

 八年级上

走向名校丛书

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徐遂安 主编

英语ABC



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(八年级上)

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编写说明

为了配合浙江省初中九年制义务教育新课标教材的学习使用,适应新课程改革以及研究性、开放性学习的需要,培养学生健全的聚合思维、发散思维,我社约请了省内著名专家、学者,以及著名重点中学的优秀教师、特级教师共同编写这套丛书——“走向名校丛书”。丛书按各学科的学期教学计划,每学期独立成册,初三综合为一册。丛书紧扣我省现行初中各学科的新课程教学标准,严格依据教学规律、学生的认知特点和教学过程中各个环节的需要,密切配合教材,与教学进度同步,按课时精心设计同步练习,并按梯度编拟各单元测试题,以及期中、期末试卷。习题、试题的选编,力求概念性强,具有典型性和灵活性。

丛书突出五个字:

强——系统性强、知识性强、应考性强。

精——内容精练、讲解精彩、试题精典。

准——难点重点把握准确、考试热点分析准确。

实——书美价实、内容盈实、成效确实。

高——出题水平高、复习效率高、应试成绩高。

该套丛书内容丰富、答案详细,是初中学生系统复习、思维发散、考试冲刺、综合素质提高的优质参考资料。欢迎广大师生选用。

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Unit 1 How often do you exercise?

【知识归纳】

一、句型

1. How often do you exercise?
你多久锻炼一次?
2. —What do you usually do on weekends?
—周末你通常干什么?
—I usually play soccer.
—我通常踢足球。
3. —What does she do on weekends?
—周末她干什么?
—She often goes to the movies.
—她常常去看电影。
4. —Do you like it?
—你喜欢喝牛奶吗?
—No. But my mother wants me to drink it. She says it's good for my health.
—不喜欢。但是我妈妈要我喝。她说这对我身体有好处。
5. I try to eat a lot of vegetables, usually ten to eleven times a week.
我设法吃许多素菜,通常每周 10 至 11 次。
6. Of course, I love junk food too, but I try to eat it only once a week.
当然,我也喜欢垃圾食品,但是我尽量每周只吃一次。
7. Good food and exercise help me to study better.
好的食物和锻炼帮助我学习得更好。
8. Grandpa is pretty healthy because he exercises every day.
爷爷身体很好,因为他每天锻炼。

二、日常交际用语

1. —What do you usually do on weekends?

—周末你通常干什么?

—I often go to the movies.

—我常常去看电影。

2. —How often do you watch TV?

—你多久看一次电视?

—I watch TV every day.

—我每天看电视。

—What's your favorite program?

—你最喜欢的节目是什么?

—It's Animal World.

—是“动物世界”。

—How often do you watch it?

—你多久看一次(“动物世界”)?

—Once a week.

—每周一次。

3. —How often do you drink milk, Liu Fang?

—你多久喝一次牛奶,刘芳?

—I drink milk every day.

—我每天喝牛奶。

—Do you like it?

—你喜欢喝牛奶吗?

—No. But my mother wants me to drink it. She says it's good for my health.

—不喜欢。但是我妈妈要我喝。她说这对我身体有好处。

4. —Are you healthy?

—你(身体)健康吗?

—Oh, I'm very healthy.

—哦,我(身体)很健康。

—What's your favorite exercise?

—你最喜欢的运动(锻炼)是什么?

—I like to play basketball.

—我喜欢打篮球。

【随堂精析】

一、How often do you exercise? 这是一个特殊疑问句的句型,how often 是“多久一次”

的意思,由它引起的疑问句是问频度的,它的答句往往是 three times a day, once a week, twice a month, 等等。如果我们对一个单位时间内的次数(即频度)提问,就要用 how often 来提问。

