

阶梯作业

J I E T I Z U O Y E

浙江教育出版社

英语

八年级上册



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图书在版编目(CIP)数据

阶梯作业. 英语. 八年级. 上册 / 《阶梯作业》丛书编委会编.
—杭州: 浙江教育出版社, 2009.8
ISBN 978-7-5338-8289-1

I. 阶... II. 阶... III. 英语课—初中—习题 IV. G634

中国版本图书馆CIP数据核字(2009)第134858号

责任编辑 张 帆

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责任印务 陈 沁

阶梯作业 英语 八年级上册

《阶梯作业》丛书编委会 编

- ▶ 出版发行 浙江教育出版社
(杭州市天目山路40号 邮编: 310013)
- ▶ 图文制作 杭州万方图书有限公司
- ▶ 印 刷 杭州印校印务有限公司
- ▶ 开 本 787×1092 1/16
- ▶ 印 张 9.25
- ▶ 字 数 203 000
- ▶ 版 次 2009年8月第1版
- ▶ 印 次 2009年8月第1次印刷
- ▶ 标准书号 ISBN 978-7-5338-8289-1
- ▶ 定 价 10.00 元

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为了帮助广大师生更好地理解教科书内容，为教学提供适当的课时作业，我们组织部分一线骨干教师和教研员编写了这套《阶梯作业》丛书。丛书编写严格以学科课程标准和杭州市现行初中教科书为依据，以《杭州市初中教学基本要求说明》和《杭州市各类高中招生文化考试命题实施细则》为编制练习的范围和要求，充分体现新课程的教学理念。丛书编写坚持面向全体学生，充分考虑学生的学习量，以课内及校内完成作业为主，同时设定不同难度梯度的练习块，供不同层次的学生选做，体现新课程背景下“减负增效”的新要求。

初中《阶梯作业》共分四门学科，分别为语文、数学、英语和科学。每册按课时编写，并按教科书内容的先后顺序编排题目，便于师生按课时进度安排教学和练习。每单元后设“单元自测”，多为基础题，体现从易到难的梯度，绝大多数学生完成自测题不会有太大的困难，利于增强学生的学习信心。

参与本册《阶梯作业》编写的有：吕勇民、夏宁、孙茂伍、马巨梁、华玮。希望本丛书能为广大师生提供有益的帮助，并恳请广大师生在使用过程中提出宝贵的意见。

《阶梯作业》丛书编委会

2009年8月

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Unit 1 How often do you exercise?

Period 1 (Section A 1a ~ 1c)

I. 用方框中所给的疑问词填空(只填序号)

A. How soon	B. How long	C. How much	D. How
E. How often	F. How far	G. How many	

- _____ is the weather in summer? — Hot and humid.
- _____ students always do exercise? — I have no idea.
- _____ is that cute doggie in the window? — 90 dollars.
- _____ do you do outdoor sports in winter? — Once a week.
- _____ do you surf the Internet every night? — Two hours.
- _____ is it from here to the bus stop? — Two kilometers.
- _____ will you be there with your family? — In two hours.

II. 从 B 栏中选出与 A 栏各句相匹配的答语

A

- What does she often do on weekends?
- How often do you go skateboarding?
- What's your favorite program?
- Does she often exercise after work?
- Do you often read *China Daily*?
- How was your Old People's Home visit?
- Where did you go on vacation?
- Did you have great fun shopping yesterday?

B

- Sorry, I don't know.
- Yes, we did.
- The Palace Museum.
- It wasn't very good.
- At least once a week.
- It's *Art Space*.
- Go to the movies.
- Yes, we all like it.

III. 根据图片所示活动完成对话



- A: _____ does she often do on weekends?

B: She often _____.

- A: _____ they always _____ together?

B: Yes, they _____.



- A: _____ do they _____?

B: Once or twice a week.

