



义务教育教科书

# 英语

ENGLISH

五年级

上册



人民教育出版社



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(PEP)

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人民教育出版社 课程教材研究所 编著

人民教育出版社

·北京·

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## 致同学

随着新学期的开始，你们将进入小学高年级。在这本书里，你们将认识两位新朋友：澳大利亚学生Oliver和智能机器人Robin，他们会和吴斌斌、陈杰、Mike、Sarah等同学一起学习，一起成长。你们将了解不同的语言和文化现象，学习独立思考和多角度地看待事物。

在每单元的必学板块Part A和Part B里，你们将学习有关个人爱好、生活习惯、健康饮食、自然景观等内容。在选学板块Part C里还有你们喜欢的项目活动和拓展阅读。每个单元的起始页都提出了一个与你们的学习和生活相关的问题。希望你们能结合自己的知识、经验和感受，认真思考问题的答案。

这本书为你们准备了许多有趣的对话和丰富的语言活动。你们将学会用所学的语言进行交流，表达自己的想法，能读懂不同类型的英语文段，还能学到有用的语法知识，体验到文化的多样性。

想学好英语，一定要多听、多说、多读、多看、多写。你们上课要认真听讲，学习中遇到困难时积极与他人探讨，寻求帮助，还要在学习活动中认真探究，与他人合作，要能反思自己的学习情况，努力找到适合自己的学习方法，养成良好的学习习惯。

愿你们和书里的小主人公一起享受小学生活的美好时光。



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**Chen Jie**



**Liu Jia**



**Wu Binbin**



**Zhang Peng**



**Amy Green**



**Mike Black**



**Oliver Smith**



**Sarah Miller**



**Robin**

# Unit 1

## Different friends

What makes us different?



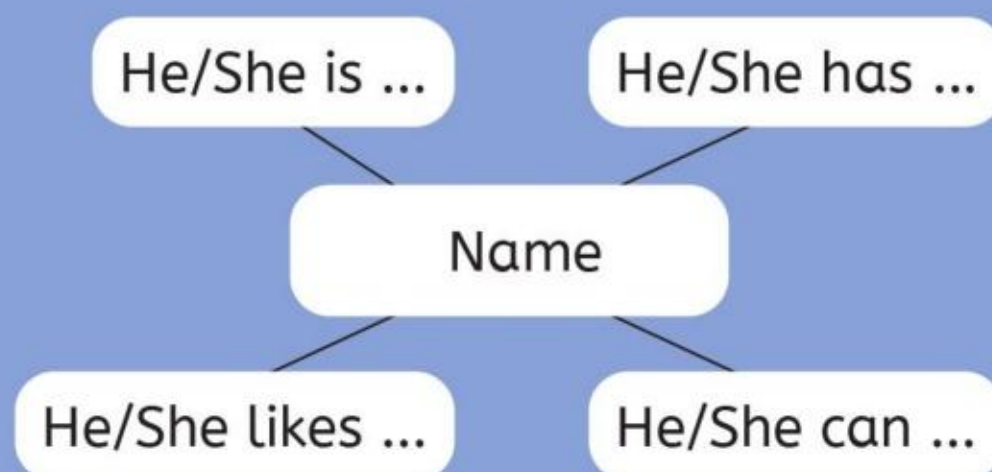


Choose  
your  
club!



## Think, tell and guess

- Think of someone in the classroom.  
Talk about him/her.



- Let your partner guess his/her name.

## Look and think

- What are the children doing in the pictures?
- Can you do these things? What else can you do?

## Listen and sing

My friends

## Let's talk

Chen Jie and Mike are in the classroom. Listen and write T (True) or F (False). 

1. They are talking about their English teacher. (     )
2. Ms Wang is very kind. (     )

Miss White: Hi, class. You'll have a new classmate.  
He's from Australia. His name is Oliver.

Mike: What's he like?

Miss White: He's tall and strong.

Zhang Peng: Is he good at football?

Miss White: Yes, I think he is. He can run very fast.

Zhang Peng: Great! Our football team needs more players.

Miss White: Oliver can't speak Chinese. Would you like to help him, Zhang Peng?

Zhang Peng: Sure!



## Play a guessing game



I have a friend. It's a girl.

