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同步讲解

全国重点中学部分一线骨干教师联合编写

人教新目标版

八年级英语 上

总主编：刘 强



NLIC 2970631366



北京出版社出版集团
BEIJING PUBLISHING HOUSE (GROUP)



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How often do you exercise?

你多久锻炼一次?

课文英汉对照

名师解疑释惑

Section A 课文A

Language Goal:

语言目标:

● Talk about how often you do

things

谈论你从事活动的频率

What do you usually do on weekends?

你周末通常做什么?

I often go to the movies.

我经常去看电影。

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. skateboarding 踩滑板

4. _____

2. _____

5. _____

3. _____

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

听录音, 并把上图中的字母填在下面的横线上。

always^③ (100%) _____ usually _____ often _____

总是(100%) 通常 经常

sometimes _____ hardly ever _____ never(0%) _____

有时 几乎不 从来不(0%)

① exercise 的用法

这个词有两个词性, 即名词和动词。

(1) 当名词讲表示“练习, 操练”。如:

① do morning exercises 做早操;
do some exercises 做练习。

② If you don't take more exercise you'll get fat.
你如果不多锻炼就会发胖。

(2) 当动词讲表示“运动, 锻炼”。如:

① I exercise every day. 我每天都锻炼身体。

② Grandpa is pretty healthy because he exercises every day.

爷爷身体很健康, 因为他每天都锻炼。

② What do you usually do on weekends?

你周末通常做什么?

此句为一般现在时的特殊疑问句。句中的 on weekends 意思是“在周末”。对应的“平常日”是 weekdays, 也指“工作日”, 即除周六、周日之外的五天。如:

I'm always busy on weekdays, but on weekends I'm free. 我平时总是很忙, 但周末不忙。

③ always, often, usually, sometimes, hardly ever, never 的用法区别

这几个词(组)都表示动作的频率, 区别如下:

(1) always 表示“总是, 一直”, 通常指“没什么意外”之意, 它表示动作的重复、状态的持续。一般放在实义动词之前, 系动词、助动词之后, 常与一般现在时连用。如:

① The sun always rises in the east.

太阳总是从东方升起。

② He always comes to school early and is never late. 他总是很早到校, 从不迟到。

▲ always 与动词的进行时态连用时具有一定的感情色彩, 带有气恼、厌烦等情绪, 意为“总是, 老是”。如:

① The boy is always asking questions.

这个男孩儿总是问个没完。

② You are always finding fault with me.

你老是挑我的错。

知识拓展



exercise

exercise 指保持与增进健康的运动



sport

sport 是以娱乐为主的运动竞技



athletics

athletics 指田径运动的各种竞技

1c PAIRWORK 结对活动

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

谈论上图中出现的人物。他们周末做什么？

A: What does she do on weekends?

她周末做什么？

B: She often goes to the movies.

她经常去看电影。

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

听录音。程正在谈论他多长时间做一次不同的活动。在你所听到的活动前写上数字 1-5。

How often do you watch TV? ④

你多长时间看一次电视？

Twice a week.

一星期两次。

Activities

活动

a. 3 go to the movies

去看电影

b. 1 watch TV

看电视

c. 5 shop

买东西

d. 4 exercise

锻炼

e. 2 read

看书

How often

多久一次

every day

每天

once a week ⑤

一星期一次

twice a week

一星期两次

three times a week

一星期三次

once a month

一月一次

twice a month

一月两次

(2)often 意思是“常常，经常”，着重动作发生的次数，强调动作的经常性。often 在句尾时常常被 very 或 quite 修饰。如：

① What do you often do in the morning?

你早上经常做什么？

② We play basketball after class quite often.

我们课后经常打篮球。

(3)usually 意思是“通常”，含有“遵循常规，一贯如此”之意，表示习惯动作。如：

① We usually read English in the morning.

我们通常早上读英语。

② They usually do their homework in the evening.

他们通常晚上做作业。

(4)sometimes 意思是“有时候”，也可以表达为 at times，可置于句首、句中或句末。如：

① I get letters from him sometimes.

我有时候收到他的来信。

② Sometimes I come by train, but usually I come

by car. 我有时坐火车来，但通常坐小汽车来。

相关链接: sometimes, sometime 与 some time 的辨析:

sometime(adv.)“在某一时候”; 而 some time 是一个名词词组，表示“一段时间”。如：

① The foreign friends will come to our school sometime next week.