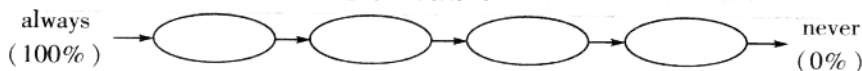


- A: _____ he usually _____?

B: Yes, he likes it very much.



IV. 按照频率的高低依次写出学过的频度副词





Period 2 (Section A 2a ~ 4)

I. 英汉互译

1. 几乎从不 _____
2. 一周三四次 _____
3. 多久一次 _____
4. 上网冲浪 _____
5. as for... _____
6. twice a day _____
7. most students _____
8. the results of... _____

II. 利用上题中的短语完成以下各句

1. _____ do you watch your favorite program, *Animal World*?
2. My mom _____ uses MSN to chat with her friends on the Internet.
3. _____ the student eating habit survey make us a little disappointed.
4. It's necessary for us to learn more about how to _____.
5. Katrina's grandpa is always in good health, and he exercises _____.
6. Brushing teeth _____ is the thing that every kid should know.
7. _____ skateboarding, it is very popular with young people.
8. Yesterday _____ got to the museum on time though it was cold and rainy.

III. 句型转换

1. Maria does some exercise to keep healthy every day. (改为一般疑问句)
_____ Maria _____ exercise to keep healthy every day?
2. She takes walks after supper with her dog twice a week. (对画线部分提问)
_____ she _____ walks after supper with her dog?
3. I write to my pen pal three times a month. (对画线部分提问)
_____ times a month _____ you write to your pen pal?
4. Bill often borrow money from me when he wants to buy clothes. (对画线部分提问)
_____ Bill often _____ when he wants to buy clothes?
5. I think *Reader* is my favorite magazine. (改为同义句)
I think I _____ *Reader* _____ of all magazines.

IV. 调查一位好友的英语学习状况, 并对调查结果做简要汇报

Name	How often do you...?	Every day	Once or twice a week	Three or four times a week
	read English books			
	listen to English tapes			
	do English homework			
	write English diaries			
	watch English programs			

Period 3 (Section B 1a ~ 2c)

I. 根据句子提示,在表格中圈出句子所缺单词并填写在横线上

o	f	t	e	n	l	h
n	t	i	q	k	v	n
c	b	m	a	y	b	e
e	h	e	a	l	t	h
p	i	s	u	r	f	w

1. She eats junk food three _____ a week.
2. Could you please help me _____ the Internet?
3. Drinking milk every day is good for _____.
4. How _____ do you go to visit your aunt?
5. I go bike riding with my friend _____ a month.
6. _____ my healthy lifestyle helps me succeed.

II. 用所给单词的适当形式填空

1. _____ (one) a month last year, she went back to visit her parents.
2. Are there any _____ (different) between the two kinds of drink?
3. Let's go _____ (skateboard) after class if you're free.
4. I think junk food is _____ (health) for a child.
5. Enough sleep helps me to get _____ (good) grades than before.
6. Jake likes _____ (exercise) very much, so he is very healthy.

III. 根据上下文和首字母提示,补全对话

- A: T_____ for coming in for the interview, Katrina.
- B: It's my pleasure.
- A: Um, how often do you e_____?
- B: Every day. Exercise is one part of my life. It helps me study b_____.
- A: Uh-huh. How often do you eat vegetables and fruit?
- B: I sometimes eat vegetables. As for fruit, I n_____ eat fruit though it's good for my h_____. My mother also w_____ me to eat fruit as often as possible, but I don't like it at all.
- A: All right. So how many h_____ do you sleep every night?
- B: Nine. I need lots of sleep.
- A: What about j_____ food? How often do you eat it?
- B: I love it, such as French fries, hamburgers, hot dogs and so on. I guess I eat it two or three t_____ a week.
- A: Well, thank you very much.
- B: You're w_____.

