There isn't any water in the glass. (改为同义句)
There _____ water in the glass.



课后提高练

VI. 完形填空

Jim is my good friend. Before, he had a 1 lifestyle. For example, he hardly ever 2 up before seven o'clock in the morning. After supper, he always played computer games 3 doing his homework. He didn't like drinking milk and he ate a lot of 4 every day.

Then one day, he got very ill. He had to be in hospital 5. It made him feel that he must 6 his health well.

Now Jim 7 every morning. Usually he runs before breakfast. He only plays computer games 8. He has good 9 habits, too. He drinks milk every morning and afternoon. 10 he likes junk food very much, he only eats it once a week. A good lifestyle helps him keep in good health.

- () 1. A. good B. healthy
 C. health D. bad
- () 2. A. get B. gets
 C. got D. getting
- () 3. A. before B. or
 C. and D. after

- () 4. A. fruit B. junk food
 D. vegetables D. milk
- () 5. A. once a week B. two weeks ago
 C. for three weeks D. a week
- () 6. A. look after B. look for
 C. look at D. look out
- () 7. A. exercises B. gets up
 C. sleeps D. goes to bed
- () 8. A. after supper B. on weekend
 C. at home D. in school
- () 9. A. eat B. eats
 C. eating D. to eat
- () 10. A. And B. But
 C. Although D. Or

VII. 阅读理解

Bill: Katrina, do I look, um, heavy?
Katrina: No, you look fine. You look very healthy.
Bill: Yeah, but I'm heavy.
Katrina: I don't think so. How often do you exercise?
Bill: Hardly ever. I don't like to exercise.
Katrina: But you play tennis, don't you?
Bill: Oh, yeah, once a week.
Katrina: Well, that's good exercise. Do you walk very much?
Bill: I walk to school every day.
Katrina: Great! Do you eat a lot of junk food?
Bill: No, I hardly ever eat it. And I eat lots of fruit and vegetables every day.
Katrina: How often do you go to the doctor?
Bill: Twice a year.
Katrina: So, you exercise, you eat well, you see your doctor; you're fine. You look fine.

阅读对话, 判断正(T)误(F)。

- () 1. Bill looks healthy.
- () 2. Bill never exercises.
- () 3. Bill plays tennis once a week.
- () 4. Bill hardly ever eats fruit.
- () 5. Bill goes to the doctor twice a year.



Section B



课前自主练

I. 完成英汉互译

1. 饮食习惯 _____
2. 对……有益 _____
3. 垃圾食品 _____
4. 当然 _____
5. 要某人做某事 _____
6. 照看,照顾 _____
7. how many _____
8. drink coffee _____

II. 根据句意及首字母补全单词

1. —Do you like milk?
—No. But Mother wants me to d _____ it.
2. She often eats vegetables, so her eating h _____ are good.
3. Can you tell me the d _____ between A and B?
4. A _____ Jim is a child, he knows a lot.
5. Bill eats too much junk food and he is u _____.



课堂巩固练

III. 单项选择

- () 1. What do you usually do _____ week-ends?
A. on B. of
C. in D. with
- () 2. —How often do you play soccer?
— _____.
A. Two times a week B. Twice a week
C. A time a week D. One time a week
- () 3. John usually starts the day with _____.
A. dinner B. supper
C. breakfast D. lunch
- () 4. —What's your father's favorite exercise?
—He likes to _____.
A. sing an English song
B. watch TV

C. eat vegetables

D. play soccer

- () 5. He _____ goes to the movies.
A. some time B. sometime
C. some times D. sometimes
- () 6. I don't like this book. Could you give me _____ one?
A. another B. other
C. others D. the other
- () 7. Tom's mother says exercise is good _____ his health.
A. to B. for
C. of D. about
- () 8. —How often do you drink milk?
— _____.
A. Every day B. Everyday
C. Tomorrow D. One time a month
- () 9. There is no water _____ air on the moon.
A. and B. or
C. but D. so
- () 10. Although they feel tired, _____ they still go on working.
A. and B. but
C. / D. so

IV. 用所给单词的适当形式填空

1. How many _____ (family) are there in this small village?
2. Eating too much is bad for your _____ (health- y).
3. Who's _____ (drive) that car, do you know?
4. May I have some _____ (paper), please?
5. We're going to learn the _____ (two) lesson tomorrow.
6. My mother wants me _____ (drink) milk every day.
7. I try _____ (eat) a lot of vegetables.
8. She is a successful actress, many _____ (inter- view) interview her.