- 二、What do you usually do on weekends? 这也是特殊疑问句,问某人在什么时候通常干什么的问句。这样的问句要用 what 来引导。特殊疑问句的基本句型是“疑问词 + 助动词 do / does + 主语 + 动词原形 + 其他成分?”当主语是第三人称单数时,助动词要用 does,当主语是其余人称和数时均用助动词 do。如:What does she do on weekends?
- 三、—What's your favourite program? —It's Animal World. 这个问句也是特殊疑问句,但是动词是连系动词 is,故这类特殊疑问句的句型是“疑问词 + 连系动词 is / are + 主语?”当主语是第三人称单数时,连系动词用 is;当主语是第二人称单数或第一、第二、第三人称复数时,连系动词用 are。
- 四、Here are the results of the student activity survey at Green High School. 这是一个倒装句的句型。该句的主语是 the results of the student activity survey at Green High School,连系动词 are 和副词 here(作表语)构成合成谓语。如果副词 here 或 there 位于句首,而主语是名词时,那么句子的主语和谓语要倒装;如果主语是代词,那么句子的主语和谓语不要倒装。如:There comes the bus! / There it comes!
- 五、Most students exercise three or four times a week. 句中的 most students 指大多数学生;exercise 作动词用,是行为动词作谓语;three or four times a week 是每周三到四次的意义,time 此时是可数名词,指次数、倍数。当 time 指时间的时候,一般是不可数的。
- 六、But my mother wants me to drink it. She says it's good for my health. 前一句中的 want 是行为动词作句子的谓语,因句子的主语 my mother 是第三人称单数,而句子的时态是一般现在时,作谓语的行为动词要加-s,故句中用 wants。后一句中的 it's good for my health 作 says 的宾语,是宾语从句。从句中的 be good for 是“对……有好处”的意思。
- 七、How many hours do you sleep every night? 这也是特殊疑问句,由 how many 引起的特殊疑问句是问多少的问句,how many 后面必须跟可数名词的复数形式。如果是对不可数名词问多少,必须用 how much 来引导,如:How much water do you want to drink?
- 八、I try to eat a lot of vegetables, usually ten to eleven times a week. 句中的 try to do sth. 结构表示“设法做某事”的意思;a lot of 是“许多”的意思,相当于 many 或 much;频度副词 usually 的位置一般位于行为动词前面、to be 动词之后,但也可位于句首。

九、Good food and exercise help me to study better. 句子的谓语动词 help 后面跟宾语 me 和宾语补足语 to study better, 当句子的谓语动词是 help, 动词不定式(短语)作宾语补足语时, 可带 to, 也可不带 to。如: And my healthy lifestyle helps me get good grades. 句中的宾语补足语是不带 to 的动词不定式短语 get good grades。

十、Grandpa is pretty healthy because he exercises every day. 句中的 because he exercises every day 是原因状语从句, 说明 grandpa 身体非常好的直接的主要原因。

【能力测试】

一、补全对话

(A)

A: (1) _____ you (2) _____ watching TV?

B: Yes, I like it very much.

A: How (3) _____ (4) _____ you (5) _____ TV?

B: I watch TV (6) _____ day.

A: (7) _____ your (8) _____ program?

B: (9) _____ Animal (10) _____.

(B)

A: (11) _____ often (12) _____ you (13) _____ milk, Lin Tao?

B: I (14) _____ milk every morning.

A: (15) _____ you (16) _____ it?

B: No. But my mother (17) _____ me (18) _____ it. She (19) _____ it's good (20) _____ my health.

二、用方框中所给词的适当形式填空, 使短文正确、连贯、通顺

try healthy lifestyle to study pretty junk food every night of course
exercise but a lot of only once usually sleep look after every day habit
get ten to eleven help eat

I'm (1) _____ healthy because I (2) _____ every day, (3) _____ when I come home from school. And my eating (4) _____ are pretty good. I (5) _____ to eat (6) _____ vegetables, usually (7) _____ times a week. And I eat fruit (8) _____ and I drink milk every day. (9) _____, I love (10) _____ too, (11) _____ I try (12) _____ it (13) _____ a week. Oh, and I (14) _____ nine hours (15) _____. So you see, I (16) _____ my health. And my (17) _____ (18) _____ me (19) _____ good grades. Good food and exercise help me (20) _____ better.

