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(默写本)

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第一部分 教材词汇与重点句型

Unit 1 Time to Relax

Section A How do you spend your free time?

重点单词

1. *n.* 书法 _____
2. *v.* 滑雪 _____
3. *v.* 编写程序
n. 程序;节目;项目 _____
4. *v.* 表达;表示 _____
5. *n.* 教练;指导者 _____
6. *adj.* 害怕的;对……感到
惊慌的 _____
7. *n. & v.* 害怕;担忧 _____
8. *n.* 诗 _____
9. *adj.* 单个的;单身的 _____
10. *n.* 笔画;击球 _____
11. *n.* 墨水 _____
12. *n. & v.* 回来;归还 _____
13. *v.* 完成(困难的事);
管理 _____
14. *n.* 功夫 _____
15. *v.* 督促;推 _____
16. *v. & n.* 闲聊 _____
17. *n.* 出外游玩;远足 _____

词形变化

1. ski—(动名词) _____
2. program—(动名词) _____
3. I—(反身代词) _____
4. deal—(过去式) _____

重点短语

1. 度过某人的空闲时间 _____
2. 吹长笛 _____
3. 练书法 _____
4. 在某人的空闲时间 _____
5. 休闲活动;闲暇活动 _____
6. 过去常常 _____
7. 害怕;恐惧 _____
8. 鼓励某人做某事 _____
9. 在……前面 _____
10. 克服(困难);解决(问题) _____
11. 通过做某事的方式 _____

12. 正在做;由某人决定 _____
13. 一首李白的诗 _____
14. 看某人做某事 _____
15. 放弃 _____
16. 选择做某事 _____
17. 作为回报 _____
18. 设法完成某事 _____
19. 让某人做某事 _____
20. 开始做某事;进入 _____
21. 试一试某事 _____
22. 感谢某事/物 _____
23. 告诉某人(不)要做某事 _____
24. 忘记要做某事 _____
25. 偶尔地;间或 _____
26. 出外游玩 _____

重点句型

1. 付兴告诉埃玛没有人期望她一开始就是完美的。
Fu Xing told Emma that no one _____
_____ perfect from the start.
2. 我奶奶教我怎样写它。
My grandmother taught me _____
_____ it.
3. 当我开始练书法的时候,我花几个小时(的时间)
练习单个笔画。
When I started to do calligraphy, I _____
hours _____ single strokes.
4. 我去体育中心滑冰。
I went to the sports centre _____
_____.
5. 我喜欢观看功夫电影来放松。
I love _____ kung fu movies _____
_____.
6. 是的,不要忘了偶尔放松一下是很重要的。
Yes, _____ important not to forget _____
_____.
7. 我们的父母担心他待在家里的时间太长了。
Our parents _____ him
_____ home too much.

Section B How can a hobby improve your life?

重点单词

1. *v.* 减少 _____
2. *n.* 精神压力;紧张 _____
3. *n.* 瑜伽 _____
4. *n.* 物品;宾语 _____
5. *adj.* 意大利的;意大利人的;
意大利语的
n. 意大利人;意大利语 _____
6. *n.* 程序设计员 _____
7. *v.* 使……成为可能;允许 _____
8. *n.* 感觉;感官 _____
9. *n.* 硬币 _____
10. *n.* 邮票 _____
11. *n.* 明信片 _____
12. *adv.* 相当;更准确地说 _____
13. *adj.* 过时的;守旧的 _____
14. *adj.* 外国的;国外的 _____
15. *n.* 建议;提议 _____
16. *v.* 激励;鼓舞 _____
17. *adj.* 严厉的;严格的 _____
18. *n.* 舞台;阶段 _____

词形变化

1. achieve—(*n.*) _____
2. surprise—(*adv.* 出人意料地;惊人地) _____
3. teenager—(*adj.*) _____
4. fail—(*n.*) _____
5. important—(*adv.*) _____

重点短语

1. 交朋友 _____
2. 花时间在某事上 _____
3. 冷静;(使)平静下来 _____
4. 例如;诸如……之类 _____
5. 允许某人做某事 _____
6. 全世界 _____
7. 同时 _____
8. 更喜欢(不)做某事 _____
9. 一个做某事的好办法 _____

10. 学习;了解 _____
11. 梦想;希望 _____
12. 开始从事 _____
13. 减少压力 _____
14. 考虑 _____
15. 担心(不)做某事 _____
16. 擅长 _____
17. 到目前为止 _____
18. 数以百计的 _____
19. 毕竟;终究 _____
20. 喜欢做某事 _____
21. 让某人做某事 _____
22. 在某人的生命中 _____

重点句型

1. 相反,这个意大利少年发现制作手机应用程序很有趣。

Instead, this Italian teenager finds _____ fun
_____ mobile phone apps.

2. 看到人们使用这款应用程序让我感到非常有成就感。

It gives me _____
_____ to _____ people _____ the app.

3. 我认为看外国的那些漂亮的建筑和风景很有趣。

I think it's interesting _____ the
beautiful _____ and _____
foreign countries.

4. 在她五岁时,她爸爸把它送给了她,她非常喜欢它,以至于把它挂在卧室的墙上!

Her dad _____
when she was five, and she liked it _____
_____ she _____ it _____ on
her bedroom wall!

5. 只要你不放弃,随着时间的推移,你会在这方面(做得)越来越好的。

_____ you don't give up,
_____ get better at it over time.

6. 绘画也是发掘你创造力的一种很棒的方式。

_____ is a great way _____ your
creative side too.

Unit 2 Stay Healthy

Section A What should we do when we don't feel well?

重点单词

1. *adj.* 疼痛的;酸痛的 _____
2. *n.* 喉咙 _____
3. *n.* 胃痛;肚子疼 _____
4. *n.* 头痛 _____
5. *n.* 牙痛 _____
6. *n.* 背痛;腰痛 _____
7. *v.* 压;按;挤;推 _____
8. *n.* 鼻出血 _____
9. *n.* 牙科医生 _____
10. *n.* 发烧 _____
11. *n.* 胃;腹部 _____
12. *v.* 避免;防止 _____
13. *n.* 气体;燃气 _____
14. *n. & v.* 疼痛 _____
15. *n.* X光照片;X射线 _____
16. *n. & v.* 咳嗽 _____
17. *adj.* 受了瘀伤的 _____
18. *v.* 受苦;遭受 _____
19. *n. & v.* 检查;测验 _____
20. *n.* 流行性感胃 _____
21. *n.* 药;医学 _____
22. *n.* 口罩 _____
23. *n.* 病毒 _____
24. *n.* 描写;形容 _____
25. *n.* 病人 *adj.* 有耐心的 _____
26. *n.* 伤害;损伤 _____
27. *n.* 疾病 _____
28. *n.* 刀 _____
29. *adj.* 清晰的;清楚的
v. 清理 _____
30. *n.* 疼痛;痛苦 _____
31. *n.* 亮度 _____
32. *n.* 环境 _____
33. *v.* 穿越;横过;交叉 _____

词形变化

1. care—(*adj.* 不小心的;粗心的) _____
2. run—(*adj.* 流鼻涕的;流眼泪的) _____
3. ill—(*n.*) _____
4. knife—(复数) _____

5. we—(反身代词) _____
6. you—(反身代词) _____
7. she—(反身代词) _____
8. he—(反身代词) _____
9. they—(反身代词) _____
10. it—(反身代词) _____
11. wise—(*adv.*) _____

重点短语

1. 太多 _____
2. 胃痛;肚子疼 _____
3. 一些加蜂蜜的水 _____
4. 看牙医 _____
5. 避免做某事 _____
6. 受苦;受折磨 _____
7. 坐下 _____
8. 发烧 _____
9. 给某人量体温 _____
10. 患流感 _____
11. 吃一些药 _____
12. 戴口罩 _____
13. 防止……;阻止…… _____
14. 从……摔下来 _____
15. 过得高兴;玩得愉快 _____
16. 生病住院 _____
17. 照顾;照看 _____
18. 更有甚者;更为重要的是 _____
19. 实际上 _____
20. 从……掉落 _____

重点句型

1. 怎么了?
What's wrong? / _____ the _____?
2. 如果你照顾好自己,你很快会好起来的。
_____ you _____ good _____
yourself, _____ get better soon.
3. 你应该去看牙医,拍X光片。你现在可以吃些软的食物。
You _____ see the dentist and _____
_____. You _____ eat some soft
food for now.

Section B How should we stay safe?

重点单词

1. *v.* 油炸;油煎;油炒 _____
2. *n.* 厨房灶具;炉子 _____
3. *n.* 火焰 _____
4. *n.* 惊恐;恐慌 _____
5. *prep.* 向;朝 _____
6. *v.* (使)翻滚;滚动 _____
7. *adj.* 快的;迅速的
adv. 迅速地;快速地 _____
8. *n. & v.* 帮助;援助 _____
9. *n.* 灭火器 _____
10. *adv.* 在今晚 *n.* 今夜;今晚 _____
11. *n.* 烟 *v.* 吸烟;冒烟 _____
12. *adv.* 不幸地;可惜地 _____
13. *n. & v.* 伤害;损害 _____
14. *n.* 药丸;药片 _____
15. *v.* 碰撞;击;打
n. 打;击;击中 _____
16. *n.* 震惊;令人震惊的事
v. 使震惊;使惊愕 _____
17. *v.* 检查;查明
n. 检查;调查 _____
18. *adj.* 疼痛的;憋气的;紧的;
牢固的 _____
19. *n.* 花生 _____
20. *adj.* 过敏的 _____

词形变化

1. happy—(*adv.*) _____
2. luck—(*adj.*) _____ —(*adv.*) _____
3. badly—(比较级) _____
—(最高级) _____
4. nervous—(*adv.*) _____
5. throw—(过去式) _____
6. safe—(*n.*) _____
7. pain—(*adj.* 疼痛的;令人痛苦的) _____
—(*adj.* 无痛的) _____
8. harm—(*adj.* 有害的) _____ —(*adj.* 无
害的) _____
9. lie—(过去式) _____ 平躺;平放
10. bleed—(过去式) _____
11. colour—(*adj.* 无色的) _____

重点短语

1. 着火 _____
2. 把……倒入…… _____
3. 接通(电流、煤气、水等);
打开 _____
4. 不可能;没门 _____
5. 停止做某事 _____
6. 着火;起火 _____
7. 关闭 _____
8. 某人扑倒在地板上 _____
9. 即将;正要(做某事) _____
10. 突然停住 _____
11. 多亏了 _____
12. 急救 _____
13. 上馆子吃饭;在外用餐 _____
14. 平躺;平卧 _____
15. 生火 _____
16. 保护某人免受伤害 _____
17. 对……过敏 _____
18. 立即行动 _____
19. 从现在起 _____

重点句型

1. 这是他们第一次离开家人生活,他们喜欢学习如何亲手做很多事情。
_____ living away from their families, and they enjoyed learning _____.
2. 但是他离锅太近了,一团火焰跳到了他的衬衫上。
But he was _____ to the pan _____ a flame jumped onto his shirt.
3. 他在地上打滚把火扑灭了,但是锅(里的火)还在燃烧着!
He _____ the fire _____ on the ground, but the pan _____ still _____!
4. 下次过马路时,我要避免看手机。
I'll avoid _____ my phone while _____ the road next time.

Unit 3 Growing Up

Section A What makes you upset?

重点单词

1. *n.* 情感;情绪 _____
2. *adj.* 难过的;沮丧的 _____
3. *adj.* 孤独的;寂寞的 _____
4. *adv.* 独自;单独 _____
5. *v. & n.* 控制 _____
6. *n.* 怒火 _____
7. *v.* 建议;劝告 _____
8. *v.* 原谅;宽恕 _____
9. *n.* 过错;责任 _____
10. *n.* 礼物 _____
11. *n.* 标准;水平 *adj.* 标准的 _____
12. *n.* 奖;奖品 _____
13. *n.* 目的;意图 _____
14. *v.* 道歉 _____
15. *v.* 关闭;合上;住嘴 _____
16. *adv.* 最后 _____
17. *pron.* 充足;丰富;大量 _____

词形变化

1. shock—(*adj.* 震惊的) _____
2. hurt—(*adj.* 伤感情的) _____
3. clear—(*adv.*) _____
4. press—(*n.* 压力) _____

重点短语

1. 处理;对付 _____
2. 考试不及格 _____
3. 与……打架 _____
4. 得知;听说 _____
5. 看到事故发生 _____
6. 建议某人做某事 _____
7. 从某人那里借来某物;
向某人借某物 _____
8. 今后;从今以后 _____
9. 有意做某事;打算做某事 _____
10. 关心;在意 _____
11. 尽释前嫌 _____
12. 与陌生人说话 _____

13. 丢失特殊的东西 _____
14. 输掉比赛 _____
15. 最后 _____
16. 对……感到满意 _____
17. 把……和……作比较 _____
18. 给某人写信 _____
19. 解释清楚;传达 _____
20. 很多的压力 _____
21. 故意;有意地 _____
22. 减少一半 _____
23. 设身处地;处于某人的境地 _____
24. 暂停/中断某事 _____
25. 与……分享…… _____
26. 把……关(藏)起来;隔离 _____
27. 充足;大量 _____

重点句型

1. 如果你做了错事,也许你应该先说对不起。
If you did _____, maybe you
_____ first.
2. 彼得接受了埃拉的建议,给哈里打了电话,以便能够道歉。
Peter _____ Ella's _____ and called Harry
_____ he could say sorry.
3. 听到这个消息我很难过。

4. 直到你和他们谈了,他们才可能知道你的感受。
_____ you talk to them, they _____
_____ know how you feel.
5. 我害怕如果我们交谈我会哭。
I'm afraid _____ cry _____ we talk.
6. 跟你说话已经让我感觉好多了!
Just talking to you _____
better already!
7. 尽管你们吵过架,但是你们还是很好的朋友。
_____ you argued, you are _____ very
close friends.