V. 完成下列句子, 每空一词

1. 妈妈要我每天喝牛奶。



Mother _____
milk every day.

2. 你每天学习几个小时?

_____ you study
every day?

3. 医生说吃垃圾食品对我们的健康有害。

The doctor _____ eating junk food is bad _____
_____ our health.

4. 你的生活方式与她的一样吗?

Is your lifestyle _____
_____?

5. 他有点不健康,因为他几乎不锻炼。

He is _____, _____ be-
cause he _____.

6. 好的学习习惯帮助我取得好成绩。

Good _____ habits _____ me _____
_____ grades.



课后提高练

VI. 从方框中选择适当的单词填空

often, at, from, twice, play, enjoy,
on, do, some, and, isn't, favorite

Everyone in our school loves sports. Every morn-
ing after we get up, we 1 morning exercises. Af-
ter the second class we do exercise again. We only
have P. E. classes 2 a week, but we have sports
3 five every afternoon. Our 4 sport is basket-
ball. The boys 5 playing basketball and 6 of
the girls like it, too. Another favorite sport is football
and in every class, there are a lot of football fans. We
7 play volleyball when the weather is fine. We
have school teams in basketball, football 8 volley-
ball. 9 weekends, our teams often have friendship
matches(友谊赛) with teams 10 other schools.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____
6. _____ 7. _____ 8. _____ 9. _____ 10. _____

VII. 阅读理解

In the world today, all of the people need recrea-
tion(消遣). We cannot work all the time if we are go-
ing to keep healthy and enjoy life.

Everyone has his own way of relaxing. Perhaps
the most popular form (形式) is to take part in
sports. There are team sports, such as swimming and
soccer. There are also individual sports, such as swim-
ming and running. Skating and mountain climbing are
the most popular recreation for people who like to be
outdoors.

Not everyone who enjoys sports likes to take part
in them. Many people like watching them on TV or
listening to them on the radio. So many people like
some forms of indoor recreation, such as watching
TV, singing and dancing.

It doesn't matter whether we like indoor recrea-
tion or take part in outdoor sports. It is important for
everyone to relax from time to time, and enjoy some
forms of recreation.

- () 1. Which is the most popular form of recrea-
tion?
A. Sports.
B. Watching TV.
C. Sleeping.
D. Singing and dancing.
- () 2. People want to take part in sports in order
to _____.
A. keep healthy and enjoy life
B. make friends
C. find a good job
D. make money
- () 3. Outdoor sports include(包括) _____.
A. watching TV
B. singing and dancing
C. listening to the radio
D. skating and mountain climbing
- () 4. Why do many people like watching sports on
TV or listening to them on the radio?
A. Because they like sports but don't like to
take part in them.
B. Because they don't enjoy sports.
C. Because they don't enjoy life.
D. Because they don't need recreation.
- () 5. The passage mainly tells us that _____.



- A. basketball is a kind of team sport
- B. everyone who enjoys sports should take part in them
- C. different people have different ways of relaxing
- D. indoor recreation is not as important as outdoor sports

Self Check

I. 改错

1. What does Tom does on Sundays?

2. Do she read English books three times a week?

3. The all students in my class work hard.

4. My father with me sometimes surf the Internet.

5. —How long do you shop?

—Every day.

II. 句型转换

1. My father never talks too much. (改为反意疑问句)

My father never talks too much, _____?

2. My sister likes fish and meat. (改为选择疑问句)

_____ your sister _____, fish _____ meat?

3. The children would like to go for a picnic. (对画线部分提问)

_____ would the children like _____?

4. She often does the housework at home. (改为一般疑问句)

_____ she often _____ the housework at home?

5. The baby usually sleeps ten hours every night. (对画线部分提问)

_____ does the baby usually _____

every night?

