

花 **1** 小时的家教成本，
请回 **1** 学期的家教老师！

人民教育版

英语

八年级上学期

REJICHANGJIAJIAO

非常教

解析

◎ 重点

◎ 难点

◎ 疑点



◎ 青岛出版社

PDG

《非常家教》出版说明



知识导航

提纲挈领

帮你明确学习目的,了解章节基本内容,梳理清晰的线索,是你课前预习的良师。



要点点拨

有的放矢

直击重点、难点与考点,点拨核心知识点,记录课堂讲评要点,是你课堂学习的益友。



典例详析

举一反三

精选典型例题,通透讲解,明示诀窍,详析规律,纠正误区,是你快速提高的捷径。



基础自测

知根知底

题目难度适中,涵盖章节基本内容,力求夯实基础,可用于课后及时检测,是你巩固根本的秘方。



能力拓展

触类旁通

优中选精,拒绝题海。帮你有效提升创新能力,增强学习的信心,打造智慧与成功之旅。



学习指南

授人以渔

帮你归纳学习方法,及时总结解题思路,增强学习效果,探求为学之道。



单元总结

温故知新

串联知识点,梳理知识结构;明确中考定位,把握命题趋势;指点迷津,是你自主复习的“非常家教”。



单元测评

量身定做

查漏补缺

名家精心挑选全面涵盖本单元内容的各种形式的习题,帮你巩固知识,及时发现不足,从而使复习更有针对性,事半功倍。



中考链接

因为似曾相识

所以游刃有余!



期中测评

行百里者半九十

一定要再接再厉!



期末测评

面对优异的成绩

非常家教平常心!



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Unit 1 How often do you exercise?

单元易几

本单元的中心话题是“谈论周末的活动”;功能项目为“如何询问周末活动以及谈论某项活动或行为的频率”;语法为“以 what 和 how often 开头的一般现在时的特殊疑问句”;词汇重点为“表示频率的副词”;难点为“how 及 how 短语引导的特殊疑问句”。

Section A

知识导航

勇于开始,才能找到成功的路。

I. 将下面的英语单词、短语和相应的汉语配对。

- | | |
|-----------------------|------------|
| 1. go skateboarding | a. 节目;表演 |
| 2. about | b. 结果;成果 |
| 3. program | c. 玩滑板 |
| 4. exercise | d. 活跃的;积极的 |
| 5. result | e. 几乎;大约 |
| 6. go to the movies | f. 锻炼 |
| 7. active | g. 多久 1 次 |
| 8. how often | h. 难得 |
| 9. three times a week | i. 1 周 3 次 |
| 10. hardly ever | j. 去看电影 |

II. 根据汉语提示完成句子。

11. 你多久看一次电视?
_____ do you watch TV?
12. 这是格林中学学生生活的调查结果。
_____ the results of the student activity survey at Green High School.

要点点拨

读书不如要领,苦而无功。

I. 单词透视

1. exercise v. & n. 锻炼;运动

The old man is healthy. He exercises every morning. 这位老人很健康,他每天早晨都锻炼身体。

The doctor told her to take more exercise. 医生告诉她要多锻炼。

【知识拓展】 (1)n. 操;(1种)运动

Do you do morning exercises every day?

你每天做早操吗?

(2)n. 练习;练习题 I'm doing some math exercises. 我正在做一些数学练习题。

2. 辨析:hard, hardly

(1)hard 既可作形容词,也可作副词,其词义丰富。例如:

This ground is too hard to dig.

这块地太硬,挖不动。(adj.)

Chinese is hard to learn for foreigners.

对于外国人来说,汉语很难学。(adj.)

You should study hard.

你应该努力学习。(adv.)

(2)hardly 是独立副词,有否定含义,表示“几乎没有,几乎不”。例如:

There is hardly any coffee left.

几乎没剩下什么咖啡了。(adv.)

Hardly anybody came.

几乎没有什么人来。(adv.)

II. 短语扫描

3. go to the movies 去看电影

go to the movies 意为“去看电影”,还可以用 go to the cinema 或 go to see a film 表达。例如:

He often goes to the movies with his father on Sundays. 他经常星期天和他爸爸一起去看电影。

Would you like to go to the cinema this Sunday? 这个星期天你愿意去看电影吗?

