语文(上册 下册) 数学(上册 下册) 英语(上册 下册) 生物学(上册 下册) 中国历史(上册下册) 地理(上册 下册) 道德与法治(上册 下册)

语文(上册 下册) 数学(上册 下册) 英语 (上册 下册) 生物学(上册下册) 中国历史(上册下册) 地理(上册 下册) 物理(上册 下册) 道德与法治(上册 下册)

语文(上册 下册) 数学(全一册) 英语(全一册) 物理(全一册) 化学(全一册) 世界历史(上册下册) 道德与法治(上册 下册)

培养能力 重视基础 提升素养













八年级 上册



本书特色

"课堂精练"丛书以课程标准为依据,以现行教材为蓝本,遵循教学规律,紧密结合教学实际,着眼于学生的学习过程,通过整合学习内容、解疑答惑、思路点拨,帮助学生夯实基础、攻克难点;通过引导学生构建知识体系,培养学生的归纳总结能力,形成学科核心素养。

1 课时精练

阶梯训练, 夯实基础

与课堂教学同步, 夯实基础, 精心设计试题, 合理把握难易度, 科学设置题量, 分层训练, 以促进学生更好地理解、掌握课堂学习内容。

"小贴士",挑选与每课时主题相关的阅读素材,如人物趣事、益智知识、文化风俗等,丰富学习内容,开阔眼界,激发学习兴趣,培养阅读习惯。

② 阅读启迪 丰富内容, 拓宽视野

器辨解疑问题引领,启迪思维

"桃李园",以问题为引领,通过丰富多样的形式,围绕问题的分析、解决,探讨思路、方法、技巧,层层深入,引发思考,培养学生的问题意识和探究意识,提升学生的学科思维品质。

厘清知识脉络,引导学生构建知识体系,提升学生的归纳总结能力;梳理考点热点,通过综合性试题,培养学生学以致用的能力。

少。回 颜 梳 理 构建体系,明确目标

5。综合测评 评价矫正, 反思提升

"测试与评价"设计成活页的形式,独立装订,分为单元测试与评价、期中测试与评价、期末测试与评价,满足学生在不同阶段复习检测的需要,帮助学生查漏补缺、自我矫正、不断进步!

目录 Contents

Unit 1	Where	did	you	go	on
	vacation	1?			
第一课时	Section .	A (1a-	-2d)	•••••	·· 1
第二课时	Section .	A (3a-	-3c) ··	•••••	4
第三课时	Section 1	B (1a-	-2e) ··	•••••	7
第四课时	Section 1	B (3a-	-3c) ·		• 10
复习与整理	理	•••••	• • • • • • • •	• • • • • • •	• 13
Unit 2	How of	ten do	you (exerci	ise?
第一课时	Section .	A (1a-	-2d) ·	• • • • • • •	• 17
第二课时	Section .	A (3a-	-3c) ·	• • • • • • •	· 20
第三课时	Section 1	B (1a-	-2e) ·	• • • • • • •	• 23
第四课时	Section 1	B (3a-	-3c) ·	• • • • • • • •	• 26
复习与整理	理	•••••	• • • • • • • • • • • • • • • • • • • •	• • • • • • •	• 29
Unit 3	I'm mo	re out	going	than	my
	sister.				
第一课时	Section .	A (1a-	-2d) ·	• • • • • • •	• 32
第一	Section	A 13c	-301 -		. 35

第三课时	Section B	(1a-2e)	38
第四课时	Section B	(3a-3c)	40
复习与整理	浬	• • • • • • • • • • • • • • • • • • • •	43
Unit 4	What's	the be	st movie
	theater?		
第一课时	Section A	(1a-2d)	46
第二课时	Section A	(3a-3c)	49
第三课时	Section B	(1a-2e)	52
第四课时	Section B	(3a-3c)	54
复习与整理	里	• • • • • • • • • • • • • • • • • • • •	57
Unit 5	Do you	want to	watch a
	game sh	iow?	
第一课时	Section A	(1a-2d)	60
第二课时	Section A	(3a-3c)	62
第三课时	Section B	3 (1a-2e)	65
第四课时	Section B	3 (3a-3c)	67
复习与整:	理		70

Unit 6	I'm going to study	computer
	science.	
第一课时	Section A (1a-2d)	73
第二课时	Section A (3a-3c)	76
第三课时	Section B (1a-2e)	79
第四课时	Section B (3a-3c)	82
复习与整理	理	85
Unit 7	Will people have	robots?
第一课时	Section A (1a-2d)	88
第二课时	Section A (3a-3c)	91
第三课时	Section B (1a-2e)	93
第四课时	Section B (3a-3c)	96
复习与整理	理	99
Unit 8	How do you make	a banana
	milk shake?	
第一课时	Section A (1a-2d)	102

Section A (3a-3c) 105

Section B (1a-2e) 108

第二课时

第三课时

第四课时	Section B (3a-3c) 1	11
复习与整理	里	15
Unit 9	Can you come to my part	y ?
第一课时	Section A (1a-2d) ····· 1	18
第二课时	Section A (3a-3c) 1	22
第三课时	Section B (1a-2e) 1	25
第四课时	Section B (3a-3b) 1	28
复习与整理	理	31
Unit 10	If you go to the part	y ,
	you'll have a great time	!
第一课时	you'll have a great time Section A (1a-2d) ······· 1	
	•	34
	Section A (1a-2d)	34 36
第二课时第三课时	Section A (1a-2d)	34 36 39
第二课时 第三课时 第四课时	Section A (1a-2d)	34 36 39
第二课时 第三课时 第四课时	Section A (1a-2d)	34 36 39 42

参考答案(活页)

Unit 1 Where did you go on vacation?