III. 完形填空

It's Wednesday afternoon, school is over. The students are putting their books, pencil-boxes 1 their school bags. The teacher comes in and says to the students, "Don't go, children. I've something to tell you. Listen to me. Tomorrow is 2. There is going to 3 a 4 meeting in our school. The meeting is at 9 in the morning. Here are your school reports(报告) and letters 5 your parents. 6 them home. Give your parents the letters and 7 them your school reports. Ask them 8 to the meeting 9 time tomorrow, because I'm going to 10 something about next term."

- | | |
|--------------------|--------------|
| () 1. A. in | B. off |
| C. on | D. out |
| () 2. A. Tuesday | B. Thursday |
| C. Monday | D. Sunday |
| () 3. A. have | B. has |
| C. be | D. is |
| () 4 A. student's | B. teacher's |
| C. parent's | D. parents' |
| () 5. A. for | B. with |
| C. of | D. and |
| () 6. A. Take | B. Bring |
| C. Put | D. Carry |
| () 7. A. speak | B. say |
| C. talk | D. give |
| () 8. A. come | B. go |
| C. to come | D. to go |
| () 9. A. on | B. in |
| C. at | D. for |
| () 10. A. say | B. speak |
| C. sing | D. tell |

IV. 阅读理解

It's Friday afternoon. Two girls are going home from school. One is Mary, the other is Jane. An old woman comes up and asks, "Excuse me, can you help me?" She has a big bag in her hand.

"Of course, Granny. What can I do for you?" Mary and Jane ask.



The old woman says, "I'm coming to see my daughter, but I can't find her house. Here is her address." "We can take you there." say the two girls. They help her find her daughter. How happy they are!

The two girls say "Goodbye" to the Granny and her daughter.

"Could you tell me your names, please?" asks the Granny.

With a smile, they run away.

- () 1. The two girls are going _____.
A. to see a film B. to see a friend
C. to school D. home
- () 2. An old woman says to them, "_____?"
A. Can I help you B. Can you help me
C. Let me help you D. Where are you going
- () 3. The old woman has _____ in her hand.
A. a box B. a big bag
C. a basket D. a small bag
- () 4. They say "_____" to the Granny and her daughter.
A. Goodbye B. Thanks
C. Nothing D. Anything

- () 5. Do the two girls tell their names to the Granny?
A. No, they don't. B. Yes, they do.
C. We don't know. D. Maybe.

V. 补全对话

- Tony: Hello, Eric! 1 _____?
Eric: Hello, Tony. I'm going to school.
T: Is the school far from your house?
E: No, it isn't.
T: Do you go to school by bus or on foot?
E: 2 _____. Sometimes I'm late. Then I go to school by bus.
T: What time do you begin classes?
E: At eight.
T: 3 _____?
E: I usually play football with my friends.
T: 4 _____?
E: I often do my homework in the evening.
T: Do you often go to movies?
E: No.
T: 5 _____?
E: I go to the movies about twice a month.

真题感悟练

- () 1. (安徽模拟)—English is _____ too difficult for me. I can't learn it well.
—Don't give up. Nothing is difficult if you work hard.
A. seldom B. never
C. always D. usually
- () 2. (山西中考)—How often do you go to a concert?
—_____ ever. I'm not interested in that at all.
A. usually B. Hardly C. Almost
- () 3. (湖北孝感中考)—_____ do you go for a trip with your family?
—About once a year.
A. How often B. How soon
C. How much D. How long
- () 4. (江西中考)—I didn't know you take a bus to school.
—Oh, I _____ take a bus, but it is snowing today.
A. hardly B. never
C. sometimes D. usually



