



# 参考答案

## Unit 1 Know yourself

### Period 1

- 一、1. curious 2. accountants 3. modest 4. energetic 5. rules  
 二、1. creative 2. saying 3. feel 4. to repeat 5. organized  
 三、1—5 B B A A C  
 四、1. doesn't get angry easily 2. Neither my wife nor I like 3. keeping, in good order 4. feel happier to share happiness with others 5. Here's a letter  
 五、1. happens 2. generous 3. welcome 4. pleasure 5. weak 6. trouble 7. while 8. becomes 9. smiles 10. improve  
 六、1—5 A C C D B 6—10 C B D A D

### Period 2

- 一、1. born 2. race 3. high-speed 4. standard 5. attention  
 二、1. likes 2. artist 3. carelessness 4. misses 5. smoking  
 三、1—5 A A B D C  
 四、1. won high praise from 2. gave up his work as 3. devote all our lifetime/ourselves to 4. Not only Li Hu but also his brother is 5. neither art nor music  
 五、1—5 C C B D A

### Period 3

- 一、1. praise 2. connect 3. pioneer 4. Carelessness 5. challenges  
 二、1. partner 2. connected 3. good 4. to get 5. pronouncing  
 三、1—5 C B C C B 6—10 B D B C C  
 四、1. but his work shouts 2. take the lead or fall behind 3. give up smoking 4. to work extra hours 5. happen to catch the director's attention  
 五、1. beautiful 2. painting 3. share 4. interest 5. save 6. afford 7. easy 8. itself 9. dangerous 10. reported  
 六、1—5 D A D C B

### Period 4

- 一、1. impatient 2. active 3. advice 4. gentle 5. recently  
 二、1. dishes 2. twice 3. is 4. plays 5. am lying  
 三、1—5 B D C A C  
 四、1. and my mother is a teacher 2. but I can't sing well/but not good at singing 3. so I bought some snacks 4. neither singing nor dancing 5. either from books or on the Internet  
 五、1. if 2. mistake 3. lie 4. lost 5. reported 6. because 7. herself 8. enough 9. what 10. honest



六、1—5 D C C A C 6—10 A B D A A

## Period 5

一、1. lively 2. divided 3. calendar 4. appeared 5. fixed

二、1. practical 2. personalities 3. enjoys 4. to make 5. Western

三、1—5 D D D D C

四、1. around you can change 2. is formed by nature and the environment 3. It's said that people born in the Year of the Sheep 4. It is he who made 5. interested in either animal signs or star signs

五、1. shape 2. middle 3. watched 4. impatient 5. slowly 6. running 7. around 8. think 9. it 10. Never

## Period 6

一、1. agreed 2. absent 3. position 4. competitions 5. confident

二、1. speaking 2. to protect 3. the most suitable 4. will help 5. to drive

三、1—5 A B B B C

四、1. Since, hard-working, doesn't mind doing extra, Students' Union 2. am writing to recommend him as, Computer Club 3. everything well, tries his best 4. was/is told to do what he needed/needs to do 5. speak, as possible, be afraid of making

五、1. monitor 2. helpful 3. carefully 4. successfully 5. lucky 6. knowledge 7. recommend 8. sounds 9. suitable 10. agree

六、1. In 2008. / He did it in 2008. 2. Every 90 hours. 3. A pencil. 4. He had never been to school before and that was the reality for 57 million children around the world. 5. He did that to educate every child or to help change the world.

## Unit 1 单元知识点复习卷

一、1. patient 2. modest 3. curious 4. organized 5. order 6. grammar 7. born 8. praise 9. general 10. race 11. lead 12. challenge 13. chief 14. high-speed 15. connect 16. misses 17. attention 18. standard 19. pioneers 20. extra 21. devote 22. suitable 23. partners 24. carelessness 25. calendars 26. appears/appeared 27. powerful 28. lively 29. speeches 30. monitor 31. absent 32. position/place 33. shaped 34. loyal 35. grammar

二、1. energetic 2. training 3. divided 4. working 5. carelessness 6. powerful 7. managers' 8. dishes 9. drivers 10. easily 11. interested 12. Western 13. really 14. born 15. impatient

三、1. is, divided 2. getting 3. to take 4. is 5. to take 6. being 7. is said 8. is formed 9. will agree/agree 10. speaking 11. to skate 12. tell 13. feel 14. shout 15. smoking

四、1—5 B C D A C 6—10 B B D C B 11—15 C B A A C

五、1. paid attention to what he said 2. energetic enough to be 3. It is said that 4. is interested in 5. and we can understand you/catch what you said 6. worries too much, so she can't sleep well 7. not only do housework, but also do some sewing 8. have learnt to drive 9. It says, is going to/ will be 10. It is our teacher who has taught us 11. What, says about me is true 12. experience influences your personality 13. should believe in 14. brave in some ways 15. has come up with 16. suitable for being 17. depends on 18. could neither sing nor dance 19. Either you or he is ready 20. don't think you are good at

## Unit 1 单元测试卷

一、1—5 A C B C B 6—10 A D C C D



二、1—5 B A D C C 6—10 B A D B C 11—15 D A B C D

三、1—5 C A B A B 6—10 C A C B B 11—15 C D C B D

四、1. grammar 2. modest 3. Neither 4. born 5. absent

五、1. impatient 2. energetic 3. divided 4. partner 5. caring

六、1. am 2. spelling 3. is said 4. making 5. to help

七、1. Problems 2. Results 3. past 4. from 5. Over 6. introduced 7. cars 8. died 9. cheaper  
10. together

八、1. happy 2. both 3. problems 4. half 5. kindness 6. difficult 7. really 8. What 9. true  
10. tomorrow

九、1. and you can go to college 2. divide a year into four seasons 3. not only, but also 4. keeps the  
things in the classroom in order 5. to take on new challenges any time

十、One possible version:

### A Sunshine Teenager

Hello! My name is Xiao Ming. I'm studying in No. 1 Middle School. Our school had an activity "Learn from Sunshine Teenagers". From then on, there are many sunshine teenagers around us.

Xiao Hui is one of them. He is honest and kind. He gets on well with others. He is always ready to help others and go to the old people's home to do something for the old. He reads newspapers for them, cleans their rooms and washes their clothes. Also he is warm-hearted, active and outgoing. He always shares all kinds of his parents' housework, like doing the dishes, sweeping the floor and making dinner. He is never afraid of different difficulties. He works very hard and he likes reading. And he takes an active part in all kinds of sports. After school, he plays football with his teammates. And he joins the school clubs, like music, art and chess. He learns a lot from all activities.

