

UNIT 7

Lessons 37 ~ 42

Sports and Good Health



We Will Learn

Functions

- ▶ Talking about Habits
- ▶ Talking about Exercise and Good Health

Grammar

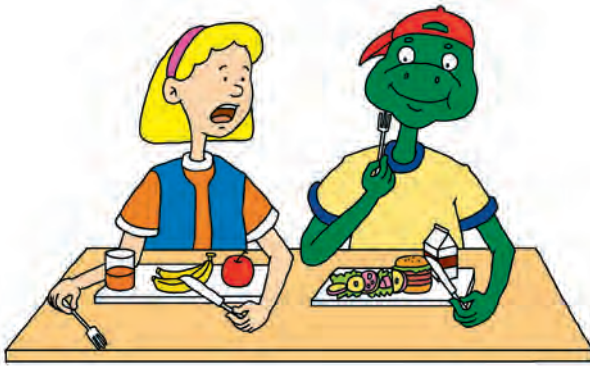
- ▶ Using “there be”

Structures

- ▶ Vegetables are good for us.
- ▶ How can we stay healthy?
- ▶ There are many ways.
- ▶ Exercise can keep our brains young!

Lesson 37: You Are What You Eat!

Jenny and Danny are having lunch together. Jenny looks at Danny and notices something very strange.



Jenny: What are you eating, Danny?

Danny: This is a salad, Jenny. There are many different vegetables in it.

Jenny: I know. But you don't like vegetables.

Danny: Well Jenny, vegetables are good for us.

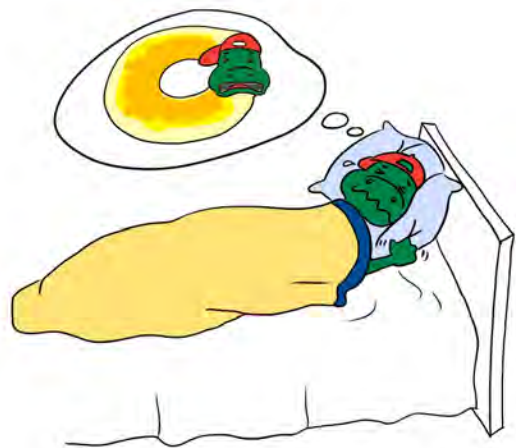
Jenny: That's true.

Danny: To tell you the truth, I decided to change my eating habits. Yesterday evening, I ate ten donuts as usual. My uncle said to me, "You shouldn't eat so many donuts. It's not good for your health. Do you know the saying: You are what you eat?" Later that night, I had a dream. In the dream, I became a big donut and everyone tried to eat me.

Jenny: Oh no! That's awful.

Danny: Yeah! Then I woke up and I was scared. So, I decided to eat more vegetables.

Jenny: Good for you, Danny!



Learning Tip

The saying "You are what you eat" comes from French. A French writer wrote: "Tell me what you eat and I will tell you what you are." Of course a person isn't really what he or she eats. The saying means that the food you eat affects your mind and body, and your mind and body are what you really are.

Let's Do It!

1 Listen and write true (T) or false (F).

1. Danny and Jenny are having lunch. ()
2. Danny is eating a salad. ()
3. Danny likes vegetables very much. ()
4. Danny decided to change his eating habits. ()

2 Read the lesson and answer the questions.




1. How many donuts did Danny eat yesterday evening?
2. What did Danny's uncle say to him?
3. What happened to Danny in his dream?
4. Why did Danny decide to change his eating habits?

3 Fill in the blanks with the correct forms of the phrases in the box.

have lunch be good for to tell you the truth as usual wake up

1. Take a walk after supper! It _____ your health.
2. The bus never comes on time. And today, the bus is late _____.
3. I don't eat at school. I go home at 12 o'clock, and I _____ with my family.
4. A: Did you watch the movie last week?
B: Yes, but I didn't like it. _____, it was very boring.
5. Jim _____ late this morning, so he didn't catch the school bus.

4 Work in groups. What are some of your favourite foods? How often do you eat these foods? Interview your classmates and fill in the table. Look at the results. Do they have good eating habits?

| Name | Favourite Foods | How Often? | Good Food | Junk Food | Eating Habits  or  |
|-----------|-----------------|----------------|-----------|-----------|---|
| Li Wenjie | apples | 3 times a week | ✓ | |  |
| | chocolate | once a week | | ✓ | |
| | carrots | twice a week | ✓ | | |
| | | | | | |

Lesson 38: Stay Healthy!

A lot of kids like reading, watching TV and listening to music. That's great! We should exercise our minds. School is great for building our minds. But what about our bodies?

There is an old saying, "A healthy body is a healthy mind." It's true. Our bodies need lots of exercise and healthy food.

Did you know?

Running helps us remember information.
Walking can improve our thinking skills.
Exercise can keep our brains young.



What about healthy food?

Apples help our brains stay strong.
Eggs and fish help our brains work faster.



How can we stay healthy? There are many ways:

Eat good food!

- Vegetables
- Meat
- Fish
- Fruits



Play sports & Exercise!

- Ping-pong
- Basketball
- Football
- Volleyball
- Dance
- Run
- Walk
- Climb



Let's Do It!

1 Listen to the statements and fill in the blanks. The first letter is given.

1. R_____ helps us remember information.
2. W_____ can improve our thinking skills.
3. E_____ can keep our brains young.
4. A_____ help our brains stay strong.
5. E_____ and fish help our brains work faster.

2 Read the lesson and add some activities to the lists below.

Good for the Mind

- reading
- listening to music

Good for the Body

- playing ping-pong
- eating vegetables

3 Circle the correct words to complete the sentences.

1. Cookies and donuts are not (health/healthy) foods.
2. To tell you the (true/truth), I really want to improve my social skills.
3. It is a (true/truth) story! I read it in the newspaper.
4. You can find (a lot of/many) information on the Internet.
5. Eating (vegetable/vegetables) is good for us.

4 To stay healthy, teenagers need about one hour of physical exercise every day. Use the table below to make an exercise schedule for the week.

Task tips: You can do one hour all at once or do a few different things throughout the day.

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------|---|---------|-----------|----------|--------|
| before school | walk to school (15 min.) | | | | |
| during school | play basketball in P.E. class (25 min.) | | | | |
| after school | do some housework (20 min.) | | | | |

Lesson 39: Danny's Report

Danny is writing about Sports Day for the school newspaper.

About Sports Day

By Danny Dinosaur

Sports Day was a great success this year! All the students and teachers from Grades 7, 8 and 9 took part in the sports events. There were ten different events like running, long and high jumps, and ball throwing.

Everyone worked very hard, and we all got some good exercise. There were many winners this year. Kim, from Grade 7, won first place in four events. Tony, from Grade 8, won first place in two events and second place in three events. And Jack, from Grade 9, won first place in six events. Well done!





I took part in a running event. I ran really hard, but my tail got in the way. So I didn't win first place. I only got third place. I felt a little sad, but then my teammates said, "Good work, Danny. Winning is not everything. Having fun is important." They were right! We all had lots of fun!

Thank you everyone for a great Sports Day. Hope to see you all next year!



Let's Do It!

1 Listen and complete the table.

| Name | Grade | Event Placings |
|---|-------|--|
| Kim  | 7 | won <u>first</u> place in <u>four</u> events. |
| Tony  | | won _____ place in _____ events. and _____ place in _____ events. |
| Jack  | | won _____ place in _____ events. |
| Danny  | | won _____ place in _____. |

2 Read the lesson and answer the questions.

1. Who took part in the sports events?
2. How many different events were there? Name them.
3. Why did Danny feel a little sad?
4. What did Danny's teammates tell him after his race?

3 Fill in the blanks with the correct forms of the given words.

1. At our school's last sports meet, Cathy _____ (take) part in the long jump and _____ (win) first place.
2. Amy _____ (have) a lot of fun at the Old Age Home last Wednesday.
3. Yesterday, I _____ (get) up late and _____ (run) to school in a hurry.
4. I had a party at my house yesterday. There _____ (be) a lot of people there.
5. I didn't _____ (see) Tony during my last visit to Canada.

4 Work in groups. Talk about the last sports meet at your school. How many events were there? Who took part in the events? Who were the winners? Did you have fun? Write a short passage about it.

Example:

A: Did you have fun at the sports meet last year?

B: Yeah. It was great! I took part in three events.

A: Really? What were they?

...

Lesson 40: Move Your Body

Ben and Tim are good friends. They used to be very active together. They walked everywhere. They played games outdoors. But now Ben worries about Tim. Tim is not active any more. He has some bad habits. He watches too much TV and plays too many computer games. And he is putting on weight.



Ben sends his friend a poem:

*You can be a couch potato and watch TV all day.
But don't do that. There is another way!
Move your body, get out and have fun.
Fresh air, a bike ride, playing in the sun!*

Tim arrives home from school. There is a letter at his front door. It's Ben's poem! He reads the poem and he smiles. He writes a poem back to his friend:

*Your poem is funny,
But I feel really lucky.
With a true friend on my side,
My world will be open wide.
Let's meet tomorrow at six o'clock,
And we can go for a good walk.*

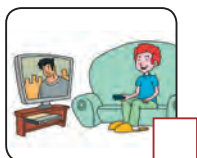


Dig In

Poems are a fun way to use language. They often have rhyming words in them. Ben uses four rhyming words in his poem: day — way; fun — sun. Can you find the rhyming words in Tim's poem?

Let's Do It!

1 Listen to the statements and number the pictures.



2 Read the lesson and write true (T) or false (F).

1. Tim used to be very active. ()
2. Ben watches too much TV and plays too many computer games. ()
3. Ben and Tim are both putting on weight. ()
4. Tim finds a letter at his desk. ()
5. Ben and Tim will meet and go for a good walk. ()

3 Fill in the blanks with the correct forms of the phrases in the box.

worry about go for a walk put on weight used to any more

1. A: How do you go to school, Mike?
B: I _____ walk to school, but now I ride a bike.
2. A: Be careful and don't stay out too late.
B: Don't _____ me, Mum! I will be OK!
3. A: How is Tom these days?
B: He doesn't get any exercise and he is not eating healthy food. He is _____.
4. A: You and Jason are neighbours, right?
B: No. He moved to a new house. He is not my neighbour _____.
5. A: What do you like to do after supper?
B: I like to _____.

4 Work in groups. Good friends are important. They help each other. Did a friend ever help you? Did you ever help a friend? What happened? Talk about it.

Lesson 41: Were People Healthy Then?



It's Sunday morning. Dena Morin and her grandfather, Mr. Morin, are fishing at the lake.

Dena: Grandpa, did people go fishing a long time ago?

Mr. Morin: Well Dena, we are First Nations people. Our people came to Canada a long time ago. At that time, there were no supermarkets. Our people always went fishing and hunting for food.

Dena: Were people healthy then?

Mr. Morin: They were very healthy. They spent a lot of time outdoors. They worked hard. And they ate good, natural food like fish and vegetables.

Dena: Was life hard at that time?

Mr. Morin: It was hard. But people were healthy and happy. After a hard day of work, people rested and played together. In the evenings, they often made a big fire. Some people played the drums and others danced around the fire. They called this dance the pow-wow.

Dena: We still have pow-wow dances today. I can't wait for the pow-wow next year!



First Nations people have pow-wow dances every year.

Culture Tip

A pow-wow is a gathering of First Nations people. It is a special event. People meet to dance, sing, talk and have fun. Sometimes, they even have dancing competitions. How long does a pow-wow usually last? Well, an important pow-wow can last for one week!

Let's Do It!

1 How was life for the First Nations people a long time ago? Listen and answer the questions.

1. What did they eat?
2. Were they healthy?
3. Did they go fishing?
4. What did they do after work?

2 Read the lesson and complete the passage with the correct words.

First Nations people came to _____ a long time ago. They went fishing and _____ for food every day. They spent a lot of time outdoors and they ate good, _____ food. After a hard day of work, they often made a big _____ and had pow-wow dances. Some people played the drums and _____ danced around the fire.

3 Rewrite the sentences using the proper form of “there be”.

1. They didn't have supermarkets at that time.
→ There were no supermarkets at that time.
2. Many different vegetables are in the salad.
→ _____.
3. A letter is at his front door.
→ _____.
4. Many clouds are in the sky.
→ _____.
5. Two interesting reports are in today's newspaper.
→ _____.
6. Many people are on the beach.
→ _____.

4 Work in pairs. Life was different a long time ago. Talk about the differences between life then and life now.

Example:

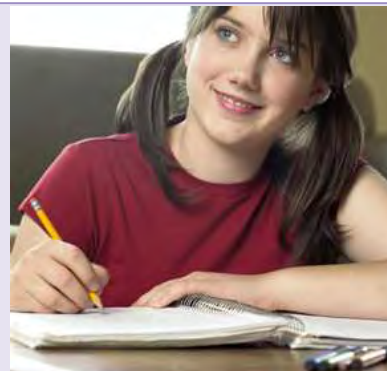
A: Today we buy food at the supermarket. But there were no supermarkets a long time ago. Where did people get food?

B: People went fishing and hunting for food. They always ate good, natural food. Now people eat a lot of fast food.

Lesson 42: Know Yourself

Know yourself! This is the first step towards success. But how? Try this! Take a piece of paper and write down a list of your habits.

I made two lists. There is a list of my good habits and a list of my bad habits.



Good Habits

- I usually get up early. I often wake up at 6:30 in the morning.
- I always eat breakfast.
- I brush my teeth three times a day.
- I drink eight glasses of water a day.

Bad Habits

- I don't get enough exercise.
- I spend too many hours watching TV.
- I don't always make my bed.
- I am not organized. And my room is always a mess.

Good habits lead the way to good health and success! Look at your lists. Are there any bad habits? How can you change those habits?

Develop your good habits and improve yourself! I tried it and it worked for me.

Now I watch TV only a few times a week. I often play basketball after school. And I keep my room clean and organized. I still don't always make my bed, but I'm working on it.

Let's Do It!

1 Read the lesson and fill in the blanks.

1. Know yourself! This is the _____ step towards success.
2. I _____ too many hours watching TV.
3. Good habits _____ the way to good health and success!
4. Look at your lists. Are there any bad _____?
5. We should _____ our rooms clean and organized!

2 Listen to the statements and match the people with the habits. Then draw 😊 for good habits or ☹️ for bad habits.



I brush my teeth three times a day.

()



I always get up early.

()



I spend too much time on the computer.

()

I often play basketball with my friends after school.

😊

I always keep my room clean and organized.

()

3 Fill in the blanks with the phrases in the box.

write down make my bed work on improve myself work for

1. Will you be my partner? Then we can _____ the project together.
2. He is very sick. Are you sure this medicine will _____ him?
3. I was in a hurry this morning and I didn't have time to _____.
4. I am changing my bad habits. I want to _____.
5. Please _____ your e-mail address. I will send you the pictures.

