



义务教育教科书



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English 英语

(衔接三年级起点)

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(衔接三年级起点)
七年级下册

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*It's fun!
It's easy!*



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河北教育出版社



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致 同 学

亲爱的同学们，新学期开始了，欢迎大家继续使用这套英语教材！

本册教材供七年级下学期使用。

在《英语》七年级上册，我们探讨了有关衣服、颜色、食物、家庭成员等的一些话题。我们学会了如何用英语表达简单的情感、到饭店就餐、礼貌问路、谈论季节和气候，并简单了解了一些说英语国家的基本概况。除了歌谣，我们还做过很多的活动和游戏。那么七年级下册又会有哪些有趣的故事发生呢？

翻开手中的新书，你们会发现内容更丰富了。詹妮、丹尼、李明和他们的同学一起沿古丝绸之路且游且学，了解了很多中国的历史和文化。除了这些，我们还涉猎校内、校外的生活，加拿大的学校、课程和我们有哪些异同呢？加拿大的初中生爱玩哪些体育项目呢？他们的业余时间都有哪些活动呢？相信你们一定想知道吧！还有一些如何学习英语的小故事和你们一起分享，这将对英语学习方法的一个很有趣的探索哦，希望会对你们有所启发和帮助。

又是一年草长莺飞时，在这个新的学期里，祝愿同学们学习进步，一起与詹妮、丹尼和李明学习、游戏与思考吧！



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UNIT 1

Lessons 1 ~ 6

A Trip to the Silk Road



We Will Learn

Functions

- ▶ Asking for Permission
- ▶ Showing Intention
- ▶ Talking about Distance

Grammar

- ▶ Numerals
- ▶ Using "will"

Structures

- ▶ The Silk Road is about 6 500 kilometres long!
- ▶ May I take photos here?
- ▶ I will come back someday.

Lesson 1: A Trip to China

Jenny: Hi, Mum! Hi, Dad! Guess what!
We're learning about the Silk Road
this month in school.

Mr. Smith: The Silk Road? That's in
China!

Jenny: Yes, it is! Mum and Dad, may I
ask you a question?

Mrs. Smith: Sure, Jenny! What is it?

Jenny: My school is planning a trip
around China with Li Ming's school.
Some students from my class will go
to China and travel on the Silk Road.
May I go with them?

Mr. Smith: Who will lead the trip?

Jenny: Ms. Martin! Here is the note from my school.

(Jenny's father and mother read the note.)

Mrs. Smith: Yes, you may go. This is a good chance for you. You will learn about
China.

Jenny: Really? Great! Thanks, Mum and Dad! I'm so excited! I will send Li
Ming an e-mail and tell him the good news.



Learning Tip

Is the Silk Road made of silk? Of course not. The Silk Road gets its name from the Chinese silk trade along it during the Han Dynasty.

Let's Do It!

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

1. Jenny is learning about the Silk Road this month in school. ()
2. Li Ming's school is planning a trip to Canada. ()
3. Ms. Martin will go to China with the students. ()

2 Read the dialogue in the lesson and answer the questions.

1. What is Jenny's school planning?
2. Who will lead the trip?
3. What does Mrs. Smith think about the trip?
4. Why will Jenny send Li Ming an e-mail?

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

lead trip chance news travel note

1. I plan to go on a _____ to Beijing this summer.
2. I have some good _____ for you.
3. Many people _____ to Hainan for their winter holiday.
4. Follow me! I will _____ you there.
5. I want to go to Beijing. Then I will have a _____ to see the Great Wall.
6. Leave a _____ for your parents so they won't worry about you.

4 Work in groups. Read the note from Jenny's school and take turns asking for permission to go on the trip.

Dear parents,

We are planning a trip to China during the March break.

We will join our sister school in China on a trip to the Silk Road. All students in Grade 7 are invited. Ms. Martin will travel with the students. Her class is doing a China Study this term. The group will leave on March 5 and come back on March 15. For more information, please come to the meeting on Wednesday at 7 p.m.

Yours truly,
Mr. Brian Franklin

Task tips: What do you want to do? Where/When do you want to go? Who will you go with?

Lesson 2: Meet You in Beijing

To: jenny@compmail.ca

From: liming@net.cn

Date: 01/03 9:08 p.m.

Subject: Plan for the trip

Hi Jenny,

How exciting! You and Danny will come to China and see the Silk Road with us! We will travel along the Silk Road together. Wang Mei and I will meet you in Beijing. Our first stop will be Xi'an. How far is it from Beijing to Xi'an? It's about 1 114 kilometres.

This trip will be very special. The Silk Road is about 6 500 kilometres long! But we don't have enough time to see it all. We can only see part of it. We'll learn about the history and culture of China along the way.

I will send you the school's plan for our trip.

Your friend,
Li Ming



Plan for the Trip

- | | |
|-----------|---|
| Days 1~2 | Arrive in Beijing and take a train to Xi'an |
| Days 3~4 | Visit Xi'an and the Terra Cotta Warriors |
| Days 5~6 | See Lanzhou and the Yellow River |
| Days 7~8 | Visit Dunhuang |
| Days 9~10 | Come back to Beijing and leave Beijing |



Dig In

Can you say these numbers?

1 114 → one thousand one hundred (and) fourteen

6 500 → six thousand (and) five hundred

Let's Do It!

1 Listen and tick the correct answers.

- How long is the Silk Road?
☐ 6 500 kilometres. ☐ 1 114 kilometres.
- Do they have enough time to see everything along the Silk Road?
☐ Yes. ☐ No.
- What will they learn about on this trip?
☐ The history and culture of China. ☐ The history and culture of Canada.
- What does Li Ming send to Jenny?
☐ A trip plan. ☐ A study plan.
- How many days will they stay in China?
☐ About ten days. ☐ About a month.

2 Read the lesson and fill in the blanks.

Jenny and Danny will go to China. They will travel _____ the Silk Road with Li Ming and Wang Mei. The Silk Road is about 6 500 _____ long. It will be a very _____ trip for them. They'll learn about the history and _____ of China.

3 Fill in the blanks using "will" and the given verbs.

- A: When _____ the train _____ (leave)?
 B: In ten minutes.
- We _____ (arrive) in China next week.
- George _____ (visit) his grandparents next Saturday.
- My bike is broken. I _____ (take) a bus to school this afternoon.
- I _____ (give) my mother a special gift for Mother's Day tomorrow.
- _____ you _____ (come) with me to Beijing tomorrow?

4 Work in pairs. Look at the map and take turns asking and answering: How far is it from ____ to ____?

Example:

- A: How far is it from
 Beijing to Xi'an?
 B: It's about 1 114
 kilometres.



Lesson 3: A Visit to Xi'an

1 Xi'an — the Walled City

Welcome to Xi'an — the Walled City.

You can walk along the wall in the Walled City. It is about 12 kilometres long and over 600 years old. You can climb up the Big Wild Goose Pagoda. It is over 1 300 years old.

You can hit the ancient drum in the Drum Tower. You can also ring the ancient bell in the Bell Tower.

You can visit the famous Terra Cotta Warriors. They are over 2 000 years old!

Eat delicious Chinese food and enjoy the special dishes of Xi'an.

Xi'an has a long history. You will have a lot of fun here in this ancient city!



◀ The Big Wild Goose Pagoda



▲ The Drum Tower



▲ The Bell Tower

2 The Terra Cotta Warriors

Tour Guide: Welcome to the Terra Cotta Warriors. We call them *Bing Ma Yong* in Chinese. This is an ancient place. Let's go to the first pit! Can you see the Terra Cotta Warriors? They are standing beside their horses.

Danny: Wow! I want to sit on one of the horses!

Tour Guide: No, no! You cannot do that. Please stand here with me and move with me. OK?

Danny: OK. But I am really excited!

Jenny: This is wonderful! May I take photos here?

Tour Guide: No. Look at the sign, "No photos!"

Jenny: Oh, I see. Thank you.



The Terra Cotta Warriors

Let's Do It!

1 What can you see in Xi'an? Listen and tick the correct pictures.



2 Read the lesson and answer the questions.

1. How long and how old is the wall in Xi'an?
2. What places of interest does Part 1 of the lesson talk about?
3. What does Danny want to do? Can he do it?
4. What does Jenny want to do? Can she do it?

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

hit enjoy ring move ancient

1. Who will go and _____ the bell first?
2. Please _____ your desk beside the window, Tom.
3. Jeff ran too fast and _____ his head on the tree.
4. It's a nice day today. Let's go to the beach and _____ the sun there.
5. Some _____ cities have walls around them.

4 Why did people build the Drum Tower and the Bell Tower? What is special about the Wild Goose Pagoda? Search the Internet and find out more about these and other places in Xi'an.

5 Work in groups. Share the information you found in Activity 4. Then do a role-play. One or two students can be the tour guide(s) and the rest of the group can be the tourists.

Task tips: What is the name of the place?
How old is it? Why is it special? What interesting things can you see or do there?



Lesson 4: A Visit to Lanzhou

The group takes a train to Lanzhou. Then they go to the hotel. Later, they go for a walk along the Yellow River.

Li Ming: All right. Let's go down this street and turn left at the traffic lights. This road will lead us to the Yellow River.

Danny: Look! A bridge!

Li Ming: This is the Lanzhou Zhongshan Bridge. It was the first bridge over the Yellow River. The Silk Road crossed the Yellow River in Lanzhou.

Danny: Wow, the Yellow River is so wide!

Li Ming: Yes. It's wide and long. The Yellow River is about 5 400 kilometres long. We call it the Mother River.

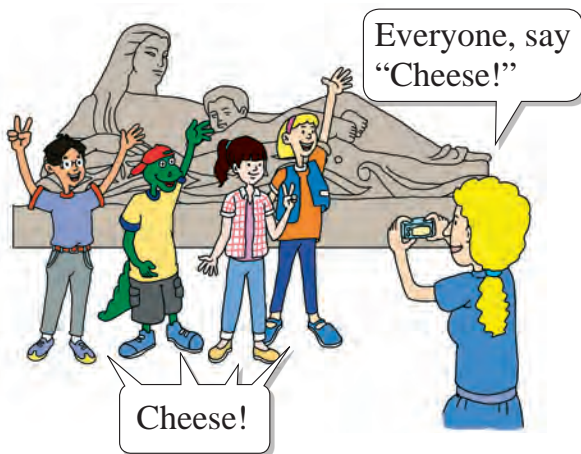
Danny: Look! A statue beside the Yellow River! A mother with a baby!



The Yellow River in Lanzhou



The Lanzhou Zhongshan Bridge



Li Ming: Oh, that's the Mother River Statue.

Ms. Martin: It's beautiful!

Danny: Can we take a picture in front of the statue, Ms. Martin?

Ms. Martin: Sure!

Culture Tip

In Canada and the U.S., people like to say "cheese" when someone takes a picture of them. Can you guess why they say cheese? What do you say in Chinese? And what does it mean in English?

Let's Do It!

1 Listen and circle the correct words.

1. The group (drives/walks) along the Yellow River.
2. Lanzhou Zhongshan Bridge is the (first/second) bridge over the Yellow River.
3. They see (a statue of a mother with a baby/a statue of a father with a baby) beside the Yellow River.
4. They (can/can't) take a picture in front of the statue.

2 Read the lesson and answer the questions.

1. How long is the Yellow River?
2. What do Chinese people call the Yellow River?
3. Where does the group see the Mother River Statue?
4. What do the children say when Ms. Martin takes their picture?

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

over cross in front of turn right go down go for a walk

My parents and I often _____ after supper. There is a park near my house. First, we look right and left before we _____ the road. Then, we _____ the street and _____ at the second crossing. Then we jump _____ a stream. My parents walk slowly. I walk quickly. So I am always _____ them.

4 Work in groups. Draw or create your own statue. Then present it to the class.

Task tips: Where is the statue? Is the statue an animal, a person or a thing? Why is the statue special?

My Statue

Lesson 5: Another Stop along the Silk Road

The group arrives in Dunhuang. They take a tour around the city.

Ms. Martin: This is an amazing city.

Li Ming: It's one of the main stops on the Silk Road. It's famous as the City of Sands. Many people come here to see the ancient paintings in the Mogao Caves.

Jenny: I can't believe it! We are walking on the same road as Marco Polo.

Danny: Yes, Marco Polo walked here. But did he ride a camel here?

Ms. Martin: Yes, Danny. Of course he did!

Danny: Well, then I want to ride a camel, too!

(They find a camel man on their way to Mingsha Mountain.)

Danny: Hello, sir. May I ride a camel?

Camel man: Sure.

Danny: Is it safe?

Camel man: Yes. You will not fall off.

Danny: Are you sure? That camel is really tall.

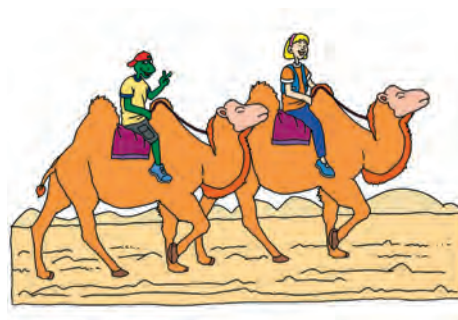
Camel man: Yes, he is tall. But you will be all right.

Jenny: Come on, Danny. It will be fun! I will ride a camel, too.

Danny: OK.

(The man helps Danny and Jenny onto the camels.)

Danny: Yay! This is fun! Look at me. I'm Marco Polo!



Let's Do It!

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

1. Dunhuang is famous as the City of Sands. ()
2. Marco Polo came to Dunhuang a long time ago. ()
3. The camel is not safe and Danny falls off. ()

2 Read the lesson and fill in the blanks.

The group takes a tour around Dunhuang. It's one of the _____ stops on the Silk Road. It's famous as the City of _____. They walk on the _____ road as Marco Polo. Danny wants to ride on the camel, but he is scared. Is it _____ to ride a camel? Yes, Danny will be all right.