She's ... She has ...

Yes, she can.

No, she isn't.

What's she like?

Can she ...?

Is she good at ...?

It's ...



## Let's learn



Chen Jie is **lovely**.



She is also **clever**.



She is **young**. She helps a lot at home.



She is **hard-working**. She loves going to school.

Oliver: What's Chen Jie like?

Amy: She's lovely.

Oliver: Is she hard-working?

Amy: Yes, she is.

## Read, write and say

Chen Jie is different.  
Lovely and clever.  
Young and quiet.  
Chen Jie is different.

\_\_\_\_\_ is different.

\_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ is different.

I am \_\_\_\_\_.

\_\_\_\_\_ and \_\_\_\_\_.

\_\_\_\_\_ and \_\_\_\_\_.

I am \_\_\_\_\_.

big clever friendly hard-working kind lovely  
nice quiet short small strong tall young

## Let's spell

Listen, repeat and chant. 🎧

**ai ay**

The dog likes to **play** in the **rain**.

He **waits** for the boy to come and **play**.

The happy little dog wags his **tail**.

They **play** games on a happy wet **day**.



Read and say. Then listen and number. 🎧

☐ day

☐ play

☐ rain

☐ say

☐ tail

☐ train

☐ wait

☐ way

Listen, write and say. 🎧

1. The dog has a short \_\_\_\_\_.

2. He waits for the boy in the \_\_\_\_\_.

3. The dog and the boy \_\_\_\_\_ in the rain.



Write a sentence using some words with **ai** or **ay**.

\_\_\_\_\_

# B What can you do?

## Let's talk

Miss White and Mrs Green are talking about a school festival. Listen and choose. 🎧

- Miss White and Mrs Green like \_\_\_\_\_.  
A. science                      B. music                      C. sports
- Mrs Green can \_\_\_\_\_.  
A. play the *erhu*              B. play the piano              C. play football

Binbin: The Science and Art Festival is in two weeks.

Sarah: Yes. What can you do for the festival?

Binbin: I can make a robot.

Oliver: Oh! I like making robots too.

We can work together.

Binbin: Great! Can you make robots, Sarah?

Sarah: No, I can't.

Oliver: What can you do?

Sarah: I can dance.

Oliver: That's great!



## Do a survey

👧 What can you do for the festival? Can you sing?

👧 No, I can't.

👧 Can you dance?

👧 Yes, I can.

| Name  | Sing | Dance | Make robots | Other |
|-------|------|-------|-------------|-------|
| Sarah | ×    | √     |             |       |
|       |      |       |             |       |
|       |      |       |             |       |
|       |      |       |             |       |

👧 Sarah can dance. She can't sing or ...

## Let's learn



Robin is Binbin's robot.  
He can **jump rope**.



He can **play the piano**.



He can **play Chinese chess**.



And he can **make robots** too.

Sarah: What can Robin do?

Binbin: He can jump rope.

Sarah: Can he play the piano?

Binbin: Yes, he can.

## Draw, write and say



\_\_\_\_\_ is my robot.

It is \_\_\_\_\_.

It has \_\_\_\_\_.

It can \_\_\_\_\_.

But it can't \_\_\_\_\_.



... is my robot. It's ...

## Read and write

### Join us for the **school talent show!**



Everyone can draw pictures. But can you make your pictures come to life? Mr Zhang will draw a lovely rabbit, and it will come to life in front of your eyes!

Jumping rope is easy and fun. Meet the jumping stars: John and Amy. They are wonderful jumpers!

