

突破英语系列丛书



初中英语课文

翻译与详解

8 年级 上册

配人教版新目标

TOP English

英语课文零障碍
学好英语 so easy

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前言 Preface

本套《突破英语系列丛书·初中英语课文翻译与详解》是根据人民教育出版社出版的义务教育课程标准实验教科书《英语(新目标)》编写的同步教学辅导书,是学好课本知识、提高英语能力的必备读物,更是培养自学能力和提高英语成绩的最佳导航。本书的主要功能以七个栏目的形式来体现:

单元知识一览表

通过表格形式,简述本单元在词汇、词组、句型、语法等方面学生应知应会的重点内容和要求。

英汉对照课文翻译

此为本书的**特色**。课本中的所有英语内容都配上了相对应的汉语译文。这将极大地方便学生准确理解课本中的每一句英语,有助于学生按照汉语译文的提示去理解课文,还方便学生通过熟读课文随时复习、记忆单词。本部分的设计对那些在单词记忆上有困难的学生提供了更好的帮助。

重点难点全解

此为本书的**核心**。对本单元的重点难点词汇、句型给予精辟的讲解,并对再次出现的、以前学过的重点知识进行总结拓展,对以后将要重点学习的语言现象进行简介,使学生在不断深化的再学习过程中逐步加深认识,巩固知识,发展能力。

语言点的讲解按其出现在课文中出现的先后顺序进行排列,用黑体字标出,同时标注序号,一一对应。既方便查找课文难点的讲解,又利于知识点专项学习过程中与课文内容进行联系。

本部分的特点是“精”而“全”。

“精”是指根据本学段的要求进行深入浅出地讲解,切入点选在了学生们易错、英汉习惯不同、同类之间易混等处。每个例句都有翻译。同一要点的不同释义、用法一般都各给一个例子。

“全”是指任何一本同类书中所讲的主要内容,在这本书中都能找到。但是,“全”而不“繁”,真正让学生做到一册在手,不必他求,书包减负,学得轻松。

听力原文、答案链接 听力原文带有英文翻译,出现在课文相应习题后。方便学生查找和掌握所听内容。学习较好的学生可在下课后认真学习这部分内容,使自己的口语、笔头表达水平进一步提高;上课学习有困难的同学,可以在课前先浏览一下这部分内容,课上听讲和做练习时就能听得懂,跟得上,信心就会大增,成绩也会越来越好。答案链接是课本中习题的答案,紧跟在每个习题的相应位置。

重点语法讲解

此部分针对本单元的主要语法项目进行详细分析讲解,归纳总结,内容包含学习诀窍、常见陷阱、注意事项等。

中考热点巧解

此部分列出与本单元语言点相关的5至10道中考原题,并进行分析讲解。从中考的高度来认识当前的课本知识,有利于让学生早早吃准中考要求,积极主动地学好当前的课本知识。

这部分内容讲解本单元重点写作项目的要领和技巧,列举相关的特殊表达方式、精彩的开头与结尾,并给出相应的参考范文等。各单元的写作指导各有侧重,全书的写作辅导通盘规划,以使学生的写作得到系统训练。

此部分是本书的亮点,针对每个单元有一套由优秀教师所编写的单元检测试题,方便学生进行检测并进一步巩固本单元所学语言点。

本部分是对本单元所学内容的综合考查。既有主观题,又有客观题;难度与课文难度相当,紧扣本单元的重点词汇、句型、语法、写作等内容,力求符合学生学习的实际需要。各单元题型不完全固定,大致可分为以下几种:

1. 英汉互译。紧扣本单元的重点词汇、词组来命题。
2. 选词填空。根据句子意思、汉语提示以及单词的首字母提示,选择正确的单词,并用其适当形式填空,句子的难易程度与课本一致。
3. 单项选择。对本单元的词汇、词组、句型、语法等知识点进行基本训练。
4. 句型转换。主要是对本单元重点句型及交际话题进行的专项训练,让学生知道同一句话的多种表达方式,可丰富学生的语言能力,激发学生的学习兴趣。
5. 改错题。是对学生学习中常见的词汇、语法错误进行训练的题型,利于提醒学生避免在英语学习过程中犯此类错误。
6. 完形填空。主要是测试词汇应用能力和篇章整体把握能力,学生只有掌握了全篇的内容才能完成此题。
7. 阅读理解。一般选用两篇与课本中课文难易程度相当的短文或对话,每篇短文设置5道小题,主要围绕短文的主旨大意、重点词汇的理解、事件的推理判断、细节性的描写等进行设问。
8. 书面表达。采用常见中考试题的模式,紧扣本单元的写作重点,话题与课文相关,内容紧跟时尚。力求符合学生实际,以利于学生下笔。

