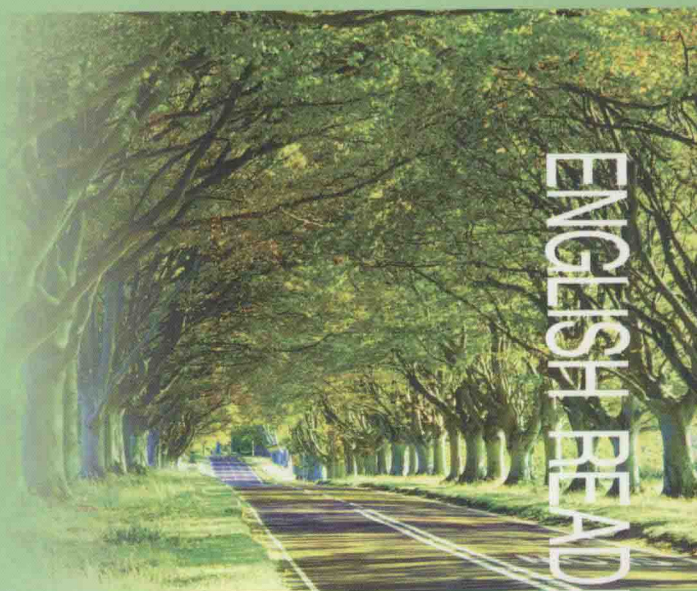


英语阅读 与表达



八年级 上册

ENGLISH READING FOR COMMUNICATION



人民教育出版社
上海教育出版社

THOMSON

义务教育课程标准实验教科书 英语（新目标）学习丛书

英语阅读 与表达

八年级 上册

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Got It! English Reading for Communication Book 3 / Nicola P. Gram and Yang Fang

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ISBN 981-254-585-9

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人民教育出版社出版发行

网址: <http://www.pep.com.cn>

北京天宇星印刷厂印装 全国新华书店经销

*

开本: 787 毫米 × 1092 毫米 1/16 印张: 8.5 字数: 170 000

2005 年 8 月第 1 版 2007 年 5 月第 2 次印刷

ISBN 978-7-107-19045-2

G · 12135 (课)

定价: 10.30 元

如发现印、装质量问题, 影响阅读, 请与本社出版科联系调换。

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说 明

《英语阅读与表达》系列丛书以《英语课程标准（实验稿）》为编写指导，与人民教育出版社出版的初中英语教材《义务教育课程标准实验教科书英语（新目标）》配套使用。本套丛书以话题和功能为主线，以任务型语言教学模式为编写理念，每个单元包括“Pre-reading, Reading (3 passages), Putting it all Together, Additional Practice”四个部分，分别考察学生的阅读水平及综合运用语言能力。在教材每个单元的话题的基础上，本丛书中每个单元的阅读主题的选择都与之相关，并在练习的设计中包含了文化背景、学习策略、情感态度等方面的内容。丛书中的阅读语篇语言地道，课后的练习设计丰富多样，图文并茂。

本套丛书前期由汤姆森学习出版集团和上海教育出版社开发研制，并由人民教育出版社出版。丛书作者由汤姆森学习出版集团外籍作者与国内一些优秀英语教研员和一线英语教师组成。由于作者水平有限，本套丛书还有待广大师生的批评和指正。

丛书编委会

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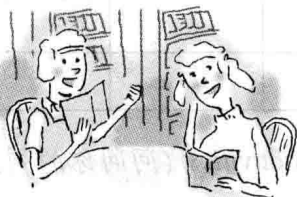
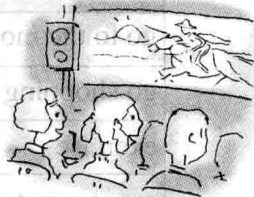
Unit 1 Free Time

Language Goal: Talking about how often you do things
Using adverbs of frequency



Pre-reading

Look at the pictures. What do these people usually do in their free time? What do you usually do in your free time? (请看下图。这些人在业余时间干什么? 你平时业余时间都做些什么?)



