

新课程·新教材



学英语

八年级上
(人教新目标版)

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Unit 1 How often do you exercise?

学法导航

学语言 找规律

在英语中,用来询问“时间”的词有很多,例如 what time, when, how long, how often, how soon 等。虽然它们都可以询问时间,但意义却有所不同。完成下表中的各个句子后,你就会对它们的用法一目了然了。

Ask	Answer
1. What's the time?	It's _____ two. 
2. How long does Cheng surf the Internet every week?	He surfs the Internet _____ nine _____ ten hours.
3. When does your sister usually get up?	She usually gets up _____ 
4. How often do you eat vegetables?	I eat vegetables _____. (每顿饭)
5. How often do you go to the movies?	_____. (每月两次)
6. How soon will your brother come back?	He will come back _____. (10 分钟后)

由此我们可以看出:问“几点钟”用 _____; 问“时间点”用 _____; 问“一段时间”用 _____; 问“多久一次”用 _____; 问“多长时间后”用 _____。

同步训练

Section A

I. 写一写 练一练

根据图示,在横线上写出相应的英语单词或短语,然后与同桌进行对话练习。

1. A: Do you like _____?

B: Yes, I do.

A: _____ do you drink it?

B: Every day.

A: _____ do you drink it?

B: In the morning.



2. A: What's this in English?

B: It's _____.

A: Is it good _____ our _____?

B: No. But I like it very much.

A: _____ do you eat it?

B: Twice a week.



II. 选一选 填一填

从各题的四个选项中选出一个最佳答案,并将代表答案的字母填入题前括号内。

() 1. — _____ do you watch TV?

—I watch TV three times a week, that is on the evenings of Friday, Saturday and Sunday.

A. How B. How usually C. How often D. What

() 2. Mother shops _____ a month.

A. a time B. two time C. two times D. twice

() 3. —Is Bill _____? —Yes. He is much better than before.

A. health B. healthy C. the healthy D. healthiest

() 4. Some students do their homework three _____ four times a week in Britain.

A. and B. or C. / D. with

() 5. _____ I do have one healthy habit, _____ maybe I'm not very healthy.

A. But; although B. But; / C. Although; but D. Although; /

() 6. I'm unhealthy because I _____ exercise.

A. often B. ever C. hardly ever D. hardly never

() 7. The results _____ "doing homework" are interesting.

A. for B. to C. with D. of

() 8. Maria _____ every day. She _____ to play ping-pong.

A. exercise; like B. exercises; like C. exercises; likes D. exercise; likes

() 9. —What's your favorite _____? —It's Animal World.

A. TV B. animal C. program D. animals

() 10. I play football _____ twice a week.

A. as for B. for C. as D. about

III. 请根据中文将英文句子中不全的部分补充完整。

1. 我通常每周吃 10 到 11 次蔬菜。

I usually _____ ten _____ a week.

2. 我喜欢垃圾食品,但我尽量一周只吃一次。

I love _____, but I _____ eat it _____ a week.

3. 好的饮食习惯和锻炼有助于你更好地学习。

Good _____ and exercise help you _____.

4. 这个女孩几乎从不锻炼。

The girl _____ exercises.

5. 尽管我确实有一个健康的习惯,但或许我还不是很健康。

_____ I'm not very healthy, _____ I _____ one healthy habit.

6. “你多长时间喝一次牛奶?”“每天都喝。”

—_____ do you drink milk? —I drink it _____.

Section B

I. 单项选择

从各题的四个选项中选出一个最佳答案,并将其代表答案的字母填入题前括号内。

() 1. —_____?

— He is a police officer.

A. What is he do

B. What does he do

C. What is he doing

D. What is he

- () 2. I am afraid that he won't _____ me to the party.
A. hope B. ask C. teach D. make
- () 3. I have many things _____ this weekends.
A. to do B. do C. doing D. did
- () 4. —Can you stay here longer?
—_____, but I have to be back tomorrow.
A. I'm sorry, I can't B. I am afraid not C. I'd love to D. No, thank you
- () 5. We should keep _____ in the reading room.
A. quiet B. quietly C. quick D. quickly

II. 阅读理解

从各题所给的四个选项中选出一个最佳答案,并将代表答案的字母填入题前括号内。

About more than a hundred years ago, an American produced a game. He called it indoor tennis. The Americans were not interested in it at first but he sent it to his London friends and it became very popular(流行的) in Britain. The game was then played across dining-room tables, or on the floor with the net strung(用绳缚)between two chairs. The balls were made of cork or rubber. The bats were made of wood.