Section B How can we stay positive?

重点单词

1. *adj.* 沮丧的;低的 _____
2. *v.* 发出铃声 _____
3. *v.* 进入 _____
4. *v. & modal v.* 敢于 _____
5. *pron.* 每人;所有人 _____
6. *n.* 裁判 _____
7. *n.* 得分;比分 _____
8. *adj.* 骄傲的;自豪的 _____
9. *n.* 教练 _____
10. *n.* 有点儿;稍微 _____
11. *v.* 重复 _____
12. *conj.* 虽然;尽管 _____
13. *n.* 解决办法;解决 _____
14. *v.* 霸凌;恐吓 *n.* 恶霸 _____
15. *v.* 表现;举止得体 _____
16. *n.* 物理;物理学 _____
17. *adj.* 正常的;普通的 _____
18. *adj.* 发狂的;疯的 _____
19. *adj.* 刻薄的;吝啬的 _____
20. *adj.* 深的;有……深的 _____
21. *pron.* 任何人 _____
22. *v.* 继续存在;保持不变 _____

词形变化

1. play—(*n.* 运动员) _____
2. decide—(*n.*) _____
3. joy—(*adj.*) _____
4. thank—(*adj.*) _____
5. positive—(反义词) _____
6. different—(*adv.*) _____
7. wake—(*adj.* 醒着的) _____

重点短语

1. 感到忧郁的 _____
2. 欢天喜地 _____
3. 笑容满面 _____
4. 情绪低落;精神不振 _____
5. 使失望 _____
6. 对……苛刻或过分严厉 _____

7. 同意某人的观点 _____
8. 撤回;收回 _____
9. (因干了蠢事等) 自责或懊恼 _____
10. 从好的方面想;抱乐观态度 _____
11. 为……感到骄傲 _____
12. 也;又 _____
13. 有点儿;稍微 _____
14. 团结协作;团队合作 _____
15. 齐心协力;通力合作 _____
16. 即使;虽然 _____
17. 冲某人喊叫 _____
18. (整夜)辗转难眠;睁眼躺着睡不着 _____
19. 不时;偶尔 _____
20. 深呼吸 _____
21. 成绩差,学得不好 _____
22. 去世(委婉说法) _____
23. 不但……而且…… _____

重点句型

1. 但在我犯那个错误之前,我们有很好的机会获胜。
But we _____
to win _____ I made that mistake.
2. 从错误中吸取教训更为重要,这样将来才不会重蹈覆辙。
It's more important _____
your mistakes _____ you don't
repeat them in future.
3. 人人为我,我为人人。

4. 虽然偶尔对他人发脾气很正常,但我们应当始终尽力控制自己的愤怒情绪,而不是用不好的方式宣泄。
_____ it is normal _____
_____ others from time to time, we should
always _____ to control
our anger instead of expressing it in bad ways.

Unit 4 The Wonders of Nature

Section A What is amazing about nature?

重点单词

1. *n.* 奇观;惊叹 *v.* 琢磨;
想知道;感到诧异 _____
2. *n.* 数量;测量 _____
3. *prep.* 在(或到)……下面;少于;
低于 *adv.* 在(或到)下面 _____
4. *n.* 高度;水平;程度 _____
5. *n.* 表面;表层 _____
6. *n.* 深(度);纵深 _____
7. *v. & n.* 潜水;跳水;俯冲 _____
8. *v. & n.* 研究;调查 _____
9. *n.* 大船;轮船 _____
10. *adj.* 特别的;不寻常的 _____
11. *n.* 底部;最下部 _____
12. *n.* 瀑布 _____
13. *n.* 文明 _____
14. *n.* 方式;途径 _____
15. *n.* 发展;壮大 _____
16. *n.* 沙漠;荒原 _____
17. *adj.* 立方的 _____
18. *n.* 英里 _____
19. *n.* 池塘;水坑 _____

词形变化

1. wonderful—(*n.*) _____
2. deep—(*n.*) _____
3. develop—(*n.*) _____
4. low—(最高级) _____
5. far—(最高级) _____ / _____
6. long—(*n.*) _____

重点短语

1. 在世界上 _____
2. 在地球上 _____
3. 在海里 _____
4. 平方千米 _____
5. 低于海平面 _____
6. ……的底部 _____

7. 在黄河上 _____
8. 顺便问一下 _____
9. 古代文明 _____
10. 母亲河 _____
11. 一定;千方百计 _____
12. 倾泻而下 _____
13. 总占地面积为 _____

重点句型

1. 黄河 5464 千米长,是(中国)第二长河。
The Yellow River _____ 5,464 kilometres
_____ and is _____.
2. 世界上最大的沙漠是哪个?
What is _____ in the
world?
3. 它的面积约为 900 万平方千米。
It is about 9,000,000 square kilometres _____.
4. 一些失明的动物能够像其他动物一样好好地“看到”(东西)。
Some blind animals can “see” _____
_____ others.
5. 长江是中国境内流程最长的河流,全长约 6300 千米。
The Yangtze River _____
in China and is about 6,300 kilometres _____.
6. 尼罗河与黄河帮助古代文明发展。
_____ the Nile _____ the Yellow River
helped ancient civilizations _____.
7. 参观世界上最为壮观的瀑布之一是一次奇妙的体验。
_____ one of the world’s _____
_____ was a magical experience.
8. 当我们走近瀑布时,水声渐渐变得越来越响。
_____ we went _____ the falls,
the noise of the water slowly grew _____.

Section B Why do we explore nature?

重点单词

1. *n.* 距离; 遥远 _____
2. *v.* 生存; 存活; 艰难度过 _____
3. *n.* 状态; 境况 _____
4. *n.* 度; 度数; 程度 _____
5. *n.* 悬崖; 峭壁 _____
6. *adj.* 有决心的; 坚决的 _____
7. *n.* 同队队员; 队友 _____
8. *n.* 肩膀; 肩部 _____
9. *n.* 梯子; 阶梯; 途径 _____
10. *adv.* 成功地; 顺利地 _____
11. *v.* 使……冒风险(或面临危险) *n.* 危险; 风险 _____
12. *n.* 追求的目标; 野心; 雄心 _____
13. *adj.* 位于; 坐落在 _____
14. *adj.* 淡水的; 淡水中生长的 _____
15. *n.* 类型; 种类 _____
16. *v.* 吸引; 招引; 引起(反应) _____
17. *adj.* 好奇的; 求知欲强的 _____
18. *adj.* 水下的; 用于水下的
adv. 在水下 _____
19. *adj.* 东北的; 东北方向的 _____
20. *n.* 海岸; 海滨 _____
21. *n.* 珊瑚; 珊瑚虫 _____
22. *n.* 礁; 礁脉 _____
23. *v.* 包含; 包括 _____
24. *n.* 沙子 _____
25. *adj.* 活着; 在世; 有活力 _____
26. *n.* 结构(体); 构造; 体系 _____
27. *v.* 使用呼吸管潜水
n. (浮潜用的)呼吸管 _____
28. *n.* (鱼、鲸、海豚等的)群 _____
29. *n.* 海龟; 龟 _____
30. *n.* 一生; 终身 _____

词形变化

1. climb—(*n.* 攀登者; 登山者) _____
2. north—(*adj.*) _____
3. south—(*adj.*) _____

4. change—(*adj.* 可能变化的; 易变的; 常变的) _____
5. die—(*adj.*) _____—(*n.*) _____
6. below—(反义词) _____
7. measurement—(*v.*) _____
8. curious—(*n.* 好奇心; 求知欲) _____
9. explore—(*n.* 探险者; 勘探者) _____
10. simple—(*adv.*) _____
11. risk—(*adj.* 有危险的) _____
12. travel—(*n.* 旅行者; 游客) _____
13. nature—(*adj.* 自然的; 天然的; 天生的) _____

重点短语

1. 最伟大的世界奇观之一 _____
2. 感觉像 _____
3. 能; 会 _____
4. 死亡之路 _____
5. 一点一点地; 逐渐地 _____
6. 占据 _____
7. 色彩斑斓的鱼群 _____

重点句型

1. 截至2007年, 几乎所有从北坡攀登的登山者都使用了这个“中国梯”更快地登顶。
_____ 2007, almost all climbers from the northern side _____ this “Chinese Ladder” _____ reach the top _____.
2. 在2020年, 又一支队伍重返珠穆朗玛峰进行海拔测量——高度为8848.86米。
In 2020, a third team _____ Qomolangma _____—8,848.86 metres.
3. 位于澳大利亚东北海岸的大堡礁是最值得一游的绝美之地之一。
_____ the northeastern coast of Australia, the Great Barrier Reef is one of _____ to visit.
4. 如果你参观这里, 你将会看到地球上最大的生物结构。
If you _____, you _____ the largest living structure on earth.

百词竞赛 (Units 1-4)



扫码核答案
Units 1-4

重点单词

1. *v.* 表达;表示 _____
2. *n.* 教练;指导者 _____
3. *adj.* 单个的;单身的 _____
4. *v.* 督促;推 _____
5. *v.* 减少 _____
6. *n.* 程序设计员 _____
7. *n.* 感觉;感官 _____
8. *n.* 失败 _____
9. *n.* 胃痛;肚子疼 _____
10. *v.* 压;按;挤;推 _____
11. *n.* 牙科医生 _____
12. *n.* 病人 *adj.* 有耐心的 _____
13. *n.* 环境 _____
14. *n.* 烟 *v.* 吸烟;冒烟 _____
15. *n. & v.* 伤害;损害 _____
16. *n.* 震惊;令人震惊的事
v. 使震惊;使惊愕 _____
17. *adj.* 孤独的;寂寞的 _____
18. *v. & n.* 控制 _____
19. *n.* 过错;责任 _____
20. *n.* 礼物 _____
21. *n.* 目的;意图 _____
22. *v.* 表现;举止得体 _____
23. *adj.* 正常的;普通的 _____
24. *v.* 继续存在;保持不变 _____
25. *n.* 高度;水平;程度 _____
26. *n.* 表面;表层 _____
27. *n.* 底部;最下部 _____

28. *v.* 生存;存活;艰难度过 _____
29. *n.* 状态;境况 _____
30. *adv.* 成功地;顺利地 _____
31. *adj.* 好奇的;求知欲强的 _____
32. *adj.* 可能变化的;易变的;
常变的 _____
33. *v.* 包含;包括 _____
34. *adj.* 活着;在世;有活力 _____

词形变化

35. achieve—(*n.*) _____
36. describe—(*n.*) _____
37. pain—(*adj.* 疼痛的) _____ —(*adj.* 无
痛的) _____
38. bright—(*n.* 亮度) _____
39. throw—(过去式) _____
40. press—(*n.* 压力) _____
41. wonderful—(*n.* 奇观) _____
42. risk—(*adj.* 有危险的) _____

重点短语

43. 害怕;恐惧 _____
44. 期望某人做某事 _____
45. 正在做;由某人决定 _____
46. 放弃 _____
47. 作为回报 _____
48. 开始做某事;进入 _____
49. 试一试某事 _____
50. 偶尔地;间或 _____
51. 出外游玩 _____
52. 梦想;希望 _____

53. 克服(困难);解决(问题) _____
54. 开始从事 _____
55. 考虑 _____
56. 到目前为止 _____
57. 毕竟;终究 _____
58. 受苦;受折磨 _____
59. 发烧 _____
60. 设法做成某事 _____
61. 给某人量体温 _____
62. 允许某人做某事 _____
63. 防止……;阻止…… _____
64. 从……摔下来 _____
65. 着火 _____
66. 接通(电流、煤气、
水等);打开 _____
67. 不可能;没门 _____
68. 即将;正要(做某事) _____
69. 从现在起 _____
70. 处理;对付 _____
71. 今后;从今以后 _____
72. 尽释前嫌 _____
73. 解释清楚;传达 _____
74. 故意;有意地 _____
75. 减少一半 _____
76. 设身处地;处于某人的
境地 _____
77. 把……关(藏)起来;隔离 _____
78. 充足;大量 _____
79. 感到忧郁的 _____
80. 情绪低落;精神不振 _____
81. 使失望 _____

82. 对……苛刻或过分严厉 _____
83. (因干了蠢事等) 自责或
懊恼 _____
84. 从好的方面想;抱乐观态度 _____
85. 为……感到骄傲 _____
86. 也;又 _____
87. 即使;虽然 _____
88. 倾泻而下 _____
89. 能;会 _____
90. 一点一点地;逐渐地 _____

» 词汇应用

91. It's _____ (nature) to feel nervous before a test.
92. We need more _____ (suggestion) to solve this problem.
93. He dived into the pool to test its _____ (deep).
94. The baby cries _____ (different) when he is hungry.
95. The news of her _____ (die) came as a great shock to everyone.
96. The _____ (develop) of technology changes the way we live and work.
97. My cousin and I _____ (lie) on the beach and had a relaxing time.
98. Mr White avoided _____ (go) shopping on Sundays to escape the crowds.
99. I spent my summer holiday on my parents' farm and I enjoyed _____ (I) there.
100. She missed the train, but _____ (luck) there was another one just 10 minutes later.

