

中学英语学习新思维丛书

Vocabulary & Grammar of GO FOR IT

义务教育课程标准实验教材

英语词汇语法 强化训练

八年级上

徐群力 主编

as for

postcard

brown bread

medicine

浙江教育出版社



中 学 英 语 学 习 新 思 维 丛 书

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编写说明

词汇和语法是语言的两大要素。词汇是语言最基本的材料,离开词汇,语言就不复存在;语法是语言的结构方式,没有语法,语言就失去了实际意义。英国著名语言学家D.A. Wilkins曾说过:“Without grammar very little can be conveyed; without vocabulary nothing can be conveyed.”可见,语言的学习离不开词汇和语法。

GO FOR IT! 教材采用任务型教学模式,融汇话题、交际功能和语言结构,为我们提供了一套全新的英语学习程序。为了帮助学生全面地掌握书中的语法体系并了解词汇的用法,我们组织编写了相配套的《英语词汇语法强化训练》。

这套书以学期为单位编写,每学期一册;每一册以单元为单位,每个单元由两大块组成。第一大块为词汇,其中设词汇讲解和词汇练习两个栏目。词汇讲解中所列的单词或短语与教材词汇表同步,每个单词后标注音标、词性、词义,并举出例句。根据需要在所列的单词或短语后设置【用法】、【搭配】、【联想】、【辨析】等内容。【用法】主要是对该词的一些习惯用法进行简要的说明,【搭配】主要是列出该词的一些常见的固定搭配,【辨析】主要是指同义词间的用法的区别,【联想】主要包含与该词有关的同义词、反义词、对应词、缩写形式及常见短语等方面的内容,意在拓展学生的知识面,帮助学生掌握词汇学习的基本方法和基本规律。词汇练习目标明确,题型活泼多样,旨在帮助学生记忆、巩固和拓展所学词汇,较好地掌握它们的基本用法。第二大块为语法,由语法讲解和语法练习两部分组成。语法讲解涵盖每一单元中的重点语法项目、句型结构和语言知识点,并对这些内容进行了深入浅出的讲解;语法练习针对性强,侧重基

基础和适当灵活拓展,以利于学生举一反三、触类旁通,及时巩固所学知识,逐步形成综合语言应用能力。

本书由徐群力老师担任主编。徐群力、吴行方、潘明初老师编写。

编者

2006年8月



Contents

Unit 1	How often do you exercise?	1
Unit 2	What's the matter?	14
Unit 3	What are you doing for vacation?	27
Unit 4	How do you get to school?	37
Unit 5	Can you come to my party?	48
Unit 6	I'm more outgoing than my sister.	56
Review of units 1~6		66
Unit 7	How do you make a banana milk shake?	70
Unit 8	How was your school trip?	81
Unit 9	When was he born?	91
Unit 10	I'm going to be a basketball player.	103
Unit 11	Could you please clean your room?	115
Unit 12	What's the best radio station?	126
Review of units 7~12		140
Keys		144



Unit 1 How often do you exercise?

Part One 词汇

I. 词汇讲解

how often 多久一次

【例句】— How often do you write to your parents? — 你过多久给父母写一封信?

— Once a month. — 每月写一封。

exercise /'eksə(r)saɪz/

vi. 锻炼; 运动

【例句】You should exercise more so as to keep healthy. 你应当多锻炼以保持身体健康。

n. [U] 锻炼; [C] 练习

【例句】I wrote in my exercise book. 我写在我的练习本上。([U])

You are too fat. You have to take more exercise. 你太胖了, 得多锻炼。([U])

The exercises are mostly translation exercises. 练习大部分是翻译练习。([C])

【搭配】do morning exercises 做早操 do spelling exercises 做拼写练习

an exercise book 一本练习本

skateboard /'sketbɔ:(r)d/

vi. 做滑板运动

【用法】skateboard 是由 skate(溜冰)+board(板)构成的复合名词。

【例句】Do you want to go skateboarding? 你想去滑滑板吗?

n. [C] 滑板

【例句】Who often go and ride on a skateboard? 谁经常去滑滑板?

hardly /'hɑ:(r)dli/ *adv.* 几乎不; 几乎没有

【例句】It was so dark that I could hardly see. 天那么黑, 我简直看不见了。

I could hardly hear the speaker. 我几乎听不到演说者的声音。

【辨析】hard; hardly

hard 可以作副词, 但是意思是“辛苦地; 努力地”; 而 hardly 是副词, 意思是“几



英语词汇语法强化训练

乎不”，表否定的意思。例如：

He hardly works. 他几乎不工作。

He works hard. 他努力工作。

ever /'evə(r)/ *adv.* 曾经; 曾

【例句】 Do you ever go out at night? 你平时晚上出去吗?