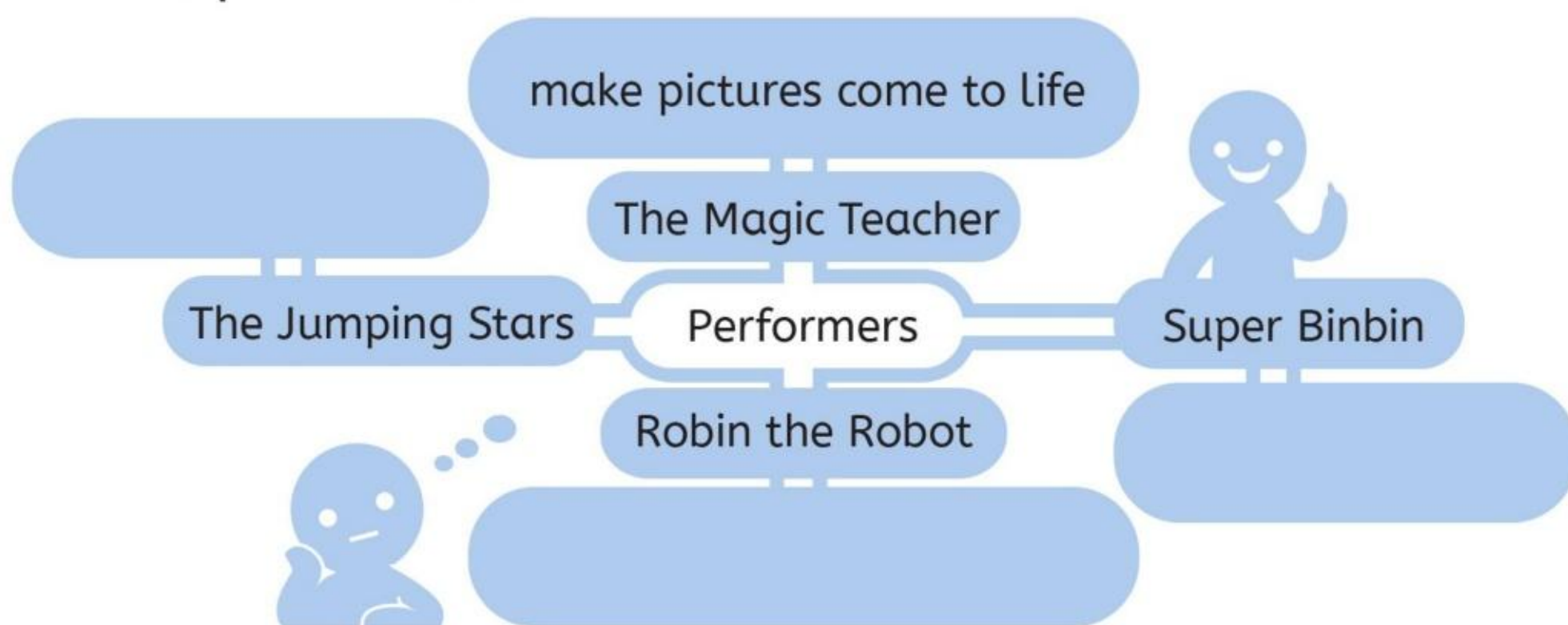


Binbin loves music. He can play the piano and the *pipa*! Come and listen!

Robin is a clever robot. He is good at playing Chinese chess. Can you play Chinese chess? Come and play with him!