Xiao Hui is my good sunshine teenager. I should learn from him.

## Unit 2 Colours

### Period 1

一、1. pink 2. rainbow 3. indigo 4. wearing 5. violet

二、1. to wear 2. girl's 3. better 4. listening 5. didn't see

三、1—5 D B C A A

四、1. colours there are in the rainbow/colours the rainbow has 2. doesn't look good/nice on 3. nothing  
wrong with, need to be repaired/need repairing 4. blue is better than yellow 5. favourite colour is

五、1. wear 2. pink 3. rather 4. blue 5. nothing 6. with 7. put 8. clothes 9. looks 10. on

六、1—5 C B B A B

### Period 2

一、1. mood 2. create 3. whether 4. sadness 5. prefer 6. climbing 7. peace 8. calm  
9. required 10. Feeling

二、1. powerful 2. sleepy 3. difficulty 4. sadness 5. explains

三、1—5 B C C D D 6—10 C A D C A

四、1. change our moods 2. the colour of 3. anything interesting about colours 4. make us feel happy  
or sad, energetic or 5. fell asleep



五、1—5 D A C B A 6—10 B D C D B

### Period 3

一、1. difficulty 2. wisdom 3. relaxing 4. decisions 5. wedding

二、1. decision 2. nature 3. to make 4. strength 5. heat

三、1—5 C D D B A

四、1. bring you success and cheer you up 2. should wear, feeling stressed 3. living in cold areas prefer to use warm colours to make 4. can remind you of 5. are having difficulty making a decision

五、1. moods 2. represent 3. blue 4. peace 5. success 6. cheer 7. energy 8. growth 9. Red 10. making

六、1. No, he didn't. 2. He lost his arms in the traffic accident. 3. Because his partner was ill in hospital. 4. He harvested it by hand without a machine. 5. He spent the whole night.

### Period 4

一、1. relationship 2. everyday/daily 3. personal 4. ancient 5. celebration

二、1. seem 2. made 3. watching 4. decorating 5. says

三、1—5 B C B D D

四、1. light travels faster than sound 2. if/whether yellow looks better than red 3. if/whether I should choose the yellow one 4. if/whether it is made of cotton 5. if/whether his trousers match his coat

五、1. library 2. later 3. difficult 4. make 5. again 6. talking 7. become 8. hours 9. Someone/Somebody 10. work

六、1—5 A B C D C 6—10 A B D C D

### Period 5

一、1. practised 2. promise 3. work 4. discovered 5. or

二、1. suggestions 2. isn't 3. stressed 4. easily 5. not buying

三、1—5 A B D C B

四、1. to search for the information on the Internet 2. and you won't feel stressed 3. smart in black 4. rather wear red 5. feel stressed, wear white

五、1. language 2. break 3. thanked 4. America 5. Everything 6. taken 7. surprise 8. realized 9. What 10. easy

六、1—5 D A C B C

### Period 6

一、1. trusted 2. warmth 3. matches 4. balance 5. handbag

二、1—5 B A B B C

三、1. if you don't sleep well 2. are a good match 3. represents sadness 4. That's why 5. make people feel thirsty

四、1. everyone/everybody 2. night 3. enough 4. time 5. put 6. breakfast 7. usually 8. smile 9. world 10. remember

五、1—5 C C A B D

## Unit 2 单元知识点复习卷

一、1. sleepy 2. wisdom 3. decision 4. rainbow 5. preferred 6. created 7. heat 8. therapy

9. relaxed 10. personal 11. creating 12. or 13. discovered 14. mood 15. reminded





16. peace 17. stressed 18. match 19. promised 20. practised
- 二、1. happily 2. warmth 3. strength 4. suggestions 5. her 6. working 7. to go 8. Western  
9. girl's 10. them 11. unhappy 12. energetic 13. sadness 14. noisily 15. wisdom, using  
16. relaxed 17. qualities 18. sadness 19. difficulty 20. decision
- 三、1. to make 2. relaxes/will relax 3. will get 4. not going 5. preferred 6. to cheer 7. finishing  
8. To learn/Learning 9. travelling/traveling, staying 10. to give
- 四、1—5 BBACD 6—10 DCCCB 11—15 ABCCC 16—20 ADABA
- 五、1. rather, than 2. cheer you up 3. full of colours, influence/affect our moods 4. talk to/with,  
feeling stressed 5. remind me of 6. difficulty finding 7. wearing white on their wedding day  
8. easier for people to take action 9. prefer reading novels, going to the cinema/watching films  
10. Wearing red, having difficulty in making a decision 11. the colour of heat 12. can make him  
calm down 13. advise people what to wear 14. rather read books than watch TV 15. looks cool  
16. anything else important 17. best colour for me 18. and you will see him

## Unit 2 单元测试卷

- 一、1—5 CCABA 6—10 ABCBC 11—15 ADCAC
- 二、1—5 BBADA 6—10 CBDAC 11—15 CABBC
- 三、1—5 BBCAD 6—10 ABDCCD 11—15 CBACD
- 四、1. heat 2. preferred 3. suggested 4. or 5. affect/influence
- 五、1. peaceful 2. sleepy 3. sadness 4. powerful 5. others'
- 六、1. solving 2. preferred 3. was discovered 4. to bring 5. to take
- 七、1. computers 2. what 3. free 4. enjoy 5. day 6. hurt 7. without 8. able 9. whether  
10. affect
- 八、1. tired 2. part 3. ways 4. energy 5. Smile 6. favourite 7. Find 8. mind 9. habit  
10. doctor
- 九、1. in a bad mood 2. promised to buy 3. made me wait there 4. There is nothing wrong 5. if/  
whether yellow is/looks better than blue
- 十、One possible version:

### My Favourite Colour

We live in a world full of colours. The world would be a dull place without them. No matter when and where we are, we will find all kinds of colours. Some people like red; some people like blue, white and so on. Otherwise, some like light colours; some like dark colours.

I like bright green best because it is the colour of nature. It is also the colour of money. Green can give us energy, as it represents new life and growth. If we feel tired or weak, we can go out for a walk in the fields or in the forests. We will feel comfortable, cheerful and powerful.