Unit 1 综合练

I. 单项选择(20 分)

- () 1. Talking with native (本土的) speakers helps me _____ English well.
A. study B. studying
C. studies D. studied
- () 2. I don't like animals very much, but _____ I'm friendly to them.
A. sometime B. some time
C. some times D. sometimes
- () 3. Rita, your Chinese is very good. _____ have you been in China?
A. How long B. How far
C. How soon D. How often
- () 4. —Who _____ that piano?
—My sister, when she _____ time.
A. plays; has B. is playing; has
C. plays; is having D. is playing; has had
- () 5. You are getting too fat. Eating too much is bad _____ your health.
A. for B. to
C. about D. with
- () 6. John can hardly understand my Chinese, _____ he?
A. can't B. doesn't
C. can D. does
- () 7. She always finishes her homework on time. She _____ leaves it for tomorrow.
A. always B. never
C. usually D. sometimes
- () 8. "Merry Christmas!" "_____."
A. Thanks very much B. All right
C. And you D. The same to you
- () 9. Grandpa is pretty _____ because he exercises every day.
A. health B. healthy
C. unhealthy D. healthily
- () 10. Your bag is _____ mine.
A. the same with B. same with
C. the same as D. same as
- () 11. —_____ do you go shopping?
—Once a week.
A. How B. How long
C. How often D. What
- () 12. _____ homework, some students do it every day.
A. As for B. With
C. As D. For
- () 13. Here _____ in the house.
A. is three woman teachers
B. are three women teachers
C. is three women teachers
D. are three woman teachers
- () 14. —Is there a table for 4, please?
—_____, please. Is the one near the backdoor OK?
A. Take your time B. This way
C. You are welcome D. After you
- () 15. She _____ late to school.
A. don't usually come
B. doesn't usually come
C. doesn't come usually
D. usually don't come
- () 16. Do you _____ lifestyle?
A. have a health B. has a health
C. have a healthy D. has a healthy
- () 17. My parents _____ a teacher.
A. want me be B. want I to be
C. want I be D. want me to be
- () 18. Give me the glasses. I can _____ read the words on the blackboard.
A. hard B. hardly
C. never D. sometimes



() 19. —How often _____ she exercise?

—Twice a week.

- A. do B. does
C. doing D. did

() 20. I _____ like to drink milk.

- A. not B. doesn't
C. don't D. no

II. 完形填空(10分)

What do the people usually do on weekends? Some people like to 1 at home, but others like to go out for a walk or play football. Mr Smith 2 hard in a factory during (在……期间) the 3. On the weekends, he usually 4 the same thing. On Saturday he washes his car and on 5 he goes with his family to a village (村庄) by car. His uncle and aunt 6 a farm there. It isn't a big one, but there is always 7 to do on the farm. The children help with the animals and give them some 8. Mr and Mrs Smith help in the field. At the end of the day, they are all 9 and Mr Smith's aunt 10 them a big meal.

- () 1. A. play B. stay
C. be D. so
() 2. A. works B. does
C. makes D. studies
() 3. A. day B. year
C. week D. month
() 4. A. does B. do
C. make D. has
() 5. A. Sunday B. Saturday
C. Thursday D. Friday
() 6. A. have B. has
C. bring D. find
() 7. A. much B. many
C. any D. most
() 8. A. food B. rice
C. cakes D. fruit
() 9. A. hungry B. angry
C. full D. happy
() 10. A. give B. puts

C. makes D. does

III. 阅读理解(20分)

A

Everyone knows that exercise is important. We all need to exercise. Doctors say it is good for us. It makes your heart and body strong. Children who often exercise are more alert (灵活的).

There are many ways to exercise. You can walk, run, swim, skate, or play ball games. Make sure you exercise in the following ways: You have to like what you're doing. Exercise enough but not too much. It's best to exercise twice each week. Thirty minutes each time is enough. Try all kinds of things until you find one, two or even three sports that feel right for you.

You can exercise at fitness centers. They have a lot of equipment (设备) there. The equipment will help exercise your arms, legs and other parts of your body to make you fit. Some people buy equipment for their homes. But it is very expensive.

Exercising can be fun. Friends can exercise together at a fitness center, or they can play sports together. How do you exercise?

- () 1. In the text, the writer tells us that we all need to _____.
A. drink B. sleep
C. exercise D. work
() 2. Which of the following sports is NOT mentioned in the text?
A. Fishing. B. Running.
C. Swimming. D. Walking.
() 3. Doctors say exercising makes your body _____.
A. healthy B. fat
C. exercise D. work
() 4. _____ is enough for exercising.
A. Once a week B. Twice a week
C. Three times a week D. Once a day
() 5. The "fitness centers" in the text means _____.
A. 商务中心 B. 健身中心



C. 购物中心

D. 医疗中心

B

John and Sally are in the same school. Their home is far from school. They get up early in the morning and take the bus to school after breakfast. Sometimes they have lunch in the restaurant. John likes hamburgers and meat. But Sally likes vegetables and fruit. After lunch John goes to play volleyball and Sally goes to the classroom. She sings English songs or listens to the music.