IV. 了解了 Katrina 的情况,请你结合以下几个方面,也来谈谈自己的生活方式吧

exercise healthy food sleep junk food

Period 4 (Section B 3a ~ Self Check)

I. 单词拼写

1. There is lots of cloud; m_____ it is going to rain this afternoon.
2. A_____ it was so cold, he went out without an overcoat.
3. I think I'm k_____ of unhealthy because I hardly ever eat fruit.
4. I work hard and t_____ to get good grades in this semester.
5. I don't like to have the s_____ lifestyle as my sister does.
6. Could you please tell me the d_____ between the two pictures?
7. She looks after her health and n_____ eats junk food.
8. Good food and exercise help me to k_____ in good health.

II. 阅读短文, 回答问题

Susan is from Australia. Now she lives in China with her parents. She is very hard-working at school. She says she is very interested in science. She likes to read books on science because she can learn a lot from these interesting books. We all like her very much. She often teaches us to make some little funny things on weekends. We make a lot of different things. Some of us make model planes, some make model boats, and others make robots. Susan likes movies very much. She goes to the movies twice a month. Jet Li is her favorite movie star. She hopes to be a prop (道具) maker and make props for Jet Li's movies when she grows up. Susan has a healthy lifestyle. She knows good food and exercise will help her keep healthy.

1. Where does Susan live now? _____
2. Why does she like reading science books? _____
3. What does she often do on weekends? _____
4. How often does she go to the movies? _____
5. What does she hope to do? _____
6. What does she think of a healthy lifestyle? _____

III. DIY 实践场

A. 想一想以下哪些好习惯你还没有养成, 请勾选。

- | | |
|--|--|
| <input type="checkbox"/> Eat Breakfast Every Morning | <input type="checkbox"/> Drink Water and Eat Dairy (奶制品) |
| <input type="checkbox"/> Get Enough Sleep | <input type="checkbox"/> Drink Tea |
| <input type="checkbox"/> Exercise for Better Health | <input type="checkbox"/> Take a Daily Walk |
| <input type="checkbox"/> Take Up a Hobby | <input type="checkbox"/> Plan for Study |
| <input type="checkbox"/> Limit Television | <input type="checkbox"/> Brush Teeth Twice a Day |

B. 请你动手为自己分别设计一份“健康食谱”和“健康活动”。

Healthy food: _____

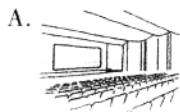
Healthy activities: _____

Test for Unit 1

听力部分(25分)

I. 听小对话, 选择正确的图片(5分)

() 1. Where are they going today?



() 2. What do they like doing on weekends?



() 3. How do they often go to school?



() 4. What does Kelly often do after school?



() 5. Who reads English books every morning?



II. 听小对话, 回答问题(10分)

() 1. How often does Susan study English on the Internet?

A. Sometimes.

B. Hardly ever.

C. Often.

() 2. What does Katrina usually do on weekends?

A. Go skateboarding.

B. Have piano classes.

C. Have math classes.

- () 3. How many students often do exercise after class?
A. Most students. B. All students. C. No students.
- () 4. Is Mike's lifestyle the same as Mary's?
A. Yes. B. No. C. We don't know.
- () 5. Which program do you think they are talking about?
A. *English Space*. B. *Art Corner*. C. *Animal World*.

III. 听独白, 完成信息表 (10 分)

Name	Country	Date of Birth	Job	Favorite Color	Favorite Animal
Sue	1	2	3	4	5

- () 1. A. England B. America C. Australia
- () 2. A. On March 6th B. On March 7th C. On March 8th
- () 3. A. Writer B. Singer C. Teacher
- () 4. A. Red B. Blue C. Yellow
- () 5. A. Cats B. Spiders C. Dogs

笔试部分 (75 分)

