

《人教版八年级上册英语第二单元课文（带翻译）》

UNIT 2 How often do you exercise?

Section A 1b

Listen and write the activities next to the correct frequency words.

What do you usually do on weekends?

I sometimes go shopping.

I never go shopping. I usually watch TV. I always exercise.

I often help with housework.

How about you?

I hardly ever watch TV. I always read.

Oh, why is that?

Oh, I don't know. I guess I just like books.

Section A 2a

Listen. Cheng Tao is talking about how often he does these activities. Number the activities 1-5 in the order you hear them.

So, Cheng Tao, how often do you watch TV?

Hmm... about twice a week, I guess.

Uh-huh. And how often do you read?

Oh, I read every day at school!

How often do you go to the movies?

Uh... let me see... maybe once a month?

How often do you exercise?

Oh, I exercise about three times a week.

How often do you shop?

Shop? I shop about... about twice a month.

Section A 2b

Listen again. Match the activities in 2a with how often Cheng Tao does them.

So, Cheng Tao, how often do you watch TV?

Hmm... about twice a week, I guess.

Uh-huh. And how often do you read?

Oh, I read every day at school!

How often do you go to the movies?

Uh... let me see... maybe once a month?

How often do you exercise?

Oh, I exercise about three times a week.

How often do you shop?

Shop? I shop about... about twice a month.

Section A 2d

Role-play the conversation.

Hi, Claire, are you free next week?

Hmm... next week is quite full for me, Jack.

Really? How come?

I have dance and piano lessons.

What kind of dance are you learning?

Oh, swing dance. It's fun! I have class once a week, every Monday.

How often do you have piano lessons?

Twice a week, on Wednesday and Friday.

Well, how about Tuesday?

Oh, I have to play tennis with my friends. But do you want to come?

Sure!

Section B 1c

Listen to an interview about two people's daily habits. Circle your answer to each question.

Hi, Tina and Bill. Let's start with the first question. How often do you exercise?

Every day.

Hardly ever.

How often do you eat vegetables and fruit?

I eat vegetables and fruit every day.

I sometimes eat vegetables. But I never eat fruit.

OK. How many hours do you sleep every night?

Nine.

Me, too.

How often do you drink milk?

Never. I can't stand milk.

Oh, I love milk - I drink it every day.

How often do you eat junk food?

I eat it three or four times a week.

I guess I eat it two or three times a week.

And how often do you drink coffee?

Oh, I drink coffee four times a day.

I never drink coffee.

Well, thank you very much.

You're welcome.

Section B Id

Listen again. Fill in the blanks in the survey.

Hi, Tina and Bill. Let's start with the first question. How often do you exercise?

Every day.

Hardly ever.

How often do you eat vegetables and fruit?

I eat vegetables and fruit every day.

I sometimes eat vegetables. But I never eat fruit.

OK. How many hours do you sleep every night?

Nine.

Me, too.

How often do you drink milk?

Never. I can't stand milk.

Oh, I love milk - I drink it every day.

How often do you eat junk food?

I eat it three or four times a week.

I guess I eat it two or three times a week.

And how often do you drink coffee?

Oh, I drink coffee four times a day.

I never drink coffee.

Well, thank you very much.

You're welcome.

Section B 2b

Read the article and complete the pie charts on the next page.

What Do No. 5 High School Students Do in Their Free Time?

Last month we asked our students about their free time activities. Our questions were about exercise, use of the Internet and watching TV. Here are the results.

We found that only fifteen percent of our students exercise every day. Forty-five percent exercise four to six times a week. Twenty percent exercise only one to three times a week. And twenty percent do not exercise at all!

We all know that many students often go online, but we were surprised that ninety percent of them use the Internet every day. The other ten percent use it at least three or four times a week. Most students use it for fun and not for homework.

The answers to our questions about watching television were also interesting. Only two percent of the students watch TV one to three times a week. Thirteen percent watch TV four to six times a week. And eighty-five percent watch TV every day! Although many students like to watch sports, game shows are the most popular.

It is good to relax by using the Internet or watching game shows, but we think the best way to relax is through exercise. It is healthy for the mind and the body. Exercise such as playing sports is fun, and you can spend time with your friends and family as you play together. And remember, "old habits die hard". So start exercising before it's too late!

