新目标

义务教育课程标准实验教科书

# 英语的影阅读训练

**Synchronous Reading Training** 



中国 出版集团中国对外翻译出版公司

# 英语

# 同步阅读测练

八年级 上

《英语同步阅读训练》编写组 编

中国 出版集团中国对外翻译出版公司

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话/(010)68359376 68359303 68359101 68357937 电

邮 编/100044

真/(010)68357870 传

电子邮箱/book@ctpc, com. cn

双 址/http://ctpc.com.cn

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# 前 言

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文化知识的获取与吸收,多是通过阅读的方式。在英语学习过程中,阅读占有举足轻重的作用,这点也可以在中考英语分数的分布中得到印证。英语阅读能力是学生英语综合能力的具体表现,如何提高英语能力一直是老师与学生不断探索的问题之一。为此,我们编写了这套《英语同步阅读训练》丛书,希望通过我们精心设计的短文内容与出题方式,能够使学生在巩固已有阅读水平的基础上进一步提高英语阅读能力,同时激发起学生的英语学习兴趣,开拓学生英语的阅读视野。

新课程标准中对于学生需要达到的英语水平提出了一些要求,为此如果 想要获得良好的英语水平与英语成绩,仅靠教科书上的内容是远远不够的,大 量的阅读和训练是必不可少的。我们根据国家英语课程标准对阅读技能的要求,组织编写了这套丛书,希望能对提升学生的英语阅读能力起到一定的作 用。

本套丛书根据新课程标准学习原理和要求,遵循趣味性、自主性以及实用性和针对性等原则,紧扣教材内容和主题配有相应的阅读材料。阅读习题根据初中生现有的知识储备与英语基础进行编定,因此编者也会根据广大读者及教师对本书的阅读与使用反馈情况,对相关章节中的英语短文内容进行有针对性地调整与更新,以便使广大读者能够受益。

阅读英语材料和学习教科书的目的是相同的,都是丰富广大学生的文学素养,发展个性,并从语言的综合范例中学习语言,培养英语的实际使用能力。语言是信息的载体、思维的外壳。信息是活动的内容,思维是活动的内在形

式。要真正掌握语言,就必须学会在信息的获取和传递的过程中运用语言进行思维、进行加工信息、进行交际。因此,这套丛书以阅读为主要的活动平台,学生借助所学语言阅读有关某个话题的材料,获取、处理信息,并运用所获取的信息传递自己的理解和想法,从中训练听、说、读、写的各项技能,并巩固和发展语言知识,但本书更加注重的是培养学生"做中学"的学习习惯,以及"用语言做事"的语言能力。

由于客观条件和编写时间的限制,本书难免会出现片面、疏漏之处,在此真心希望广大读者朋友不吝指正,以便再版修正,使本书日臻成熟、完善,更好地为广大读者朋友服务。

《英语同步阅读训练》编写组



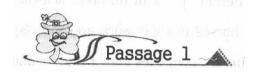


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# Unit 1 How often do you exercise?



Almost everybody likes to play. All over the world men and women, boys and girls enjoy sports. Sports help to keep people healthy. They help people to live happily.



Sports change with the seasons. People play different games in winter and summer. Sailing is fun in warm weather, while skating is good in winter.

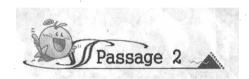
Games and sports often grow out of the work people do. The Arabs are famous for their horses and camels. They use them in their work, and they use them in their sports events, too. Hunting and fishing are very good sports. But millions of people hunt and fish for a living.

People from different countries may not be able to understand each other, but after a game on the sports field, they often become good friends. Sports help to

## 新目标英语同步阅读训练 八年级 (上)

train a person's character. One learns to fight fair and hard, to win without pride and to lose with grace.

根据短文,判断正误,正确的画 T,错误的画 F。
 1. All the people around the world like to play sports.
 _2. Only sports can help to train a person's character.
 _3. People have different sports in different seasons.
 _4. The Arabs use horses in their work and their sports events.
 _5. People from different countries can't understand each other or be good
friends.



#### Watch the football match

is very expensive.

There was a big

football game in the city last Sunday. Rex went to 2 it. At first it was cold and

#### Unit 1 How often do you exercise?



cloudy, but soon the sun came out and it was very 3. There were 4 people on the benches watching the match. Rex was on one bench, 5. There was a fat man on the bench behind him. At first the fat man felt 6, but soon he felt very hot. So he took his coat 7 and put it in front of him. But it fell on Rex's head. Rex was 8 at first. But 9 he looked at it, he smiled and said, "Thank you. But 1 are the pants?"