练习答案与思路点拨 给出了解题思路指导,让学生不但知其然,而且知其所以然,从而得以举一反三。写作题都给出了参考范文。

参加本书编写工作的都是多年带初中、身处教学一线的优秀教师。作者们把丰富的教学经验融入本书,更增加了本书的实用性。我们真诚地希望本书能成为同学们的良师益友,同时也恳请广大师生批评指正。

编者

2009年6月

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Unit 1

How often do you exercise?

I. 单元知识一览表

语言知识	词汇	重点词汇	always 总是; usually 通常; often 经常; sometimes 有时; hardly 几乎不; never 从不; once 一次; twice 两次; time 时间, 次数; all 全部, 全部的; most 大多数, 大多数的; no 没有; exercise 锻炼, 运动, 练习; health 健康; unhealthy 不健康的; pretty 很; maybe 可能, 也许; same 相同的; different 不同的; difference 不同; better(good 的比较级) 更好的; less(little 的比较级) 更少的; program 节目, 程序; although 虽然; about 大约, 关于; active 活跃的; drink 喝
	词汇	一般词汇	shop 购物; high school 中学; result 结果; for 对于; junk 垃圾; milk 奶; coffee 咖啡; chip 薄片; cola 可乐; chocolate 巧克力; interviewer 采访者; habit 习惯; grade 分数, 等级; yuck 呸; grandpa 祖父
	词组		hardly ever 几乎从不; on weekends 每逢周末; how often 多久一次; three times a week 一周三次; surf the Internet 网上冲浪; every day 每天; as for 关于, 至于; junk food 垃圾食品; be good for 对……有好处; how many hours 多少小时; try to do 尽量做; look after 照顾; the same... as... 和……相同; help sb. (to) do sth. 帮助某人做某事; be different from 不同于; keep in good health 保持健康; a healthy lifestyle 健康的生活方式; go to the movies 看电影; go skateboarding 去玩滑板; a lot of 许多; want sb. to do sth. 要某人做某事
	句型		1. —What do you usually do on weekends? 周末你通常做什么? —I usually play soccer. 我通常踢足球。 2. —What do they do on weekends? 他们周末干什么? —They often go to the movies. 他们经常去看电影。 3. —What does he do on weekends? 他周末干什么? —He sometimes watches TV. 他有时候看电视。 4. —How often do you shop? 你多久购物一次? —I shop once a month. 我一个月购物一次。 5. —How often does he watch TV? 他多久看一次电视? —He watches TV twice a week. 他一周看两次电视。
	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

II. 英汉对照课文翻译

Section A

Language Goal: Talk about **how often** you do things 语言目标: 谈论你做事的频率

- 1a** Look at the picture. Make a list of the different weekend activities.
看图, 列出不同的周末活动。

- 1. go skateboarding 去玩滑板
- 2. reading 读书
- 3. going shopping 去购物
- 4. going roller-skating 去滑旱冰
- 5. playing some sports 做运动



难点要点全解

- 1. how often 表示“多久一次”, 用来提问事情发生的频率, 答语通常是表示频率的词或短语, 例如 never, every day, once a week, twice a month, three or four times a year 等。如:
— How often does he swim? 他多久游一次泳? — Once a week. 一周一次。
- 2. go skateboarding 意为“去玩滑板”。类似的词还有 go swimming(去游泳), go shopping(去购物), go fishing(去钓鱼)等。

- 1b** Listen and write the letters from the picture above on the lines below.

听录音, 把上图中的字母序号写在下面的横线上。

always(100%) 总是 a

usually 通常 c

often 经常 e

sometimes 有时 d

hardly ever 几乎不 d

never(0%) a 从不

听力原文

Reporter: What do you usually do on weekends?

周末你们通常做什么?

Boy 1: I usually exercise. 我通常锻炼。

Girl 1: I always go shopping. 我总是购物。

Boy 2: Eeeew... I never go shopping. I can't stand shopping. 我从不购物, 我无法忍受购物。

Girl 2: I often go skateboarding. 我经常去玩滑板。

Boy 2: And I sometimes watch TV. 我有时候看电视。

Reporter: How about you? 你呢?