参考译文：

Section A 1b

听录音，将活动写在对应的频率词旁边。

你周末通常做什么？

我有时去购物。

我从不去购物。我通常看电视。我总是锻炼。

我经常帮忙做家务。

你呢？

我几乎从不看电视，我总是读书。

哦，那是为什么？

哦，我不知道。我想我只是喜欢书。

Section A 2a

听录音。程涛正在谈论他做这些活动的频率。根据你听到的顺序，给活动编号1-5。

那么，程涛，你多久看一次电视？

嗯……我想大概一周两次吧。

嗯。那你多久读一次书？

哦，我每天在学校都读书！

你多久去一次电影院？

嗯……让我想想……可能一个月一次？

你多久锻炼一次？

哦，我大概一周锻炼三次。

你多久购一次物？

购物?我大概.....大概一个月两次。

Section A 2b

再听一遍。将2a中的活动与程涛做它们的频率相匹配。

那么，程涛，你多久看一次电视?

嗯.....我想大概一周两次吧。

嗯。那你多久读一次书?

哦，我每天在学校都读书!

你多久去一次电影院?

嗯.....让我想想.....可能一个月一次?

你多久锻炼一次?

哦，我大概一周锻炼三次。

你多久购一次物?

购物?我大概.....大概一个月两次。

Section A 2d

角色扮演对话。

嗨，克莱尔，你下周有空吗?

嗯.....下周对我来说相当忙，杰克。

真的吗?怎么会?

我有舞蹈和钢琴课。

你在学什么舞?

哦，摇摆舞。很有趣!我每周一上一次课。

你多久上一次钢琴课?

一周两次，周三和周五。

那么，周二呢？

哦，我要和朋友们打网球。但你想一起来吗？

当然！

Section B 1c

听一段关于两人日常习惯的采访。为每个问题圈出你的答案。

嗨，蒂娜和比尔。我们从第一个问题开始。你多久锻炼一次？

每天。

几乎从不。

你多久吃一次蔬菜和水果？

我每天都吃蔬菜和水果。

我有时吃蔬菜。但我从不吃水果。

好的。你每晚睡几个小时？

九个小时。

我也是。

你多久喝一次牛奶？

从不。我受不了牛奶。

哦，我喜欢牛奶——我每天都喝。

你多久吃一次垃圾食品？

我一周吃三到四次。

我想我一周吃两到三次。

你多久喝一次咖啡？

哦，我每天喝四次咖啡。

我从不喝咖啡。

非常感谢。

不客气。

Section B 1d

再听一遍。填写调查中的空白部分。

嗨，蒂娜和比尔。我们从第一个问题开始。你多久锻炼一次？

每天。

几乎从不。

你多久吃一次蔬菜和水果？

我每天都吃蔬菜和水果。

我有时吃蔬菜。但我从不吃水果。

好的。你每晚睡几个小时？

九个小时。

我也是。

你多久喝一次牛奶？

从不。我受不了牛奶。

哦，我喜欢牛奶——我每天都喝。

你多久吃一次垃圾食品？

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你多久喝一次咖啡？

哦，我每天喝四次咖啡。

我从不喝咖啡。

非常感谢。

不客气。

Section B 2b

阅读文章，并完成下一页的饼图。

第五高中学生课余时间做什么？

上个月，我们对学生们的课余活动进行了调查，主要围绕运动、上网和看电视三个方面。以下是调查结果。

我们发现，只有15%的学生每天进行运动。45%的学生每周运动四到六次，20%的学生每周仅运动一到三次，而令人惊讶的是，竟然有20%的学生完全不运动！

众所周知，许多学生经常上网，但让我们吃惊的是，90%的学生每天都上网。其余10%的学生也至少每周上网三到四次。大多数学生上网是为了娱乐，而非完成作业。

关于看电视的调查结果也很有趣。只有2%的学生每周看电视一到三次，13%的学生每周看电视四到六次，而高达85%的学生每天都看电视！尽管许多学生喜欢看体育节目，但游戏节目却是最受欢迎的。

虽然通过上网或观看游戏节目来放松身心是件好事，但我们认为最好的放松方式是通过运动。运动对身心健康都有益。像做运动这样的锻炼既有趣，又能让你在和朋友家人一起运动时共度时光。记住，“积习难改”。所以，趁现在还来得及，赶快开始运动吧！