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

ride safe believe another main
be famous as on one's way to

1. Li Hua _____ his bicycle to work every day.
2. We can't _____ the news. It can't be true.
3. I don't like this jacket. Can you show me _____ one?
4. Rizhao in Shandong _____ the City of Sunshine.
5. It's not _____ for children to play on the road.
6. I met an old friend _____ school this morning.
7. I live on a _____ street. It's always very busy.

4 Work in pairs. Continue the dialogue in this lesson. What happens after Jenny and Danny get on the camels?

Example:

A: I want to have a picture taken on the camel.

Can you help me?

B: Of course. Look here and say, "Cheese!"

Great!

A: Thanks. Now I'll take a picture of you.

Smile!



Lesson 6: Jenny's Diary

Dear Diary,

This is our last night in China. We will fly home tomorrow. We did so much on this trip.

This afternoon, we went to see the Beijing Opera. Wow! I loved the music and the colourful clothing.

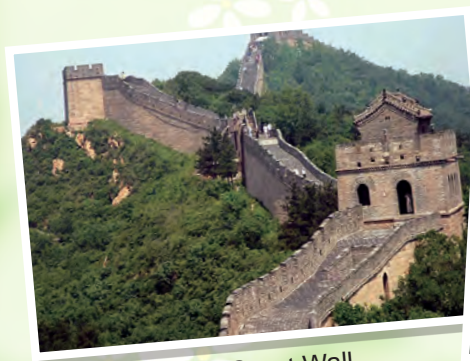
Yesterday was a great day. In the afternoon, we went to the Great Wall. It is amazing! It is about 6 300 kilometres long and over 2 000 years old. Then, in the evening, we went to the Bird's Nest. It is only a few years old, but it is a very famous and beautiful building. It held the 2008 Olympics. Danny looked for birds there. But of course — he didn't find any.

China is a great country. Where else can you travel thousands of years back in time? We saw the Terra Cotta Warriors, the Walled City and the Yellow River.

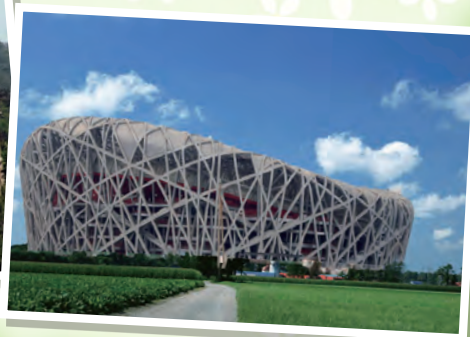
I learned so much about Chinese history and culture on this trip. I learned about a new instrument — the *erhu*. And I ate some delicious food.

I can't believe our trip is over. I will miss China. I will come back someday.

Jenny



The Great Wall



The Bird's Nest

Let's Do It!

- 1 What places did Jenny and her friends visit on their trip? Listen and tick the correct pictures.


☐

☐

☐

☐

☐

- 2 Read the lesson and answer the questions.

1. What did Jenny love about the Beijing Opera?
2. Where did the group go yesterday afternoon?
3. What event was held at the Bird's Nest in 2008?
4. What new instrument did Jenny learn about?

- 3 Work in pairs. What did Jenny learn about on the trip? Use the information in this unit to fill in the table.

Place of Interest	Interesting Facts (How old/How long/... is it?)
The Great Wall	It is about 6 300 kilometres long and over 2 000 years old.

- 4 Work in groups. Suggest some places Jenny can see on her next visit to China.

Unit Review

Building Your Vocabulary

I. Search for words from this unit and write them down.

r	o	a	d	o	p	b
e	b	r	i	d	g	e
n	e	w	s	i	s	l
o	m	p	h	a	a	l
t	w	z	i	r	n	q
e	f	g	k	y	d	e



road _____

II. Fill in the blanks with the correct forms of the words from this unit. The first letter is given.

1. This is my first time on an airplane. I am so e_____!
2. We a_____ in Lanzhou by train at 6:00 a.m.
3. I can't b_____ it! Is the Great Wall really 2 000 years old?
4. A: What i_____ can you play?
B: I can play the *erhu*.
5. The food in Xi'an is delicious. They make many traditional d_____ there.

III. Complete the passage with the words in the box.

instrument culture trip ancient

Li Ming, Danny, Jenny and some other students went on a _____ along the Silk Road. They learned about the history and _____ of China. They visited some _____ places and ate some amazing Chinese food. Jenny learned about an old Chinese _____ — the *erhu*. They had a lot of fun.

Grammar in Use

I. Read the sentences and write the numbers in English.

1. One year usually has 365 days. three hundred and sixty-five
2. The human body has 206 bones. _____
3. The Great Wall is about 6 300 kilometres long. _____

II. Complete the dialogues.

- A: May I go to a movie with my friends this Sunday, Dad?
B: Of course, you _____.
A: _____ I drive your car?
B: No, you _____. You're too young.
- A: Hi, Tom! What _____ you _____ (do) tomorrow?
B: I _____ (help) my mum with the housework. What about you, Jack?
A: I _____ (go) to the park with Lily and Davy tomorrow morning. We _____ (climb) the hills and play. _____ you _____ (come) with us?
B: Yes, I'd like to.

Listening and Speaking

I. Listen to the dialogues and write true (T) or false (F).

- Li Lin may ask a question. ()
- The children can take a picture in front of the statue. ()
- It's not safe to ride a horse. ()
- Beijing is about 8 600 kilometres away from Vancouver. ()

II. Listen and repeat.

/ʃ/ sure ancient special
/ʒ/ usually pleasure
/tʃ/ China chance children cheese
/dʒ/ Jenny bridge

III. Work in groups. Imagine you work for a travel company. Write a plan for a 5-day trip and present it to the class. Use the plan to act out a dialogue. Some students can work for the travel company and some students can be customers.

Task tips: Where will you go? What will you see? What will you do there? How will you travel (by bus, train, plane)? How much will the trip cost?

Putting It All Together

Solve the code and discover the hidden message. Then write your own hidden message and see if your classmates can solve it.

a = 1, b = 2, c = 3 ... z = 26

Example:

2

1

7

 → bag

20	8	5	23	1	12	12	5	4	3	9	20	25
9	19	1	14	3	9	5	14	20				

Self-Evaluation

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

I. Asking for Permission (Using “may”)

May I go with them?

I can ask for permission in English.



II. Showing Intention

I want to sit on one of the horses!

I can express intention in English.



III. Talking about Distance

The Yellow River is about 5 400 kilometres long.

I can talk about distance in English.



IV. Numerals

5 400 — five thousand (and) four hundred

I can write, read and say numerals properly.



V. Using “will”

We will travel along the Silk Road together.

I can use “will” properly.



Packing for a Trip

Packing for a trip,
I can't wait to go.
A ticket for me, a ticket for you.
Time is moving slow.
Packing for a trip,
In the snow or rain.



A suitcase for both of us,
We're ready for the train.
The train is moving out.
We are on our way.
A map for both of us,
Will tell us where to stay.



UNIT 2

Lessons 7 ~ 12

It's Show Time!



We Will Learn

Functions

- ▶ Praise and Encouragement

Grammar

- ▶ Regular and Irregular Verbs
- ▶ Simple Past Tense

Structures

- ▶ Good idea.
- ▶ Everything was great — especially the food!
- ▶ They look good and taste great!

Lesson 7: What's Your Project about?

Jenny and Danny talk about the trip and their projects.

Jenny: Hi, Danny. Did you have a good rest after our trip?

Danny: Yes, I slept for two full days! I feel good now.

Jenny: We had a great trip. We learned so much. And we saw our friend Li Ming again.

Danny: Yes. Are you ready for your project?

Jenny: Yes, I am. I will talk about Marco Polo. We heard a lot about him on the Silk Road. What's your project about?

Danny: My project is about some places of interest in China. I will talk about the places and things on the trip. I still can't believe it — they don't have donuts on the Silk Road.

Jenny: Danny! You can find donuts anywhere in Canada. The Silk Road is about history and culture, not donuts.

Danny: Yes, I know. I'm making a joke. Let's go to the library and work on our projects.

Jenny: Good idea.



Dig In

What is a joke? A joke is something funny you say to make people laugh. Do you know any jokes in Chinese? Can you translate any jokes into English?

Let's Do It!

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

1. Danny slept for three full days. ()
2. Jenny's project is about Marco Polo. ()
3. Jenny and Danny will go home and work on their projects. ()

2 Read the lesson and answer the questions.

1. What is Danny's project about?
2. What is Danny's joke?
3. What is the Silk Road about?

3 Match the words with the correct meanings.

joke	any place
project	things that happened in the past
history	something people say to make others laugh
culture	a task for school
anywhere	the traditions and beliefs of a group of people

4 Read the lesson and fill in the blanks.

Danny and Jenny went on a _____ to China. After they came back, Danny was very tired. He _____ for two full days. Now they are getting ready for their _____. Jenny will talk about Marco Polo for her project. Danny's project is about some places of interest in China. He will talk about some places and things they saw along the Silk Road. Will Danny talk about donuts? No! The Silk Road is about the _____ and _____ of China. It's not about donuts!

5 Do you know any places of interest in your city? Write about a place of interest you know and draw a picture of it.

Task tips: Where is the place of interest? What is the name of it? Why is it special? How old is it?

Lesson 8: Marco Polo and the Silk Road

Hello, everyone!

My project is about Marco Polo and the Silk Road.

Marco Polo was a man from Italy. At the age of 17, he went to China. He travelled along the Silk Road with his father and uncle. Together, they moved goods between Europe and Asia on the Silk Road. Later, Marco Polo travelled with his brother. They travelled on boats, horses and camels. Their journey lasted about twenty years!

In 1275, Marco Polo travelled to Beijing. He met the king and worked for him for 17 years. During those years, Marco Polo learned about coal and paper. The Chinese discovered coal and invented paper. These things were new to Marco Polo. He brought some coal and paper back to Italy with him. He also brought back a lot of silk, tea and other goods.

Marco Polo wrote a famous book about his travels to China. I hope to write a book like that someday.

Thank you.

By: Jenny

Date: March 25



Let's Do It!

1 Listen and tick the correct answers.

1. At the age of _____, Marco Polo went to China.
☐ twenty ☐ seventeen ☐ sixteen
2. Marco Polo and his father moved goods between _____ on the Silk Road.
☐ America and Asia ☐ Europe and Asia ☐ Europe and America
3. Marco Polo learned about _____ in China.
☐ tea and paper ☐ coal and silk ☐ coal and paper

2 Read the lesson and answer the questions.

1. What country did Marco Polo come from?
2. How did he and his brother travel?
3. How long did his journey last?
4. When did he travel to Beijing?
5. What did he bring back to his home country?

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

hope coal journey discover goods

1. People sell their _____ at the market.
2. It's cold in the house. Put some _____ on the fire.
3. After the long _____, Marco Polo arrived in Beijing at last.
4. He didn't do well this time. But he _____ to do better next time.
5. I walked around my city and I _____ some beautiful places.

4 Work in groups. What do you know about Marco Polo? Find more information about him and present it to the class.

Task tips:

1. Where was he from?
2. How old was he when he came to China?
3. What did he do in China?
4. What amazing things did he learn about in China?
5. How long did he stay in China?



Lesson 9: Danny's School Project

Danny: For my project, I will describe some places and things from China. You guess their names. Just try your best. Are you ready? Let's begin!

These things are very old. People built them a long time ago. They look like an ancient army. What are they?

Jim: Are they the clay soldiers and horses from China?

Danny: Yes, you are right. They are the Terra Cotta Warriors in Xi'an. Here are some pictures.

Jim: Wow! Cool pictures, Danny.



Danny: The next one is an animal. It's big and tall. It's an important tool on the Silk Road.



Greg: Is it a horse?

Danny: Sorry! It lives in the desert.

Greg: Oh, it's a camel!

Danny: Well done. Look at this picture. I'm riding a camel.



Danny: Here is the last one. It is very soft. It comes in many colours.

Kim: Many things are soft and colourful. Can you tell us a little bit more, please?

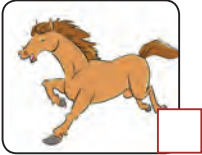
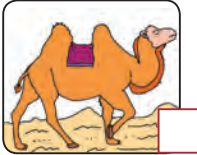
Danny: OK. We can make clothes from it.

Lily: Is it silk?

Danny: Yes, you guessed it, Lily! Look at me. I'm wearing a silk shirt.

Let's Do It!

- 1 Listen to the dialogues and tick the correct pictures to answer the questions.

1.			
2.			
3.			

- 2 Match the words with the correct meanings.

army	very very old
ancient	to explain something
soft	some time before
describe	a group of soldiers
ago	not hard

- 3 Rewrite these sentences in the simple present tense. Are the verbs regular (R) or irregular (IR)? Circle the correct one.

- | | | |
|--|----------|-----------|
| 1. They looked at the picture. → They look at the picture. | R | IR |
| 2. Amy rode a horse. → | R | IR |
| 3. They built a bridge over the river. → | R | IR |
| 4. We lived in the desert. → | R | IR |
| 5. The new TV came in a big box. → | R | IR |

- 4 Play Act and Guess. One student tries to describe something and the others try to guess what it is. Take turns guessing and describing.

Example:

It is an animal. It's big and tall. It's an important tool on the Silk Road. It lives in the desert. What is it?

Lesson 10: Music and Dance

Li Ming and Wang Mei are walking home from school.

Li Ming: I'm still thinking about our trip to the Silk Road. I realized many things. China has so much history. And our culture is so rich and colourful.

Wang Mei: Yes, I know. I feel the same way.

Li Ming: The trip gave me an idea.

Wang Mei: Really? What is it?

Li Ming: I want to learn to play the *erhu*! It is a part of ancient Chinese culture. Many Western people call it the "Chinese violin".

Wang Mei: That's a great idea, Li Ming!



Li Ming: I can't wait to play music for all my friends.

Wang Mei: You will be a great *erhu* player, Li Ming.

Li Ming: I hope so. Wang Mei, you are a good dancer. Why don't you learn a traditional Chinese dance? Then we can take part in the Spring Festival show together. I will play music and you can dance!

Wang Mei: I like that idea! Maybe I can wear some traditional clothes, too!