4. twice a week 1 周两次

英语中“次数”的表示方法:

once 1 次;twice 两次;3 次以上,用“基数词+times”来表示。例如:

I went there three times a month. 我每月去那里 3 次。

5. as for 至于……,关于……

通常放在句首。如放在句中,常用逗号将其与句子隔开。例如:

As for playing basketball, I can't do it. 至于打篮球,我就不会了。

You can have a bed, but as for the children, they'll have to sleep on the floor. 你可以睡床上。至于孩子们,就只好睡地铺了。

III. 句型点击

6. How often do you watch TV?

how often 表示“多久1次,多长时间1次”,是用来提问频率的短语。例如:

How often does the train run? 火车多久1班?

how often 的答语有 always, never, sometimes, once a week, twice a month, every two days 等。

【知识拓展】 how many times 表示“多少次”,其答语常为 once, twice, three times 等。例如:

— How often does she go to the movies?
她多久去看一次电影?

— Twice a month. 1个月两次。

— How many times do you watch TV every week? 你每周看几次电视?

— Three times. 3次。

7. Here are the results of the student activity survey at Green High School.

该句是一个倒装句,且为完全倒装。将表语 here 置于句首是为了引起他人注意,同时也避免了因主语过长而造成句子头重脚轻。

Here are... 表示“这儿有……”,后面的名词是可数名词复数;如果是可数名词单数或不可数名词需用 Here is...。例如:

Here is a book telling the public about a new kind of milk. 这有一本书,向公众介绍一种新的牛奶。

【知识拓展】 一般来说,当 here 置于句首时,若主语是代词,谓语则应放在主语之后。我们把这种句子称为部分倒装句。例如:

Here he comes. 他来了。

IV. 语法在线

频度副词及表示频度的短语的用法

1. 通常,频度副词表示的频度不确定,频度短语表示的频度确定。两者都用 how often 提问。

2. 不确定的频度副词有: always, usually, of-

ten, sometimes, hardly ever, never 等。它们的含义不同,所表示的频度高低不同。always > usually > often > sometimes > hardly ever > never。

3. 在句中,它们常置于助动词、情态动词、系动词后,实义动词之前。但是, sometimes 位置比较灵活,它还可置于句首或句末。例如:

The boy is often late for school. 那个男孩经常上学迟到。

You can never be sure. 你永远不能确定。

He always helps others. 他总是帮助别人。

4. 表示确定频度的短语有: every day/week/month/year... 每天/周/月/年……, once a week 每周1次, twice a week 每周两次, three times a day 每天3次。例如:

Lily writes to her pen pal once a month. 莉莉每月给她的笔友写1封信。

We go to visit the Great Wall every year. 我们每年都去参观长城。

典例详析

读书之法,莫贵于循序而致精。

例题 1

_____ chicken, she doesn't like it at all.

A. As for

B. But for

C. As if

D. As to

【解析】 此题选择 as for 才能使句子意思比较合理。全句译为:至于鸡肉,她根本就不喜欢。其他答案均不合题意。

【答案】 A

例题 2

改错: The boy studies so hardly that he always

A

B

C

gets good grades.

D

【解析】 英语中很多形容词在后面加上 -ly 变为副词,例如: quick + ly → quickly 快速地, careful + ly → carefully 仔细地。但是 hardly 并非由 hard 加 -ly 构成。因为 hard 既是副词又是形容词,意为“努力地,刻苦地;艰难的”。如: study hard 努力学习; hard work 艰难的工作。而 hardly 为否定副词,意为“几乎不”,可构成词组 hardly ever “很少”。

【答案】 B 将 hardly 改为 hard。

例题 3

Sandy is so careful that she _____ makes mistakes in her homework.

A. usually

B. seldom

C. often

D. always

【解析】 本题考查副词的用法。so ... that 意为“如此……以至于”。句意为“桑迪如此细心以至于在作业中很少出错”。“很少”用 seldom, 故选 B。

【答案】 B

例题 4

— _____ do you write to your penfriend?

— Once a month.

A. How long

B. How often

C. How soon

D. How far

【解析】 once a month 意为“1 个月 1 次”，由此可知是对动作发生的频率进行提问，故用 how often “多久 1 次”。

【答案】 B

基础自测

做的技艺，来自做的过程。

I. 单项选择。

1. — _____ do you visit your uncle?