第一课时 Section A (1a-2d)

知能演练。	◎ 小腿士
 一、根据句意和汉语提示写出所缺单词。 1. I can work with(任何人). 2. I can't find it(在任何地方). 3. This world is a(精彩的) place. 4(大多数) students in his class like P. E. 5. She had(很少) friends, and was not very happy. 	anyone 与 any one 我只指人,也不能接of。 anyone anyone anyone anyone
 二、用括号内所给单词的适当形式填空。 1. Did you(watch) the movie <i>The Wandering</i> 2. There are thousands of(visit) who come every day. 3. My grandpa learned how to use the smart phone and how to use the smart phone are the smart phone and how to use the smart phone are the smart phone and how to use the smart phone are the	e to(visit) Shaolin Temple(少林寺)
yesterday. 4. Though it's very dangerous, many people still like cl 5. —Did you finish reading the book I lent to you last I —Not(real).	
C. warm anywhere D. a ()2. This question is too easy for the students, an A. very few B. q	omewhere warm unywhere warm

()3.—What about _	a rest?		
	—OK. Let's go o	out and have a walk		
	A. taking	B. to take	C. take	D. took
()4.—Who helped y	ou clean the classro	oom yesterday?	
	— I d	id it all by myself.		
	A. Someone	B. Anyone	C. Everybody	D. No one
()5. He he	re yesterday.		
	A. didn't	B. isn't	C. weren't	D. wasn't
1. 今年 I w 2. 她是 Did 3. 大詞	根据汉语意思完成 年冬天我想去三亚度 ant to	·假。 in ·吗? ? ·图书馆看书。 orary	Sanya this winter.	most of 图形助记 most of 图形助记 most of 作主语时,谓语动词的单复数形式取决于most of后面的名词或代词的数。 Most of the apple Most of the apples
5. 昨	天,我们照了相当多时	的照片。		
We			yesterda	ay.
五、	阅读短文,用括号	员内所给单词的适	当形式填空。	
I	Last week, I had a pr	retty good vacation	with my family. We hε	nd fun 1(play) in different
places	s. On Monday, the we	eather was sunny an	d hot, so we went to	Silver Beach and 2(swim)

places. On Monday, the weather was sunny and hot, so we went to Silver Beach and 2. ______(swim) in the water. On Tuesday, it was 3. ______(cloud). We visited two parks. We had a picnic there. On Wednesday and Thursday, it was windy. We walked in the city. We 4. ______(do) some shopping and ate something nice. On Friday, the weather was cool. We went 5. ______(hike) in the mountains. We were very tired but happy. I really enjoyed my vacation. How wonderful it was!



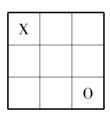
阅读下面圈叉游戏的游戏规则,并回答下列问题。

Tic-tac-toe is an easy and fun game.

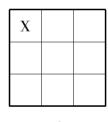
- Play with two people.
- Draw a grid (网格) on a piece of paper.
- One person is X and the other is O.
- Take turns.
- •X goes first.
- •X:Draw an X in any spot.
- •O:Draw an O in any spot.
- Try to get three Xs or three Os in a row.
- Try to stop the other person from getting three in a row.
- When you get three in a row, draw a line through your three Xs or Os. You win!
- Sometimes no one wins. We say "the cat" wins these games. Draw a big C through the grid.
- Start a new game.

X	О	X
О	X	
X		0

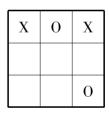
A



В



C



D

1. 按照游戏规则,给这个游戏排序。

 $C \rightarrow \qquad \rightarrow \qquad \rightarrow$

2. 是谁赢了这场游戏, X 还是 O?

wins.

3. 试着和同桌一起玩一下这个小游戏吧。

第二课时 Section A (3a-3c)

知能演练。	((**-		
一、根据句意和首字母提示	示补全单词。		
1.—Would you like s	to drink?		
—Yes, a cup of apple juice,	please.		
2. Bill, look after y w	hen your parents aren	't at home.	
3. He found \underline{n} in the k	oox. It was empty.		
4. I did all the housework m	yesterday. No	one helped me.	
5. He s bored because	he doesn't have anyt	hing to do.	
二、用方框中所给单词的词	5当形式填空。		
diary, relax, se	em, wonder, bored		
1. The movie was so boring that	almost everyone felt		
2. My best friend Lucy	_ to be tired yesterday	у.	
3. At night, I often stay at home	e myself.		
4. In my spare time, I like to ke	eep		
5. It is to play on the	beach in summer.		
三、单项选择。			
()1. There a foo	tball match on TV ye	sterday evening.	
A. have	B. had	C. is	D. was
()2.—Where did you	on your vacation	on?	
—We to No	ew York City.		
A. go; went	B. went; go	C. goes; went	D. go; go
()3. He someone	e playing kung fu on	the square yesterday	y afternoon.
A. see	B. saw	C. sees	D. to see
()4. How about	some dumplings?		
A. make	B. making	C. made	D. to make

()5. He	to New York two hou	rs ago.
	A. flied		B. flies
	C. flew		D. flying
四	、按要求完成一	下列各题,每空一词。	
1. I	went somewhere	interesting last summer.	(改为否定句)
Ι		interesting	g last summer.
2. I		ig in the dark. (改为同义	
I	can see	_ in the dark.	
	Ve <u>fed some hens</u> 对画线部分提问	and saw some baby pigs	on the farm yesterday.
_			on the farm yesterday?
4. N	ly mother seemed	l to be very happy. (改为	7同义句)
It	:	my mother	very happy.
	Iary bought some g疑问句)	thing special for her frien	d last Sunday. (改为一
_	Mary		for her friend last
S	unday?		
五	、补全对话。		
A : F	Hi, Bob! 1	?	
B:I	went to Happy F	Farm last weekend.	
A : F	Really? 2	?	
В: Y	Tes, I went there	with my cousin Jim.	
A:3		?	
B:S	bure. Both of us h	ad a great time there.	
A : I	Did you do anythi	ng interesting?	
В: Y	Teah! We rode he	orses and went fishing the	ere.
Τ	They were quite in	nteresting.	
A:4	·•	?	
B : V	We also helped th	e farmers pick vegetables	s. 5.