Dig In

The *erhu* is a Chinese instrument and the violin is a Western instrument. Do you know any other Chinese or Western instruments? Make a list of instruments you know. Draw a picture to go with each instrument.



erhu



violin

Let's Do It!

1 Listen and tick the correct answers.

1. What did Li Ming realize on his trip to the Silk Road?
☐ China has a long history and rich culture.
☐ China is very big.
2. What instrument does Li Ming want to learn?
☐ He wants to learn to play the *erhu*.
☐ He wants to learn to play the violin.
3. What will Wang Mei learn?
☐ A traditional Chinese dance.
☐ A traditional Chinese song.

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

1. Many Western people call the *erhu* the “Chinese violin”. ()
2. Wang Mei is a good singer. ()
3. Li Ming and Wang Mei will sing and dance at the Spring Festival show. ()

3 Circle the correct words to complete the sentences.

1. Li Ming thought about their trip to the Silk Road. He (realizes/realized) many things.
2. Our culture is different from (West/Western) culture.
3. Yang Liping is a great (dancer/dance).
4. Bob is a good basketball (player/play) in our school.
5. Jack wants to (take part/take part in) the sports meet.

4 Work in pairs. What are you good at? Can you sing or dance? Can you draw or play an instrument? Write a short passage about something you are good at. Present it to the class and show your classmates what you can do!

Task tips: What is your talent? When did you start to develop this talent? Where or how do you practice your talent?

Lesson 11: Food in China

Jenny goes online to tell others about the food in China.

e-chatter

(Jenny) Hello, everyone! I just got back from a trip to the Silk Road in China. Everything was great — especially the food! My favourite dishes were Beijing Duck and Lanzhou noodles. What's so special about these two dishes? Well, they have a lot of history behind them. Beijing Duck is really a Chinese treasure. It takes a lot of work, but the end product is worth it. Lanzhou noodles are long hand-made noodles. They look good and taste great! Do you want to taste these wonderful foods from China?



(Dora) Your story is very interesting. I saw a show about Lanzhou noodles on TV. The man made the noodles so fast. It was like magic!

(Monica) I heard that, in China, some people eat noodles for breakfast. Is this true?

(Jenny) Yes, it's true. Many people eat noodles for breakfast. Sometimes they eat them for lunch or supper, too. And I know why — they taste REALLY good!

(Paul) I once had Beijing Duck in our city. Can I find Lanzhou noodles here? I will try.

Let's Do It!

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

1. Beijing Duck takes a lot of work to make. ()
2. Some people eat noodles for breakfast in China. ()
3. Paul once had Beijing Duck in his city. ()

2 Each word below has two different meanings beside it. Both meanings are correct but only one meaning is used in this lesson. Tick the appropriate meaning.

- | | | |
|-------------|---|---|
| 1. dishes | <input type="checkbox"/> special kinds of meals or food | <input type="checkbox"/> plates and bowls |
| 2. treasure | <input type="checkbox"/> something very expensive | <input type="checkbox"/> something very special |
| 3. taste | <input type="checkbox"/> to eat a little bit of food | <input type="checkbox"/> the flavour of food |
| 4. product | <input type="checkbox"/> goods for selling | <input type="checkbox"/> result from working |

3 Read the lesson and fill in the blanks.

Jenny just got back from a trip to the Silk Road. She goes online to tell others about the food in China. Her favourite _____ were Beijing Duck and Lanzhou noodles. They have a lot of _____ behind them. Beijing Duck is a true Chinese _____. Lanzhou noodles are hand-made noodles. They _____ delicious.

4 Rewrite the sentences below in the simple past tense. Then mark the regular verbs with (□) and the irregular verbs with (○).

1. The food looks good. → The food looked good.
2. He eats cereal for breakfast. →
3. They work hard. →
4. She finds many books in the library. →
5. It takes a long time to make dumplings. →

5 Work in pairs. Talk about different dishes you know. What's your favourite dish? What's in it? Is it easy to make?

Example:

Poutine is a Canadian dish.
Poutine is made with French fries, cheese and gravy.
It's easy to make and it's delicious!



Lesson 12: A Blog about the Silk Road

Li Ming had a good time on his trip to the Silk Road. He wants to write about his trip.

LIMING@BLOGSPOT.ORG

I just got back from a great trip to the Silk Road. My friends from Canada went with me. On our trip, I realized many things about China. Our country has a very long history and a rich culture.

I saw and experienced a lot on the trip. We went to see the Terra Cotta Warriors and the ancient city of Xi'an. The history of China is so alive in these places. I learned so much!

This trip opened my eyes. I saw my own history and culture in a new way. I hope to travel more around my country someday.

Where should I go next? Does anyone have any suggestions?

Here are some photos from my trip. Enjoy!



This is me with a Terra Cotta Warrior.



I took this picture in Xi'an. Jenny and Danny are in the Drum Tower.



This is Danny in Dunhuang. He is riding a camel.



Here I am in Lanzhou. I love Lanzhou noodles. Yum!

Let's Do It!

- 1 Which pictures does Li Ming NOT mention? Listen to the passage and tick.



- 2 Read the lesson and fill in the blanks.

Li Ming had a good time on his trip to the Silk Road. He saw and _____ many great things. On the trip, he learned China has a _____ history and a _____ culture. The history of China is _____ in the ancient city of Xi'an. He _____ to travel more around his country someday.

- 3 Wang Mei is searching for more information about the Silk Road. Work in groups. Help her answer the questions below.

1. When did people begin to travel along the Silk Road?

2. What other cities or districts does the Silk Road go through?

3. How did it get the name the "Silk Road"?

- 4 Write an e-mail to a friend about a trip you went on. Show him or her some pictures from your trip.

Task tips: Where/When did you go? Who did you go with? What did you see and experience? Did you eat any traditional or special foods?

Unit Review

Building Your Vocabulary

I. Search for words from this unit and fill in the missing letters.

d	i	s	c	o	v	e	r	q	w
i	m	p	o	r	t	a	n	o	e
e	x	p	e	r	i	e	n	c	e
h	a	e	r	u	s	a	e	r	c
o	s	t	i	l	l	l	a	o	o
p	d	e	s	c	r	i	b	e	a
e	r	e	a	l	i	z	e	t	l
r	o	l	j	o	u	r	n	e	y

_ea__z_ exp__ien__

j__r__y __is__er

_o_l d__c_i__

s_i__ h__e

II. Read the sentences and fill in the blanks. The first letter is given. Then tick the correct meaning for each word.

1. Italy is in Europe and China is in A_____.

☐ a continent

☐ a country

2. He travelled for 10 years. He had a long j_____.

☐ a long road

☐ a big trip

3. The Chinese d_____ coal and invented paper.

☐ to find for the first time

☐ to look for

4. Li Ming r_____ many things about China.

☐ to understand something clearly

☐ to study something

5. China has a r_____ and colourful culture.

☐ to be expensive

☐ to be full of special and different things

Grammar in Use

Complete the chart with the correct forms of the verbs. Then use the chart to fill in the blanks.

Present tense	see	hear		have		give	get	send	do
Past tense	saw		read		brought				

1. A: _____ (do) Jenny _____ (bring) a lot of silk and tea to Canada?
B: Yes. She gave silk scarves and tea to all of her family and friends.
2. A: Did you _____ (have) a good time in Xi'an?
B: Yes, I _____ (do).
3. Jenny _____ (see) and experienced many things in China. The trip _____ (give) her lots of great ideas for her project.
4. A: What time _____ (do) you _____ (get) home yesterday?
B: We _____ (get) home at 6:00 p.m.
5. A: Hi, Lucy! I _____ (send) you an e-mail yesterday.
B: Yes. I _____ (read) it this morning.
6. Jenny and Danny _____ (hear) a lot about Marco Polo on their trip.

Listening and Speaking

I. Listen to the passage and match the people with the gifts they got.

Mum

chopsticks

Dad

silk

Friends

postcards

Family

tea

II. Listen and repeat.

/ s /	still	silk	horse	dance
/ z /	these	Chinese	realize	clothes
/ ts /	donuts	projects		
/ dz /	goods	friends		
/ tr /	trip	travel		
/ dr /	drive	drink		

III. Everyone travels every day. Think about places you often travel to, such as your home, work and the supermarket. What do you see on the way? What is happening around you? In groups, make up a dialogue.

Putting It All Together

Work in groups. Why do people like to travel? What is good about travelling? Make a poster about travelling with the title “Why travel?” Include lots of information and pictures. Present your poster to the class.

Task tips: Think about Marco Polo. Why did he travel? What did he discover during his travels? Think about Ms. Martin and the students. Why did they travel? What did they learn about?

Self-Evaluation

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

I. Praise and Encouragement

Good idea!/Well done!

I can express praise and encouragement in English.



II. Regular and Irregular Verbs

work→worked do→did

I can use regular and irregular verbs correctly.




III. Simple Past Tense

Their journey lasted about twenty years!

I can use the simple past tense properly.



Smile, Smile, Smile

Did you see a funny show? 
Smile, smile, smile.

Did you see a funny show?
Smile, smile, smile.

I'm glad you saw a funny show!
Smile, smile, smile.

Did you sing that pretty song?
Smile, smile, smile.

Did you sing that pretty song?
Smile, smile, smile.

I'm happy you sang that pretty song!
Smile, smile, smile.

Did you watch that lovely dance?
Smile, smile, smile.

Did you watch that lovely dance?
Smile, smile, smile.

I'm pleased you watched that lovely dance!
Smile, smile, smile!



UNIT 3

Lessons 13 ~ 18

School Life



We Will Learn

Functions

- ▶ Talking about School
- ▶ Expressing Care and Concern

Grammar

- ▶ Adverbs: always, often, usually, sometimes, never

Structures

- ▶ How is your school life going?
- ▶ I often take part in the long jump.
- ▶ You will do a great job!

Lesson 13: How Is School Going?

Wang Mei: Hi, Jenny. How is your school life going?

Jenny: Well, I am a little busy this term. I have six classes every day. My school days are very long.

Wang Mei: Me too. I also have six classes every day.

I start school at 8:00 a.m. I usually finish at 5:00 p.m. It's a long day, but I like my school. My school subjects are so interesting.

Jenny: What subjects do you have?

Wang Mei: I have Chinese, English, math, history and some others. P.E. is my favourite. We always have a big sports meet twice a year. I often take part in the long jump. Last term I won first place!

Jenny: Wow! You're good at the long jump.

Wang Mei: Yeah! Thank you! What subjects do you have?

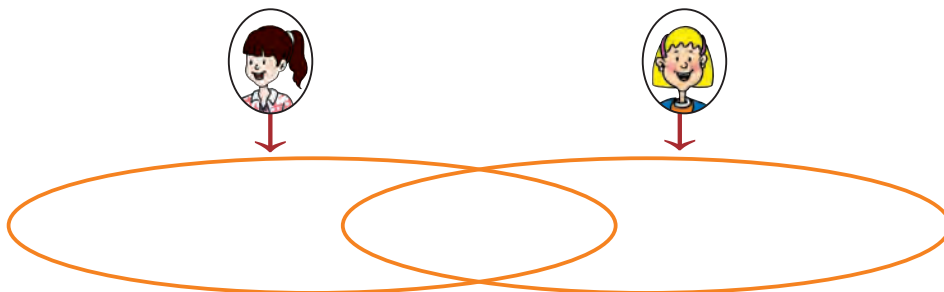
Jenny: I have social studies, shop, math, French, English and art. My favourite subject is shop! Last week, I made a bird house all by myself.

Wang Mei: That's so interesting!



Let's Do It!

1 Listen and write down what subjects they have.



2 Read the lesson and answer the questions.

1. How is Jenny's school life going?
2. How many classes does Wang Mei have every day?
3. What is Wang Mei's favourite subject?
4. What is Jenny's favourite subject?
5. What did Jenny make in shop class last week?

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

life finish subject take part in be good at

1. I _____ singing. I want to be a singer in the future.
2. I start school at 8:00 a.m. and _____ at 5:00 p.m.
3. I often _____ the long jump at the sports meet.
4. A: What _____ do you have?
B: I have Chinese, English, math and some others.
5. A: How is your school _____ going?
B: Well, it's a little busy.

4 Work in pairs. Write down your class timetable. Then use it to make up a dialogue.

Example:

A: What subjects do you have?

B: ...

A: How many classes do you have every day?

B: ...

A: When does the first/second/... class start?

B: ...

Time	Subject

Lesson 14: Jenny's School Life

Hi. It's Jenny again! I go to school in Edmonton, Canada. My school is Greenwood Middle School. There are 400 students in my school. I'm in Grade 7. My friend, Danny, is in my class.

My homeroom teacher is Mr. Jones. My favourite subject in school is shop. We often make many different things in shop class. Once, we made a bird house from wood. Sometimes we make things with clay. Last week, we made cups. And this week we will print our own T-shirts. Shop is always fun!



An Art Class

In social studies, we do a lot of projects. Sometimes we work in groups. Today, my group and I worked on a map of Canada.

In the first term, I have art class. We always draw and paint. In the second term, I have music. I play the guitar! We usually play songs as a class. But sometimes we play on our own.

This year, we will have a science fair at my school. I want to take part in the fair with my project on silk worms.



Hands-on Activity

Make your own printed T-shirt. Just follow these steps:

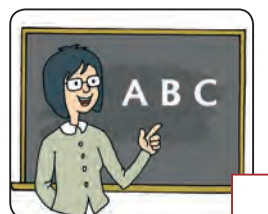
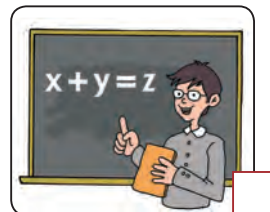
1. Draw a shape on a piece of hard paper.
2. Cut out the shape.
3. Put the shape cut-out into some ink or paint.
4. Push the shape cut-out onto a T-shirt.

Now you have your own printed T-shirt!



Let's Do It!

1 Listen to the statements and number the pictures.



2 Read the lesson and answer the questions.

1. How many students are there in Jenny's school?
2. What do Jenny and her classmates do in social studies?
3. What does Jenny do in art class?
4. In music class, do the students always play songs as a class?