【联想】 forever *adv.* 永远 never *adv.* 从不

shop /ʃɒp/ , /ʃɑ:p/

vi. 购物

【例句】 We shopped all morning for new clothes. 整个上午我们都在买新衣服。

n. [C] 商店

【例句】 There is a shop near our school. 我们学校附近有一家商店。

【联想】shopgirl *n.* 女店员 shopkeeper *n.* (英)零售商人;店主

shopwindow *n.* 商店櫥窗

【搭配】talk shop 三句话不离本行 keep (a) shop 开店;做店主

do some shopping 买东西 go shopping 去买东西

shop assistant 店员 shop card 营业卡(证)

once /wʌns/ *adv.* 一次

【例句】 I go to see a movie once a week. 我每周看一场电影。

【搭配】 at once 马上;立刻;同时 once upon a time 从前

twice /twaɪs/ *adv.* 两次; 两倍

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

【搭配】 once or twice 几次;一两次 think twice about doing sth 三思而行

time /taim/

n. [C] 次; 次数

【例句】 This time, the teacher was happy. 这次,老师高兴了。

For the first time in his life, he went to Hong Kong. 他有生以来第一次去香港。

n. [U] 时间

【例句】 I don't have enough time to finish my homework.

我没有足够的时间完成家庭作业。

We had a good time. 我们玩得很高兴。

【搭配】all the time 始终; 一直 on time 准时; 按时 in time 及时; 来得及

surf /sɜ:(r)f/ vt. & vi. 在……冲浪;在激浪上驾(船)





【例句】Do you like to surf the net? 你喜欢上网吗? (vt.)

I will go surfing tomorrow. 我明天将去参加冲浪运动。(vi.)

Internet /'Intə(r)net/ n. [U] 网络; 互联网

【例句】We can find almost everything on the Internet.

在互联网上, 我们几乎什么都能找到。

Surfing the Internet is a very exciting thing. 遨游网络是件令人兴奋的事情。

program /'prəʊgræm/ n. [C] (戏剧、广播、电视等的) 节目; 表演; (电脑) 程序

【例句】I watched a program about animals. 我看了一个有关动物的节目。

This program can help you learn English well. 这个程序能帮你学好英语。

high school (美) 中学; (英) 公立中等学校

【用法】high school 常用于美国英语, 英国英语中常用 middle school。

【例句】I study in a high school near here. 我在这里附近的一所中学学习。

most /məʊst/ adj. 大多数的; 大部分的; 几乎全部的; 最多的(形容词最高级)

【例句】Most children like watching cartoons. 大多数的小孩喜欢看卡通片。

Li Ming bought the most books. 李明买的书最多。

no /nəʊ/ adj. 没有的; 全无的

【例句】There are no flowers in the garden. 花园里没有花。

【联想】No turn! 禁止转弯! No smoking! 禁止吸烟!

result /rɪ'zʌlt/ n. [C] 结果; 成果

【例句】The result of the basketball game was ninety to seventy.

篮球比赛的结果是 90 比 70。

active /'æktɪv/ adj. 活跃的; 积极的

【例句】She is very active in English classes. 在英语课上她非常活跃。

He is an active member of the art club. 他是艺术俱乐部的积极分子。

【搭配】take an active part in... 积极参加……

for /fɔ:(r)/ prep. 对于; 关于; 在……方面; 就……而言

【例句】I have no ear for classical music. 我不懂欣赏古典音乐。

I often have noodles for breakfast. 我早餐经常吃面条。

For me, I don't like to travel too far. 对我来说, 我不喜欢去太远的地方旅游。

I have books for children. 我有些适合儿童看的书。

【搭配】go out for a walk 出去散步 leave for... 动身去…… for example 例如

【辨析】because; for



because 和 for 都可以做连词,并且均有“因为”的意思。但是 because 多用于表示直接原因;而 for 既可以表示原因,又可以用于提出说明,其语气比 because 轻得多。because 引导的从句一般放在主句后,有时也可放在主句前;而 for 引导的句子只能放在后面。另外在回答 why 引导的问句时,只能用 because。例如:

— Why are you late for school this morning?

—— 你今天早上为什么上学迟到?

— Because I got up late. —— 因为我起床晚了。

Many people want to buy it because the price is low.

许多人就是因为价格便宜想买它。

We can't go there for it is snowing now.

我们不能去那里,因为现在正在下雪。

as for 至于;关于

【例句】As for lunch, most workers have it in the factory.