4 Work in pairs. Do you know yourself? Talk about your habits. Make a list of your good habits and a list of your bad habits. Talk about them.

My good habits

My bad habits

Unit Review

Building Your Vocabulary

I. Fill in the blanks with words from this unit. The first letter is given.

1. The Internet is useful for our studies. But it's not good to s_____ too much time on the computer.
2. I love dancing! It's fun to m_____ your body.
3. I left home late, but I caught the school bus. How l_____ I was!
4. I'm not o_____. I throw things everywhere. I'll try to improve myself.
5. We were very excited! Our t_____ won first place in the race.

II. These are some health tips from a newspaper. But some letters are missing. Fill in the missing letters and learn some good tips.

- Eat good, n__t__r__l food like fruit and vegetables. It's good for our h__ __l__h.
- Exercise can k__ __p us young!
- Running is good for our b__d__ __s and our m__ __ds. It can help us remember more information.
- Join a team! Take part in some sp__ __ts events. Learn good teamwork, get some e__er__ise and have fun!
- Develop good habits! Good habits are __mp__r__ __n__ for good health and success!



Grammar in Use

I. Use “there be” and position words to describe the pictures below.

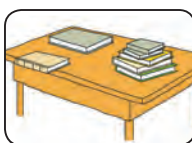


There is a pencil in
the pencil box.











II. Rewrite the sentences into questions using the proper form of “there be”.

1. A yellow bus is at the school gate.
→ Is there a yellow bus at the school gate?
2. Some lovely girls are in our classroom.
→ _____?
3. Only one person was at the Chess Club meeting.
→ _____?



Listening and Speaking

I. Listen to the definitions and tick the correct words or phrases.

- | | | |
|---|---------------------------------------|---------------------------------------|
| 1. <input type="checkbox"/> exercise | <input type="checkbox"/> habit | <input type="checkbox"/> worry |
| 2. <input type="checkbox"/> stay | <input type="checkbox"/> become | <input type="checkbox"/> have |
| 3. <input type="checkbox"/> move | <input type="checkbox"/> change | <input type="checkbox"/> health |
| 4. <input type="checkbox"/> have fun | <input type="checkbox"/> take part in | <input type="checkbox"/> be active |
| 5. <input type="checkbox"/> worry about | <input type="checkbox"/> work on | <input type="checkbox"/> used to |
| 6. <input type="checkbox"/> work for | <input type="checkbox"/> be good for | <input type="checkbox"/> take part in |

II. Listen and repeat.

1. There were many winners this ↘ year.
2. You are what you eat, ↘ Danny.
3. Were people healthy ↗ then?
4. Are there any bad ↗ habits?
5. How can you change those ↘ habits?

| | |
|--------------|---|
| Rising Tone |  |
| Falling Tone |  |

III. Number the dialogue in the correct order. Then do a role-play.

- ____ Oh, really? What did you change?
- ____ Thank you. I feel good, too!
- ____ I'm good. And you?
- ____ I changed my eating habits and I exercise more these days.
- ____ Oh, I see. Well, you look great now!
- ____ Yes. To tell you the truth, I changed many things about myself.
- ____ Hi, Bob. How are you?
- ____ I'm well, thank you. You look different, Bob. Did you change something about yourself?



Putting It All Together

A habit is a specific thing you often do. You do it so many times that you don't think about it — you just do it! You can make new habits and break bad habits. They say it takes 21 to 28 days to make new habits and six weeks to break bad ones. Think about your habits and fill in the table.

| Broken Habits | New Habits |
|---|---|
| I used to <u>drink too much pop</u> . | Now I <u>drink eight glasses of water every day</u> . |
| I used to <u>go to sleep too late</u> . | Now I <u>go to sleep early</u> . |
| I used to _____. | Now I _____. |
| I used to _____. | Now I _____. |
| I used to _____. | Now I _____. |

Self-Evaluation

Find more examples from this unit. Then mark your stars.

I. Talking about Habits, Exercise and Good Health

It's not good for your health!

I can talk about habits, exercise and health in English.



II. Using "there be"

There are many different vegetables in it.

I can use "there be" properly.



Sayings about Health and Habits

- Early to bed and early to rise makes a man healthy, wealthy and wise.
- Health is better than wealth.
- Wealth is nothing without health.
- An apple a day keeps the doctor away.
- First we make our habits, then our habits make us.
- Health is a relationship between you and your body.

UNIT 8

Lessons 43 ~ 48

Summer Holiday Is Coming!



We Will Learn

Functions

- ▶ Talking about Plans

Grammar

- ▶ Using “will” and “be going to”

Structures

- ▶ What are you going to do for the summer?
- ▶ I will/I’m going to ____.
- ▶ It’s going to be a great summer.
- ▶ I’m going to do well in ____ this summer!

Lesson 43: Have a Good Summer!

Jenny and Danny took their final exams today. School is over. They are excited for the summer!

Jenny: How did you do on the English exam, Danny?

Danny: Good... I hope.

Jenny: I'm sure you did well. What are you going to do for the summer? Do you have any plans?

Danny: Yes, I have big plans. My uncle has a house near the lake. I'm going to stay with his family for one month.



Jenny: Wow! That will be so fun.

Danny: Yeah. We will do so many things. We made a long list. We will go swimming and play in the sun every day! We will eat ice cream and enjoy the hot weather. We will play basketball, tennis, volleyball and football. It's going to be a great summer. I'm looking forward to it! How about you, Jenny? What are you going to do?

Jenny: Well, I'm going to...

Danny: Sorry, Jenny. My mum is waiting for me. I have to go. Have a good summer!

Jenny: OK, Danny. You too!



Let's Do It!

1 Read the lesson and complete Danny's diary.

Dear Diary,
I am so excited today. We wrote our final _____ and school is _____. The day after tomorrow, I will go to my uncle's house. I'll stay there for one _____. Debby and I will play basketball, _____, volleyball and _____. We will swim and play in the _____. It's going to be a great summer. I'm looking forward to it so much.

2 What will the boy and his family do for the summer? Listen to the passage and tick the correct pictures.



3 Rewrite the sentences using "will" or "be going to".

1. She has a new toy car.
→ She is going to have a new toy car tomorrow.
→ She will have a new toy car tomorrow.
2. Jane sings a folk song at the school party.
→ _____
3. Sometimes I walk to school.
→ _____
4. They listen to the radio every morning.
→ _____

4 Work in pairs. Make a plan for your summer holiday and then talk about it.

| Where will you go? | What will you do? |
|--------------------|-------------------|
| | |
| | |
| | |

Lesson 44: Volunteering in Summer

What will you do in the summer?
Here is my plan. I will volunteer at ARG (Animal Rights Group). ARG takes care of pets without a home.

Sometimes, people move away and they can't take their pets with them. Other times, people are too old or sick and they can't take care of their pets. Or sometimes, people are not nice to their pets.



volunteers



See this puppy? His name is Rocket. His family left him alone in a field. Luckily, ARG found Rocket and took him to the animal centre.

ARG needs a lot of volunteers. I'm going to volunteer four times a week. I will walk the dogs and I'll help with the other animals, too. I love animals.



I'm walking the dogs.



Learning Tip

A volunteer is someone who gives their time for free. Volunteering is a good way to learn some new skills and give back to the community.

You can volunteer at many different kinds of places. You can help out at: after-school clubs, libraries, homeless shelters, old age homes and lots more.

Let's Do It!

1 Read the lesson and answer the questions.

1. What do the letters “ARG” stand for?
2. What does ARG do for pets without a home?
3. Why are pets taken to ARG? List two reasons.
4. What happened to Rocket?
5. Why is the boy going to volunteer at ARG?

2 Someone called ARG and asked ARG for help. Listen and complete the phone call record with the phrases in the box.

take him away move away take care of leave him alone

Date: 15/07/2011

Time: 21:55

Person: Hi, my name is Peter. My neighbours are not nice to their pet.

ARG: What did they do to the pet?

Person: Well, they don't _____ their pet. They often _____ outside. And they don't give him enough food or water.

ARG: Oh, I see. What kind of animal is it?

Person: It's a dog. I want to bring him to my home, but I can't. I will _____ next week.

ARG: OK. We will come and check tomorrow. We may need to _____ and bring him to ARG. Thank you for calling.

3 Work in pairs. How can we help homeless animals? Are there any groups like ARG in your city? Would you like to volunteer there? Talk about it and write down your ideas.



Lesson 45: Baseball Season



Hello! My name is Greg. This summer I am going to play baseball for the Tigers. “Tigers” is the name of my team. Baseball is my favourite sport. My team and I will usually practice in the morning. And some evenings, we will play just for fun. On weekends, we will often play against other teams. My family and friends will come and watch me play. They’ll all sing “Take Me Out to the Ball Game” and they’ll buy snacks and pop at the game. Baseball is a fun sport for everyone. I love baseball season!

**Take me out to the ball game.
Take me out to the fair!
Buy me some hot dogs and lots of snacks.
I don’t care if I ever get back,
For it’s root toot toot for the home team.
If they don’t win, it’s a shame,
For it’s one, two, three and you’re out,
At the old ball game!**



Culture Tip

Baseball is the national sport of the U.S. It became very popular there in the 1840's. “Take Me Out to the Ball Game” is a popular song about baseball. Almost every baseball fan can sing this song. Jack Norworth wrote the words in 1908. But he never went to a baseball game before he wrote the song.

Let's Do It!

1 Read the lesson and answer the questions.

1. What is Greg going to do this summer?
2. What's the "Tigers"?
3. What's Greg's favourite sport?
4. When will Greg's team practice and when will they play against other teams?
5. Who will come and watch Greg play?

2 Listen to the chant and fill in the blanks.

Will you come to my _____ game?
Will you come and watch me _____?
I'm playing for the Tigers.
I'm going to practice every day.
Will you come to my baseball game?
Will you sing songs and buy a snack?
Look for my team on the baseball _____.
Our uniforms are _____ and black.



3 Fill in the blanks using "will" or "be going to".

1. They _____ have a party on Tuesday.
2. She _____ watch a movie this weekend.
3. I can't talk now. I _____ call you later.
4. We _____ be on the same team this year.
5. What _____ you do this summer?

4 Baseball is a big part of American culture. Many common sayings come from baseball. What do the following sayings mean? Match the sayings with their meanings.

play ball

drop the ball

home run

play softball

one base at a time

one step at a time

do business or work together with someone

make a mistake or do something wrong

ask easy questions

do something very well, to be a winner

Lesson 46: Get Ready for Summer Holiday!

To: liming@net.cn

From: jenny@compmail.ca

Date: 26/06 4:30 p.m.

Subject: Goodbye School!

Hi Li Ming!

Can you believe it? Another school year is over! This morning, we played a baseball game outside. We had fun together!

At noon, we had a party. We had hamburgers and pop! Mr. Jones even brought donuts! Danny had a big smile on his face.

I did well in my exams. How did you do?

Now I am ready for my summer holiday. Next week, my friends and I are going to a national park in western Canada. We will walk in the forest, fish at the lake, listen to the birds and learn more about Canadian nature. We will see a lot of great things.

In August, my family will go to the beach. It's 650 kilometres away from our home. It will be a long drive. But it's my favourite place for summer.

Wish you a great summer holiday!

Write soon,
Jenny



Let's Do It!

- 1 What did Jenny do on the last day of school? What is her plan for the summer? Read the lesson and match the time adverbs with the sentences.**

| | |
|---------------|--|
| This morning | my friends and I are going to a national park. |
| Next week | we played a baseball game outside. |
| At noon today | my family will go to the beach. |
| In August | we had a party! |

- 2 Listen to the passage and fill in the blanks.**

Betty has big _____ this summer. She _____ visit her aunt and cousins in Beijing. She will stay there for two _____. On the first day, they are going to _____ the Palace Museum. And later, they will _____ Wangfujing Street. The next day, they plan to _____ the Great Wall. They _____ the Wall and have a picnic near the mountains. On _____, they are going to the Beijing Zoo. Betty _____ to see the pandas at the zoo. She loves pandas! It's going to be a great _____.

- 3 Fill in the blanks with the correct forms of the given words.**

1. They _____ (go) to school tomorrow.
2. He _____ (leave) the house at 8:00 a.m. every day.
3. She _____ (go) to work on weekdays.
4. Jenny _____ (watch) a movie next Tuesday evening.
5. We _____ (play) basketball together the day after tomorrow.
6. I _____ (listen) to the English radio program every morning.

- 4 Imagine you will go with Jenny to the national park in western Canada. Make a detailed plan for your trip and then write about it.**

On July 10, we are going to fish at the lake.

Lesson 47: Summer Plans

It's the last day of school. The students are talking about their summer plans.

Ms. Liu: Do you have any plans for this summer?

Wang Mei: Yes. I am going to work at the library. I will volunteer there for four weeks. I'm going to read storybooks to young children.

Tao Xiaolin: My parents and I are planning a trip to Germany this summer. I will take lots of pictures.



Li Lin: I'm going to take swimming lessons. I will go swimming three times a week.

Li Ming: I'm really excited about my summer plans. I'm going to live with a family in the countryside. It will be a good experience.

Ms. Liu: It's going to be a fun summer. You all have wonderful plans.

Tao Xiaolin: How about you, Ms. Liu?
What are your plans for the summer?

Ms. Liu: Well, I'm going back to school!

All the students: Going back to school?

Ms. Liu: Yes. I am going to take summer classes at Beijing University. I want to keep learning.

Wow! Even teachers keep learning.



Dig In

Ms. Liu never wants to stop learning. She is a lifelong learner. It's important to keep learning. Learning doesn't stop after school. Learning happens every day and everywhere. John Dewey, a famous educator, said, "Education is not preparation for life; education is life itself."

Let's Do It!

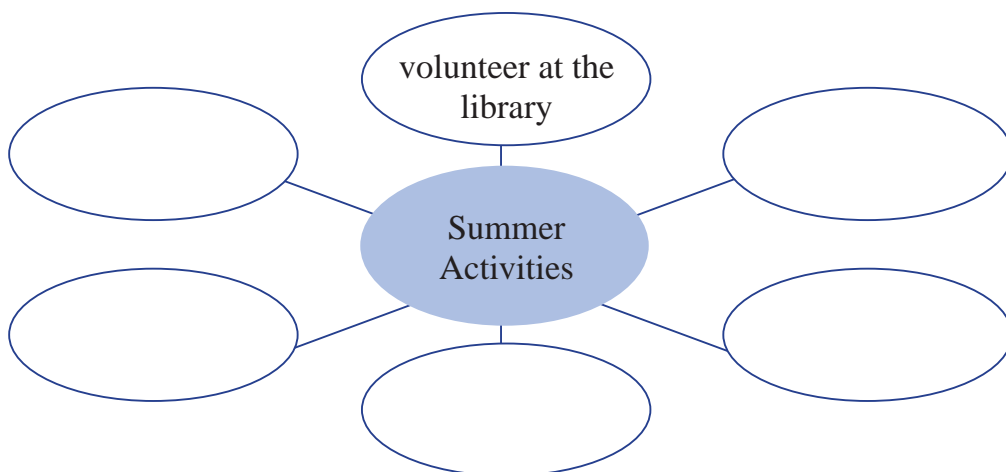
- 1 What are they going to do for the summer? Listen to the dialogues and match the pictures.