A few years later a hollow ball like the one we use today was invented. The game then quickly spread all over the world. An Englishman once made a bat covered with rubber. He first sold the game in England and called it “ping-pong”. “Ping” was the sound of the bat when it hit the ball, and “pong” was the sound of the ball when it hit the table.

- () 1. Who invented the game of ping-pong? _____.
A. A Chinese B. An Englishman
C. An American D. We don't know
- () 2. The game was first known as _____.
A. ping-pong tennis B. table tennis
C. out-door tennis D. indoor tennis
- () 3. What did the British think of the game? _____.
A. Moving B. Interesting C. Terrible D. Well
- () 4. In the early days the ball was _____.
A. hollow B. covered with rubber
C. made of cork or rubber D. made of plastics
- () 5. The name of “ping-pong” has something to do with _____.
A. sound B. size C. history D. place

III. 书面表达

请根据下面的调查表写一份调查报告。

No. 12 Middle School Activity Survey			
Activity	Every Day	Once or Twice a Week	Three or Four Times a Week
Exercise	15%	10%	75%
Search the Internet	5%	70%	25%
Watch TV	16%	75%	9%

Here are the results of the student activity survey. _____

单元自我测评

I. 单项选择

从各题的四个选项中选出一个最佳答案,并将其代表答案的字母填入题前括号内。

- () 1. Welcome back _____ here.
A. in B. to C. at D. /
- () 2. They often ask him _____.
A. where he is from B. where is he from
C. where does he come from D. where he comes of
- () 3. We often have fun _____ English stories in class.
A. to listen B. to listen to C. listening D. listening to
- () 4. —_____ does he surf the Internet? —_____.
A. How often, Two times a day B. How often, Every day
C. When, Everyday D. When, Twice a day
- () 5. —How _____ do you go to the movies? —_____.
A. long, Some times B. often, Some time C. long, Sometime D. often, Sometimes
- () 6. —Hello! Is that Mr Brown speaking?
—Yes. _____?
A. Who's that B. Who are you C. I'm speaking D. I'm Mr Brown
- () 7. —Does Liu Hua ever guess the meanings of English words?
—He _____ guesses the meanings of new words. He uses his dictionary all the time.
A. usually B. always C. never D. sometimes
- () 8. Look! The monkey _____ a banana in the tree.
A. eat B. eats C. is eating D. ate
- () 9. —_____ does he water the flowers?
—Four times a week.
A. How many times B. How long C. How much D. How often
- () 10. He often starts his speech _____ "Ladies and Gentlemen".
A. at B. in C. with D. on

II. 交际对话

用 How 及其所构成的短语填空,完成交际对话。

1. —_____ are you?
— I'm fine. Thank you.
2. —_____ is your mother?
— She is thirty-five.
3. —_____ does Uncle Wang go to Beijing?
— Four times a month.
4. —_____ is the weather?
— It's cloudy.

5. — _____ people are there in your family?

— There are three.

6. — _____ is the blue T-shirt?

— 20 dollars.

III. 补全对话

爸爸的医院新聘了一位外籍饮食顾问,小林可不想错过这个练习英语口语的好机会。谈话的内容是从顾问的妻子开始的,但小林在与顾问的交流中遇到了些障碍,聪明、热情的你快来帮帮小林吧!

A: What _____ she _____ on weekends?

B: She often _____ to the movies.

A: _____ she go to the movies, do you know?

B: Once a week.

A: Do you like movies?

B: _____. I like movies very much.

A: How often do you go to the movies?

B: Three _____ a week.

A: What's your favorite movie?

B: *Titanic* (《泰坦尼克号》). And the music of it is _____. What's your favorite music?

A: *Fate* (《命运》).