Unit 5 Nature's Temper

Section A What happens during a natural disaster?

重点单词

- n.* 脾气; 怒气 _____
- n.* 地震 _____
- n.* 台风 _____
- n.* 野火 _____
- n.* 雪暴; 暴风雪 _____
- n.* 水灾; 洪水 *v.* 泛滥; 淹没 _____
- n.* 久旱; 旱灾 _____
- v.* 警告; 提醒注意 _____
- n.* 波浪; 波; 挥手 *v.* 挥手; 挥舞 _____
- n.* 海啸 _____
- n.* 采访; 面试
v. 采访; 对(某人)进行面试 _____
- n. & v.* 汇报; 报道 _____
- n.* 街区; 临近的地方 _____
- n.* 屋顶; 顶部 _____
- adv.* 几乎; 差不多; 将近 _____
- n.* 苦恼; 困难
v. 使忧虑、苦恼; 劳驾; 麻烦 _____
- n.* 亲戚; 亲属 _____
- n.* 卡车 _____
- n.* 电力供应; 能量; 力量 _____
- adj.* 厚的; 浓密的 _____
- n.* 龙卷风; 旋风 _____

词形变化

- possible—(*adv.*) _____
- prepare—(*n.*) _____
- sound—(*adv.* 睡觉酣畅地; 可靠地; 完全彻底地)

- beat—(过去式) _____
- hide—(过去式) _____
- supply—(复数) _____

重点短语

- 做家务 _____
- 待在宾馆 _____
- 乘坐火车 _____
- 在……时候 _____

- 遭遇洪灾 _____
- 在台风眼中 _____
- 导致某人做某事 _____
- 发生 _____
- 建议某人做某事 _____
- 注意 _____
- 知道; 了解 _____
- 发生事故 _____
- 把某物从……移走 _____
- 得知; 听到关于 _____
- 作准备 _____
- 中断 _____
- 提醒/警告某人某事/物 _____
- 沉睡; 酣眠 _____
- 下倾盆大雨 _____
- 击打 _____
- 躲避……;
藏起来不让……发现 _____
- 互相; 彼此 _____
- 使某人更亲近/
拉近某人之间的距离 _____

重点句型

- 当开始刮大风时, 我们正开车从亲戚家回家。
We _____ home from our relatives' house _____ the strong winds _____.
- 当我们开车返回时, 雨正下得很大。
It _____ while we _____.
- 当台风来袭时, 你在做什么?
What _____ you _____ when the typhoon _____?
- 当我的邻居打来电话时, 我们一家人正在吃晚饭。
_____ my neighbour called, my family _____ dinner.
- 当我们开车回家时, 强风开始了。
_____ we were driving home, the strong winds _____.

Section B What can we do to prepare for the worst?

重点单词

1. *n.* (学校的)女生 _____
2. *n.* 泡;泡沫 _____
3. *v.* 拒绝;退却 _____
4. *n.* 安全;保安;保障 _____
5. *n.* 卫兵;保卫 *v.* 保卫 _____
6. *adj.* 附近的 *adv.* 在附近 _____
7. *v.* 尖叫 _____
8. *n.* 知识;学问 _____
9. *n.* (山坡或悬崖的)滑坡;塌方 _____
10. *v.* 保护;捍卫 *n.* 安全设施 _____
11. *n.* 洪水 _____
12. *n.* 劳动力;人力 _____
13. *n.* 心跳(声) _____
14. *n.* 救援 *v.* 援救;营救 _____
15. *n.* 热浪 _____
16. *prep., adv. & conj.* 自……以后;
从……以来 *conj.* 既然;由于 _____
17. *n.* 消防队员 _____
18. *n.* 志愿者;自告奋勇者
v. 自愿做;义务做 _____
19. *n.* 警报(器);惊恐 _____
20. *v.* 复习;回顾;复查
n. 回顾;审查 _____
21. *n.* 雷;雷声
v. 打雷;发出雷鸣般响声 _____
22. *n.* 暴风雨 _____

词形变化

1. bad—(最高级) _____
2. hero—(复数) _____
3. thankful—(*adv.*) _____
4. think—(*n.*) _____
5. southwest—(*adj.*) _____
6. terrible—(*adv.*) _____
7. suddenly—(*adj.*) _____
8. usually—(*adj.*) usual—(反义词) _____
9. lucky—(反义词) _____
10. rain—(*adj.*) _____

重点短语

1. 在度假 _____
2. 在……上面 _____
3. 拒绝做某事 _____
4. 返回某地 _____
5. 保安人员 _____
6. 立刻行动 _____
7. 生死之别 _____
8. 除……之外 _____
9. 一……就…… _____
10. 扫过;掠过 _____
11. 避免做某事 _____
12. 扑灭 _____
13. 远离…… _____
14. 到……末为止 _____
15. (警报器等)突然发出巨响 _____
16. 等待 _____
17. 突然;猛地 _____
18. 到……的时候 _____
19. 担心…… _____
20. 上气不接下气 _____
21. 因此 _____
22. 出现问题;发生故障;搞错 _____

重点句型

1. 但当蒂莉和家人沿着海滩散步时,她注意到了奇怪的东西。
But while Tilly _____ the beach with her family, she _____.
2. 人们看到从海上涌来的巨大水墙时,尖叫着尽快逃跑。
People _____ and running _____ when they saw a huge wall of water _____ the sea.
3. 风太大了,我都不能撑开雨伞!
The wind was _____ for me _____ my umbrella!

Unit 6 Crossing Cultures

Section A How different are our cultures?

重点单词

1. *v. & n.* 鞠躬 _____
2. *v.* 碰;撞
n. 碰撞;(撞击造成的)肿块 _____
3. *n.* 拳头 _____
4. *v.* 摩擦;揉 _____
5. *v.* 亲吻 *n.* 吻 _____
6. *n.* 脸颊 _____
7. *v. & n.* 拥抱 _____
8. *adj.* 尴尬的 _____
9. *adj.* 困惑的 _____
10. *adj.* 正式的 _____
11. *n.* 咖喱菜 _____
12. *adj.* 粗鲁的 _____
13. *n.* 手掌 _____
14. *n.* 叉子 _____
15. *n.* 方式;(*pl.* manners) 礼仪 _____
16. *conj.* 除非;如果不 _____
17. *adj.* 恰当的;正确的 _____
18. *n.* 手肘 _____
19. *n.* (usually *pl.*) 筷子 _____

词形变化

1. shake—(过去式) _____
2. common—(反义词) _____
3. India—(*adj. & n.*) _____
4. confused—(*adj.* 令人困惑的;难以理解的)

5. important—(*adv.*) _____
6. serve—(*adj.* 分菜用的 *n.* 一份食物) _____
7. embarrassed—(*adj.* 使人难堪的) _____
8. culture—(*adj.*) _____

重点短语

1. 握手 _____
2. 用左手递或接东西 _____
3. 记得做某事 _____
4. 在你右手中 _____
5. 坐直 _____

6. 使不碰到;使避开 _____
7. 站起来 _____
8. 公筷 _____
9. 给某人一些关于……的建议 _____
10. 脱下 _____
11. 期盼某人做某事 _____
12. 按时 _____
13. 把……插入…… _____
14. 邀请某人做某事 _____
15. 与……不同 _____
16. 下飞机 _____
17. 在某人的左右 _____
18. 很多;大量 _____
19. 站得离某人近 _____
20. 习惯于 _____

重点句型

1. 用左手递或接东西是无礼的。
_____ is rude _____ or _____
things _____ your left hand.
2. 但是英国的餐桌礼仪太令人困惑了,以至于我有点担心。
But English table manners _____
_____ I'm a little worried.
3. 带个小礼物,但除非主人要求,否则别带食物。
Bring a small gift, but _____ food
_____ the host _____ you to.
4. 你能告诉我使用刀叉的正确方法吗?
_____ you tell me _____
_____ a knife and fork too?
5. 在日本,我们一见到老师就鞠躬。
In Japan, we bow _____
we meet a teacher.
6. 在土耳其,人们不会亲吻对方的脸颊,除非他们是好朋友。
In Türkiye, people _____ kiss _____
_____ on the cheek _____ they are good
friends.

Section B How do we show respect to other cultures?

重点单词

1. *n.* 习俗 _____
2. *n.* 场合;重大活动 _____
3. *n.* (女式)衬衫或短上衣 _____
4. *adj.* 不喜欢谈论私事的;私人的 _____
5. *conj.* 是否 _____
6. *n.* 牛仔裤 _____
7. *v.* 结婚;娶;嫁 _____
8. *v.* 祝贺 _____
9. *adj.* 亚洲的 *n.* 亚洲人 _____
10. *n.* 传统 _____
11. *v.* 收到 _____
12. *n.* 结束写信 _____
13. *adj.* 主要的 _____
14. *adj.* 错误的;不真实的 _____
15. *n.* 印象 _____
16. *n.* 欢呼 *v.* 庆祝 _____
17. *interj.* 再见;干杯 _____

词形变化

1. nice—(*adv.*) _____
2. marry—(*adj.* 已婚的;婚姻的) _____
3. safe—(反义词) _____
4. proper—(反义词) _____
5. formal—(反义词) _____
6. first—(*adv.* 第一;首先) _____
7. second—(*adv.* 第二;其次) _____
8. third—(*adv.* 第三) _____
9. correct—(*adv.*) _____

重点短语

1. 到达时间 _____
2. 餐桌礼仪 _____
3. 安全的交谈话题 _____
4. 问候某人 _____
5. 道别 _____
6. 得到……消息 _____
7. 有点孤独 _____
8. 一开始 _____
9. 和……分享…… _____

10. 按时 _____
11. 准备某物 _____
12. 根据场合着装 _____
13. 最后但同样重要的是 _____
14. 帮助很大 _____
15. 为某人解释某事 _____
16. 迫不及待做某事 _____
17. 在错误的日期 _____
18. 四十多岁 _____
19. 担心做某事 _____
20. 给人错误的印象 _____
21. 期待做某事 _____

重点句型

1. ……当你拜访某人时,带一件礼物很重要。
 …… _____ important _____ a gift
 _____ you visit someone.
2. ……除非你非常了解这个人,否则最好别问私人问题。
 …… it's best _____ personal
 questions _____ you know the person quite
 well.
3. 他们不喜欢别人问他们的年龄、家庭、是否已婚或者挣多少钱。
 They don't like it _____ others _____
 them _____ their age, their family, _____
 they are married, or how much money they
 make.
4. 这里很多人说英语,但是如果你使用法语,你能与他们建立更亲密的关系。
 Lots of people speak English here, _____ you
 can _____ with them
 _____ you use French.
5. 我一飞到上海就会去拜访赵一家人。
 I'll meet the Zhaos _____
 I _____ Shanghai.
6. 第一印象非常重要,我不想说错话或做错事!
 First impressions are _____ important _____
 I don't want to say or do anything wrong!

Unit 7 A Good Read

Section A What great books have you read?