6. John is Sally's b _____.

7. John and Sally are c _____.

8. John and Sally have breakfast and supper at h _____.

9. John's favorite sport is v _____.

10. Sally likes m _____ very much.

IV. 用括号内单词的适当形式填空(10分)

1. There are many _____ (different) between the two languages.

2. The computer room is on the _____ (five) floor.

3. You must try to eat _____ (little) meat than before.

4. To catch up with(赶上) other classmates, Tom is trying _____ (work) hard.

5. My _____ (eat) habits are pretty good.

6. Kate with his sister often _____ (surf) the Internet on Sunday evening.

7. John often goes _____ (skateboard) after school.

8. Tim went to Beijing _____ (one) last year.

9. My mother wants me _____ (drink) milk every day.

10. Good food and exercise help me to study _____ (well).

V. 根据句意及首字母完成单词(5分)

1. J _____ food is not good for your health.

2. —What's your favorite TV p _____?
—Animal World.

3. Saturday and Sunday are w _____.

4. She passed the driving test with a good g _____.

5. I don't like having lunch with him, because he has the h _____ of smoking during meals.

VI. 完成句子(10分)

1. 多吃水果对我们的健康有好处。

_____ more fruit is good for our _____.

2. 他一周回三次家。

He goes home _____ a week.

3. 我的裙子和你的一样。

My skirt is the _____ yours.

4. 好的食物和休息能帮助我们更好地学习。

Good food and rest can help us _____.

5. 你有一种健康的生活方式吗?

Do you have a _____?

VII. 补全对话(10分)

- | |
|--|
| A. Do you often watch TV on Sunday? |
| B. Chinese food is different from Japanese food. |
| C. I came here with my parents years ago. |
| D. What's your favorite program? |
| E. How often do you go back to Japan? |

A: Hello! Yuki.

B: Hello! Li Dong.

A: I hear that you are from Japan.

B: Yes. 1

A: 2

B: Once a year.

A: Do you like Chinese food?

B: Yes. 3 It's hot.

A: I agree with you.

B: 4

A: Yes, very often.

B: 5

A: It's Animal World.

VIII. 书面表达(15分)

你有健康的饮食习惯吗? 如果你的回答是“Yes”, 那么请你谈一下你的饮食习惯, 以“Healthy Food, Good Health”为题, 写一篇关于如何进食才能得到健康的文章。要求: 不少于60个词。



Unit 2 What's the matter?

Section A



课前自主练

I. 将下列词组译成英语

1. 躺下休息 _____
2. 看牙医 _____
3. 感冒 _____
4. 对……有好处 _____
5. 中药 _____
6. 一种不健康的生活方式 _____
7. 保持健康 _____
8. 此刻,现在 _____
9. 几个晚上 _____
10. 有压力的,紧张的 _____

II. 根据句意及首字母补全单词

1. You are too tired. You should lie down and r _____.
2. Can you give me some a _____?
3. I have a toothache. I need to see a d _____.
4. Because of his i _____, he didn't go to school.
5. Her temperature is 38°C, so she has a f _____.
6. You should drink some hot tea w _____ honey.
7. What's the m _____ with you?
8. Mary is ill in h _____, Let's go to see her this afternoon after school.



课堂巩固练

III. 单项选择

- () 1. —“What's _____ with you?”
—“I have _____”.
A. wrong; sore back
B. matter ; sore back
C. the wrong; a backache
D. the matter;a sore back
- () 2. —Do you have a headache?
—_____.

- B. A. Yes,I am B. Yes,I am not
C. No,I do D. No,I don't

- () 3. — _____?
—I have a cold.
A. What's the matter
B. What do you have
C. How are you
D. How do you do
- () 4. What's the matter with _____?
A. he B. she
C. they D. you
- () 5. —Today I have a stomachache.
— _____
A. Don't worry.
B. I am sorry to hear that.
C. You have to stay in bed.
D. That's all right.
- () 6. —When did your toothache start?
—About three days _____.
A. after B. before
C. ago D. future
- () 7. —You should see a doctor.
— _____.
A. I think so B. I believe not
C. I hope so D. I'm afraid so
- () 8. —What's the matter, Lucy?
—I'm not feeling _____.
A. well B. good
C. nice D. sick
- () 9. — _____are you feeling now?
—I am feeling better.
A. What B. How
C. Where D. How often
- () 10. _____ you put the address in your pocket.
A. May be B. Maybe
C. May D. Can

IV. 根据汉语完成句子

1. —你怎么了?