IV. 短文填空

根据括号内的提示完成短文。

Here are the results of the student sports survey in our class. 1. _____ (60%) students exercise 2. _____ (每天). 3. _____ (25%) students exercise 4. _____ (每周3~4次). 5. _____ (15%) students exercise 6. _____ (每周2~3次). 7. _____ (0%) student exercises only 8. _____ (每周1次). As for sports 9. _____ (100%) the students do morning exercises 10. _____ (每天). 11. _____ (25%) students run in the morning. 12. _____ (15%) students play soccer after school. 13. _____ (60%) students swim 14. _____ (每月一次).

V. 阅读理解

A) 阅读表格内容,然后从每题的A、B、C、D四个选项中选出一个能回答所提问题或完成所给句子的最佳答案。

Paul	Monday	Tuesday	Wednesday	Thursday	Friday
get up	6:10 am	6:10 am	6:10 am	6:10 am	6:10 am
morning	school	school	school	school	school
lunch	pizza	rice	rice	rice	rice
afternoon	volleyball	table-tennis	table-tennis	table-tennis	football
evening	homework	homework	TV	homework	washing
go to sleep	10:15 pm	10:15 pm	10:15 pm	10:15 pm	10:15 pm

() 1. On _____, Paul usually gets up at 6:10 am.

A. Thursday

B. Wednesday

C. weekdays

D. weekends

- () 2. Pizza is a kind of _____.
A. drink B. fruit C. toy D. food
- () 3. Paul's favorite sport is _____.
A. volleyball B. table-tennis C. yo-yo D. football
- () 4. On Wednesday evenings Paul usually _____.
A. watches TV B. does his homework
C. washes his clothes D. goes to see his friends
- () 5. Which is WRONG?
A. Paul goes to school from Monday to Friday.
B. Paul goes to bed after ten o'clock.
C. Paul has sports in the afternoon.
D. Paul usually has pizza for lunch.

B) 阅读短文,根据短文内容完成文后各题。

My name is Katrina. I'm an English girl. I'm pretty healthy because I have one healthy habit. I exercise every day. I run every morning. I play basketball with my classmates in the afternoon. Usually I play ping-pong with my friend Li Yan on weekends. I try to eat a lot of vegetables, usually ten to eleven times a week. I eat fruit every day. I drink two glasses of milk and a lot of water every day, too. Of course, I also (也) love junk food, but I try to eat it only once a week. I get up at 6:00 every morning and I go to bed early. I sleep nine hours every night. I look after my health. And it makes a big difference to my grades(分数). Good habit helps me to study more and better.

Questions:

1. Katrina is from England, isn't she?
2. What's the meaning (意思) of "of course"?
3. How often does Katrina eat vegetables?
4. When does Katrina usually go to bed, do you know?
5. Do you think junk food is good for your health? Why?

VI. 书面表达

用英语采访你最要好的五位同学,看看他们在业余时间都做些什么,你认为谁的活动安排最为合理(reasonable)? 谁最健康? 为什么? 请就你的采访写一篇题为《中学生的业余生活》的英文报道,提供给你校的广播站。

文化追踪

美国人的健身观

肯尼思·库珀是美国著名的预防医学专家,曾是二十世纪六七十年代“有氧健身运动”的创始者。库珀提出的健康观认为:

适度锻炼 大运动量的健身运动有可能会慢慢损伤你的身体。建议每周锻炼 4~5 次,每次 30 分钟。只要适量运动,就可以有效降低患心血管病和癌症的危险。

疾走健身 快走是一种好的健身方式,它的效果不比慢跑差,而且还能免除跑步对膝关节的损伤。

见缝插针 不一定非要在体育馆里锻炼 30 分钟,零散时间完全可以利用起来,会取得同样效果。

交替锻炼 今天骑自行车锻炼,明天进行慢跑;跑步速度可时快时慢,以增强对心脏的锻炼。

不以体重论健康 锻炼通常能降低体重,但体重并不能说明什么。勤于健身的胖子比坐着不动的瘦子要健康得多,不要为体重超过标准而忧心忡忡。

多管齐下 健身是一个系统工程,在锻炼的同时,还要注意饮食均衡、戒烟、控制饮酒,以及精神不要过于紧张。

从娃娃抓起 帮助孩子养成健身的好习惯。家长要了解孩子在学校是否有足够的体育锻炼时间,如果没有,就要通过校外锻炼进行弥补。孩子放学后要远离电视或电脑,并把孩子的快餐食品摄入量限制在最低限度。

Unit 2 What's the matter?