A: Not too bad. I stayed at home and watched my favorite talk show.



动词过去式变化规律口诀

过去式构成有规律, 一般词尾加-ed。 如果词尾有个 e, 直接加-d 就可以。 辅音字母 y 结尾, 变 y 为 i 后加-ed。 一元一辅重闭作尾巴, 双写辅音加-ed。

常见不规则动词过去式的变化

分类	示例
过去式与动 词原形词形	let→let put→put read→read cut→cut
i变为a	swim→swam sing→sang give→gave
中间去 e,末 尾加 t	feel→felt keep→kept
过去式 以-ought 和-aught 结尾的动词	bring→brought buy→bought catch→caught teach→taught
i 变为 o	ride→rode drive→drove write→wrote
ow/aw 变为 ew	know→knew grow→grew throw→threw draw→drew
以 d 结尾的 动词,把 d 变为 t	lend→lent build→built spend→spent send→sent



Gregg Bleakney's dream was to travel around America. He got the idea after he finished a long bike ride. His friend Brooks Allen, also liked riding a bike. They talked and made a special plan—traveling from the US to Argentina(阿根廷) by bike.

To pay for the trip, Gregg and Brooks worked to save money for a long time. When they were really on the road, they often camped and ate something cheap. In many places, local people let them have dinner in their homes.

On their way, there were desserts, rainforests and mountains. They visited big cities and small villages. And they made many friends from all over the world.

Two years later, Gregg got to Argentina in the end, but Brooks didn't make it because of something important.

The trip taught the two men a lot about traveling. Here are some of Gregg's ideas:

A good plan is important. You have to make a good plan before traveling. It can help to keep you safe and healthy during your trip.

Travel light. You can't take everything with you on your trip. Something important is OK.

Be friendly to others. Gregg said, "Nobody wants to fight or do something bad to a nice man. When you are friendly enough to others, they will do the same."

1. 阅读短文,找出短文中含有复合不定代词的句子,并简单总结复合不定代词在这几个句子中的用法。

句子:	c
用法:	c

2. 文中"Travel light"的汉语意思是""。"。



阅读翻译句子的技巧

英译汉或汉译英都是任务型阅读的题型把传统的阅读理解题和句子。 超结合起来,既考查阅读能力,又考查翻译 能力,解题时应注意以 下四点:

- (1)注意熟词新义 以及单词的不同词性。 如本课时桃李园的 Travel light 句子翻译, light常用作名词,指光 线、电灯、车灯等,但 light还可作动词、形翻译 Travel light 时就是要考 虑 light 作副词时的 用法。
- (2)把握英语五种 基本句型,分清句子成 分,牢记固定搭配。
- (3)掌握状语从 句、宾语从句、定语从 句的用法。
- (4)直译与意译相结合。



delicious.

第三课时 Section B (1a-2e)

知能演练
一、根据句意和汉语提示写出所缺单词。
1. The English boy(尝试) Chinese noodles and he said they were
2. Listen! Many(点) are singing in the tree.
3. We need five(自行车) for this school trip.
4. In the neighborhood, they saw some new(建筑物).
5. These(商人) all come from the UK.
二、用方框中所给单词的适当形式填空。
cheap, terrible, delicious, excited, expensive
1. I didn't buy this dress because it was too
2. What a(n) trip to Lijiang! I can't wait for it.
3. —How was your trip?
—It was The people there were unfriendly.
4. Who cooked the fish? It was so We ate it up at once.
5. My grandma likes to buy things.
三、用适当的介词或副词填空。
1. Did you buy anything your parents?
2. When we got to the top of the mountain, we found that we couldn't see
anything
3. Last Saturday I went to a friend's farm the countryside
my family.
4. What did your teacher say the Huangguoshu Waterfall?
5. From Monday to Friday, most my time is at school.
四、单项选择。
()1. There is salt in the kitchen. Can you go and buy
, Sam?
A. little; some B. few; some

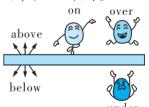
C. a little; some

◎ 小腿士-

below 与 under

below 在 …… 下 方,但不一定是正下 方,与 above 相对。 under 在……正下

方,通常表示垂直下方,与over相对。



a few,few,a little 与 little



D. a few; any

()2. When we got to the top, it was	s raining really	·	40 5 小 服 士
	A. hardly B. heavy	C. heavily	D. big	
()3. He was sad. He the	past, but he didr	ı't make it.	sothat 与 suchthat
	A. try to forget	B. tries to forget		sothat
	C. tried to forget	D. tried forgettir	ng	句型:主语+谓语+
()4. The food was delicio	ous ever	ryone in the room	so + <i>adj. / adv</i> . + that 从句 例句 : She worked so
`	enjoyed it.		•	hard that she passed the
		P. oo. that		exam.
	A. such; that	B. so; that		suchthat
	C. too; to	D. enough; that		句型 1: such + a∕an
() 5. Now many families want to h	ave a second chi	ld our	+ adj. + 单数名词 + that 从句
	country's two-child policy(二月	胎政策).		 例句:It was such a
	A. because	B. because of		warm day that we decided
	C. so	D. so that		to go to the mountains.
()6. The paragliding was exciting. I	I was a	a bird.	句型 2: such + adj.
Ì	A. looked	B. seemed		+复数名词/不可数名词 +that 从句
	C. felt like	D. sounded like		例句: It was such
,				cold weather yesterday that
()7. She had much funo			we stayed at home.
	A. plays B. played	C. play	D. playing	
()8. Jim decided to Mour	nt Wutai last mon	th.	
	A. go B. to go	C. going	D. went	
()9.— was your vacation	?		
	—It fantastic.			
	A. How; was B. What; w	ere C. What:wa	s D. How: were	
()10. I'm very happy that my lost p	,	,	a cnown morning
(a snowy morning.
	A. at; on B./; on	C. at; in	D. / ; in	
五、	完形填空。			
(On my tenth birthday, I <u>1</u> a ne	w bike from my fa	nther. You can't imag	gine how <u>2</u> I was when
I saw	the bike. I begged my father to teach	ch me how to ride	it right away3_	, before I got on the bike,