## Read and complete the mind map. Then introduce the performers.



## Add a performer to the talent show and write about him/her.



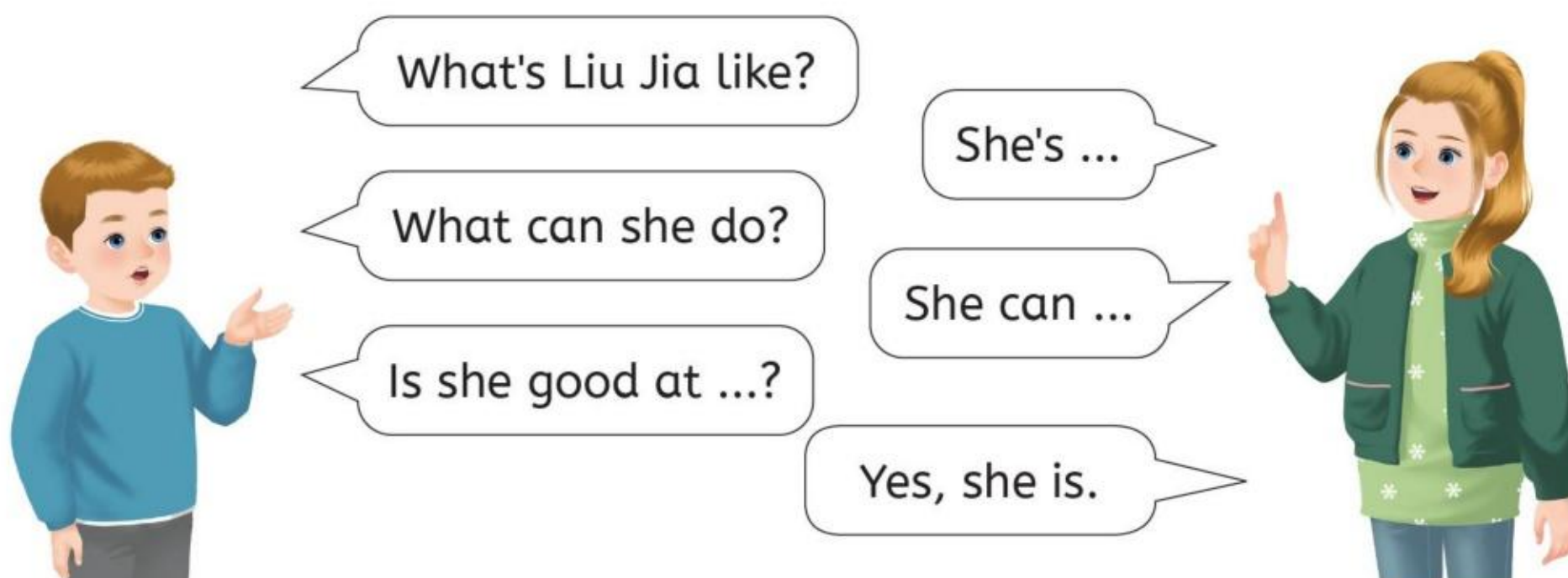
## Project: Make an album of your friends

- 1 The children are telling Miss White about their friends. Listen and tick or cross.



- 2 Listen again. Write and say.

1. Liu Jia is \_\_\_\_\_ and \_\_\_\_\_. She can \_\_\_\_\_.
2. Oliver is \_\_\_\_\_ and \_\_\_\_\_. He can \_\_\_\_\_.
3. Zhang Peng is \_\_\_\_\_. He is good at \_\_\_\_\_.
4. Li Xia is \_\_\_\_\_ and \_\_\_\_\_. She can \_\_\_\_\_.



### 3 Make an album of your friends.

Step 1 Fill in the table.

| Name    | What's he/she like? | What can he/she do?<br>What's he/she good at? |
|---------|---------------------|-----------------------------------------------|
| Liu Jia | clever              | play Chinese chess, jump rope                 |
|         |                     |                                               |
|         |                     |                                               |
|         |                     |                                               |

Step 2 Choose some photos of your friends and write about them.



### 4 Share your album in class.



This is my friend Liu Jia. She's ...

## Self-check



1. I can tell others what my friends are like.
2. I can tell others what my friends and I can do.
3. I can use a mind map to talk about my friend's talent.
4. I can write about why someone is different.
5. I can write a sentence using words with "ai" or "ay".

# Reading time

1

We have a new student in our class today. Her name's Grace.

Is she strong? Can she play football?

I don't know.



2

Class, this is Grace.

Hi, everyone. Nice to meet you all!



3

Grace is so lovely and friendly.

Yes. I like her.

But she can't play football with us. What a pity!



4

Hey, everyone! Our football match is next week.

Great! We need a poster for the match. Can you draw, Grace?



Yes, I can draw really well.

5

GO! GO! GO!



Hooray!

What a goal!

6

We won! Hooray!

Thank you for your help, Grace.



Yes. The poster is great!

You're welcome.



# Unit 2

## My feelings

How do people get along?



## Draw, show and act

- Draw faces that show different feelings.
- Show your drawings. Have your classmates name the feelings and act them out.

## Look and think

- How do the children feel in the pictures?
- How do you feel today?

## Listen and sing

My friend Sam is angry



## Let's talk

John is talking with his mum. Listen and write T (True) or F (False). 

1. They are talking about John's school project. (     )
2. John wants to go to the old people's home. (     )

Chen Jie: Hi, Mike. You look sad. What's the matter?

Mike: It's about our school project. John wants to go to the children's centre, but I want to clean up the park.

Chen Jie: I see. So you don't agree with each other?