Reading I

Introduction to Free Time (业余时间简介)

What do people usually do in their free time and on weekends?

Probably the most **common**^① activity is to watch television; it's relaxing and easy to do. Almost all American homes have at least one television. Many television programs are about the news, sports, animals, holidays, cooking and gardening.

Another popular activity on weekends is to **entertain**^② friends or family. Often friends and family get together for a meal; sometimes they eat out at a restaurant or they might eat at someone's home.

① a. 普通的;
平常的

② v. 招待;
款待

Other free time activities **include** ^③ listening to music, going to the movies, and reading. Reading books and magazines is a popular activity for people of all ages. Reading, collecting, and trading comics is also becoming very popular, especially with young people.

Saturday is often a day for shopping and sports. On Saturdays, people sometimes go shopping for fun, to buy things or just to window-shop. Others play sports. They go swimming, play tennis or golf, or go running in the park. Some people go to see others play sports such as football, basketball, or baseball. Sunday is often a day for relaxation before work or school begins again on Monday.

③ v. 包括;
包含

Exercise I

How often do you ...? Check [✓] your answers. (你经常干什么? 在下表中为你平时可能的活动的频率打[✓].)

How often do you ...?	often	sometimes	hardly ever	never
go to the movies				
go shopping				
exercise				
eat at a restaurant				
read magazines or comics				
watch television				

Exercise II

Ask your partner about their free time activities. (问问你的同伴, 他都有哪些业余活动, 和他练习对话。)



How often do you exercise?

I hardly ever exercise. What about you?



Exercise III

Match the expressions. (连线, 正确搭配两边的表达式。)

1. every Wednesday

2. Saturday and Sunday

3. first and last Thursday of the month

4. the 7th, 14th, and 21st of each month

5. Monday-Friday

6. daily

a. during the week

b. once a week

c. every day

d. three times a month

e. twice a month

f. on weekends

Reading II

City Community Center

(城市社区活动中心)

City Community Center



Wondering what to do in your free time? Come join us! Join a course, join an activity, join an event ...

It's fun!



Courses

- Monday–Friday.
8:30 a.m.–9:30 a.m.
Swimming lessons for beginners, intermediates^① and advanced.^②
- Monday, Wednesday and Friday.
12:30 p.m.–1:30 p.m.
Cooking lessons: learn to cook delicious dishes from all over China.



Activities

- Fridays.
Badminton and volleyball courts open for public use.
- Monday–Sunday
8:30 a.m.–11:00 p.m.
Swimming pool open.
- Saturdays and Sundays.
9:30 a.m.–10:30 am
Children's story-time.



Events

- The first Saturday of every month.
Karaoke in the gym, snacks^③ and drinks provided.^④
- The second and last Thursday of every month.
Lecture on traveling around China, Asia and beyond.

For more information, visit our website, or call 6431-2110 to register^⑤ for courses and events now!



Exercise I

Read the pamphlet above and match the activities to the times they are offered.
(请读上面的宣传单, 将各项活动和它们举行的时间正确连线搭配。)

- ① n. 中级水平者
- ② n. 高级水平者
- ③ n. 快餐, 小吃
- ④ v. 提供
- ⑤ v. 登记; 注册

- | | |
|-----------------------------------------|-----------------------|
| 1. lecture on traveling | a. every weekday |
| 2. karaoke | b. twice a month |
| 3. children's stories | c. every Friday |
| 4. swimming pool open | d. every day |
| 5. volleyball and badminton courts open | e. once a month |
| 6. cooking course | f. three times a week |
| 7. swimming lessons | g. on weekends |

Exercise II

Ask your partner questions about the activities offered by City Community Center. (和同伴聊聊这个社区中心提供的各种活动。)



How often does the Community Center have cooking lessons?

Three times a week. How often can you sing karaoke?



Reading III

School Newsletter

(学校小报)



Our school is not only about studying. We also **encourage**^① students to join in school activities and events in their free time. Here's what's been going on in our school.

Every week there is a Movie Night of popular and classic Chinese and English language films. After the movie, there are discussion groups where the **audience**^② can **share**^③ their opinions and ask questions about the movie.