## Unit 3 Teenage problems

### Period 1

- 一、1. teenage 2. Marks 3. mad 4. exam 5. Perhaps
- 二、1. noisy 2. reading 3. maddest 4. tell 5. teenagers
- 三、1—5 BCACB 6—10 BACCC
- 四、1. have any close friends, feel lonely 2. almost drives me mad 3. have enough sleep, feel tired in  
class 4. have enough time to
- 五、1. careful 2. protect 3. alone 4. help 5. how 6. before 7. through 8. Don't 9. out





10. because

六、1—5 C D A A C 6—10 A B A C D

### Period 2

一、1. suggestions/advice 2. doubt 3. awake 4. valuable 5. choice

二、1. to accept 2. to improve 3. would live 4. thinking 5. to hand

三、1—5 A C A A D

四、1. had no choice but to accept 2. is of great value to us/is valuable to us 3. of you to offer me so much 4. valuable/of great value, worth listening to 5. to be strict with

五、1. valuable 2. hardly 3. reading 4. suggestion(s) 5. stricter

六、1—5 B B C D C

### Period 3

一、1. friendship 2. strict 3. list 4. worth 5. imagine

二、1. valuable 2. suggestion(s) 3. to have 4. less 5. awake

三、1—5 C C B B B 6—10 B B D B D

四、1. suggestions on how to achieve a balance between 2. strict with 3. help us relax, make our lives more interesting 4. don't allow me to 5. got into trouble

五、1—5 D A C A D

### Period 4

一、1. whom 2. Silence 3. solve 4. dictionary 5. reply

二、1. to hear 2. to be 3. will arrive 4. met 5. go

三、1—5 B C D A C

四、1. how to deal with the problem 2. to share my worries 3. do something fun 4. spent all the time (in)

五、1. enough 2. are 3. especially 4. what 5. Besides 6. least 7. with 8. attention 9. stop 10. playing

六、1. widely 2. study 3. plans 4. In 5. discuss 6. offers 7. less 8. library 9. information 10. progress

### Period 5

一、1. correctly 2. laugh 3. mention 4. worried 5. aloud

二、1. boys 2. feeling 3. pronunciation 4. happier 5. playing

三、1—5 C D C A C

四、1. still proud of 2. worries with him, feel sad 3. feel sad 4. made, progress 5. go over what you have learnt as often

五、1. advice 2. anything 3. angry 4. making 5. always 6. decision(s) 7. deal 8. too 9. that 10. sleep

六、1—5 A C C B D

### Period 6

一、1. hardly 2. stress 3. taking 4. noisy 5. wishes

二、1. meeting 2. know 3. be heard 4. unhappy 5. to stay

三、1—5 D B B C D



- 四、1. I want to do 2. for telling me the answer to 3. In fact, of my age 4. care too much about  
5. when his parents will come/be back  
五、1. put 2. squares 3. hit 4. model 5. invented 6. understand 7. turned 8. cultural 9. lost  
10. solve  
六、1—5 C B C B D 6—10 B D C A A 11—15 A C A D B

### Unit 3 单元知识点复习卷

- 一、1. choice 2. suggestions/advice 3. doubt 4. replied 5. hardly 6. mentioned 7. method  
8. dictionary 9. cause 10. worry 11. solve 12. whom 13. progress 14. valuable 15. imagine  
二、1. truth 2. carefully 3. worse 4. him 5. replying 6. reading 7. suggestions 8. Learning/To  
learn 9. helpful 10. pleased  
三、1. to smoke 2. visiting 3. enter 4. bought 5. closed 6. to begin 7. to get 8. to wash  
9. reading 10. to help 11. smoking 12. start 13. wait 14. to have 15. to talk  
四、1—5 A B B D C 6—10 D A B A B 11—15 D C B A A 16—20 C A A D A 21—25 A B C  
C B 26—30 D C C A C 31—35 A A B B D  
五、1. makes a lot of noise, disturbs me 2. writes to 3. the cause of 4. Why not/Why don't you  
5. do the same things 6. share my problems with 7. offer me some useful advice/suggestions  
8. don't have enough sleep 9. have no time for their children 10. between my schoolwork and  
hobbies 11. isn't happy(satisfied)/is unhappy(unsatisfied) with 12. choice but to do

### Unit 3 单元测试卷

- 一、1—5 A C D C D 6—10 B B A B C 11—15 C B A B A  
二、1—5 B A C A C 6—10 D B C D B 11—15 C D A B C  
三、1—5 D D C A B 6—10 A C D A B 11—15 C D B C C  
四、1. awake 2. choice 3. replied 4. correctly 5. pronunciation  
五、1. communication 2. choice 3. suggestions 4. young 5. teenagers  
六、1. will come 2. play 3. will get 4. not talk 5. has been  
七、1. Friends 2. 28 3. comfortable 4. talks 5. nurse 6. babies 7. cheerful 8. smile 9. Music  
10. students  
八、1. class 2. with 3. making 4. prevent 5. fact 6. Don't 7. ones 8. decide 9. lead  
10. close/closer  
九、1. doubt whether/if, is worth reading 2. no choice, to accept 3. are strict with us and in their  
4. old enough to deal with 5. of great value to/very valuable to  
十、One possible version:

#### How to Solve Our Stress

We all have some problems and stress in our lives. How should we solve them?

Firstly, we should take more part in exercise. Sports can help us to have a healthier body and study better. Secondly, we need to talk with our teachers, parents and friends, and try to tell them our trouble. They may give us some useful advice. Thirdly, we can also listen to music and read books. It's a good way to relax ourselves. Fourthly, we should try our best to study hard and learn to face our grades bravely. Fifthly, if we have too much stress, we'd better see a doctor.