Girl 3: I hardly ever watch TV. I love reading.

我几乎不看电视, 我喜欢读书。

Reporter: Oh, why is that? 那是为什么?

Girl 3: Oh, I don't know. I guess I just like books.

我不知道。我猜我就是喜欢书吧。

难点要点全解

3. 这几个词表示事情发生的频率,即单位时间的次数,我们称之为频率副词。这些频率副词从左到右表示事情发生的频率越来越低。它们通常放在情态动词、系动词、助动词之后,实义动词之前。如: You are always right. 你总是对的。She often goes to the library on Sundays. 她常在星期天去图书馆。She can hardly watch TV at night. 她晚上几乎不能看电视。

有时为了表示强调,也可以把频率副词提到句首。如: Usually she goes to the library on Sundays. 她通常在星期天去图书馆。Sometimes he watches TV at night. 有时他晚上看电视。

注意: sometimes 意为“有时”,是一个单词; some times 意为“若干次,几次”; some time 意为“一些时间”; sometime 意为“某时”。

1c PAIRWORK 结对练习

Talk about the people in the picture above. What do they do on weekends?

谈论上面图片中的人物。他们周末做什么?

A: What does she do on weekends? 她在周末做什么?

B: She often goes to the movies. 她经常去看电影。

难点要点全解

4. on weekends 意为“每逢周末,在周末”。weekend 意为“周末”,一般指 Saturday, Sunday。

拓展: on Sundays 意为“每逢周日”, on Mondays 意为“每逢周一”。如: What does she do on weekends? 她每周末通常干什么?

2a Listen. Cheng is talking about how often he does different activities. Number the activities you hear [1—5].

听录音。程正在谈论他做不同的活动的频率。按 [1—5] 给你听到的活动标号。

A: How often do you watch TV? 你多久看一次电视?

B: Twice a week. 一周两次。

Activities 活动	How often 多久一次
a. <u>3</u> go to the movies 去电影院	every day 每天
b. <u>1</u> watch TV 看电视	once ^① a week 一周一次
c. <u>5</u> shop 购物	twice a week 一周两次
d. <u>4</u> exercise 锻炼	three times a week 一周三次
e. <u>2</u> read 读	次
	once a month 一个月一次
	twice a month 一个月两次

难点要点全解

5. once 意为“一次”; twice 意为“两次”。两次以上,用“基数词+times”来表示。如: seven times 7次; twice or three times a year 一年两三次; three times two weeks 两周三次; three to five times a year 一年3~5次。

听力原文

Reporter: So, Cheng, how often do you watch TV? 那么,程,你多久看一次电视?
Cheng: Hmm... about twice a week, I guess. 我想一周大约两次吧。
Reporter: Uh-huh. And how often do you read? 你多久读一次书?
Cheng: Oh, I read every day at school! 我每天在学校读书。
Reporter: How often do you go to the movies? 你多久去看一次电影?
Cheng: Uhh... let's see... maybe once a month? 我想.....大约一月一次吧。
Reporter: How often do you exercise? 你多久锻炼一次?
Cheng: Oh, I exercise about three times a week. 我一周锻炼三次。
Reporter: How often do you shop? 你多久购物一次?
Cheng: Shop? I shop about... about twice a month. 购物? 我一个月大概购物两次。

2b Listen again. How often does Cheng do the activities above? Match his activities with the number of times he does them.

再听一遍录音。以上这些活动程多久做一次? 将所做活动 and 对应次数连线。将答案填在上图的表格中。

2c PAIRWORK 结对练习

How often do you do these activities? Fill in the chart and then make conversations.
你多久做一次这些活动? 完成表格并编对话。

Activities 活动	How often 多久一次
watch TV 看电视	every day 每日
surf the Internet ^⑥ 网上冲浪	
read English books 读英语书	
go to the movies 去看电影	
exercise ^⑦ 锻炼	

A: How often do you watch TV? 你多久看一次电视?
B: I watch TV **every day**^⑧. 我每天都看电视。
A: What's your favorite **program**^⑨? 你最喜欢的节目是什么?
B: It's *Animal World*. 是《动物世界》。
A: How often do you watch it? 你多久看一次《动物世界》?