Every two weeks, on Wednesdays, is Cooking Night. Students come and cook delicious Chinese dishes. The first Thursday of each month, is Entertainment Night; students come to play mahjong or to sing karaoke. Once in a while (偶尔) there are karaoke competitions, where young people can come and show off their singing talents. They are open to everyone, and are lots of fun.

There have also been a few short courses, on subjects such as *Chinese Calligraphy*^④, *The Great Wall*, and *The History of China*. These are open to all members of the public.

Every year, we have an event called China Night. It was our most exciting and biggest event this year. The event included **traditional**^⑤ Chinese singing and dancing, and a fashion show **representing**^⑥ the **provinces**^⑦ of China. There was also a modern dance performance and an exciting **martial arts demonstration**^⑧. Everyone enjoyed themselves very much. It was a great night.



① v. 鼓励

② n. 听众;
观众

③ v. 分享;
共有

④ n. 书法

⑤ a. 传统的

⑥ v. 代表

⑦ n. 省

⑧ 武术展演

Exercise I

John writes a letter to a friend about the activities and events at school. Fill in the blanks with the words below. (约翰在给朋友写信讲他学校里的各种活动。用下面框里的词或词组完成这封信。)

movie	hardly ever	twice a month	karaoke
martial arts	short courses	cooking	annual
once a month	mahjong	every week	

Dear Steve,

I have been really involved in my school's activities in my free time lately. There is a ① _____ Night ② _____. It's great, we see English and Chinese films and talk about them afterwards. ③ _____ we have ④ _____ Night, and I'm learning how to make some delicious food. And ⑤ _____ we have Entertainment Night where I can play ⑥ _____ or sing ⑦ _____. I even won second prize in a karaoke competition once! There have also been a few ⑧ _____, on things like Chinese Calligraphy, though these ⑨ _____ happen: only three so far. The best was the ⑩ _____ China Night. There was a really cool fashion show, and some really interesting dancing, singing, and ⑪ _____ performances.

I've really been having fun. But don't worry, I'm still studying hard and doing well at school. Write back and tell me what you have been doing lately.

Your friend,

John

Exercise II

What kinds of activities or special events are offered at your school? (你们学校里常举行哪些活动, 有哪些特别活动?)



There's the volleyball club.

That's right. There is also the school choir.



Putting it all Together

Weekly Schedules

(一周活动日程表)

A

On weekends I almost always go out with friends or I watch TV. During the week, I usually try to go swimming **regularly**^① – about three times a week, Tuesdays through Thursdays. I like sports. I play volleyball on my school team every Wednesday, and **badminton**^② every Monday and Friday. I also love shopping. I often shop on the weekends.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
badminton	swimming	swimming volleyball	swimming	badminton	watch TV go out with friends shopping	watch TV go out with friends shopping

B



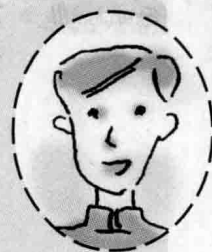
I like sports. I usually play soccer with my friends and I play ping-pong **competitively**^③. I have ping-pong practice every day during the week and soccer games on Saturdays. I also enjoy watching sports on television, especially basketball games on Wednesday nights. When I'm not playing sports, I like to watch TV, listen to music or play video games, especially on the weekends.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ping-pong	ping-pong	ping-pong watch sports on TV	ping-pong	ping-pong	watch TV soccer listen to music play video games	watch TV listen to music play video games

- ① adv. 定期地
② n. 羽毛球
③ adv. 竞争地, 竞赛地

C

My name is Joe. I hardly ever play sports, but I do *tai-chi* with my grandfather on the weekends. I like to read. I read English and Chinese books. I try to do this every night before I go to sleep. Twice a week I like to catch up on my e-mail. I read my e-mail and reply to my friends' letters on Mondays and Wednesdays. I also enjoy writing. I'm taking a Chinese calligraphy course. It's held on Saturday afternoons. I never miss it.