— Three times a month.

A. How

B. How long

C. How often

D. How soon

2. — 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

3. Most students exercise _____ a week.

A. once or twice

B. one time or two times

C. one time or twice

D. once or two times

4. I think the story is really _____.

A. interested

B. interest

C. interesting

D. interests

5. As _____ homework, we do homework every day.

A. to

B. of

C. for

D. from

II. 用所给单词的适当形式填空。

6. How often does Lily _____ (watch) TV?

7. John sometimes _____ (work) ten hours a day.

8. They shop _____ (two) a week.

9. Most _____ (student) go to school by bike.

10. Some boys play football two or three _____ (time) a week.

III. 根据对话情景和句意, 选用合适的频率副词填空。

always, hardly ever, never, usually, sometimes

11. Too much ice cream is bad for our health, so I _____ eat it.

12. Sally likes writing to me, but _____ she calls me up.

13. My sister _____ goes to the movies on weekends, but she sometimes goes to the movies on weekdays.

14. — Do you go shopping at that supermarket all the time?

— Yes, I _____ go shopping there.

15. — Do you have any friends in this city?

— No, I _____ came to this city.

能力拓展

有志者自有千方百计, 无志者只感千难万难。

IV. 根据表格完成短文。

Class 3, Grade 8 Activity Survey			
Activity	Every Day	Twice a week	Four times a week
Do homework	100%	0%	0%
Play computer games	10%	55%	35%
Have sports	0%	70%	30%

(All students = 100% Most students = 51% ~ 99% Some students = 1% ~ 5% No students = 0%)

Here 16 the results of the student activity survey in Class 3, Grade 8. 17 the students do their homework every day. 18 students do homework twice a week or four times a week. Most students play computer games 19. 20 students play computer games four times a week. 21 students play computer games every day. As 22 sports, most students have sports 23. 24 students have sports four times a week. No students have sports 25.

16. _____ 17. _____ 18. _____

19. _____ 20. _____ 21. _____

22. _____ 23. _____ 24. _____

25. _____

美国最流行的体育运动(一)

美国最流行的体育运动有5种:棒球、橄榄球、篮球、高尔夫球和网球。其中,棒球是美国最具普遍性的体育项目之一,被称作美国的“国球”。美国的橄榄球通常被称为美式足球,因球形似橄榄,中国人称之为橄榄球。几乎美国所有的主要城市和不少大专院校里都有职业橄榄球队。

重大的橄榄球比赛常常在盛大的典礼中举行。赛前半个小时,军乐队在女队长的带领下绕场一周,鸣号奏乐。他们的绕场表演有时喧宾夺主,比正式比赛更引人注目。在比赛的半场间隙,受过训练、穿着统一制服的拉拉队拼命为自己的球队欢呼加油。拉拉队队长通常由漂亮的女孩担任。

在美国所有的主要运动中,唯有篮球真正起源于美国。美国的职业篮球队球员球艺精湛,在世界上是出类拔萃的。高尔夫球和网球原来被认为是富人的消遣,但目前已大众化。

Section B

知识导航

勇于开始, 才能找到成功的路。

I. 根据英文解释完成下列单词的拼写, 每个单词的首字母已给出。

- d _____ (not the same)
- h _____ (having strong body not ill)
- i _____ (reporter)
- h _____ (custom or something a person does often and almost without thinking)

- a _____ (though)

II. 英汉互译。

- junk food _____
- drink milk _____
- pretty healthy _____
- 照看, 照顾 _____
- 许多, 大量 _____
- 和……一样 _____
- 对……有好处 _____

III. 根据汉语提示完成句子。

- 良好的食物和锻炼帮助我学得更好一些。

Good food and exercise _____ me _____ better.

I. 单词透视

1. drink v. 喝; 饮

I'm thirsty. Give me something to drink.

我渴了, 给我点喝的东西。

【知识拓展】n. 饮料; 一饮; 一杯

Would you like some drinks? 你想要些饮料吗?

Let's go and have a drink! 让我们去喝一杯吧!

2. same adj. 同样的; 相同的

same 与 the 不可分开。例如:

The girl has the same schoolbag as me.

这女孩有和我一样的书包。

The twins look the same.