难点要点全解

6. surf the Internet 意为“网上冲浪”。surf, 动词, 意为“冲浪”。如: I like surfing. 我喜欢冲浪。
inter(互相)+net(网)=internet(互联网, 因特网)
7. (1) exercise, 动词, 意为“运动, 锻炼”。如: Can't you see? He is exercising. He often exercises. He exercised last night, too. 你看不见吗? 他正在锻炼。他经常锻炼。昨天晚上他也锻炼了。
(2) 名词, 意为“运动”, 不可数。如: take/do exercise = exercise(v.), 运动。I have to do so much exercise. 我得做大量运动。

(3) 名词,意为“练习”,可数。如:Every day, we do English exercises but they exercise. (第二个 exercise 是动词)我们每天做英语练习,但是他们每天锻炼。

8. every day 意为“每天,每一天”,属于表示频率的副词词组。如:I do homework every day. 我每天做家庭作业。everyday, 形容词,意为“每日的,日常的”。如:everyday news 每日新闻; everyday life 日常生活。

9. program 也可写成 programme。

Grammar Focus 语法聚焦

What do you usually do on weekends? 周末你通常做什么?	I usually play soccer. 我通常踢足球。
What do they do on weekends? 他们周末做什么?	They often go to the movies. 他们常去看电影。
What does he do on weekends? 他周末做什么?	He sometimes watches TV. 他有时看电视。
How often do you shop? 你多久购物一次?	I shop once a month. 我一个月购物一次。
How often does she watch TV? 她多久看一次电视?	She watches TV twice a week. 她一周看两次电视。

3 Read the magazine article. Use the information in the boxes below to help you.

读杂志上的文章,利用下面表格中的信息填空。

Green High School: Activity Survey (Green 中学:活动调查)			
Activity 活动	Every Day 每日	Once or Twice a Week 一周一次 或两次	Three or Four Times a Week 一周三次或四次
Exercise 练习	15%	10%	75%
Do homework 做家庭作业	95%	0%	5%
Watch TV 看电视	85%	2%	13%

All[®] students=100%

所有的学生

Most[®] students=51%~99%

绝大部分学生

Some students=1%~50%

一些学生

No students=0%

没学生

难点要点全解

10. (1) all 作形容词,修饰名词。如:all students 所有的学生。

All the boys like playing soccer with the teacher. 所有的男生都喜欢和那个老师踢足球。

(2) 作副词,置于情态动词、系动词、助动词之后,实义动词之前。如:We're all here. 我们都到齐了。We all like Ms. Zhang. 我们都喜欢张女士。

(3) 作代词,常用于 all of 结构。如: All of the girls want to go. 所有的女生都要去。Take all of it. 全部拿走。All I want is peace. 我要的只是和平。

11. most 是 many 和 much 的最高级,其比较级是 more。

(1) most 在这里是形容词,意为“大部分的”。

(2) 还可以作代词,意为“大部分”,常用 most of 结构,后接可数名词或不可数名词。注意:most of 后面的名词决定谓语动词的单复数。如: Most of the water is clean. 大部分水是清洁的。Most of them are tall. 他们大部分是高个子。Most of us like English. 我们中大多数人喜欢英语。

What Do Students Do at Green High School?

Here are the results[®] of the student activity survey at Green High School. (1) Most students exercise three or four times a week. Some students exercise once or twice a week. (2) Some students are very active[®] and exercise every day. As for[®] homework, (3) most students do homework every day. (4) Some students do homework three or four times a week. (5) No[®] students do homework once or twice a week. The results for “watch TV” are interesting. (6) Some students watch TV once or twice a week, some students watch TV (7) three or four times a week, but most students watch TV (8) every day.

Green 中学的学生做什么?

这里是 Green 中学学生活动调查的结果。大部分学生一周锻炼 3~4 次。一些学生一周锻炼一次或两次,一些学生很积极,每天都锻炼。至于作业,大部分学生每天做作业。一些学生一周做 3~4 次作业,没有学生一周做一次或两次作业。关于看电视的调查结果很有趣。一些学生一周看一次或两次电视,一些学生一周看三或四次电视,但大多数学生每天都看电视。

难点要点全解

12. Here are... 意思是“这儿是……”。这是一个倒装句,here 在此是表语,are 后的名词是主语,如果主语是不可数名词或可数名词单数,那么 are 应该为 is。如: Here is a book for you. 给你一本书。the result(s) of... 意为“……的结果”。如: Here are the results of the survey. 这是调查结果。His illness is the result of eating too much. 他的病是因为吃得过饱。

13. active, 形容词,意为“积极的,活跃的”。(1) 可作表语。如: Students are very active. 学生很积极。(2) 可作定语。如: an active member of a club, 俱乐部的积极参加者。