外国朋友将于下周的某个时候来我们学校。

② We have known each other for some time.

我们相识有一段时间了。

(5)ever 表示“曾经”，hardly 表示“几乎不”，它是一个否定词。如：

He hardly goes to bed before nine.

他几乎不在九点前睡觉。

而 hardly ever 表示“几乎从不，很少”。如：

— How often does Lily go to the cinema?

丽丽多长时间看一次电影？

— Hardly ever. 她几乎从来不去。

(6)never 意为“从不，未曾”，表示否定。如：

He never goes to the movies. 他从不去看电影。

典型例题解析

例 1 (2009·安徽模拟)

— English is _____ too difficult for me. I can't learn it well.

— Don't give up. Nothing is difficult if you work hard.

A. seldom

B. never

C. always

D. usually

解析: C 根据句意“英语对我来说总是很难，我不能学好它。”知用 always “总是，一直”。

④ 与 how 有关的句型

how long, how far, how often, how soon, how many 的用法

(1)how long 意为“多长(时间/距离)”，当对“一段时

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。程多长时间做一次上面所说的活动？把活动名称和次数的序号相连。

2c PAIRWORK 结对活动

How often do you do these activities? Fill in the chart and then make conversations.

你多长时间做一次这些活动？填表并编对话。

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

A: How often do you watch TV?

你多长时间看一次电视？

B: I watch TV every day.

我每天都看。

A: What's your favorite program?

你最喜爱的节目是什么？

B: It's Animal World.

《动物世界》。

A: How often do you watch it?

你多久看一次《动物世界》？

间/某物的长短”提问时，要用 how long。如：

① How long have you been in China?

你来中国多长时间了？

② How long is the rope?

这条绳子多长？

(2) how far 意为“多远，多大距离”，用来提问距离远近。如：

① How far is it from your house to school?

你家离学校有多远？

② How far is the moon to the earth?

月球离地球有多远？

(3) how often 表示“多长时间一次，是否经常”的意思，通常用来对表示频度的副词或短语(always, often, seldom, every other week, once a week 等)提问。如：

— How often do you go to the park?

你多长时间去一次公园？

— Every other week. 每隔一周去一次。

(4) how soon “过多久以后”，对 in+一段时间提问。如：

— How soon will you be back?

你要多久才能回来？

— In a month. 一个月之后。

(5) how many 提问可数名词的数量“多少”。如：

① How many students are there in the school?

学校里有多少名学生？

② How many hours do you sleep every night?

你每天晚上睡几个小时？

● 典型例题解析

例 2 (2008·湖北)

— _____ do you go hiking?

— Once a week.

A. How many times B. How often

C. How long D. How soon

解析：B 由答语 Once a week 可知问句是提问频率的，故选 B。

⑤ once, twice, three times 等次数的表达法

这三个词(组)都表示次数，once 是一次，twice 是两次。除了一次、两次，其他的次数都表达成“基数词+times”，time 就是“次数”，three times 是三次，五次就是 five times。这些表示次数的词后与一段时间连用，表示动作多长时间发生几次，即动作的频率。如：

once two weeks 两周一次

twice a year 一年两次

four times a month 一个月四次

各种“球”



soccer
英式足球



basketball
篮球



tennis
网球



volleyball
排球



table tennis
乒乓球



American football
橄榄球



baseball
棒球



Grammar Focus

语法重点

专题讲解

你会用英语来问做某事的频率吗？这就是本单元我们要学习的内容。例如：How often do you watch TV? / What do you usually do on weekends?等。此外，我们还学习了一些表示频度的副词，例如：always, usually, often, sometimes, hardly ever, never等。频度副词的用法是本单元的重点，频度副词在句中常位于be动词、助动词或情态动词之后，行为动词之前。

【练一练】请将每句所给的副词放到句子中合适的位置上。

Example:

She is very happy. (always)

→ She is always very happy.

Exercises:

1. What do you have for lunch? (usually)

What do you usually do on weekends?

你通常在周末做什么？

What do they do on weekends?

他们在周末做什么？

What does he do on weekends?

他在周末做什么？

How often do you shop?

你多长时间去购物一次？

How often does Cheng watch TV?

程多长时间看一次电视？

I usually play soccer.

我通常踢足球。

They often go to the movies.