As I practiced, I became more and more confident. Then, I heard my father shouting, "You are

I felt extremely nervous. I was afraid that I would fall off and hurt myself. My father held the seat and

helped me to <u>4</u> the bike. While I was riding, he was running along beside me, holding the seat so that

I would not fall over. I was so grateful to him for his _____5__.

riding it by <u>6</u> now!" I was both excited and scared. "I can <u>7</u> ride. Could I fall off? Could I use the brakes(河) to stop?" As I was wondering about this, my father ran after me and got hold of the bike. I slowed down and stopped. My heart was still <u>8</u> fast when I got off the bike. Later that day, I learned <u>9</u> to get on the bike and get off the bike. I felt <u>10</u> I was walking on air! I am still thankful to my father for teaching me to ride a bike on my tenth birthday.

() 1. A. bought	B. received	C. lent	D. accepted
(2. A. excited	B. worried	C. proud	D. interesting
()3. A. However	B. But	C. And	D. So
()4. A. keep on	B. put on	C. get on	D. turn on
() 5. A. work	B. gift	C. help	D. cost
()6. A. herself	B. myself	C. yourself	D. himself
()7. A. always	B. hardly	C. really	D. just
()8. A. beating	B. jumping	C. hitting	D. running
()9. A. how	B. when	C. what	D. where
() 10. A. for	B. about	C. to	D. like



桃 孛 园

One day a king went to a faraway place in his country. When he came back, his feet hurt a lot. "There are too many small stones on the roads. They hurt my feet. You should cover every road with leather (皮革)." He told his men. Of course, it would cost a lot of money. One of his men was very smart. He told the king, "Why not cutting a little piece of leather to cover your feet?" The king was surprised, but he agreed to the man's idea. He asked his men to make a pair of leather shoes for him.

Maybe this is not the beginning of leather shoes, but it teaches us a lesson of life: if you want to make this world a happy place to live in, the best way is to change yourself, not the world.

- 1. 文中有一处错误,你能找出来并改正吗?
- 2. 阅读这个小故事,找出本文的主旨句。
- 3. 结合本文的主旨句,试着给这个故事拟个标题。

知 総 馀 妹

第四课时 Section B (3a-3c)

和 BC 供 5 (**********************************	
一、用括号内所给单词的适当形式填空。	
1. She(not visit) her aunt last weekend. She(stay) at	home and(do)
some cleaning.	
2. —When you(write) this song? —I(write)	it last year.
3. Carol(study) for the math test and(practice) English	
4.—Mr. Li(do) the project on Monday morning?	
—Yes, he	
5.—How(be) Jim's weekend?	46/- JL GB-4-
—It (be not) bad.	(19) 小师工
6. Nobody taught him. He learned it by(him).	 两种新兴的旅游模式(一)
7. We have all kinds of(activity) after class.	两种新兴的旅游模式(一) 在旅游景点疯狂打
8. I can't tell their (different). They look the same.	卡的"到此一游"式旅游
9. It is(wonder) to visit the Great Wall.	已经很难适应现在个性
	化、差异化的旅游需求
10. Can you see the white(build) over there? It looks like a	了。让我们一起了解一
book.	下两种新兴的旅游模
二、根据汉语意思完成下列句子,每空一词。	式吧:
1. 昨天晚上,她妈妈似乎很累。	Experiential travel is
	where tourists look for
Her mother very tired last night.	ways to get to know local
2. 这是一本多么有趣的书啊!	culture and interact with
interesting book it is!	local people so they feel
3. 昨天他们就开始练习唱歌了。	less like an outsider but
They started yesterday.	more like a resident.
4. 他是如此兴奋以至于说不出话来。	游客们通过 体验式 旅游的方式去了解当地
	的文化,和当地人进行互
He was excited he could say	动,这样一来,他们会觉
5. 别担心, 你有足够的时间完成作业。	得自己更像是当地人而
Don't worry. You have your	非一个外来去



两种新兴的旅游模式(一)

homework.

三、补全对话。

W:Hi, Alex! Did you have a great vacation?
M:Yes, I did.
W:1?
M:I went to Beijing.
W:2?
M:Last Saturday.
W:3?
M:I went with my cousins Peter and Bill.
W: How was the weather there?
M:4
W:Did you eat anything special there?
M: Yes. We ate Beijing duck.
W:5?
M: They were very friendly and I liked them.
m 从方框内类块活业的句子外会短节



两种新兴的旅游模式(二)

Transformative travel usually goes through three phases—you go to a place that has a very different background from where you come from, you learn wisdom from the new culture, and finally you return home and apply the knowledge to your own life.

改造式旅行通常分为三个阶段——你前往一个和你的故乡有着完全不同的背景的地方,你从新的文化中学到了智慧,最后你回到家,将这些知识应用于你的生活中。

四、从方框中选择适当的句子补全短文,其中有两项是多余项。

Hi, Mark!