相关词汇: act(*v.* 行动,扮演), actor(*n.* 男演员), actress(*n.* 女演员), action(*n.* 行为), activity(*n.* 活动,行动)

14. as for 意为“关于,至于”,起承上启下作用。如: As for homework, most students do it every day. 关于家庭作业,大多数学生每天都做。

15. no 在这里是形容词,意思是“没有”,相当于 not any,即 no students = not any students。no 还等于 not a/an。如: There is no book on the desk. = There isn't a book on the desk. 书桌上没有书。We have no egg. = We don't have an egg. 我们没有蛋。

4 GROUPWORK 小组活动

Who is the best English student? 谁是英语最好的学生?

What can you do to improve your English? Add more things to the chart. Then ask your classmates the questions and find the best English students.

怎样才能提高你的英语呢? 补充下列表格, 然后向同学提问并找出英语最好的学生。

A: How often do you read English books? 你多久读一次英语书?

B: I read English books **about**[®] twice a week. 我一周大约读两次英文书。

How often do you... 你多久……	once a week 一周一次	twice a week 一周两次	three <u>times</u> [®] a week 一周三次	once a month 一月一次
read English books? 读英语?		Lin Ying		

难点要点全解

16. about (1) 副词, 意为“大约”。如: about twice a week, 大约一周两次。

(2) 介词, 意为“关于”。如: The story is about you. 这故事是关于你的。

17. time 作不可数名词, 意为“时间”; 作可数名词, 意为“次数, 倍数”。如: I don't have much time to exercise, I only exercise three times a week. (第一个 time 是不可数名词, 第二个是可数名词。) 我没有太多时间锻炼, 我一周仅锻炼 3 次。

Section B

1a Match the words with the pictures. 将单词和相应的图片搭配起来。

1. b junk food[®] 垃圾食品 2. a milk 奶 3. e fruit 水果
4. c vegetables 蔬菜 5. f sleep 睡觉 6. d coffee 咖啡

1b PAIRWORK 结对练习

Ask and answer questions. Use the words from 1a. 用 1a 中的单词进行问答。

A: How often do you drink milk, Liu Fang? 刘芳, 你多久喝一次牛奶?

B: I drink milk every day. 我每天喝牛奶。

A: Do you like it? 你喜欢喝牛奶吗?

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

不,但我妈妈要我喝。她说它对我的健康有好处。

难点要点全解

18. junk food 意为“垃圾食品”,指热量很高但却没有营养的快餐食品,例如汉堡、热狗、炸薯条、土豆片和汽水等。如:Junk food is not good for your health. 垃圾食品对你的健康没好处。

拓展:junk mail 垃圾邮件。

19. (1) drink, 名词,意为“饮料”。如:Can I have a drink? 我能来杯饮料吗? have a drink of... 喝点(什么饮料) (2) 动词,意为“喝”,过去式 drank,过去分词 drunk,第三人称单数 drinks,现在分词 drinking。如:He drank some beer. 他喝了点啤酒。

20. be good for 意为“对……有好处”。“对……没有好处”可以说 be not good for 或 be bad for。如:Exercise is good for your health. 锻炼身体对你的健康有好处。Smoking is not good for your health. = Smoking is bad for your health. 抽烟对你的健康没有好处。

21. health 意为“健康”。如:I think health is more important than money. 我觉得健康比金钱重要。

(1) in good health 健康状况好; in poor health 健康状况不好。

(2) healthy, 形容词,意为“健康的”。如:My daughter is a healthy kid. 我女儿是个健康的孩子。(身体健康) This is a healthy book. 这是一本健康的书。(内容健康)

(3) unhealthy(不健康的)=un(否定前缀)+healthy

类似的词还有 unhappy(不高兴的),unlucky(不幸运的),unfriendly(不友好的)。

2a Listen. Then circle your answer to each question. 听录音。然后圈出每个问题的答案。

Is Bill healthy? 比尔健康吗?	Yes 健康	No 不健康	I don't know. 不知道。
Is Katrina healthy? 卡特利娜健康吗?	Yes 健康	No 不健康	I don't know. 不知道。

听力原文

Reporter: Thanks for coming in for the interview,

Katrina. 谢谢你来参加采访,卡特利娜。

Katrina: That's OK. This is Bill. You can interview him, too. 不客气。这是比尔,你也可以采访他。

Reporter: OK, then, so, um, how often do you exercise? 好的,那么你们多久锻炼一次?

