



Unit 8 How do you make a banana milk shake?

第一课时 Section A 1a-2c



1b 听力



2a 2b 听力

名师讲解

1 shake v. 摇动, 抖动

shake hands 握手。如 T 二 5

过去式 shook

n. milk shake 奶昔。如 T 四 3

2 honey 蜂蜜, 不可数名词。如 T

二 3

3 pour

v. 倾倒; 灌; 浇, 常用短语为:

(1) pour sb. sth. = pour sth. for sb. 为某人倒……

(2) pour... into... 往……里倒……。如 T 一 5、T 二 6、T 四 4

4 yogurt 不可数名词, 酸奶

如 T 一 3、T 二 1

5 spoon 勺, 调羹, 可数名词。如

T 二 4

6 watermelon n. 西瓜, 既可数(一个

个的西瓜), 也不可数(切成块的西瓜)。如 T 二 2、T 四 1

7 how many 与 how much 都可用于

询问量的多少, 表示“几个, 多少”。how many 后面接可数名词复数, how much 后面接不可数名词。询问物品的价格时, 常用 how much。如 T 一 2、T 二 1、T 三 3

8 cut up (= cut... into pieces) 切

碎

【注意】当 cut up/down 后接代词作宾语时, 应放在中间; 接名词作宾语时放在 up 前后均可。

如 T 一 1、T 四 2

9 turn 的用法

turn on 打开。如 T 四 5

turn off 关掉。如 T 一 4

turn up (把音量) 调大

turn down (把音量) 调小

一、单项选择。

- (C) 1. (2017 年瓦房店市改编) The apple is too big. You can _____ first.
A. cut them up B. cut up it C. cut it up D. mix it up
- (C) 2. I want to make a banana milk shake. Please tell me, _____ milk do I need, and _____ bananas do I need?
A. how much; how much B. how many; how many
C. how much; how many D. how many; how much
- (D) 3. Please bring me _____.
A. two cup of yogurt B. two cup yogurt
C. two cups of yogurts D. two cups of yogurt
- (B) 4. (2016 年铜仁市) —Remember to _____ the lights when you leave the room.
—OK! I will.
A. turn on B. turn off C. turn up D. turn down
- (A) 5. Please _____ the bananas and ice-cream into the blender.
A. pour B. peel C. pull D. pick



二、根据句意及汉语提示写词。

- How much yogurt (酸奶) do you need?
- I like eating watermelons (西瓜) in summer.
- We need two cups of honey (蜂蜜).
- You can drink the soup with a spoon (勺子).
- When we meet for the first time, we should shake (摇动) hands.
- My sister helped me pour (倾倒) the water into the cup.

三、改错。

- Give me some bread and two cup of milk. (C) cups
A B C
- Not turn on the blender until you put the ingredients into it. (A) Don't
A B C
- How many milk should I put into the blender? (A) much
A B C
- One, look at the questions on the blackboard. Next, write your answers on the paper. Then, check your answers. (A) First
A B C
- We need some helps. Could you cut the apples up? (B) help
A B C

四、完成句子。

- 瞧! 妈妈正在切一个大西瓜。
Look! Mother is cutting a watermelon.
- 把它们切碎。
Cut them up.
- 你怎样做香蕉奶昔?
How do you make a banana milk shake?
- 将奶昔倒进一个玻璃杯里。
Pour the milk shake into a glass.
- 房间里太暗了, 请打开灯。
It's very dark in the room. Please turn on the light.



Section A 阅读提升

一、完形填空。

Do you know 1 to make super fruit ice-cream? Follow the steps below and you can make your own super fruit ice-cream.

To 2 a bowl of fruit ice-cream, you will need: a cup of yogurt and honey, two cups of milk, two teaspoons of sugar and lemon juice, some apple sauce(调味汁) and cheese, one small watermelon.

The procedure(过程) of making super fruit ice-cream:

Step 1: Peel the watermelon. 3.

Step 2: Heat the milk. Add the sugar 4 it. Cool it.

Step 3: Pour the yogurt, lemon juice and honey into a bowl. 5.

Step 4: Put the apple sauce and cheese into the blender. 6 the blender.

Step 5: 7 the ingredients from the blender. Pour them into the 8 bowl. Cool them in the fridge. Stir(搅拌) them in and put the watermelon pieces 9 the top. Put them into the fridge again 10 about 3 hours.