Mike: That's right. And we have to finish our project by Monday. I'm so worried!

Chen Jie: Why not do both? I can help. We can work together.

Mike: That's a good idea!



## Choose and talk

- My mother is sick.
- I can't find my hat.
- It is raining. I can't play football.
- My brother doesn't agree with me.



You look sad. What's the matter?



My mother is sick.



I'm sorry. You can ...

# Let's learn

## Mike and Fido's feelings book



Mike is back home.

Fido is **excited**.



Fido is not feeling well.

Mike is **worried**.



Fido does the wrong thing.

Mike is **angry**.



Mike is **sad**.

Fido makes him happy again.

John: Mike is back home. How does Fido feel?

Chen Jie: He's excited.

# Look, write and say

Maths is hard.



John is \_\_\_\_\_.

The maths test is next week.



John is \_\_\_\_\_.

It's OK. You will do well.



John feels better.

I can help you.



John is \_\_\_\_\_.

Hooray!



John is \_\_\_\_\_.



Binbin is happy too.

## Let's spell

Listen, repeat and chant. 🎧



**ee ea**

A she**ee**p mee**ee**ts a friendly bee**ee**.

It is so happy to see the bee**ee**.

The she**ee**p and the bee**ee** speak over tea**ea**.

Oh! The summer sea**ea**son is so free**ee**!



Read and say. Then listen and tick. 🎧

1. see ☐ sheep ☐

3. tea ☐ team ☐

2. eat ☐ meet ☐

4. bee ☐ free ☐

Listen, write and say. 🎧

1. How do bees \_\_\_\_\_ flowers?

2. What do sheep \_\_\_\_\_?

3. Can animals think and \_\_\_\_\_?



Write a sentence using some words with **ee** or **ea**.

\_\_\_\_\_

## Let's talk

Binbin sees Mike. Listen and write T (True) or F (False). 🎧

1. Binbin wants to clean up the park. (     )
2. Mike and Binbin have different ideas. (     )

Miss White: What's the matter, John? You look worried.

John: It's about our project. Mike and I want to do different things.

Miss White: I see. It's important to listen to each other.

John: Yes, Miss White. I need to talk to Mike. But I'm afraid he's angry with me.

Miss White: Look, here he comes. You can talk to him now.

Mike: John, I'm sorry. Let's do both projects! Chen Jie can work with us.

John: That's great!



## Choose and talk

### Problem

- I am not good at ...
- We don't agree with each other.
- ... is angry with me.

### Advice

- You can talk to ...
- You need to listen to ...
- Let's ...

👧 What's the matter, Oliver? You look sad.

👦 I want to sing, but I'm not good at it.

👧 You can talk to ...

👦 Good idea! Thanks.

## Let's learn



You can **talk to your** parents.



You can **ask your teacher** for help.



You need to **listen to** your friends.



You can **share ideas** and help each other.



Oliver: Our project is so hard.

Amy: We can ask Miss White for help.

## Choose and tell



You can ask ... for help.  
It's important to ...  
You can ...

I'm angry.



I'm sad.



I'm happy.



I'm worried.



## Read and write

Title: School days

To: mmmmm@you.com






Dear Mike,

I am happy at school. I have many friends. I play with them in the playground, and we share ideas in class. We laugh and study together all day. I enjoy school.

But my family just moved to a new home. I have no friends there. I feel sad. I don't want to tell my parents. I don't want them to feel bad.

What can I do? Can you help me?

Yours,  
Jim

### Read and fill in the table.

| Place     | Feeling       | Reason |
|-----------|---------------|--------|
| At school | Jim is happy. |        |
| At home   |               |        |

### What can Jim do? Read and complete Mike's reply.

*Dear Jim,*

*Don't feel sad. You can \_\_\_\_\_. You can also \_\_\_\_\_. It is OK to feel bad sometimes. It is always good to share your feelings.*

*Yours,*  
*Mike*



## Project: Make a feelings book

- 1 How are the children feeling? Listen, number and write. 



1. \_\_\_\_\_ can't find his dog. He is \_\_\_\_\_.
2. \_\_\_\_\_ works hard and gets an A. She is \_\_\_\_\_.
3. \_\_\_\_\_'s parents don't agree with him. He is \_\_\_\_\_.