Katrina: Every day. 每天。

Bill: Hardly ever. 几乎不。

Reporter: Uh-huh. How often do you eat vegetables and fruit? 你们多久吃一次蔬菜和水果?

Katrina: I eat vegetables every day and I eat fruit every day. 我每天吃水果和蔬菜。

Bill: I sometimes eat vegetables. But I never eat fruit. I don't like it. 我有时候吃蔬菜,但是我从不吃水果。我不喜欢。

Reporter: All right. So how many hours do you sleep every night? 好吧。那么你们每天晚上睡几个小时?

Katrina: Nine. I need lots of sleep.

9个小时。我需要大量的睡眠。

Bill: Same. Nine. I need lots of sleep, too.

和我一样。9个。我也需要大量的睡眠。

Reporter: How often do you drink milk?

你们多久喝一次牛奶?

Bill: Never. I can't drink milk. It's awful.

从不。我喝不了牛奶,太难喝了。

Katrina: Oh, I love milk. I drink it every day.

我喜欢牛奶。我每天都喝。

Reporter: What about junk food? How often do

you eat it? 那垃圾食品呢? 你们多久吃一次?

Bill: I love junk food. I eat it three or four times a week. 我喜欢垃圾食品。我一周吃三四次。

Katrina: Yeah, I love it too. I guess I eat it two or three times a week. 我也喜欢吃。我大概一周吃两次或三次。

Reporter: And coffee? How often do you drink coffee? 咖啡呢? 多久喝一次?

Bill: Oh, I drink coffee four times a day. I love coffee. 一天四次,我喜欢喝咖啡。

Katrina: I never drink coffee. 我从不喝咖啡。

Reporter: Well, thank you very much. 非常感谢。

Bill/Katrina: You're welcome. 不客气。

2b Listen again. Fill in the blanks in the survey. 再听一遍录音。完成调查表。

Questions 问题	Katrina 卡特利娜	Bill 比尔
1. How often do you exercise? 你们多久做一次锻炼?	every day 每天	hardly ever 从不
2. How often do you eat vegetables? 你们多久吃一次蔬菜?	every day 每天	sometimes 有时候
3. How often do you eat fruit? 你们多久吃一次水果?	every day 每天	never 从来不
4. How many hours do you sleep every night? 你们每晚睡几个小时?	nine 9 小时	nine 9 小时
5. How often do you drink milk? 你们多久喝一次牛奶?	every day 每天	never 从来不
6. How often do you eat junk food? 你们多久吃一次垃圾食品?	two or three times a week 一周两三次	three or four times a week 一周三四次
7. How often do you drink coffee? 你们多久喝一次咖啡?	never 从来不	four times a day 一天四次

难点要点全解

22. how many 意为“多少”,对可数名词复数提问,答语是表示数量的名词或短语,结构为“how many+可数名词复数形式+一般疑问句”。如:—How many times do you exercise every week? 你一周锻炼多少次?(times 表次数,可数名词)—Three or four times. 三四次吧。
不可数名词用 how much 提问。如:How much time do you need? 你需要多少时间?(time 表时间,不可数名词)

2c PAIRWORK 结对活动

Role play. Student A is the interviewer. Student B is Katrina. Then change roles. Student B is the interviewer and Student A is Bill.

角色表演。学生 A 扮演一名记者, 学生 B 扮演卡特利娜。然后换角色, 学生 B 扮演一名记者, 学生 A 扮演比尔。

Interviewer: How often do you exercise? 你多久锻炼一次?

Katrina: I exercise every day. 我每天都锻炼。

Interviewer: And how often do you...? 那你多久……

3a Read part of Katrina's letter to a pen pal and answer the questions.

读卡特利娜给笔友的信的片段, 回答问题。

... but I'm **pretty** healthy. I exercise every day, usually when I come home from school. And my eating **habits** are pretty good. I **try to eat** a lot of vegetables. I eat fruit and drink milk every day. I never drink coffee. **Of course**, I love junk food too, and I eat it two or three times a week. Oh, and I sleep nine hours every night. So you see, I **look after** my health. And my **healthy lifestyle** helps me **get good grades**. Good food and exercise **help me to study better**.