三、连词成句

1. must, to eat, meat, we, less, try

2. every day, pretty, because, the old woman, exercises, is, healthy, she
3. fruit, health, vegetables, help, good, a lot of, and, in, you, to, keep
4. play, me, with, my father, at 6:00, wants, him, get up, and, to, basketball
5. every day, he, he, a, if, have, healthy lifestyle, exercises, does

【拓展练习】

一、单项选择

- () 1. — _____ do you go to the movies?
— I go to the movies once a month.
A. How many B. How long C. How often D. How soon
- () 2. — _____ your favorite subject?
— It's English.
A. Which is B. What is C. How is D. Who is
- () 3. — _____ hours do you do your homework?
— About two hours.
A. How long B. How often C. How much D. How many
- () 4. We must try _____ more vegetables and fruit every day.
A. eat B. drink C. to eat D. to drink
- () 5. Do you think he _____ a healthy lifestyle?
A. is B. are C. have D. has
- () 6. Hello, Jack. _____
A. Here's a letter from you B. Here's a letter of you
C. Here are two letters for you D. Here has a letter for you
- () 7. Look! Sam's uncle _____ under a big tree and _____ a book.
A. sits; reading B. is sitting; reads
C. is sitting; reading D. sits, reads
- () 8. Look! Here _____!
A. comes the taxi B. the taxi comes
C. we come to the bus D. the bus comes
- () 9. — What does he do?
— He is _____ engineer.
A. a B. an C. the D. /

() 10. —Help me _____ the light, Jim!

—Yes, Lucy. It's too dark in the classroom.

A. turn over B. turn down C. turn on D. turn off

二、完形填空

_____ 1 _____ all the things we eat and drink, water is the _____ 2 _____ important. Not _____ 3 _____ people understand this but it is quite true. The human body can go without food for a long time, but after two _____ 4 _____ three days without water men usually will _____ 5 _____. Many people do not understand how _____ 6 _____ water the human body needs and many people do not drink _____ 7 _____. Most people drink _____ 8 _____ they are thirsty, but in fact we often need more water.

A man's body is of about 70% water. If we do not have enough water, we feel _____ 9 _____ and may _____ 10 _____ ill. Do you know what the best drink is?

- | | | | |
|------------------|---------------|--------------|-----------|
| () 1. A. At | B. By | C. For | D. Of |
| () 2. A. least | B. more | C. most | D. much |
| () 3. A. little | B. some | C. few | D. much |
| () 4. A. or | B. and | C. till | D. too |
| () 5. A. live | B. living | C. die | D. dead |
| () 6. A. a lot | B. many | C. great | D. much |
| () 7. A. full | B. enough | C. necessary | D. plenty |
| () 8. A. when | B. as soon as | C. before | D. after |
| () 9. A. hungry | B. angry | C. tired | D. fine |
| () 10. A. turn | B. grow | C. get | D. become |

三、阅读理解

A

When Jimmy was a boy, he liked watches and clocks very much. When he was eighteen years old, he joined the army, and after a year, he began to teach himself to mend watches. A lot of his friends brought him broken watches, and he mended them for them.

Then his captain heard about this. One day he brought Jimmy a watch too, and said "My watch has stopped. Can you mend it for me, please?"

Jimmy said, "Yes, sir, I can." After a few days, he brought the watch back to the captain.

"How much should I pay you?" the officer said.

"One pound, sir." Jimmy replied. Then he took a small box out of his pocket and gave it to the captain, saying "Here are your three wheels from your watch. I didn't find a place for them when I put everything back."

- () 1. Jimmy began to learn to mend watches _____.
 A. when he was a boy B. when he was eighteen years old
 C. at the age of 20 D. at the age of 19
- () 2. Jimmy learned to mend watches and clocks when he was _____.