- 2 Read the lesson and fill in the blanks.

The students are talking about their _____ for the summer. They are excited. Wang Mei is planning to work at the _____. She will _____ there for four weeks. She is going to read _____ to young children. Tao Xiaolin is going to _____ with his _____. He will take many photos. Li Lin is going to take swimming lessons. She will go swimming _____ times a week. Li Ming is going to stay with a family in the _____. Ms. Liu is going to take summer classes at Beijing _____.

- 3 Work in groups. What activities can you do during the summer? Talk about it and fill in the mind map.



Lesson 48: Li Ming's Summer Holiday

To: jenny@compmail.ca

From: liming@net.cn

Date: 05/07 9:30 p.m.

Subject: My summer

Hi Jenny,

Walk in the forest! Fish at the lake! Listen to the birds! You are so lucky!

Yes, another school year is over! I did well in my exams, too. Our school organized a special two-week summer camp. I am going to the countryside.

I will stay with a family in their home. At the same time, a kid from the countryside will come and live in my home.

During the two weeks, we are going to take part in many activities. I will experience a new life in another part of China. I am going to write down all of my experiences and share them with you. It will be fun. I am really looking forward to it!

Enjoy your summer!

Your friend,

Li Ming



Let's Do It!

1 Read the lesson and write true (T) or false (F).

1. Li Ming did not do well in his exams. ()
2. Li Ming is going to visit his grandparents in the countryside. ()
3. Jenny is going to stay at Li Ming's home during the summer holiday. ()
4. Li Ming will stay in the countryside for fourteen days. ()
5. Li Ming is going to write down all of his experiences. ()

2 Listen to the passage and tick the correct answers.

1. Bob lives in _____.
☐ Beijing ☐ New York ☐ Shanghai
2. Bob is a _____.
☐ policeman ☐ doctor ☐ nurse
3. Bob is going to visit _____.
☐ Hong Kong ☐ Beijing ☐ Xi'an
4. Bob is going to _____ during his holiday.
☐ go bike riding ☐ go shopping ☐ go swimming

3 What are you going to do? Answer the questions using "will" or "be going to".

1. Will you study at the library this afternoon?
No, I won't. I have English class this afternoon.
2. Are you going to take a walk after dinner?

3. Will you cook for the family this evening?

4. Are you going to visit your grandparents this weekend?

5. Will you fish at the lake?

6. Will you go to the countryside this summer?

4 Work in pairs. Suppose you will go on your dream summer holiday. Write about it.

Task tips: Where will you go? How will you get there? Who will you go with? What will you do there? How long will you stay there?

Unit Review

Building Your Vocabulary

I. Fill in the blanks with the words from this unit. The first letter is given.

1. We are going to the countryside. We will stay there for the summer. We love n_____!
2. He is a good big brother. He takes c_____ of his little sister.
3. There was no one else in the room. The old lady was a_____.
4. That little boy doesn't want to l_____ his puppy at home.
5. You can invite some friends to look at these pictures with you, and you can s_____ your experiences with them.

II. Fill in the blanks with the correct forms of the phrases in the box.

look forward to get ready for do well in
play against take part in

1. The children always _____ school at 7:20 a.m.
2. Danny is _____ seeing his uncle this summer holiday.
3. I am too busy this summer. I can't _____ any more activities.
4. In August, our team will _____ the Lions.
5. The boy _____ his exam. His mother was very happy.

Grammar in Use

I. Rewrite the sentences using short forms.

1. I am a student in junior high school.
→ I'm a student in junior high school.
2. He is 43 years old.
→ _____
3. She will not stay in Shijiazhuang any longer.
→ _____
4. We are good friends.
→ _____
5. He does not drive a car.
→ _____

II. Rewrite the sentences using "will".

1. They are going to play a basketball game next Tuesday.
→ They will play a basketball game next Tuesday.

2. We are going to get up early tomorrow morning.
→ _____
3. He is going to visit his grandmother this weekend.
→ _____
4. I am going to go shopping this Sunday.
→ _____
5. Our school is going to have a Sports Day.
→ _____

Listening and Speaking

I. Listen to the passage and complete the form.

| Information Form | |
|--|--|
| Name: Jerry | |
| Age: _____ | |
| 1. Where is Jerry from? <u>Australia</u> | |
| 2. Where is Jerry going? _____ | |
| 3. Who is Jerry going with? _____ | |
| 4. How long will Jerry stay there? _____ | |
| 5. Who will Jerry visit? _____ | |

II. Listen and repeat.

| ● ● ● | ● ● ● | ● ● ● |
|---|--|---|
| animal holiday volleyball organize | volunteer introduce magazine understand | excited protection Canadian tomorrow |

III. Li Lin meets Wang Mei on her way to the supermarket. Read the sentences and put them in the correct order.

- _____ I'm going to the supermarket.
- _____ I'm going to buy some exercise books.
- _____ Hello, Wang Mei. Where are you going?
- _____ Oh, could you get some for me, please?
- _____ I'd like to, but I am going to fix my bike. It's broken.
- _____ Sure, but why don't you come with me?
- _____ What are you going to buy?

Putting It All Together

Imagine you are a TV show host. You are interviewing some famous people about their plans for the summer. Write about their plans and draw or cut out some pictures to go with it.



Example:

Yao Ming has some great plans for the summer.
He will visit his friend's house on the beach.
He will stay with his friends for ten days.

Self-Evaluation

Find more examples from this unit. Then mark your stars.

I. Talking about Plans

I'm going to stay with his family for
one month.

I can make and talk about plans in
English.



II. Using "will" and "be going to"

It's going to be a great summer.

I can use "will" and "be going to"
properly.



Out on the Beach

Out on the beach
Where we love to lie,
We watch and watch
The clouds go by.
The sky is blue.
The clouds are white.
The sand is warm.
We feel all right.



Down by the river
Where the fish live,
We watch and watch
The boats go by.
The gentle wind,
The sunny sky,
No bees and bears,
Just you and I.



Pronunciation

Rules of Reading 辅音和辅音字母组合读音规则表

| | | | | |
|-------|--------------------------|----------------------------------|--|-----------------|
| b | /b/ 不发音 | bed climb | boy lamb | big doubt |
| c | /s/ /ʃ/ /k/ | centre social class | city special capital | decide magic |
| d | /d/ | date | cold | ready |
| f | /f/ /v/ | five of | flower | free |
| g | /g/ /dʒ/ | girl large | finger gym | bag orange |
| h | /h/ 不发音 | hard honest | hotel hour | hurt |
| j | /dʒ/ | joke | enjoy | join |
| k | /k/ | kite | key | look |
| l | /l/ 不发音 | last half | little talk | pool |
| m | /m/ | may | member | middle |
| n | /n/ /ŋ/ | name uncle | nine thank | rain finger |
| p | /p/ | paint | pink | plan |
| r | /r/ | red | camera | rabbit |
| s | /s/ /z/ /ʃ/ /ʒ/ | sunny reason sure usual | delicious always sugar pleasure | sea treasure |
| t | /t/ | seat | tea | return |
| v | /v/ | visit | love | |
| w | /w/ | wait | winter | week |
| x | /ks/ /gz/ | six exam | excuse example | |
| y | /j/ | yes | yesterday | your |
| z | /z/ | zoo | size | zero |
| ch | /tʃ/ /k/ /ʃ/ | teacher chemistry machine | lunch headache | child school |
| ck | /k/ | back | black | luck |
| dr | /dr/ | drink | draw | |
| ds | /dz/ | birds | friends | kids |
| gh | /f/ 不发音 | laugh eight | daughter | right |
| gn | /n/ | sign | foreign | |
| gu | /g/ | guess | | |
| kn | /n/ | know | knife | |
| mn | /m/ | autumn | | |
| ng | /ŋ/ /ŋɡ/ | sing hungry | king English | bring |
| nk | /ŋk/ | thank | think | |
| ph | /f/ | elephant | photo | |
| qu | /kw/ | question | quick | |
| sh | /ʃ/ | she | shirt | fish |
| sion | /ʒn/ | decision | television | |
| ssion | /ʃn/ | expression | | |
| tch | /tʃ/ | watch | catch | |
| th | /θ/ /ð/ | north that | thing other | thank with |
| tle | /tl/ | gentle | | |
| tr | /tr/ | trip | try | |
| tion | /ʃn/ | nation | information | |
| ts | /ts/ | its | shorts | hats |
| ture | /tʃə/ | future | picture | |
| wh | /w/ /h/ | what who | why whom | when whose |
| wr | /r/ | write | wrong | |

Stress 单词重音

任何单词的读音,都可以分解为一个个音节。音节是读音的基本单位,是含有一个响亮音素的语音片段。一个元音音素可构成一个音节,一个元音音素和一个或几个辅音音素结合也可以构成一个音节。一般说来,辅音发音不响亮,不能单独构成音节(/m/,/n/,/l/例外)。

1. 由一个音节构成的单词,称为单音节词,单音节词总是重读,音标中不标出重音符号。例如:

book/buk/ pen/pen/ club/clʌb/ fun/fʌn/

2. 由两个音节构成的单词称为双音节词。由三个及三个以上音节构成的单词称为多音节词,在双音节或多音节词中,总有一个音节读得重而强(重读音节),其余的音节读得轻而弱。重读音节用符号/ˈ/表示。例如:

busy/ˈbɪzi/ music/ˈmjuːzɪk/ dinner/ˈdɪnə/ practice/ˈpræktɪs/

different/ˈdɪfərənt/ improve/ɪmˈpruːv/ delicious/dɪˈlɪʃəs/

3. 有的单词有两个重读音节,包括一个重读音节,一个次重读音节,次重读音节用符号/ˌ/表示。例如:

thirteen/ˌθɜːˈtiːn/ outside/ˌaʊtˈsaɪd/

international/ˌɪntəˈnæʃnəl/ information/ˌɪnfəˈmeɪʃn/

competition/ˌkɒmpɪˈtɪʃən/ introduce/ˌɪntrəˈdjuːs/

understand/ˌʌndəˈstænd/ magazine/ˌmæɡəˈziːn/

violin/ˌvaɪəˈlɪn/ university/ˌjuːnɪˈvɜːsəti/

Tone 语调

说话或朗读时声音的抑扬称为语调,英语句子的语调通常分为升调和降调两种。升调或降调都从句子中最后一个重读元音开始。一般遵循以下规则:

1. 一般疑问句用升调。

May I take photos ↗ here?

Can I find Lanzhou noodles ↗ here?

Are you ready for the ↗ project?

2. 省略句表示疑问用升调。

See this ↗ puppy?

Carrot and egg ↗ dumplings?

3. 陈述句用降调。

I'm so happy to be in ↘ China.

After lunch, we fed the ↘ geese.

Surfing is very popular ↘ here.

4. 特殊疑问句用降调。

How is school life ↘ here?

What's your project ↘ about?

Why don't you learn a traditional Chinese ↘ dance?

5. 选择疑问句中,or 前面的用升调,后面的用降调。

Which coat do you like? The green ↗ one or the red ↘ one?

6. 列举事物时,and 前面的用升调,后面的用降调。

You can eat ↗ rice, ↗ noodles and ↘ apples.

Vocabulary (I)

【注】本词汇表中的黑体词为要求掌握的词汇；其余单词为接触词汇。

Unit 1

| | | |
|--|--------------------------|-------|
| trip /trɪp/ <i>n.</i> | 旅行, 旅程 | (1) |
| silk /sɪlk/ <i>n.</i> | 丝; 丝绸 | (1) |
| road /rəʊd/ <i>n.</i> | 路, 公路 | (1) |
| lead /li:d/ <i>v.</i> (led/led) | 带领; 指路 | (1) |
| Martin /'mɑ:tɪn/ | 马丁(姓氏) | (1) |
| note /nəʊt/ <i>n.</i> | 便笺; 笔记 | (1) |
| chance /tʃɑ:ns/ <i>n.</i> | 机会; 运气 | (1) |
| send /send/ <i>v.</i> (sent/sent) | 寄; 送 | (1) |
| news /nju:z/ <i>n.</i> | 新闻, 消息 | (1) |
| exciting /ɪk'saɪtɪŋ/ <i>adj.</i> | 使人激动的 | (2) |
| along /ə'ləŋ/ <i>prep.</i> | 沿着…… | (2) |
| kilometre /'kɪləmi:tə/ <i>n.</i> | 千米, 公里 | (2) |
| special /'speʃl/ <i>adj.</i> | 特殊的; 特别的 | (2) |
| culture /'kʌltʃə/ <i>n.</i> | 文化 | (2) |
| arrive /ə'raɪv/ <i>v.</i> | 到达, 抵达 | (2) |
| Terra Cotta Warrior /'terə 'kɒtə 'wɔ:riə/ | 兵马俑 | (2) |
| leave /li:v/ <i>v.</i> (left/left) | 动身; 出发; 离开 | (2) |
| Wild Goose Pagoda /waɪld gu:s pə'geʊdə/ | 大雁塔 | (3) |
| hit /hɪt/ <i>v.</i> (hit/hit) | 击, 击中 | (3) |
| ancient /'eɪnfənt/ <i>adj.</i> | 古代的; 古老的 | (3) |
| drum /drʌm/ <i>n.</i> | 鼓 | (3) |
| ring /rɪŋ/ <i>v.</i> (rang/rung) | 敲(钟); 打电话; 按(铃); 鸣; 响 | (3) |
| bell /bel/ <i>n.</i> | 钟; 铃 | (3) |
| enjoy /ɪn'dʒɔɪ/ <i>v.</i> | 喜欢; 享受……乐趣 | (3) |
| dish /dɪʃ/ <i>n.</i> | 菜肴; 盘, 碟 | (3) |
| tour /tuə/ <i>n. & v.</i> | 旅游; 游行 | (3) |
| guide /gaɪd/ <i>n.</i> | 导游; 向导 | (3) |
| pit /pɪt/ <i>n.</i> | 坑, 深坑; 陷阱 | (3) |
| move /mu:v/ <i>v.</i> | 移动; 搬动 | (3) |
| sign /saɪn/ <i>n.</i> | 招牌; 记号 | (3) |
| group /gru:p/ <i>n.</i> | 群; 组; 团体 | (4) |
| bridge /brɪdʒ/ <i>n.</i> | 桥梁 | (4) |