Long time no see. Last Saturday, our class had a school trip. We wanted to do something exciting.
1 That day, the weather was great, sunny but not hot. We started at eight. On the way, we
talked and sang. Soon, we arrived. Wow! 2 I couldn't wait to walk up to the top. I wondered
what the top was like. About an hour later, I stopped to have a rest. I looked back. Oh, my friend Jack was
about 100 meters behind me. He seemed to be very tired. 3 At about eleven, we got to the top.
On it, we ate some food and drank some water. 4 There I bought something for my sister but
nothing for myself in the gift shop. 5.

- A. It was really a wonderful mountain.
- B. So, we got up early that morning.
- C. I waited for him and asked him to follow me.
- D. In the evening I wrote a diary about the trip.
- E. I felt the food was never delicious like that.
- F. So, we decided to go to the mountain near our city.
- G. We picked some flowers.



Last summer vacation I went to Sydney with my parents. It took us about 12 hours to fly there. There is a big difference in the weather between Sydney and Beijing. It's winter in Sydney now. Our hotel is not far from the Sydney Opera House, so we visited it first. The building is really large and we saw quite a few rooms and halls in it. We spent two hours walking around inside it. Then we came to a hotel restaurant for lunch. I didn't eat anything special but my dad did. He tried Australian beef. After that we decided to visit the Royal Botanic Garden(皇家植物园) because one visitor that we met in the restaurant told us there were more than 7,000 kinds of plants in it. We thought it seemed to be a good place to visit, so we went there. And it was really beautiful and we enjoyed ourselves very much. It took us the whole afternoon to visit it. Nobody felt bored there and everyone looked forward to the trip tomorrow.

1. 根据短文内容,完成下面的文章结构图。



2. 试着根据文章结构图,复述一下短文内容吧。



阅读选择题的答题技巧

- 1. 直接法:即从原文中直接找出答案。要善于抓住文中的 W 和 H,即 what, when, who, where, why, whose, which, how, how long, how many, how often 等等。
- 2. 归纳法:对于不能 从原文中直接找出答案 的,可在把握全文中心和 线索的前提下进行概括、 归纳得出正确答案。
- 3. 信息词法:根据与 问题相关的同义词、近义 词、反义词等信息来得出 正确答案。
- 4. 排除法: 根据语 境、句法结构、信息词和 常识,在没有把握的选项 中用排除法得出正确答 案。

复习与整理



请同学们试着从以下几个方面梳理本单元的重点知识,完成思维导图。

	核心单词:
	常用短语:
/TO	
知识	
说	工厂
	重点句型:
	单元语法:1.不定代词的用法;
	2.规则动词与不规则动词的过去式
Unit 1	
	词汇辨析:anyone与any one(第1页);
	below与under(第7页);
	a few,few,a little与little(第7页);
	sothat与suchthat(第8页)
	语法助记: most of图形助记(第2页); 动词过去式变化规律口诀(第5页);
小	常见不规则动词过去式的变化(第5页)
小贴工链接	
	方法大观:阅读翻译句子的技巧(第6页);
	阅读选择题的答题技巧(第12页)
	文化视窗:两种新兴的旅游模式(一)(第10页);
	两种新兴的旅游模式(二)(第11页)

巩固提升 5 "

()1.—Would you like s	ome more apple juice?		
	—Yes, just	<u></u> .		
	A. a few	B. few	C. a little	D. little
()2. Hurry up, kids! Th	e school bus is coming	g. We have	time left.
	A. a few	B. few	C. a little	D. little
()3.—The meat is	delicious.		
	—Yes, but don't ea	nt		
	A. too much; too m	uch	B. much too; too	much
	C. too much; much	too	D. much too; mu	ch too
()4. There are	people and we are	tired. Let's go	home and have a rest.
	A. too many; too m	uch	B. too much; mu	ch too
	C. too many; much	too	D. too much; too	much
()5.—Why does he look	x so tired these days?		
	—He has to work h	ard the comi	ing test.	
	A. because of	B. because of	C. instead of	D. although
()6.—Dad, our car is t	oo old. Why don't we b	ouy a new car?	
	— we don	't have enough money	now.	
	A. If	B. Because	C. Because of	D. As
()7 useful rol	oot! It can help with th	ne housework like a l	numan servant.
	A. What an	B. How a	C. What a	D. How
()8 important	it is for kids to imagin	ne freely.	
	A. What an	B. How	C. What a	D. How a
()9. He studies	_ to pass the exam.		
	A. hard enough	B. hardly enough	C. enough hard	D. enough hardly
()10. He was too shy to	talk to at the	e party.	
	A someone	B. evervone	C every one	D. anvone



假如你叫王涛, 4月25日那天, 你和同学去春游。请你根据表格中所给信息, 用英语写一篇 日记。

活动时间	4月25日(星期天)
集合地点	学校大门口
出发时间	8:00 a.m.
到达时间	8:30 a.m.
活动地点	人民公园
交通工具	自行车
活动内容	上午做游戏,中午野餐,下午拍照、参观动物园
返回时间	5:00 p.m.

参考词汇:春游 a spring outing

出发 set off

人民公园 the People's Park

野餐 have a picnic

【学生例文】(低分作文)

It is fine today. I have a spring outing with my classmates. We meet at the school gate in the morning. We set off at 8 o'clock. We by bike go to there. We arrived the People's Park at half past eight. There are lots of people. In the morning, we played games. At noon, we have a picnic. In the afternoon, we take some photo and visit the zoo. We return back at five in the afternoon.