—我胃痛。

—What's the _____ with you?

—I _____.

2. 如果你发烧,你应该多喝水。

If you _____, you should _____ water.

3. 如果你牙疼,你应该去看牙医。

If you _____, you should _____.

4. 我希望你尽快好起来。

I hope you _____ soon.

5. 它什么时候开始的?

—两小时前。

—When _____ it _____?

—Two hours _____.



课后提高练

V. 完形填空

An old man went to a hospital. A 1 come to see 2, and said, "Mr Smith you are going to have two injections(注射), and then you will feel much 3. A nurse will come and give you the first one this evening, and then you will get 4 one tomorrow morning." In the evening, a young 5 came to Mr Smith's bed and said to him, "I'm going to give you the first injection now. 6 do you want it?" The old man was 7. He looked at the nurse for seconds and then said, "8 has ever let me choose 9 before. Are you really going to let me choose now?" "Yes, Mr Smith," the nurse answered 10 a smile. "I want it in your left arm. please," said Mr Smith.

- () 1. A. worker B. doctor
C. teacher D. daughter
() 2. A. a doctor B. a nurse
C. me D. him
() 3. A. fine B. good
C. well D. better
() 4. A. the other B. another
C. others D. other
() 5. A. man B. doctor
C. nurse D. woman

- () 6. A. Where B. What
C. When D. Why
() 7. A. happy B. afraid
C. surprised D. angry
() 8. A. Everybody B. Anybody
C. Nobody D. Nothing
() 9. A. it B. this
C. one D. that
() 10. A. with B. in
C. has D. have

VI. 从方框中选择最佳选项,使其成为完整的对话内容

- A. What's the matter, Mr Smith?
B: 1 I can't do any work, doctor.
A: Do you have a cough?
B: No, I don't have a cough.
A: 2
B: Yes, I sleep very well.
A: Do you have breakfast every morning?
B: No, I don't have breakfast. And I have only a little food for lunch and supper because I want to keep thin.
A: Oh, I see. 3 You need to eat more food and have three meals a day. 4
B: OK. I will do like that.
A: 5
B. Thank you very much.

- A. I feel very well.
B. I hope you will get better soon.
C. Do you sleep well at night?
D. I'm not feeling well.
E. And do some exercise every day.
F. You need to eat less food.
G. There is nothing serious.

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

Section B



课前自主练

I. 完成下列短语

1. 胃疼 _____
2. 背疼 _____



3. 喉咙疼 _____
4. 牙疼 _____
5. 头疼 _____
6. 发烧 _____
7. 感冒 _____
8. 平衡饮食 _____
9. 例如 _____
10. 健康的生活方式 _____

II. 根据句意和首字母完成单词

1. —What's the matter with h _____?
—She has a cold.
2. If you have a toothache, you should see a d _____.
3. I'm h _____. I want to eat some bread.
4. —Would you like some water?
—No, thanks. I'm not t _____.
5. T _____ Chinese doctors believed we need a balance of *yin* and *yang* to be healthy.
6. He is not feeling well. He should take some m _____ and lie down to have a rest.
7. Tom is often late for class; the teacher is very a _____ with him.
8. It's i _____ to learn English well.
9. You should exercise a lot to s _____ healthy.
10. If you feel s _____ out, you can listen to the music.



课堂巩固练

III. 单项选择

- () 1. _____ important _____ some exercise every day.
A. That's; to do B. It's; to do
C. That'; do D. It's; do
- () 2. I believe people who are angry may have _____ *yang* in their lives.
A. much too B. too much
C. too many D. so many
- () 3. He has _____ friends at school. So he often stays at home on Sunday.
A. little B. a little
C. few D. a few
- () 4. David is lazy. I _____ he _____ get good grades this time.

- A. think; can B. don't think; can't
C. think; can't D. don't think; can

- () 5. _____ lots of vegetables is good for our health.

- A. Eat B. Eating
C. Ate D. Have

- () 6. I am _____. I think I will buy some water.