(B) 1. A. when B. how C. what D. where

(A) 2. A. make B. makes C. making D. made

(A) 3. A. Cut it up B. Cut up it
C. Cut them up D. Cut up them

(B) 4. A. on B. to C. with D. at

(C) 5. A. Mix it up B. Mix up it
C. Mix them up D. Mix up them

(B) 6. A. Turn B. Turn on
C. Turn off D. Turn down

(C) 7. A. Take B. Taking
C. Take out D. Taking out

(C) 8. A. mix B. mixes C. mixing D. mixed

(A) 9. A. on B. in C. into D. out of

(B) 10. A. in B. for C. with D. on

二、阅读理解。

Here is a recipe:

Ingredients: 2 potatoes; 1 egg; 2 spoons of flour(面粉); 3 spoons of vegetable oil(植物油); 1 spoon of salt.

Instructions:

► Peel the potatoes and cut them up. Cook them for 20~25 minutes and then put them into a bowl.

► Break the egg into the bowl. Also add the salt and flour to it.

► Mix them all up.

► Put the pan(平底锅) on the gas cooker(煤气灶) and turn on the gas cooker.

► When the pan is warm, pour the vegetable oil

into it.

► Then pour the mixture in the bowl into the pan when the oil is at a high temperature.

► Turn it over from time to time. Bake it for about five minutes.

► Finally, you can enjoy it.

(B) 1. In this recipe, we need _____ flour.
A. one spoon of B. two spoons of
C. three spoons of D. four spoons of

(C) 2. We can cook the potatoes for about _____ minutes.
A. 5 B. 10 C. 22 D. 35

(C) 3. The underlined word "bake" means " _____ " in Chinese.
A. 煮 B. 焖 C. 烘 D. 蒸

(A) 4. The right order(正确的顺序) of making the food is _____.

① cook the potatoes ② bake the mixture
③ heat the vegetable oil ④ add the egg, salt and flour

A. ①④③② B. ①②③④

C. ②①③④ D. ③①④②

(D) 5. The passage tells us how to make a _____.
A. sandwich B. milk shake
C. hamburger D. potato pancake

三、短文填词。

spend, country, quick, cook, piece,
hungry, after, ready, work, add

The British like simple food. They usually

1. add only salt and pepper to their food.

The British often get their meals ready very

2. quickly, because many women go out to 3. work,

and they do not have much time to spend in the kitchen. In supermarkets there is a lot of food in tins(金属盒) and packets. Just 4. cook the food for a few minutes, and the meal is 5. ready.

On Sundays, there is usually a bigger, better lunch. It is usually a big 6. piece of roast meat with potatoes and green vegetables, and 7. after that, some dessert.

So many British women do not 8. spend long in the kitchen, and their husbands(丈夫) do not spend a long time at the dinner table. Some people think that the British eat only when they are 9. hungry. Some families eat their meals in front of the TV. The meal-time is not a time for family to talk to each other as it is in many other 10. countries in the world.

单元语法精讲专练



语法精讲

一、祈使句

1. 定义

祈使句表示请求、命令、叮嘱、号召等。

2. 基本用法

(1) 祈使句的肯定句，谓动词用原形。

(2) 其否定句是在整个结构之前加 don't 或 never。

(3) 以 let 为引导词的祈使句的否定形式通常是在 Let's 或 Let us/me 后加 not。

(4) 祈使句的强调形式是在整个结构之前加 do。
如: Do be careful!

二、可数名词和不可数名词的数量表达

1. 可数名词的数量表示方法

可数名词的数量可以在可数名词前用 a/an, 数词, some, any, many, (a) few, lots of, a lot of 或“数词+量词+of+名词的复数”等表示。单数前要用 a/an, one 等, 复数要用其复数形式。

2. 不可数名词的数量表示方法

不可数名词本身没有复数形式, 其前面也不能用 a/an 或数词来表达数量, 如果不可数名词需要计量时, 用“数词或冠词+量词+of+不可数名词”这样的结构表示; 也可以用 some, (a) little, much, lots of, a lot of 等来表示。

3. 对名词数量的提问

对可数名词的数量提问用 How many, 其后必须用名词的复数形式; 对不可数名词的数量提问用 How much。



语法专练

一、单项选择。

- (A) 1. (2016年上海市)— _____ Disney amusement parks are there in China?
—Two.
A. How many B. How often
C. How soon D. How long
- (A) 2. (2016年重庆市)—It's hot today. Have some _____, please.
—No, thanks. I'm not thirsty at all.
A. water B. potatoes
C. bread D. cakes
- (D) 3. _____ on the grass, or it will "cry".
A. To walk B. Not to walk
C. Walk D. Don't walk
- (C) 4. (2016年海南省) There's little _____

left at home. Go and buy some, dear.