### Unit 4 Growing up

#### Period 1

- 一、1. times 2. whenever 3. through 4. deal 5. mind



二、1. met 2. growing 3. not to do 4. writing 5. yourself

三、1—5 A D A A B

四、1. on your mind 2. What was up/What happened 3. wake me up until, rang 4. learn about the world through the Internet 5. have stayed in bed

五、1. attention 2. named 3. help 4. cold 5. back 6. deeply 7. home 8. no 9. one 10. happiness

六、1—5 A C B A D 6—10 C B D B D

### Period 2

一、1. achievement 2. leader 3. change 4. score 5. simply

二、1. taller 2. going 3. height 4. to play 5. solving

三、1—5 A B B D B

四、1. refused to play 2. succeed in 3. led his team to 4. graduating /I graduated

五、1. won 2. difficult/dangerous 3. carefully 4. played 5. early 6. few 7. learn 8. fast 9. safe 10. body

六、1—5 C B C B A

### Period 3

一、1. stand 2. National 3. forced 4. remains 5. proved

二、1. shortest 2. achievements 3. given 4. was refused 5. really

三、1—5 A B A A C

四、1. but I didn't lose heart 2. scored 50 points 3. No company invited him to work 4. proudest moment came

五、1. interest 2. with 3. took 4. tired 5. little 6. happened 7. worry 8. later 9. us 10. If

六、1. Rights 2. how 3. freely 4. decision 5. rules 6. other 7. enjoy 8. fair 9. together 10. properly

### Period 4

一、1. career 2. against 3. league 4. jogging 5. especially

二、1. doing 2. gets 3. was 4. came 5. have

三、1—5 A B B A D

四、1. We will watch a film as soon as the history exam is over this afternoon. 2. until TV was over 3. whenever you want to 4. have lived here 5. While I was having a meeting

五、1. talking 2. agreed 3. stronger 4. except 5. before 6. corner 7. move 8. enough 9. still 10. why

六、1—5 A B C D D 6—10 C B A A B

### Period 5

一、1. record 2. spirit 3. Germans 4. courage 5. admire

二、1. thought 2. lives 3. published 4. illness 5. was written

三、1—5 A A A B C

四、1. be, victory 2. was translated into 3. It's a pity that 4. wrote down his thoughts, his feelings, his hopes and his dreams for the future 5. are all worried about his life

五、1—5 A C A C B



## Period 6

- 一、1. cell 2. surprise 3. death 4. cancer 5. research  
 二、1. dead 2. unusual 3. has worked 4. left 5. helpful  
 三、1—5 A A C A D  
 四、1. in their fifties 2. is ready to help 3. is kinder to others than to my own family 4. To my surprise  
 5. heart full of love  
 五、1. with 2. cages 3. repair 4. unhappy 5. spend 6. telephone 7. pay 8. believes 9. record/  
 report 10. newspaper  
 六、1. He slept on the tables. 2. To get him a job. 3. About 19 hours. 4. Through a half-broken  
 window in the bathroom. 5. Because his head was hurt.

## Unit 4 单元知识点复习卷

- 一、1. Whenever 2. scored 3. simply 4. university 5. victory 6. force 7. against 8. Although  
 9. name 10. national 11. matter 12. records 13. thought 14. graduate 15. survive  
 二、1. older 2. finally 3. height 4. leader 5. simply 6. national 7. players 8. achievements  
 9. proudest 10. true 11. unusual 12. ourselves 13. quickly 14. died 15. dangerous  
 三、1. named 2. Don't lose 3. change 4. succeeded 5. reading 6. was forced 7. hiding  
 8. published 9. gets 10. stops 11. has worked, came 12. have watched 13. wears 14. gave  
 up 15. happens  
 四、1—5 B B A B B 6—10 C D D A A 11—15 B A A A D 16—20 A B A B C  
 21—25 C A A C A  
 五、1. was refused to join 2. they didn't lose heart 3. from then on 4. to give up the chance  
 5. remain in school as a teacher 6. Although it rained 7. am not interested in 8. It proved that  
 9. in the stands 10. While he was watching TV 11. You need to have a good rest 12. when I got  
 home 13. until all the students leave the classroom 14. No one will invite him to play basketball  
 because 15. before you came here 16. until/till the meeting was over 17. since I was born  
 18. What's on your mind 19. Don't wake me up until/till 20. learn about the world through  
 the Internet

## Unit 4 单元测试卷

- 一、1—5 D D A C A 6—10 A B C A B 11—15 B D C C A  
 二、1—5 C B A B A 6—10 C B A B C 11—15 A C C B A  
 三、1—5 B B C A C 6—10 C D C A B 11—15 B D C C B  
 四、A. 1. scored 2. simply 3. against 4. spirit 5. courage  
 B. 1. Germans 2. interested 3. taller 4. herself 5. quickly  
 C. 1. to catch 2. to work 3. lived 4. waiting 5. to help  
 五、1. First 2. teacher 3. afford 4. satisfy 5. popular 6. necessary 7. own 8. finished  
 9. took 10. hero  
 六、1. born 2. interested 3. felt 4. age 5. toys 6. warn 7. enter 8. well 9. proud  
 10. fifth  
 七、1. heart full of love until 2. haven't lost heart 3. succeed in solving it/working it out 4. Whenever  
 I borrow money from him 5. in fear of his life



## 八、One possible version:

Today, many people, especially young people, are phone freaks. They are addicted to playing mobile phones. They often use phones to chat with others, watch movies, play games, listen to music or take photos and so on. In fact, they will be anxious without phones.

However, it does harm to their study, because they spend too much time playing with phones. They can't have a good rest. They don't have time to do their homework. They can't get good grades.

In my opinion, we must use it in a right way. If we take it to school, we mustn't use it during the class. And remember that study is our first work.

## 期中测试卷

一、1—5 BBCCB 6—10 AABBC 11—15 DBCCC

二、1—5 CABDB 6—10 ADABB 11—15 DADDB

三、1—5 BCBAB 6—10 CBBCD 11—15 AADCC

四、A. 1. absent 2. solve 3. decision 4. valuable 5. remains

B. 1. sadness 2. height 3. madder 4. proudest 5. suggestions

C. 1. taking 2. working 3. has been seen 4. to choose 5. chatting

五、1. histories 2. Reason 3. introduction 4. ancient 5. best 6. Tourists 7. succeeded  
8. amazed 9. thousand 10. learn六、1. best 2. are 3. truth 4. done 5. friendly 6. ever 7. should 8. yourself/yourselves  
9. carefully 10. for七、1. not only a teacher but also a writer 2. for fun, believe in them 3. as soon as he comes back  
4. should deal with these questions 5. what life will be like without hobbies

## 八、One possible version:

## The Person Who Has Influenced Me Most

The person who has influenced me most is Spud Webb.

Spud Webb was born in the USA, in 1963. He is short, but he is very smart. He has many different interests. He is fond of music. He loves sports very much, especially basketball. He was a member of the school basketball team and that experience made him decide to be a basketball player. His dream was to join the NBA in the future. So he practised hard every day to make his dream come true. Finally, he joined the NBA, and successfully became a player of the NBA.

Why is Spud Webb successful? Because he has a dream in his life. He always practises hard, and he tries his best to play basketball well. At the same time, his parents give a great support to him.