这对双胞胎看起来一样。

3. different adj. 不同的; 有区别的

different 是 same 的反义词。be different from/to ... 意为“与……不同”。例如:

The weather here is very different from that in Beijing. 这里的天气与北京有很大差异。

II. 短语扫描

4. be good for ... 对……有益

Walking after dinner is good for our health.

晚饭后散步对我们的健康有益。

【知识拓展】(1) be good at ... 意为“擅长……”, 后面可以跟名词、代词或动名词作宾语, 相当于 do well in。例如:

He is good at math. 他擅长数学。

I am good at running. 我擅长跑步。

(2) be good to ... 意为“对……好”, 一般接人或人格化的名词, 相当于 be kind/friendly to ...。例如:

They are very good to the old man. 他们对这位老人很好。

III. 句型点击

5. Good food and exercise help me to study better.

动词 help 意为“帮助”, 其后既可以用带 to 的动词不定式作宾语补足语, 也可以用不带 to 的动词不定式作宾语补足语。例如:

I help my mother (to) clean the house every

day. 我每天帮助我母亲打扫房子。

My healthy lifestyle helps me get good grades. 我的健康生活方式帮助我取得好成绩。

【知识拓展】“帮助某人做某事”还可以用 help sb. with sth. 来表达。例如：

Could you help me with /do some house-work? 你可以帮我做些家务吗？

典例详析

读书之法，莫贵于循序而致精。

例题 1

Look! The girl is wearing _____ skirt _____ me.

- A. same; as B. the same; as
C. same; to D. the same; to

【解析】 句意：那个女孩穿着和我一样的短裙。the same...as...是固定短语，意为“与……一样的……”。故选 B。

【答案】 B

例题 2

Drinking milk is good _____ our health.

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

【解析】 句意：喝牛奶对我们的健康有益。be good for 意为“对……有益”。

【答案】 C

基础自测

做的技艺，来自做的过程。

I. 单项选择。

- She says it's good _____ my _____.
A. for; health B. for; healthy
C. at; health D. at; healthy
- Could you help me _____ this heavy box to the classroom?
A. carrying B. carries
C. is carrying D. carry
- You must _____ less meat.
A. to try eat B. try eat
C. trying to eat D. try to eat
- The boy is too young to _____ himself.
A. look at B. look after
C. look on D. look up
- My best friend has the same hairstyle _____ me.
A. for B. with C. as D. like

II. 用所给单词的适当形式填空。

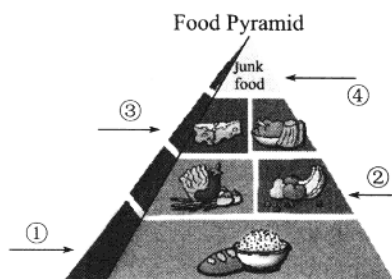
- How often _____ (do) you go to see the film?
- He usually _____ (study) very late every night.
- He eats a lot of _____ (fruit) and _____ (vegetable) but drinks little _____ (milk).
- I _____ (hard) ever had meat when I was young.
- Good food and exercise _____ (help) me study _____ (good).

能力拓展

有志者自有千计万计，无志者只感千难万难。

III. 阅读理解。

How often do you eat chocolate and chips? Five times a week? That's a bad eating habit! Every day we eat a lot of food. Some are good for our health, and some are bad for our health. What's good food? Here is a food pyramid (金字塔). Every day, we should eat much bread and rice; we should eat some vegetables and fruit, maybe two apples or three oranges. A lot of bread, rice, vegetables and fruit help you to keep in good health. We should have one glass or two glasses of milk and less fish, meat, chicken or eggs. Of course, we should hardly ever eat junk food. Although sweets (糖果) and cola are very delicious, we can't often eat them. They're unhealthy food.



- We should eat _____ and _____ every day.
- We should eat two apples or _____ or _____ day.
- We should have one glass or two glasses of _____ and _____ meat.
- We should _____ eat junk food. They're _____ food.