I. 单项填空 (15 分)

- () 1. — Do you know _____ he writes to his parents?
— I'm not sure. About once a month.
A. how long B. how much C. how often D. how soon
- () 2. — Does he always come to school so early?
— Yes, he is _____ late for school.
A. often B. hardly C. hardly ever D. always
- () 3. — You both love to eat vegetables and fruit.
— Yes, his eating habits are _____ as mine.
A. different B. difference C. same D. the same
- () 4. — Stop smoking. It's not _____ your health.
— Thanks for your advice. I'll try to give it up.
A. good at B. good for C. bad to D. bad for
- () 5. — Although they feel tired, _____ they still walk on.
— Is that a right thing they do?
A. but B. so C. and D. /
- () 6. — Some students read English books every day. _____ listening to tapes, few students do it even once a week.
— That's too bad.
A. As for B. As to C. As of D. As from

- () 7. — My grandpa is ill and I have to _____ him at home.
— Oh, I'm sorry to hear that.
A. look for B. look after C. look like D. look at
- () 8. — Here _____ some ice cream on the table.
— It looks nice. May I have some?
A. am B. are C. / D. is
- () 9. — My mother often wants me _____ sports with her on weekends.
— It's a little hard for you to do that, isn't it?
A. to do B. do C. does D. doing
- () 10. — What should I do to keep _____?
— Eat fruit and drink milk every day.
A. health B. healthy C. unhealthy D. in good healthy
- () 11. — Sleeping _____ nine hours every night is necessary.
— Yes, I think so.
A. in B. at C. of D. for
- () 12. — I can hardly hear _____. Please keep quiet.
— OK. Let me have a try.
A. something B. nothing C. anything D. someone
- () 13. — _____ a day should we clean the classroom?
— Twice.
A. How often B. How soon C. How long D. How many times
- () 14. — I am _____ tired. I can't go on studying.
— You need to have a good rest.
A. a lot of B. kind of C. kinds of D. a little of
- () 15. — There are 49 students in our class and 45 students like sports.
— That's to say _____ like sports.
A. all the students B. some students
C. most students D. no students

II. 完形填空 (10 分)

George is a young man. He does not have a wife, but he has a very big 1 and a very small car. He likes playing tennis. Last Monday after he 2 tennis for an hour at his club, he ran out and jumped into a car. His dog came 3 him, but it did not jump into 4 car. It jumped into the next 5.

"Come here, silly dog!" George shouted at it but the dog stayed in 6 car. George put his key into the lock of the car, but the key did not 7. Then he looked at the car again. It was not 8. He was in the wrong car! And the dog was in the 9 one! "He's sitting and laughing at me!" George said to himself. But then he had a good idea, "He has

no key. He can't 10 the car, either."

- () 1. A. animal B. dog C. pet spider D. cat
 () 2. A. played B. plays C. playing D. played the
 () 3. A. after B. before C. in front of D. in the front of
 () 4. A. a B. the C. an D. same
 () 5. A. it B. bus C. one D. that
 () 6. A. another B. the other C. other D. the others
 () 7. A. turn B. come C. drive D. begin
 () 8. A. good B. black C. his D. hers
 () 9. A. same B. different C. wrong D. right
 () 10. A. open B. take C. start D. lock

III. 阅读理解 (20 分)

A

"All work and no play makes Jack a dull boy" is the popular saying in the United States. Other countries have similar sayings. It is true that all of us need recreation. We cannot work all the time if we want to keep in good health and enjoy life.

Everyone has his own way of relaxing. Perhaps the most popular way is to take part in sports. There are team sports, such as baseball, basketball, and football. There are individual sports, also, such as golf and swimming. In addition, hiking, fishing, skiing, and mountain climbing have a great attraction for people who like to be outdoors.

Not everyone who enjoys sports events likes to take part in them. Many people prefer watching them on television, or listening to them on the radio. When there is an important baseball game or boxing match, it is almost impossible to get tickets because everyone wants to attend.