3 Read the descriptions and write the words. The first letter is given.

1. It comes from trees. People use it to build things. w _ _ _ _
2. To press words or pictures onto paper or other things with ink. p _ _ _ _
3. A school subject. Students make and build things in this class. s _ _ _ _
4. Something soft and colourful. People use it to make clothing. s _ _ _ _
5. An event for many different people to show their projects. f _ _ _ _
6. An instrument. People use it to play music. g _ _ _ _

4 Work in pairs. What's your favourite subject? What do you do in that class? Talk about it.

Example:

A: What's your favourite subject?

B: English.

A: What do you do in that class?

B: We often play games in that class.

Lesson 15: Making a Difference



Hello. My name is Hao Tongxin. I live in a small village. I'm in Grade 7 and I love going to school!

My school is a “hope” school. Last year, I wanted to give up my studies. I wanted to stay home and help my family. But my teacher said, “With a good education, you can make a difference. You can make a good life for yourself. Then you can help your family, friends and other people, too.” She gave me hope.

My teacher is great. She often visits her students and their families. She does not want anyone to drop out of school. She always helps us in every possible way. She is making a big difference in our lives.

Now, I never miss a day of school. I want to make a difference in the future — just like my teacher.



Dig In

Making a difference means making a good change. You can make a difference in your own life and in others' lives too. Do you know anyone who makes a difference? How can you make a difference?

Let's Do It!

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

1. Hao Tongxin lives in a big city. ()
2. He wanted to give up his studies last year. ()
3. His teacher gave him hope. ()
4. His teacher doesn't want anyone to drop out of school. ()
5. He doesn't want to make a difference in the future. ()

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

give up make a difference drop out of in the future

1. Our teachers want us to get a good education. They don't want us to _____ school.
2. Don't _____ hope. I know you can do it.
3. Yuan Longping did some great things and _____ in the world.
4. I want to be a doctor and help sick people _____.

3 Circle the adverb that best describes each sentence. Then rewrite the sentence using that adverb.

1. I do my homework every day. → *never usually* always
→ I always do my homework.
2. She helps out at home three times a week. → *always sometimes never*
→ _____
3. They don't walk to school. → *never often usually*
→ _____
4. My father reads the newspaper almost every day. → *always sometimes usually*
→ _____
5. I visit my grandparents every weekend. → *never often always*
→ _____

4 Work in pairs. Do you know someone who makes a difference? How does that person make a difference? Talk about it.

Example:

A: My teacher makes a difference in my life.

B: How?

A: She always helps me after class.

B: That's great!

Lesson 16: We Are with You!

Jason Glen is a 12-year-old boy from Riverside High School. On the first day of school, something terrible happened. Jason Glen and his family lost everything in a big house fire. It was a very hard time for them.

Jason's classmates heard the bad news. They stood up and said, "Jason, don't be afraid. We are with you." The class wanted to help Jason and his family. So they came up with a plan.

The next day, many students brought clothes and food from their homes. The school had a car wash and a cookie sale. In just three days, the school raised \$1 200.

Yesterday, the school gave the money to Jason's family. Jason said to his friends, "Thank you, my dear classmates and teachers. My family and I will never forget this."



A Big House Fire



A Car Wash



Dig In

It's important to help others. When people help each other, it makes the world a nicer place. There are many ways to help others. Here are two common ways:

- Raise money — sell a product or provide a service to make money, like selling cookies or washing cars.
- Donate — collect and give away things like clothes, food, toys, books, etc.

What other ways do you know to help others?

Let's Do It!

1 Read the lesson and answer the questions.

1. How old is Jason Glen?
2. What happened to Jason Glen and his family?
3. When did it happen?
4. Who helped Jason and his family?
5. How did they help Jason and his family?



2 Match the words with the correct meanings.

terrible

everything

hear

cookie

raise

listen

something sweet to eat

collect money

the opposite of nothing

very very bad

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

fire happen lose news raise

1. Did you see the _____ in today's newspaper?
2. Don't touch the _____! It's hot!
3. I _____ my book yesterday. Can you help me find it?
4. The books at my school are too old. Last week, we _____ some money to buy new ones.
5. A: I didn't see you at school yesterday. What _____?
B: I hurt my arm.

4 Work in groups. Imagine you work for a company that helps poor children. What will you do for them? How will you help them? Discuss with your classmates and make a plan.

Lesson 17: School Science Fair

Danny and Jenny are talking about their school science fair. They are very excited.



Danny: Hey, Jenny! Are you ready for the big science fair next week?

Jenny: Oh, I hope so. I worked really hard this year. I hope to win first prize.

Danny: Don't worry, Jenny. You will do a great job! What is your project about?

Jenny: It's about silk worms. I am really interested in this subject. I made a video about silk worms.

Danny: Wow!

Jenny: I have a small piece of old silk. I also have a silk worm for the visitors.

Danny: Silk worms are interesting.

Jenny: Yes, they're amazing!

Danny: My project is good, too.

Jenny: What is it about, Danny?

Danny: My project is all about donuts. I talk about the history of donuts. I will make ten different kinds of donuts. And people can taste them all.



Learning Tip

Do you know what a fair is? A fair is a place where people go to present their work or buy and sell different goods. At a science fair people present science projects and others come to see the projects. At a town fair people sell different goods and others come to buy the goods.

Let's Do It!

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

1. Danny and Jenny are excited about the science fair. ()
2. Jenny's project is about silk. ()
3. Danny will make five different kinds of donuts. ()
4. Danny will teach people to make donuts. ()

2 Read the lesson and answer the questions.

1. What does Jenny hope?
2. What did Jenny make for her project?
3. What's Danny's project about?
4. What will Danny make for his project?



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

be ready for do a great job be interested in
a piece of different kinds of

1. I _____ science. I will take part in the science fair.
2. There are many _____ flowers in the park.
3. My mum bought me a new scarf and gloves. Now I _____ the winter.
4. Can I have _____ cake? It looks delicious.
5. Your project was really good. You _____.

4 Work in groups. Suppose there will be a science fair at your school. What will your project be about? How will you present your project? Interview your classmates and fill in the table.

Who?	What?	How?
Ma Li	Cars	<ul style="list-style-type: none"> • Bring a model car • Give a report about the history of cars • Show pictures of different kinds of cars

Lesson 18: Teaching in China

Jane is from Canada. She is teaching English in China. She is writing an e-mail to her family and friends back home.

Hello, everyone!

How are you? I'm doing well. Life in China is great! I arrived two months ago. I was quite nervous then. But everyone here is so friendly and nice. Now I feel quite comfortable and relaxed. My students are wonderful and the other teachers are always helpful.

My school is very big. I have many students in my class. In Canada, there are usually only 35 students in a class. And they move from classroom to classroom for their classes. But in China, the teachers move!

Chinese students work very hard. They usually start school at 8:00 a.m. and finish at 5:00 p.m. Chinese teachers work very hard, too.

I'm so happy to be in China. I am learning so much here. My students often teach me Chinese. They also teach me about their culture. It's so interesting! I visited the Great Wall last month. Look at my picture.

Wo ai Zhongguo!

I miss you all!

Jane





Let's Do It!

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

1. Jane arrived in China last week. ()
2. Everyone is friendly and nice to Jane. ()
3. Canadian students don't move to different classrooms for their classes. ()
4. Jane's students teach her about their culture. ()

2 Are schools in China and Canada the same? Read the lesson and list some differences between Chinese and Canadian schools.

China  _____






Canada  _____

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

nervous friendly relaxed wonderful teach

1. I didn't know anyone at the party. But everyone was very _____.
2. Spring is nice and warm. It is a _____ season.
3. Li Ming is going to give a talk. He is quite _____.
4. I'm a teacher. I _____ music at a middle school.
5. After a busy day, I like to sit and drink a cup of tea. It makes me feel _____.

4 Work in groups. Interview your classmates and fill in the table.

Name	Do your homework	Help out at home	Walk to school	Play sports
 always  often  usually  sometimes  never				

Example:

A: Do you do your homework?

B: Yes. I always do my homework.

A: Do you help out at home?

B: Yes. I sometimes wash the dishes.

Unit Review

Building Your Vocabulary

I. Search for words from this unit and write them down.

e	o	r	d	m	b	u	w	i	b	g
q	w	v	i	s	i	t	o	r	r	p
x	e	l	f	p	a	h	m	y	e	t
c	o	m	f	o	r	t	a	b	l	e
f	r	x	e	g	s	c	t	v	a	r
d	k	t	r	n	l	q	h	c	x	m
v	i	d	e	o	q	u	i	t	e	j
e	v	e	n	h	z	k	l	g	d	n
t	a	y	c	k	j	f	m	v	u	d
o	s	n	e	r	v	o	u	s	i	z

visitor _____

II. Read the passage and fill in the blanks with the correct forms of the phrases in the box.

take part in make a difference give up
 come up with be interested in

I work for a special company. My company _____ helping people. This year, we _____ a plan to help the people in some poor villages. Every weekend, we go to the street and ask people to _____ a clothes donation. Sometimes people aren't friendly, but we will never _____. We will collect lots of clothes, and give them to the people in the villages. We hope we can _____ in many people's lives.

Grammar in Use

Do you have good habits?

★ ★ ★ ★ ★ always
 ★ ★ ★ ★ ☆ usually
 ★ ★ ★ ☆ ☆ often
 ☆ ★ ☆ ☆ ☆ sometimes
 ☆ ☆ ☆ ☆ ☆ never

I _____ get up very early.
 I _____ have breakfast.
 I _____ work hard at school.
 I _____ do some exercise.
 I _____ eat vegetables and fruits.
 I _____ do my homework.
 I _____ help with the housework.
 I _____ try to speak more English.

How many stars did you get?
 If you got 32 stars or more, you have good habits!
 If you got less than 24 stars, you need to do better!

Listening and Speaking

I. Listen to the passage and complete the timetable.

	8:00~8:45	8:55~9:40	10:00~10:45	10:55~11:40	2:30~3:15	3:25~4:10
Monday	Chinese		math		history	

II. Listen and repeat.

/ r / history grade different relaxed
 / l / class family bowl school
 / w / week worm worry
 / j / yes year yesterday

III. Complete the dialogue with the sentences in the box.

- A. What subjects do you have? B. Are you ready for it?
 C. How is your school life going? D. You will do a great job!
 E. What's your favourite subject?

A: Hi! Long time no see! _____
 B: Well, it's a little busy. I have six classes every day.
 A: _____
 B: Chinese, English, math and some others.
 A: _____
 B: Math. I'm going to take part in the math competition next week.
 A: _____
 B: I hope so. I worked hard and my teacher helped me a lot.
 A: Don't worry. _____
 B: Thank you.



Putting It All Together

Writing. Imagine there is a new student at your school. He is scared and nervous. Write a letter to tell him about your school and school life. Try to make the new student feel comfortable and welcome.

Task tips: What classes do you have at your school? What do you do in each class? How many students are in your class? How are the teachers and students at your school? Is your school big? Do you like your school?

Self-Evaluation

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

I. Talking about School

How is your school life going?

I can talk about my life at school in English.



II. Expressing Care and Concern

Don't worry, Jenny.

I can express care and concern in English.



III. Adverbs: always, often, usually, sometimes and never

always

She always helps us in every possible way.

often

I often take part in the long jump.

usually

We usually play songs as a class.

sometimes

Sometimes we make things with clay.

never

Now, I never miss a day of school.

I can use "always", "often", "usually", "sometimes" and "never" properly.



Usually, Sometimes...

Do you like ice cream?

Always, you say.

That means you could

Eat some every day.

Do you like rain

When you can't play?

We never like rain.

Not for one single day!

Usually, sometimes,

Always and never,

Four little words

That make you quite clever!



Do you work hard

At school and at play?

Usually but not every single day.

Do you like singing

On a nice sunny day?

Yes we like singing

In every single way.

Usually, sometimes,

Always and never,

Four little words

That make you quite clever!



UNIT 4

Lessons 19 ~ 24

After-School Activities



We Will Learn

Functions

- ▶ Talking about Weekend Activities
- ▶ Talking about Personal Interests

Grammar

- ▶ Using “be going to”

Structures

- ▶ What are you going to do this weekend?
- ▶ I’m going to ____.
- ▶ I love learning ____.
- ▶ How was your weekend?

Lesson 19: A Dinner Date

Hey, Steven! What day is it today?

It's Monday.



Jim: Would you like to come over for dinner tomorrow?

Steven: Sorry, Jim. I can't. I have volleyball practice tomorrow. How about Wednesday?

Jim: Hmm... Wednesday is not good for me. I'm going to the chess club after school. How about Thursday?

Steven: I usually volunteer at the Old Age Home on Thursdays. They often tell me lots of interesting stories. And sometimes we play bingo.

Jim: Maybe Friday?

Steven: I have math classes on Fridays. I'm not doing well in math this year. What are you going to do this weekend?

Jim: I'm going to the countryside with my dad. We are going to plant trees.

Steven: Hmm... We're both busy all week.

Jim: Well, what are you going to do this evening?

Steven: Nothing!

Jim: How about coming over for dinner this evening?

Steven: Sure!

Steven's calendar



Jim's calendar

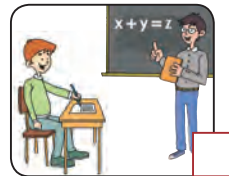


Learning Tip

Sometimes, very old people can't take care of themselves. So they go to an Old Age Home. They can get help there and meet new friends.

Let's Do It!

1 What is Jim going to do this week? Listen and tick the pictures.



2 What is Steven going to do? Read the lesson and write down his schedule for the week.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

3 Fill in the blanks with the correct form of “be going to”.

1. We _____ (have) a party for Mum's birthday tomorrow.
2. Alice _____ (borrow) some books from the library after school.
3. My family _____ (go) on a trip to Beijing next week.
4. Tom and Jim _____ (make) a model plane together this weekend.
5. I _____ (be) a volleyball player in the future. I enjoy volleyball so much!

4 Work in pairs. What are you going to do after school this week?
Make up a dialogue.

Example:

A: What are you going to do after school on Wednesday?