<b>炒对纸</b> 办 <b>宁</b> 敕	<b>业权</b> 具件5	な安は、社会な
将对话补充完整	,处拜取任命	了采块八个

(	)1. A. cheapest	B. best	C. good	D. well
(	)2. A. watch	B. look	C. see	D. find
(	)3. A. cold	B. beautiful	C. hot	D. hottest
(	)4. A. much	B. lot of	C. a lot of	D. so much
(	)5. A. also	B. well	C. just	D. too
(	)6. A. hot	B. cold	C. cool	D. well
(	)7. A. in	B. up	C. off	D. out
(	)8. A. angry	B. hungry	C. happy	D. lucky
(	)9. A. what	B. when	C. why	D. because
(	)10. A. how much	B. what about	C. how	D. where



Of all the things we eat and drink, water is the most important. Not many people understand this, but it is quite true. The human body can go without food for a long time, but two or three days without water usually make people dead.

Many people don't understand how much water the human body needs and

## 新目标英语同步阅读训练 八年级 (上)

they don't drink enough, especially in hot weather. Most people drink when they feel thirsty. They often need more water especially when they have sports.

A man's body is 65 to 70 percent water. If we don't have enough water, we may feel tired and may become ill.

Now you'll see how important the water is.

	根据短文,判断正误,正确的画 T,错误的画 F。
	1. It's not true that many people drink enough water.
	2. The human body can go without water for a long time.
	3. Everyone knows that how much water the human body needs.
<del></del>	4. Most people drink more water when they feel thirsty.
	5. If we don't have enough water, we may feel very well.



Everyone knows that exercise is important. We all need do exercise. Doctors say it is good for us. It makes your heart and body strong. Children who often exercise are more alert (灵活). This means they do better in tests and schoolwork than those who don't exercise.

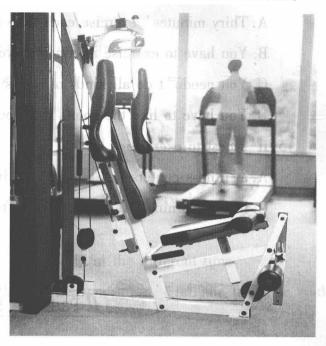
There are many ways to exercise. You can walk, run, swim, skate, or play ball games. Make sure you exercise in the follow-





ing ways: you have to like what you are doing. Exercise e-nough—but not too much. It's best to exercise twice a week. Thirty minutes each time is e-nough. 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 e-



quipment(设备) there. The equipment helps exercise your arms, legs and other parts of your body to make you fit. Some people buy equipment for their homes. But it's very expensive.

#### 根据短文内容,选择最佳答案填入括号内。

(	)1. The words "fitness centers" in the last paragraph mean
	A. 商务中心 B. 健身中心
	C. 医疗中心 D. 购物中心
	)2. The sport"" is not told in the passage.
	A. running B. walking C. skating D. skiing
(	)3. Which one is not the benefit of exercise?
	A. Make your heart and body strong.
	B. Be more alert.
	C. Be more kind.
	D. Do better in tests.
<b>,</b>	)4. About "exercise", which statement of the following is WRONG?

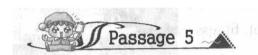
#### 新目标英语同步阅读训练 八年级 (上)

- A. Thiry minutes' exercise each time is enough.
- B. You have to exercise as much as you can.
- C. You needn't do all kinds of sports to keep fit.
- D. You have to like the sports that you are doing.
- )5. It's best to exercise \_\_\_\_\_
  - A. at fitness centers

B. in groups

C. in the morning

D. twice a week



Our eating habits are very important for good health and a strong body. There are times when most of us like eating sweets and ice – cream better than meat and rice. Sweets and ice – cream are not bad for us if we eat them at the end of a meal. If we eat them before a meal, they may take away our appetite. It's important for us to eat our meal at regular time each day. When we feel worried or excited, we may not want to eat. A long time ago, in England, some judges often decided whether a man was telling the truth by giving him some dry bread. If the man could not swallow the bread, it meant that he was not telling the truth. Though this seemed strange and foolish, they thought it was a good way of finding out truth. A man who was worrying something had difficulty in swallowing anything dry, because he lost his appetite.