他们经常去看电影。

He sometimes watches TV.

他有时看电视。

I shop once a month.

我一个月购物一次。

He watches TV twice a week.

他一星期看两次。

2. He goes to school on foot. (often)

3. She is late for school. (never)

4. He can speak English. (hardly)

5. He goes to the movies. (sometimes)

【答案】

1. What do you usually have for lunch?

2. He often goes to school on foot.

3. She is never late for school.

4. He can hardly speak English.

5. He sometimes goes to the movies.

3 Read the magazine article. Use the information in the boxes below to help you. 阅读这篇杂志文章。根据下面方框内的信息填空。

Green High School: Activity Survey

格林高中：活动调查

Activity 活动	Every Day 每天	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 锻炼	15%	10%	75%
Do homework 做家庭作业	95%	0%	5%
Watch TV 看电视	85%	2%	13%

All ⑦ students=100% 所有学生

Most students=51%-99% 大多数学生

Some students=1%-50% 有些学生

No students=0% 没有学生

相关链接:

表示频率的词还有 every day “每天”，every other day “每隔一天”，它们通常都是 how often 句式的答语。如：

① — How often do you watch TV?

你多长时间看一次电视？

— I watch it three times a week. 我一周看三次。

② — How often does he go to see his grandpa?

他多长时间去看一次他爷爷？

— Twice a week. 一周两次。

③ — How often do you eat vegetables?

你多长时间吃一次蔬菜？

— Every day. 每天都吃。

6 go to the movies 去看电影

movie 意为“电影”，go to the movies 是“去看电影”。还可以表达为 go to the cinema 或 go to see a film。如：

Would you like to go to the cinema this Sunday?

这个星期天你愿意去看电影吗？

▲ “看电视”表达为 watch TV。如：

I often watch TV on Saturday evenings.

星期六晚上我经常看电视。

What Do Students Do at Green High School?

格林高中的学生做什么?

Here are the results of the student activity survey at Green High School. ^③ Most (1) students exercise three or four times a week. Some students exercise once or twice a week. (2) students are very active and exercise every day. As for homework, (3) students do homework every day. (4) students do homework three or four times a week. (5) students do homework once or twice a week. The results for "watch TV" are interesting. (6) students watch TV once or twice a week, some students watch TV (7) a week, but most students watch TV (8).

这是格林高中的学生活动的调查结果。大多数学生一周锻炼三到四次。一些学生一周锻炼一到两次。一些学生很积极,每天都锻炼。至于家庭作业,大部分学生每天都做作业。一些学生一周做三到四次作业。没有学生一星期只做一两次作业。“看电视”一项的调查结果很有趣。一些学生每周看一两次电视,一些学生一周看三到四次电视,但是大部分学生每天都看电视。

4 GROUPWORK 小组活动

Who's the best English student? 谁是学英语最好的学生?

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 student.

为了提高英语你该做些什么?在表格中填加一些你该做的事。然后问你的同班同学这些问题,找出学英语最好的学生。

A: How often do you read English books? 你多长时间读一次英语书?

B: I read English books about twice a week. 大约一周两次。

How often do you... 你多久……	once a week 一周一次	twice a week 一周两次	three times a week 一周三次	once a month 一个月一次
read English books? 读英语书?		Lin Ying 林英		

⑦ all, most, some 和 no 的用法

这四个词都表示数量, all 表示“所有的,全部的”, most 表示“大部分的”, some 表示“一些,一部分”, no 表示“没有”。如:

- ① All students should go to school on time.
所有的学生都应该按时上学。
- ② Most of us like music.
我们大部分人都喜欢音乐。
- ③ I have some English books.
我有一些英语书。
- ④ There is no air on the moon.
月球上没有空气。

⑧ Here are the results of the student activity survey at Green High School. 这是格林高中的学生活动的调查结果。

该句将 here 置于句首是为了引起人的注意并指示人、物。如:

- ① Here are some glasses. 这儿有一些杯子。
- ② Here's your pen. 瞧, 你的钢笔在这儿。
- ③ Here's your coffee. 你的咖啡来了。

【注意】当 here 置于句首时, 主语是代词, 谓语应在主语之后, 如果主语是名词, 谓语应置于其前。如:

- ① Here comes our teacher. 我们老师来了。
- ② Here he comes. 他来了。

此处的 the results of 意为“……的结果”。介词 of 后跟名词, 表示某事的后果。如:

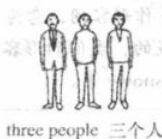
- ① The results of the competition will be announced tomorrow. 竞赛的结果将于明天宣布。
- ② Her blindness is the result of a car accident. 她的眼睛失明是一起车祸造成的。(结果)

⑨ As for homework, most students do homework every day. 至于家庭作业, 大多数学生每天都做作业。

句中的 as for 表示“至于……, 关于……”, 即涉及、提到某人某事。通常放在句首, 要放在句中, 常用逗号将其与句子隔开。如:

- ① As for you, I never want to see.
至于你, 我再也不想见到了。
- ② As for toys, the poor children never think about them. 至于玩具, 穷人的孩子从不敢想。
- ③ As for playing basketball, I can't do it.
至于打篮球, 我就不会了。
- ④ You can have a bed, but as for the children, they'll have to sleep on the floor. 你可以有一张床睡觉, 至于孩子们, 就只好睡地铺了。

people 的用法



three people 三个人



three peoples 三个民族

点名时“到”的答法



Here, sir.



Present, sir.

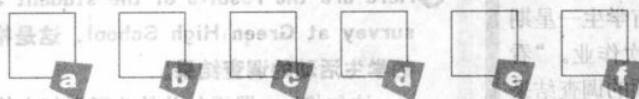
◆ present 的反义词是 absent.

Section B 课文B

1a Match the words with the pictures.

连接单词和图画。

1. b junk food 垃圾食品 3. fruit 水果 5. sleep 睡觉
2. milk 牛奶 4. vegetables 蔬菜 6. coffee 咖啡



1b PAIRWORK 结对活动
Ask and answer questions. Use the words from 1a.

用 1a 中出现的单词提问并回答问题。

A: How often do you drink milk, Liu Fang?

刘芳,你多长时间喝一次牛奶?

B: I drink milk every day.

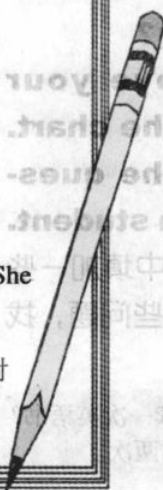
我每天都喝牛奶。

A: Do you like it?

你喜欢喝吗?

B: No. But my mother wants me to drink it. ^② She says it's good for my health. ^③

不喜欢。但是我妈妈让我喝。她说牛奶对我的健康有利。



2a Listen. Then circle your answer to each question. 听录音。然后把每个问题的答案圈出来。

Is Bill healthy? Yes. No I don't know.

比尔健康吗? 健康。不健康。我不知道。

Is Katrina healthy? Yes No. I don't know.

卡特里娜健康吗? 健康。不健康。我不知道。

① milk, fruit, vegetable, junk food 的用法

milk “牛奶”, fruit “水果”, 这两个词都是不可数名词。如:

a glass of milk 一杯牛奶

two baskets of fruit 两篮子水果

vegetable 意思是“蔬菜”, 它是可数名词, 复数形式为词尾直接加 s, 即 vegetables。如:

I like all kinds of fruit and vegetables.

我喜欢各种水果与蔬菜。

▲ junk food 意思是“垃圾食品”。

② But my mother wants me to drink it.

但是我妈妈让我喝。

(1) want sb to do sth 意为“想让某人做某事”, 其否定形式为 want sb not to do sth, 意为“想要某人不要做某事”。如:

Mr Li wants you not to stand here.

李老师让你不要站在这里。

(2) want 作及物动词, 意为“想要”, 其后可接名词、动词不定式等。如:

① I want to speak good English.

我想讲一口流利的英语。

② I want some green tea.

我想要些绿茶。

(3) drink 有两个词性, 即名词“饮料”和动词“喝, 饮”。如:

① What about a drink? 喝点东西怎么样?

② I want to drink some water. 我想喝些水。

③ She says it's good for my health.

她说牛奶对我的健康有利。

(1) be good for 意为“对……有好处, 对……有益”, 后接表示人或物的名词。如:

① Reading books is good for you.

读书对你有好处。

② The medicine is good for headaches.