Spud Webb is special to me because he has influenced me greatly. I have the same hobby like him. I also love playing basketball. Basketball has become one important part in my life. Many people say I'm not tall enough to be a basketball player, but Spud Webb sets a good example for me. His success makes me confident of myself. I'm thirsty for becoming a great basketball player. I think I have to practise hard to make my dream come true.

Spud Webb's success shows us that anyone can achieve their dream through hard working. I'm sure I will be successful like Spud Webb one day.

## Unit 5 Art world

## Period 1

一、1. drama 2. pleasant 3. talent 4. photography 5. pop



二、1. to understand 2. best 3. musical 4. amazing 5. correctly

三、1—5 A A A D C

四、1. I like art 2. something more pleasant 3. What art form 4. What kind of, best 5. like pop music

五、1—5 C B A B D

## Period 2

一、1. bell 2. central 3. traditional 4. medals 5. objects

二、1. successfully 2. traditional 3. musicians 4. winner 5. known

三、1—5 D A C B D

四、1. get/are interested in 2. for, colourful 3. was/is written by Li Ming 4. is famous for 5. listening to the sounds of the rushing water

五、1. first 2. started 3. which 4. miss 5. walked 6. wasn't 7. again 8. somebody/someone 9. bank/bookstore/bar 10. quickly

六、1—5 C D B C B

## Period 3

一、1. common 2. presented 3. instrument 4. controlled 5. Though

二、1. was written 2. blowing 3. later 4. amazing 5. especially

三、1—5 B B D A A

四、1. grew up 2. is/was written by a world-famous composer 3. is best known for 4. must be very special 5. has successfully brought

五、1. guide 2. worry 3. Death 4. through 5. shy 6. troubling 7. comfortable 8. successful 9. explaining 10. common

## Period 4

一、1. breath 2. lasted 3. bridge 4. highly 5. hurried

二、1. highly 2. haven't had 3. got 4. to play 5. reading

三、1—5 A A D C C

四、1. as/since he is good at drawing 2. because he was ill 3. is open to, for free 4. as/since it was still early 5. lasted for one and a half hours

五、1. important 2. spent 3. back 4. gone 5. why 6. time 7. useful 8. lives 9. leave 10. lose

六、1—5 D B C A C

## Period 5

一、1. Concerts 2. cowboys 3. guitar 4. value 5. tonight

二、1. Americans 2. exciting 3. noisy 4. to go 5. chosen

三、1—5 B B C C A

四、1. country music; be late for 2. are making up 3. to see the film/to go to the cinema tonight 4. to talk to 5. because I have learned about different kinds of music

五、1. interested 2. called 3. hospitals 4. zoo 5. ways 6. ill 7. medicine 8. heart 9. operate 10. owners

六、1—5 B D A B A 6—10 C A D C C



## Period 6

一、1. literature 2. praised 3. encourage 4. gift 5. marks

二、1. have forgotten 2. has been 3. isn't allowed 4. myself 5. to try

三、1—5 A B A C A

四、1. praised me for my writing 2. gift for PE 3. as usual 4. His mom often encourages him to work/study hard. 5. What do you think of/How do you like

五、1. because 2. youngest 3. many 4. wore 5. children's 6. him 7. Now 8. developing 9. with 10. interests

六、1. His toes. 2. 10 years old. 3. Yes, he was. 4. His parents. 5. They were deeply moved and very excited.

## Unit 5 单元知识点复习卷

一、1. present 2. musical 3. talent 4. instruments 5. central 6. stones 7. Musicians 8. traditional 9. successfully 10. bell 11. Though 12. lasted 13. guitar 14. tonight 15. encouraged

二、1. pleasant 2. dividing 3. highly 4. especially 5. the most valuable 6. lasting 7. musician 8. favourite 9. breath 10. African 11. well 12. successfully 13. singers 14. later 15. amazing 16. Western

三、1. known 2. excited, exciting 3. winners 4. was written 5. rushing 6. to know 7. to watch 8. control(ing) 9. (to) build 10. to lend 11. not working 12. playing 13. lasting 14. interested 15. was mopping

四、1—5 CDACA 6—10 CBDCC 11—15 CAACC 16—20 CDCBB 21—25 CBBCD

五、1. something more pleasant 2. prefer pop 3. was presented to 4. Born, grew up 5. since/as he is good at music 6. decided to praise him for 7. in all directions 8. enjoy myself, every time I get a point 9. how important this art form is to 10. has a gift for 11. encourages me to read more books 12. out of breath 13. is famous for 14. listening to country music 15. few close friends to talk to 16. is interested in 17. to have an English party 18. too much traffic 19. because the film was really wonderful 20. Though he spoke Chinese 21. as/since she is good at drawing 22. The winner of the match 23. entered the Central Conservatory of Music 24. musical talent 25. world-famous composer

## Unit 5 单元测试卷

一、1—5 ACABB 6—10 CBBBC 11—15 DCADD

二、1—5 CBDDB 6—10 DCCCB 11—15 DACBC

三、1—5 ACDDC 6—10 BCABA 11—15 CDBBC

四、A. 1. Though/Although 2. last 3. concert 4. value 5. gift

B. 1. highly 2. musician 3. successfully 4. Western 5. amazed

C. 1. Rushing 2. to walk 3. to have 4. writing 5. winning

五、1. Reason(s) 2. provided 3. Before 4. remember 5. Prepare/Read 6. Listen 7. include 8. quickly 9. answer 10. teacher's

六、1. at 2. so 3. give 4. them 5. sell 6. easily 7. for 8. parents 9. allow 10. cool

七、1. presented to 2. comes from nature 3. Since/As he can speak English 4. every time I get a point 5. is famous for





八、One possible version:

I love reading. I spend over four hours a week reading. On weekdays I usually read before going to bed. I read most at the weekend. I'm interested in history books, and I like fiction too. I like the four great classical Chinese novels best.

I get most of my books from the school library. My friends give me lots of advice about books. We often meet together and discuss what to read.

Reading is a time of joy and peace. A good book is a good friend. It helps me relax after a busy day. It also opens up a whole new world to me.