学法导航

学语言 找规律

在英语中, have 一词的用法相当灵活, 其中的一种用法是后面接具有动词意义的名词, 表示瞬间动作, 如 have a look。试着完成下表中的各个句子, 你会对 have 的这一用法一目了然。

Ask	What's the matter?	
Answer	1. He _____ .	
	2. She _____ .	
	3. He _____ .	
	4. He _____ .	
	5. He _____ .	

现在请你将 have 组成的短语总结出来, 给大家看看吧!

同步训练

Section A

I. 写一写 练一练

根据图示, 在横线上写出相应的英语单词或短语, 然后与同桌进行对话练习。

1. A: What's the matter?

B: He _____ .

He should _____ .



3. A: What's the matter?

B: She's _____ .

She should _____ .



2. A: What's the matter?

B: He's _____ .

He wants _____ to eat.



4. A: What's the matter?

B: He's _____ .

He should _____ the music.



II. 选一选 填一填

从各题的四个选项中选出一个最佳答案, 并将代表答案的字母填入题前括号内。

() 1. — _____ ?

—I'm not feeling well. I have a cold.

- A. Are you feeling well B. What are you doing
C. What is matter D. What's the matter

() 2. I'm sorry _____ hear that.

- A. for B. to C. with D. /

() 3. Nancy has a stomachache. What should she do?

- A. She shouldn't eat anything for 24 hours.
B. She should see a dentist.
C. She should drink lots of water.
D. She should listen to the music.

() 4. I have a _____. I want to see a dentist.

- A. sore throat B. sore back C. toothache D. headache

() 5. People can get _____ from bees.

- A. fever B. balance C. honey D. advice

() 6. I have a sore _____. I want to have a cup of tea.

- A. neck B. tooth C. back D. throat

() 7. It's easy _____ this question.

- A. answer B. answering C. to answer D. for answer

III. 英语课上,老师布置了下面的翻译练习,请补全译文。

1. 每个人都有感觉疲惫的时候。

Everyone _____.

2. 传统的中医认为保持饮食平衡很重要。

_____ Chinese doctors _____ it's very _____.

3. 另一方面,牛肉、羊肉能为你提供更多的能量。

_____, beef and lamb give you _____.

4. 获悉她的口语没有提高,我很遗憾。

I'm sorry to hear _____.

5. 现在我感觉不舒服。

I'm not _____.

6. 在我们班每个人都有一本英汉词典。

Everyone _____ an English-Chinese dictionary _____.

7. 我姐姐从不运动,她总是压力很大。

My sister _____. She is always _____.

Section B

I. 单项选择

从各题的四个选项中选出一个最佳答案,并将其代表答案的字母填入题前括号内。

() 1. —I have a toothache.

—You should see _____.

- A. a doctor B. your mother C. a dentist D. the illness

() 2. She might _____ in the classroom.

- A. be B. is C. being D. are
- () 3. I _____ 2 hours _____ playing basketball.
A. spend, in B. spend, on C. cost, at D. took, on
- () 4. What did you do over the long _____ vacation ?
A. five-day B. five dayse C. five day D. five-days
- () 5. — _____ are you going?
— I'm going to New York at 6 this evening.
A. When B. Where C. Where and when D. What

II. 阅读下面的广告并填写表格。

		
Best of Beijing 5 Days From ¥799 2 nights Beijing Hotel & 2 nights Changcheng Hotel Book online or call 0514—7654321 www.yangzhoutour.com	Beijing Hotel; Close to Tian'anmen Square Prize-winning garden Bars & French restaurant. Swimming pool Changcheng Hotel; Gardens with mountain views Restaurant & Café Night Club Buses to the downtown	Departure(离开) Date Price June, 8, 2004 ¥899 July, 29, 2004 ¥999 August, 30, 2004 ¥799 September, 30, 2004 ¥1299 To book, choose your preferred date Business Hours Weekdays: 24 hours Weekends: 8:00 am—6:00 pm