这药可治头痛。

相关链接:

good 还常用于下列搭配中:

① be good at 意为“擅长, 善于”, 后接名词、代词或动名词。

② be good to 意为“对……好(和善, 慈爱)”, 其后一般接表示人的或人格化的名词。

(2) health 是个不可数名词, 意思是“健康(状况)”, 常用于 be in good (poor, bad) health 短语中, 表示“身体好(不好)”。如:

① Health is better than wealth.

健康胜于财富。

② He often comes home to see his mother, because she is in bad health. 因为他妈妈身体不好, 他常回家看望他的妈妈。

相关链接:

healthy 作形容词, 意为“健康的”, 它是名词 health+y 构成的, 类似的形容词有: windy, cloudy, sunny, funny, snowy 等。

2b Listen again. Fill in the blanks in the survey. 再听一遍，然后填写调查表。

Questions	Katrina	Bill
问题	卡特里娜	比尔
1. How often do you exercise?	every day	
你多久锻炼一次?	每天	
2. How often do you eat vegetables?		
你多久吃一次蔬菜?		
3. How often do you eat fruit?		
你多久吃一次水果?		
4. How many hours do you sleep every night?		
你每天晚上睡几个小时?		
5. How often do you drink milk?		
你多久喝一次牛奶?		
6. How often do you eat junk food?		
你多久吃一次垃圾食品?		
7. How often do you drink coffee?		
你多久喝一次咖啡?		

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是采访者。学生B是卡特里娜。然后变换角色。学生B是采访者，学生A是比尔。

Interviewer: How often do you exercise?

采访者：你多久锻炼一次？

Katrina: I exercise every day.

卡特里娜：我每天都锻炼。

Interviewer: And how often do you...?

采访者：那你多久……？

④ How many hours do you sleep every night?

你每天晚上睡几个小时？

sleep 作动词时，意思是“睡觉”。作名词时，意思是“睡眠”。在本句中作动词。如：

① Did you sleep well last night?

=Did you have a good sleep last night?

你昨天晚上睡得好吗？

相关链接：

① asleep 是以 a 开头的形容词，意为“睡着的”，常用作表语或宾语补足语。该词如果作定语，应放在所修饰的名词之后作后置定语。

② sleepy 是形容词，意思是“困的”。

③ sleeping 是现在分词，可以与 be 动词一起构成进行时态。也可以作形容词使用，意思是“正在睡觉的”，作定语。

⑤ ...but I'm pretty healthy... My eating habits are pretty good.但是我相当健康。....我的饮食习惯也相当好。

句中的 pretty 作为一个副词，表示“相当地，颇”，其位置通常放在 be 动词之后，形容词之前。如：

① Lucy is pretty beautiful. 露茜长得相当漂亮。

② Mary studies English pretty well.

玛丽的英语学得相当棒。

另外，pretty 还可以用作形容词，形容女孩子“漂亮的，好看的”。如：

Lucy is a pretty girl. 露茜是个漂亮的女孩。

⑥ I try to eat a lot of vegetables.

我试图多吃蔬菜。

(1) try to do sth 表示“努力/试图做某事”。如：

① We try to get to school before 7 o'clock.

我们努力争取七点以前到校。

② You must try to eat less meat because you are too fat.

你必须努力做到少吃肉，因为你太胖了。

(2) try doing sth 表示“试着做某事”。如：

① They tried making a model plane.

他们试着做一个模型飞机。

② He tried swimming across the river.

他试着游过河去。

⑦ So you see, I look after my health.

你要知道，我很在意自己的健康。

句中的 look after 表示“照顾，照料”，也表示“在意，关心”。如：

The nurses look after the children well.

护士们把孩子们照顾得很好。

另外，look after 还可以表达成 take care of，那么上句还可以表达成：



3a Read part of Katrina's letter to a pen pal and answer the questions. 阅读卡特里娜写给笔友的信的部分内容, 然后回答问题。

...but I'm pretty healthy. I exercise every day, usually when I come home from school. ⑤ My eating habits are pretty good. I try to eat a lot of vegetables. ⑥ 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. ⑦ And my healthy lifestyle helps me get good grades. Good food and exercise help me to study better.