B: I am going to see a movie with my friends. What are you going to do on...?

A: I'm going to...

Lesson 20: Join Our Club!



Chess Club

Do you want to improve your thinking skills? Do you want to make new friends? Join our chess club! Chess challenges you and makes you think hard. You will learn and have fun at the same time.

Club meetings are going to start next week. Join us after school on Tuesdays and Thursdays in Room 288.

Acting Group

Acting is fun and useful. You can meet lots of new people and improve your social skills. We do lots of role play games in our classes.

Everyone can enjoy acting. Join our club and be a star! We meet at the school theatre every Monday, Wednesday and Friday.

Hope to see you there!



Swim Team

Swimming isn't just fun — it's also good exercise! You can stay in shape and have a good time.

We have lessons for all different levels. We meet after school and on weekends.

Join us today or stop by the pool to learn more.

Let's Do It!

- 1 Listen to the statements and match the people with the clubs they want to join.



Li Lin



Zhang Lei



Wang Tao

Acting Group

Swim Team

Chess Club

- 2 Read the lesson and fill in the table.

Club Name	What is good about this club?	Club Meeting Days
Chess Club		
Acting Group		
Swim Team		

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

join pool swim skill level

- A: It's so hot today. Let's go _____!
B: Yeah. That's a great idea!
- A: I am going out for dinner with some friends. Would you like to _____ us?
B: Yes, I'd love to.
- She can sing, dance, cook and draw. She has many _____.
- His English is very good. He is at a high _____.
- There is a _____ near my house. I like to go swimming there.

- 4 Work in groups. Discuss the questions below and present your answers to the class.

What clubs do you have at your school?

What clubs do you want to have at your school? Why?

Lesson 21: What Is Your Club Type?

What club is right for you? Read the following questions. Which answer describes you best? Circle it. Then add up your score and find out your club type!

1. Do you get enough exercise?

- a. Always! I love playing sports.
- b. Not really. I like to listen to music and relax.
- c. Not really. I usually draw and paint in my free time.
- d. Never. I like to read books and exercise my mind.



2. What is your favourite school subject?

- a. P.E. I like to be active.
- b. Music. I like to play an instrument.
- c. Art. I love to draw and paint.
- d. English and Chinese. I enjoy reading and writing.



3. What do you do on a cold and snowy day?

- a. I can't sit quietly. I must do something active inside.
- b. I stay in my room and listen to music or play an instrument.
- c. I paint or draw a picture.
- d. I read a book or write a story.



4. You are going on a trip. But you can only take one thing with you. What do you take?

- a. Running shoes. I can't go anywhere without them.
- b. A music player. I can't live without music.
- c. Some paper and a pencil. I can draw a picture on the way.
- d. A good book. I will be bored without a book.



Now look at your answers!

3 or more "a" → Sports

3 or more "b" → Music

3 or more "c" → Art

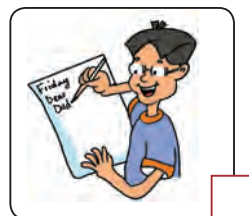
3 or more "d" → Reading

Or maybe you are in the middle!

For example: 2 "a" + 2 "b" → Sports and Music

Let's Do It!

- 1 Listen to the statements and number the pictures.



- 2 Read the lesson and find out your club type. Then write about it.

My club type is _____.

I like _____

- 3 Work in groups. What's your club type? Interview your classmates and fill in the form.

Example:

Name: Jack

What is your club type? Music.

What do you like to do? I like to play the guitar.

Are you in a club now? ☐ Yes ☒ No

If "No", do you want to join a club? Yes.

What club do you want to join? I want to join a music club.

If "Yes", what club are you in? _____.

- 4 Choose a club type and make an advertisement for it.

Example:

Art Club

Do you like to draw or paint? Join the Art Club!

Drawing and painting is fun for everyone.

Join us after school and have a great time!



Lesson 22: Big Plans for the Weekend

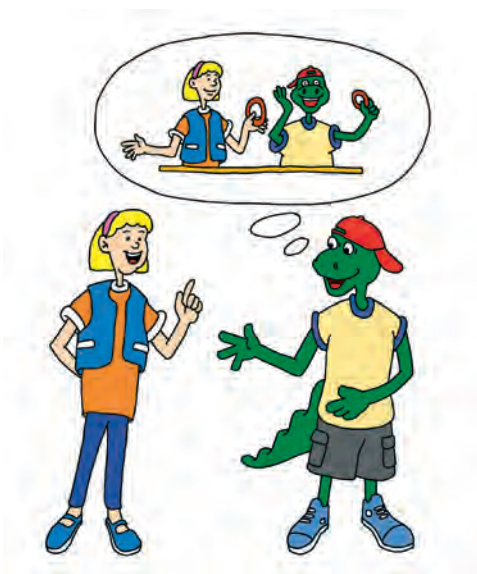
It's lunch time on Friday. Danny and Jenny are having lunch together.

Jenny: Danny, are you OK? You can't stay still today. And you never eat your lunch so fast. Are you in a hurry to go somewhere?

Danny: No. Actually Jenny, I have big plans for the weekend! I can't wait. It's going to be a good weekend!

Jenny: Oh! That's great. What are you going to do this weekend?

Danny: I'm going to learn something new this Saturday. Cooking! And I love donuts. So I am going to make donuts.



Jenny: Wow! How exciting! I don't have any big plans for this weekend. I usually just stay home, read a book, surf the Internet, watch TV and help my mum with the housework.

Danny: Hmm. Would you like to join me this weekend?

Jenny: Really? I would love to come! I always love learning new things.

Danny: Wonderful! Now it's going to be a great weekend!



Learning Tip

Surfing is a sport. You can surf on the water, but you can also surf the Internet.



Let's Do It!

- 1 What is Danny going to do this weekend? Listen and tick the correct picture.



- 2 Read the lesson and answer the questions.

1. Why can't Danny stay still today?
2. What does Jenny usually do on weekends?
3. What is Jenny going to do this weekend?



- 3 Match the words with the correct meanings.

stay still

actually

hurry

somewhere

to some place

the wish to go some place quickly

don't move

in fact

- 4 Danny needs your help. He is writing a report for the school newspaper. His topic is: "Fun things to do on weekends". Answer his questions and help him write a great report.

1. Danny: What do you usually do on weekends?
YOU: _____
2. Danny: Do you have any big plans for this weekend? What are they?
YOU: _____
3. Danny: Are your plans for this weekend fun? Why or why not?
YOU: _____

Lesson 23: A Weekend with Grandma



Zhao Hanyu is a Grade 7 student. She is talking to her grandma on the phone.

Hanyu: Hello, Grandma! It's me, Hanyu.

Grandma: Hello, Hanyu. How is school going? Are you doing well these days?

Hanyu: Yes. I am learning a lot of interesting things at school. And I am reading some English stories. I can read you one this weekend.

Grandma: Are you coming to visit us this weekend?

Hanyu: Yes, Grandma. I am going to come over tomorrow. But I will go to the bookstore first.

Grandma: Sure, my little bookworm. The bookstore is just two bus stops away. It's very close.

Hanyu: Do you need anything from the supermarket? I can get it for you.

Grandma: No. I always buy my groceries at the morning market. The vegetables are fresh and not too expensive.

Hanyu: What are we going to have for dinner?

Grandma: Dumplings, of course.

Hanyu: Yay! My favourite food!



Dig In

Bookstore, bookworm, weekend, anything, supermarket. All of these words are made up of two small words. Can you find more words like these? Make a list.

Let's Do It!

1 What is Zhao Hanyu going to do this weekend? Listen and tick the correct statements.

- ☐ She is going to buy some books at the bookstore.
- ☐ She is going to read an English story to her grandma.
- ☐ She is going to visit her grandparents.
- ☐ She is going to buy some groceries at the market.
- ☐ She is going to have dumplings with her grandparents.

2 Read the lesson and answer the questions.

1. How far is the bookstore from Hanyu's grandma's house?
2. Where does Hanyu's grandma buy her groceries? Why?
3. What are Hanyu and her grandparents going to have for dinner tomorrow?



3 What are you going to do this weekend? Make a to-do list for this weekend. Talk about your list with a partner and then write a report.

Example:



Weekend To-Do List

1. do my homework
2. go to the park with my cousins
3. buy a new T-shirt
4. buy some snacks for school
5. help wash the dishes at home

My Weekend To-Do List

Report: On Saturday evening, I'm going to do my homework. On Sunday morning, I'm going to the park with my cousins. On Sunday afternoon, I am going to buy a new T-shirt for my dad and some snacks for school. On Sunday evening, I am going to help my mum wash the dishes at home.

Lesson 24: How Was Your Weekend?



Hey Li Ming,

How are you? How was your weekend?

I had a great weekend! Guess what! I can make donuts myself now. My mum taught me on Saturday. Jenny came over and helped us. It was a lot of work, but it was fun. Fresh home-made donuts are so delicious. Yummy!

Next weekend, I am going to climb a mountain! I will go with my parents, cousins, aunt and uncle. Mountain climbing is so fun. We are going to take a bus there. It's three hours away from my house. We are going to sing songs and play games on the bus. I'm so excited! My uncle is going to bring his camera and I am going to bring some donuts for everybody.

Did you have a good weekend? What are you going to do next weekend?

Write back soon,
Danny



Let's Do It!

1 Listen and match the pictures with the questions.

What did Danny do last weekend?

What is Danny going to do next weekend?



2 Read the lesson and answer the questions.

1. Who taught Danny to make donuts?
2. What does Danny think of home-made donuts?
3. How is Danny going to the mountain?
4. How far is the mountain from Danny's house?
5. What is Danny going to bring for everybody?

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

take fresh climb bring everybody

1. _____ is here. Let's begin our class.
2. I have a cake for the party, but can you _____ some drinks?
3. The air is very clean and _____ after the rain.
4. I can _____ the tree and pick some apples for you.
5. They are going to _____ a ship to Dalian for their holiday next week.

4 Work in groups. What did you do last weekend? What are you going to do next weekend? Interview your group members and fill in the table. Then present it to the class.

Name	What did you do last weekend?	Was it fun?	What are you going to do next weekend?	Will it be fun?
Linda	I visited my grandparents.		I'm going to see a doctor.	

Unit Review

Building Your Vocabulary

I. Write the full words for the days of the week.

Sun.

Mon.

Tues.

Wed.

Thur.

Fri.

Sat.

Sunday

II. Search for sport and activity words from this unit, and write them down.


o	b	a	s	k	e	t	b	a	l	l
m	u	s	i	c	f	h	o	y	u	g
i	r	q	x	h	s	j	d	r	a	w
v	o	l	l	e	y	b	a	l	l	h
u	e	a	c	s	a	k	n	t	r	f
y	w	z	d	s	r	l	c	r	w	d
t	p	a	i	n	t	u	e	s	n	s

music

Grammar in Use


I. Complete the dialogue according to the responses.

1




I am going to Beijing.

2



I will take a train.

3



I am going to visit Tian'anmen Square.

II. Rewrite the sentences in the future tense.

Example:

We went to Shanghai last summer. (next summer)

→ We are going to Shanghai next summer.

1. Tom played volleyball with his friends yesterday. (tomorrow)

2. They climbed a mountain last weekend. (next weekend)

3. I sent an e-mail to my friend last Sunday. (next Sunday)

4. Ms. Zhang taught me English last year. (next year)

5. Amy flew a kite in the park this morning. (tomorrow morning)

Listening and Speaking

I. Listen and repeat.

/ m /	same	problem	music	myself
/ n /	phone	foreign	national	Canadian
/ ŋ /	long	sing	English	thank
/ h /	have	hear	help	happy

II. Look at Jack's calendar and answer the questions.

May						
SUN	MON	TUES	WED	THUR	FRI	SAT
1 	2	3	4	5	6	7 
8 	9	10 	11	12	13 	14
15 	16	17 	18	19	20	21
22 	23	24	25 	26	27 	28 
29 	30	31				

1. What day of the week does Jack play basketball?
2. What days will Jack go to the library?
How many times will he go this month?
3. What is Jack going to do on the 7th?
4. When is Jack's birthday?

Putting It All Together

Work in groups. Look at the club schedule and create a poster for one of the clubs. Present your poster to the class.

Monday	Tuesday	Wednesday	Thursday	Friday
Art Club	Ping-pong Team	Art Club	Swim Team	Swim Team
Volleyball Team	Chess Club	Acting Group	Football Team	Acting Group
English Club	Music Club	English Club	Music Club	Football Team

Task tips: What skills can you learn in the club? When does the club meet?
Where does the club meet?

Self-Evaluation

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

I. Talking about Weekend Activities

I have big plans for the weekend!

I can talk about my weekend plans
in English.



II. Talking about Personal Interests

I love playing sports.

I can express my interests in
English.



III. Using “be going to”

I’m going to learn something new this
Saturday.

I can use “be going to” properly.



Can You Come Out and Play?

Yan: Ring! Ring! Ring! I call my friend. His mother is on the other end.

Mother: Hello there, who is calling, please?

Yan: This is Yan. May I speak with Yi?

Yi: Good morning, Yan. How are you?

Yan: I’m feeling great. I hope you, too. Can you come out and play?

Yi: Sorry, I’m helping out my mum today.

Yan: That’s all right, I understand. I’ll have to make some other plans.

Yi: Thanks a lot. Enjoy your day.



UNIT 5

Lessons 25 ~ 30

I Love Learning English!



We Will Learn

Functions

- ▶ Making Phone Calls
- ▶ Talking about Possibilities

Grammar

- ▶ Reflexive Pronouns: myself, yourself
- ▶ Modal Verb: can

Structures

- ▶ Can I speak to ____, please?
- ▶ I can't wait to see you.
- ▶ How do you practice by yourself?

Lesson 25: A Phone Friend

Li Jing is learning English. She wants to practice her English with a foreign friend, but she doesn't have any. So Li Ming calls Jenny.



Li Ming: Hello. Can I speak to Jenny, please?

Jenny: Yes. This is Jenny speaking. Is that you, Li Ming? How are you?