美国最流行的体育运动(二)

美国人的许多习惯用语都出自体育运动。例如:美国人用棒球比赛中的“打了就跑”(hit-and-run)一词借指那种从车祸现场溜走的肇事司机;“我们被罚出局了”(We were struck out before we got started.)或“我们连一垒也没跑到”(We couldn't even get to the first base.)表示“失败”;“为你拿起球棒”(go to the bat for you)表示“帮助你摆脱困境”;“用自己的球棒干”(do something off one's own bat)表示不需要别人的帮助;“开球”(kick off)可以指“任何事情的开始”;“他已躺在绳子上”(He is on the ropes.)来自拳击运动,意思是“某人被击败了”或“某人快破产了”。由此可见,这些体育活动在美国人生活中占有多么重要的位置。

Self Check

知识导航

勇于开始, 才能找到成功的路。

I. 翻译下列词组。

1. 大量;许多
2. 保持健康状况

II. 根据汉语提示完成句子。

3. 许多蔬菜能帮助你保持健康。

A lot of vegetables can help you to _____.

4. 你必须尽量少吃肉。

You must _____ meat.

要点点拨

读书不知要领, 苦而无功。

I. 单词透视

1. must

must 是情态动词,意为“必须”。例如:

I must go to the bank to get some money. 我必须去银行取些钱。

【知识拓展】 must 也表示“一定”(猜测)。

He must be at home. 他一定在家。

注意: must 意为“一定”。表示猜测时,其否定形式用 can't。

He can't be at school. 他不可能在学校。

II. 短语扫描

2. 辨析: a lot of, many, much

三者都可表示“许多”。a lot of 既可修饰可数名词,也可修饰不可数名词;many 修饰可数名词复数;much 修饰不可数名词。例如:

We have a lot of friends. = We have many friends. 我们有许多朋友。

Do you have a lot of money? = Do you have much money? 你有多少钱吗?

III. 句型点击

3. A lot of vegetables help you to keep in good health.

(1) keep 作连系动词,意为“保持(某种状态)”,后跟形容词或介词短语。例如:

The weather is keeping dry. 天气一直很干燥。

He told the children to keep quiet. 他让孩子们保持安静。

Traffic in Beijing keeps to the right. 北京的车辆都靠右行驶。

(2) 介词短语 in good health 意为“身体好”。例如:

My grandmother is still in good health. 我祖母的身体还很健康。

【知识拓展】 表示“身体不好”,可以用 in bad/poor health. 例如:

Although he is in poor health, he works just as hard as everyone else. 虽然他身体不好,但是他工作起来和大家一样努力。

典例详析

读书之法, 莫贵于循序而致精。

例题 1

用 many, much 与 a lot of 填空。

(1) There is too _____ ice.

(2) There are _____ students playing football on the playground.

(3) I have _____ homework to do.

【解析】 (1) ice 是不可数名词,且前面有 too, 因此选 much. too much 表示“太多”。

(2) students 是可数名词,可用 many 或 a lot of 修饰。

(3) homework 是不可数名词,可用 much 或 a lot of 修饰,但不能用 many 修饰。

【答案】 (1) much (2) many/a lot of (3) much/a lot of

例题 2

用所给单词的适当形式填空。

Eating fruit can help you keep _____ (health).

【解析】句意:吃水果能帮你保持健康。keep 后跟形容词,意为“保持……状态”。health 的形容词是在其后加“y”。

【答案】healthy

基础自测

做的技艺,来自做的过程。

I. 单项选择。

- _____ do your grandparents come to see you?
— Twice a week.
A. How often B. How many
C. When D. How
- Although he is very old, _____ he works very hard.
A. and B. but C. / D. so
- Kate can't come to the party. She has to _____ her brother at home.
A. look at B. look like
C. look up D. look after
- There is _____ milk _____ coffee in the bottle.
A. no; and B. no; or
C. some; and D. A, B, and C

II. 用方框内词或词组的适当形式填空。

once a week, every day, skateboarding, sports, never, hardly ever, often, how many, habit, sometimes

- What _____ do you play?
— I usually play soccer.
- How _____ do you eat vegetables?
— Every day.
- I _____ eat junk food. I can't stand it.
- I think I'm kind of unhealthy. I _____ exercise.
- I drink milk _____. It's a good _____.
- I surf the Internet only _____, for I have no enough time.
- I like action movies, so _____ I go to the cinema with my friends.
- _____ students are there in your school?

13. What do you _____ do on weekends?



能力拓展

有志者自有千方百计,无志者只感千难万难。

III. 阅读填词。

Football is one of the most popular s 14 in the world. I am a football fan. I began to w 15 football games when I was young.