| | | |
|--|-----------------|-------|
| cross /krɒs/ <i>v.</i> | 横跨; 横穿 | (4) |
| wide /waɪd/ <i>adj.</i> | 宽的; 广泛的 | (4) |
| cheese /tʃi:z/ <i>n.</i> | 干酪; 奶酪 | (4) |
| another /ə'nʌðə/ <i>adj.</i> | 另外的; 又一 | (5) |
| <i>pron.</i> | 另一个 | (5) |
| amazing /ə'meɪzɪŋ/ <i>adj.</i> | 惊奇的; 惊人的 | (5) |
| main /meɪn/ <i>adj.</i> | 主要的 | (5) |
| sand /sænd/ <i>n.</i> | 沙; 沙地 | (5) |
| cave /keɪv/ <i>n.</i> | 洞窟; 山洞 | (5) |
| believe /bɪ'li:v/ <i>v.</i> | 相信 | (5) |
| Marco Polo /'mɑ:kəʊ 'pəʊləʊ/ | 马可·波罗 | (5) |
| | (十四世纪意大利商人、旅行家) | (5) |
| camel /'kæməl/ <i>n.</i> | 骆驼 | (5) |
| sir /sɜ:/ <i>n.</i> | 先生; 老师 | (5) |
| safe /seɪf/ <i>adj.</i> | 安全的 | (5) |
| fall /fɔ:l/ <i>v.</i> (fell/fallen) | 落下, 跌倒 | (5) |
| onto /'ɒntə/ <i>prep.</i> | 到……上面 | (5) |
| yay /jeɪ/ <i>int.</i> | 哇(因高兴而欢呼) | (5) |
| diary /'daɪəri/ <i>n.</i> | 日记; 日志 | (6) |
| last /lɑ:st/ <i>adj.</i> | 最后的; 上一个 | (6) |
| clothing /'kləʊðɪŋ/ <i>n.</i> | 衣物 | (6) |
| nest /nest/ <i>n.</i> | (鸟的)窝, 巢 | (6) |
| few /fju:/ <i>adj.</i> | 少数的, 很少的 | (6) |
| building /'bɪldɪŋ/ <i>n.</i> | 建筑物 | (6) |
| hold /həʊld/ <i>v.</i> (held/held) | 举行; 拿着 | (6) |
| Olympics /ə'lɪmpɪks/ <i>n.</i> | 奥林匹克竞赛; 奥运会 | (6) |
| thousand /'θaʊzənd/ <i>num.</i> | 千 | (6) |
| instrument /'ɪnstɹʊmənt/ <i>n.</i> | 乐器; 仪器 | (6) |
| someday /'sʌmdeɪ/ <i>adv.</i> | 将来有一天 | (6) |

Unit 2

| | | |
|--|----------------|-------|
| project /'prɒdʒekt/ <i>n.</i> | 课题; 计划 | (7) |
| interest /'ɪntrɪst/ <i>n.</i> | 兴趣 | (7) |
| still /stɪl/ <i>adv.</i> | 还, 仍旧 | (7) |
| <i>adj.</i> | 不动的; 静止的 | (7) |
| anywhere /'eniweə/ <i>adv.</i> | 任何地方; 无论 何处 | (7) |
| joke /dʒəʊk/ <i>n. & v.</i> | (开)玩笑 | (7) |
| Italy /'ɪtəli/ | 意大利(地名) | (8) |

| | |
|---|---|
| age /eɪdʒ/ <i>n.</i> 年龄 (8) | blog /blɒɡ/ <i>n.</i> 博客(网络电子日志) (12) |
| goods /ɡʊdz/ <i>n.</i> 商品;物品 (8) | experience /ɪk'spɪəriəns/ <i>v. & n.</i> 体验;经历;经验 (12) |
| Europe /'jʊərəp/ <i>n.</i> 欧洲 (8) | alive /ə'laɪv/ <i>adj.</i> 活着的;有活力的 (12) |
| Asia /'eɪʃə/ <i>n.</i> 亚洲 (8) | own /əʊn/ <i>adj.</i> 自己的 (12) |
| journey /'dʒɜːni/ <i>n.</i> 旅行;旅程 (8) | should /ʃʊd/ <i>v. aux.</i> 应该;将要 (12) |
| king /kɪŋ/ <i>n.</i> 国王 (8) | anyone /'eniwʌn/ <i>pron.</i> 任何人;无论谁 (12) |
| coal /kəʊl/ <i>n.</i> 煤 (8) | suggestion /sə'dʒestʃən/ <i>n.</i> 建议 (12) |
| discover /dɪs'kʌvə/ <i>v.</i> 发现;了解 (8) | yum /jʌm/ <i>int.</i> 好吃;味道或气味非常好 (12) |
| invent /ɪn'vent/ <i>v.</i> 发明;创造 (8) | |
| other /'ʌðə/ <i>adj.</i> 别的;其他的 (8) | |
| describe /dɪ'skraɪb/ <i>v.</i> 描写;描述 (9) | |
| build /bɪld/ <i>v.</i> (built/built) 修建;建造 (9) | |
| ago /ə'ɡəʊ/ <i>adv.</i> 前;以前 (9) | |
| army /'ɑːmi/ <i>n.</i> 军队;陆军 (9) | |
| clay /kleɪ/ <i>n.</i> 黏土 (9) | |
| soldier /'səʊldʒə/ <i>n.</i> 战士,士兵 (9) | |
| important /ɪm'pɔːtənt/ <i>adj.</i> 重要的 (9) | |
| tool /tuːl/ <i>n.</i> 工具;用具 (9) | |
| desert /'dezət/ <i>n.</i> 沙漠;荒漠 (9) | |
| more /mɔː/ <i>adj. & pron.</i> (much/many 的 比较级)更多,较多 (9) | |
| Lily /'lɪli/ 莉莉(人名) (9) | |
| realize /'rɪəlaɪz/ <i>v.</i> 认识到;实现 (10) | |
| rich /rɪtʃ/ <i>adj.</i> 丰富的;富有的 (10) | |
| western /'westən/ <i>adj.</i> 西方的;西式的 (10) | |
| violin /ˌvaɪə'lɪn/ <i>n.</i> 小提琴 (10) | |
| dancer /'dɑːnsə/ <i>n.</i> 跳舞的人 (10) | |
| online /ˌɒn'laɪn/ <i>adj.</i> 在线的;联网的 (11) | |
| especially /ɪ'speʃəli/ <i>adv.</i> 尤其;特别 (11) | |
| treasure /'treʒə/ <i>n.</i> 宝物;财富 (11) | |
| end /end/ <i>n.</i> 最后;末端 (11) | |
| product /'prɒdʌkt/ <i>n.</i> 产品;结果 (11) | |
| worth /wɜːθ/ <i>adj.</i> 值得(做某事);有价值的 (11) | |
| hand-made /ˌhænd'meɪd/ <i>adj.</i> 手工的 (11) | |
| taste /teɪst/ <i>v.</i> 尝起来;品尝;体验 (11) | |
| Dora /'dɔːrə/ 多拉(人名) (11) | |
| Monica /'mɒnɪkə/ 莫妮卡(人名) (11) | |
| true /truː/ <i>adj.</i> 真实的;真正的;正确的 (11) | |
| supper /'sʌpə/ <i>n.</i> 晚餐 (11) | |
| Paul /pɔːl/ 保罗(人名) (11) | |
| once /wʌns/ <i>adv.</i> 从前;一度;一次 (11) | |
| | Unit 3 |
| | life /laɪf/ <i>n.</i> 生活 (13) |
| | term /tɜːm/ <i>n.</i> 学期 (13) |
| | start /stɑːt/ <i>v.</i> 开始;出发 (13) |
| | finish /'fɪnɪʃ/ <i>v.</i> 完成;结束 (13) |
| | twice /twɑɪs/ <i>adv.</i> 两次;两倍 (13) |
| | win /wɪn/ <i>v.</i> (won/won) 赢得;获胜 (13) |
| | yeah /jeə/ <i>int.</i> (口语)是;对 (13) |
| | social /'səʊʃl/ <i>adj.</i> 社会的 (13) |
| | shop /ʃɒp/ <i>n.</i> 手工艺课 (13) |
| | myself /maɪ'self/ <i>pron.</i> 我自己 (13) |
| | Edmonton /'edmɒntən/ 埃德蒙顿(加拿大 西南部城市,阿尔伯塔省省会) (14) |
| | middle /'mɪdl/ <i>adj.</i> 中等的 (14) |
| | Greenwood /'ɡriːnwʊd/ Middle School 格林伍德中学 (14) |
| | grade /ɡreɪd/ <i>n.</i> 年级 (14) |
| | wood /wʊd/ <i>n.</i> 木头;木材 (14) |
| | print /prɪnt/ <i>v.</i> 印图案于;印刷 (14) |
| | guitar /ɡɪ'tɑː/ <i>n.</i> 吉他 (14) |
| | fair /feə/ <i>n.</i> 展览会 (14) |
| | worm /wɜːm/ <i>n.</i> 蠕虫 (14) |
| | silk worm 蚕 (14) |
| | difference /'dɪfrəns/ <i>n.</i> 差异;差别 (15) |
| | village /'vɪlɪdʒ/ <i>n.</i> 村庄,乡村 (15) |
| | education /ˌedʒʊ'keɪʃn/ <i>n.</i> 教育 (15) |
| | yourself /jɔː'self/ <i>pron.</i> 你自己 (15) |
| | drop /drɒp/ <i>v.</i> 放弃;停止 (15) |
| | possible /'pɒsəbl/ <i>adj.</i> 可能的 (15) |
| | never /'nevə/ <i>adv.</i> 从来没有;决不 (15) |
| | future /'fjuːtʃə/ <i>n.</i> 未来 (15) |
| | Jason Glen /'dʒeɪsn ɡlen/ 杰森·格伦(人名) (16) |

Riverside /'rɪvəsəɪd/ High School 河畔中学 (16)

terrible /'terəbl/ *adj.* 可怕的; 非常严重的 (16)

happen /'hæpən/ *v.* 发生 (16)

lose /lu:z/ *v.* (lost/lost) 失去; 失败 (16)

fire /'faɪə/ *n.* 火; 火灾 (16)

raise /reɪz/ *v.* 筹募(钱财) (16)

prize /praɪz/ *n.* 奖品; 奖赏 (17)

video /'vɪdɪəʊ/ *n.* 录像; 视频 (17)

piece /pi:s/ *n.* 张; 片 (17)

visitor /'vɪzɪtə/ *n.* 参观者 (17)

teach /ti:tʃ/ *v.* (taught/taught) 教; 讲授 (18)

quite /kwaɪt/ *adv.* 非常; 十分 (18)

nervous /'nɜ:vəs/ *adj.* 紧张的; 不安的 (18)

comfortable /'kʌmfətəbl/ *adj.* 舒服的 (18)

relaxed /rɪ'læksɪd/ *adj.* 轻松的; 放松的 (18)

helpful /'helpfl/ *adj.* 有用的; 有帮助的 (18)

Unit 4

activity /æk'tɪvəti/ *n.* 活动 (19)

Steven /'sti:vn/ 史蒂文(人名) (19)

volleyball /'vɒləbɔ:l/ *n.* 排球; 排球运动 (19)

practice /'præktɪs/ *n. & v.* 练习 (19)

chess /tʃes/ *n.* 国际象棋 (19)

club /klʌb/ *n.* 俱乐部; 社团 (19)

volunteer /'vɒləntɪə(r)/ *v.* 自愿帮助
n. 志愿者 (19)

bingo /'bɪŋɡəʊ/ *n.* 宾戈游戏 (19)

both /bəʊθ/ *adj. & pron.* 二者(的) (19)

nothing /'nʌθɪŋ/ *n. & pron.* 无事; 无物 (19)

join /dʒɔɪn/ *v.* 参加 (20)

improve /ɪm'pru:v/ *v.* 提高; 改善 (20)

thinking /'θɪŋkɪŋ/ *adj.* 思想的; 理性的 (20)

skill /skɪl/ *n.* 技能; 技巧 (20)

challenge /'tʃælɪndʒ/ *v. & n.* 挑战 (20)

meeting /'mi:tɪŋ/ *n.* 聚会; 会议 (20)

act /ækt/ *v. & n.* 行动; 扮演 (20)

useful /'ju:sfl/ *adj.* 有用的; 有益的 (20)

role /rəʊl/ *n.* 职能; 角色 (20)

team /ti:m/ *n.* 队; 组 (20)

shape /ʃeɪp/ *n.* 样子; 形状 (20)

level /'levl/ *n.* 水平; 标准; 质量 (20)

pool /pu:l/ *n.* 小池; 水塘 (20)

type /taɪp/ *n.* 类型; 种类 (21)

following /'fɒləʊɪŋ/ *adj.* 接着的; 下述的 (21)

which /wɪtʃ/ *adj. & pron.* 哪(那)一个 (21)

circle /'sɜ:kl/ *v.* 圈出
n. 圆 (21)

add /æd/ *v.* 加; 增加; 添加 (21)

score /skɔ:/ *n.* 得分 (21)

relax /rɪ'læks/ *v.* 放松; 休息 (21)

free /fri:/ *adj.* 空闲的; 自由的 (21)

mind /maɪnd/ *n.* 头脑; 思想 (21)

active /'æktɪv/ *adj.* 积极的; 活跃的 (21)

quietly /'kwaɪətli/ *adv.* 安静地; 平静地 (21)

must /mʌst/ *v. aux.* 必须; 应当 (21)

without /wɪ'daʊt/ *prep.* 没有; 不用 (21)

bored /bɔ:d/ *adj.* 无聊的; 无趣的 (21)

example /ɪɡ'zɑ:mpl/ *n.* 例如; 范例 (21)

hurry /'hʌrɪ/ *n. & v.* 赶紧; 匆忙 (22)

somewhere /'sʌmweə/ *adv.* 在某处 (22)

actually /'æktʃʊəli/ *adv.* 的确; 真实地 (22)

cooking /'kʊkɪŋ/ *n.* 烹调 (22)

surf /sɜ:f/ *v.* 冲浪 (22)

Internet /'ɪntənɪt/ *n.* 因特网; 互联网 (22)

housework /'haʊswɜ:k/ *n.* 家务劳动 (22)

phone /fəʊn/ *n.* 电话
v. 打电话 (23)

bookworm /'bʊkwɜ:m/ *n.* 书迷; 书虫 (23)

anything /'eniθɪŋ/ *pron.* 任何事物; 某事 (23)

grocery /'grəʊsərɪ/ *n.* 杂货 (23)

expensive /ɪk'spensɪv/ *adj.* 昂贵的 (23)

yummy /'jʌmi/ *adj.* 好吃的; 美味的 (24)

everybody /'evrɪbɒdi/ *pron.* 每人; 人人 (24)