- 2 Talk to Mike, Amy or John.

- It's important to share ideas.
- You need to listen to your parents.
- Don't worry. Let's look for it.
- Share our good news with friends.



I can't find my dog.

Don't worry. Let's look for it.



### 3 Make your feelings book.



### 4 Share your book in class.

This is my feelings book.  
When I feel angry, I want  
to ... I can ...



### Self-check



1. I can talk about different feelings.
2. I can help other people with their problems.
3. I can read an email about feelings and talk about it.
4. I can write an email to help other people.
5. I can write a sentence using words with "ee" or "ea".

# Reading time

1



2



3



4

He needs to exercise.  
Let's play with him.

Good idea!

5

He's happy now. I think  
he likes the snow.

Yes, he's not  
afraid now.

6

Benjy, come inside.

Don't worry, Benjy. We can play  
in the snow again tomorrow!

He looks sad. He still  
wants to play outside.

# Unit 3

## Work and play

How do we balance work and play?





## Talk and write

- Name some things you do every week.
- Fill in the table: What do you do every week?

| Work                 | Play               |
|----------------------|--------------------|
| do homework<br>_____ | jump rope<br>_____ |
| _____                | _____              |

## Look and think

- What are the children doing in the pictures?
- What can we do to balance work and play?

## Listen and sing

Going to school

# A

## What do you learn at school?

### Let's talk

It is Monday night. John is talking with his grandpa. Listen and tick the classes you hear. 



Grandpa: What's your favourite day at school, John?

John: Wednesday.

Grandpa: What do you have on Wednesdays?

John: I have Chinese, maths, music and PE.

Grandpa: Maths is not easy.

John: No, but I really like my maths teacher!

Grandpa: That's good. Is music your favourite subject?

John: Yes. I really like singing. And I like PE too.

Grandpa: Great! Wednesday is your favourite day.

But I like Tuesdays and Fridays.

John: Why, Grandpa?

Grandpa: Because I have my *taijiquan* class!



### Ask and answer

Make up a timetable. Ask and answer.



What do we have on ...?



We have ...



What's your favourite subject?



It's ...

## Let's learn

| Monday  | Tuesday | Wednesday | Thursday | Friday  |
|---------|---------|-----------|----------|---------|
| Chinese | maths   | Chinese   | English  | maths   |
| maths   | Chinese | maths     | Chinese  | Chinese |
| PE      | art     | music     | maths    | IT      |
| science | English | PE        | music    | PE      |



Binbin starts a new week of school on **Mondays**.



**Tuesday** is his favourite day.



Binbin goes to the Robot Club on **Wednesdays** after school.



He has music class on Wednesday and **Thursday** mornings.



He cleans the classroom with his friends on **Friday** afternoons.

Robin: What's your favourite day at school?

Binbin: It's Tuesday.

Robin: What do you have on Tuesdays?

Binbin: I have maths, Chinese, art and English.

## Do a survey

What's your favourite day at school?

It's ...

What do you have on ...?

I have ...

| Name | Favourite day | Subject and activity |
|------|---------------|----------------------|
|      |               |                      |
|      |               |                      |
|      |               |                      |

There are ... people in my group. Two people like ...

## Let's spell

- Listen, repeat and chant. 🎧

ie igh



One **night**, a baker makes some **pies**.  
 He doesn't **lie** down and works till **light**.  
 But he eats all his **pies**, and his belt is too **tight**.  
 It's not **right** to work and eat all **night**.



- Read and say. Then listen and tick. 🎧

high right  
1. ( ) ( )

pie tie  
2. ( ) ( )

lie light  
3. ( ) ( )

light night  
4. ( ) ( )

- Listen, write and say. 🎧

- I like eating \_\_\_\_\_.
- I eat them every \_\_\_\_\_.
- It's not \_\_\_\_\_ to eat too many pies.



- Write a sentence using some words with **ie** or **igh**.

\_\_\_\_\_

# B

## What do you do at the weekend?

### Let's talk

Miss White and Mr Li are talking. Listen and fill in the blanks. 