- A. tired B. hungry
C. thirsty D. stressed out

- () 7. —What's the matter?

—I am stressed out.

—You should _____.

- A. hear music B. hear to music
C. listen music D. listen to the music

- () 8. —How hungry I'm now!

—You should _____.

- A. see a dentist B. have a rest
C. lie down D. have some bread

- () 9. —I have a stomachache.

—You shouldn't _____ anything for three hours.

- A. eat B. eats
C. to eat D. eating

- () 10. —I am tired. What should I do?

—You should _____.

- A. lie down and rest
B. listen to the music
C. drink some water
D. eat an apple

IV. 用所给单词的适当形式填空

1. He has a headache. He should _____ (go) to bed early.
2. You must brush (刷) your _____ (tooth) twice every day.
3. —What's the matter?
—I'm not _____ (feel) well.
4. It's easy _____ (have) a healthy lifestyle, and it's important to eat a _____ (balance) diet.
5. He is very thirsty. He needs _____ (drink) some more water.

V. 句型转换

1. I have a stomachache. (对画线部分提问)



- _____ the _____ with you?
2. Tom has to eat less food if he wants to stay healthy. (对画线部分提问)
- _____ Tom have to _____ if he wants to stay healthy?
3. Mrs. Brown has a rest every four minutes. (对画线部分提问)
- _____ does Mrs. Brown have a rest?
4. I hope I can help Tom with his Chinese. (改为同义句)
- I hope _____ Tom with his Chinese.
5. There are some new teachers in our school this term. (改为否定句)
- There _____ new teachers in our school this term.



课后提高练

VI. 阅读理解

Mr Green works in an office. He's very busy and has no time to have a good rest. Every evening he's always tired after work and wants to go to bed early. But his wife often has a lot of interesting things to tell him after supper. She doesn't stop talking until she falls asleep(入睡).

One day Mr Green felt terrible. So Mrs Green went to the hospital with him. Before her husband(丈夫) said what was the matter with him. The woman told the doctor all and the doctor understood why. He wrote out a prescription(处方) and said to Mrs Green, "The bottle(瓶) of medicine is for your husband and the pills(药片) are for you."

"For me?" the woman was surprised. "I'm fine. I don't need any medicine!"

"I don't think so, madam," said the doctor. "They are sleeping pills. Your husband will soon be all right if you take them."

- () 1. Mr Green is _____.
 A. busy but often has a good rest
 B. too busy and can't have a good rest
 C. not busy but can't have a good rest
 D. not busy and has a good rest
- () 2. Every evening, Mrs Green _____.

- A. feels terrible
 B. goes to bed early
 C. keeps talking until she falls asleep
 D. has a lot of interesting things to do
- () 3. —Why didn't Mr Green go to work one day?
 —Because _____.
 A. he didn't want to work
 B. his wife didn't let him go
 C. he didn't feel well
 D. he had to go to the hospital with his wife
- () 4. Did Mr Green tell the doctor what was the matter with him?
 A. Yes, he did.
 B. No, but his wife did.
 C. No, and the doctor didn't ask him.
 D. The article doesn't tell us.
- () 5. "Your husband will soon be all right if you take them." means(指的是) Mr Green will soon be all right if _____.
 A. Mrs Green takes the bottle of medicine
 B. Mr Green takes the pills
 C. Mr Green takes the bottle of medicine
 D. Mrs Green stops talking too much at night

Self Check

I. 单项选择

- () 1. —I have a sore throat.
 —_____.
 A. No hurry
 B. That's not bad
 C. Be careful
 D. I'm sorry to hear that
- () 2. —Why do you look so tired?
 —I worked _____ last night _____ 3 am.
 A. early; until B. late; until
 C. early; on D. late; on
- () 3. Most students enjoy _____ cartoons on TV.
 A. watching B. watch