Unit 5

foreign /'fɒrən/ *adj.* 外国的 (25)

could /kʊd/ *v. aux.* 能; 可能 (25)

loudly /'laʊdli/ *adv.* 高声地; 大声地; 吵闹地 (25)

understand /ˌʌndə'stænd/ *v.* (understood/
understood) 懂得; 理解 (25)

cartoon /kɑ:'tu:n/ *n.* 动画片;漫画 (25)

Canadian /kə'neɪdɪən/ *adj.* 加拿大(人)的
n. 加拿大人 (25)

Alicia /ə'li:fɪə/ 艾丽西娅(人名) (26)

Russia /'rʌʃə/ 俄罗斯(地名) (26)

reply /rɪ'plai/ *n. & v.* 回答;答复 (26)

competition /ˌkɒmpɪ'tɪʃən/ *n.* 比赛;竞赛 (26)

proud /praʊd/ *adj.* 自豪的;引以为荣的 (26)

such /sʌtʃ/ *adj.* 那么的;这样的 (26)

letter /'letə/ *n.* 字母 (27)

exactly /ɪɡ'zæktli/ *adv.* 确切地;精确地 (27)

fact /fækt/ *n.* 事实;真实的事物 (27)

sentence /'sentəns/ *n.* 句子 (27)

quick /kwɪk/ *adj.* 快的;迅速的 (27)

fox /fɒks/ *n.* 狐狸 (27)

lazy /'leɪzi/ *adj.* 懒惰的 (27)

forwards /'fɔ:wədz/ (= forward/'fɔ:wəd/)
adv. 向前 (27)

backwards /'bækwədz/ (= backward/'bækwəd/)
adv. 向后;倒 (27)

therein /ˌðeərɪn/ *adv.* 在那里;在其中 (27)

even /'i:vən/ *adv.* 甚至;还;其实 (27)

dig /dɪɡ/ *v.* (dug/dug) 挖;掘 (27)

Teresa /tə'ri:zə/ 特里萨(人名) (28)

Hong Kong /hɒŋ kɒŋ/ 香港 (28)

storybook /'stɔ:ri:bʊk/ *n.* 故事书 (28)

magazine /ˌmægə'zi:n/ *n.* 杂志 (28)

newspaper /'nju:zpeɪpə/ *n.* 报纸 (28)

mistake /mɪ'steɪk/ *n.* 错误 (28)

silly /'sɪli/ *adj.* 愚蠢的;傻的 (28)

Susan /'su:zən/ 苏珊(人名) (28)

oops /ʊps/ *int.* 哎哟;啊呀(摔倒或出小
差错时的用语) (28)

article /'ɑ:tlɪk/ *n.* 文章 (29)

opportunity /ˌɒpə'tju:nəti/ *n.* 机会 (29)

knowledge /'nɒlɪdʒ/ *n.* 知识;学问 (29)

communicate /kə'mju:nɪkeɪt/ *v.* 交流 (29)

connect /kə'nekt/ *v.* 连接;联结 (29)

pal /pæl/ *n.* 伙伴;朋友 (30)

Jessica /'dʒesɪkə/ 杰西卡(人名) (30)

introduce /ˌɪntrə'dju:s/ *v.* 介绍 (30)

Unit 6

strange /streɪndʒ/ *adj.* 奇怪的;奇特的;
不熟悉的 (31)

notice /'nəʊtɪs/ *v.* 注意到;看到
n. 布告;启事 (31)

wild /waɪld/ *adj.* 怪异的;荒诞的;野生的 (31)

wake /weɪk/ *v.* (woke/woken) 醒 (31)

surprised /sə'praɪzd/ *adj.* 感到惊讶的 (31)

become /bɪ'kʌm/ *v.* (became/become)
变得;成为 (31)

dark /dɑ:k/ *adj. & n.* 黑暗(的) (31)

ski /ski:/ *v.* 滑雪 (31)

snowball /'snəʊbɔ:l/ *n.* 雪球 (31)

research /rɪ'sɜ:tʃ/ *n. & v.* 研究;调查 (32)

website /'websaɪt/ *n.* 网站 (32)

hill /hɪl/ *n.* 山丘;小山 (32)

ice /aɪs/ *n.* 冰 (32)

snowman /'snəʊmæn/ *n.* 雪人 (32)

clear /klɪə/ *adj.* 晴朗的;明亮的;清澈的 (32)

temperature /'temprətʃə/ *n.* 温度 (33)

pie /paɪ/ *n.* 馅饼 (33)

clap /klæp/ *v. & n.* 拍手;鼓掌 (33)

happily /'hæpɪli/ *adv.* 幸福地;满足地 (33)

maple /'meɪpl/ *n.* 枫树 (34)

syrup /'sɪrəp/ *n.* 糖浆 (34)

goose /gu:s/ *n.* (*pl.* geese) (加拿大)雁;鹅 (34)

honk /hɒŋk/ *n.* 鹅(雁)声;汽车喇叭声 (34)

cloud /klaʊd/ *n.* 云 (34)

wet /wet/ *adj.* 湿的 (34)

surfing /'sɜ:fɪŋ/ *n.* 冲浪运动 (35)

mate /meɪt/ *n.* 朋友;伙伴 (35)

Aaron /'eərən/ 艾伦(人名) (35)

reach /ri:tʃ/ *v.* 到达;达到 (35)

degree /dɪ'ɡri:/ *n.* 度数,度 (35)

sea /si:/ *n.* 海洋,海 (35)

surfboard /'sɜ:fbɔ:d/ *n.* 冲浪板 (35)

popular /'pɒpjələ/ *adj.* 流行的;普及的 (35)

surfer /'sɜ:fə/ *n.* 冲浪者 (35)
everywhere /'evriweə/ *adv.* 到处;处处 (36)
strawberry /'strɔ:bəri/ *n.* 草莓 (36)

Unit 7

truth /tru:θ/ *n.* 真相;真实 (37)
decide /dɪ'saɪd/ *v.* 决定;作出判断 (37)
change /tʃeɪndʒ/ *v. & n.* 改变 (37)
habit /'hæbɪt/ *n.* 习惯;行为 (37)
usual /'ju:ʒʊəl/ *adj.* 通常的 (37)
health /helθ/ *n.* 健康;健康状态 (37)
saying /'seɪɪŋ/ *n.* 俗语;谚语 (37)
awful /'ɔ:fʊl/ *adj.* 可怕的 (37)
remember /rɪ'membə/ *v.* 记得;记起 (38)
information /,ɪnfə'meɪʃn/ *n.* 信息 (38)
keep /ki:p/ *v.* (kept/kept) 保持;保留 (38)
brain /breɪn/ *n.* 脑;头脑 (38)
ping-pong /'pɪŋpɒŋ/ *n.* 乒乓球 (38)
success /sək'ses/ *n.* 成功;胜利 (39)
event /ɪ'vent/ *n.* 竞赛项目;大事 (39)
throw /θrəʊ/ *v.* (threw/thrown) 投;掷;扔 (39)
winner /'wɪnə/ *n.* 获胜者;优胜者 (39)
teammate /'ti:mmeɪt/ *n.* 队友 (39)
Ben /ben/ 本(人名) (40)
Tim /tɪm/ 蒂姆(人名) (40)
outdoors /,aʊt'dɔ:z/ *adv.* 在户外 (40)
weight /weɪt/ *n.* 重量 (40)
couch /kaʊtʃ/ *n.* 睡椅;长沙发椅 (40)
air /eə/ *n.* 空气;天空 (40)
lucky /'lʌkɪ/ *adj.* 幸运的;侥幸的 (40)
side /saɪd/ *n.* 边;侧边 (40)
Dena Morin /'di:nə 'mɔ:rɪn/ 迪娜·莫林
 (人名) (41)
nation /'neɪʃn/ *n.* 国家;民族 (41)
hunt /hʌnt/ *v.* 打猎;搜索 (41)
spend /spend/ *v.* (spent/spent) 用(钱);
 花(钱) (41)
natural /'nætʃrəl/ *adj.* 自然的;天然的 (41)
pow-wow /'paʊwaʊ/ *n.* 帕瓦(北美原住
 民族一种歌舞庆典) (41)
step /step/ *n.* 步骤;脚步 (42)

towards /tə'wɔ:dz/ *prep.* 向;朝向 (42)
brush /brʌʃ/ *v.* 刷
n. 刷子 (42)
tooth /tu:θ/ *n.* (*pl.* teeth) 牙齿 (42)
organized /'ɔ:gənaɪzd/ *adj.* 做事有条理的;
 有组织的 (42)
mess /mes/ *n.* 杂乱;肮脏 (42)
develop /dɪ'veləp/ *v.* 发展;使形成;培育
 (42)

Unit 8

final /'faɪnəl/ *adj.* 最后的;最终的 (43)
exam /ɪg'zæm/ *n.* 考试;检查 (43)
tennis /'tenɪs/ *n.* 网球 (43)
rights /raɪts/ *n.* 权益;权利 (44)
care /keə/ *n.* 照料;保护;小心
v. 关心;照料 (44)
pet /pet/ *n.* 宠物 (44)
puppy /'pʌpɪ/ *n.* 小狗,幼犬 (44)
rocket /'rɒkɪt/ *n.* 火箭(文中指狗名) (44)
alone /ə'ləʊn/ *adj. & adv.* 独自(的) (44)
field /fi:ld/ *n.* 旷野;地方;领域 (44)
luckily /'lʌkɪli/ *adv.* 幸运地;有好运地 (44)
baseball /'beɪsbɔ:l/ *n.* 棒球 (45)
snack /snæk/ *n.* 点心;小吃 (45)
pop /pɒp/ *n.* 汽水 (45)
if /ɪf/ *conj.* 如果;假若 (45)
ever /'evə/ *adv.* 曾经;究竟;到底 (45)
root /ru:t/ *n. & v.* 加油 (45)
toot /tu:t/ *n.* 嘟嘟(喇叭声) (45)
shame /ʃeɪm/ *n.* 羞愧;惭愧 (45)
noon /nu:n/ *n.* 中午 (46)
hamburger /'hæmbɜ:gə/ *n.* 汉堡包 (46)
nature /'neɪtʃə/ *n.* 大自然 (46)
wish /wɪʃ/ *v. & n.* 希望 (46)
Germany /'dʒɜ:məni/ 德国(地名) (47)
university /ju:nɪ'vɜ:səti/ *n.* 大学 (47)
organize /'ɔ:gənaɪz/ *v.* 组织 (48)
camp /kæmp/ *n.* 露营;营地 (48)
share /ʃeə/ *v.* 分享;合用 (48)

Vocabulary (II)

【注】本词汇表中的黑体词为要求掌握的词汇；其余单词为接触词汇。

A

| | | |
|---|------------------|--------|
| Aaron /'eərən/ | 艾伦(人名) | (35) |
| act /ækt/ <i>v.</i> & <i>n.</i> | 行动;扮演 | (20) |
| active /'æktɪv/ <i>adj.</i> | 积极的;活跃的 | (21) |
| activity /æk'tɪvəti/ <i>n.</i> | 活动 | (19) |
| actually /'æktʃʊəli/ <i>adv.</i> | 的确;真实地 | (22) |
| add /æd/ <i>v.</i> | 加;增加;添加 | (21) |
| age /eɪdʒ/ <i>n.</i> | 年龄 | (8) |
| ago /ə'gəʊ/ <i>adv.</i> | 前;以前 | (9) |
| air /eə/ <i>n.</i> | 空气;天空 | (40) |
| Alicia /ə'liʃiə/ | 艾丽西娅(人名) | (26) |
| alive /ə'laɪv/ <i>adj.</i> | 活着的;有活力的 | (12) |
| alone /ə'ləʊn/ <i>adj.</i> & <i>adv.</i> | 独自(的) | (44) |
| along /ə'lɒŋ/ <i>prep.</i> | 沿着…… | (2) |
| amazing /ə'meɪzɪŋ/ <i>adj.</i> | 惊奇的;惊人的 | (5) |
| ancient /'eɪnfənt/ <i>adj.</i> | 古代的;古老的 | (3) |
| another /ə'nʌðə/ <i>adj.</i> | 另外的;又一 | |
| | <i>pron.</i> 另一个 | (5) |
| anyone /'eniwʌn/ <i>pron.</i> | 任何人;无论谁 | (12) |
| anything /'eniθɪŋ/ <i>pron.</i> | 任何事物;某事 | (23) |
| anywhere /'eniweə/ <i>adv.</i> | 任何地方;无论何处 | (7) |
| army /'ɑ:mɪ/ <i>n.</i> | 军队;陆军 | (9) |
| arrive /ə'raɪv/ <i>v.</i> | 到达,抵达 | (2) |
| article /'ɑ:tɪkl/ <i>n.</i> | 文章 | (29) |
| Asia /'eɪʃə/ <i>n.</i> | 亚洲 | (8) |
| awful /'ɔ:ful/ <i>adj.</i> | 可怕的 | (37) |

B

| | | |
|---|---------------------|--------|
| backwards /'bækwədz/ (= backward /'bækwəd/) | | |
| <i>adv.</i> | 向后;倒 | (27) |
| baseball /'beɪsbɔ:l/ <i>n.</i> | 棒球 | (45) |
| become /br'kʌm/ <i>v.</i> | (became / become) | |
| | 变得;成为 | (31) |
| believe /br'li:v/ <i>v.</i> | 相信 | (5) |
| bell /bel/ <i>n.</i> | 钟;铃 | (3) |
| Ben /ben/ | 本(人名) | (40) |
| bingo /'bɪŋɡəʊ/ <i>n.</i> | 宾戈游戏 | (19) |
| blog /blɒɡ/ <i>n.</i> | 博客(网络电子日志) | (12) |
| bookworm /'bʊkwɜ:m/ <i>n.</i> | 书迷;书虫 | (23) |

| | | |
|---|--------------|--------|
| bored /bɔ:d/ <i>adj.</i> | 无聊的;无趣的 | (21) |
| both /bəʊθ/ <i>adj.</i> & <i>pron.</i> | 二者(的) | (19) |
| brain /breɪn/ <i>n.</i> | 脑;头脑 | (38) |
| bridge /brɪdʒ/ <i>n.</i> | 桥梁 | (4) |
| brush /brʌʃ/ <i>v.</i> | 刷 | |
| | <i>n.</i> 刷子 | (42) |
| build /bɪld/ <i>v.</i> (built / built) | 修建;建造 | (9) |
| building /'bɪldɪŋ/ <i>n.</i> | 建筑物 | (6) |