但我很健康。我每天都锻炼身体, 通常是在放学回家时。并且我的饮食习惯相当好。我尽量多吃蔬菜, 每天都吃水果, 喝牛奶。我从不喝咖啡。当然, 我也喜欢垃圾食品, 每周吃两三次。哦, 我每晚睡 9 个小时。所以你瞧, 我关注我的健康, 我健康的生活方式帮我取得好成绩。健康的食物和运动帮助我更好地学习。

1. How often does she exercise? 她多久锻炼一次?	Every day. 每天。
2. How often does she drink milk? 她多久喝一次奶?	Every day. 每天。
3. Does she eat junk food very often? 她经常吃垃圾食品吗?	No, she doesn't. 不。
4. Does you think she has a healthy lifestyle? Why or why not? 你认为她的生活方式健康吗? 为什么?	答案不唯一
5. Is her lifestyle the same as yours or different ? What are the differences? 她的生活方式和你的相同还是不同? 有什么不同?	答案不唯一

难点要点全解

23. (1) pretty 在这里是副词, 意为“很”, 相当于 very, quite, rather.

(2) pretty 还可以作形容词, 意为“好看的”。如: John says I'm pretty. Andy says I'm ugly. 约翰说我很漂亮。安迪说我很丑。

24. habit, 名词, 意为“习惯”。如: a good habit 一个好习惯; eating habits 饮食习惯。

25. try to do sth. 意为“尽量做; 试图做”。try doing sth. 意为“试着做”。如:

I tried to stand up, but I couldn't do it. 我试图站起来, 可我没有做到。

I tried riding horses, but I fell down. 我试着骑马, 但我摔下来了。

26. of course 意为“当然”, of course not 意为“当然不”。如: —Is that true? 那是真的吗? —Of course. 当然。

27. look after 意为“照顾”, 在本文中表示“关注”。同义词组: take care of.

28. healthy lifestyle 意为“健康的生活方式”。如: Do you have a healthy lifestyle? 你的生活方式健康吗?

29. get good grades 意为“得到好分数,取得好成绩”。
30. (1) 这句话中的主语是 good food and exercise。A and B 作主语时,谓语动词用复数形式,所以句中用 help,而不是 helps。
- (2) help sb. (to) do sth. 意为“帮助某人做某事”,to 可以省略。
- (3) better 是 good 和 well 的比较级,在这儿是副词 well 的比较级。
31. same, 形容词,意为“相同的”。如: We have lived in the same house for fifty years. 我们 50 年来一直住在这栋房子里。
- the same... as... 意为“和……相同”。如: Your pen is the same as mine. 你的钢笔和我的一样。
32. different, 形容词,意为“不同的”,名词形式是 difference,反义词是 same。词组: be different from... 意为“与……不同”。

3b Now fill in the blanks in Bill's letter. 填空,完成比尔的信。

... and I think I'm kind of unhealthy. I (1) hardly ever exercise. I eat (2) vegetables twice a week, but I never eat (3) fruit. And I (4) don't like to drink (5) milk. Yuck! I love (6) junk food and eat it (7) three or four times a week. I love to drink (8) coffee, too. So maybe[®] I'm not very healthy, although[®] I have one healthy habit. I (9) sleep for (10) nine hours every night.

并且我认为我有点不健康。我几乎从不锻炼身体。我一周吃两次蔬菜,但我从不吃水果,并且我不喜欢喝牛奶。呸!我喜欢垃圾食品,并且我一周吃三四次。我也喜欢喝咖啡。所以也许我不太健康,即使我有一个健康的习惯:每晚睡 9 个小时。

难点要点全解

33. maybe 意为“可能,也许”,副词,在句子中作状语。may be 是“情态动词+系动词”,在句子中作谓语。如: Maybe he is the headmaster. = He may be the headmaster. 他可能是校长。
34. although 意为“虽然”。although 和 but 不可以同时出现在同一个句子中,二者只能用一个,就像 because 和 so。如: Although you are so poor, I still love you. = You are so poor, but I still love you. 虽然你很穷,可我仍然爱你。although 可以用 though 或 even though 替换。

3c How healthy are you? Write about your own habits.

你的健康状况怎样? 写下你的习惯。

4 SURVEY: Who is the healthiest? 调查: 谁是最健康的?

Add five questions to the survey on page 81. Then ask three classmates the questions and take notes. Discuss and decide: Who is the healthiest student? 给第 81 页上的调查表加 5 个问题,然后问 3 个同学这些问题并记录。讨论并选定: 谁是最健康的学生?