重点单词

1. *n.* 冒险; 冒险经历 _____
2. *n.* 幻想; 幻想作品 _____
3. *n.* 悬疑小说(或电影、戏剧);
神秘的事物; 奥秘 _____
4. *n.* 小说 _____
5. *n.* 侦探 _____
6. *n.* 外星人 _____
7. *v. & n.* 攻击; 进攻 _____
8. *v.* 强迫; 迫使; 用力推动
n. 力; 武力 _____
9. *v.* 惩罚; 处罚 _____
10. *n.* 习语; 成语 _____
11. *adv.* 最近; 不久前 _____
12. *v.* 推荐; 建议 _____
13. *n.* 社会; 社团 _____
14. *adj.* 文学的; 文学上的 _____
15. *v.* 把(总部等)设在
n. 根基; 基础; 根据地 _____

词形变化

1. history—(*adj.* 历史的; 有关历史的)

2. steal—(过去式) _____ —(过去分词)

3. lose—(*adj.* 迷路的; 丢失的; 失去的)

4. choose—(过去分词) _____

重点短语

1. 好的读物; 好书(或文章等) _____
2. 科幻小说(或影片等) _____
3. 主要人物 _____
4. 听说; 得知 _____
5. 小说类型 _____
6. 在 19 世纪 _____
7. 魔幻经典 _____
8. 迷路 _____
9. 在魔幻世界中 _____
10. 比起……更喜欢…… _____

11. 太……以至于不能…… _____
12. 成长 _____
13. 做完某事 _____
14. 在今年年初 _____
15. 决定做某事 _____
16. 以……开始 _____
17. 允许某人做某事 _____
18. 在过去 _____
19. 一点 _____
20. 迄今为止 _____
21. 中国四大名著 _____
22. 以……为基础;
以……为根据 _____
23. 用一种不同的语言 _____
24. 一本 500 多页的书 _____

重点句型

1. 你曾经听说过《小王子》这本书吗?
Have you _____ the book
The Little Prince?
2. “付兴,你最近读了什么?”
“我刚刚读完刘易斯·卡罗尔所著的《爱丽丝梦游仙境》。”
—What _____ you _____ recently, Fu Xing?
—I've just _____ *Alice's Adventures in Wonderland* _____ Lewis Carroll.
3. “陈洁已经读过这本书了吗?”
“没有,但是她已经从图书馆借了这本书。”
—Has Chen Jie _____ this book _____?
—No, but she's _____ it _____ the library.
4. 我刚刚读完《三国演义》。
I've _____ *The Romance of the Three Kingdoms*.
5. 我以前从没读过经典小说。
I've _____ a classic novel before.

Section B What can we learn from great books?

重点单词

1. *n.* 总结;概要 _____
2. *adj.* 宠坏的;娇惯坏的 _____
3. *adj.* 自私的 _____
4. *v.* 用锁锁上 *n.* 锁 _____
5. *pron.* 没有人;谁也不 _____
6. *adv.* 因此;所以 _____
7. *n.* 状态;国家;州 *v.* 陈述;说明 _____
8. *n.* 准备期;准备过程 _____
9. *n.* 高潮;极点 _____
10. *n.* 影响;结果 _____
11. *n.* 图书管理员;图书馆馆长 _____
12. *v.* 认为;仔细考虑 _____
13. *n.* 敌人 _____
14. *adj.* 淘气的 _____
15. *adj.* 温柔的 _____
16. *v.* 击败;战胜 *n.* 失败;击败 _____
17. *adj.* 基本的;初步的 _____
18. *n.* 骨头 _____
19. *v.* 怀疑 *n.* 疑惑;不确定 _____
20. *v.* 破坏;摧毁 _____

词形变化

1. lock—(反义词) _____
2. hide—(*adj.* 隐藏的;秘密的) _____
3. strong—(反义词) _____
4. secret—(*adv.* 秘密地) _____
5. prove—(过去式) _____
—(过去分词) _____ / _____
6. read—(*n.* 读者;简易读物) _____
7. America—(*adj.* & *n.*) _____
8. introduce—(*n.* 介绍;序言;采用) _____
9. magic—(*adj.*) _____
10. mystery—(*adj.*) _____
11. pain—(*adj.*) _____
12. fun—(*adj.*) _____
13. effect—(*adj.*) _____
14. self—(*adj.* 自私的) _____
15. recommend—(*n.*) _____

重点短语

1. 去世 _____
2. 属于 _____

3. 锁好(建筑物的)门 _____
4. 一扇半掩的门 _____
5. 听见某人在做某事 _____
6. 站起身来 _____
7. 一天天;逐日 _____
8. 最后;终于 _____
9. 令某人惊讶的是 _____
10. 提醒某人某事 _____
11. 受……欢迎 _____
12. 来得及;及时 _____
13. 强迫某人做某事;
迫使某人做某事 _____
14. 在某人的旅途中 _____
15. 实现目标 _____
16. 证明某人自己是 _____
17. 受到……启发;
受到……鼓舞 _____

重点句型

1. 不幸的是,没有人照看植物,因此,花园大部分都处于荒芜状态。
Unfortunately, nobody has _____
_____ the plants, and therefore, much of it

_____.
2. ……自他的母亲去世后,他一直独自住在一间秘密的房间。
...he _____ alone in a _____
room _____ his mother's death.
3. ……他发现这个秘密花园已经变得和以前一样有生机和美丽!
...he discovers that the secret garden has become

it ever was!
4. 这本书教会了我不要放弃和自我怀疑。
This book _____ me _____
_____ or doubt myself.
5. 人不是生来就要被打败的。一个人可以被毁灭,但不能被打败。
Man _____ not _____ defeat. A
man _____ but not
_____.

Unit 8 Making a Difference

Section A What can we do to help?

重点单词

1. *adj.* 年纪较大的;上了年纪的 _____
2. *n.* 体育馆;运动场 _____
3. *v.* 提供;给予 _____
4. *n.* 笼子 _____
5. *n.* 捐赠物;捐赠 _____
6. *n.* 庇护所;居所 _____
7. *n.* 青年;青年时期 _____
8. *adj.* 活跃的;积极的 _____
9. *n.* 军队 _____
10. *adj.* 小学教育的;首要的 _____
11. *n.* 慈善机构(或组织);慈善事业 _____

词形变化

1. visit—(*n.* 参观者;来访者) _____
2. organize—(*n.*) _____
3. own—(*n.* 主人;物主) _____
4. interview—(*n.* 面试官;采访者) _____
5. warm—(*adv.*) _____

重点短语

1. 有(重要)作用 _____
2. 清理;清扫 _____
3. 老人;上了年纪的人 _____
4. 指路 _____
5. 垃圾分类 _____
6. 捡起;拿起 _____
7. 激励某人做某事 _____
8. 一个动物收容所 _____
9. 照顾;照看;照料 _____
10. 过去常常做 _____
11. 主动做某事 _____
12. 选择做某事 _____
13. 养老院 _____

14. 保持活力 _____
15. 与某人下中国象棋 _____
16. 照顾;关心 _____
17. 赶快;跟着来 _____
18. 去过…… _____
19. 在部队;在军队中 _____
20. 加入这个组织 _____
21. 一个体育组织 _____
22. 分担工作;帮忙做 _____
23. 交很多朋友 _____
24. 例如 _____

重点句型

1. 你当志愿者多久了?
How long _____ you _____ a volunteer?
2. 你以前去过我们的动物收容所吗?
_____ you _____ our animal shelter before?
3. 从暑假开始,他就在这儿当志愿者了。
He _____ here since his summer holidays _____.
4. 现在吴老师作为一名志愿者在小学教书已有两年。
Mr Wu _____ in a primary school _____ a volunteer _____ two years now.
5. 自2023年开设课程以来,该组织已为6000多位老年人提供了培训。
The organization _____ 6,000 elderly people since it _____ to offer classes in 2023.
6. 体育场那么大,以至于他们迷路了。
The stadium was _____ they got lost.

Section B How does helping others make a difference?

重点单词

1. *n.* 女士;淑女 _____
2. *v.* (狗)吠叫 *n.* 狗叫声 _____
3. *n.* 成年人 *adj.* 成年的;成熟的 _____
4. *adj.* 救命的;救生的 _____
5. *n.* 团队合作 _____
6. *adj.* 平凡的;普通的 _____
7. *adj.* 值得;有价值 _____
8. *n.* 听众;观众 _____
9. *n.* 成功 _____
10. *adj.* (尤指家庭中两个成员) 年龄较长的 _____
11. *n.* 口袋 _____
12. *n.* 努力;艰难的尝试 _____
13. *n.* 才能;天赋;天才 _____
14. *n.* (正式、礼貌的称呼) 女士;夫人 _____
15. *n.* 广告;启事 _____

词形变化

1. gentleman—(复数) _____
2. miss—(*adj.* 失踪的;丢失的) _____
3. practice—(*adj.* 实用的;实际的) _____
4. success—(*adj.*) _____
5. valuable—(*n.* 重要作用;价值) _____
6. volunteer—(*adj.* 自愿的;无偿的) _____
7. will—(*adj.* 乐意的;愿意的) _____
8. donation—(*v.*) _____

重点短语

1. 以……开始 _____
2. 早在 2008 年;回溯到 2008 年 _____
3. 拨打紧急电话 _____
4. 严重的头部外伤 _____
5. 报名 _____
6. 自从;自……以后 _____
7. 为……作准备 _____
8. 搜索 _____
9. 远达/至…… _____

10. ……的关键; ……的要诀 _____
11. 最主要的是 _____
12. ……的价值 _____
13. 奔赴险境 _____
14. 乐意做某事 _____
15. 精力充沛的 _____
16. 忙碌的 _____
17. ……的重要性 _____
18. 处于贫困中;生活困难 _____
19. 寻找 _____
20. 一个清晰的目标 _____
21. 坚持 _____
22. 给某人提供某物 _____
23. 零花钱 _____
24. 值……;值得…… _____
25. 分发 _____
26. 履行;执行 _____
27. 实用的中文表达 _____
28. 通晓;熟悉 _____
29. 给某人发电子邮件 _____

重点句型

1. 我们去过学校和其他社区教儿童和成年人怎样保持安全以及为最坏的情况作准备。
We've _____ schools and other communities _____ children and adults _____ and _____ the worst.
2. 它也帮助我理解了团队的力量,因为它是成功营救的关键。
It has also _____ me understand _____ teamwork _____ it's _____ successful rescues.
3. 但是我们的目标一直都是尽可能多救人。
But our goal _____ always _____ to save _____ many people _____ we can.
4. 赠人玫瑰,手有余香。
The rose _____ , _____ in mine.

百词竞赛(Units 5—8)



重点单词

1. *n.* 地震 _____
2. *n.* 采访; 面试
v. 采访; 对(某人)进行面试 _____
3. *n.* 亲戚; 亲属 _____
4. *n.* 电力供应; 能量; 力量 _____
5. *n.* 苦恼; 困难
v. 使忧虑、苦恼; 劳驾; 麻烦 _____
6. *n.* & *v.* 汇报; 报道 _____
7. *n.* 街区; 临近的地方 _____
8. *n.* 卫兵; 保卫 *v.* 保卫 _____
9. *n.* 知识; 学问 _____
10. *n.* 志愿者; 自告奋勇者
v. 自愿做; 义务做 _____
11. *n.* 方式 _____
12. *adj.* 恰当的; 正确的 _____
13. *adj.* 与文化有关的; 文化的 _____
14. *adj.* 不喜欢谈论私事的; 私人的 _____
15. *v.* 祝贺 _____
16. *n.* 传统 _____
17. *v.* 收到 _____
18. *adj.* 错误的; 不真实的 _____
19. *n.* 欢呼 *v.* 庆祝 _____
20. *v.* & *n.* 攻击; 进攻 _____
21. *v.* 强迫; 迫使; 用力推动
n. 力; 武力 _____
22. *v.* 惩罚; 处罚 _____
23. *adv.* 最近; 不久前 _____
24. *v.* 推荐; 建议 _____

25. *n.* 社会; 社团 _____
26. *n.* 影响; 结果 _____
27. *v.* 认为; 仔细考虑 _____
28. *adj.* 基本的; 初步的 _____
29. *v.* 怀疑 *n.* 疑惑; 不确定 _____
30. *adj.* 年纪较大的; 上了年纪的 _____
31. *v.* 提供; 给予 _____
32. *n.* 捐赠物; 捐赠 _____
33. *n.* 庇护所; 居所 _____
34. *adj.* 活跃的; 积极的 _____
35. *adj.* 小学教育的; 首要的 _____
36. *n.* 慈善机构(或组织); 慈善事业 _____
37. *n.* 成年人 *adj.* 成年的; 成熟的 _____
38. *adj.* 值得; 有价值 _____
39. *n.* 成功 _____
40. *n.* 口袋 _____
41. *n.* 努力; 艰难的尝试 _____
42. *n.* 才能; 天赋; 天才 _____