【名师点评】

这篇作文虽然包含了表格中主要的信息和所有的参考词汇,但是错误较多。

- 1. 结构不清晰。短文最好分三段,第一段点明主题,第二段描述过程,第三段总结感受等。
- 2. 时态不统一。本篇作文是日记,记录一天发生的事情,必须用一般过去时,写的过程中要注

意动词过去式的变形,写完后要把所有的动词都检查一遍,看是否有时态不一致的。

- 3. 句式单一,都是简单句,最好有 and, so, but, because 之类的连词,使文章连贯。
- 4. 中式英语。"We by bike go to there."是一句典型的完全按照汉语顺序翻译的英语,正确的句式应该是"We went there by bike."。又如 return 本身就是"返回"之意,不需要再加 back。
 - 5. 其他错误。arrived 后加 at 表示到达地点, photo 应该是复数形式等。

【小试牛刀】

结合老师的点评和指导,自己试着把这篇作文改成高分作文吧!

Sunday, April 25th

互动平台
学完奉单元你的收获(或疑惑):
老师说:

测试与评价 Unit 2

(满分:100分 时间:90分钟)

听力部分(20分)



一、听力理解(20 小题,每小题 1 分,共 20 分)

名题

内

铋

第二节 听下面 5 段对话。每段对话后有一个小题 从题中所给的 A B C 三

	74 14 71 1 E 2 12/11/E 0 1	31X/11/11/11 1 1 /1/1/29	V/V5 W 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	
个货	达 项中选出最佳答案。每段对i	舌读两遍。		
()1. How often does Tom run?				
	A. Once a day.	B. Twice a day.	C. Never.	
()2. How many hours did Joe	sleep last night?		
	A. Seven.	B. Six.	C. Five.	
()3. What's Jack like?			
	A. Shy.	B. Funny.	C. Smart.	
()4. What are the two people	talking about?		
	A. Using the computer.	B. Doing homework.	C. Getting e-mails.	
()5. What does Paul never eat	for lunch at school?		
	A. Hamburgers.	B. Noodles.	C. Dumplings.	
	第二节 听下面几段对话或	独白。每段对话或独白周	后有几个小题,从题中所	
给的	h A、B、C 三个选项中选出最佳	答案。每段对话或独白证	卖两遍。	
	听下面一段对话,回答第6至	第7两个小题。		
()6. How often does Edison go	swimming?		
	A. Three times a week.	B. Four times a week.	C. Five times a week.	
()7. How long does Edison use	ually swim?		
	A. 15 minutes.	B. 35 minutes.	C. 50 minutes.	
	听下面一段对话,回答第8至			
()8. When does Amy have pia	no lessons?		
	A. On Wednesdays and T	hursdays.		
	B. On Mondays and Thurs	•		
	C. On Mondays and Sunda			
()9. How does Amy go to scho			
	A. By car.	B. By bike.	C. By subway.	
()10. How often does Amy pra	•		
	A. Four times a week.	B. Three times a week	C. Twice a week.	
	听下面一段独白,回答第113			
()11. Where are the visitors fr			
	A. Malaysia.	B. Russia.	C. Australia.	
()12. How long did Donald sta			
	A. For three days.	B. For five days.	C. For a week.	
	听下面一段对话,回答第 13 3	至第 15 三个小题。		

第三节 听下面一篇短文。按照你所听内容的先后顺序将下列图片排序。短 文读两遍

		www.		
A	В	C	D	E
16.	17.	18	19	20.

笔试部分(80分)

二、单	单项选择(15 小题,每	小题1分,共15	分)				
)21. This is	_ online shop. V	We can buy some	clothes inshop.			
	A. a; a	B.a; the	C. an; a	D. an; the			
)22. My mother usua	lly talks with her	friends	_WeChat.			
	A. as	B. for	C. through	D. into			
)23.—Do you know	the of	f the boys' 100-m	eter race?			
	—Yes. A boy f	from Class 4 got f	first place.				
	A. picture	B. problem	C. rule	D. result			
() 24. Cathy went to the yesterday because there was something wrong						
	with her teeth.						
	A. writer	B. dentist	C. actress	D. guide			
) 25. David, this after	ernoon is	for me. So I	can't watch the movie Tom			
	and Jerry with	you.					
	A. free	B. full	C. easy	D. difficult			
)26.—Are you often	late for school,	Frank?				
	—No. I	get to school	on time.				
	A. always	B. never	C. sometimes	D. hardly			
)27. The five pairs o)27. The five pairs of shoes were good, but of them were the right size					
	for Helen.						
	A. all	B. none	C. any	D. some			
)28 is im	portant for the st	udents to have go	od learning habits.			
	A. It	B. This	C. One	D. That			
) 29. "Never too old to learn." Mr. King still studies he is over 70						
	years old.						
	A. but	B. so	C. although	D. because			
)30. Marcus, Mr. St	teen wants you _	him in 2	0 minutes.			
	A. call	B. called	C. calling	D. to call			
)31. — do	you read English	n books, Lily?				
	—Almost every day.						
	A. How long	B. How often	C. How many	D. How much			
) 32. About 80 perc	ent of the studer	ntssw	ing dance. They think it's			
	boring.						
	A. enjoys	B. enjoy	C. dislikes	D. dislike			
)33. Judy often helps	s her mother do h	nousework	cleaning and cooking.			
	A. next to	B. less than	C. such as	D. because of			
)34. Jason always	the year	before last year.	It was a bad habit.			
	A. stays up	B. stayed up	C. gets up	D. got up			
)35. Which of the following sentences is correct?						
	A. I didn't find somebody in the room.						
	B. She usually cleans the rooms in the morning.						

C. How about go for a picnic this afternoon?

D. Do Lilv often go to the cinema?

三、完形填空(10 小题,每小题 1 分,共 10 分)

If you want to have true friends, you should be a true friend yourself. Wonder 36 you can do? Here are some tips(建议).