In the match, I expect the wonderful good shooting(射门). The most interesting thing i 16 that even at the last minutes of the match nobody can tell the r 17, because a 18 can happen.

The World Cup is held(举行) e 19 four years. It draws(吸引) a lot of interest when teams f 20 different countries begin to fight for the Championship. In the match many football fans m 21 friends with each other and know different things of other countries. S 22 a football match is not only a match, it's an exchange of culture.

I w 23 to be a football player when I grow up.

14. _____ 15. _____ 16. _____
17. _____ 18. _____ 19. _____
20. _____ 21. _____ 22. _____
23. _____



学习指南

学习最大的敌人是遗忘。

谈论体育运动的常见表达方式

- What is your favourite sport?
— My favourite sport is playing volleyball.
- Can you fly a kite?
— Yes, I can. /No, I can't.
- Do you want a go?
- Are you good at basketball?
— No, I'm not. I am good at playing football.
- Don't throw the ball like that. Throw it like this.
- Catch the ball.
- Who is your favourite basketball star?
谁是你最喜欢的篮球明星?
— Yao Ming is my favourite basketball star.
姚明是我最喜欢的篮球明星。

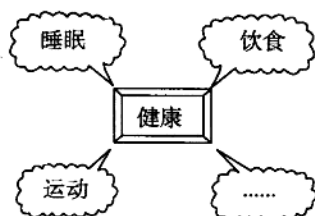
单元总结

重点 单词	exercise, once, twice, time, Internet, program, result, active, for, about, milk, coffee, chocolate, drink, health, habit, try, grade, better, same, as, different, difference, maybe, although, for, keep, must, less
重点 短语	how often, as for, how many, look after, a lot of, every day, once a week, twice a week, three times a week, junk food, go skateboarding, hardly ever, surf the Internet, be good for, eating habit
重点 句型	What do you usually do on weekends? — What does she do on weekends? — She often goes to the movies. — How often do you watch TV? — Twice a week.
语法	1. 以 what 开头的一般现在时的特殊疑问句。 2. 对动作频率进行提问的特殊疑问句及其答语。 Question: How often + 一般疑问句? Answer: 主语 + 动作 + 频率。

中考链接

中考范例

(徐州市中考)根据图示简要介绍一下如何才能保持健康,并展开想象,适当发挥。



要求:1. 词数 80 左右。短文的开头已给出,不计入总词数。

2. 文中不得出现真实姓名和校名。

All of us want to be healthy. _____

All of us want to be healthy. First I think sleep is important. Usually we need about eight hours' sleep every night. Then we will feel active and energetic during the day. A healthy diet is also important. Fresh vegetables and fruit and fish are good for us. We shouldn't eat too many snacks and fast food, such as hamburgers and Coke. Besides, everyone needs to do some exercise in order to keep fit, such as jogging and playing ball games.

Of course there are other ways to keep healthy. I think having a good state of mind is very important.

【名师点评】 本文基本表达出图中所反映的意思,文章连贯,想象合理,语言通顺。

单元测评

I. 单项选择。(15分)

- _____ does your uncle go to the movies?
— Three times a month.
A. How long B. How soon
C. How many times D. How often
- I often come to work early and I am _____ late for work.
A. usually B. never
C. often D. always
- The book is _____. Most of the students are _____ in it.
A. interesting; interesting
B. interested; interested
C. interesting; interested
D. interested; interesting
- It's good _____ your health _____.
A. for; to drink milk
B. for; to drink a milk
C. of; drink milk
D. of; to drink milk
- Good food and exercise also _____ me to keep healthy.
A. help B. want
C. make D. let
- I can't find my new pen.
— It _____ in your desk.
A. may be B. may
C. maybe D. may is
- There is _____ milk in the bottle.
A. few B. a few
C. a lot of D. many
- These days Mrs. Li looks _____ healthy.
A. nice B. pretty
C. heavy D. cool
- _____ the students usually go to have pizza.
A. Most B. Some
C. Not all of D. None
- Here _____ the results _____ the student activity survey.
A. is; with B. are; of
C. is; of D. are; with
- Can you help me _____ my English?
A. in B. of
C. with D. at
- _____ computer games, I like them very much.
A. As for B. As on
C. About D. All the above
- Is your watch _____ Li Lei's or different?
A. same as B. the same as
C. the same to D. the same
- I usually go to the movies _____ a month.
A. twice B. twice time
C. two time D. twice times
- He _____ to the movies once a week.
A. go B. goes
C. went D. going

II. 阅读理解。(每小题 2 分,共 30 分)

(A)

In America, most homes have at least one television. Millions of parents, teenagers, and children watch television every day.