#### 根据短文内容,选择最佳答案填入括号内。

)1. Good eating habits make us \_\_\_\_\_

A. stronger

B. happier



# Unit 1 How often do you exercise?



	C. more beautiful	D. more polite
(	)2. The relation between meat	and ice - cream is
	A. that we don't eat meat	, , , , , , , , , , , , , , , , , , ,
	B. that we don't eat ice - c	eream
	C. that we eat meat first	
	D. that we eat them togethe	r
(	)3. It's good for us to have our	r mealevery day.
	A. at the same time	B. earlier
	C. at any time	D. at the different time
(	)4. The judges in England thou	ight if a man didn't tell the truth, he could
	A. drink milk or eat	B. eat a lot of dry bread
	C. hardly eat dry bread	D. swallow dry bread easily
(	)5. A person who feels	may not want to eat.
	A. easy B. shy	C. unhappy D. well



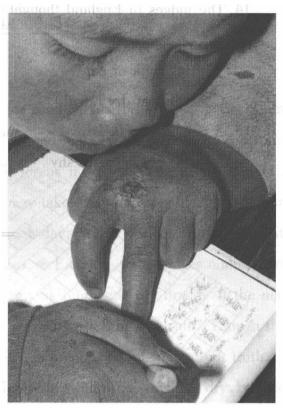


### Unit 2 What's the matter?



Mr. Black lives in a small town. He works in a factory and his wife is often ill at home. He has three sons and three daughters. He works hard and gets more money than any other workers in the factory, but he can't buy enough food for his family or medicine for his wife. He's always worried about money.

One day, Lucy, one of Mr. Black's daughters, was ill. She had got a stomachache and couldn't eat anything. Mr. Black had to take her to



the hospital. The doctor looked her over carefully and told her to be in hospital. But her father had little money to do so, he had to take the poor girl home. But he bought some bananas for her.

Mike, the youngest son of Mr. Black, wanted to have a taste of the fruit, but

## Unit 2 What's the matter?



his parents didn't let him do it. The boy said to himself, "I wish I could also be ill!"

	It surprised Mr. and Mrs. Black. His mother asked, "Why?"	
	"Because my father would buy some fruit for me, too!"	
	根据短文内容,选择最佳答案填入括号内。	
(	)1money, he can't buy enough food for his family.	
	A. Lots of B. Many	
	C. Much D. Lack of	
(	)2. Mr. Black was	
	A. a worker B. a teacher	
	C. a doctor D. lawyer	
(	)3. Mr. Black didn't let his daughter be in hospital because	
	A. he could look after her B. he was too poor to do so	
	C. he didn't like her D. the girl was not ill	
	)4. Which of the following is RIGHT?	
	A. Mr. Black often buys some fruit for his children.	
	B. Mike often eats some bananas.	
	C. Lucy had got a stomachache that day.	
	D. Mrs. White had got a stomachache too.	
	)5. Mike thought	
	A. his parents only liked his sister	
	B. he would eat some bananas if he was ill	
	C. he could buy some fruit himself one day	
	D. his parents could buy some fruit for his sister	



Lindsay hasn't felt like herself these Her friends days. have noticed it, too. Kia was surprised when Lindsay refused her invitation to go shopping last Saturday. There was really no reason not to go, but Lindsay just didn't



feel like it. Instead, she spent most of Saturday sleeping.

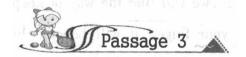
But staying in more than usual isn't the only change in Lindsay. She's always been a really good student, but over the past few months she's not done so well, and she has trouble putting her heart in her study. She's even failed some exams, and she hasn't yet handed in her homework.

When she gets home from practice, she's not hungry for dinner. Though she usually eats a little something with her family at last. She just doesn't have much of an appetite and nothing seems to taste as good as it used to. After dinner, Lindsay goes to her room, does a bit of homework, and goes to bed. She's not even in the mood to talk on the phone with her friends.



When her mother asks her what's wrong, Lindsay feels like crying but doesn't know why. Everything seems wrong, yet nothing too bad has happened. Lindsay just feels sad all the time and can't get away from it. Lindsay may not realize it yet, but she is depressed.

	根据短文,判断正误,正确的画 T,错误的画 F。
	_1. Kia is probably one of Lindsay's friends.
	_2. Lindsay refused to go shopping with Kia because she had already done
	it.
<u></u>	_3. Lindsay always failed some exams before.
	_4. The reason for Lindsay's not doing well in study might be that she
	couldn't put her heart in her study.
	_5. Lindsay's main trouble is that she is depressed.



When you are ill, you must be unhappy because your body becomes hot, and there are pains all over. You don't want to work. You stay in bed, feeling terrible.

What makes you