词形变化

43. possible—(*adv.*) _____
44. prepare—(*n.*) _____
45. steal—(过去式) _____ —(过去分词) _____
46. hero—(复数) _____
47. nice—(*adv.*) _____
48. proper—(反义词) _____
49. history—(*adj.* 历史的; 有关历史的) _____
50. mystery—(*adj.*) _____
51. self—(*adj.* 自私的) _____
52. organize—(*n.*) _____

53. gentleman—(复数) _____
 54. miss—(adj. 失踪的; 丢失的) _____
 55. practice—(adj. 实用的; 实际的) _____
 56. valuable—(n. 重要作用; 价值) _____

» 重点短语

57. 遭遇洪灾 _____
 58. 发生 _____
 59. 建议某人做某事 _____
 60. 听说关于 _____
 61. 拒绝做某事 _____
 62. 立刻行动 _____
 63. 除……之外 _____
 64. 一……就…… _____
 65. 扑灭 _____
 66. 远离…… _____
 67. 到……末为止 _____
 68. (警报器等)突然发出巨响 _____
 69. 突然; 猛地 _____
 70. 上气不接下气 _____
 71. 因此 _____
 72. 出现问题; 发生故障; 搞错 _____
 73. 把……插入…… _____
 74. 习惯于 _____
 75. 餐桌礼仪 _____
 76. 得到……消息 _____
 77. 帮助很大 _____
 78. 四十多岁 _____
 79. 听说; 得知 _____
 80. 迫不及待做某事 _____
 81. 期待做某事 _____

82. 以……为基础; 以……为根据 _____
 83. 去世 _____
 84. 提醒某人某事 _____
 85. 有(重要)作用 _____
 86. 捡; 拿起 _____
 87. 分担工作; 帮忙做 _____
 88. 报名 _____
 89. 处于贫困中; 生活困难 _____
 90. 通晓; 熟悉 _____

» 词汇应用

91. Uncle Wang warned his son not _____
 (swim) alone in the pool.
 92. When Mrs Smith returned home, her little son
 was sleeping _____ (sound).
 93. Hearing the news, the young man _____
 (hide) his sadness with a calm smile just now.
 94. Tom and Mary have _____ (marry) for ten
 years.
 95. Armand Duplantis _____ the record in 2025,
 and he _____ the record 14 times. (beat)
 96. The novel was highly _____ (success) in
 attracting young readers.
 97. Our group have _____ (choose) all the
 favourite courses since we entered Grade Eight.
 98. Ella and her sister both like reading at home on
 _____ (rain) days during the summer
 holidays.
 99. The wind blew strongly and the trees _____
 (shake) from side to side on her way home.
 100. It is _____ (safe) to get your head out of
 the window when driving on the road.

主题写作高分范文



扫码跟读范文

(一)

假如你是李华,你的英国笔友 Mark 对你日常生活中的个人收藏很感兴趣。请你给他回复一封电子邮件,向他介绍你的收集情况,并谈谈你对这些物品的打算。

参考词汇: keep, so far, regard, share

词数:不少于 80 词,已给出部分不计入总词数。

Hello, Mark,

It's a good hobby to collect things in our daily lives. _____

I'm looking forward to your reply.

Yours,
Li Hua

» 听,并跟读下面的范文

Hello, Mark,

It's a good hobby to collect things in our daily lives. I like collecting all kinds of books. I always regard the books as my close friends. I've collected about five hundred books so far. Most of them are from bookstores. I keep them on my bookshelves in order. In fact, I not only take good care of them but also enjoy reading them. I think books have made my life colourful. In the future, I'll have a larger collection of books. So I am going to share most of them with the children in my community. I believe they will learn a lot from the books.

I'm looking forward to your reply.

Yours,
Li Hua

(二)

假如你是李华,得知你们班交换生 Peter 因病住院了,作为班长的你打算代表全班同学慰问一下他。请你用英语写一封电子邮件,告诉他有助康复的注意事项,以及打算为他做的事情。

参考词汇: fever, cough, have a rest, lessons, better

提示问题:

- What's the matter with Peter?
- What are you going to do to help him?

词数:不少于 80 词。

» 听,并跟读下面的范文

Dear Peter,

I am very sorry to hear that you are in hospital. I heard that you had a bad cold yesterday. All the classmates worry about you so much. Hope you can get well soon.

I think you should lie down and have a good rest now. You'd better drink more hot water. If you have a sore throat, drinking water with honey may work. Fresh fruits like oranges and apples are good for you. You should also take medicine on time.

You have missed some lessons, but don't worry about it. I can lend my notes to you. When you feel better, I'll help you learn them. I am going to see you this Saturday and tell you what is going on at school.

If there is anything that I can do, please let me know.

Yours,
Li Hua

(三)

假如你是李华,你的同学 Anna 最近要参加学校的英语演讲比赛,她感到很紧张,担心自己表现不好,甚至影响了备赛状态。请你给她写一封建议信,给她提至少三条建议,帮助她缓解压力、增强信心,并在比赛中发挥出最佳水平。

参考词汇: worry about, listen to music, take deep breaths, practise more

提示问题:

- How do you feel about Anna's situation?
- What's your advice for Anna? Why?

词数:不少于 80 词,已给出部分不计入总词数。

Dear Anna,

I'm sorry to hear that _____

Yours,
Li Hua

» 听,并跟读下面的范文

Dear Anna,

I'm sorry to hear that you're worrying about the upcoming English speech contest. Many students feel

the same way before big events, so you're not alone. Here are some suggestions that might help.

First, try listening to music. Soft songs can calm your nerves and clear your mind. When I'm nervous, music always helps me feel better. Second, take deep breaths before going on stage. Deep breathing sends more oxygen to your brain, helping you think clearly and speak confidently. Finally, practise your speech as much as possible. Repeating it will help you remember the content and feel more prepared. You could even record yourself and watch the video to improve your body language.

Remember, the most important thing is to enjoy the process. You've worked hard, and I'm sure you'll do great!

Yours,
Li Hua

(四)

假如你是李华,你的英国笔友 Mary 发来邮件诉说她的烦恼,她因学业压力、身材焦虑以及和父母关系紧张而感到压力很大,希望得到你的帮助。请你给她回复一封邮件,表达你对她所面临问题的看法,并提出合理性建议。

参考词汇: normal, study pressure, overweight, communicate with, exercise, get on well

词数: 不少于 80 词。

▶▶ 听,并跟读下面的范文

Dear Mary,

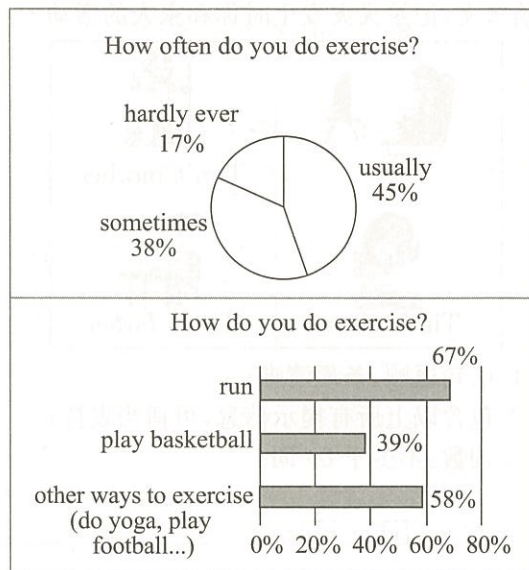
I'm sorry to hear that you have so many problems such as having study pressure, being overweight and not getting on well with your parents. In my opinion, it's normal for us to have worries. If we can deal with them well, we can live a happy life. I will give you some advice. First, take up a new hobby so that you can reduce stress. Second, take exercise every day in order to lose weight. Third, try your best to communicate with your parents more and share your happiness and sadness with them. I really hope you can make great progress by finding your own way.

Best wishes!

Yours,
Li Hua

(五)

某中学对八年级学生进行了运动频率及方式的问卷调查,以下是其中两个问题的调查数据。假如你是李华,请结合下图数据和自身运动情况,用英语写一篇短文,描述问卷调查结果(频率、方式),介绍自身锻炼情况以及收获。



要点提示:

1. 介绍问卷调查结果;
2. 你的锻炼情况;
3. 你认为锻炼的好处有哪些。

词数: 不少于 80 词, 已给出部分不计入总词数。

The results of the survey show that 17% of the students hardly ever do exercise. _____

▶▶ 听,并跟读下面的范文

The results of the survey show that 17% of the students hardly ever do exercise. 45% of the students usually do it and 38% of the students sometimes do exercise. Running and playing basketball are the most popular ways to exercise. Besides, there are some students who choose other ways like going swimming, doing yoga or playing football to get exercise.

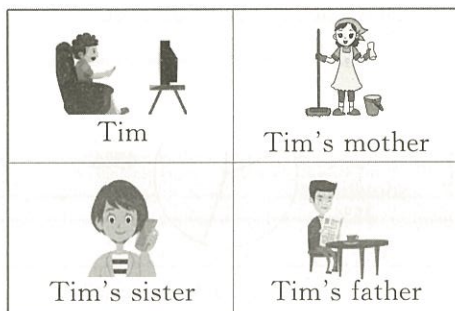
As for me, I jog every morning and play basketball with my classmates twice a week. Basketball is my favourite because it teaches me about teamwork. On weekends, I also play basketball with my brother in the park.

In my opinion, physical exercise not only keeps me healthy and strong, but also helps me learn about teamwork. Most importantly, I've made new

friends through basketball. Let's exercise together for a better life!

(六)

Tim 所在的小区上周发生了一场火灾。幸运的是,消防员 (fireman) 及时赶到,扑灭了这场大火,大家安然无恙。假如你是 Tim, 请根据以下提示,写一篇英语短文,记录火灾发生时你和家人的活动。



- 要求: 1. 语句通顺, 条理清晰;
2. 包含以上所有提示信息, 可适当发挥;
3. 词数: 不少于 80 词。

» 听, 并跟读下面的范文

Last week, there was a big fire in my neighbourhood. I still remember what my family were doing at that time.

I was watching TV while my elder sister was talking to her friend on the phone. My mother was doing some cleaning. She saw the light of fire first and then asked us to get out quickly. My father was reading newspapers in the living room. Hearing my mum's words, he called 119 at once. Luckily, the fire was put out by firemen in a short time and nobody got hurt.

I think we should be careful of fire in our daily life. Keeping safe is really important to us.

(七)

野生动物是人类的朋友, 我们生活在同一个家园。国家也有法律规定要保护野生动物。假如你是李华, 你校英文报《人与动物》栏目拟刊登主题为“保护野生动物”的文章, 邀你投稿。内容包括:

1. 简述野生动物的现状, 分析其数量减少的原因 (至少两个);
2. 提出保护野生动物的方法 (至少两种);
3. 呼吁大家一起保护野生动物。

要求: 语句连贯, 不少于 80 词。已给出部分不计入总词数。

Protect the wild animals

Wild animals are our friends. Sadly, many wild animals are facing the danger of dying out. _____

» 听, 并跟读下面的范文

Protect the wild animals

Wild animals are our friends. Sadly, many wild animals are facing the danger of dying out. The number of some wild animals is smaller and smaller. That is because their living space has become smaller and smaller. Besides, too much hunting and pollution also cause the disappearance of wild animals.

There is no doubt that every animal helps keep the balance of nature. So we must protect the wild animals. First, we should stop polluting the environment and try to reduce waste. At the same time, the government should pass some laws to forbid overhunting. Besides, it is important to build more nature reserves for the wild animals.

If everyone tries their best to protect the wild animals, our world will become better and better. Let's take action now.

(八)

文学名著能够启发我们的想象力, 给我们带来乐趣。你最喜欢的一本文学名著是什么呢? 请你根据以下提示和要求写一篇英语短文, 向大家介绍一下它吧。

内容提示: 1. 你最喜欢的文学名著是什么?

2. 它的主要内容是什么?

3. 你阅读这本名著后有哪些收获?

要求: 1. 语句通顺, 条理清晰;

2. 包含以上所有信息, 可适当发挥;

3. 词数: 不少于 80 词。

» 听,并跟读下面的范文

My favourite classic is *The Wonderful Wizard of Oz*. It mainly describes the story of Dorothy in the land of Oz.

A strong wind took her to Oz. She made three special friends there. They experienced many difficulties together but they never gave up halfway. Finally, they succeeded in achieving their dreams.

It is not only full of interesting stories, but also gives me a new understanding of life. It teaches me to be brave and never give up in the face of difficulties. If you haven't read it, do it now.

(九)

假设你是李菲,你的美国笔友 Cindy 下周将到中国来参观,她向你询问中国的礼仪。请你给她回一封邮件,告诉她相关情况。内容包括见面礼仪、餐桌礼仪等。

词数:不少于 80 词,已给出部分不计入总词数。

Dear Cindy,

You must be excited about coming to China soon. It is helpful to learn as many manners in China as possible. These basic manners will help you enjoy your stay in China.