- A. in the army B. at home
C. in the middle school D. from the soldiers
- () 3. Jimmy learned to mend watches and clocks _____.
A. from his teacher B. by himself
C. from the captain D. from the soldiers
- () 4. How did Jimmy mend the officer's watch?
A. He didn't put everything back at all.
B. He mended it very well.
C. He didn't mend it because it was quite all right.
D. He tried hard, but he didn't find the wrong place.
- () 5. Of the following titles which one do you think is the best?
A. *Jimmy in the Army* B. *Jimmy Mended Watches*
C. *How to Mend Watches* D. *Jimmy Wanted One Pound*

B

Eating Habits

An important question about eating out is who pays for (付钱) the meal. If a friend of yours asks you to have lunch with him, you may say something like this, "I'm afraid it'll have to be some place cheap, as I have little money." The other person may say, "OK, I'll meet you at McDonald's."

This means that the two agree to go Dutch, that is, each person pays for himself. He may also say, "Oh, no. I want to take you to lunch at Johnson's," or "I want you to try the steak(牛排) there. It's great." This means the person wants to pay for both of you. If you feel friendly towards this person, you can go with him and you needn't pay for the meal. You may just say, "Thank you. That would be very nice."

American customs(风俗) about who pays for dates(约会) are much the same as in other parts of the world. In the old days, American women wanted men to pay for all the meals. But, today, a university girl or a woman in the business world will usually pay her way during the day. If a man asks her to dinner or a chance outside the working hours, it means "come as my guest". So as you can see, it is a polite thing to make the question clear at the very beginning.

- () 6. In the old days _____ often paid for all the meals.
A. women B. men
C. university students D. businessmen
- () 7. "To go Dutch" means to _____.
A. go to play outside B. eat out
C. pay for oneself D. go to a cheaper eating place
- () 8. "McDonald's" here means _____.
A. a tea house B. a gate C. an office D. an eating place
- () 9. If you feel friendly to the person, _____.

Unit 1 How often do you exercise?

- A. you should pay for him B. you needn't pay for him
C. you can accept his invitation D. you can't accept his invitation
- ()10. We'd better know who will pay for the meal _____.
A. at the beginning B. at the end
C. in the middle of the meal D. after drinking

Unit 2 What's the matter?

【知识归纳】

一、句型

1. —What's the matter?

—你怎么了?

—I have a cold.

—我感冒了。

2. You should drink lots of water.

你应该喝大量的水。

3. He shouldn't eat anything.

你不应该吃任何东西。

4. That's a good idea.

那是个好主意。

5. I'm not feeling well.

我感到不舒服。

6. I hope you feel better soon.

我希望你不久感到舒服了(好了)。

7. —Do you have a sore throat?

—你喉咙痛吗?

—No, I don't.

—不,我喉咙不痛。

— 8. But people who are too stressed out and angry may have too much yang.

但是那些感到太紧张和生气的人可能会有太多的阳。

9. It's easy to have a healthy lifestyle, and it's important to eat a balanced diet.

有健康的生活方式是容易的,保持平衡的饮食是重要的。

10. ..., but I'm not feeling very well at the moment.

……,但是眼下我身体不舒服。

二、日常交际用语

1. —What's the matter?

—你怎么了?

—I have a stomachache.

—我胃痛。

2. —What's the matter with you?

—你怎么啦?

—I have a toothache.

—我牙痛。

—Maybe you should see a dentist.

—也许你应该去看牙科医生。

—That's a good idea.

—那是个好主意。

3. —What's the matter? Do you have a sore throat?

—怎么啦? 你喉咙痛吗?

—No, I don't.

—不,我喉咙不痛。

—Do you have a headache?

—你头痛吗?

—Yes, I do.

—是的,我头痛。

—You should lie down and rest.

—你应该躺下休息。

4. —What's the matter with Gina?

—吉娜怎么啦?

—She's tired.

—她感到累。

—Well, she should go to bed early. She shouldn't go to the party.

—嗯,她应该早点儿睡觉。他不应该去出席聚会。

5. —What's the matter, Icy?

—阿爱斯,你怎么啦?

—I'm stressed out.