Who watches TV?

(hours and minutes per week)

	Morning	Afternoon	After Supper
Young Children (6-12)	1 hr 38 min	2 hr 45 min	4 hr 41 min
Teenagers (13-19)	1 hr 43 min	2 hr 45 min	5 hr 15 min
Men (19+)	3 hr 06 min	2 hr 54 min	7 hr 49 min
Women (19+)	5 hr 12 min	3 hr 41 min	8 hr 07 min

根据表格内容判断句子正(T)误(F)。

() 16. Young children watch TV most in the morning.

() 17. Men watch TV for over three hours in the afternoon.

() 18. Teenagers watch TV more than young children every week.

() 19. Men spend the same time watching TV as teenagers do after supper.

() 20. Women like watching TV best.

(B)

Everyone knows that exercise is important. We all need to exercise. Doctors say it's good for us. It keeps the body strong.

When the daytime comes, we must get up. This is the time for exercise. Exercise means doing things with the body. There're 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 good to exercise twice each week. Thirty minutes each time is enough. Try all kinds of things until you find one, two or three sports that you feel right for you.

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

21. In the passage the writer tells us that we all need to ____.

- A. drink B. relax

- C. exercise D. work

22. Which of the following sports we can't find in the passage?

- A. Fishing B. Running.
C. Swimming. D. Walking.

23. What does exercise mean?

- A. It means doing things with the body.
B. It means studying.
C. It means doing lessons.
D. It means playing.

24. What can exercise do to the body?

- A. It can make the body weak.
B. It can make the body healthy.
C. It can make us sick.
D. It can make us sleep more.

25. The words "fitness center" in the text mean ____.

- A. 减肥中心 B. 健身中心
C. 购物中心 D. 医疗中心

(C)

Dear Wang Lin,

It's a good idea to bring a small present when you go to a dinner party. Flowers are always nice, or you may bring a bottle of wine(葡萄酒) if you know that your friends drink it. You should arrive on time or five to ten minutes late. Don't get there early. If you're going to be more than fifteen minutes late, you should call and tell them. Try to be free at the dinner table. If you don't know about choosing the right fork or knife, just watch the other people, and follow them. If you still have no idea of what to do, ask the person next to you. If you like the food, say so. Of course, you'll thank them for the meal and for their kindness. It's also a good idea to send a thank-you card the day after.

Rose

26. Wang Lin wants to ____.

- A. make friends with Rose
B. know some social customs for a dinner party
C. make her friends happy
D. give her friends a small present

27. Rose is possibly ____.

- A. a good housewife
B. a TV hostess(主持人)
C. a member of the dinner party
D. a friend of Wang Lin's

28. If you're asked to a dinner party but not sure about what to bring as a present, it's good to bring _____.
A. some fruits
B. a bottle of wine
C. some flowers
D. a knife and fork
29. Which of the following is NOT proper(适当) for joining in a dinner party?
A. To get there 15 minutes earlier.
B. To make yourself at home.
C. To follow others to use forks and knives.
D. To thank your friends for the meal.
30. From the letter we learn that it's very _____ to know something about American social customs.
A. difficult B. friendly
C. enjoyable D. helpful

III. 用所给单词的适当形式填空。(10分)

31. My mother's _____ (eat) habits are very good.
32. Mum asks me to try _____ (eat) fruit because it's good for my health.
33. You must look after _____ (you) and keep _____ (health).
34. As for _____ (stay) at home for a week, it is impossible.
35. Does it make a big _____ (different) if you eat vegetables every day?

IV. 用方框中单词的适当形式完成短文。(10分)

health, exercise, two, eat, get

Tom 36 every day. He has good 37 habits. He tries to eat a lot of vegetables. He drinks milk every day. He never drinks coffee. He likes junk food, too. But he only eats it 38 a week. He sleeps nine hours every night. His 39 lifestyle helps him 40 good grades.