Li Ming: Good! Are you free now? My cousin, Li Jing, would like to speak to you.

Jenny: OK! No problem!

Li Jing: Hello, Jenny! This is Li Jing. I'm happy to talk with you.

Jenny: Hi, Li Jing! I'm sorry. I can't hear you very well. Could you speak more loudly?

Li Jing: Sorry, I can't follow you. Please say that again.

Jenny: OK. Could you speak more loudly?

Li Jing: Yes. Now I understand.

Jenny: Good! You speak English very well. Do you like learning English?

Li Jing: Yes. I love learning English.

Jenny: That's great! How do you practice?

Li Jing: I practice by myself a lot.

Jenny: How do you practice by yourself?

Li Jing: I watch many English TV shows and cartoons. I also listen to English music.

*Jenny and Li Jing have a good talk.
Now, Li Jing has a Canadian friend!*



Let's Do It!

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

1. Jenny calls Li Ming from Canada. ()
2. Li Jing is Li Ming's cousin. ()
3. Li Jing loves learning English. ()
4. Li Jing practices her English by speaking to Li Ming. ()

2 Read the lesson and fill in the blanks. The first letter is given.

I love learning English. I p_____ English every day by myself. But today I t_____ to a foreign friend. Her name is Jenny. She is Li Ming's friend. At first, we couldn't u_____ each other very well. Jenny asked me to s_____ more loudly. And I couldn't f_____ her. But later, we h_____ a good talk. I have a Canadian friend now. I feel so happy.



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

1. This work is too hard. I can't do it by _____ (me).
2. Jenny comes from Canada. _____ (she) friend, Li Ming, is from China.
3. You can learn this song by _____ (you).
4. Jim is an American boy. But _____ (he) Chinese is very good.
5. How do you practice English by _____ (you)?

4 Work in pairs. How do you practice your English? Make up a dialogue.

Example:

A: How do you practice your English?

B: I practice by myself.

A: How do you practice by yourself?

B: ...

Lesson 26: Online Phone Calls

Alicia is from Russia. She is learning English. Ms. Bell is a Canadian teacher. They speak English online twice a week. Ms. Bell helps Alicia with her English. Today, Alicia has some good news for her teacher!



Alicia: Hi, Ms. Bell! Can you hear me?

(Alicia does not hear a reply.)

Alicia: Hello? Ms. Bell, are you there?

Ms. Bell: Hi, Alicia. Yes, I'm here!

Alicia: Oh good. I'm so excited today. I have some good news!

Ms. Bell: Really? What is it, Alicia?

Alicia: I won first place at the National English Competition!

Ms. Bell: Good for you, Alicia! You really improved a lot!

Alicia: It's all thanks to you.

Ms. Bell: No. I didn't do anything. You did all the hard work yourself. I am so proud of you.

Alicia: I couldn't do it by myself. Talking with you is such a great help. Thank you, Ms. Bell. And guess what! I won a great prize!

Ms. Bell: That's great! What did you win?

Alicia: I won a trip to Canada! Next year, I will visit Canada for two weeks. I can meet you in Canada.

Ms. Bell: Wow! That is great news! You can stay with me. I can't wait to see you!



Let's Do It!

1 Listen and circle the correct words.

1. Alicia is from (Russia/Canada).
2. Ms. Bell is (a Canadian/an American) teacher.
3. They speak English online (three times/twice) a week.
4. Alicia is so (unhappy/excited) today.
5. Ms. Bell and Alicia will meet in Canada (this year/next year).

2 Read the lesson and answer the questions.

1. What is Alicia's good news?
2. How does Ms. Bell help Alicia with her English?
3. What did Alicia win?
4. How long will Alicia stay in Canada?



3 Number the phone conversation in the correct order.

1. Everything is good with me. How is school?
2. OK. Sounds good. See you this weekend.
3. Hello? Dave, are you there?
4. OK. See you. Bye.
5. I'm good. How are things with you?
6. Yes. I'm here. How are you, Matt?
7. That's great! Do you want to get together this weekend?
8. School is good. I'm doing well this year.
9. Sure. Let's go and see a movie.

The correct order is: _____

4 Work in pairs. Do you have some good news you would like to share? Have an online chat about it with your partner.

Example:

A: Hello? Jack, can you hear me?

B: Yes. I can hear you. How are you?

A: I'm great! I have some good news.

B: Really? What is it?

A: ...

B: Good for you!

Lesson 27: Amazing English

There are only 26 letters in English. So English is an easy language to learn, right? Well, not exactly.

Yes, English only has 26 letters, but those 26 letters can make a lot of words. In fact, there are about 800 000 words in the English language.

One letter like “a”, can be an English word. And just one word, like “Go” can be a sentence.

There is an English word with about 1 900 letters in it. Wow! That’s a long word.

This sentence uses all 26 letters: *The quick brown fox jumps over the lazy dog.*

Look at this word: level. You can read it forwards or backwards — it’s the same word!

The word “therein” has ten words in it. You don’t even need to move any letters around. How many words can you find?

Dig in and enjoy!



Learning Tip

The average English-speaking person only uses about 15 000 words. The top ten most often used words in English are: *the, of, and, a, to, in, is, you, that* and *it*.

Let's Do It!

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

1. English is an easy language to learn. ()
2. The word "therein" has ten words in it. ()
3. There are about 800 000 words in the English language. ()
4. One word can't be a sentence. ()
5. There is an English word with 1 900 letters in it. ()

2 Fill in the blanks with the words in the box.

fact lazy letter quick sentence

1. My name is Jack. The first _____ in my name is "J".
2. I love football. In _____, it's my favourite sport.
3. Can you make a _____ with the new word?
4. Don't be _____. Practice English every day.
5. You eat very fast. You are _____.

3 Circle the correct words to complete the sentences.

1. I can (hear/hears/heard) with my ears.
2. You can (meeting/meets/meet) us at the restaurant.
3. Your cousin can (stayed/stay/staying) at our house.
4. Can we (being/am/be) friends?
5. I can (find/found/finding) lots of books at the bookstore.

4 Work in groups. Interview your classmates and collect more interesting facts about English. Then write them down.

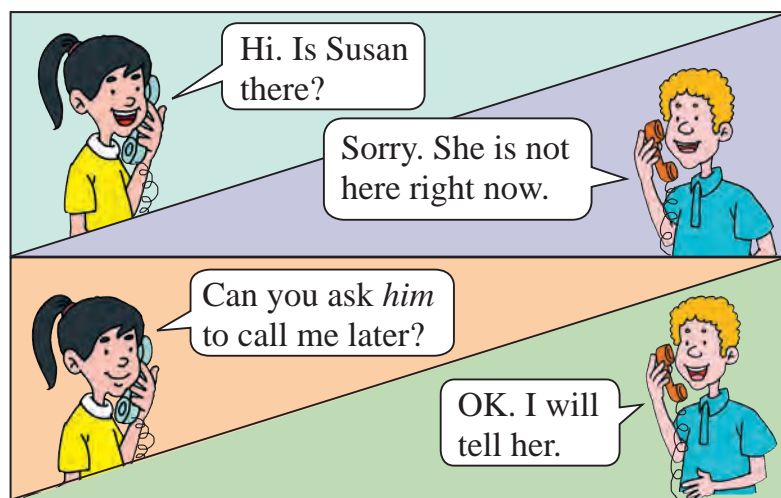
Interesting English Facts



Lesson 28: How Do I Learn English?

My name is Teresa. I came to Canada two years ago. Now I'm in Grade 7. My family comes from Hong Kong. I speak Chinese at home, but I speak English at school every day. How do I learn English? Here are some tips:

- Read a lot and use a dictionary! I often read English storybooks, magazines and newspapers. Sometimes I don't understand some words. So I look them up in a dictionary.
- Watch English TV shows and movies! Every Sunday evening, I watch English movies. It helps a lot. I can enjoy myself and learn English at the same time.
- Listen to English music! I love music and I often listen to English songs. Just go on the Internet! You can find the words for many songs yourself. I like to write the words down. Then I can sing along with the music. It's fun!
- Speak English every day! I practice my English in class and after class. Don't be afraid to make mistakes! Sometimes I make silly mistakes and I laugh at myself. My friends help me a lot.



Oops! I made a mistake.



Culture Tip

Oops is something you say when you make a mistake. You can also say *Uh-Oh* or *Whoops*. Read Teresa's phone conversation above. What mistake does Teresa make?

Let's Do It!

1 What tips does Teresa have for learning English? Listen and tick the correct answers.

- ☐ Speak English every day!
- ☐ Speak to a foreign friend online twice a week.
- ☐ Read a lot and use a dictionary!
- ☐ Listen to English music!
- ☐ Speak Chinese at home, but speak English at school.
- ☐ Watch English TV shows and movies!
- ☐ Make silly mistakes!

2 Read the lesson and answer the questions.

1. What grade is Teresa in?
2. What language does she speak at home?
3. What does she often read?
4. When does she watch English movies?
5. Where can you find the words for many English songs?

3 Read Teresa and Susan's phone conversation and fill in the blanks.

Teresa: Hello?

Susan: Hi. Is this Teresa?

Teresa: Yes, it is. Hi, Susan. Thanks for calling me back. I want to go and watch a movie later. But I don't want to go by _____. Do _____ want to come with _____?

Susan: Sure. _____ can come with _____. I will meet you at the movie theatre. Can you get there by _____?

Teresa: Of course I can. I'll meet you there at 3:00 p.m.

Susan: Great! See you later.

4 Work in groups. How do your classmates learn English? Interview them and fill in the table.

Name	How do you learn English?

Lesson 29: A Door to the World

Open A Door to the World



All over the world, many people are learning English. Learning a new language takes time. It can be a challenge, but the new language can give people more opportunities. With a

good knowledge of a new language, you can enjoy a better life.

People from many countries speak English. With English, you can travel almost anywhere. You can communicate with different people and learn new things. You can order food and drinks at restaurants, and ask for directions. As an international language, English connects you with the rest of the world.

Learning English can also help you understand differences between cultures. In many ways, English opens a door to the world for you.

Look! I found this article in a newspaper. Would you like to read it?



Culture Tip

Is there really a “door” to the world? Not really! In English, “opening a door” means having opportunities, learning something new or having more choices.

Let's Do It!

1 Read the lesson and match the words with the correct meanings.

knowledge	a good chance for success
article	something difficult or not easy to do
opportunity	a piece of writing in a newspaper or magazine
differences	facts and ideas learned from study and experience
challenge	things that are not the same

2 Some students are talking about learning English. Complete the dialogue with the correct forms of the words from Activity 1.

Li Ming: I love reading English _____. With a good _____ of English, I can understand _____ between cultures around the world.

Gao Baoli: English is a big _____ for me. I don't really want to learn it.

Wang Mei: Learning a foreign language takes time, but the new language can give us new _____.

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

life a good knowledge of anywhere connect ask for

1. He must stay home. He can't go _____ else.
2. Internet _____ us with the rest of the world.
3. I got lost on my way to the bookstore. So I went to a policeman and _____ help.
4. She has _____ Chinese history.
5. With a good education, we can make a better _____.

4 Work in groups. What can you do with a good knowledge of English? Talk about it and make a list.

I can...

☆

☆

Lesson 30: Writing an E-mail in English

Wang Mei has a new pen pal. Her name is Jessica. She is from Africa. This is Wang Mei's first e-mail to her.

Dear Jessica,

Let me introduce myself. My name is Wang Mei. I'm twelve years old. I live with my mother and father. I have no brothers or sisters, but I have many friends. I am 1.6 metres tall. I like to play chess. Last year, I won first place in my school. My favourite food is noodles. I can make noodles myself!

Do you study any other languages in school? I am learning English now. I want to have some more English-speaking friends. Learning English opens the world up to me.

In this e-mail, I am trying to use some new words. I will teach you some words in my language. Can you say, "Ni hao"? That means, "Hello". Try it!

Here is a picture of me. What do you look like? Can you send me a photo of yourself? I'm looking forward to your reply.

Your new Chinese friend,

Wang Mei



Let's Do It!

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

1. Jessica is from Canada. ()
2. This is Wang Mei's second e-mail to Jessica. ()
3. Wang Mei has no brothers or sisters. ()
4. Wang Mei wants to have some more English-speaking friends. ()
5. Wang Mei sends a photo to Jessica in her e-mail. ()

2 Read the lesson and answer the questions.

1. How tall is Wang Mei?
2. What game does Wang Mei like to play?
3. What is Wang Mei trying to do in her e-mail?
4. What Chinese words does Wang Mei teach Jessica?
5. What is Wang Mei looking forward to?

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

try to play chess win first place look forward to

1. I like to _____ with my friends. It's a fun game.
2. Please write soon. I'm _____ your reply.
3. I _____ call him, but his phone was off.
4. A: I _____ in the English competition.
B: Good for you!

4 Imagine you are Jessica. Write an e-mail back to Wang Mei.

Dear Wang Mei,

Yours,
Jessica

Unit Review

Building Your Vocabulary

I. Search for words from this unit and write them down.

r	a	k	y	t	n	k	c	l	u	d	q
o	h	r	g	c	o	n	n	e	c	t	x
m	d	c	i	l	e	o	g	v	w	i	d
h	t	h	z	b	t	w	i	c	e	m	j
e	b	o	p	m	f	l	a	g	y	p	z
x	w	i	c	s	d	e	k	r	f	r	l
j	p	c	a	n	a	d	i	a	n	o	i
o	r	e	r	u	p	g	r	d	n	v	p
m	i	s	t	a	k	e	m	e	g	e	r
p	z	e	o	j	h	r	y	l	f	t	o
s	e	i	o	v	x	q	b	z	c	w	u
k	a	u	n	d	e	r	s	t	a	n	d

connect _____



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

at the same time can't wait to laugh at look up be afraid to

1. He is very hungry. He _____ eat dinner.
2. They are _____ a phone number in the phone book.
3. I can't read a book and watch TV _____.
4. I am not a good swimmer. I _____ go swimming.
5. I told her something funny. And she _____ it.