A. carrots B. potatoes C. rice

- (B) 5. _____ swim in the river alone, Karen. It's too dangerous.
A. Not B. Don't C. Doesn't
- (B) 6. How much _____ do we need to make a sandwich?
A. oranges B. bread
C. tomatoes D. potato
- (D) 7. I think _____ honey is enough.
A. one B. two spoons
C. two spoon of D. two spoons of
- (D) 8. Do you need _____ for the children?
A. so much eggs
B. two box of eggs
C. two boxes of egg
D. two boxes of eggs
- (C) 9. The students didn't find much _____ about the topic on that website.
A. report B. article
C. information D. story



二、用括号里所给词的适当形式填空。

1. I need three bananas (banana) and some honey (honey).
2. Please add some salt (salt) to the noodles (noodle).
3. How many tomatoes (tomato) can you see in the box?
4. How much yogurt (yogurt) do you want?
5. How much are the sandwiches (sandwich)?

三、句型转换。

1. You must listen to the teacher carefully. (改为祈使句)
Listen to the teacher carefully, please.
2. You can't pour dirty water into the river. (改为祈使句)
Don't pour dirty water into the river.
3. Please close your book! (改为同义句)
Could you please close your book?
4. I have two brothers. (对画线部分提问)
How many brothers do you have ?
5. There is a little water in the bottle. (对画线部分提问)
How much water is there in the bottle?



第三课时 Section B 1a-1e

名师讲解

1 sandwich *n.* 三明治, 可数名词,

复数形式为 sandwiches。如 T 二 2、T 三 4

2 piece *n.* 片, 块, 段, 可数名词。

如 T 一 4、T 二 3、T 三 1

图解 a slice of 与 a piece of



3 tomato 西红柿(可数名词)

如 T 二 5、T 三 3

【拓展】常见的以“o+es”结尾的名词复数:

tomato→tomatoes

potato→potatoes。如 T 二 4

hero→heroes

Negro→Negroes(黑人)

【巧记】黑人英雄爱吃西红柿和土豆。

4 First, put some butter on a piece of bread. 把一些黄油放在一片面包上。

(1) put... on... “把……放在……上”, 常用于把某物放于另一个物体的表面上。如 T 一 2

【拓展】put on 穿上, 戴上。如 T 一 3

put away 把……收起来。如 T 一 5

put up 张贴, 举起

put down 放下

(2) butter 黄油; 奶油, 不可数名词。如 T 二 1、T 三 5

一、单项选择。

- (D) 1. —Would you like some _____?
—No, thanks. I'm not hungry at all.
A. water B. orange C. coffee D. bread
- (B) 2. Finally put another piece _____ bread _____ the top.
A. of; to B. of; on C. in; to D. with; on
- (C) 3. (2016年青海省) _____ your sweater, or you may catch a cold.
A. Take off B. Don't wear C. Put on
- (D) 4. — _____ bread is there on the table?
—I can see _____.
A. How many; five B. How much; five
C. How many; five pieces D. How much; five pieces
- (A) 5. (2016年大庆市)—Tony, look at the books! What a mess! _____!
—Okay! Okay!
A. Put them away B. Put it on
C. Put away them D. Put them on

二、根据句意及汉语提示写词。

- Not everyone likes butter (黄油) in my family.
- I eat three sandwiches (三明治) every morning.
- I'm hungry. Please give me two pieces (片) of bread to eat.
- Students can't stand eating potatoes (土豆) every day.
- Do you like to eat tomato (西红柿) noodles?

三、用所给词的适当形式填空。

- I want two pieces (piece) of bread.
- How many cups (cup) of yogurt do you want?
- I need two tomatoes (tomato) to make salad.
- Sandwiches (sandwich) are very delicious.
- Some butter (butter) is on the bread.



四、句型转换。

- We want two cups of tea. (对画线部分提问)
How much tea do you want?
- There are three bags of rice in the room. (对画线部分提问)
How many bags of rice are there in the room?
- We need a little sugar for the cake. (对画线部分提问)
How much sugar do you need for the cake?
- Pour some water into the glass. (改为否定句)
Don't pour any water into the glass.
- Do you like lettuce in a sandwich? (改为同义句)
Do you like a sandwich with lettuce?