## Unit 6 TV programmes

### Period 1

一、1. comedies 2. Drama series 3. documentary 4. real-life 5. dialogue

二、1. bored 2. dinner 3. talking 4. wonderful 5. to do

三、1—5 D A A A B

四、1. a little sleep 2. What type of TV programmes 3. learn a lot about 4. take part in, win a great prize 5. have nothing to do 6. though there is not much dialogue in it 7. are as interesting as game shows

五、1. kinds 2. popular 3. also 4. around 5. works 6. hear 7. smart 8. instruments  
9. encourage 10. or

六、1—5 C A B B A 6—10 C C A D D

### Period 2

一、1. Asian 2. fan 3. covered 4. up-to-date/latest 5. murder

二、1. player 2. are playing 3. coming 4. natural 5. will be announced

三、1—5 D C B B C

四、1. a number of interviews with 2. a football fan, won't want to miss 3. covers different sports, such as 4. win two free concert tickets 5. 300,000/Three hundred thousand fans, voted online for

五、1. house 2. dark 3. light 4. listen 5. voices 6. shouted 7. nobody 8. empty 9. on  
10. forgot

六、1—4 A B C D

### Period 3

一、1. directed 2. animal-lover 3. unless 4. scared 5. scene

二、1. watching 2. director 3. end 4. easily 5. scared 6. to climb

三、1—5 B C C C B 6—7 D C

四、1. was found dead 2. not find out the answer until 3. excellent and full of 4. one-hour documentary takes a close look at 5. realize how much danger 6. won an award for

五、1. course 2. programmes 3. watching 4. eyesight 5. because 6. full 7. good 8. worry  
9. themselves 10. attention

六、1. By reading the headline and (the) photo. 2. At the (very) beginning/In the first paragraph.  
3. Three kinds. 4. Tips for reading an English newspaper. 5. I only read the information which is useful to me. /I just read the advertisements I am interested in. /I don't do everything advertisements tell me to do.



## Period 4

一、1. attacked 2. polar bear 3. male 4. studio 5. minibus

二、1. danger 2. wolves 3. rains 4. won't work 5. cutting

三、1—5 D D C A C

四、1. you will like this film 2. unless you speak Chinese 3. if you take part in the match 4. unless you tell me the answer to the question 5. to take the underground

五、1. with 2. between 3. weekly 4. coming 5. announced 6. killed 7. actors 8. tigers  
9. scenes 10. places

六、1—5 B C A D C 6—10 A B D A B 11—15 C A B C D

## Period 5

一、1. silly 2. viewed 3. waste 4. hundred 5. writing

二、1. spent 2. viewing 3. boring 4. really 5. interesting

三、1—5 D B A D A

四、1. have interviewed three teachers 2. are interested in teaching students 3. spends about two hours watching 4. is just a waste of time 5. get into the habit/form the habit

五、1. store 2. help 3. anything 4. want 5. in 6. tells 7. buy 8. either 9. read 10. surprise

六、1—5 C D D D C

## Period 6

一、1. twins 2. burglars 3. gun 4. received 5. appearance

二、1. quickly 2. to catch 3. to stay 4. called 5. to stop

三、1—5 D D C D D

四、1. tried to stop them running away 2. in uniforms talking 3. to talk about TV programmes 4. two men running out of the building 5. tried to

五、1. share 2. outgoing 3. dancers 4. Chinese 5. losing 6. outdoors 7. Laugh 8. details  
9. humorous 10. influence/affect

## Unit 6 单元知识点复习卷

一、1. live 2. horror 3. comedies 4. real-life 5. fans 6. coming 7. up-to-date/latest 8. Asian  
9. voted 10. announced 11. murderer 12. directed 13. wealthy 14. mysteries  
15. scared/afraid 16. recorded 17. gun 18. burglar 19. animal-lover

二、1. actors 2. Asians 3. coming 4. luckily 5. natural 6. latest 7. Reading 8. farther/further  
9. more polite 10. amazing 11. bored 12. death 13. pleasant 14. comedians 15. beautiful  
16. weekly 17. Hundreds 18. easily 19. close, close 20. especially

三、1. done 2. to carry 3. to control 4. watching 5. skating 6. not to speak 7. doesn't snow, will come 8. aren't 9. riding 10. likes 11. feeling 12. was murdered 13. will be covered  
14. letting 15. murderers

四、1—5 B A D C A 6—10 A C C B C 11—15 C A A C A 16—20 C C C A D 21—25 A B A  
D C 26—30 B D A C B

五、1. if you are as busy as me 2. full of/filled with 3. a lot more, Indian 4. 2-hour, close look  
5. talking about their lives 6. In fact, disappearing 7. won an award for 8. covers different sports events 9. if you can answer all the questions correctly 10. Send me text messages



## Unit 6 单元测试卷

- 一、1—5 BBDBA 6—10 ABCAB 11—15 BAADB  
 二、1—5 CADBA 6—10 DBCBA 11—15 CDCAB  
 三、1—5 CBBDB 6—10 ABACD 11—15 BADCD  
 四、A. 1. directors 2. messages 3. unless 4. silly 5. directed  
 B. 1. latest 2. murderer 3. director 4. mostly 5. surprising  
 C. 1. listening 2. helping 3. to make 4. to take 5. boring  
 五、1. was 2. born 3. 40-minute 4. won 5. *Firelight* 6. ideas 7. 1964 8. failed 9. directed/  
 made/produced 10. first  
 六、1. take 2. raining 3. later 4. hanging 5. sorry 6. unpleasant/unhappy 7. off 8. another  
 9. happened 10. umbrellas  
 七、1. Millions of, voted for 2. learn a lot about nature, history and real-life events 3. spends about half  
 an hour watching TV 4. the result of 5. two-hour, takes a close look at  
 八、One possible version:

Dear penfriend,

I'm a middle school student. I like chat shows very much, especially *Happy Camp*. This TV programme is recorded first and sent out later. Every week a number of stars are invited to the programme. I spend 2 hours watching TV every day. But my parents think watching TV is just a waste of time. I think watching too much TV is not good for our health and study. But sometimes we do need to relax and some TV programmes can teach us lots of things.

Do you agree with me? Please write to me soon.

