Unit 2 Is your food and drink healthy?

I 基础知识——梳理练 (点拨见130页)

一、根据句意及汉语提示完成单词

1. Cheese is very __sweet__ (甜的).
2. (中考·宜宾)We usually have __bread__ (面包) for breakfast.
3. (中考·广安)I often have __noodles__ (面条) for dinner.
4. (中考·铜仁)What do you often have for __lunch__ (午餐)?
5. (中考·宁波)It's a good habit to brush our __teeth__ (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 __but__ too much meat __is__ not __good__ __for__ children.
7. 吃恰当的食物而且要保持健康。
Eat the right food and __be__ __healthy__.
8. 你最喜爱的食物和饮料是什么?
__What's__ __your__ __favourite__ food and drink?
9. 有点累吗?
__A__ __bit__ __tired__?
10. 记住吃得好、保持健康和不要变胖是很重要的!
__It__ __is__ __important__ to remember: eat well, stay healthy, and don't __get__ __fat__!

II 单词·短语·句式——逐点练 (点拨见130页)

三、用所给词的适当形式填空

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

四、单项选择

16. (2015·株洲)Which team won the NBA Finals this season, the Warriors __C__ the Cavaliers?
A. and B. with C. or
17. (中考·新疆)People in the south(南方) of China like eating __D__.
A. rices B. noodles C. dumplings D. rice
18. Lily only eats __D__ egg for _____ breakfast.
A. a; an B. 不填; the
C. the; a D. an; 不填
19. (中考·成都)Kate, remember __A__ for the sick to cheer them up.
A. to sing B. not to sing C. singing
20. (中考·铜仁)Da Shan is __C__ 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 __is__ __some__ juice in the bottle.
22. Beef is healthy food. Rice is healthy food, too. (合并为一句)
Beef __and__ rice __are__ healthy food.
23. To have a healthy breakfast is good. (改为同义句)
__It's__ good __to__ __have__ a healthy breakfast.
24. Hamburgers and cola are healthy food and drink. (改为否定句)
Hamburgers and cola __aren't__ healthy food __or__ drink.
25. My favourite food is chicken. (对画线部分提问)
__What__ __is__ 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 __a bit__ tired. Sit down and have a rest.
27. They ride bikes to go to school to __stay healthy__ every day.
28. Eating too much __is bad for__ our health.
29. Having a good breakfast __is good for__ us.
30. Take exercise often and don't __get fat__.

III 阅读·综合——培优练 (点拨见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 __B__ Chinese food.
A. the same as B. different from
C. as well as D. better than

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

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

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

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

IV 写作·方法——专项练 (点拨见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?

Do you know how to stay healthy? Let me tell you. First, it's important to remember to eat and drink well. Noodles, meat, rice, vegetables and fruits are healthy food. They are good for us. Eat them every day. But hamburgers and ice cream aren't healthy. They are bad for us. So don't eat them too much every day. Water, milk, juice and tea are healthy drinks, but cola isn't healthy. Second, have a good breakfast every day. Third, often play sports. Do these, and you can be healthy.

Unit 3 Language in use

I 单词·短语·句式——逐点练 (点拨见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 __fish__.
2. Milk is a __healthy__ drink.
3. I often have bread and milk for __breakfast__.
4. What __delicious__ (美味的) noodles!
5. Can you see any __bananas__ (香蕉) on the desk?
6. Is __cheese__ (奶酪) healthy or unhealthy?
7. You'd better __stay__ (停留) at home because of the bad weather.
8. Which is your favourite food, __beef__ (牛肉) or __hamburgers__ (汉堡包)?
9. __Beans__ (豆类) and __carrots__ (胡萝卜) are Jack's favourite food.
10. (中考·南京) I often __buy__ (买) gifts for my parents on their birthdays.

二、选词填空

some, any, a bit, stay, in

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

三、单项选择

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

17. Mum, remember __D__ some vegetables for