2b 朗读

第四课时 Section B 2a-2b(I)

一、单项选择。

- (C) 1. Put the eggs and sugar in the bowl and _____ together.
A. cut them up B. cut up them C. mix them up D. mix up them
- (D) 2. _____ us Chinese, the Spring Festival is a time _____ together.
A. With; get B. With; to get C. For; get D. For; to get
- (B) 3. (2017年大庆市改编)—When is Mother's Day?
—It's _____ the _____ Sunday in May.
A. on; two B. on; second C. in; two D. in; second
- (D) 4. — _____ do you cook the dumplings?
— _____ ten minutes.
A. How far; In B. How far; For
C. How long; In D. How long; For
- (B) 5. He is a _____ and he _____ around the world.
A. travel; traveler B. traveler; travels
C. travel; travels D. travelers; travelers



二、根据句意及汉语提示写单词。

- Every year we celebrate (庆祝) New Year by having parties.
- A lot of famous football players come from England (英国).
- These travelers (旅行者) liked Chinese dance and learned it with us.
- (2016年泰安市) Each different part of China has its own special forms of traditional (传统的) art.
- My favorite season is autumn (秋天). It's a time to harvest.

三、选词填空并注意形式。

die, run, England, travel, celebrate

- She keeps healthy by running every morning.
- My friend Gina is an English girl.
- The young man enjoys traveling a lot.
- We are busy celebrating her 18th birthday.
- After a long hard winter, many of them died.

四、完成句子。

- 这些游客来自英国。
These travelers are from England.
- 那个秋天他们中许多人死了。
Many of them died in that autumn.
- 我们应当对父母所提供的一切表示感谢。
We should give thanks for everything that our parents give us.
- 我们打算通过在饭店里吃一顿丰盛的晚宴来庆祝爷爷的生日。
We are going to celebrate my grandfather's birthday by having a big dinner in the restaurant.
- 在中国,我们通常在特别的节日里吃传统的食物。
In China, we usually eat traditional food on special holidays.

名师讲解

1 traditional

用作形容词,意为“传统的”,是由“名词 tradition+后缀-al”构成的形容词。如 T二4、T四5
名词: tradition 传统; 惯例

2 autumn

autumn 前用介词 in, during 等,美国人习惯用 fall 来代替 autumn。如 T二5、T四2

3 traveler

n. 旅行者,可数名词,也可写成 traveller。

n. 意为“旅行者;游客”,是由动词 travel+后缀-er 构成的名词。如 T一5、T二3、T四1

4 England 英格兰, 国名。如 T

二2、T四1

English 英语, 英格兰的, 英格兰人, 英国/语的。如 T三2

5 celebrate v. 庆祝; 庆贺。如 T

二1、T三4

6 cook it for a few hours 煮几个小时

小时

for 用来表示时间长短。如 T一4

7 重点短语

on special holidays 在特殊假日。如 T四5

by having a big meal 通过大吃一顿的方式。如 T四4

give thanks for... 对...表示感谢。如 T四3



第五课时 Section B 2b(II) — Self Check

名师讲解

1 mix together 混合在一起

mix v. 意为“混合, 搅和”。mix together 意为“混合在一起”, 相当于 mix up。如 T-5

2 pepper 可数名词, “甜椒”。如

T-5
作“胡椒”讲, 为不可数名词。

3 fill v. “充满”, 可指填满空间、

填充空白、填写表格等。
一般来说, fill 常与介词 with 连用, 表示“把东西放满在……里”。如 T-2

be filled with = be full of。如 T-3, T-5

4 plate “碟子, 盘子”, 可数名词。

如 T-2-4

5 cover 用作动词, 意为“盖住; 覆

盖”。常见搭配:

(1) cover... with... 把……盖……在……上面。如 T-4

(2) be covered with 被……覆盖。如 T-3-1

6 serve v. 可指某人为他人服务、

干活等; 也可指某人拿出某物款待某人。如 T-2-2, T-3-2

n. service

7 temperature

(1) “温度, 气温”。如 T-2-1

(2) “身体的高烧, 发热, 发烧”, 通常用作单数形式。

take one's temperature 量某人的体温。如 T-3-4

一、单项选择。

- (D) 1. —I'm hungry. Can you give me some food to eat?
—Here are only _____ rice left.
A. much B. a few C. two D. two bowls of
- (B) 2. They _____ the box _____ many oranges.
A. full; of B. filled; with C. filled; of D. full; with
- (C) 3. Her eyes were _____ tears when she heard the sad news.
A. covered with B. agreed with C. filled with D. full with
- (A) 4. (2017 年金华市改编) Please _____ the noodles with some beef.
A. cover B. peel C. pour D. blow
- (B) 5. Please put one spoon of salt into the water, then _____.
A. mix up it B. mix it up C. mix them up D. mix up them

二、根据句意及汉语提示写单词。

1. The temperature (温度) of the water is just right for swimming.
2. The mapo tofu is ready. Please serve (提供) it to your friends.
3. (2016 年青岛市) Mike will celebrate (庆祝) his grandpa's birthday next Sunday.
4. Please take away those plates (盘子) without any food on the table.
5. At last, she added some peppers (甜椒) to the dish.