Exercise I Fill in Joe's schedule for the week. (为乔填写他一周的活动日程表。)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Exercise II Fill in your weekly schedule. Choose activities from the box below, or add your own. (填写你自己的每周活动日程表, 可以从下框中提供的词组中选择, 也可用你自己的话。)

go to school

do homework

go to the movies

eat at a restaurant

exercise

watch TV

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							



Exercise III

Talk about your weekly schedule with a partner. (和同伴聊聊你一周的日程表。)



I always go dancing on Tuesday nights.

I often go shopping on weekends.



Additional Practice

1.

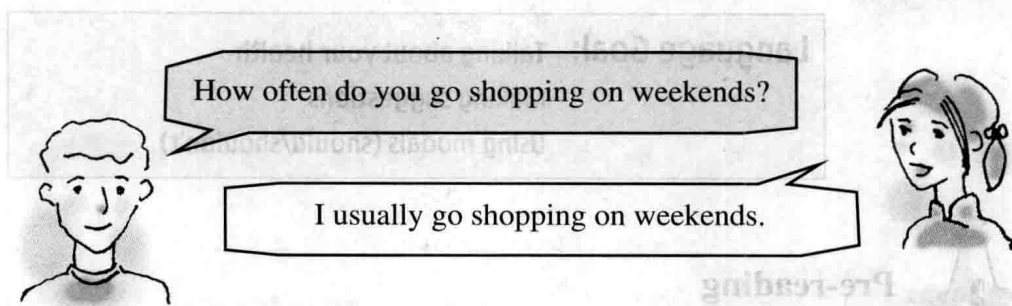
Conduct a survey in your class about free time activities. Use the ideas from the box or think of your own. Fill in the chart below. (在班上搞个小调查, 看看同学们的业余活动有哪些。填写下列表格。可以选用下框中所列的词语或用你自己的话。)

cooking	martial arts	watch TV	play ping pong/badminton
tai-chi	calligraphy	read magazines	play mahjong/Chinese chess
paint	go biking	listen to music	play a musical instrument

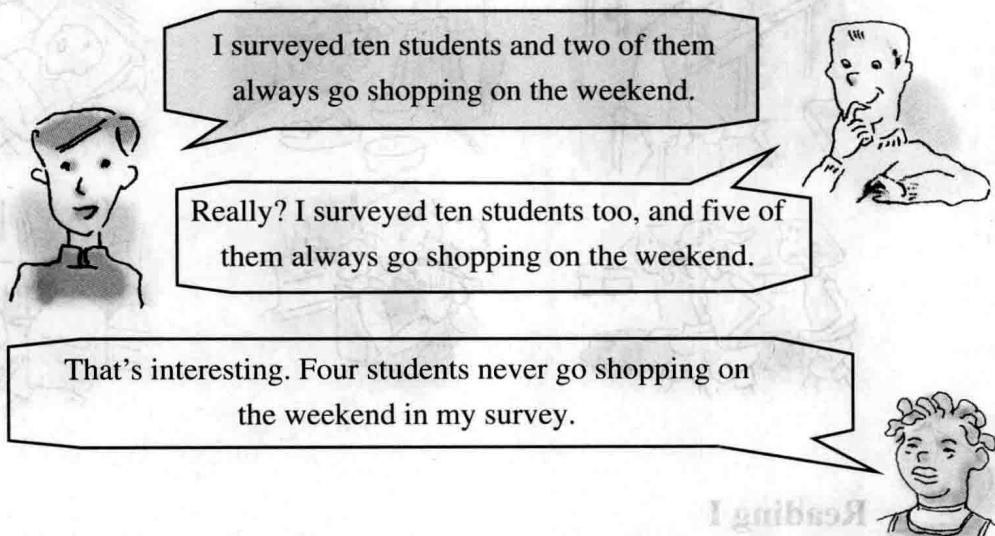
Classroom Survey

Name	Activities	Always	Often	Sometimes	Hardly ever	Never
	go shopping on weekends					

2. Survey as many students as you can. Check [✓] each student's answer. (调查尽可能多的同学, 在每位同学的回答后面打[✓].)



3. Present your findings in small groups. (在小组内展示你的成果, 下图是示意性的对话。)



Introduction to Health and Fitness

(介简康健)

Living in a big city is stressful. People living in big cities are often very busy and have to work long hours. Students, too, lead busy lives. They have to study and prepare for tests and examinations. People are often very tired and stressed out, and they get sick easily.