Yours,

Li Fei

» 听,并跟读下面的范文

Dear Cindy,

You must be excited about coming to China soon. It is helpful to learn as many manners in China as possible. These basic manners will help you enjoy your stay in China.

First, when you meet someone for the first time, you are supposed to shake hands with him or her. It's polite to smile and say hello to each other. You are expected to bring a small gift if you visit your friend for the first time. It's polite to do so.

Then, it is helpful to learn table manners. It's polite to wait till everyone is at the table. And you are not supposed to use your chopsticks to hit an empty bowl. Don't stick the chopsticks into the

food. It's impolite to point at others with your chopsticks. It is also rude to speak with your mouth full of food.

When you come to China, you had better remember the famous saying, "When in Rome, do as the Romans do."

Best wishes!

Yours,

Li Fei

(十)

不论是大事件还是小场合,每个需要帮助的地方都能看到志愿者服务的身影。他们用一颗颗爱心帮助着他人,进行着爱的传递,同时也收获着成长。

某英文网站正在开展以 "My Volunteer Experience" 为题的征文活动。假如你是李华,请写一篇不少于 80 词的短文投稿,谈谈你最难忘的一次志愿服务经历,你做了哪些工作,以及有什么收获。

参考词汇: help, tired, happy, benefit, grow up

提示问题:

- What is the most unforgettable volunteer experience?
- What did you do?
- What have you learned from the experience?

My Volunteer Experience

» 听,并跟读下面的范文

My Volunteer Experience

I have done a lot of volunteer work so far. The most unforgettable volunteer experience was taking part in the Waste-sorting Activity with my friend in our community.

First, we introduced the importance of waste-sorting in our daily life. Then, we told the old people in our community about the differences among the dustbins. Finally, we told them how to sort out different kinds of waste and put them into different dustbins. We were busy all the afternoon. We were tired but happy because we thought we did something meaningful. I have learnt a lot from the experience.

第二部分 八年级下册小学词汇

Vocabulary from Primary School

<p>Unit 1</p> <p>n. 月亮 _____</p>	<p>Unit 5</p> <p>1. n. 日常事务;琐事 _____</p> <p>2. n. 警察部门;警方 _____</p> <p>3. v. 睡醒 _____</p>
<p>Unit 2</p> <p>1. v. (使)疼痛 _____</p> <p>adj. 受伤的 _____</p> <p>2. n. 衬衫 _____</p> <p>3. n. 司机 _____</p>	<p>Unit 6</p> <p>1. n. 飞机 _____</p> <p>2. n. (pl.) 短裤 _____</p> <p>3. n. 短裙 _____</p>
<p>Unit 3</p> <p>n. 信;字母 _____</p>	<p>Unit 7</p> <p>1. adj. 生病的 _____</p> <p>2. n. 脚 _____</p>
<p>Unit 4</p> <p>1. pron. 它的;他的;她的 _____</p> <p>2. v. 拍照;照相 n. 照片;相片 _____</p>	<p>Unit 8</p> <p>1. n. 小孩;儿童 v. 开玩笑;戏弄 _____</p> <p>2. n. 玩具 _____</p>

第三部分 *Reading Plus 词汇与重点句型

Unit 1 Work Hard, Play Hard

重点单词

1. n. 集中;专注 _____
2. n. 压力 _____
3. n. 参与者;参加者 _____
4. n. 益处 _____
5. v. 涉及;需要 _____

词形变化

1. hobby—(复数) _____
2. low—(比较级) _____
3. emotion—(adj.) _____
4. confident—(比较级) _____
5. activity—(复数) _____
6. lonely—(n.) _____

重点短语

1. 为……腾出时间/留出时间 _____
2. 降低我们的血压 _____
3. 让我们的身体更强壮 _____
4. 浪费时间 _____
5. 处理;对付 _____
6. 关于……感觉好 _____
7. 对……感觉自信 _____

8. 外出闲逛 _____
9. 不管 _____

重点句型

1. 这使我们更难生病。
This makes _____ for us to fall sick.
2. 像绘画或写作等创造性爱好能够通过给你一种表达自己的感受的方式来帮助你应对负面情绪。
Creative hobbies like _____ or writing can help you _____ negative emotions by _____ you a way _____ how you feel.
3. 和朋友外出闲逛减少孤独,这可能是建立关系的好方法。
_____ reduces loneliness and can be a good way to _____.
4. 毕竟,只工作不玩耍,聪明孩子也变傻!
After all, _____ makes Jack _____!

Unit 2 All about Sneezing

重点单词

1. *v.* 打喷嚏 *n.* 喷嚏 _____
2. *n.* 防御; 保护 _____
3. *v.* 发痒 _____
4. *n.* 肌肉 _____
5. *n.* 突如其来的强劲气流 _____
6. *n.* 肺 _____
7. *n.* 过敏反应 _____
8. *v.* 传播 _____

词形变化

1. muscle—(复数) _____
2. germ—(复数) _____
3. disease—(复数) _____

重点短语

1. 在名单上; 在清单上 _____
2. 保护……免受……的
伤害或侵袭 _____
3. 通过空气 _____
4. 接管 _____
5. 给……发出信息 _____
6. 使贴着 _____

7. ……的顶部 _____
8. 让某人打喷嚏 _____
9. 对……有好处 _____
10. 对……有害 _____
11. 数百万的 _____
12. 以……的速度 _____

重点句型

1. 有些人在看到强光时会打喷嚏。
Some people sneeze when they _____
a bright light.
2. 如果他们对某些植物过敏, 那么在这些植物开花
的季节他们可能打很多喷嚏, 但是在其他季节不
会如此。
If they are allergic to certain plants, they might
sneeze a lot _____
the plants bloom, but not _____.
3. 尽管打喷嚏对打喷嚏的人有好处, 但是对周围的
人可能会有很大的危害。
While sneezing _____ the
person doing it, it can _____ very _____
_____ the people nearby.

Unit 3 Laughter Is the Best Medicine

重点单词

1. *n.* 笑 _____
2. *v.* 咯咯地笑 _____
3. *n.* 氧气 _____
4. *n.* 疾病 _____
5. *n.* 情绪; 心情 _____
6. *v.* 释放 _____
7. *v.* 增加 _____

词形变化

1. laugh—(*n.*) _____
2. baby—(复数) _____
3. chemical—(复数) _____
4. relax—(*adj.* 放松的) _____
5. benefit—(复数) _____

重点短语

1. 吸入 _____
2. 锻炼 _____
3. 抵抗疾病; 战胜疾病 _____
4. 独自; 依靠某人自己 _____
5. 接近…… _____
6. 彼此的 _____
7. 强迫某人自己去做 _____
8. 试着做某事 _____

重点句型

1. 当我们大笑时, 它让我们感觉压力或焦虑有所
减轻。
When we laugh, it _____ us _____ less
stressed or anxious.
2. 大笑还会促使我们的大脑释放让我们感到平静与
愉悦的化学物质。

Laughing also _____ our brain _____
_____ chemicals that make us feel calm and
happy.

3. 但人们笑是为了让别人知道他们是友好的。

But people laugh _____ others will
know that they are being friendly.

4. 尽管他们一开始强迫自己笑,但是在听到别人大笑以后,他们的笑声变得真实起来!

_____ they force themselves to laugh at first,
after _____ other people _____, their
laughter becomes real!

Unit 4 The Sahara Desert

重点单词

1. *n.* 大陆 _____
2. *v.* 适应 _____
3. *n.* 骆驼 _____

词形变化

1. old—(最高级) _____
2. large—(最高级) _____
3. rock—(*adj.* 岩石的) _____
4. effect—(*adj.* 有效的) _____

重点短语

1. 在尺寸上;就大小而言 _____
2. 最古老的地方之一 _____
3. 实际上 _____
4. 例如 _____
5. 一种 _____
6. 沙海 _____
7. 听起来像 _____
8. 看起来像 _____
9. 从一个地方移动到另一个
地方;流离转徙 _____
10. 全年 _____

11. 保持凉爽 _____
12. 越来越干 _____

重点句型

1. 没有多少动物能生活在如此干燥炎热的地方。

_____ animals can live in a place
_____ and hot
climate.

2. 现在,它(的面积)比大约一个世纪前大了
约10%。

It is now about 10 per cent _____ than what
_____ about a century ago.

3. 随着气温的上升,非洲的夏季变得更热,降雨更少。

_____ temperatures _____, summers in
Africa grow hotter and less rain falls.

4. 如果我们不采取有效措施阻止气候变化,沙漠将
会继续扩大。

If we do not _____ effective _____ to stop
climate change, the desert _____
growing!

Unit 5 Storm Chasing: A Dangerous but Important Job

重点单词

1. *v.* 追逐 _____
2. *n.* 追逐者 _____
3. *adj.* 专业的 _____
4. *prep.* 自始至终;贯穿整个时期 _____
5. *n.* 职业生涯 _____
6. *v.* 拍摄 _____
7. *n.* 设备 _____
8. *n.* 预测 _____
9. *adv.* 迅速地 _____
10. *adj.* 值得的 _____

词形变化

1. tornado—(复数) _____
2. sudden—(*adv.*) _____
3. power—(*adj.*) _____
4. throw—(过去式) _____
5. die—(过去式) _____

重点短语

1. 风暴追逐;风暴追踪 _____
2. 害怕 _____
3. 刚要做;正要做 _____
4. 接近某物 _____
5. 因此 _____

6. 令某人惊讶的是 _____
7. 尽可能快地 _____
8. 把……抛到空中 _____
9. 在……中起重要作用 _____

重点句型

1. 他常常在距龙卷风发生地仅几公里的地方拍摄它们。
Often, he _____ the storms _____ they _____ just a few kilometres away.

2. 令他们惊讶的是,龙卷风的行动出乎意料。
_____, the tornado behaved _____.
3. 尽管风暴追踪仍然是一项危险的工作,但是风暴追逐者的目标是更多地了解风暴,以保障人们的安全。
_____ storm chasing remains a dangerous job, the goal of storm chasers is _____ more about storms to _____ people _____.

Unit 6 Symbols of Chinese Culture

重点单词

1. *n.* 信仰;信念 _____
2. *adj.* 可怕的;骇人的 _____
3. *n.* 怪物 _____
4. *adj.* 害怕的;惊吓的 _____
5. *n.* 运气;命运 _____
6. *n.* 花瓶 _____
7. *n.* 珠宝;首饰 _____
8. *adj.* 强大的;有权势的 _____
9. *n.* 后代;子孙 _____
10. *n.* 财富 _____
11. *n.* 装饰 _____
12. *n.* 对联 _____
13. *n.* 灯笼 _____
14. *n.* 庆祝;庆典 _____
15. *n.* 婚礼;结婚庆典 _____
16. *n.* 新娘 _____
17. *n.* 新郎 _____
18. *v.* 象征 _____
19. *n.* 读音 _____

词形变化

1. tradition—(*adj.*) _____
2. lucky—(反义词) _____

重点短语

1. 含有丰富的…… _____
2. 有特殊意义的象征 _____
3. 在很多西方故事中 _____
4. 害怕…… _____

5. 自称 _____
6. 龙的传人 _____
7. 中国新年;春节 _____
8. 幸运的颜色;带来好运的颜色 _____
9. 幸运数字 _____
10. 寓意美好的汉字 _____
11. 成双的 _____
12. 发财 _____
13. 另一方面 _____
14. 避免做某事 _____

重点句型

1. 中国文化是世界上最古老的文化之一。
Chinese culture is one of _____.
2. 中国龙在中国如此受欢迎,以至于你在很多地方都能看到它们……
Chinese dragons are _____ in China _____ you can see them in many places...
3. 例如,“望子成龙”意味着父母希望孩子们在人生中取得成功。
For example, “_____” means that parents hope their children will do well in life.
4. 在中国,某些数字被认为是幸运的,因为它们听起来像其他寓意美好的汉字。
Certain numbers are lucky in China because they _____ other Chinese words _____.