Grammar in Use

I. Fill in the blanks with "myself" or "yourself".

1. A: Who taught you to swim?
B: I taught _____.
2. Did you make this cake by _____?
3. I enjoyed _____ at the party.
4. Can you send me a photo of _____?

II. Rearrange the words to make a sentence.

1. you, can't, I, to, wait, see _____.
2. with, you, stay, me, can _____.
3. can, with, I, the, sing, music, along _____.

Listening and Speaking

I. Listen to the passage and tick the correct answers.

- How many hours are the English classes in the morning?
☐ Three hours. ☐ Three and a half hours. ☐ Four hours.
- Do the students have classes in the evenings?
☐ Yes, they do. ☐ No, they don't.
☐ Yes. They have evening classes on Mondays and Tuesdays.
- When does the school have English corner?
☐ Every Monday and Wednesday after school.
☐ Every Tuesday and Thursday before school.
☐ Every Tuesday and Thursday after school.

II. Listen and repeat.

	● ●	● ●
run	busy	enough
fact	practice	without
such	music	describe
proud	dinner	improve

III. Complete the dialogue with the sentences in the box.

Mike: Hello! _____
 John: Yes. This is John speaking.
 Mike: There is an English party this evening. _____
 John: Sure! I'd like to go with you. _____
 Mike: At 7:30.
 John: Where will we meet?
 Mike: How about 7:15 at the school gate?
 John: OK. _____ See you later.
 Mike: See you.

- A. What time will it begin?
 B. May I speak to John?
 C. I'm looking forward to it.
 D. Would you like to go with me?

Putting It All Together

I. Work in groups. What is difficult about learning English? What is easy? Discuss and fill in the table.

Name	What is difficult?	What is easy?
Li Pei	Saying new, long words	Reading storybooks

II. Writing. Do you have any helpful tips for learning English? Write a short passage.

Self-Evaluation

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

I. Making Phone Calls

Hello, may I speak to Jenny?

This is Jenny speaking.

I can make phone calls in English.



II. Talking about Possibilities

With a good knowledge of a new language, you can enjoy a better life.

I can talk about possibilities in English.



III. Reflexive Pronouns:

myself, yourself

myself

I practice by myself a lot.

yourself

You did all the hard work yourself.

I can use "myself", "yourself" properly.



IV. Modal Verb: can

I can meet you in Canada.

I can use "can" properly.



Say the Word

Say the word: **DICTIONARY**

Slowly at first: **DIC-TION-A-RY**

Try one more time: **DICTIONARY**

Now you have it!

Say the word: **UNDERSTAND**

Slowly at first: **UN-DER-STAND**

Try one more time: **UNDERSTAND**

Now you have it!

Say the word: **EXCELLENT**

Slowly at first: **EX-CEL-LENT**

Try one more time: **EXCELLENT**

Now you have it!

UNIT 6

Lessons 31 ~ 36

Seasons



We Will Learn

Functions

- ▶ Talking about Seasons and Activities

Grammar

- ▶ Exclamatory Sentences

Structures

- ▶ What a snowy day!
- ▶ ____ is my favourite season.
- ▶ I'm going to have a great time!
- ▶ It's somebody's turn to ____.

Lesson 31: What Strange Weather!

Mr. Jones: Hello, class! Did you notice the wild weather today?

Jenny: Yes, I did! I woke up this morning and I was surprised! What a snowy day!

Danny: Yeah! Then the sun came out and it became warm. All the snow went away.



Kim: And right now the sky is dark. It's going to rain.



Mr. Jones: Yes, you're right. What strange weather! We are experiencing almost four different seasons in one day! Now, class, I want you to write a report about your favourite season. Why is it your favourite season? What do you like about that season?

Steven: Well, I love spring! It is spring right now. And spring usually means green trees, beautiful flowers and playing in the rain.

Jenny: I like summer. The weather turns hot and I can go swimming.

Kim: Autumn is my favourite season. It's so colourful and the weather is nice and cool.



Danny: Well, I like winter. The weather is cold and there is a lot of snow. You can go skiing and skating. You can also have snowball fights. But you have to wear warm clothes.

Mr. Jones: Good work, everyone! You are all going to write some wonderful reports.

Let's Do It!

- 1 What are the students' favourite seasons? Listen and fill in the table.

Name	Favourite Season
Steven	
Jenny	
Kim	
Danny	

- 2 What was the weather like that day? Read the lesson and put the weather descriptions in the correct order.

1. Right now the sky is dark.
2. All the snow went away.
3. The sun came out and it became warm.
4. What a snowy day!
5. It's going to rain.

The correct order is: _____

- 3 Match the pictures with the exclamatory sentences.

What a snowy day!

What beautiful flowers they are!

What a hot, sunny day!

What cool weather it is!



- 4 Fill in the blanks with the words or phrase in the box.

notice dark strange wild wake up

1. The man always sleeps in the day and works at night. That is very _____.
2. It's getting _____. I must go home.
3. What time do you usually _____ every morning?
4. Our teacher changed her hair style. Do you _____ that?
5. Sometimes the sea is quiet and sometimes it's very _____.

Lesson 32: I Can't Wait for Winter!

Jenny: Hey, Danny! What are you doing?

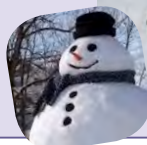
Danny: I'm doing some research for my report about my favourite season. I'm going to talk about winter. Winter is my favourite season. Look at this website:



Come and enjoy a true Canadian winter out in the mountains. Start your day on the ski hills or go ice skating. But don't forget your scarves, hats and gloves. Why? Winters here are really cold!

Have lunch in our world-class restaurant and then go back outside for a snowball fight. You can even get the family together and make a snowman. In the evening, you can join us inside for dinner. Winter is the best season! Enjoy a clear, cold night beside a warm fire.

Hope to see you there!



Wow! That looks really good, Danny. Look at that picture! What a cold, snowy day!

It's amazing! I can't wait for winter. I'm going to have a great time!



Learning Tip

When it is very cold outside, we get ice and snow. Ice is very hard and you can skate on it. Snow is soft and white. You can go skiing or play in the snow.



Let's Do It!

- 1 What winter activities does the website mention? Read the lesson and make a list. Then write a sentence about each activity on the list.**

1. _____ skiing _____ → In winter, I can go skiing on the snow. _____
2. _____ → _____
3. _____ → _____
4. _____ → _____

- 2 Listen to the passage and put the sentences in the correct order.**

1. Later, we go skating on the ice.
2. My friends and I roll in the snow and have a snowball fight.
3. I put on my scarf, hat, gloves and jacket.
4. I'm going to play outside with my friends.
5. Now I am ready to go out and play.
6. Then we make a big snowman.

The correct order is: _____

- 3 Li Ming travels to Harbin this winter. Look at the picture in Harbin and fill in the blanks.**

snowy scarves hill clear snowman

Hi, I'm Li Ming. I'm in Harbin.
 The weather here is _____
 and cold. The air is _____.
 People are wearing gloves and
 _____. They are skiing on
 the _____. I like skiing. I like
 snow. Do you see the _____
 behind me? He is my new friend!



- 4 Work in groups. Imagine you are a weather news team. You are doing a report about winter weather in your hometown. Present your report to the class.**

Task tips: What is the temperature? What clothes do you wear during this season? Why? What do people do during the winter in your hometown?

Lesson 33: Kim's Favourite Season



Kim is excited. She is going to talk about her favourite season. She stands in front of the class with a very big black bag.

“Good morning, everyone! Today, I am going to talk about my favourite season. In this season, the weather is usually bright and sunny. The temperature outside is cool and the sky is blue. I often wear sweaters and scarves. I love wearing scarves!

On weekends, my family goes to the farm and picks apples. It is a great season for apple picking. Often, we pick five full bags! I usually help my mum make apple pie. It's delicious!

During this season, I can enjoy the different colours of the leaves. They are red, orange, yellow, green and brown. I like to play in the leaves with my friends. How fun it is!”

The class claps for Kim. But what's in the bag? Everyone wants to know. Apples! Kim gives a delicious red apple to each classmate. Everyone happily takes an apple.



Culture Tip

What is pie? It's a kind of cake. The outside is crispy and the inside is usually filled with different fruit like apples, cherries, blueberries, strawberries, etc.



Let's Do It!

1 Listen and answer the questions.

1. What is Kim's favourite season?
2. What does Kim like to wear during this season?
3. What does Kim often do on weekends during this season?
4. What's in Kim's big black bag?



2 What does Kim like about her favourite season? Read the lesson and tick the sentences that DO NOT belong.

- ☐ The weather is warm and windy.
- ☐ The temperature is cool.
- ☐ It's fun to go for walks in the park.
- ☐ Kim can wear scarves.
- ☐ Kim can wear her favourite jacket.
- ☐ Kim enjoys looking at the different colours of the leaves.
- ☐ Kim likes to play in the leaves with her friends.

3 Match the words with the correct meanings.

pie

a measure of how cold or how hot a place or thing is

bright

a kind of cake filled with fruit

different

filled with light

temperature

not the same

4 Work in groups. Talk about some fun activities you can do during autumn. Then draw a picture and write about your favourite autumn activity.

My Picture

Lesson 34: Steven's Report

Now it's Steven's turn to speak.

"Today, I am going to tell you about my favourite day during my favourite season. On that day, the weather was warm and the sun was bright. After breakfast, I went on a trip to the countryside with my friends. All the grass and trees were green. We played catch and made maple syrup. Later, we had a picnic near the lake. We had sandwiches and milk.



After lunch, we fed the geese. 'Honk! Honk!' The geese love bread! Then the sky became dark. There were many clouds. It began to rain! We ran to the car, but it was too late. We were all wet! We all laughed. What a great day!"

"Great work, Steven! Let's give him a big hand, class," says Mr. Jones.

(The class claps loudly.)

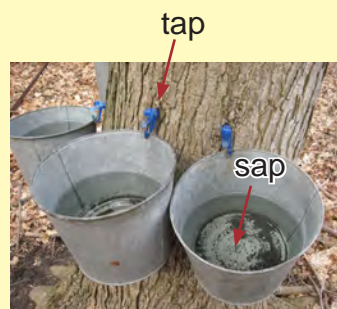
"Today is another good day," Steven thinks.



Maple syrup is sweet.

Culture Tip

Maple syrup comes from the sap of the maple tree. It is a very interesting process. First, you put a tap in the tree so the sap can come out easily. The fresh sap from the tree is not sweet and it has almost no taste. Next, you boil the sap. This makes the sap thick and sweet. Now you have maple syrup!



Let's Do It!

1 Listen and circle the correct words.

1. On the morning of Steven's favourite day, the weather was (warm/cold) and the sun was (bright/dark).
2. After breakfast, Steven went on a trip to the countryside with his (family/friends).
3. They had a picnic (near the lake/in a boat).
4. They had (bread/sandwiches) and milk at the picnic.

2 Read the lesson and fill in the table.

Steven's Favourite Day		
Time	Weather	Activities
After breakfast		
After lunch		

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

1. He heard a funny story, so he _____.
2. There was no light in the room. It was very _____.
3. I jumped in the pool and I got all _____.
4. The sky is blue and the _____ are white.
5. I will throw the ball and you _____ it.

cloud
wet
laugh
catch
dark

4 Work in pairs. Talk about your favourite day or a special day. What season was it in? How was the weather? What happened on that day? Write a story about it and share it with the class.

Lesson 35: Surfing in Sydney

Aaron's Blog



G'day mates! My name is Aaron and I'm 16 years old. I live in Sydney, Australia. It is always sunny here, and we have lots of beaches. Our summers are always very hot. Often, the temperature reaches 40 degrees!

Seasons in Australia are different from seasons in many other countries. Summers here go from December to February. Our winter is from June to August. Summer is my favourite season. I don't have to wear shoes! We wear shorts and go to the sea every day. How nice it is!



On a windy day, I can ride the waves on my surfboard. Surfing is very popular here. It is difficult, but very good exercise. My mum and dad often come and watch me surf. My dad likes to bring his camera and take pictures of me. But there are always so many people on the beach. He can never get a good picture of me.

I hope to be a great surfer one day. I will work hard and practice every day.



Culture Tip

"G'day mate" is a common Australian greeting. "G'day" is short for "Good day" and "mate" is another way of saying "friend." You try it!

Let's Do It!

1 Listen and circle the correct words.

1. Aaron is (16/18) years old.
2. Aaron lives in (Canada/Australia).
3. Aaron's favourite season is (winter/summer).
4. Surfing (is/isn't) very popular in Sydney.
5. Aaron's father (can/can't) get a good picture of him.

2 Match the words with the correct meanings.

reach	a big body of water
popular	a word to describe temperature
degrees	get to; arrive at
sea	be liked by many people

3 Read the lesson and fill in the blanks with the phrases in the box.

lots of beaches good exercise are different from
a great surfer December to February

1. I live in Sydney, Australia. We have _____.
2. Seasons in Australia _____ seasons in many other countries.
3. Summers here go from _____.
4. Surfing is very popular here. It is difficult, but very _____.
5. I hope to be _____ one day.

4 Tick the correct meaning for each sentence.

1. Summer is my favourite season.
☐ I like summer best. ☐ Summer is the best season.
2. Surfing is very popular here.
☐ Many people here like to go surfing. ☐ Surfing is a famous sport.
3. The weather in Beijing is different from the weather in Chengdu.
☐ The weather in Beijing and Chengdu is not the same.
☐ The weather in Beijing and Chengdu is almost the same.

5 Work in groups. In your opinion, what is the most popular sport in China? Can you play it in any season? Discuss and present your answers to the class.

Lesson 36: Spring in China

To: jenny@compmail.ca

From: liming@net.cn

Date: 05/04 7:30 p.m.

Subject: Spring in China

Hey Jenny!