This stressful way of living is not good for people's health. People know that their diet – the kinds of food they eat and drink – is important for health. They know that exercise and sleep are important as well.

To be strong and healthy, people should eat more fresh fruit and vegetables. They should eat more fish and chicken, and they should not eat so much red meat.

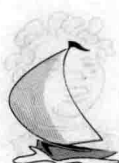
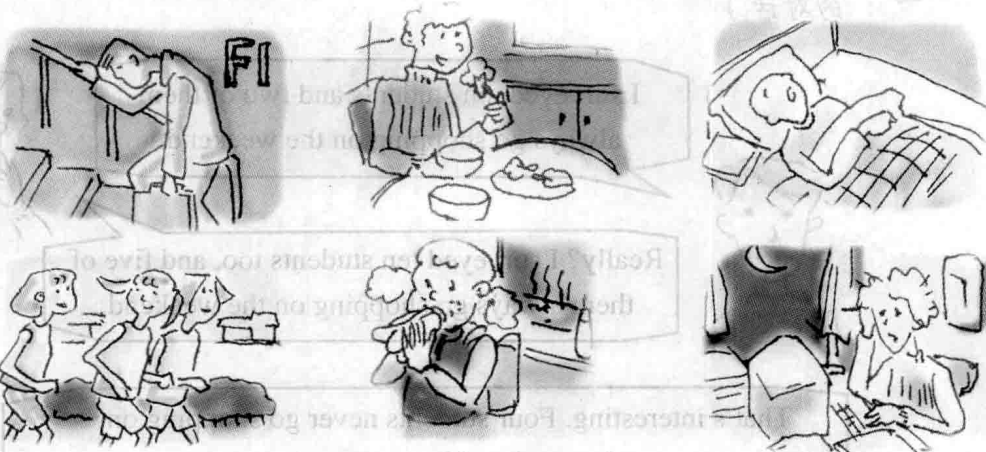
Unit 2 Health and Fitness

Language Goal: Talking about your health
Making suggestions
Using modals (should/shouldn't)



Pre-reading

Look at the pictures. Who is healthy and fit? Why? (看下图, 他们谁看起来是健康的? 为什么?)



Reading I

Introduction to Health and Fitness

(健康简介)

Living in a big city is stressful. People living in big cities are often very busy and have to work long hours. Students, too, lead busy lives. They have to study and prepare for tests and examinations. People are often very tired and stressed out, and they get sick easily.

This stressful way of living is not good for people's health. People know that their diet – the kinds of food they eat and drink – is important for health. They know that exercise and sleep are important as well.

To be strong and healthy, people should eat more fresh fruit and vegetables. They should eat more fish and chicken. and they should not eat so much red meat,

like lamb and beef. They should also not eat too much junk food like hamburgers and hot dogs. People should also drink at least eight glasses of water each day. They should not drink too much soda. People should also try to exercise a bit every day, and they should try to sleep for seven to eight hours each night. People should relax when they can, in their free time or on vacation.

With a healthy, strong body, people can live happy, less stressful lives.

Exercise I

Decide if the following activities are healthy or unhealthy. Check [✓] your answers. (下表中哪些活动是健康的? 哪些不健康? 为你的回答打[✓]。)

Activity	Healthy	Unhealthy
1. work long hours		
2. eat fresh fruit and vegetables		
3. eat a lot of red meat		
4. eat junk food		
5. drink lots of water		
6. drink too much soda		
7. exercise often		
8. sleep seven to eight hours a night		

Exercise II

Do you think you are healthy and fit? Why? Discuss this with your partner. (你认为你是健康的吗? 为什么? 和同伴聊聊这个话题。)



I think I'm healthy and fit because ...

I don't think I'm very healthy or fit because ...