Unit 7 The Boy and the Elf

重点单词

1. *n.* 精灵 _____
2. *v.* 叹气 _____

词形变化

1. run—(过去分词) _____
2. catch—(过去分词) _____
3. become—(过去分词) _____
4. go—(过去分词) _____
5. grow—(过去分词) _____

重点短语

1. 《尼尔斯骑鹅历险记》 _____
2. 对……刻薄;对……不友好 _____
3. 很长时间;很久 _____
4. 追赶;追逐 _____
5. 朝……扔…… _____
6. 承诺做某事 _____
7. 摇头 _____

8. 跌倒 _____
9. 把……变成…… _____
10. 付出代价;吃苦头 _____

重点句型

1. 我们刚刚抓住你朝奶牛扔鞋。
We've just _____ you _____ shoes
_____ the cow.
2. 我以前从未见过那样的。
_____ one of those
before.
3. 那只精灵去哪儿了?
Where _____ that elf _____?
4. 我需要它把我变回一个男孩。
I need him _____ me
_____ a boy.
5. 知足常乐。

6. 勿以善小而不为。

7. 积少成多。

Unit 8 Unusual Volunteers

重点单词

1. *n.* 寻回犬 _____
2. *n.* 治疗 _____

词形变化

1. understand—(过去式) _____
2. usual—(反义词) _____

重点短语

1. 期待做某事 _____
2. 很长时间 _____
3. 片刻的欢乐 _____
4. 期待 _____
5. 将来 _____

重点句型

1. 我已经很久没有听到妈妈这么高兴了!
It _____ a long time since I _____
my mum _____ so happy!
2. 但是有一天,安娜意识到不是每个人都足够幸运
拥有一只宠物。
But one day, Anna realized that _____
_____ was _____ to have a pet.
3. 班卓当治疗犬已经快三年了。
Banjo _____ a therapy
dog _____ almost three years.
4. 治疗犬常常只要待在那儿,就能帮助人们感觉好
一些和缓解压力!
A therapy dog helps people _____
and be _____, often just _____
_____ there!

第四部分 不规则动词变化表

(注:本词表不含情态动词)

一、AAA型(原形→原形→原形)

原形	过去式	过去分词	中文
cut			切,割
cost			花费
hit			撞,击
hurt			伤害
let			让
put			放
read			读
set			安排
shut			关闭;关门
spread			传播

二、ABA型(原形→过去式→原形)

原形	过去式	过去分词	中文
become			成为
come			来
run			跑

三、ABC型

1. 原形→ew→own

原形	过去式	过去分词	中文
blow			吹
fly			飞
grow			生长
know			知道

2. i→a→u

原形	过去式	过去分词	中文
begin			开始
drink			喝
ring			打电话
sing			唱
swim			游泳

3. 原形→过去式→过去式+(e)n

原形	过去式	过去分词	中文
bear			忍受;生(孩子)
break			损坏

(续表)

choose			选择
forget			忘记
freeze			冻
hide			躲藏
speak			说
steal			偷;窃取
wear			穿;戴

4. 原形→过去式→原形+(e)n

原形	过去式	过去分词	中文
awake			(使)醒来
drive			驾驶
draw			画
eat			吃
fall			落下
give			给
grow			成长;长大
know			知道
mistake			误会;误解
ride			骑
rise			升起;增长
see			看见
shake			握手;摇动
show			表明;展示
take			拍照;拿
throw			扔
wake			醒;唤醒
write			写

5. 无规律

原形	过去式	过去分词	中文
am/is			是
are			是
do			做
go			走

四、ABB 型

1. 原形→ought→ought

原形	过去式	过去分词	中文
bring			带来
buy			买
fight			打架
think			思考

2. 原形→aught→aught

原形	过去式	过去分词	中文
catch			捉, 抓
teach			教

3. 变其中一个辅音字母

原形	过去式	过去分词	中文
build			建造
lay			下(蛋); 放置
make			制造
pay			付费; 偿还
say			说
spend			花费; 度过

4. 原形→t→t

原形	过去式	过去分词	中文
feel			感到
keep			保持
leave			离开
lend			借给; 借出
lose			输掉; 丢失
send			发送; 邮寄
sleep			睡
sweep			扫
deal			处理
mean			意思

5. 原形→原形+d→原形+d

原形	过去式	过去分词	中文
hear			听见

6. 辅音字母和元音字母都变

原形	过去式	过去分词	中文
have			有
sell			卖
stand			站
tell			告诉
understand			理解

7. 变其中一个元音字母

原形	过去式	过去分词	中文
bleed			流血; 出血
dig			挖
feed			喂
find			发现
get			得到
hold			握; 举行
lead			带领; 领导
meet			遇见
shoot			开(枪); 射击
sit			坐
stick			粘贴; 将…… 刺入
win			赢

五、AAB 型

原形	过去式	过去分词	中文
beat			打败

六、有两种形式

原形	过去式	过去分词	中文
burn			烧
dream			做梦
hang			(被)绞死 挂
learn			学
lie			说谎 躺; 平放
light			点燃
shine			擦亮 发光; 照耀
smell			闻
spell			拼写

Unit 8 Making a Difference

19. Winning the basketball game needs good _____, not just individual (个人的) skills.
20. The soldiers (士兵) in the _____ train hard to protect our country.
- IV. 用方框中所给短语的适当形式填空
- make a difference, come along, help out, on the go, in need

21. Our class decided to collect warm clothes for children _____ this winter.
22. My dad always _____ with housework after he finishes work.
23. During the school trip, we were _____ all day—visiting the museum, hiking, and taking photos.
24. “Why don't you _____ to the park with us this afternoon?” Tom asked.
25. Planting just one tree may seem small, but it can _____ to the environment.
- V. 根据汉语提示完成句子, 每空一词
26. 莉萨熟悉学校图书馆的所有规定, 因为她经常去那里。
Lisa _____ all the rules of the school library because she often goes there.
27. 我喜欢暑假, 最主要的是喜欢和家人在一起的时光。
I love the summer vacation, and _____, I enjoy spending time with my family.

28. 考试前, 班长帮老师把答题卡分发给了每个人。
Before the exam, our monitor helped the teacher _____ the answer sheets to everyone.
29. 帮父母做家务是值得的, 这能表达你对他们的爱。
Helping your parents with housework _____; it shows your love for them.
30. 如果你想加入学校的音乐俱乐部, 你需要在本周五前报名。
If you want to join the school's music club, you need _____ before this Friday.

I. 用所给单词的适当形式填空

1. Our class will show all the _____ (visit) around our school this afternoon.
2. The dog ran to its _____ (own) as soon as she called its name.
3. Many students brought books as a _____ (donate) for the children in the village.
4. The school play was very _____ (success)—everyone enjoyed it.
5. We _____ (volunteer) to work at a nursing home last weekend.
6. They all stood at the school gate to welcome me _____ (warm) when I arrived there.
7. Lily is looking for her _____ (miss) pencil case—it has her favourite stickers on it.
8. This maths book has many _____ (practice) examples to help us solve problems.
9. Before the game started, the _____ (gentleman) shook hands with each other politely.
10. Most students are _____ (will) to help their classmates with difficult homework.
- II. 根据句意及汉语提示完成句子
11. Our school's environmental _____ (组织) will hold a tree-planting activity next week.
12. That _____ (采访者) asked the student some questions about his after-school hobbies.
13. Many students donated their old toys to the _____ (慈善机构) for poor children.
14. You need an _____ (成年人) to go with if you want to watch this movie.
15. The _____ (观众) clapped loudly when the school band finished playing.
III. 根据句意及首字母提示完成句子
16. With a little more e _____, you will surely pass the English test.
17. Lisa is always a _____ in class—she answers questions and joins in discussions every time.
18. Our teacher often p _____ us with helpful advice when we have problems.

I. 用所给单词的适当形式填空

- The museum has a lot of _____ (history) artifacts (手工艺术品) from the Tang Dynasty.
- Someone has _____ (steal) the bike when I left it outside the library for just five minutes.
- We _____ (recent) had a new student join our class. Her name is Emma.

- You need this key to _____ (lock) the door of the science lab if you want to get something in it.
- The little girl found a _____ (hide) box under the tree and wondered what was inside.
- Tom _____ (secret) made a birthday card for his mum because he wanted to surprise her.

- My sister is a fast _____ (read)—she can finish a 300-page book in two days.
- Can you give me a _____ (recommend) for a good movie to watch this weekend?
- The teacher asked Lily to make a short _____ (introduce) of herself in front of the class.

- She is considering _____ (buy) a new notebook because her old one is full.
- It's important for everyone to follow the rules of _____ (social).
- He forgot his umbrella, and _____ (因此) got wet in the rain.

II. 根据句意及汉语提示完成句子

- It's important for everyone to follow the rules of _____ (基本) words is the first step in mastering a new language.
- Our school library has a special section for _____ (文学的) works like poems and novels.
- The teacher will not p _____ you if you tell the truth.
- N _____ came to the park yesterday because it rained heavily.

III. 根据句意及首字母提示完成句子

- The teacher will not p _____ you if you tell the truth.
- N _____ came to the park yesterday because it rained heavily.
- She felt w _____ because she was too busy these days. How she wants to have a good rest!

- He wants to p _____ that he can finish the project by himself. He doesn't ask others for help although he has some trouble.
 - I have no d _____ that she will win the English speech contest. She has done a lot to prepare for it.
- IV. 用方框中所给短语的适当形式填空
- | |
|--------------------------------|
| get to one's feet, day by day, |
| get lost, base on, lock up |

- The story is _____ a real event that happened in our town last year.
- Remember _____ the classroom before leaving school every day.
- We should follow the map when hiking in the mountains, or we might _____.

- When the teacher walked in, all the students _____ politely.
- The little plant grows taller _____ with enough sunlight and water.

- 你听说过我们城市的新图书馆吗? 那里有成千上万本书。
- 你听说过我们城市的新图书馆吗? 那里有成千上万本书。

- He was _____ fall asleep after winning first prize.
- 爸爸从不强迫我学习,他只要我尽力就好。

- My dad never _____; he just asks me to try my best.
- 昨天我们在课堂上看了一部科幻电影,是关于人们在火星上生活的故事。

- We watched a _____ in class yesterday. It was about people living on Mars.
- 我已经做完数学作业了,所以我可以看一会儿电视。

- I _____ my maths homework, so I can watch TV for a while.

I. 用所给单词的适当形式填空

- It's not _____ (common) for students to feel nervous before a big exam.
 - She felt _____ (embarrassing) when the teacher asked her a question but she couldn't answer.
 - Our school holds a _____ (culture) festival every year to show different countries' traditions.
 - The little girl smiled _____ (nice) and said "thank you" to the shopkeeper.
 - They got _____ (marry) in 2018 and have two children now.
 - It's _____ (safe) to drive so fast in the street. You should slow down.
 - It's _____ (proper) to talk loudly in the library. We must follow the rules here.
 - If you answer all the questions _____ (correct), you will get a high score.
 - We can wear _____ (formal) clothes like T-shirts and jeans at the school picnic.
 - He looked _____ (confusing) when he saw his parents in the classroom.
 - My mum _____ (拥抱) me tightly when I told her I got first place in the race.
 - You should use a knife and a _____ (叉子) when eating steak.
 - It's good _____ (礼仪) to say "excuse me" when you need to pass in front of someone.
 - We all went to _____ (祝贺) Lily after she won the singing competition.
 - I want to learn about your _____ (传统) during the Spring Festival.
- III. 根据句意及首字母提示完成句子
- It's dangerous to tell strangers your p_____ information.
 - I was happy to r_____ a birthday card from my best friend yesterday.

IV. 用方框中所给短语的适当形式填空

- I don't know if the answer is true or f_____.
- Let's ask our English teacher.
- All the students began to c_____ when our team scored the first goal.
- We usually use c_____ to eat noodles in China.

in one's forties, go a long way,
get used to, keep...off..., hear from

21. A little kindness can _____ when someone is feeling sad.

22. She quickly _____ the new school life after just one week.

23. My uncle started his own company _____ and now he's very successful.

24. I was excited _____ my pen pal in the UK last week.

25. My mum always _____ the cat _____ the kitchen table because it's not clean.

V. 根据汉语提示完成句子, 每空一词

26. 这个小女孩太怕那条狗了, 以至于躲到了妈妈身后。

The little girl was _____ of the dog _____ she hid behind her mum.

27. 老师告诉我们上课要坐直, 不要在椅子上弯腰驼背。

The teacher told us _____ straight in class and not to slouch on the chairs.

28. 我不会去参加派对, 除非他邀请我。

I _____ to the party unless he _____ me.

29. 所有学生一安静下来, 我们的老师就开始上课。

Our teacher _____ the class _____ all the students are quiet.

30. 今晚派对开始前, 我们得把一切都准备好。

We need _____ before the party starts this evening.