C

| | | |
|--|-----------------|--------|
| camel /'kæməl/ <i>n.</i> | 骆驼 | (5) |
| camp /kæmp/ <i>n.</i> | 露营;营地 | (48) |
| Canadian /kə'neɪdɪən/ <i>adj.</i> | 加拿大(人)的 | |
| | <i>n.</i> 加拿大人 | (25) |
| care /keə/ <i>n.</i> | 照料;保护;小心 | |
| | <i>v.</i> 关心;照料 | (44) |
| cartoon /kɑ:'tu:n/ <i>n.</i> | 动画片;漫画 | (25) |
| cave /keɪv/ <i>n.</i> | 洞窟;山洞 | (5) |
| challenge /'tʃælɪndʒ/ <i>n.</i> & <i>v.</i> | 挑战 | (20) |
| chance /tʃɑ:ns/ <i>n.</i> | 机会;运气 | (1) |
| change /tʃeɪndʒ/ <i>v.</i> & <i>n.</i> | 改变 | (37) |
| cheese /tʃi:z/ <i>n.</i> | 干酪;奶酪 | (4) |
| chess /tʃes/ <i>n.</i> | 国际象棋 | (19) |
| circle /'sɜ:kl/ <i>v.</i> | 圈出 | |
| | <i>n.</i> 圆 | (21) |
| clap /klæp/ <i>v.</i> & <i>n.</i> | 拍手;鼓掌 | (33) |
| clay /kleɪ/ <i>n.</i> | 黏土 | (9) |
| clear /klɪə/ <i>adj.</i> | 晴朗的;明亮的;清澈的 | (32) |
| clothing /'kləʊðɪŋ/ <i>n.</i> | 衣物 | (6) |
| cloud /klaʊd/ <i>n.</i> | 云 | (34) |
| club /klʌb/ <i>n.</i> | 俱乐部;社团 | (19) |
| coal /kəʊl/ <i>n.</i> | 煤 | (8) |
| comfortable /'kʌmfətl/ <i>adj.</i> | 舒服的 | (18) |
| communicate /kə'mju:nɪkeɪt/ <i>v.</i> | 交流 | (29) |
| competition /,kɒmpɪ'tɪʃən/ <i>n.</i> | 比赛;竞赛 | (26) |
| connect /kə'nekt/ <i>v.</i> | 连接;联结 | (29) |
| cooking /'kʊkɪŋ/ <i>n.</i> | 烹调 | (22) |
| couch /kaʊtʃ/ <i>n.</i> | 睡椅;长沙发椅 | (40) |
| could /kʊd/ <i>v. aux.</i> | 能;可能 | (25) |
| cross /krɒs/ <i>v.</i> | 横跨;横穿 | (4) |
| culture /'kʌltʃə/ <i>n.</i> | 文化 | (2) |

D

| | | | |
|-----------------------------|-----------|--------------|------|
| dancer /'dɑːnsə/ | n. | 跳舞的人 | (10) |
| dark /dɑːk/ | adj. & n. | 黑暗(的) | (31) |
| decide /dɪ'saɪd/ | v. | 决定;作出判断 | (37) |
| degree /dɪ'ɡriː/ | n. | 度数,度 | (35) |
| Dena Morin /'diːnə 'mɔːrɪn/ | | 迪娜·莫林(人名) | (41) |
| describe /dɪ'skraɪb/ | v. | 描写;描述 | (9) |
| desert /'dezət/ | n. | 沙漠;荒漠 | (9) |
| develop /dɪ'veləp/ | v. | 发展;使形成;培育 | (42) |
| diary /'daɪəri/ | n. | 日记;日志 | (6) |
| difference /'dɪfrəns/ | n. | 差异;差别 | (15) |
| dig /dɪɡ/ | v. | (dug/dug)挖;掘 | (27) |
| discover /dɪs'kʌvə/ | v. | 发现;了解 | (8) |
| dish /dɪʃ/ | n. | 菜肴;盘,碟 | (3) |
| Dora /'dɔːrə/ | | 多拉(人名) | (11) |
| drop /drɒp/ | v. | 放弃;停止 | (15) |
| drum /drʌm/ | n. | 鼓 | (3) |

E

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|---------------------------|---------|------------------------|------|
| Edmonton /'edməntən/ | | 埃德蒙顿(加拿大西南部城市,阿尔伯塔省省会) | (14) |
| education /,edʒʊ'keɪʃn/ | n. | 教育 | (15) |
| end /end/ | n. | 最后;末端 | (11) |
| enjoy /ɪn'dʒɔɪ/ | v. | 喜欢;享受……乐趣 | (3) |
| especially /ɪ'speʃəli/ | adv. | 尤其;特别 | (11) |
| Europe /'jʊərəp/ | n. | 欧洲 | (8) |
| even /'iːvn/ | adv. | 甚至;还;其实 | (27) |
| event /ɪ'vent/ | n. | 竞赛项目;大事 | (39) |
| ever /'evə/ | adv. | 曾经;究竟;到底 | (45) |
| everybody /'evrɪbɒdi/ | pron. | 每人;人人 | (24) |
| everywhere /'evrɪweə/ | adv. | 到处;处处 | (36) |
| exactly /ɪɡ'zæktli/ | adv. | 确切地;精确地 | (27) |
| exam /ɪɡ'zæm/ | n. | 考试;检查 | (43) |
| example /ɪɡ'zɑːmpl/ | n. | 例如;范例 | (21) |
| exciting /ɪk'saɪtɪŋ/ | adj. | 使人激动的 | (2) |
| expensive /ɪk'spensɪv/ | adj. | 昂贵的 | (23) |
| experience /ɪk'spɪərɪəns/ | v. & n. | 体验;经历;经验 | (12) |

F

| | | | |
|-------------|----|--------------------|------|
| fact /fækt/ | n. | 事实;真实的事物 | (27) |
| fair /feə/ | n. | 展览会 | (14) |
| fall /fɔːl/ | v. | (fell/fallen)落下,跌倒 | (5) |

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|----------------------|----------------------|----------|------|
| few /fjuː/ | adj. | 少数的,很少的 | (6) |
| field /fiːld/ | n. | 旷野;地方;领域 | (44) |
| final /'faɪnəl/ | adj. | 最后的;最终的 | (43) |
| finish /'fɪnɪʃ/ | v. | 完成;结束 | (13) |
| fire /'faɪə/ | n. | 火;火灾 | (16) |
| following /'fɒləʊɪŋ/ | adj. | 接着的;下述的 | (21) |
| foreign /'fɒrən/ | adj. | 外国的 | (25) |
| forwards /'fɔːwədz/ | (= forward/'fɔːwəd/) | | |
| | adv. | 向前 | (27) |
| fox /fɒks/ | n. | 狐狸 | (27) |
| free /friː/ | adj. | 空闲的;自由的 | (21) |
| future /'fjuːtʃə/ | n. | 未来 | (15) |

G

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|-----------------------|----------------|----------------------|------|
| Germany /'dʒɜːməni/ | | 德国(地名) | (47) |
| goods /ɡʊdz/ | n. | 商品;物品 | (8) |
| goose /ɡuːs/ | n. (pl. geese) | (加拿大)雁;鹅 | (34) |
| grade /ɡreɪd/ | n. | 年级 | (14) |
| Greenwood /'ɡriːnwʊd/ | | Middle School 格林伍德中学 | (14) |
| grocery /'ɡrəʊsəri/ | n. | 杂货 | (23) |
| group /ɡruːp/ | n. | 群;组;团体 | (4) |
| guide /ɡaɪd/ | n. | 导游;向导 | (3) |
| guitar /ɡɪ'tɑː/ | n. | 吉他 | (14) |

H

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|------------------------|---------|------------------|------|
| hand-made /,hænd'meɪd/ | adj. | 手工的 | (11) |
| habit /'hæbɪt/ | n. | 习惯;行为 | (37) |
| hamburger /'hæmbɜːɡə/ | n. | 汉堡包 | (46) |
| happen /'hæpən/ | v. | 发生 | (16) |
| happily /'hæpɪli/ | adv. | 幸福地;满足地 | (33) |
| health /helθ/ | n. | 健康;健康状态 | (37) |
| helpful /'helpfl/ | adj. | 有用的;有帮助的 | (18) |
| hill /hɪl/ | n. | 山丘;小山 | (32) |
| hit /hɪt/ | v. | (hit/hit)击,击中 | (3) |
| hold /həʊld/ | v. | (held/held)举行;拿着 | (6) |
| Hong Kong /hɒŋ kɒŋ/ | | 香港 | (28) |
| honk /hɒŋk/ | n. | 鹅(雁)声;汽车喇叭声 | (34) |
| housework /'haʊswɜːk/ | n. | 家务劳动 | (22) |
| hunt /hʌnt/ | v. | 打猎;搜索 | (41) |
| hurry /'hʌri/ | n. & v. | 赶紧;匆忙 | (22) |

I

| | | | |
|-----------|----|---|------|
| ice /aɪs/ | n. | 冰 | (32) |
|-----------|----|---|------|

if /ɪf/ *conj.* 如果;假若 (45)
important /ɪm'pɔ:tənt/ *adj.* 重要的 (9)
improve /ɪm'pru:v/ *v.* 提高;改善 (20)
information /ɪnfə'meɪʃn/ *n.* 信息 (38)
instrument /ɪnstrʊmənt/ *n.* 乐器;仪器 (6)
interest /'ɪntrɪst/ *n.* 兴趣 (7)
Internet /'ɪntənət/ *n.* 因特网 (22)
introduce /ɪntrə'dju:s/ *v.* 介绍 (30)
invent /ɪn'vent/ *v.* 发明;创造 (8)
Italy /'ɪtəli/ 意大利(地名) (8)

J

Jason Glen /'dʒeɪsn glen/ 杰森·格伦(人名) (16)
Jessica /'dʒesɪkə/ 杰西卡(人名) (30)
join /dʒɔɪn/ *v.* 参加 (20)
joke /dʒəʊk/ *n. & v.* (开)玩笑 (7)
journey /'dʒɜ:nɪ/ *n.* 旅行;旅程 (8)

K

keep /ki:p/ *v.* (kept/kept)保持;保留 (38)
kilometre /'kɪləmi:tə/ *n.* 千米,公里 (2)
king /kɪŋ/ *n.* 国王 (8)
knowledge /'nɒlɪdʒ/ *n.* 知识;学问 (29)

L

last /lɑ:st/ *adj.* 最后的;上一个 (6)
lazy /'leɪzi/ *adj.* 懒惰的 (27)
lead /li:d/ *v.* (led/led)带领;指路 (1)
leave /li:v/ *v.* (left/left)动身;出发;离开 (2)
letter /'letə/ *n.* 字母 (27)
level /'levl/ *n.* 水平;标准;质量 (20)
life /laɪf/ *n.* 生活 (13)
Lily /'lɪli/ 莉莉(人名) (9)
lose /lu:z/ *v.* (lost/lost)失去;失败 (16)
loudly /'laʊdli/ *adv.* 高声地,大声地;吵闹地 (25)
luckily /'lʌkɪli/ *adv.* 幸运地;有好运地 (44)
lucky /'lʌki/ *adj.* 幸运的;侥幸的 (40)

M

magazine /'mæɡə'zi:n/ *n.* 杂志 (28)
main /meɪn/ *adj.* 主要的 (5)
maple /'meɪpl/ *n.* 枫树 (34)
Marco Polo /'mɑ:kəʊ 'pəʊləʊ/ 马可·波罗 (十四世纪意大利商人、旅行家) (5)

Martin /'mɑ:tɪn/ 马丁(姓氏) (1)
mate /meɪt/ *n.* 朋友;伙伴 (35)
meeting /'mi:tɪŋ/ *n.* 聚会;会议 (20)
mess /mes/ *n.* 杂乱;肮脏 (42)
middle /'mɪdl/ *adj.* 中等的 (14)
mind /maɪnd/ *n.* 头脑;思想 (21)
mistake /mɪ'steɪk/ *n.* 错误 (28)
Monica /'mɒnɪkə/ 莫妮卡(人名) (11)
more /mɔ:/ *adj. & pron.* (much/many 的比较级)更多,较多 (9)
move /mu:v/ *v.* 移动;搬动 (3)
must /mʌst/ *v. aux.* 必须;应当 (21)
myself /maɪ'self/ *pron.* 我自己 (13)

N

nation /'neɪʃn/ *n.* 国家;民族 (41)
natural /'nætʃrəl/ *adj.* 自然的;天然的 (41)
nature /'neɪtʃə/ *n.* 大自然 (46)
nervous /'nɜ:vəs/ *adj.* 紧张的;不安的 (18)
nest /nest/ *n.* (鸟的)窝,巢 (6)
never /'nevə/ *adv.* 从来没有;决不 (15)
news /nju:z/ *n.* 新闻,消息 (1)
newspaper /'nju:zpeɪpə/ *n.* 报纸 (28)
noon /nu:n/ *n.* 中午 (46)
note /nəʊt/ *n.* 便笺;笔记 (1)
nothing /'nʌθɪŋ/ *n. & pron.* 无事;无物 (19)
notice /'nəʊtɪs/ *v.* 注意到;看到
n. 布告;启事 (31)

O

Olympics /ə'ɒlɪmpɪks/ *n.* 奥林匹克竞赛;
 奥运会 (6)
once /wʌns/ *adv.* 从前;一度;一次 (11)
online /ɒn'laɪn/ *adj.* 在线的;联网的 (11)
onto /'ɒntu/ *prep.* 到……上面 (5)
oops /ʊps/ *int.* 哎哟;啊呀(摔倒或出小
 差错时的用语) (28)
opportunity /ɒpə'tju:nəti/ *n.* 机会 (29)
organize /'ɔ:gənaɪz/ *v.* 组织 (48)
organized /'ɔ:gənaɪzd/ *adj.* 做事有条理的;
 有组织的 (42)
other /'ʌðə/ *adj.* 别的;其他的 (8)
outdoors /aʊt'dɔ:z/ *adv.* 在户外 (40)
own /əʊn/ *adj.* 自己的 (12)

P

pal /pæl/ *n.* 伙伴;朋友 (30)