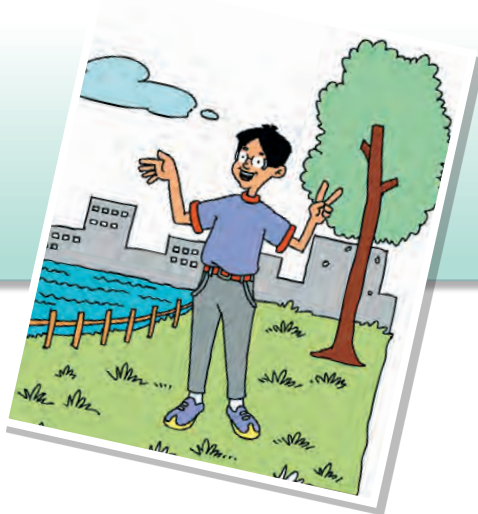
How are you? It's spring in China now. I love spring. It's a lovely season! The temperature is not too hot or too cold. The rain and sun make all the trees and grass green again. Beautiful flowers are everywhere and everything looks new and fresh. What is spring like in Canada? Is it warm? Is it rainy?

I'm going to the countryside with my parents tomorrow. We are going to pick strawberries and have a picnic. We'll stay outside and enjoy the nice weather. How exciting!

Let me show you spring in China. Here is a picture of me in the park near my house.

Talk to you soon,

Li Ming



Let's Do It!

- 1 What are Li Ming and his parents going to do? Listen and tick the correct pictures.



- 2 Read the lesson and answer the questions.

1. What is spring like in Li Ming's city?
2. Where is Li Ming going with his parents?
3. What are they going to do there?
4. Where is Li Ming's house?

- 3 Read the lesson and fill in the blanks with the words in the box.

hot like everywhere new cold fresh

1. A: What is spring _____ in China?
B: It's warm and windy.
2. The temperature is not too _____ or too _____.
3. It's spring now. We can see beautiful flowers _____. Everything looks _____ and _____.

- 4 Work in groups. Talk about each season and fill in the table.

Season	Weather	Nature	Fun Activities
Spring			
Summer			
Autumn			
Winter			

Unit Review

Building Your Vocabulary

I. Search for words from this unit and write them down.

s	t	r	a	n	g	e	w	r	t
g	r	e	s	e	a	r	c	h	w
e	v	e	r	y	w	h	e	r	e
o	d	a	w	i	l	d	c	r	t
s	t	r	a	w	b	e	r	r	y
e	r	t	k	j	o	g	j	h	j
a	r	e	e	d	a	r	k	v	e
f	e	g	o	o	s	e	w	k	l
v	n	o	t	i	c	e	n	m	o

notice _____

II. Read the descriptions and guess the words.

1. It's a season. It's cold. It's sometimes snowy. _____
2. It's a kind of sport. You must do it on thick ice. _____
3. It's beautiful. It blooms in spring and summer. It smells nice. _____
4. It is made of snow. It looks like a person. _____
5. It's a place away from the city. It is quiet and you can see many farms there. _____

Grammar in Use

Rewrite the sentences in the exclamatory form using "what" or "how".

1. He is a clever boy. → What a clever boy (he is)!
→ How clever he is!
2. It is a clear night.
→ _____
3. The sun is bright.
→ _____
4. They are beautiful flowers.
→ _____
5. It is very warm today.
→ _____
6. The fruit is fresh.
→ _____

Listening and Speaking

I. Listen to the passage and fill in the blanks.

It was a _____ and sunny day yesterday. I went to the countryside with my family. We visited a big farm. We _____ strawberries there. We got three bags _____ of strawberries. Then we climbed a big _____. We looked around at all the beautiful trees and _____. Later, we had a picnic near a small lake. The water was nice and _____. I noticed many small fish. I put my feet in the water, but then I fell down. I got all _____! It was funny. I _____ at myself. What a fun day!

II. Listen and repeat.

	● ● ●	● ● ●
wild chess club stay	different favourite beautiful usually	experience amazing delicious another

III. Work in groups. Write all the words for seasons, weather and activities you learned on separate pieces of paper. Fold and put them all into a small box. Then take turns picking a word from the box and play Describe and Guess.

Example:

A: It's an activity. You can do it in the snow.

B: Is it skiing?

A: No. You make snow into balls and throw them.

C: I know! It's a snowball fight.

A: Yes, it is.

Putting It All Together

I. Search for more information.

Are the seasons the same all over China? How are they different in the north and south of China? Search the Internet or ask your teachers and parents for help to find some information.

II. Write an e-mail to your pen pal and tell him/her about your favourite season.

Task tips: What is the weather like? What is the temperature? What clothes do you wear? What activities do you do? What is special about this season?

Self-Evaluation

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

I. Talking about Seasons and Activities

I like summer. The weather turns hot
and I can go swimming.

I can describe different activities for
different weather.



II. Exclamatory Sentences

What a snowy day!

How nice it is!

I can use exclamatory sentences
properly.



Winter, Spring, Summer, Fall

Winter, Spring, Summer, Fall;
There are seasons, four in all.

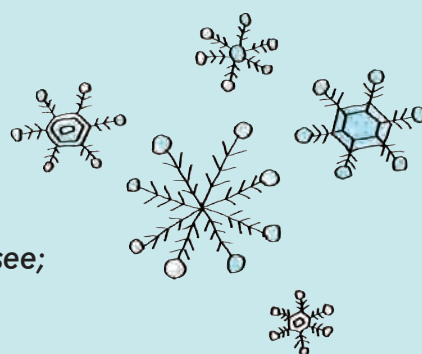


Weather changes, sun and rain and snow,
Leaves fall down and flowers grow.

Winter, Spring, Summer, Fall;
There are seasons, four in all.



Look outside and you will see;
Just what season it will be!



UNIT 7

Lessons 37 ~ 42

Sports and Good Health



We Will Learn

Functions

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

Grammar

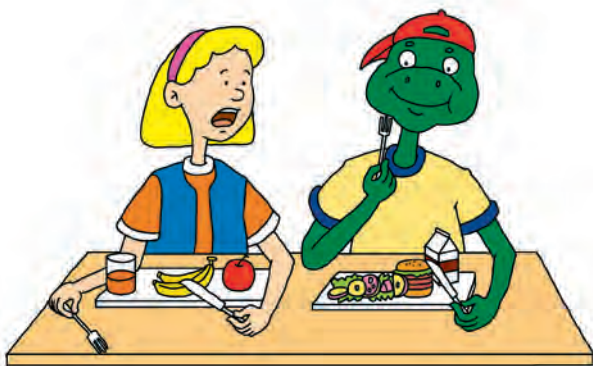
- ▶ Using “there be”

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.

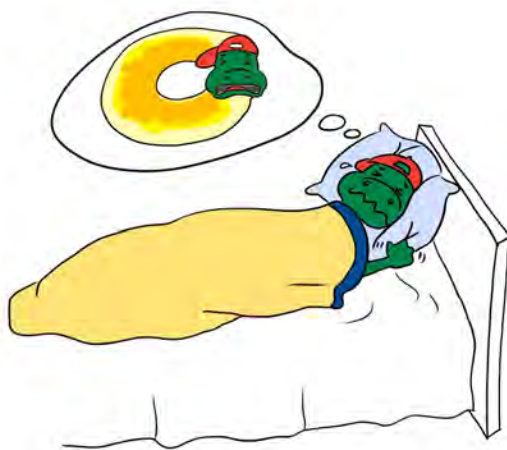
Jenny: That's true.

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.*

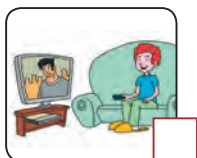


Dig In

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.

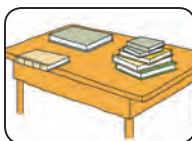


There is a pencil in
the pencil box.











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!

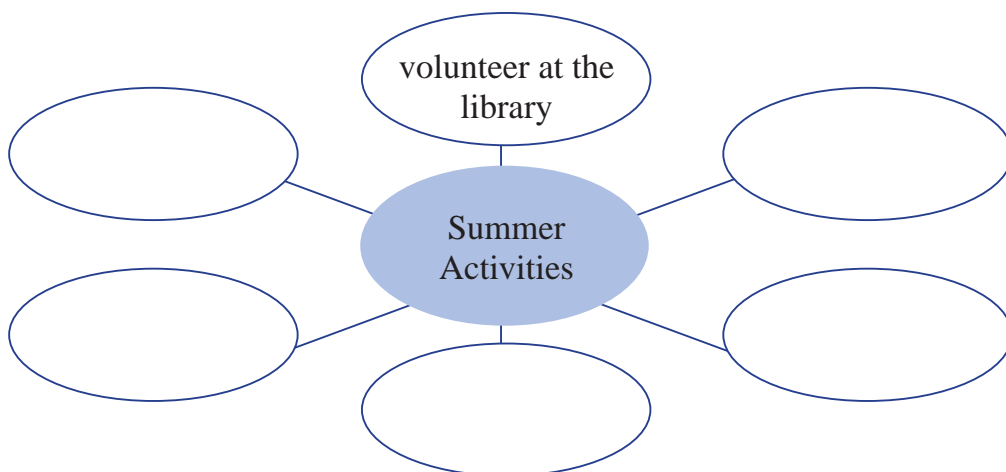
- 1 What are they going to do for the summer? Listen to the dialogues and match the pictures.



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

different/ˈdɪfərənt/ improve/ɪmˈpru:v/ 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/ˌθɜ:ˈti:n/ outside/ˌaʊtˈsaɪd/

international/ˌɪntəˈnæʃnəl/ information/ˌɪnfəˈmeɪʃn/

competition/ˌkɒmpɪˈtɪʃən/ introduce/ˌɪntrəˈdju:s/

understand/ˌʌndəˈstænd/ magazine/ˌmæɡəˈzi:n/

violin/ˌvaɪəˈlɪn/ university/ˌju:nɪˈvɜ:səti/

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'gəʊdə/	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'liːn/ <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 /'ɡriːnwɒd/ 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 /luːz/ *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 /piːs/ *n.* 张; 片 (17)

visitor /'vɪzɪtə/ *n.* 参观者 (17)

teach /tiːtʃ/ *v.* (taught/taught) 教; 讲授 (18)

quite /kwaɪt/ *adv.* 非常; 十分 (18)

nervous /'nɜːvəs/ *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 /'stiːvn/ 史蒂文(人名) (19)

volleyball /'vɒləbɔːl/ *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 /ˌvɒləntɪə(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'pruːv/ *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 /'miːtɪŋ/ *n.* 聚会; 会议 (20)

act /ækt/ *v. & n.* 行动; 扮演 (20)

useful /'juːsfʊl/ *adj.* 有用的; 有益的 (20)

role /rəʊl/ *n.* 职能; 角色 (20)

team /tiːm/ *n.* 队; 组 (20)

shape /ʃeɪp/ *n.* 样子; 形状 (20)

level /'levl/ *n.* 水平; 标准; 质量 (20)

pool /puːl/ *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 /'sɜːkl/ *v.* 圈出
n. 圆 (21)

add /æd/ *v.* 加; 增加; 添加 (21)

score /skɔː/ *n.* 得分 (21)

relax /rɪ'læks/ *v.* 放松; 休息 (21)

free /friː/ *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 /bɔːd/ *adj.* 无聊的; 无趣的 (21)

example /ɪɡ'zɑːmpl/ *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 /sɜːf/ *v.* 冲浪 (22)

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

housework /'haʊswɜːk/ *n.* 家务劳动 (22)

phone /fəʊn/ *n.* 电话
v. 打电话 (23)

bookworm /'bʊkwɜːm/ *n.* 书迷; 书虫 (23)

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

grocery /'ɡrəʊsərɪ/ *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'reɪzə/ 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:ɪkl/ *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 /'sɜːfə/ *n.* 冲浪者 (35)
everywhere /'evriweə/ *adv.* 到处;处处 (36)
strawberry /'strɔːbəri/ *n.* 草莓 (36)

Unit 7

truth /truːθ/ *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 /'juːʒʊəl/ *adj.* 通常的 (37)
health /helθ/ *n.* 健康;健康状态 (37)
 saying /'seɪɪŋ/ *n.* 俗语;谚语 (37)
awful /'ɔːfʊl/ *adj.* 可怕的 (37)
remember /rɪ'membə/ *v.* 记得;记起 (38)
information /ˌɪnfə'meɪʃn/ *n.* 信息 (38)
keep /kiːp/ *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 /'tiːmeɪt/ *n.* 队友 (39)
 Ben /ben/ 本(人名) (40)
 Tim /tɪm/ 蒂姆(人名) (40)
 outdoors /ˌaʊt'dɔːz/ *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 /'lʌki/ *adj.* 幸运的;侥幸的 (40)
side /saɪd/ *n.* 边;侧边 (40)
 Dena Morin /'diːnə 'mɔːrɪn/ 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'wɔːdz/ *prep.* 向;朝向 (42)
 brush /brʌʃ/ *v.* 刷
n. 刷子 (42)
tooth /tuːθ/ *n.* (*pl.* teeth) 牙齿 (42)
 organized /'ɔːɡənaɪzd/ *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 /ɪɡ'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 /'pʌpi/ *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 /fiːld/ *n.* 旷野;地方;领域 (44)
 luckily /'lʌkɪli/ *adv.* 幸运地;有好运地 (44)
baseball /'beɪsbɔːl/ *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 /ruːt/ *n. & v.* 加油 (45)
 toot /tuːt/ *n.* 嘟嘟(喇叭声) (45)
shame /ʃeɪm/ *n.* 羞愧;惭愧 (45)
noon /nuːn/ *n.* 中午 (46)
hamburger /'hæmbɜːɡə/ *n.* 汉堡包 (46)
nature /'neɪtʃə/ *n.* 大自然 (46)
wish /wɪʃ/ *v. & n.* 希望 (46)
Germany /'dʒɜːmənɪ/ 德国(地名) (47)
university /juːnɪ'vɜːsəti/ *n.* 大学 (47)
organize /'ɔːɡənaɪz/ *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. & 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. & 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'i: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. & 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. & v.</i>	挑战	(20)
chance /tʃɑ:ns/ <i>n.</i>	机会;运气	(1)
change /tʃeɪndʒ/ <i>v. & 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. & 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

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)

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

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

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)
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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)

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 /'rɪvəsɑɪd/ 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)

Russia /'rʌʃə/ 俄罗斯(地名)	(26)
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S

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)
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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……



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