

# **Unit 4 Why don't you talk to your parents?**

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## **第4课时 Section B(1a~1e)**

## 一、默写单词

1. *n.* 成员；分子 member

2. *n.* 压力 pressure → *v.* 按；压 press

3. *v.* 竞争；对抗 compete → *n.* 竞争 competition → *n.* 竞争者；对手 competitor

## 二、默写短语

1. 与……竞争 compete with
2. 家庭成员 family member
3. 花时间独处 spend time alone
4. 和某人打架 fight with sb./have a fight with sb.
5. 饱受压力 be stressed out

一层

基础过关

I 根据句意及汉语提示完成单词。

1. Linda is a member (成员) of the school basketball team.
2. She got well after a brave fight (与……打架) against cancer.
3. Can you guess (猜测) who cleaned the living room?
4. Can you give me some advice (建议)? I need your help.
5. Asking for help politely is very important (重要的).

## II 用所给单词的适当形式填空。

6. Why don't you learn (learn) a new skill after school?
7. Free time activities (activity) are important to children.
8. You shouldn't play (play) computer games so much at night.
9. They are members (member) of the swimming team.
10. You can't get better grades unless you spend more (much) time on study.

### III 单项选择。

11. Jack's mother put A on him, so he changed his mind in the end.

A.pressure                      B.risk                      C.experience                      D.education

12.You C ill. \_\_\_\_ you need to see a doctor.

A.maybe; Maybe              B.maybe; Maybe              C.may be; Maybe              D.may be; Maybe

13. We have D homework, so we don't have any free time \_\_\_\_ things we like.

A.much too; doing              B.too much; doing              C.too many; to do              D.too much; to do

14. You really don't have to D him. He is old enough to look after himself.

A.agree with                      B.look like                      C.hear from                      D.worry about

15. Our school football team will B with theirs tomorrow. I hope our team can win the match.

A.forward                      B.compete                      C.discuss                      D.improve

## IV 短文还原。

阅读下面短文，根据语篇内容，从方框内所给的选项中选出能填入空白处的最佳选项，使短文意思通顺。选项中有一项为多余项。

Life used to be fun for teenagers. They used to spend their spare time on their interests, like watching a good film or listening to pop music. 16. E Teenagers often feel stressed because they have too much homework to do. They are too busy studying every day and they don't have their own time to do what they are interested in. 17 C \_\_\_\_\_  
They should also make a plan.

Get a good night's sleep. Getting enough sleep will help you keep your body and mind relaxed. You may be able to finish the things you need to do next day.

18. A Don't hurry to eat your meals. Eat less junk food or fast food. Eat healthy food and do some exercise every day.

Get to know outgoing people. Some people are optimistic(乐观的), while others are not. Choose those people as your friends. 19. F

Learn to be calm when you face any problem. Find out the best way from those feelings that are in your mind.

Have a happy attitude(态度). 20. B Is your cup half full or half empty? Learn to think in a good way about the difficulties you face.



A. Eat well and exercise regularly(定期地).

B. It decides the way you see things. C. So they should think of ways to relax themselves.

D. Go to the restaurant to eat better. E. But for many of them, life is not as easy as before now. F. Spend more time with them, and you' ll be as happy as them.

## IV 选词填空。

阅读短文，从方框中选择恰当的词并用其适当形式填空，使短文完整、通顺。每词限用一次，其中有两个词是多余的。

nervous, communicate, push, boring, return,  
argue, late, whatever, cloud, deal, how, swim

Ada was Rachel's stepsister(继妹). Ever since they came to live in one family, it seemed that they couldn't stop fighting.

One day they were fighting again. "Stop 21. arguing, girls!" said their dad. "I'll make a(n) 22. deal with you. Get through this morning without fighting, and you can do 23. whatever you want this afternoon."

The girls looked at each other. "All right," they agreed.

They went boating together. Rachel showed Ada 24. how to paddle(用桨划船). "We need to work together," Rachel said.

“This is 25. boring,” Ada said. An impatient(不耐烦的) look appeared on her face. When they made it to the middle of the lake, Ada felt a strong wind. She looked up. Dark 26. clouds filled the sky. Rachel said, “We’ d better turn around.” The wind blew harder.

Ada was quite 27. nervous . She stood up and called for help.

“Ada, no!” Rachel shouted. “Sit down!” It was too 28. late . The boat turned over. They fell into the water.

“Grab(抓住) the boat,” Rachel told Ada. “We have to 29. swim back to the shore (岸).”

Ada was scared, but Rachel helped her. “You’ re doing great,” Rachel said over and over. Ten minutes later they 30. returned to the shore.

Ada took Rachel’ s hand and said, “Thank you.”

Rachel smiled as she said, “This is what a sister should do.”

# **Unit 4 Why don't you talk to your parents?**

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## **第5课时 Section B(2a~3b)**

### 一、默写单词

- 1.*n.* 意见; 想法; 看法 opinion
- 2.*n.* 技艺; 技巧 skill
- 3.*adj.* 典型的 typical
- 4.*n.* (美式)橄榄球; 足球 football
- 5.*v.* 持续: 继续存在 continue
- 6.*v.* 比较 compare
- 7.*adj.* 不理智的; 疯狂的 crazy
- 8.*v.* 鞭策; 督促: 推动 push

9.v. 造成；引起 cause

10.adv. 可能；大概；也许 perhaps

11.adj. 快的；迅速的；时间短暂的 quick →adv. 快速地；快地 quickly

12.n. 发展；发育；成长 development →v, 发展；成长 develop

13.adj. 通常的；寻常的 usual → (反义词)adj. 不寻常的 unusual

## 二、默写短语

1. 删除；删去 cut out
2. 依……看 in one's opinion
3. 比较；对比 compare...with

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