—我感到紧张。

【随堂精析】

- 一、—What's the matter? —I have a cold. 句中的 What's the matter? 问句是问“(你)怎么啦?”如果问人,是问人的身体情况怎么样,故答句中回答“我患感冒了。”该问句是 What's the matter with you? 的省略形式。我们也可以用 What's the trouble (with you)? 或 What's wrong (with you)? 此类问句也可以问物品或工具之类的东西。如:What's the matter with your watch? “你的手表怎么啦?” What's the trouble with your bike? “你的自行车怎么啦?” What's wrong with your leg? “你的腿怎么啦?”
- 二、—Do you have a sore throat? —No, I don't. / Yes, I do. 问句是一般疑问句,其中的谓语动词 have 是行为动词,故它的疑问句形式要用到助动词 do 或 does,他的答句用 yes 或 no 以及助动词 do 来回答。当主语是第三人称单数时,助动词用 does。如:—Does she have a cold? —Yes, she does. / No, she doesn't.
- 三、—Maybe you should see a dentist. —That's a good idea. 前句中的 maybe 是副词,是“也许”的意思,它的位置可以在句首,也可以在句中;句中的 should 是助动词,是“应该”的意思,它后面必须跟动词原形,它和它后面的动词原形一起构成句子的谓语。它的否定形式是 shouldn't,是 should not 的简略形式。后句是对别人提出的建议表示赞同的常用方式。
- 四、Traditional Chinese doctors believe we need a balance of yin and yang to be healthy. 这个句子中的谓语动词 believe 是“相信、认为”的意思,它后面跟有一个宾语从句 we need a balance of yin and yang to be healthy,从句中的谓语动词是 need,在此处是行为动词。need 也往往作情态动词用,但 need 作情态动词用的时候,后面必须跟动词原形。
- 五、But people who are too stressed out and angry may have too much yang. 这个句子中的 who are too stressed out and angry 修饰主语 people,作定语,是定语从句。从句中的 stressed out 是“紧张的,有压力的”意思,too 是副词。主句中的 may 是情态动词,它和它后面的动词原形 have 一起构成句子的谓语;句中的 much 是形容词,修饰名词 yin,而 too 是副词,修饰形容词 much。
- 六、It's easy to have a healthy lifestyle, and it's important to eat a balanced diet. 这个句子中的两个 it 都是形式主语,而两个动词不定式短语 to have a healthy lifestyle 和 to eat a balanced diet 是句子的真正主语。
- 七、... but I don't think I'm improving. 句子中的 I'm improving 是宾语从句,主句中的谓语动词 think 用了否定形式,在这个句子中实际上是否定后面的宾语从句。这类动词除了 think 外,还有 believe 等动词。

【能力测试】

一、补全对话

(A)

A: (1) _____ the matter? (2) _____ you (3) _____ a sore throat?

B: No, I (4) _____.

A: (5) _____ you (6) _____ a headache?

B: Yes, I (7) _____.

A: You (8) _____ lie (9) _____ and (10) _____.

(B)

A: (11) _____ wrong (12) _____ you?

B: I'm not (13) _____ well. I (14) _____ a cold.

A: When did it (15) _____?

B: About two days (16) _____.

A: Oh, (17) _____ too bad. You (18) _____ see a doctor.

B: Yes, I think (19) _____.

A: I hope you feel (20) _____ soon.

二、用方框中所给词的适当形式填空,使短文正确、连贯、通顺

too much eat more a balance of important like for example stressed out
have a healthy lifestyle for may who like be healthy believe

Traditional Chinese doctors (1) _____ we need (2) _____ yin and yang (3) _____. (4) _____, are you quiet and often tired? Maybe you have (5) _____ yin. You (6) _____ eat hot yang foods, (7) _____ beef. (8) _____ Dangshen and Huangqi herbs is also good (9) _____ this. But people (10) _____ are too (11) _____ and angry (12) _____ have too much yang. They believe that they should eat (13) _____ yin foods like tofu. It's easy (14) _____, and it's (15) _____ to eat a balanced diet.

三、连词成句

1. a dentist, you, you, a toothache, need, has, to see

2. to sleep, a night, important, eight hours, it's

3. a, healthy, diet, eat, to be, balanced

4. a fever, sore throat, give, a, can, you