36. _____ 37. _____ 38. _____
39. _____ 40. _____

V. 阅读表达。(15分)

People can use the phone to talk with others almost anywhere on the earth. But when you use the phone, you don't see the person.

Today some people are using a kind of telephone called the picture phone or vision phone(可视电视). With it, two people can see each other.

If you want to show something to somebody, you can use picture phones. They may have other uses in the future. One day you may be able to ring up a library and ask to see a book. Then you'll be able to read the book by your picture phone. Or you may be able to go shopping through your picture phone. If you see something in the newspaper that you think you want to buy, you'll go to your phone and call the shop. People at the shop will show you the thing you're interested in right over the phone. You'll be able to shop all over the town and never leave your room!

根据短文内容完成下列句子或回答问题。

41. Today people can _____ others _____ the world through a phone.
42. The word "it" in the second paragraph stands for the _____ phone.
43. What can we do through the picture phones in the future according to the text?

44. In the future you may be able to _____ at your _____ using a picture _____.

45. If you want to show something to somebody, you can use a _____.

VI. 书面表达。(20分)

给你的朋友 Jack 写一封信, 要求如下:

1. 内容必须包括劝说 Mike 每天锻炼身体, 多吃蔬菜、水果, 保证充足的睡眠, 少吃垃圾食品。
2. 词数 80 左右, 条理清楚, 意思连贯, 句式规范, 字迹工整。
3. 信的开头结尾已经给出, 不计入词数。

Dear Jack,

How are you going? You usually have some problems with your health. Don't worry. Let me give you some advice.

I hope you would take my advice and keep healthy. Good luck!

Yours,
Mike

Unit 2 What's the matter?

单元导引

本单元的中心话题是“健康”；功能项目为“讨论健康并针对各种健康问题提出合理的建议”；语法为“表示健康问题的 sb. have/has... 句式及情态动词 should 的用法”；重点单词为“人体部位名称和表示疾病名称的词和部分形容词”；难点为“如何表述健康问题”。

Section A



知识导航

勇于开始，才能找到成功的路。

I. 你认识下列表示人体部位名称的词吗？请将其汉语意思写在后面的横线上。

- | | |
|-------------------|-----------------|
| 1. arm _____ | 2. back _____ |
| 3. ear _____ | 4. eye _____ |
| 5. foot _____ | 5. hand _____ |
| 7. head _____ | 8. leg _____ |
| 9. mouth _____ | 10. neck _____ |
| 11. nose _____ | 12. tooth _____ |
| 13. stomach _____ | |

II. 翻译下列词组。

- | | |
|-----------------|--------------|
| 14. 看牙医 _____ | 15. 感冒 _____ |
| 16. 喝热茶 _____ | 17. 胃痛 _____ |
| 18. 躺下休息 _____ | 19. 发烧 _____ |
| 20. 一个好主意 _____ | |

III. 根据汉语提示完成句子。

21. “你怎么了？” “我嗓子疼”。

— What's _____?

— I have _____.

22. “或许你应该去看牙医”。“那是个好主意”。

— Maybe you should _____.

— That's a _____.

23. 我感到不舒服。

I'm not _____.

要点点拨

读书不知要领，苦而无功。

I. 单词透视

1. foot *n.* (*pl.* feet) 脚；足

Not all the animals have feet. 并不是所有的动物都有脚。

【知识拓展】

(1) on foot 步行。例如：

He often goes to school on foot. 他经常步行去上学。

(2) at the foot of 在……的脚下。例如：

They live at the foot of the mountain. 他们住在山脚下。

2. rest *v.* 休息

You'd better lie down and rest for an hour after lunch. 午饭后你最好躺下休息 1 小时。

【知识拓展】

(1) *n.* 休息(期)

I'm very tired, and I want to have /take a rest. 我很累，我想休息一下。

(2) *n.* 剩余；剩余的人或物

Take what you want and throw the rest away. 把你想要的拿走，剩下的扔掉。

3. illness *n.* 疾病；身体不适

该词是由形容词 ill 加后缀 -ness 构成的。形容词 + -ness 可变为其相应的名词形式。例如：

carelessness 粗心；carefulness 细心；happiness 幸福；goodness 美德；kindness 好意。

II. 短语扫描

4. have a cold 感冒

have a cold 意为“感冒，伤风”。have 也可以换成 catch 或 take，即 catch a cold 或 take a cold。