至于中饭,大多数工人是在工厂里吃的。

about /ə'baʊt/ *adv.* 约摸;几乎;大约

【例句】There are about 1,000 students in that school. 那所学校大约有 1,000 人。

【搭配】That's about it. 差不多(就是这样)。 How / What about...? ……怎么样?

look about 四处看

junk /dʒʌŋk/ *n.* [U] 废弃的旧物;破烂物

【例句】The room is full of junk. 那间屋子里满是破烂儿。

【联想】junk mail 垃圾邮件(指不写收件人姓名、地址的邮寄宣传品)

junk price 赔本价钱

junk food 垃圾食品(无大营养价值的、填肚子的食品,常指爆米花等小吃)

milk /mɪlk/ *n.* [U] 牛奶

【例句】Do you often have milk for breakfast? 你早餐常喝牛奶吗?

【联想】milkman *n.* 卖 / 送牛奶的人;挤牛奶的人

milk shake 奶昔 bean milk 豆浆

coffee /'kɒfɪ/, /'kɑ:fɪ/ *n.* 咖啡

【例句】Would you like some coffee? 你要喝点咖啡吗?

【联想】coffee house 咖啡馆

coffee break (上班时间)喝咖啡间休(一般在上午 10 时和下午 3 时)

【搭配】a cup of coffee 一杯咖啡



three black coffees 3 杯清咖啡, 3 杯(不加牛奶或奶油的)浓咖啡

chip /tʃɪp/ *n.* [C] (实物等的)薄片

【例句】Do you like potato chips? 你喜欢薯片吗?

cola /'kəʊlə/ *n.* [U] 可乐

【例句】Cola is a kind of soft drink. 可乐是一种软饮料。

chocolate /'tʃɒklɪt/, /'tʃɑ:kəlɪt/ *n.* [U] 巧克力

【例句】We can see five bars of chocolate in the box.

我们可以看见盒子里有 5 块巧克力。

【联想】fancy chocolate 优质巧克力; 花式巧克力 filled chocolate 夹心巧克力

nuts chocolate 果仁巧克力

drink /drɪŋk/ *vt.* 喝; 饮

【例句】I am so thirsty that I can drink ten glasses of water now.

我现在太渴了, 能喝下 10 杯水。

【搭配】drink to 举杯祝某人成功

health /helθ/ *n.* [U] 健康; 健康状况

【例句】Health is very important to all people. 对所有人来说健康都非常重要。

Here's to your health! 祝你健康!

【联想】Good health is above wealth. (谚语) 健康胜于财富。

【搭配】drink to sb's health 为……的健康干杯 in good health 身体好

how many 多少

【例句】How many dictionaries do you have? 你有几本辞典?

【辨析】how many; how much

how many 和 how much 都有“多少”的意思。但是 how many 修饰可数名词; 而 how much 则修饰不可数名词。例如:

How many flowers are there in the vase? 花瓶里有几朵花?

How much oil do you want? 你需要多少油?

interviewer /'ɪntə(r)vju:ə(r)/ *n.* [C] 采访者

【例句】Who is the interviewer over there? 那边的那位采访人是谁?

【联想】同根词: interview *v.* 接见; 会见; (记者) 访问

interviewee *n.* 被接见(被会见、被采访)者

habit /'hæbɪt/ *n.* [C] 习惯; 习性

【例句】It's a good habit to have an apple a day. 每天吃个苹果是个好习惯。



【搭配】get into the habit of... 养成(染上)……习惯

be in the habit of 惯于;有某种习惯

try /traɪ/ *vt. & vi.* 努力做;试图;想要;设法;努力

【例句】You should try it again and again. 你应该一再努力做这件事。(vt.)

He tried to climb the wall, but he could not. 他试图爬上墙去,可是爬不上。(vi.)

【搭配】try one's best 尽最大的努力 try on 试穿(衣服、鞋等);试戴(帽子等)

of course 当然;自然

【例句】Of course, I'd like to have a try. 我当然想试试。

look after 照顾;照看

【例句】Can you look after my baby when I am away?

我离开的时候帮我照看一下婴儿好吗?

【联想】同义短语: take care of 照顾

lifestyle /'laɪfstaɪl/ *n.* [C] 生活方式

【例句】His lifestyle of going to bed late and getting up late is not good.