1. They are talking about \_\_\_\_\_ activities.
2. \_\_\_\_\_ often cooks. \_\_\_\_\_ usually goes to the park with his dog.

Miss White: What do you usually do at the weekend, children?

Zhang Peng: I often play football. Sometimes I play Chinese chess with my father.

Miss White: That's nice.

Sarah: My mother works at the weekend, so I often cook lunch for my family.

Miss White: Good girl! Does your mother work on both Saturdays and Sundays?

Sarah: Yes, she does.

Chen Jie: I do my homework on Saturdays. And I usually have *pipa* lessons on Sundays.

Miss White: Great! Have a nice weekend, everyone!



### Do a survey

 What do you do at the weekend?

 I usually ... I often ... Sometimes I ...



| Name | Usually | Often | Sometimes |
|------|---------|-------|-----------|
|      |         |       |           |
|      |         |       |           |
|      |         |       |           |

 At the weekend, Mike usually ... He often ... Sometimes he ...

## Let's learn

### Chen Jie's weekend



Saturday  
9:00 a.m.



Saturday  
4:00 p.m.

Chen Jie **does her homework** on **Saturday** mornings.

She **tidies her room** on **Saturday** afternoons.



Sunday  
10:10 a.m.



Sunday  
3:00 p.m.

She **has pipa lessons** on **Sunday** mornings.

She often **washes her clothes** on **Sunday** afternoons.

Miss White: Does Chen Jie do her homework on Saturday evenings?

Sarah: No, she doesn't. She does her homework on Saturday mornings.

## Read, talk and write

Sue often watches TV on Saturdays. She usually plays football on Sunday mornings and runs in the park in the afternoon.

Can you make a new plan for Sue?



Does Sue do her homework on Saturday mornings?



No, she doesn't. She often ...



Let's make a new plan for her. She does her homework on ...

| Saturday | Sunday |
|----------|--------|
|          |        |

## Read and write

Miss White asks the students what they do after school.  
Here are the answers from Li Xia and Eric.

Dear Miss White,

I play ping-pong with Binbin on Mondays and Thursdays. On Tuesdays, I cook dinner because my mother works on Tuesday nights. On Wednesdays and Fridays, I usually read books. At the weekend, I often play with my friends in the park or visit my grandparents. I am busy, but I always do my homework on time!

Li Xia

Dear Miss White,

On Monday, Tuesday and Friday evenings, I play football. I often watch TV on Wednesdays and Thursdays. On Saturdays and Sundays, I play basketball and go running. I am so busy. I don't have much time to study.

Eric

## Match Miss White's comments to the answers above.

Please try to find good  
work-play balance.



You balance your work  
and play very well.



## Fill in the table and talk about the students' after-school activities.

| Name   | Weekday         | Weekend |
|--------|-----------------|---------|
| Li Xia | plays ping-pong |         |
| Eric   |                 |         |

## What do you do after school? Write your answer.

---



---



## Project: Make a chart about work-play balance

- 1 What does Ron do on different days? Listen and write. 🎧

### Ron's week

- \_\_\_\_\_ is Ron's favourite day. He has \_\_\_\_\_, English, \_\_\_\_\_ and PE.
- Ron usually visits his grandparents on \_\_\_\_\_.
- Ron does his homework on Sunday mornings. He \_\_\_\_\_ and \_\_\_\_\_ in the afternoon.
- Ron doesn't \_\_\_\_\_ at the weekend.



- 2 What do you do on different days? Talk and write.

|                                              |  |
|----------------------------------------------|--|
| My favourite weekday and the subjects I have |  |
| My weekend activities                        |  |



### 3 Look and talk: Does Ron balance his work and play well?



**Family**

I love my family. I can look after my brother.

**Work**

I work hard and can do my schoolwork well.

I can do many chores.

**Friends**

I have friends. We often share ideas and help each other.

**Health**

I don't like sports.

I usually eat a lot of meat. Sometimes I eat vegetables.

Ron needs to ... He should ...

### 4 Make a chart of your own. Share it in class.



This is my chart. I can balance my work and play well. I love my family. I ...

## Self-check



1. I can talk about the classes I have each day.
2. I can tell others about my weekend activities.
3. I can give examples of good and bad work-play balance.
4. I can plan for my after-school activities.
5. I can write a sentence using words with "ie" or "igh".