……但我是相当健康的。我每天都锻炼身体, 通常在放学回家后锻炼。我的饮食习惯也相当好。我试图多吃蔬菜。我每天吃水果、喝牛奶。我从不喝咖啡。当然, 我也喜欢垃圾食品, 我每星期吃两到三次。噢, 我每天晚上睡九个小时。你要知道, 我很在意自己的健康。健康的生活方式帮助我取得好成绩。营养丰富的食品和锻炼也帮助我学习得更好。

1. How often does she exercise?
她多长时间锻炼一次?
2. How often does she drink milk?
她多长时间喝一次牛奶?
3. Does she eat junk food very often?
她经常吃垃圾食品吗?
4. Do you think she has a healthy ⑧ lifestyle?
Why or why not? 你认为她有一个健康的生活方式吗? 为什么或为什么不?
5. Is her lifestyle the same as yours or different? ⑨
What are the differences?
她的生活方式和你的相同还是不同? 区别是什么?

3b Now fill in the blanks in Bill's letter.

现在填空, 完成比尔的信。

...and I think I'm kind of unhealthy. I hardly ever (1) exercise. I eat (2) twice a week, but I never eat (3). And I (4) to drink (5). Yuck! I love (6) and eat it (7) a week. I love to drink (8), too. So maybe I'm not very healthy, although I have one healthy habit. ⑩ I (9) for (10) every night.

……我认为我有点不够健康。我几乎不锻炼。我每周吃两次蔬菜, 但是我不吃水果。我不喜欢喝牛奶。噢! 我喜欢吃垃圾食品, 每周要吃三到四次。我也喜欢喝咖啡。因此尽管我有一个健康的生活习惯, 但我还可能不是很健康。我每晚睡九个小时。

The nurses take good care of the children.

再如: You must take care of your health.
你必须关心你的健康。

典型例题解析

例1 (2008·河南) Amy, I'll be on holiday for a week. Could you help me _____ my dog?

- A. look for B. look at
C. look after D. look over

解析: C 句意为“Amy, 我要度假一周, 你能帮我照顾我的狗吗?” look after “照顾, 照看”。

⑧ healthy 与 unhealthy 的用法

healthy 意思是“健康的”, 而 unhealthy 意思是“不健康的”。诸如此类常见的在形容词或介词前加 un- 来变成其反义词的还有:

happy 高兴的 unhappy 不高兴的
true 真实的 untrue 不真实的
like 像 unlike 不像

⑨ Is her lifestyle the same as yours or different?

她的生活方式与你的相同还是不同?

(1) 句中出现的 same 与 different 是一组反义词, 即“相同的”和“不同的”。

▲ the same as “与……相同”。如:

① Your skirt is the same as mine.
你的裙子与我的。一样。

② She looks the same as her mother.
她长得和她妈妈一模一样。

▲ be different from “与……不同”。如:
Your skirt is different from mine.
你的裙子与我的不一样。

(2) different 的名词形式为 difference, 意思是“不同之处, 不同点”。它是可数名词, 复数形式在词尾加 s。如:

① Can you tell me the differences between the two pictures?

你能告诉我这两幅画之间的不同之处吗?

② There is no difference between the twins.

这对双胞胎之间没什么不同。

⑩ So maybe I'm not very healthy, although I have one healthy habit. 因此尽管我有一个健康的生活习惯, 但我还可能不是很健康。

although 表示“尽管, 虽然”, 与它意义相同的词还有 though 都可以引导让步状语从句。这两个词都不能与 but 连用。如:

Although/Though I got up early, I was still late for school. 尽管我起得很早, 但我上学还是迟到了。

在英语中, 同一个句子不能出现两个连词, 尽管这个句子意思上表示转折, 但是由于句中出现了 although/though, 因此就不能再用 but 了。但是它可以表达成:

I got up early, but I was still late for school.

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

你们的健康状况如何? 写一写你们自己的生活习惯。

4 SURVEY 调查 Who is the healthiest?

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?

然后向三个同学问这些问题并做记录。在 81 页的调查表上添加 5 个问题。展开讨论并判断: 谁是最健康的学生?

How often do you eat vegetables?

你多久吃一次蔬菜?

Maria exercises every day. She likes to play...

玛丽亚每天都锻炼。她喜欢玩……

What sports do you play?

你喜欢什么运动?

SELF CHECK 自我检测

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.