- () 1. Where is the popular saying mentioned in the passage from?
 A. The UK. B. The USA. C. Canada. D. Australia.
- () 2. What does the saying mean?
 A. Jack works so hard that he becomes a dull boy.
 B. In order to keep ourselves in good health, we should learn to relax.
 C. We shouldn't work so hard as Jack does.
 D. The harder we work, the cleverer we will be.
- () 3. Which is the most popular way of relaxing according to the passage?
 A. Surfing the Internet. B. Helping others.
 C. Spending time with friends. D. Doing sports.
- () 4. How many kinds of team sports are there mentioned in the passage?
 A. One. B. Two. C. Three. D. Four.
- () 5. Which of the following is TRUE according to the passage?

- A. No one who enjoys sports events likes to take part in them.
 B. Everyone who enjoys sports events likes to take part in them.
 C. No one likes to watch sports events on television.
 D. Not all people who enjoy sports events like to take part in them.

B

阅读下面五则广告,广告下方列出了五个人的需求。请你为他们选择相应的广告,并在括号内填写对应的广告序号。

A.

Help wanted

Secretary with good computer skill in a company. Call Ted James at 6675847.

B.

Help wanted

Babysitter for a 5-year-old boy, 3 pm ~ 5 pm on weekdays. Call Mrs Adams at 8392729.

C.

Wanted to buy

Photos of Audrey Hepburn. Will pay \$45. Call Alice at 8373729.

D.

For sale

Red mountain bike, almost new, \$80. Call Mary at 90278632.

E.

For sale

2003 Toyota, white, two-door, radio, CD player. Call Terry at 87392732.

- () 6. Michael wants a bike to ride to school.
 () 7. Sandy owns some nice old photos of some famous film stars.
 () 8. Maria is looking for a job. She worked in an office before in New York.
 () 9. Lucy needs some money to buy some nice clothes.
 () 10. Martin is going to work in another city, so he needs a car to drive.

IV. 选词填空(10分)

either two after vegetable exercise time drink eat well although

Eric is often weak and tired and he is kind of unhealthy. He hardly ever _____ and he is not interested in sports at all. His _____ habits are not good. _____ it's good for his health to eat a lot of _____, he eats them just once or _____ a week. He doesn't like to drink milk, _____. Yuck! He loves junk food and eats it three or four _____ a week. He loves _____ coffee, too. His parents often tell him to look _____ his own health because a healthy lifestyle will help him to study _____.

V. 单词拼写(10分)

1. She n_____ stays out with her friends after 10:00 in the evening.
2. He likes s_____ the Internet on weekends for relaxing.
3. Here are the r_____ of the student activity survey at Green High School.

4. M_____ of us sleep for at least 8 hours every night.
5. My mother w_____ me to get better grades in the new semester.
6. Good food and enough sleep h_____ us keep in good health.
7. Is her lifestyle the s_____ as yours or different from yours?
8. Of c_____, *Animal World* is also my favorite TV program.
9. M_____ I'm not very healthy, although I have one healthy habit.
10. I t_____ to eat less meat and drink more milk to stay healthy.

VI. 书面表达(10分)

根据下面的提示,以“My healthy lifestyle”为题写一篇英语短文。(60词左右)

提示:1. 每天做运动;

2. 早睡早起,睡眠充足;

3. 良好的饮食习惯;

4. 和朋友相处融洽;

5. 乐于助人。

Unit 2 What's the matter?

Period 1 (Section A 1a ~ 1c)

I. 英汉互译

1. 感冒 _____
2. 发热 _____
3. 看牙医 _____
4. have a sore throat _____
5. have a headache _____
6. lie down _____

II. 利用上题中的短语完成以下各句

1. You should _____ if there is something wrong with your teeth.
2. It's necessary to go to the hospital if you _____ of 38.5°C or higher.
3. Don't speak too loudly when you _____.
4. Stop working and _____. You need a good rest.
5. You'd better drink more hot water when you _____.
6. I am tired and _____. I can't do it well under so much pressure.