I. 用所给单词的适当形式填空

- The little girl was _____ (near) hit by a bike when she ran across the road.
 - Their sleeping bags were warm and comfortable, so they all slept _____ (sound).
 - Our class _____ (beat) Class 3 at the football match yesterday.
 - This is the _____ (bad) storm we've had in years—it destroyed many trees.
 - _____ (thankful), no one was hurt in the school fire drill.
 - Many young people look up to these brave _____ (hero) who saved the children from the fire.
 - Lisa felt _____ (terrible) sorry for breaking her friend's favourite cup.
 - A strong wind _____ (sudden) came and blew away our picnic blanket.
 - It was _____ (lucky) that Jim missed the school bus and was late for class.
 - We had to stay at home on the _____ (rain) weekend, so we watched a movie together.
 - After the _____ (地震), people from all over the country sent food and clothes to the disaster areas.
 - There is a small park in our _____ (街区), where many kids play after school.
 - Do you usually visit your _____ (亲戚) and get red envelopes during the Spring Festival?
 - The strong wind cut off the _____ (电力供应) last night, so we used candles to light the room.
 - Lisa _____ (隐藏) her present behind the door and wanted to give her mum a surprise.
- III. 根据句意及首字母提示完成句子
- The heavy rain caused a f_____ in the small village, and many houses were filled with water.
 - It's a good habit to r_____ what you learned in class every evening.

IV. 用方框中所给短语的适当形式填空

go wrong, as a result, wake up, out of breath, make preparations

- My father wears a t_____ coat when he goes out on cold winter mornings.
 - She had to r_____ the invitation (邀请) because she needed to study for the exam.
 - We have been good friends s_____ we met in the first grade.
- IV. 根据汉语提示完成句子, 每空一词
- 雨停的时候, 我们已经在图书馆待了一个小时。 the rain stopped, _____ we had stayed in the library for an hour.
 - 我妹妹一听到爸爸的声音, 就会跑到门口去。 My little sister will run to the door _____ she _____ my dad's voice.
 - 一分钟前天空还很晴朗, 但是突然就下起了大雨。 The sky was clear a minute ago, but _____, it started to rain heavily.
 - 他的故事很完美, 除了结尾有一个小错误。 His story is perfect _____ one small mistake in the ending.
 - 今天早上我们步行去上学时, 天正在下大雨。 It _____ heavily while we _____ to school this morning.

Unit 4 The Wonders of Nature

I. 用所给单词的适当形式填空

- The _____ (deep) of the swimming pool is 2 metres.
- It's _____ (usual) to see her in the classroom before class. She is always late for class.
- With the _____ (develop) of our country, we are all happier than before.
- The young _____ (climb) spent three days reaching the top of the mountain.
- Harbin is a famous city in the _____ (north) part of China, known for its ice and snow.
- The weather in spring is _____ (change) — sometimes it's sunny, and sometimes it rains.
- The old man's _____ (die) made his children very sad. They couldn't see their father any longer.
- Lisa _____ (successful) passed the English exam after months of hard work.
- Little Tom's _____ (curious) about the stars made him read many books about space.
- The _____ (explore) discovered a new river while travelling through the forest.

II. 根据句意及汉语提示完成句子

- Many animals in _____ (沙漠) can live without much water for a long time.
- The little girl _____ (存活) during the storm by hiding herself in a strong wooden house.
- Our school trip _____ (包括) a visit to the science museum and a picnic in the park.
- The temperature will drop to five _____ (度) below zero tonight, so we need to wear warm clothes.
- Tom practises speaking English every day to improve his language _____ (水平).

III. 根据句意及首字母提示完成句子

- There's a small box at the b_____ of my schoolbag. Could you help me get it out?
- The old house is in bad c_____, so we need to repair it before moving in.

- It's a r_____ to swim in this river because the water is deep and the current is strong.
- Many t_____ from all over the world visit this place because it's so beautiful.
- He felt very lucky because he was still a_____ after the terrible accident.

IV. 用方框中所给单词的适当形式填空

nature, south, locate, risk, simple

- It's _____ to ride a bike on this busy road. There are too many cars.
 - My uncle lives in a small town in _____ China where it's warm all year round.
 - The park is full of _____ beauty, with tall trees, clear lakes and colourful flowers.
 - The maths problem was _____ too easy for Lily. She solved it in two minutes.
 - Our school is _____ near the river, so we often go for walks along it after class.
- V. 根据汉语提示完成句子, 每空一词
- 通过每天练习, 汤姆一点一点地提高他的英语, 最终通过了考试。
 - With daily practice, Tom improved his English and finally passed the exam.
 - 长江是世界第三长河, 流经中国多个省份。
 - The Yangtze River is _____ river in the world, running through many provinces of China.
 - 这个小岛面积约 50 平方千米, 四周都是美丽的海滩。
 - The small island is about 50 _____, with beautiful beaches all around.
 - 她在 10 岁的时候就能把英语说得很好。
 - She _____ English very well at the age of ten.
 - 那位医生说, 无论有多难, 他们都会想尽一切办法救那个生病的男孩。
 - The doctor said they would _____ save the sick boy, no matter how difficult it was.

Unit 3 Growing Up

IV. 用方框中所给短语的适当形式填空

deal with, clear the air, get across, on top of the world, pull together

21. When Mike won first prize in the English competition, he felt _____.
22. Our class needs _____ to finish the work on time.
23. After talking openly about their misunderstanding (误会), Lucy and Anna _____ and became friends again.
24. The teacher used simple examples to _____ the difficult maths rule, and all students understood it.
25. The monitor _____ the argument between the two classmates calmly and helped them make up.
- V. 根据汉语提示完成句子, 每空一词
26. 在抱怨别人之前, 试着设身处地为他们想一想——你会更理解他们的难处。
- Before complaining about others, try to _____ you'll understand their difficulties better.
27. 学校把作业时间减少了一半, 所以现在学生们有更多时间发展爱好了。
- The school _____ the homework time _____, so students have more time for hobbies now.
28. 虽然一开始落后, 但我们队齐心协力, 最终赢得了篮球赛。
- Our team _____ and won the basketball game finally, even though we were behind at first.
29. 学英语不但对考试有用, 而且对与外国人交流也有帮助。
- Learning English is _____ useful in _____ helpful in communicating with foreigners.
30. 如果你犯了错, 别对自己太苛刻——每个人都是从错误中学习的。
- If you make a mistake—everyone learns from _____ yourself _____ mistakes.

I. 用所给单词的适当形式填空

1. My mum was _____ (anger) because I forgot to clean my room again.
2. It's not kind to say _____ (hurt) words to your friends when you're upset.
3. Please speak _____ (clear) so that everyone in the class can hear you.
4. Too much _____ (press) from exams made some students feel tired.
5. The woman is one of the best tennis _____ (play) in China.
6. It was a difficult _____ (decide) for her to choose between the two clubs.
7. The children looked _____ (joy) when they heard they could go to the zoo.
8. We are _____ (thank) to our teachers for their hard work.
9. Different people may think _____ (different) about the same thing.
10. Tom stayed _____ (wake) until midnight because he was too excited about the trip.
- II. 根据句意及汉语提示完成句子
11. My parents bought me many nice _____ (礼物) on my 15th birthday.
12. The bell _____ (发出铃声) and all the students ran into the classroom quickly.
13. The teacher _____ (重复) the English sentence twice so that everyone could understand it.
14. It's _____ (正常的) for teenagers to feel a little nervous before an important exam.
15. We learned about gravity in our _____ (物理) class yesterday.
- III. 根据句意及首字母提示完成句子
16. The girl felt l_____ when she moved to another city.
17. The teacher a_____ us to read more English stories to improve our reading skills.
18. Don't e_____ the teachers' office unless the teacher allows you to do it.
19. E_____ in our class likes Miss Li because she is kind and helpful.
20. Tom went to school on time t_____ he had a bad cold yesterday.

Unit 2 Stay Healthy

I. 用所给单词的适当形式填空

1. We enjoyed _____ (we) at the school party last

night.

2. Tom has a _____ (head). He can't go to school

today.

3. It's _____ (care) of you to leave your umbrella

on the bus.

4. If you have a _____ (run) nose, you should

drink more hot water.

5. The doctor said her _____ (ill) was not serious

and that she would get well soon.

6. The children laughed _____ (happy) when they

watched the funny cartoon.

7. For students, _____ (safe) is always the most

important thing at school.

8. _____ (lucky), no one was hurt in the car

accident.

9. My grandma said her knees felt _____ (pain)

when she walked upstairs.

10. He cried _____ (sad) when he heard the bad

news.

II. 根据句意及汉语提示完成句子

11. My throat is _____ (疼痛的) after singing for

a long time at the party.

12. Tom _____ (咳嗽) a lot last night, so his

mum took him to see the doctor this morning.

13. The cook put these sharp _____ (刀) in the

drawer to keep the children safe.

14. We should plant more trees to protect the _____

(环境) around us.

15. The little boy picked up the rubbish and _____

(扔) it into the bin.

III. 根据句意及首字母提示完成句子

16. My tooth hurts badly, so my mum will take me

to see the d_____ this afternoon.

17. The hospital is very busy today, and the doctors

are treating many p_____ with colds.

18. If you don't feel well, the doctor may give you

some m_____ to make you feel better.

19. Jane has a high f_____—her temperature is

39°C. She needs to stay in bed.

20. You can p_____ the red button (按钮) if you

need help in the library. A worker will come

soon.

IV. 用方框中所给短语的适当形式填空

suffer from, take a seat, what's more,

catch fire, be about to

21. The dry grass in the field _____

yesterday, but firefighters put it out quickly.

22. Tom is good at maths. _____, he often

helps his classmates with their homework.

23. Lisa is _____ a bad cold and can't go to

school.

24. I _____ leave the classroom when my

teacher called me back.

25. When the old man got on the bus, a student

stood up and let him _____.

V. 根据汉语提示完成句子, 每空一词

26. 从现在起, 我会每天早上早起读英语。

_____ , I will get up early

to read English every morning.

27. 跑了一个小时后, 吉姆觉得累了, 想躺在草地上。

After running for an hour, Jim felt tired and

wanted _____ on the

grass.

28. 昨晚我们全家出去到一家新餐厅吃饭, 庆祝我爷

爷的生日。

My family _____ a new

restaurant last night to celebrate my dad's

birthday.

29. 莉莉正沿着马路走, 突然她看到前面有一只猫, 猛

地停了下来。

Lily was walking along the road when she saw a

cat in front of her and _____.

30. 上周末, 大雨阻止了我们去野餐。

The heavy rain _____

_____ on a picnic last weekend.

18. Our maths teacher is very s_____ with us— we must finish all homework on time.
19. Learning a f_____ language can help you understand different cultures better.
20. Too much work and little rest may cause great s_____ for students.
- IV. 用方框中所给短语的适当形式填空
- up to, in return, once in a while, get over, go on an outing
21. I helped my neighbour carry heavy bags, and he gave me some fresh vegetables _____.
22. Our class _____ to the farm last month and learned how to pick apples.
23. What are you _____ this weekend? Do you want to go to the cinema with me?
24. With the help of her friends, Lisa _____ the difficulty of finishing the group project.
25. We usually study hard, but _____, we go to the park to relax on weekends.
- V. 根据汉语提示完成句子, 每空一词
26. 彼得以前喜欢玩电脑游戏, 但现在为了专心学习, 他放弃了。
- Peter loved playing computer games in the past, but now he _____ to focus on his studies.
27. 这道数学题看起来很难, 但你应该试试——说不定你能做出来呢!
- The maths problem looks hard, but you should _____ maybe— you can solve it!
28. 很多学生梦想成为航天员, 去月球旅行。 Many students _____ astronauts and travelling to the moon.
29. 这学期到目前为止, 我们已经学了 10 首英文歌。 We've learned 10 English songs _____ this term.
30. 我们学校允许我们课后在图书馆看书。 Our school _____ books in the library after class.

Unit 1 Time to Relax

温馨提示 《考前夯基本》答案见参考答案P活24

- I. 用所给单词的适当形式填空
1. I was _____ (scary) of the dark when I was little. What about you?
2. I learned to ride the bike by _____ (me) when I was five years old.
3. My uncle is a _____ (program). He is busy every day.
4. Winning the spelling competition was a big _____ (achieve) for Lisa.
5. Many _____ (teenage) like to listen to music while doing homework.
6. Can you give me some _____ (suggest) on how to play tennis well?
7. _____ (surprising), the quiet boy won the speech contest.
8. More _____ (important), we should learn to respect others in daily life.
9. If you never try, you'll never know— _____ (fail) is just a step towards success.
10. He _____ (deal) with the problem alone yesterday. How great he is!
- II. 根据句意及汉语提示完成句子
11. The swimming _____ (教练) are very patient—they teach us basic skills step by step.
12. Don't _____ (害怕) to make mistakes when speaking English. It's part of learning.
13. My mum always _____ (督促) me to read more books in my free time.
14. Linda and her best friend _____ (聊天) for hours on the phone last night.
15. Tom likes collecting _____ (邮票) from different countries. He has over 200 now.
- III. 根据句意及首字母提示完成句子
16. If you have any opinions, please e_____ them clearly in the meeting.
17. To improve air quality, we should try to r_____ the use of our cars and ride bikes more.