Yours,  
 Li Ming

## Unit 7 Films

### Period 1

- 一、1. superstars 2. romantic 3. storytellers 4. industry 5. script  
 二、1. suitable 2. exciting 3. be 4. westerns 5. going  
 三、1—5 ADDBB  
 四、1. in your dreams, a TV superstar 2. who I am 3. acting, be a director 4. so clever that he can  
 5. This morning I was so tired that I fell asleep in the Chinese class.  
 五、1. with 2. who 3. lonely 4. walk 5. trouble 6. health 7. success 8. something 9. happy  
 10. happiness  
 六、1—5 ABBD 6—10 DCABD

### Period 2

- 一、1. effort 2. lifetime 3. insist 4. based 5. role  
 二、1. actresses 2. beauty 3. successful 4. beginning 5. fourth  
 三、1—5 BBCCD  
 四、1. Not only, but also, likes 2. had put most of her effort into 3. wrote a novel called 4. made into  
 a script 5. played; role/part  
 五、1. catching 2. worry 3. unlucky 4. never 5. spent 6. empty 7. waste 8. realize 9. really  
 10. doing





六、1—5 DCBAA

Period 3

一、1. angle 2. beyond 3. last 4. peacefully 5. attention

二、1. peacefully 2. writer's 3. differently 4. achievements 5. appearance

三、1. giving 2. to get 3. called 4. working 5. showing

四、1—5 DCCDA

五、1. at a very young age 2. reminded me to 3. happen to catch the director's attention 4. devote their lives to 5. the last few years of, working closely with

六、1. Yes. 2. There are not enough low-priced items. 3. Three to four hours. 4. In Philadelphia. 5. Because they can get things on sale. /Because they can get things with big discounts.

Period 4

一、1. rush hour 2. Parking 3. row 4. loudly 5. mistook

二、1. to park 2. likes 3. could catch 4. going 5. quiet

三、1—5 ABCBB

四、1. Though/Although it rained 2. so hot today 3. such a big classroom that it can 4. so that I could search for information on the Internet 5. to avoid the rush hour

五、1. born 2. artist 3. success 4. entered 5. acted 6. with 7. success 8. popular 9. away 10. loss

六、1—5 CDBDA 6—10 BCABD

Period 5

一、1. tales 2. dinosaurs 3. canceled 4. stupid/silly 5. Neither

二、1. to be 2. showing 3. exciting 4. perfectly 5. Germans

三、1—5 CCCBD

四、1. suitable for children 2. fell in love 3. has been canceled 4. What do you think about/of 5. Neither do I

五、1. ways 2. realize 3. everyday 4. warm 5. Without 6. never 7. imagined 8. need 9. valuable 10. how

三、1—4 B A A B

Period 6

一、1. stuntman 2. consider 3. graduated 4. including 5. efforts

二、1. considered 2. successfully 3. nearly 4. exciting 5. has acted

三、1—5 BCABC

四、1. is famous for 2. travelled/traveled to many places in China, including 3. is considered as 4. not only to England, but also to Japan 5. is well-known

五、1. during 2. bridge 3. Europe 4. because 5. went 6. more 7. knowledge 8. shared 9. developed 10. interest

六、1. habit 2. hour 3. read 4. carry 5. comfortable 6. computers 7. library 8. week 9. costs 10. offer/give

## Unit 7 单元知识点复习卷

一、1. effort 2. charm 3. marked 4. humanitarian 5. dancer 6. insisted 7. based 8. princess



9. last 10. lifetime 11. beyond 12. park 13. row 14. mistakes 15. appearance
- 二、1. death 2. attractive 3. achievement 4. endings 5. acting 6. alive 7. beauty 8. loss  
9. peacefully 10. appearance 11. lucky 12. realistic 13. actresses 14. amazed 15. easily
- 三、1. moved 2. to help 3. attracts 4. becoming 5. knows 6. have seen 7. stay 8. keep,  
watching 9. to save 10. beginning 11. not go 12. telling 13. training 14. to pay, listening  
15. study, playing
- 四、1—5 CDBCA 6—10 ABACA 11—15 ACDDD 16—20 CABBB 21—25 CBCDB  
26—30 CBACB
- 五、1. who the person on the left is 2. is the most suitable for entering 3. I'd rather be a director  
4. she had cancer 5. not only sings, but also dances beautifully 6. played the lead role 7. his  
answer was right 8. reminded to look after/take care of ourselves by parents 9. passed away, the age  
of 10. works closely with 11. are supposed, to improve 12. so that I can read before going to bed  
13. was awarded 14. even better 15. is famous for 16. so clever that he comes first/wins the first  
place

## Unit 7 单元测试卷

- 一、1—5 CCDBC 6—10 BCDBB 11—15 ADBCB
- 二、1—5 BCADB 6—10 DCDBA 11—15 CACDB
- 三、1—5 BACDD 6—10 BCDAB 11—15 CBADB
- 四、A. 1. insisted 2. considered 3. Romantic 4. dancer 5. storyteller  
B. 1. achievement 2. final 3. attractive 4. closely 5. directors'  
C. 1. likes 2. reading 3. try 4. helping 5. had written
- 五、1. Happiness 2. team 3. results/findings 4. less 5. most 6. seventies 7. stressed  
8. increases 9. better 10. takes
- 六、1. father 2. instead 3. living 4. vote 5. right 6. arrested 7. After 8. dead 9. became  
10. passed
- 七、1. so generous that 2. was chosen to be 3. made his final appearance 4. marked the beginning of  
her wonderful life 5. Though you're old enough, you can't do this work.
- 八、One possible version:

Zhang Jie is a Chinese film star. He is not only young but also handsome. He has a lot of fans and all of them like him very much. In 1998, Zhang Jie played the role of a detective in a horror film. In the film, this detective checked the scene, asked the neighbours some questions and found the clues. At last he caught the murderer. Because Zhang Jie played an important role and played very wonderfully, he won an Oscar for Best Actor. This film will be shown on Golden TV from 7:00 p. m. to 9:00 p. m. next Sunday.

## Unit 8 Detective stories

### Period 1

- 一、1. untidy 2. medium 3. murderer 4. lies 5. suspect
- 二、1. dressed 2. missing 3. more serious 4. height 5. truth
- 三、1—5 DBBBA
- 四、1. made notes on 2. dressed like that 3. looking for 4. important work 6. What happened to
- 五、1. used 2. what 3. anything 4. difficult 5. tried 6. watching 7. improve 8. friends  
9. too 10. forget



六、1—5 C B D B A 6—10 D C A B C

### Period 2

一、1. death 2. bleeding 3. somewhere 4. wounded 5. murdered

二、1. have been 2. happened 3. leaving 4. hadn't met 5. was found

三、1—5 C B C A A

四、1. 22-year-old man, in front of a clothes shop 2. seen leaving 3. was going to visit 4. bled to death  
5. as a result

五、1—5 A B C A C

### Period 3

一、1. only 2. reported 3. enemies 4. breathing 5. charged

二、1. unusual 2. attackers 3. engineer 4. death 5. heavily

三、1—5 C C A C C 6—10 C B B B A

四、1. charged him with 2. leads to 3. The death of 4. was broken into 5. are not sure whether

五、1. murdered 2. found 3. victim 4. left 5. going 6. took 7. with 8. clues 9. blood  
10. guilty

六、1. They dug out the flowers and made a mess. 2. No, he didn't. 3. Because he saw the man had  
everything in order/everything was in order. 4. He kept his chickens to himself. 5. He was/is  
clever/smart/wise/cute.