他迟睡早起的生活习惯不好。

grade /greɪd/ *n.* [C] 分数;成绩;年级

【例句】He always got high grades in school. 他在学校里总是得高分。

My best friend Jim is in Class 3, Grade 2. 我最好的朋友吉姆在二年级3班。

better /'betə(r)/ *adj.* (good 和 well 的比较级) 更好的;更使人满意的;健康状况有所好转的

【例句】She is better at English than I. 她英语比我好。

He is much better today. 他今天身体好多了。

【联想】Better late than never. (谚语) 迟做总比不做好。

same /seɪm/ *adj.* 同样的;相同的

【例句】Your pencil is the same as mine. 你的铅笔和我的一样。

【联想】反义词: different *adj.* 不同的

【搭配】all / just the same 完全一样;毫无区别;无所谓 the same as... 同……一样

as /æz/ *prep.* (表示比较) 像……(一样)

【例句】His lifestyle is the same as yours. 他的生活方式和你的一样。

【联想】as you know 正如你知道的 as...as... 像……一样

different /'dɪfərənt/ *adj.* 差异的;不同的

【例句】There are three different answers. 有3种不同的答案。

【搭配】be different from... 与……不同

difference /'dɪfərəns/ *n.* [U] & [C] 不同; 差异; 区别

【例句】Can you see much difference in them? 你能看出他们有什么大的差别吗? ([U])

There are many differences between living in a big city and living in the country.
生活在大城市与生活在乡村有许多不同之处。([C])

unhealthy /ʌn'helθi/ *adj.* 不健康的; 不利于健康的

【例句】Smoking is an unhealthy lifestyle. 吸烟是一种不健康的生活方式。

【联想】同根词: healthy *adj.* 健康的 health *n.* 健康

yuck /jʌk/ *interj.* (表示反感、厌恶等) 呸; 啐

【例句】Yuck, I don't like such kind of things. 呸, 我才不喜欢这种东西。

maybe /'meɪbi/ *adv.* 或许; 大概

【例句】Maybe Tom is in his office now. 现在汤姆或许在办公室。

although /ɔ:lðəʊ/ *conj.* (=though) 虽然; 即使; 纵然

【用法】英语中, 要表示汉语的“虽然……但是……”时, 只能用其中的一个连词。即:
如果用了 though, 就不能用 but; 如果用了 but, 就不能用 though。

【例句】Although it is late, I still have to finish homework first.

虽然时间已经很晚了, 但是我还得先完成家庭作业。

for /fɔ:(r)/ *prep.* (表示时间、距离、数量) 达; 计

【例句】They ran for two kilometers. 他们跑了两千米。

He stayed there for a week. 他在那里呆了一周。

grandpa /'grænpɑ:/ *n.* [C] 爷爷; 外公

【例句】His grandpa is a retired worker. 他的爷爷是退休工人。

【联想】对应词: grandma *n.* 奶奶; 外婆

a lot of 大量; 许多

【例句】We have a lot of rain here in spring. 春天我们这里经常下雨。

I have a lot of wonderful storybooks. 我有许多精彩的故事书。

【辨析】many; much; a lot of

3 个词都含有“许多”的意思。但是 many 修饰的是可数名词; much 修饰的是不可数名词; a lot of 既可以修饰可数名词, 也可以修饰不可数名词。

keep /ki:p/ *vi. & vt.* 保持; 使保持某种状态

【例句】Keep quiet, please. 请保持安静。(vi.)

Keep the baby warm. 别把婴儿冻着。(vt.)

The telephone kept ringing. 电话铃声一直响着。(vt.)

【搭配】keep time 走时准确 keep on 继续;保持 keep doing... 继续做……

must /mast/ modal v. 必须

【用法】must 是情态动词,后面跟动词原形,表示否定时,后面直接加 not。

【例句】I must close the windows. It's raining outside. 我必须把窗户关了,外面在下雨。

less /les/ adj. (little 的比较级)较小的;更小的;较少的;更少的

【用法】与它的原级 little 一样,less 如修饰名词也只能修饰不可数名词。

【例句】Jane is less beautiful than Lucy. 简不如露西漂亮。

The boss had less time to spend with the family.

那位老板和家人在一起的时间比较少。

II. 词汇练习

单项选择。

- _____ do you eat junk food?
— Twice a week.
A. How many B. How much C. How often D. How far
- There _____ student in the room.
A. isn't any B. is no C. aren't any D. aren't a
- Can you help me _____ the dog when I am away?
A. look at B. look for C. look out D. look after
- When I go to KFC, I often buy potato _____.
A. chips B. shops C. pens D. meat
- I went to Beijing _____ when I was a small child.
A. never B. once C. by bike D. on foot
- Mary is _____ in Chinese classes because she likes Chinese lessons very much.
A. scary B. sad C. curly D. active
- The question is very easy. _____ students in our class can answer it.
A. Most B. Much C. Few D. No
- When Lucy is free, she likes to _____ the Internet.
A. play B. do C. surf D. take
- As _____ me, I don't like watching TV.