用所给词的适当形式填空。然后用每个词造出自己的句子。

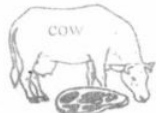
① A lot of vegetables help you to keep in good health. 多吃蔬菜能帮助你保持健康。

(1) a lot of 意为“大量, 许多”, 既可以修饰可数名词, 也可以修饰不可数名词。其作用相当于 many 或 much。如:

① A lot of/Many people work hard in this factory.
在这家工厂里, 很多人工作努力。

② There is a lot of/much water in the bottle.
瓶子里有很多水。

(2) keep 意为“保持, 保持某种状态”, 其后面可以直接跟形容词, 也可以跟名词或代词再加形容词, 意为“保持某人或某物怎么样”。如:



beef 牛肉



mutton 羊肉



pork 猪肉



chicken 鸡肉

beef 的同类词

◆在美国, pig 多用于指“小猪”, “已长大的猪”多用 hog。

help 帮助 have 有 want 希望 exercise 锻炼 try 试图

1. Mom _____ me to get up at 6:00 and play ping-pong with her.
妈妈_____我六点钟起床并且和她一起打乒乓球。
2. Grandpa is pretty healthy because he _____ every day.
爷爷非常健康，因为他每天_____。
3. A lot of vegetables _____ you to keep in good health.^①
多吃蔬菜_____你保持健康。
4. You must _____ to eat less meat.^②
你必须_____少吃肉。
5. Do you _____ a healthy lifestyle?
你_____一种健康的生活方式吗?

① Do you want to keep healthy?

你想保持健康吗?

② We must keep our classroom clean and tidy.

我们必须保持教室干净整洁。

② You must try to eat less meat.

你必须试图少吃肉。

less 为 little 的比较级，意为“较小的，更小的，较少的，更少的”。由于 little 只能修饰不可数名词，所以 less 后也只能修饰不可数名词。如：

You must drink less coffee.

你必须少喝咖啡。

- 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.** 想出一位著名人物。想像他或她的生活方式。写有关他或她的情况。尽量使用方框中的一些单词。

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 一月一次	hardly ever 几乎从不	never 从不

(Draw the person here.)
(在这里画这个人。)

He/She usually exercises three times a week.

He/She...

他/她通常一周锻炼三次。他/她.....

Just for Fun! 小笑话!

Are you healthy?
你健康吗?

Oh, I'm very healthy.
哦，我非常健康。

What's your favorite exercise?
你最喜欢的锻炼是什么?

I like to play basketball.
我喜欢打篮球。

Wow!
哇!



What's the matter? 怎么啦?

课文英汉对照

名师解疑释惑

Section A 课文A

Language Goals:

语言目标:

- Talk about your health
谈论你的健康
- Give advice
提出建议

What's the matter?
怎么啦?

I have a stomachache. ②
我肚子疼。

What's the matter?
怎么啦?

I have a cold.
我感冒了。

I have a sore ② back.
我的背疼。

1a Look at the picture. Write the correct letter [a-m] for each part of the body. 看图。写出表示身体每一个部位的正确的字母 [a-m]。

k arm	back	ear	eye	foot
手臂	背	耳朵	眼	脚
hand	head	leg	mouth	
手	头	腿	口	
neck	nose	stomach	tooth	
颈	鼻子	胃	牙	

1b Listen and look at the picture. Then number the names [1-5]. 听录音并看图。然后用数字 1-5 标出名字。

Nancy	Sarah	1	David
南希	莎拉		戴维
Ben	Judy		
本	朱蒂		

① What's the matter? 怎么啦?

这通常是医生与患者之间的对话, 英美医生常用的表达方式是 What's wrong with you?

▲ trouble, matter 前常用定冠词 the, 其表达方式是 What's the matter / trouble with you? 如:

— Good morning, doctor.

早上好, 医生。

— Good morning! What's wrong with you, young man?

早上好! 你怎么啦, 年轻人?

— Er, my head hurts badly.

呃, 我头疼得厉害。

这几个句子也用于表示关切的询问。如:

① You look ill. What's the trouble?

你看起来生病了, 怎么回事?

② What's the matter? I hope it is nothing serious.

怎么回事? 我希望不要紧。

③ — What's wrong?

怎么啦?

— I can't find my book.

我找不到我的书了。

典型例题解析

例 1 (2008 · 安徽)

— _____?

— Nothing serious, but a bit tired.

— Better have a rest now, dear.