- How often do you eat vegetables?
你多久吃一次蔬菜?
- What sports[®] do you play?
你做什么运动?
- Maria exercises every day. She likes to play...
玛丽娅每天都锻炼身体。她喜欢……

难点要点全解

35. what sports 意为“什么运动”,注意是 sports,不是 sport。类似的“what+名词”的特殊疑问词组还有: what time, what color 等。

Self Check

- 1 Fill in each blank with the correct word given. Change the form of the word if necessary. Then make your own sentence with each word. 用所给单词的适当形式填空, 然后用每个词造句。

help 帮助 have 有 want[®] 要 exercise 锻炼 try 努力

- Mum wants me to get up at 6:00 and play ping-pong with her.
妈妈想让我 6 点起床和她一起打乒乓球。
- Grandpa is pretty healthy because he exercises every day.
爷爷很健康是因为他每天都锻炼身体。
- A lot of[®] vegetables help you to keep in good health[®]. 大量的蔬菜帮助你保持健康。
- You must try to eat less[®] meat. 你必须尽量少吃肉。
- Do you have a healthy lifestyle? 你的生活方式健康吗?

难点要点全解

36. (1) want sth. 意为“要某物”。如: Do you want a pet? 你要个宠物吗?

(2) want sb. to do sth., 想要某人做某事(不要忘了 to)。如:

My father wants me to run with him every day, but I don't want to do anything.

我爸爸想要我每天和他一起跑步, 可我什么都不想干。

37. a lot of=lots of, 意为“许多”, 包括 many 和 much。如:

There are a lot of/many people in the room. 房间里有许多人。

She doesn't have a lot of/much money. 她没有很多钱。

38. keep in good health=keep healthy, 意为“保持健康”。如: Eating a lot of vegetables helps you to keep in good health. =Eating a lot of vegetables helps you to keep healthy. 多吃蔬菜帮你保持健康。

39. less 是 little 的比较级, 修饰不可数名词。如: Take more exercise and eat less food. 多锻炼, 控制饮食。

- 2 Think of a famous person. Imagine what his or her lifestyle is like. Write about him or her. Try to use some of the words in the box. 想一个知名人物。想象他或她的生活方式是什么样的。写一篇关于他或她的文章。尽量使用方框里的词。

often 经常 every day 每天 usually 通常 three times a week 一周三次 sometimes 有时
once a week 一周一次 always 总是 once a month 一个月一次 hardly ever[®] 几乎从不
never 从不

He/She usually exercises three times a week.

He/She...

他/她通常一周锻炼三次。他/她.....

难点要点全解

40. hardly(ever) 意为“几乎不曾; 几乎从不”, 用于描述做事的频率, 是否定意义的词。如: She hardly ever takes any exercise, does she? (否定句中用 any) 她几乎从来不运动, 是吗? (虽然也运动, 但量极少)

Just for Fun 开心一刻

A: Are you healthy? 你健康吗? B: Oh, I'm very healthy. 噢, 很健康。	A: What's your favorite exercise? 你最喜欢什么运动? B: I like to play basketball. 我喜欢打篮球。	A: Wow! 哇!
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III. 重点语法详解

复习一般现在时

1. 实义动词一般现在时的用法:

(1) 表示经常的或习惯性的动作, 常与 always, usually, often, sometimes, every day, on weekends, once a month, three times a day 等表示频率的副词或时间状语连用。如:

I usually play soccer. 我通常踢足球。

They often go to the movies. 他们常去看电影。

(2) 表示现在的状态。如:

Mike lives in Beijing. 迈克住在北京。

(3) 表示主语具备的性格、能力或特征等。如:

They speak English very well. 他们英语说得非常好。

(4) 表示客观事实或普遍真理。如:

The sun rises in the east and sets in the west. 太阳从东方升起, 从西方落下。

2. 一般现在时的特殊疑问句的构成

特殊疑问词 + 一般疑问句:

这里的特殊疑问词指 what, what time, where, when, which, who, whom, whose, why, how, how many, how much, how long, how often 等。如:

What do you usually do on weekends? 周末你通常做什么?

What does he do on weekends? 他周末做什么?

What time do you usually get up? 你通常几点起床?

Where does she live? 她住在哪里?

How often do you eat vegetables? 你多久吃一次蔬菜?

How much time do you need? 你需要多少时间?

How many hours do you sleep every night? 你每晚睡几个小时?

IV. 中考热点解析

1. —Do you _____ hold many parties?

—Yes. Every Saturday evening. (2006 • 山东东营)