★ Laugh and cry together.

Laughing with a friend is the best, 37 sometimes crying brings you closer(更亲 密的) together. Don't be 38 to be yourself when you stay with your friends. Show your true feelings with your friends. Then friends will know each other 39 better.

★ Be a nice gift giver.

Gift-giving isn't just for birthdays or holidays—it can be a fun way of making your iends 40 special! But you don't need to buy expensive gifts. Making things by ourself 41 you care, because you put time and ideas into your 42.

★ Stand up for him or her.

If someone laughs at your friend, don't just stand there quietly. Do 43 about it! ou can try to 44 a smart way to solve(解决) the problem and make others look at our friend differently. Sometimes, it's necessary 45 you to make him or her feel etter. It may not be easy, but it's what a good friend should do!

() 36. A. who	B. when	C. what	D. how
(37. A. because	B. but	C. if	D. or
() 38. A. bored	B. tired	C. surprised	D. afraid
() 39. A. so	B. very	C. much	D. quite
()40. A. keep	B. feel	C. look	D. get
()41. A. lets	B. wishes	C. helps	D. shows
()42. A. friends	B. birthdays	C. gifts	D. holidays
()43. A. something	B. anything	C. everything	D. nothing
()44. A. find	B. ask	C. start	D. teach
()45. A. of	B. for	C. to	D. with
	17 14 - 77 (20 I HT /	1 117 4 45 11 20		

、阅读理解(20小题,每小题1分,共20分)

Some children are flying kites near the river. They are very high and Peter can see em from the classroom. After lunch his aunt comes to see his mother and brings a kite him. It looks like a bird. He wants to fly it but his mother doesn't let him do that.

"It's time to go to school," says his mother, "You can fly it after dinner."

The boy is unhappy, and says goodbye to his aunt and leaves. Now he is in the assroom but he doesn't listen to Miss Black. He only thinks how to fly the kite. Miss lack writes something on the blackboard and then turns to the class.

"Name(说出……的名字) nine things with milk in them, Peter," she says.

The boy doesn't hear her and still sits there. A boy in row 4 beats(敲打) his back nd he knows it. He stands up and Miss Black asks him the question again. He thinks r some time and then says, "Yes, madam, tea, coffee, cake and er six cows(奶 -)."

' /		
()46. There is near Peter's s	chool.
	A. a bank	B. a river
	C. a lake	D. a park
()47. In the classroom, Peter can see _	<u> </u>
	A. some children swimming in the	e park

B. Twice a week.

A. On Friday afternoons. B. On Saturday mornings. C. On Sunday mornings.

C. Three times a week.

C. Next to the zoo.

)13. How often does Sunshine Zoo have the lion show?

A. Across from the zoo. B. In the zoo.

A. Once a week.

) 14. Where is Mr. Bai's shop?

)15. When is the restaurant open?

	B. his aunt buy a kite for him	
	C. some students reading beside	e the lake
	D. some children flying kites no	ear the river
()48 comes to visit his m	other after lunch.
	A. Peter's teacher B. Peter's fri	end C. Peter's cousin D. Peter's aunt
()49. Peter's mother tells him to fly t	he kite
	A. at breakfast	B. in the classroom
	C. after dinner	D. in school
()50. In class, Peter only thinks	
	A. his teacher's words	B. what the kite looks like
	C. how to fly the kite	D. how to answer the teacher's questi
		R

Here are some programs that kids would like to watch on BBC Kids Channel.

Time	Programs
8:30 a.m.	Tom's World Do you know that different kinds of dogs live in different places? It's true! And there's a lot more for you to learn as Tom and his friends tell about the dogs!
9:20 a.m.	Play School Join the play school to learn English while singing songs, listening to stories, and learn to make things with Big Ted, Jame on the children's show.
12:00 p.m.	BBC News News from all over the world.
2:10 p.m.	Finding Nemo The movie is about a little fish called Nemo. He is caught by a fisherman and later his father travels through the sea to look for him.
4:00 p.m.	Around the World Do you want to know how people live in different countries? Do you want to make friends with foreign kids? Come to join in Buzy's trip.

•	fisherman an	d later his father	travels through the	e sea to look for him.
4:00 p.m.		to know how peo		ent countries? Do you o join in Buzy's trip.
()51	will tal	ke you to see how	people live in dif	ferent countries.
A. '	Гот	B. Nemo	C. Buzy	D. Jame
()52. BB	C News begins	at		
A. 8	8:30 a.m.	B. 2:10 p. m.	C. 12:00 p. m.	D.9:20 a.m.
()53. Kid	s CANNOT _	by joinin	g the play school.	
A. s	sing songs		B. draw pictures	
C. 1	isten to stories	3	D. learn to make	things
() 54. Pet	ter should wat	ch the program _	if he wa	nts to know more about
dog	gs.			
A.	Tom's World	B. Play School	C. BBC News	D. Around the World
()55. The	cartoon movie	e is about a	·	
A. 1	boy	B. girl	C. fish	D. toy