III. 单词拼写

1. We see with our e _____ and we hear with our ears.
2. Giraffes have longer n _____ than any other animal on land.
3. Take care of your t _____ and drink some tea with honey as often as possible.
4. Open your m _____ and read the word loud.
5. There is something wrong with your s _____. So please don't eat too much.

IV. 看图完成对话, 并从 B 栏中找出相应的建议与 A 栏对话连线

A



A: What's the matter with you?

B: I have a _____.



A: What's wrong with you?

B: I have a _____.



A: Do you have a _____?

B: Yes. I'm not feeling well.



A: Is there anything wrong with you?

B: Yes, I have a _____.

B

I think you'd better have some aspirins (阿司匹林).

You should drink some hot tea with honey.

You should lie down and have a good rest.

Keep warm and drink lots of water.

Period 2 (Section A 2a ~ 4)

I. 选择方框中的句子补全对话

A: 1 You look tired.

B: Cough! Cough! 2 Ouch!

A: What terrible coughs! 3

B: About three days ago.

A: 4 Let me take your temperature first, please. Oh, 38.5°C. You have got a fever.

B: Is it terrible?

A: Nothing serious. 5 You should go to bed early tonight. 6

B: Thanks.

- A. I hope you'll feel better soon.
B. I am not feeling well.
C. Remember to take some medicine.
D. What is wrong with you?
E. When did it start?
F. That's too bad.

II. 句型转换

1. You should take a walk after dinner. (改为否定句)

You _____ take a walk after dinner.

2. He started to have a headache about 3 days ago. (对画线部分提问)

_____ he _____ to have a headache?

3. There's something wrong with you. (改为一般疑问句)

_____ there _____ wrong with you?

4. What's the matter with you? (改为同义句)

What's _____ with you?

5. I'm feeling terrible now. (对画线部分提问)

_____ you feeling now?

III. 从 B 栏中选出与 A 栏各句相匹配的答语

A

- What's the matter with the boy?
- Maybe you should see a dentist.
- I'm not feeling well. I have a lot of headaches.
- I hope you feel better soon.
- I have a bad cold and feel tired.
- My grandmother is ill.
- When did you start to have a cough?
- How are you feeling now?

B

- I'm sorry to hear that.
- Much better.
- You should lie down and rest.
- Thanks a lot.
- Last night.
- You should go to the hospital.
- He has a sore throat.
- That's a good idea.

Period 3 (Section B 1a ~ 2c)

I. 用所给单词的适当形式填空

- I'm sorry _____ (hear) that you have a bad cold.
- I hope _____ (go) to college after high school.
- I remember I _____ (start) to cough about 3 days ago.
- _____ (lie) down and rest if you are not feeling well.
- It's important for us _____ (exercise) every day to keep in good health.
- _____ (drink) more hot water with honey is good for my throat.
- Too much homework and exams often make me _____ (stress) out.
- I think they should _____ (enjoy) themselves during the party.

II. 从 B 栏中选出与 A 栏问题相匹配的建议

A

- I am always tired.
- I am thirsty.
- I'm often stressed out.
- I sometimes feel hungry.
- I always feel weak.
- I can't sleep at night.

B

- You need more exercise.
- You need to eat more.
- You should take sleeping pills.
- You need to relax yourself.
- You should have a drink.
- You should go to bed early.

III. 根据每个人的病症,把病人的名字写在相应的建议前

On Monday morning, in Bill's clinic, there were many patients. Peter hurt his leg when he was playing football last Sunday. Jack had a stomachache. Maybe he ate too much yesterday. Fred was not feeling well. He had a cold. Sarah had a sore throat. Helen had a headache. Dr Bill examined them carefully and gave each of them advice and medicine. The following are the doctor's advice and medicine.

1. _____	* Take two aspirins with water.
2. _____	* Take this medicine and don't eat any curry (咖喱) for a week.
3. _____	* Suck these tablets and don't talk for two days.
4. _____	* Take these nose drops and have a good rest.
5. _____	* Keep this bandage on it and try not to walk for a few days.