Unit 2 Is your food and drink healthy?

I 基础知识——梳理练 (答案见 130 页)

一、根据句意及汉语提示完成单词

1. Cheese is very _____ (甜的).
2. (中考·宜宾)We usually have _____(面包) for breakfast.
3. (中考·广安)I often have _____ (面条) for dinner.
4. (中考·铜仁)What do you often have for _____ (午餐)?
5. (中考·宁波)It's a good habit to brush our _____ (牙齿) twice a day.

二、根据汉语意思完成课文原句,每空一词

6. 肉是健康的,但是太多肉对孩子不好。
   Meat is healthy _____ too much meat _____ not _____ _____ children.
7. 吃恰当的食物而且要保持健康。
   Eat the right food and _____ _____.
8. 你最喜爱的食物和饮料是什么?
   _____ _____ _____ food and drink?
9. 有点累吗?
   _____ _____ _____?
10. 记住吃得好、保持健康和不要变胖是很重要的!
    _____ _____ _____ to remember: eat well, stay healthy, and don't _____ _____!

II 单词·短语·句式——逐点练 (答案见 130 页)

三、用所给词的适当形式填空

11. Rice and noodles are _____(health) food.
12. Mr Green has got two _____(child): a son and a daughter.
13. It's bad _____(eat) too much meat every day.
14. Are you _____ (tire) today, Tom?
15. She likes eating _____ (fish) very much.

四、单项选择

16. (2015·株洲)Which team won the NBA Finals this season, the Warriors _____ the Cavaliers?
    A. and B. with C. or
17. (中考·新疆) People in the south(南方) of China like eating _____.
    A. rices B. noodles C. dumplings D. rice
18. Lily only eats _____ egg for _____ breakfast.
    A. a; an B. 不填; the
    C. the; a D. an; 不填
19. (中考·成都)Kate, remember _____ for the sick to cheer them up.
    A. to sing B. not to sing C. singing
20. (中考·铜仁)Da Shan is _____ at Chinese. He can speak Chinese very _____.
    A. good; good B. well; well
    C. good; well D. well; good

五、按要求完成句子,每空一词

21. There is not any juice in the bottle.(变成肯定句)
    There _____ _____ juice in the bottle.
22. Beef is healthy food. Rice is healthy food, too.(合并为一句)
    Beef _____ rice _____ healthy food.
23. To have a healthy breakfast is good.(改为同义句)
    _____ good _____ _____ a healthy breakfast.
24. Hamburgers and cola are healthy food and drink.(改为否定句)
    Hamburgers and cola _____ healthy food _____ drink.
25. My favourite food is chicken.(对画线部分提问)
    _____ _____ your favourite food?

六、用短语的适当形式填空

a bit, stay healthy, be bad for, get fat, be good for

26. You look _____ tired. Sit down and have a rest.
27. They ride bikes to go to school to _____ every day.
28. Eating too much _____ our health.
29. Having a good breakfast _____ us.
30. Take exercise often and don't _____.

III 阅读·综合——培优练 (答案见130页)

七、阅读理解(建议用时:5分钟　词数:约90)

The food in America is different from our Chinese food. For example, Americans eat a lot of potatoes. They like to eat them every day. They eat bread for breakfast. They eat their bread with butter(黄油), cheese or jam(果酱). Cheese and butter are made from(用……做成) milk. They drink a lot of milk, too. They drink hot or cold milk, and they put it in their tea. And they like meat or fish with potatoes and other vegetables. After the meal they always eat something sweet. They call that dessert(甜点).

31. The American food is _____ Chinese food.
A. the same as　B. different from
C. as well as　D. better than

32. Butter is made from _____.
A. milk　B. butter　C. jam　D. sweet

33. In America they usually eat bread with _____.
A. sugar　B. milk　C. cheese　D. tea

34. Which is not mentioned in the passage?
A. Milk.　B. Tea.　C. Coffee.　D. Rice porridge(粥).

35. After the meal they like to eat _____.
A. apples　B. pizzas　C. dessert　D. oranges

IV 写作·方法——专项练 (答案见130页)

四要素法介绍健康生活习惯

1. 标题:用于概括要介绍的生活习惯;
2. 提出问题:用一句话提出要解决的问题;
3. 具体介绍:具体描述解决问题的具体建议,为了体现层次性,可以使用 first, second, third 等词语;
4. 总结:总结全文,提出倡议。

Mr Green 是一位百岁老人,但他耳不聋,眼不花,身体非常健康。电视台"养生之道"栏目邀请他来谈谈他是怎么保持健康的。假如你是 Mr Green,请你根据提示以 How to stay healthy? 为题来写一下你的养生经验,词数不低于50词。

	healthy	unhealthy
food	noodles, meat, rice, vegetables, fruits	hamburgers, ice cream
drink	water, milk, juice, tea	cola

How to stay healthy?

_____

_____

Unit 3 Language in use

I 单词·短语·句式——逐点练 (答案见130页)

一、根据汉语意思或首字母提示完成单词

1. I have a cat. Its favourite food is f_____.
2. Milk is a h_____ drink.
3. I often have bread and milk for b_____.
4. What _____(美味的) noodles!
5. Can you see any _____(香蕉) on the desk?
6. Is _____(奶酪) healthy or unhealthy?
7. You'd better _____(停留) at home because of the bad weather.
8. Which is your favourite food, _____(牛肉) or _____(汉堡包)?
9. _____(豆类) and _____(胡萝卜) are Jack's favourite food.
10. (中考·南京) I often _____(买) gifts for my parents on their birthdays.

二、选词填空

some, any, a bit, stay, in

11. _____ the West, people like having afternoon tea every day.
12. Let's eat more fruit and vegetables to _____ healthy.
13. She hasn't got _____ brothers.
14. Tom is _____ tired.
15. There are _____ flowers in the garden.

三、单项选择

16. Don't eat candy _____ ice cream.
A. and　B. or　C. but　D. so

17. Mum, remember _____ some vegetables for