三、完成句子。

1. 这座山被白雪所覆盖。
The mountain is covered with white snow.
2. 这家餐馆只招待富人。
The restaurant only serves the rich people.
3. 《舌尖上的中国》介绍了米线。它看起来非常美味。
A Bite of China has introduced rice noodles. It looked very delicious.
4. 昨天我病了, 妈妈给我量了体温。
Yesterday I was ill. My mother took my temperature.
5. 那个书包里装满了书。
The schoolbag is full of / filled with books.

四、补全对话。

- A: Do you like fruit salad?
B: Yes, I like it very much.
A: Me too. 1. C First, we need some ingredients (材料).
B: OK. How many apples do we need?
A: Let me see. We need two.
B: 2. E
A: Three.
B: OK. How many watermelons do we need?
A: 3. A
B: How much cinnamon (桂皮香料) do we need?
A: One teaspoon.
B: 4. B
A: One cup.
B: 5. D Let's begin to make it.
A: OK.



- A. Only one.
B. How much yogurt do we need?
C. Let's make it now.
D. Things are ready now.
E. And how many bananas do we need?



单元主题写作



单元主题剖析

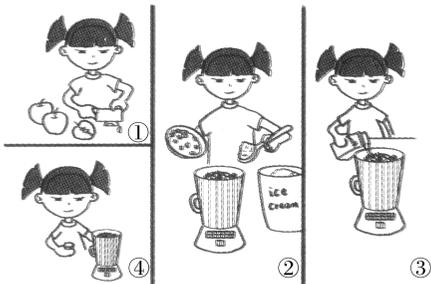
本单元的内容是描述如何按程序制作一种食品。写此类文章，首先应交代清楚你要制作的食品以及需要的材料，然后按照程序介绍所做食品的步骤和方法。特别要注意在写作中要运用到相关表示顺序的词，如 first, next, then 等，同时也要注意祈使句的相关运用。



经典范文展示

【题目】

你知道怎样制作苹果奶昔吗？根据下面的图画提示写一篇 60 词左右的短文，简单介绍一下苹果奶昔的做法。短文的开头已给出，不计入总词数。



The apple milk shake is healthy and delicious. Do you like it? Now let me teach you how to make it.

范文

点评

The apple milk shake is healthy and delicious. Do you like it? Now let me teach you how to make it.

You need three apples, some ice-cream and milk. First, peel the apples and cut them up. Next, put the apple pieces and ice-cream into a blender. Then pour the milk into the blender. Turn on the blender and have it work for about one minute. Finally, pour the milk shake into a glass. Now it's time to enjoy it!

1. 本文运用了两步 N 点法写制作奶昔的过程。语言通顺流畅，语法运用得当。

2. 本文的添彩点：① first, next, then, finally 的运用使文章条理清楚，简洁明了。② cut... up, turn on 等短语的运用，为文章增色不少。



单元写作尝试

【题目】

根据所给提示写一篇短文，描述怎样制作牛肉三明治。

Ingredients(原料): 2 pieces of bread; 1 spoon of cheese; 1 green pepper; 1 onion; some mushrooms; 2 pieces of beef; 2 spoons of relish(佐料)

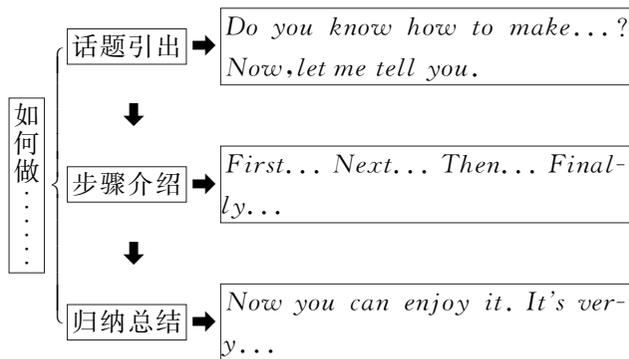


写作指导

【审题思路】

1. 这是一篇提示性命题作文，时态以一般现在时为主。
2. 文章开头应用疑问句开头，点出写作话题，为下文作铺垫。
3. 主体部分描述制作过程时最好用 first、next、then、finally 使描述条理有序，文中会用到大量祈使句，使语言简洁明快。

【写作提纲】



【小试身手】

Do you know how to make a beef sandwich?
Now, let me tell you.

First, put a spoon of cheese on a piece of bread. Next, cut up a green pepper and an onion. Add these to the bread. Then, put some mushrooms and 2 pieces of beef on the bread. Put two spoons of relish on the beef. Finally, put the other piece of bread on the top.

Now you can enjoy it. It's very delicious.