George Stephenson was born in 1781 in a poor family. He had to start work when he was only eight. When George was fourteen, he became his father's helper. He spent a lot

of time learning about engines (发动机). And on holidays he often took one to pieces
and studied each piece carefully. Soon he became a very good worker though he could
not read or write. He began to learn the English letters when he was seventeen years old.
Every day after he did twelve hours of hard work, he walked a long way to have lessons
from a young school teacher. On his eighteen birthday, he wrote his own name for the
first time in his life. George invented(发明) many things in his life. The train was the
greatest one among them. Today when we watch or take trains from one place to another,
we'll think of this great man—George Stephenson.
()56. In which year did George Stephenson start to help his father?
A. In 1798. B. In 1789. C. In 1795. D. In 1781.
()57. He learned about the engines
A. at lessons from a young teacher
B. by taking it to pieces and studying each piece carefully
C. through reading and writing
D. by asking a lot of questions
()58. He spent a lot of time learning about engines and soon he
A. started to teach other workers B. became a good businessman
C. became a good teacher D. became a good worker
()59 was invented by George Stephenson.
A. The train B. The telephone C. The car D. The computer
()60. From this passage we know that George Stephenson was one of the greatest
in the world.
A. teachers B. inventors C. learners D. workers
D
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here.
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets.
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(节场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64 Our school is on Mill Street. We have a very nice building. Next to our school there
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64 Our school is on Mill Street. We have a very nice building. Next to our school there is a sports center. 65 If you want to see a film you can go to the cinema in our
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64 Our school is on Mill Street. We have a very nice building. Next to our school there is a sports center. 65 If you want to see a film you can go to the cinema in our town, but there aren't any theaters(戏院) here.
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64 Our school is on Mill Street. We have a very nice building. Next to our school there is a sports center. 65 If you want to see a film you can go to the cinema in our town, but there aren't any theaters(戏院) here. I like living in Hilltown because it is a quiet, clean place and people are friendly.
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64 Our school is on Mill Street. We have a very nice building. Next to our school there is a sports center. 65 If you want to see a film you can go to the cinema in our town, but there aren't any theaters(戏院) here. I like living in Hilltown because it is a quiet, clean place and people are friendly. 根据材料内容,从方框内所给的选项中选出能填入文中空缺处的最佳选项,使
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64 Our school is on Mill Street. We have a very nice building. Next to our school there is a sports center. 65 If you want to see a film you can go to the cinema in our town, but there aren't any theaters(戏院) here. I like living in Hilltown because it is a quiet, clean place and people are friendly. 根据材料内容,从方框内所给的选项中选出能填入文中空缺处的最佳选项,使短文意思通顺,内容完整。 A.I like going to the market with my mom.
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64 Our school is on Mill Street. We have a very nice building. Next to our school there is a sports center. 65 If you want to see a film you can go to the cinema in our town, but there aren't any theaters(戏院) here. I like living in Hilltown because it is a quiet, clean place and people are friendly. 根据材料内容,从方框内所给的选项中选出能填入文中空缺处的最佳选项,使短文意思通顺,内容完整。 A. I like going to the market with my mom. B. It is in the south of England.
Hi, friends! My name's Lucy and I live in Hilltown. 61 It isn't a very big town. About 9,000 people live here. There are about thirty shops in Hilltown and there are three supermarkets. 62 There are two banks and a post office on Main Street. There is a police station and a library, too. You can find a big market(市场) where you can buy all kinds of fruit and vegetables. 63 In the town center, there is a beautiful park. Every day, lots of people enjoy themselves there. In our town, you can find some restaurants and there are five cafes(咖啡馆). My favorite cafe is Icecave. 64 Our school is on Mill Street. We have a very nice building. Next to our school there is a sports center. 65 If you want to see a film you can go to the cinema in our town, but there aren't any theaters(戏院) here. I like living in Hilltown because it is a quiet, clean place and people are friendly. 根据材料内容,从方框内所给的选项中选出能填入文中空缺处的最佳选项,使短文意思通顺,内容完整。 A.I like going to the market with my mom.

五、词语运用(10 小题,每小题1分,共10分)

remember their own. It is against traditional habits.

用方框中所给单词的适当形式填空,使短文通顺、意思完整。	每空限填一词,
每词限用一次。方框中有两个词是多余的。	

come, do, necessary, fun, parents, nothing, how, what, they, dressed, well, hold

Now lots of parents buy everything that their children want to have. If they go on

with the habit, their children won't know the money 66. from hard work. Some parents like to 67. birthday parties for their children. If they keep on doing this, their children will think it 68. for them to enjoy birthday parties every year. Year after year, maybe they will forget their 69. birthdays and only

Many parents don't let the children do housework. They think children have only one thing to do. They should study hard and do 70. in their lessons. If parents go on 71. this, the children will only learn to open their mouths to be fed and stretch out(伸出) their arms to be 72. every day. When the children grow up, they will be able to do 73. , and they won't even find a job. Parents should teach the children 74. ______ to do housework because it can help them start good habits of working by 75. 六、补全对话(5 小题,每小题 2 分,共 10 分)

根据下面的对话情景,在每个空白处填上一个适当的句子,使对话的意思连 贯、完整。

- A: Hi, Jeff! Youth is on in so many cinemas these days.
- B: Really? 76.
- A: No, I didn't go to see it. But my friend Gina went to see it last Sunday.
- A: She thinks it is a very good movie. 78.
- B: Sure, I'd love to. Which do you think is the best cinema in our neighborhood?
- A: Broadway Cinema. And if we show them our student ID cards, the tickets will be only 25 yuan each.
- B: 79. When shall we meet?
- A: Let's meet in front of the cinema at 7:30 tonight.
- B: No problem. See you then!
- A: 80.

七、书面表达(15分)

健康的生活习惯对成长中的我们是非常重要的。你认为健康的生活习惯应当 是怎样的呢?请以"How to Keep Healthy"为题写一篇 60 词左右的英语短文。要 求:根据提示,把握要点,适当发挥,开头已给出。

提示:1. 健康饮食(a good eating habit, more fruit, less meat, too much);

- 2. 参加运动,强身健体(exercise, make...strong);
- 3. 早睡早起,不熬夜(stay up late, be bad for, early);
- 4. 保持好心情,笑对生活(in high spirits, smile at life)。

How to Keep Healthy

Healthy habits	are very importan	nt for us.	