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|--|--------|
| Paul /pɔ:l/ 保罗(人名) | (11) |
| pet /pet/ <i>n.</i> 宠物 | (44) |
| phone /fəʊn/ <i>n.</i> 电话 | |
| <i>v.</i> 打电话 | (23) |
| pie /paɪ/ <i>n.</i> 馅饼 | (33) |
| piece /pi:s/ <i>n.</i> 张;片 | (17) |
| ping-pong /'pɪŋpɒŋ/ <i>n.</i> 乒乓球 | (38) |
| pit /pɪt/ <i>n.</i> 坑,深坑;陷阱 | (3) |
| pool /pu:l/ <i>n.</i> 小池;水塘 | (20) |
| pop /pɒp/ <i>n.</i> 汽水 | (45) |
| popular /'pɒpjələ/ <i>adj.</i> 流行的;普及的 | (35) |
| possible /'pɒsəbl/ <i>adj.</i> 可能的 | (15) |
| pow-wow /'paʊwaʊ/ <i>n.</i> 帕瓦(北美原住民族一种歌舞庆典) | (41) |
| practice /'præktɪs/ <i>n. & v.</i> 练习 | (19) |
| print /prɪnt/ <i>v.</i> 印图案于;印刷 | (14) |
| prize /praɪz/ <i>n.</i> 奖品;奖赏 | (17) |
| product /'prɒdʌkt/ <i>n.</i> 产品;结果 | (11) |
| project /'prɒdʒekt/ <i>n.</i> 课题;计划 | (7) |
| proud /praʊd/ <i>adj.</i> 自豪的;引以为荣的 | (26) |
| puppy /'pʌpɪ/ <i>n.</i> 小狗,幼犬 | (44) |

Q

| | |
|---|--------|
| quick /kwɪk/ <i>adj.</i> 快的;迅速的 | (27) |
| quietly /'kwaɪətlɪ/ <i>adv.</i> 安静地;平静地 | (21) |
| quite /kwaɪt/ <i>adv.</i> 非常;十分 | (18) |

R

| | |
|--|--------|
| raise /reɪz/ <i>v.</i> 筹募(钱财) | (16) |
| reach /ri:tʃ/ <i>v.</i> 到达;达到 | (35) |
| realize /'riələɪz/ <i>v.</i> 认识到;实现 | (10) |
| relax /rɪ'læks/ <i>v.</i> 放松;休息 | (21) |
| relaxed /rɪ'lækst/ <i>adj.</i> 轻松的;放松的 | (18) |
| remember /rɪ'membə/ <i>v.</i> 记得;记起 | (38) |
| reply /rɪ'plaɪ/ <i>n. & v.</i> 回答;答复 | (26) |
| research /rɪ'sɜ:tʃ/ <i>n. & v.</i> 研究;调查 | (32) |
| rich /rɪtʃ/ <i>adj.</i> 丰富的;富有的 | (10) |
| rights /raɪts/ <i>n.</i> 权利;权益 | (44) |
| ring /rɪŋ/ <i>v.</i> (rang/rung) 敲(钟);打电话; 按(铃);鸣;响 | (3) |
| Riverside/'rɪvəsəɪd/ High School 河畔中学 | (16) |
| road /rəʊd/ <i>n.</i> 路,公路 | (1) |
| rocket /'rɒkɪt/ <i>n.</i> 火箭(文中指狗名) | (44) |
| role /rəʊl/ <i>n.</i> 职能;角色 | (20) |
| root /ru:t/ <i>n. & v.</i> 加油 | (45) |

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| Russia /'rʌʃə/ 俄罗斯(地名) | (26) |
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S

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|---|--------|
| safe /seɪf/ <i>adj.</i> 安全的 | (5) |
| sand /sænd/ <i>n.</i> 沙;沙地 | (5) |
| saying /'seɪɪŋ/ <i>n.</i> 俗语;谚语 | (37) |
| score /skɔ:/ <i>n.</i> 得分 | (21) |
| sea /si:/ <i>n.</i> 海洋,海 | (35) |
| send /send/ <i>v.</i> (sent/sent) 送;寄 | (1) |
| sentence /'sentəns/ <i>n.</i> 句子 | (27) |
| shame /ʃeɪm/ <i>n.</i> 羞愧;惭愧 | (45) |
| shape /ʃeɪp/ <i>n.</i> 样子;形状 | (20) |
| share /ʃeə/ <i>v.</i> 分享;合用 | (48) |
| shop /ʃɒp/ <i>n.</i> 手工艺课 | (13) |
| should /ʃʊd/ <i>v. aux.</i> 应该;将要 | (12) |
| side /saɪd/ <i>n.</i> 边;侧边 | (40) |
| sign /saɪn/ <i>n.</i> 招牌;记号 | (3) |
| silk /sɪlk/ <i>n.</i> 丝;丝绸 | (1) |
| silk worm 蚕 | (14) |
| silly /'sɪlɪ/ <i>adj.</i> 愚蠢的;傻的 | (28) |
| sir /sɜ:/ <i>n.</i> 先生;老师 | (5) |
| ski /ski:/ <i>v.</i> 滑雪 | (31) |
| skill /skɪl/ <i>n.</i> 技能;技巧 | (20) |
| snack /snæk/ <i>n.</i> 点心;小吃 | (45) |
| snowball /'snəʊbɔ:l/ <i>n.</i> 雪球 | (31) |
| snowman /'snəʊmæn/ <i>n.</i> 雪人 | (32) |
| social /'səʊʃl/ <i>adj.</i> 社会的 | (13) |
| soldier /'səʊldʒə/ <i>n.</i> 战士,士兵 | (9) |
| someday /'sʌmdeɪ/ <i>adv.</i> 将来有一天 | (6) |
| somewhere /'sʌmweə/ <i>adv.</i> 在某处 | (22) |
| special /'speʃl/ <i>adj.</i> 特殊的;特别的 | (2) |
| spend /spend/ <i>v.</i> (spent/spent) 用(钱); 花(钱) | (41) |
| start /stɑ:t/ <i>v.</i> 开始;出发 | (13) |
| step /step/ <i>n.</i> 步骤;脚步 | (42) |
| Steven /'sti:vən/ 史蒂文(人名) | (19) |
| still /stɪl/ <i>adv.</i> 还,仍旧 | (7) |
| <i>adj.</i> 不动的;静止的 | (22) |
| storybook /'stɔ:rɪbʊk/ <i>n.</i> 故事书 | (28) |
| strange /streɪndʒ/ <i>adj.</i> 奇怪的;奇特的; 不熟悉的 | (31) |
| strawberry /'strɔ:bəri/ <i>n.</i> 草莓 | (36) |
| success /sək'ses/ <i>n.</i> 成功;胜利 | (39) |
| such /sʌtʃ/ <i>adj.</i> 那么的;这样的 | (26) |
| suggestion /sə'dʒestʃən/ <i>n.</i> 建议 | (12) |
| supper /'sʌpə/ <i>n.</i> 晚餐 | (11) |
| surf /sɜ:f/ <i>v.</i> 冲浪 | (22) |

surfboard /'sɜːfbɔːd/ *n.* 冲浪板 (35)
 surfer /'sɜːfə/ *n.* 冲浪者 (35)
 surfing /'sɜːfɪŋ/ *n.* 冲浪运动 (35)
 surprised /sə'praɪzd/ *adj.* 感到惊讶的 (31)
 Susan /'suːzən/ 苏珊(人名) (28)
 syrup /'sɪrəp/ *n.* 糖浆 (34)

T

taste /teɪst/ *v.* 尝起来;品尝;体验 (11)
 teach /tiːtʃ/ *v.* (taught/taught) 教;讲授 (18)
 team /tiːm/ *n.* 队;组 (20)
 teammate /'tiːmmeɪt/ *n.* 队友 (39)
 temperature /'temprətʃə/ *n.* 温度 (33)
 tennis /'tenɪs/ *n.* 网球 (43)
 Teresa /tə'reɪzə/ 特里萨(人名) (28)
 term /tɜːm/ *n.* 学期 (13)
 Terra Cotta Warrior /'terə 'kɒtə 'wɔːrɪə/
 兵马俑 (2)
 terrible /'terəbl/ *adj.* 可怕的;非常严重的 (16)
 therein /ɪ'deərɪn/ *adv.* 在那里;在其中 (27)
 thinking /'θɪŋkɪŋ/ *adj.* 思想的;理性的 (20)
 thousand /'θaʊzənd/ *num.* 千 (6)
 throw /θrəʊ/ *v.* (threw/thrown) 投;掷;扔 (39)
 Tim /tɪm/ 蒂姆(人名) (40)
 tool /tuːl/ *n.* 工具;用具 (9)
 toot /tuːt/ *n.* 嘟嘟(喇叭声) (45)
 tooth /tuːθ/ *n.* (*pl.* teeth) 牙齿 (42)
 tour /tʊə/ *n.* & *v.* 旅游;游行 (3)
 towards /tə'wɔːdz/ *prep.* 向;朝向 (42)
 treasure /'treʒə/ *n.* 宝物;财富 (11)
 trip /trɪp/ *n.* 旅行;旅程 (1)
 true /truː/ *adj.* 真实的;真正的;正确的 (11)
 truth /truːθ/ *n.* 真相;真实 (37)
 twice /twɑɪs/ *adv.* 两次;两倍 (13)
 type /taɪp/ *n.* 类型;种类 (21)

U

understand /ˌʌndə'stænd/ *v.* (understood/
 understood) 懂得;理解 (25)

university /ˌjuːnɪ'vɜːsəti/ *n.* 大学 (47)
 useful /'juːsfl/ *adj.* 有用的;有益的 (20)
 usual /'juːʒʊəl/ *adj.* 通常的 (37)

V

video /'vɪdɪəʊ/ *n.* 录像;视频 (17)
 village /'vɪlɪdʒ/ *n.* 村庄,乡村 (15)
 violin /ˌvaɪə'lɪn/ *n.* 小提琴 (10)
 visitor /'vɪzɪtə/ *n.* 参观者 (17)
 volleyball /'vɒlbɔːl/ *n.* 排球;排球运动 (19)
 volunteer /ˌvɒlən'tɪə(r)/ *v.* 自愿帮助
n. 志愿者 (19)

W

wake /weɪk/ *v.* (woke/woken) 醒 (31)
 website /'websaɪt/ *n.* 网站 (32)
 weight /weɪt/ *n.* 重量 (40)
 western /'westən/ *adj.* 西方的;西式的 (10)
 wet /wet/ *adj.* 湿的 (34)
 which /wɪtʃ/ *adj.* & *pron.* 哪(那)一个 (21)
 wide /waɪd/ *adj.* 宽的;广泛的 (4)
 wild /waɪld/ *adj.* 怪异的;荒诞的;野生的 (31)
 Wild Goose Pagoda /waɪld guːs pə'geɪdə/
 大雁塔 (3)
 win /wɪn/ *v.* (won/won) 赢得;获胜 (13)
 winner /'wɪnə/ *n.* 获胜者;优胜者 (39)
 wish /wɪʃ/ *v.* & *n.* 希望 (46)
 without /wɪ'ðaʊt/ *prep.* 没有;不用 (21)
 wood /wʊd/ *n.* 木头;木材 (14)
 worm /wɜːm/ *n.* 蠕虫 (14)
 worth /wɜːθ/ *adj.* 值得(做某事);有价值的 (11)

Y

yay /jeɪ/ *int.* 哇(因高兴而欢呼) (5)
 yeah /jeə/ *int.* (口语)是;对 (13)
 yourself /jɔː'self/ *pron.* 你自己 (15)
 yum /jʌm/ *int.* 好吃;味道或气味非常好 (12)
 yummy /'jʌmɪ/ *adj.* 好吃的;美味的 (24)

Structures and Expressions

Unit 1

| | | |
|-----------------------------|-------------|-------|
| guess what | 猜猜看;你猜怎么着 | (1) |
| learn about | 学习;了解 | (1) |
| How far is it from...to...? | 从……到……多远? | (2) |
| climb up | 爬上;攀登 | (3) |
| No photos! | 禁止拍照! | (3) |
| go for a walk | 散步 | (4) |
| take a picture | 照相 | (4) |
| take a tour | 参观;旅游 | (5) |
| be famous as | 作为……而出名 | (5) |
| on one's way to | 某人在去……的路上 | (5) |
| fall off | 跌落;下降;减少;离开 | (5) |
| all right | 可以的;好的 | (5) |
| a few | 一些;几个 | (6) |
| thousands of | 数以千计的;许多的 | (6) |

Unit 2

| | | |
|--------------------|---------------|--------|
| places of interest | 名胜古迹 | (7) |
| talk about | 谈论 | (7) |
| make a joke | 开玩笑;讲笑话 | (7) |
| work on | 从事于……;努力改善或完成 | (7) |
| at the age of... | 在……岁时 | (8) |
| be new to | 对……陌生 | (8) |
| try one's best | 尽力 | (9) |
| a long time ago | 很久以前 | (9) |
| Well done. | 做得好。 | (9) |
| a little bit | 一点点 | (9) |
| make...from... | 用……制作 | (9) |
| think about | 考虑 | (10) |
| can't wait to do | 迫不及待要做某事 | (10) |

| | | |
|--------------|--------|--------|
| play music | 演奏音乐 | (10) |
| I hope so. | 我希望如此。 | (10) |
| take part in | 参加, 参与 | (10) |
| get back | 回来 | (12) |

Unit 3

| | | |
|---------------------|-----------------|--------|
| How is...going? | ……怎么样? | (13) |
| sports meet | 运动会 | (13) |
| twice a week/year | 一周/年两次 | (13) |
| long/high jump | 跳远/跳高 | (13) |
| be good at | 擅长 | (13) |
| social studies | 社会科学 | (13) |
| by oneself | 独立地; 单独 | (13) |
| on one's own | 单独; 独自 | (14) |
| make a difference | 有作用; 有影响 | (15) |
| give up | 放弃 | (15) |
| drop out of school | 退学; 辍学 | (15) |
| in the future | 将来 | (15) |
| come up with | 想出; 提出(主意、答案等) | (16) |
| car wash | 洗车(筹款) | (16) |
| cookie sale | 卖饼干(筹款) | (16) |
| win first prize | 赢得一等奖 | (17) |
| be interested in... | 对……感兴趣 | (17) |
| a piece of | 一片/张 | (17) |
| different kinds of | 不同种类的 | (17) |
| move from...to... | 从……移动到…… | (18) |

Unit 4

| | | |
|------------------|------------|--------|
| come over | 过来; 来访 | (19) |
| do well in... | 在……方面做得好 | (19) |
| make friends | 交朋友 | (20) |
| at the same time | 同时 | (20) |
| enjoy doing... | 享受……; 喜欢…… | (20) |
| stay in shape | 保持体形 | (20) |

| | | |
|---------------------------|---------------------|--------|
| add up... | 把……加起来 | (21) |
| in one's free time | 在某人的闲暇时间 | (21) |
| play an instrument | 弹奏乐器 | (21) |
| go on a trip | 旅游;游玩 | (21) |
| for example | 例如 | (21) |
| have lunch | 吃午饭 | (22) |
| in a hurry to do... | 匆忙做…… | (22) |
| surf the Internet | 网上冲浪;浏览因特网 | (22) |
| help...with... | 帮助……做…… | (22) |
| I would love... | 我想…… | (22) |
| on the phone | 在通电话 | (23) |
| have a great/good weekend | 周末玩得愉快 | (24) |
| take a bus | 乘公共汽车 | (24) |
| It's...away from... | 从……到……有多长时间(或多远距离)。 | (24) |