- A. with B. on C. for D. about
10. His lifestyle is the _____ as mine.
- A. different B. same C. good D. healthy

二 选择框内所给单词,完成下列句子。

result, keeps, chocolate, program, about,
twice, although, exercise, junk, grade

- He often gets home at _____ five in the afternoon.
- Do you usually eat _____ food?
- What's your favorite TV _____?
— *Around the World.*
- I like sports. I _____ almost every morning.
- Does she know the _____ of activity survey?
- We go to see movies _____ a month.
- Don't eat too much _____. It's bad for your teeth.
- I am thirteen years old. I am in Class Two, _____ Six.
- _____ they are poor, they are happy.
- An apple a day _____ the doctor away.

三 根据句意及首字母或中文提示,完成单词,使句子意思完整。

- Which do you like b _____, milk or cola?
— Milk, I think.
- I often have noodles f _____ breakfast because I like noodles very much.
- I am too fat. I hardly e _____ exercise in the day, and I eat a lot.
- How often does your friend Bill play sports?
— O _____ a week.
- I m _____ go to school. It's seven fifty, and we will begin our class at eight.
- What do you think of your l _____?
— I think it's healthy. I usually get up early and exercise much.
- What about going s _____?
— Good idea. I like sports on water very much.
- Who is that i _____?
— A man from *China Daily*(《中国日报》).
- Would you like something to d _____?

— Some green tea, please.

10. — Is he your g _____?

— Yes, he is my father's father.

11. Please eat more vegetables. They are good for your _____ (健康).

12. She has the _____ (习惯) of going to bed late.

13. _____ (大多数) students like to watch cartoons.

14. Tom is an _____ (活跃的) boy. He likes playing sports.

15. How often do you surf the _____ (互联网)?

选词填空。

1. — What do you usually do on weekends?

— I often go to the _____. You see, I like thrillers. (school / movies)

2. — How _____ do you write to your parents?

— Twice a month. (long / often)

3. — What is your _____ program?

— *Animal World*. (favorite / like)

4. Most girls eat junk food three _____ four times a week. (or / and)

5. As _____ sports, I like volleyball best. (about / for)

6. Eating fruit is _____ for your health. (bad / good)

7. She has a good eating habit. She _____ to eat fruit and vegetables every day.
(tries / keeps)

8. Katrina studies hard, so she often gets good _____. (food / grades)

9. _____ I can find him in his office now, because he is often there at this time
of day. (Maybe / Although)

10. I usually eat a lot and exercise little. It is a(n) _____ lifestyle. (healthy / unhealthy)

Part Two 语法

I. 语法讲解

一、频度副词

1. 定义：在英语中表示频率的副词叫做频度副词。

2. 常见的频度副词有: always(总是), usually(通常), often(经常), sometimes(有时), hardly ever(几乎没有), never(从不)。

3. 频度副词的位置:

1) 频度副词一般在行为动词的前面, be 动词的后面。例如:

She never comes late. 她从不迟到。

I often watch TV after dinner. 我经常在晚饭后看电视。

Li Ming is always late for school. 李明上学总是迟到。

2) 若句子的谓语动词是由几个部分组成的(如: will go, have been finished 等), 频度副词一般放在第一个助动词后。例如:

They will always be friends. 他们将永远是朋友。

3) 若表示对比或强调, 常放在句首。例如:

Sometimes it's very cold in the south in winter. 南方的冬天有时很冷。

二、特殊疑问句 (Wh- questions)

英语特殊疑问句是指以 who, whom, whose, which, what 等疑问代词和 when, where, why, how 等疑问副词开头的表示提出疑问的句子。

特殊疑问句的结构一般是由疑问代词或疑问副词加一般疑问句构成, 不能用 yes 或 no 回答。例如:

— What do you usually do on Sundays? — 你星期天通常做什么?

— I usually play with my friends. — 常和朋友们玩。

— How often do you take the medicine? — 你每隔多久吃一次药。

— Three times a day. — 一天 3 次。

II. 语法练习

一 选择框内所给的频度副词, 完成下列句子。

sometimes, often, usually, always, hardly ever, never

1. I _____ go to school by bike, but _____ I go by bus.

2. It is too dark here, so I _____ see you.

3. My grandpa is _____ telling me the story. Maybe it's because he is too old.

4. I like sports. I _____ do some running in the morning.

5. America is so far from China. I have _____ been there.