Restaurant Information Card for a Trip to Beijing

1. The lowest fare(费用)	
2. Departure place	
3. Amount(数量) of days	
4. Business hours	
5. Names of the hotels	

III. 书面表达

健康生活对人们的身体很重要,请简单谈一谈你对健康生活的看法。要求:50~60 词,逻辑性强,语言准确。

单元自我测评

I. 单项选择

从各题的四个选项中选出一个最佳答案,并将其代表答案的字母填入题前括号内。

- () 1. His son is badly ill. He's a little _____ out.
A. stressing B. stress C. stressed D. stresses
- () 2. Books give knowledge _____ me and make me _____.
A. to, happy B. /, to happy
C. /, happy D. to, to happy
- () 3. When you get _____, you may _____.
A. interesting, lie down B. tried, lie down
C. tired, rest D. interesting, rest
- () 4. —_____ does he exercise?
—Twice a week.
A. How far B. How long
C. How often D. How soon
- () 5. —_____ is it from school to your job?
—It's about 5 miles.
A. How far B. How away
C. How long D. How much
- () 6. —_____, young man?
—He's in hospital.
A. What's the wrong B. What's ill
C. What's the matter D. What's trouble
- () 7. A _____ usually stays _____.
A. balance, balance B. balanced, balanced
C. balanced, balance D. balance, balanced
- () 8. —I think I'm getting a cold.
—_____.
A. That's all right B. It doesn't matter
C. I'm sorry to hear that D. Is it true
- () 9. —Is Mr Smith really very ill?
—_____. He is in hospital.
A. I don't think so B. No, he isn't
C. I hope so D. I'm afraid so
- () 10. He's not feeling _____ at the _____.
A. good, moment B. well, moment
C. good, time D. well, time

II. 补全对话

Kate 病了,可妈妈不在家,哥哥 Jim 请来一位医生给 Kate 看病。为了让妈妈详细了解 Kate 的病情,Jim 将 Kate 与医生的对话记录了下来,但不太完整,剩下的工作就请你来完成吧!

A: _____?

B: I'm not feeling well. I have a _____ throat.

A: When did it start?

B: About three days _____.

A: Oh, that's _____ . I think you should drink hot tea _____ .

B: That's a good _____. Thank you.

A: I hope _____ .

III. 完形填空

根据文章大意,补全短文所缺单词。

All people want to live long. But many people die earlier 1. _____ they expected. What a pity! Then how to live long? The following introductions will help you.

Three things seem to 2. _____ very important—fresh air, fresh food and a simple way of life. The Hunzas, people who live in the Himalayas, are famous all over India 3. _____ their long and healthy lives. They work near their homes in the clean mountain area. They do not travel a long way 4. _____ bus, car or train. They do not sit all day in busy offices or factories. They take 5. _____ exercise and eat 6. _____ food than people in cities. They eat vegetables grown by themselves. They drink milk of their own cows. For years, the Hunzas of the Himalayas have not needed policemen, for there is no crime(犯罪). They do not need lawyers(律师), for there is no divorce(离婚). They do not need doctors, for there is not much 7. _____. They are happy and peaceful people.

In many parts of the world, people live 8. _____ a healthy old age. What is the secret of their long lives? Scientists are studying it now.

IV. 阅读理解

A) 阅读英语短文,然后从每题的 A、B、C、D 四个选项中选出一个能回答所提问题或完成所给句子的最佳答案。

A man went to see his doctor because he was not feeling well. After the doctor examined (检查) him carefully, he said to him, "Well, there is nothing serious(严重的), I'm glad to say. Your only trouble is that you worry too much. I had a man with the same trouble as you have in here a few days ago, and I gave him the same advice as I'm going to give you. He was worried because he had forgotten to pay money when he bought clothes in a shop. I told him not to worry about that any more. He listened to me, and when he came to see me again two days ago, he told me he felt quite well again."

"Yes, I know all about that," answered the man sadly. "You see, he hasn't paid (付款) me."

() 1. How many people were talking in the passage?

A. Two. B. Three. C. Many. D. We don't know.

() 2. The doctor told the man that _____.