- C. to watch D. watches
- () 4. It's important _____ early at night.
A. sleep B. sleeps
C. to sleep D. sleeping
- () 5. I feel _____. I'm afraid I can't pass the exam.
A. relaxed B. stressed out
C. happy D. comfortable
- () 6. If you want to be healthy, you should often _____ happy.
A. stays B. staying
C. stay D. to stay
- () 7. _____ is hard for us to learn English well.
A. It B. That
C. This D. All
- () 8. This kind of cake looks _____, but I am not feeling _____. I don't want to eat it.
A. well; well B. good; good
C. well; good D. good; well
- () 9. _____ students can answer the question, because it is too difficult.
A. Little B. A little
C. Few D. A few
- () 10. _____ the water was cold, Wei Qing-gang jumped into it to save others.
A. Although B. When
C. If D. Because

II. 阅读理解

Mr King comes from England. He is an English teacher in China. He likes his students and his students like him, too. Mr King isn't at school now. He is at home and he is playing with his son. His son's name is Tim. He is a student in his father's school, but he isn't his father's student. He is in Class One, Grade Two. He likes Chinese very much. The teachers and the students in his class like him and often help him with Chinese.

1. Mr King is _____.
A. a Chinese teacher
B. an English teacher
C. a worker
2. Mr King is in _____ now.

- A. China B. England
C. London
3. Mr King and Tim are _____ now.
A. at home B. at school
C. in their classroom
4. Tim is a student in _____.
A. Class Two B. Grade One
C. Grade Two
5. Which is NOT right?
A. Mr King is Tim's teacher.
B. Tim likes Chinese very much.
C. Mr King's students like him very much.

III. 根据句子意思及首字母完成单词

1. You look sad. What's w _____ with you?
2. —What's wrong w _____ him?
—He's got a bad cold.
3. I think it's important to eat a b _____ diet.
4. If you have a toothache, you should go to see a d _____.
_____.
5. In order to stay h _____, to eat a balanced diet is very important.
6. I'm s _____ out because my spoken English isn't improving.
7. I'm sorry to hear you're not f _____ well.
8. You should drink tea with honey if you have a s _____ throat.
9. I'm very t _____. Can you bring me something to drink?
10. Don't get off the bus u _____ it stops.

IV. 句型转换

1. Eating a balanced diet is good for health. (改为同义句)
_____ for health _____ a balanced diet.
2. I believe you are wrong. (改为否定句)
I _____ you _____ wrong.
3. There are some people in the room. (改为同义句)
There are _____ people in the room.
4. It started two days ago. (对画线部分提问)
_____ it _____?
5. I hope I will visit the Great Wall soon. (改为同义句)
I hope _____ the Great Wall soon.



V. 根据汉语完成句子

1. 对我们来说,学会自学是很重要的。

It's very _____ for us _____ to teach ourselves.

2. 你能告诉我如何保持工作与娱乐的平衡吗?

Can you tell me how to _____ between work and play?

3. 杯子里几乎没有水。

There is _____ water in the glass.

4. 我妈妈感觉不舒服,她不想吃任何东西。

My mother is not _____. She doesn't want to _____.

5. 有时人人都会疲劳。

Sometimes _____ tired.

VI. 补全对话

D=doctor T=Tom

A:What's the matter?

B: 1 _____

A:And now,how are you feeling?

B: 2 _____

A:Let me take your temperature... You don't have a fever. Nothing is serious. Just a cold.

B: 3 _____

A. Don't worry. Did you eat anything for breakfast?

B: 4 _____

A. Have a good rest and drink some water. You'll be better soon.

B: 5 _____

A. Not well. In fact,I'm feeling even worse.

B. No,I didn't want to eat anything.

C. I had a headache this morning.

D. Really? But I feel so bad now.

E. OK,thank you very much.

VII. 书面表达

请以“我就诊”为内容,写一段不少于六句话的短文。

真题感悟练

() 1. (安徽模拟)—I'm really _____ before the competition.

—Take it easy. Sure you are the best.

A. cool B. serious

C. nervous D. patient

() 2. (福建中考)The more regularly we eat,the _____ we are.

A. healthy B. healthier

C. healthiest

() 3. (安徽中考)—Jack, how are you feeling now?

—Much _____. I think I can go to school tomorrow.

A. better B. worse

C. brighter D. weaker

() 4. (北京模拟)She often eats _____ junk food,so she is _____ fat.

A. too much;much too

B. too much;too much

C. much too;much too

D. much too;too much

() 5. (广东中考)—_____?

—I have a headache.

A. How do you do

B. What do you do

C. What's wrong with you

D. How do you like it