Unit 5

| | | |
|-------------------------|------------|--------|
| have a good talk | 谈得很好 | (25) |
| Good for you! | 干得好! 好样的! | (26) |
| be proud of... | 为……感到骄傲 | (26) |
| in fact | 事实上 | (27) |
| dig in | 开始认真工作;钻研 | (27) |
| look up | 查找;查阅 | (28) |
| enjoy oneself | 玩得痛快;尽情享受 | (28) |
| in/after class | 课上/下 | (28) |
| be afraid to do... | 害怕做…… | (28) |
| make a mistake/mistakes | 犯(一个)错误 | (28) |
| laugh at | 嘲笑;取笑 | (28) |
| right now | 现在;目前 | (28) |
| a good knowledge of | 通晓, 熟知 | (29) |
| communicate with... | 与……交流 | (29) |
| ask for | 寻求帮助;要求得到 | (29) |
| connect...with... | 把……和……联系起来 | (29) |
| help...(to) do | 帮助……做 | (29) |
| play chess | 下象棋 | (30) |
| try to do... | 努力做…… | (30) |

| | | |
|--------------------|------|--------|
| look forward to... | 期待…… | (30) |
|--------------------|------|--------|

Unit 6

| | | |
|-----------------------------|-----------|--------|
| wake up | 醒来 | (31) |
| go away | 消失 | (31) |
| go swimming/skiing/skating | 去游泳/滑雪/滑冰 | (31) |
| have snowball fights | 打雪仗 | (31) |
| Good/Great work! | 做得好! | (31) |
| wait for | 等待 | (32) |
| do some research | 做研究 | (32) |
| get...together | 召集…… | (32) |
| It is a great season for... | 这是……的好季节。 | (33) |
| It's one's turn to... | 轮到某人做…… | (34) |
| play catch | 玩传(接)球游戏 | (34) |
| maple syrup | 枫糖浆 | (34) |
| have a picnic | 野餐 | (34) |
| G'day mates! | 朋友们好! | (35) |
| be different from... | 与……不同 | (35) |
| ride the waves | 冲浪 | (35) |

Unit 7

| | | |
|-----------------------|---------------------|--------|
| to tell you the truth | 说实话 | (37) |
| as usual | 像往常一样 | (37) |
| have a dream | 做梦 | (37) |
| stay healthy | 保持健康 | (38) |
| get some exercise | 锻炼 | (39) |
| get in the way | 妨碍;挡道 | (39) |
| used to | 过去常常(用于过去持续或经常发生的事) | (40) |
| worry about... | 担心…… | (40) |
| not...any more | 不再…… | (40) |
| put on weight | 体重增加;长胖 | (40) |
| couch potato | 沙发土豆(整日呆在沙发上看电视的人) | (40) |
| get out | 出去 | (40) |
| in the sun | 在阳光下 | (40) |

| | | |
|--------------------|---------------|--------|
| on one's side | 站在某人一边;支持某人 | (40) |
| go fishing/hunting | 去钓鱼/捕猎 | (41) |
| First Nations | 第一民族(加拿大土著民族) | (41) |
| at that time | 那时 | (41) |
| make a fire | 生火 | (41) |
| get up | 起床 | (42) |
| spend...doing... | 花费……(时间)做…… | (42) |
| make one's bed | 整理床铺 | (42) |
| lead the way to | 引领;带路 | (42) |
| a few times | 几次 | (42) |

Unit 8

| | | |
|-----------------------------------|--------------|--------|
| take an exam | 参加考试 | (43) |
| play basketball/tennis/volleyball | 打篮球/打网球/打排球 | (43) |
| take care of | 照顾;照料 | (44) |
| move away | 搬走;离开 | (44) |
| leave...alone | 不管;撇下……(一个人) | (44) |
| walk the dog | 带狗散步;遛狗 | (44) |
| play against... | 与……比赛 | (45) |
| take...out | 带……出去 | (45) |
| root for... | 为……加油,为……打气 | (45) |
| at noon | 在中午 | (46) |
| have a party | 举办聚会 | (46) |
| take lessons/classes | 上课 | (47) |
| keep doing... | 继续做…… | (47) |
| summer camp | 夏令营 | (48) |
| share...with... | 与……分享…… | (48) |

Grammar

数词 (Numerals)

三位数或三位数以上的基数词的构成，是在百位和十位之间（若十位为零，则在百位和个位之间）用 and 连接（也可不用 and）。例如：

101 one hundred (and) one

320 three hundred (and) twenty

819 eight hundred (and) nineteen

1 002 one thousand (and) two

2 798 two thousand seven hundred (and) ninety-eight

52 343 fifty-two thousand three hundred (and) forty-three

134 814 one hundred thirty-four thousand eight hundred (and) fourteen

三位数及三位数以上的序数词的构成，见以下例词：

第 100 one hundredth

第 101 one hundred (and) first

第 320 three hundred (and) twentieth

第 819 eight hundred (and) nineteenth

第 1 000 one thousandth

第 1 002 one thousand (and) second

第 2 798 two thousand seven hundred (and) ninety-eighth

第 52 343 fifty-two thousand three hundred (and) forty-third

第 134 814 one hundred thirty-four thousand eight hundred (and) fourteenth

注意：

* 基数词 1 ~ 100 及序数词的规则和用法，见七年级上册语法附录。

there be 结构

“there be + 主语 + 状语”，表示在某地有某人/物/事。there 作为引导词本身无词义，be 后的名词是句子的主语，be 和后面的名词在数方面保持一致。当主语为多个名词并列时，be 的形式一般与邻近的主语保持一致。例如：

There is a picture on the postcard.

There is a bus station near our hotel.

There are so many bicycles in the shop.

There is a table and two chairs in the room.

There are many donuts and a sandwich on the table.

there be 句型变为否定句时，在 be 后面加 not；变为疑问句时，将 be 提到句首，其他词顺序不变，句末用问号。例如：

There isn't a stamp on the postcard.

Is there a stamp on the postcard?

(Yes, there is./No, there isn't.)

在 there be 句型中, 动词 be 要随时态的变化而变化。例如:

There were no supermarkets a long time ago.

There are hundreds of people on the square.

There will be a meeting tomorrow morning.

注意:

* there be 表示客观存在, have 表示主观拥有。例如:

There is a river near our city.

I have a computer.

感叹句 (Exclamatory Sentences)

感叹句表示说话时的惊异、喜悦、气愤等情绪, 句末通常用感叹号, 朗读时一般用降调。感叹句由感叹词 what 或 how 引导, what 用来修饰名词, how 用来修饰形容词、副词。主要有以下几种句式:

1. What + a/an + (形容词) + 单数可数名词 + (主语) + (谓语)。例如:

What a cold, snowy day!

What an interesting story (it is)!

2. What + (形容词) + 可数名词复数或不可数名词 + (主语) + (谓语)。例如:

What cute boys (they are)!

What delicious meat (it is)!

3. How + 形容词/副词 + (主语) + (谓语)。例如:

How happy (they are)!

How interesting (it is)!

How hard he works!

how 也可修饰动词。例如:

How he likes the books!

另外, 一些表示这类情绪的单词或者词组也可以看做是感叹句, 而陈述句、疑问句等可以通过改变语调变为感叹句, 例如:

Oh!/Well!/Great!/Wonderful!

Great work!

That's great!

be going to + 动词原形

be going to 是一种固定结构, 后接动词原形, 表示按计划或安排将要发生的动作, 有时也可以表示推测将要或肯定会发生的动作, 有“准备”、“打算”的意思, 与表示将来的时间状语连用。例如:

She is going to talk about her favourite season.

They are going to write the best report!

be going to 结构中的助动词 be 随主语的人称和数而变化, 其否定结构是在助动词 be 后加 not, 疑问句是把 be 置于句首, 句末用问号。例如:

I am going to swim tomorrow.

He is not going to swim tomorrow.

Are you going to swim tomorrow?

(Yes, I am. /No, I am not.)

一般过去时 (Simple Past Tense)

1. 一般过去时的用法

一般过去时表示过去某个时间发生的动作或存在的状态，也可表示过去经常反复发生的动作，常和表示过去的时间状语连用，如 ago, last year, yesterday 等。例如：

I taught Li Ming to play basketball this morning.

Lily always walked to school last year.

Did you have a nice trip last week?

Yes, I did./No, I didn't.

What did you do yesterday?

We walked to Wangfujing Street.

2. 一般过去时的构成 (以动词 be, play 为例)

陈 述 句

| 动词 | 肯 定 | 否 定 |
|------|---------------------------------|---------------------------------------|
| be | I/He/She was happy. | I/He/She was not (wasn't) happy. |
| | We/You/They were happy. | We/You/They were not (weren't) happy. |
| play | I/You/He/She played basketball. | I/You/He/She didn't play basketball. |
| | We/You/They played basketball. | We/You/They didn't play basketball. |

疑问句及简略回答

| | | | |
|------|--|--|---|
| be | Was I happy? Yes, you were. No, you were not (weren't). | Were you happy? Yes, I was. No, I was not (wasn't). | Was he/she happy? Yes, he/she was. No, he/she was not (wasn't). |
| | Were we happy? Yes, we were. No, we were not (weren't). | Were you happy? Yes, we were. No, we were not (weren't). | Were they happy? Yes, they were. No, they were not (weren't). |
| play | Did I play basketball? Yes, you did. No, you did not (didn't). | Did you play basketball? Yes, I did. No, I did not (didn't). | Did he/she play basketball? Yes, he/she did. No, he/she did not (didn't). |
| | Did we play basketball? Yes, we did. No, we did not (didn't). | Did you play basketball? Yes, we did. No, we did not (didn't). | Did they play basketball? Yes, they did. No, they did not (didn't). |

规则动词过去式的构成

| 构成规则 | 例词 |
|---------------------------------|--|
| 直接加-ed | ask—asked, call—called, happen—happened, join—joined, want—wanted |
| 以不发音的 e 结尾的动词直接加-d | arrive—arrived, close—closed, invite—invited, like—liked, live—lived, move—moved, use—used |
| 词尾只有一个辅音字母的重读闭音节, 先双写该字母, 再加-ed | clap—clapped, hug—hugged, plan—planned, shop—shopped, skip—skipped, stop—stopped, trip—tripped |
| 以辅音字母加 y 结尾的动词, 改 y 为 i, 再加-ed | cry—cried, dry—dried, study—studied, try—tried, worry—worried |

注意:

* “-ed” 在清辅音后读/t/, 在浊辅音、元音后读/d/, 在/t/、/d/后读/ɪd/。

一些不规则动词过去式的构成

| 动词原形 | 过去式 | 动词原形 | 过去式 | 动词原形 | 过去式 |
|--------|--------|----------|-------|------------|------------|
| am/is | was | fly | flew | say | said |
| are | were | get | got | see | saw |
| become | became | go | went | sing | sang |
| bend | bent | grow | grew | sit | sat |
| break | broke | have/has | had | sleep | slept |
| buy | bought | hear | heard | speak | spoke |
| catch | caught | hit | hit | spend | spent |
| come | came | hold | held | stand | stood |
| cost | cost | hurt | hurt | swim | swam |
| cut | cut | know | knew | take | took |
| do | did | leave | left | teach | taught |
| draw | drew | let | let | tell | told |
| drink | drank | lose | lost | think | thought |
| drive | drove | make | made | throw | threw |
| eat | ate | meet | met | understand | understood |
| fall | fell | put | put | wake | woke |
| feed | fed | read | read | wear | wore |
| feel | felt | ride | rode | win | won |
| find | found | run | ran | write | wrote |

注意:

* 上面表格中所收录的是七年级上、下册中出现的一些不规则动词, 其过去式的构成没有规律可循, 要特别记忆。

一般将来时 (Simple Future Tense)

1. 一般将来时的用法

一般将来时表示将来某一时刻将要发生的动作或将来某一段时间内经常发生的动作或存在的状态，常和表将来的时间状语连用。例如：tomorrow, the day after tomorrow, next week/month/year, in three days 等。

2. 一般将来时的构成 (以动词 swim 为例)

陈 述 句

| 肯 定 式 | 否 定 式 |
|------------------------------------|--|
| I/You/He/She will swim in the sea. | I/You/He/She will not (won't) swim in the sea. |
| We/You/They will swim in the sea. | We/You/They will not (won't) swim in the sea. |

疑问句及简略回答

| | | |
|--|--|---|
| Will I swim in the sea? Yes, you will. No, you will not (won't). | Will you swim in the sea? Yes, I will. No, I will not (won't). | Will he/she swim in the sea? Yes, he/she will. No, he/she will not (won't). |
| Will we swim in the sea? Yes, we will. No, we will not (won't). | Will you swim in the sea? Yes, we will. No, we will not (won't). | Will they swim in the sea? Yes, they will. No, they will not (won't). |

will 用于所有人称，常简略为 'll，与作主语的人称代词连写。例如：I'll, you'll, he'll, she'll, we'll, they'll, it'll。

注意：

* will + 动词原形与 be going to + 动词原形都可表示将来，二者常可以互换使用。will + 动词原形表示将要发生的动作或状态，be going to + 动词原形在口语中常表示事先计划好或打算要做的事，或者很可能发生的事，可用来表示自然现象。例如：

I will work hard and practice every day.

Don't worry. We will teach you!

We are going to pick apples on the farm tomorrow.

He is going to take his son to the zoo.

It is going to rain tomorrow.

反身代词 (Reflexive Pronoun)

反身代词是一种表示反射或强调的代词，意为“自己；本身；亲自”。反身代词与它所指代的名词或代词形成互指关系，在人称、性质、数上应保持一致。

1. 反身代词的单复数形式

| 人 称 \ 数 | 单数 | 复数 |
|---------|------------------------|------------|
| 第一人称 | myself | ourselves |
| 第二人称 | yourself | yourselves |
| 第三人称 | herself himself itself | themselves |

2. 反身代词的用法

1) 作宾语，表示主语和宾语是同一（或一些）人或事物。

I can enjoy myself and learn English at the same time.

Develop your good habits and improve yourself!

2) 作同位语，常用来加强语气。

You did all the hard work yourself.

I can make donuts myself now.

3) 含反身代词的常用词组：

by oneself 独自

teach oneself 自学

learn by oneself 自学

enjoy oneself 玩得高兴，过得愉快

help oneself to 随便吃/用……