A. Is that all

B. Is there anything else

C. What's this

D. What's the matter with you

解析: D 由答语知问句句询问身体状况, 故选 D。

② ache 和 sore 的用法

(1) ache 作名词, 意为“疼痛”, 它可以放在表示身体部位的某些词后构成合成词。如:

headache 头疼 earache 耳朵疼

heartache 心脏疼 stomachache 肚子疼

英语的“味道”

- ◆ bitter (苦的)
- sweet (甜的)
- hot (辣的)
- salty (咸的)
- sour (酸的)



- ◆ This medicine tastes bitter. 此药很苦涩。
- ◆ This cake is too sweet. 这蛋糕太甜了。
- ◆ This curry is hot. 这咖喱真辣。

ache & pain

◆ ache 指较轻微的持续之疼, pain 指各种程度之疼。



I have a headache. 我头疼。

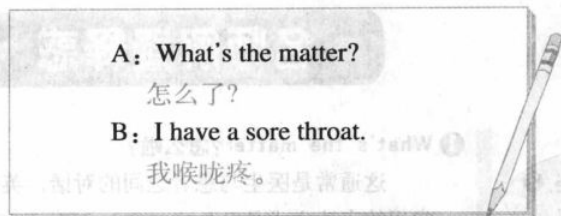
a toothache 牙疼

a stomachache 肚子疼

1c PAIRWORK 结对活动

Look at the picture. What are the students' problems? Make conversations.

看图。这些学生得了什么病? 编对话。



2a Listen and match the problems with the advice. 听录音, 把病症和建议连起来。

1. fever 发烧	a. lie down and rest 躺下来休息
2. sore throat 喉咙疼	b. hot tea with honey 加蜂蜜的热茶
3. stomachache 肚子疼	c. see a dentist 看牙医
4. toothache 牙疼	d. drink lots of water 多喝水

2b Listen again. Fill in the blanks.

再听一遍并填空。

I have a 1. <u>sore throat</u> . 我喉咙疼。	You should drink some 2. _____.
I have a 3. _____.	You should 4. _____.
I have a 5. _____.	You should 6. _____.
I have a 7. _____.	You should 8. _____.

toothache 牙疼 backache 背疼

(2) sore 是形容词, 意为“疼痛的”, 它通常放在表示身体部位的词前, 表示哪个部位疼痛。如:

① I have a sore back. 我后背疼。

② She has a sore throat. 她喉咙疼。

▲当表示身体状态的健康与否则, 还有可能提到“感冒”, 这时我们就可以用 have a cold 这个短语来表达, 它还可以表达成 catch a cold 或 get a cold。如:
She often catches a cold in winter. 她冬天经常感冒。

③ lie down and rest 躺下来休息

(1) 短语 lie down 表示“躺下”。其中动词 lie 的意思是“躺”, 它的过去式和过去分词分别是 lay, lain。

另外, lie 还可以作动词“撒谎”和名词“谎言”讲。tell a lie 意思是“撒谎, 说谎”。如:
Don't tell a lie. It's bad. 不要撒谎, 那不好。

▲lie 还可以表示“位于, 处于”。如:

Peking lies in the north of China.

北京位于中国的北方。

(2) rest 作动词, 意为“休息”。另外它还可以当名词。常用的短语是 have a rest 或 take a rest。如:

You are stressed out and you should lie down and rest (have a rest). 你累了, 你应躺下来休息一下。

典型例题解析

例2 Don't _____ the carpet on the floor. It easily gets dirty with so many kids here.

A. lie B. lay C. lied D. laid

解析: B lie 有两个意思, 一是“说谎”, 另一个是“躺”; lay 的意思是“放置”; lay the carpet on the floor 意为“把地毯铺在地上”; 祈使句中谓语动词用原形。

④ hot tea with honey 加蜂蜜的热茶

其中介词 with 的意思是“有; 带有”, 表示所有或行为方式等。如:

① I have no money with me. 我身上没带钱。

② The teacher came into the classroom with some books in his hand.
老师手中拿着书走进了教室。

③ I'd like Chinese tea with nothing in it, please.
我想要什么都不加的中国茶。

相关链接:

介词 with 的用法很多, 现归纳如下:

(1) “用”, 表示使用工具、手段等。如:

① We walk with our legs and feet.

我们用腿和脚行走。

② He writes with a pen. 他用钢笔写字。

(2) “和……在一起”, 表示陪伴。如:

① She went shopping with Jim.

她和吉姆一起去买东西了。

② Can you go home with me?