### Period 4

一、1. criminal 2. committed 3. boss 4. hurry 5. fingerprint

二、1. looks 2. catches 3. to do 4. playing 5. are doing

三、1—5 B C C B A

四、1. a man who had blood on his shirt 2. to catch the murderer(s) as soon as possible 3. woman  
writer who is called Kate 4. the drawing of the man 5. to catch the train

五、1. stand 2. politely 3. cards 4. answer 5. travel(l)ing

六、1—5 C B A C B 6—10 D C D D D 11—15 A B C A B

### Period 5

一、1. safety 2. kidnapped 3. wealth 4. shut 5. prison

二、1. running 2. not talk 3. to remember 4. wealthier 5. playing

三、1—5 B B C D C

四、1. shouldn't take too much money 2. to guard against any possible danger 3. had better, keep fit/  
healthy 4. glanced at each other with an 5. What's the meaning of

五、1. drawing 2. studied 3. calling 4. donated 5. writes 6. hear 7. books 8. reached 9. flag  
10. like

六、1—5 A C B D C

### Period 6

一、1. necklace 2. theft 3. jewellery 4. stole 5. valuable

二、1. to go 2. to see 3. had visited 4. lying 5. was told

三、1—5 B A B C D



- 四、1. be able to find 2. planned to, the next/following day 3. was charged with 4. got on well with  
5. spoke to, for a living  
五、1. letter 2. wrote 3. excited 4. feed 5. off 6. dropped 7. ground 8. safely 9. open  
10. laughed  
六、1. keep 2. sleeping 3. earphone 4. long 5. until/before 6. answers 7. less 8. cancer  
9. weak 10. speed

## Unit 8 单元知识点复习卷

- 一、1. heavily 2. record 3. murderer 4. prison 5. fingerprints 6. well-paid 7. bled 8. suppose  
9. probably 10. witnesses 11. somewhere 12. enemies 13. untidier 14. engineer  
15. appearance 16. reported 17. height 18. system 19. stole 20. hurry  
二、1. death 2. theft 3. murder 4. height 5. sadness 6. loss 7. wonders 8. attacker  
9. arrested 10. highly 11. living 12. owner 13. heavily 14. safety 15. surprising  
三、1. travels 2. eating 3. left, saying 4. calling, go, have 5. would put 6. to do 7. would try  
8. haven't got 9. was having 10. was  
四、1—5 BDDBA 6—10 BCDCB 11—15 CDBAC 16—20 BABDA 21—25 CBDCE  
26—30 D A A B A  
五、1. What do you think of 2. running out of 3. report him to 4. was in a hurry to 5. has nothing to  
do with 6. were surprised 7. where he was 8. possible, is not guilty 9. at home alone  
10. guard against any danger 11. prove that you're not 12. knew what he did for 13. was arrested  
for/was under arrest for 14. gets along/on well with

## Unit 8 单元测试卷

- 一、1—5 DADDC 6—10 DAABC 11—15 AABCB  
二、1—5 AADBC 6—10 BDCBA 11—15 CADDC  
三、1—5 BDCBA 6—10 CDBDA 11—15 DBCCD  
四、A. 1. prison 2. enemies 3. lie 4. safety 5. single  
B. 1. height 2. breathe 3. theft 4. missing 5. murderer  
C. 1. are 2. to do 3. breaking 4. running 5. has  
五、1. They search the Internet. 2. It's convenient. 3. Lectures on great authors. 4. They will  
become lazy. 5. The key's to have good self-control.  
六、1. others 2. favo(u)rite 3. own 4. when 5. every 6. invented 7. made 8. reason  
9. stories 10. encourage  
七、1. gets on/along well with, except 2. to report, to 3. who/that has written two books 4. was  
attacked, bled to death 5. was seen flying  
八、One possible version:

My mother got along well with all our new neighbours except the man who lived next door. My mother said he didn't look like a nice man.

One day, when my mother came home from work, she realized that she had lost her new necklace which she had bought the day before. She was very sad. She wondered where she had been just then. She thought that perhaps the man who lived next door had stolen her necklace. We planned to call the police at once. Just then, someone was knocking at the door. It was the young man, our new neighbour. I was shocked that my mother's necklace was in his hand. He told us that he found it in the doorway yesterday. And he thought it must be my mother's, so he came to return it.

Yes, that's true. It's the necklace my mother lost. My mother was very thankful. She told our new



neighbour that we could be good friends later.

## 期末测试卷

一、1—5 C B C B B 6—10 B C A A C 11—15 A C D C A

二、1—5 C B A D C 6—10 D C B A A 11—15 B D A B D

三、1—5 D C B C C 6—10 A C B D A 11—15 A C C B D

四、A. 1. attention 2. replied 3. against 4. actresses 5. couple

B. 1. surprising 2. safety 3. untidy 4. truly 5. courage

C. 1. getting 2. divided 3. helps 4. done 5. was explaining

五、1. everywhere 2. threw/dropped/put 3. fined 4. allowed 5. drunk 6. badly/seriously

7. money 8. music 9. record/film/catch 10. free

六、1. worried 2. ways 3. call 4. Firstly 5. enough 6. diet 7. matter 8. active 9. share  
10. sadness

七、1. strict with 2. Although I went there early 2. such a big classroom that 4. If you are lucky  
enough 5. find it difficult to get along with your parents

八、One possible version:

Safety has become the focus to us all. How to be safe at school is especially important to us students. First, we should take care not to get ourselves injured while we are having sports. Second, there are too many students at school, and our hallways are too narrow. So don't crowd with each other especially when we go upstairs or downstairs. Or there may be an accident. Besides, we should be friendly and get on well with others, don't quarrel or even fight. Last but not least, we should be careful to eat healthy food and keep away from junk food, which is harmful to our health.

In a word, it's important to remember these for us all.