# Reading time



Dear parents,

At our school we want our students to find a good work-play balance. Please read our school's top five tips.

- 1 Make a good schedule. Remember to have both work and play.

| Sun. | Mon. | Tue. | Wed. | Thur. | Fri. | Sat. |
|------|------|------|------|-------|------|------|
|      | 语    | 123  | 语    | ABC   | 语    |      |
|      | 123  | 语    | 123  | 语     | 123  |      |
|      |      |      |      | 123   |      |      |
|      | ABC  |      |      | 道德与法治 |      |      |

- 2 Put tasks in order and take breaks. Don't do everything at the same time.



- 3 Balance is important. There is a time for work and a time for play.





- 4 Stay healthy. Exercise, eat well and get enough sleep.



- 5 Ask for help. Don't stay quiet.  
All of our teachers want to help.



Parents, please help us. We want all children to have a good work-play balance. Make sure they follow these five tips.

It's important for us  
to work together.



Sincerely,

*Liu Fang*

School principal

Does Ms Liu help the students?

Yes, she does. Look!  
Here's my to-do list.

Wow!



# Unit 4

## Healthy habits

How do habits shape us?





## Think and talk

- What activities do you usually do? Are they good for your health?
- What foods and drinks do you often have? Are they good for your health?

## Look and think

- What healthy things can you see in the picture?
- How do you stay healthy?

## Listen and sing

Good habits



# A

## How can we stay healthy?

### Let's talk

Mike's mother and Miss White are talking on the phone. Listen and write T (True) or F (False). 

1. Mike has a cold. (     )
2. Mike should see a doctor. (     )

Miss White: Mike has a cold today, children.

He has to stay at home.

Binbin: Oh no! It's flu season now.

Miss White: That's right. How can we all stay healthy?

Amy: We should eat healthy food.

Miss White: Good. And what else?

Zhang Peng: We should exercise every day.

Miss White: Yes, but please drink enough water.

Chen Jie: We should also get enough sleep, Miss White.

Miss White: Right. And if you don't feel well, you should see a doctor.



### Look, match and say



You should

eat breakfast.  
eat healthy food.  
exercise every day.  
get enough sleep.  
wash your hands.

No breakfast today. I'm late.



## Let's learn



How can I stay healthy?

You should get enough sleep. It's a good habit.



## Look, write and role-play



Eat healthy food. \_\_\_\_\_.



Hello, Ms Wang!



Hi, Mike.



What healthy habits do you have?



I ...

## Let's spell

Listen, repeat and chant. 🎧



oa ow



We put on our **co**ats and play in the **sn**ow.  
Then **sl**owly walk to feed the **go**ats.  
We wash our hands with **so**ap.  
Good habits are our **go**al, you **kn**ow.



Read and say. Then listen and circle. 🎧

1. get goat got

3. low slow snow

2. go goal grow

4. red road rod

Listen, write and say. 🎧

1. There is \_\_\_\_\_ on the \_\_\_\_\_.

2. I put on my \_\_\_\_\_.

3. The \_\_\_\_\_ is \_\_\_\_\_ in the \_\_\_\_\_.

Write a sentence using some words with **oa** or **ow**.

\_\_\_\_\_



# How can good habits help us?

## Let's talk

Sarah and Sam are talking at home. Listen and circle. 

1. Sarah has to **do her homework** / **clean the house**.
2. Sam **can/can't** play computer games.

Sam: Can I watch a TV show now, please?



Sarah: No, I'm afraid not.

Sam: Can I play on Mum's phone?



Sarah: No. You shouldn't play on a phone so often.

Sam: What should I do then?

Sarah: You should rest your eyes. Let's take a walk.



Sam: That's no fun.

Sarah: OK. Let's play in the garden then. It's a nice day.

Sam: Great!

## Group and talk

1. tidy your room
2. rest your eyes
3. watch TV
4. do your homework
5. play computer games

| You shouldn't ... (so often) | You should ... |
|------------------------------|----------------|
|                              |                |



Can I watch TV?



No, you can't.



What should I do then?



You should go to bed. It's ten o'clock.

## Let's learn

How can you take care of your eyes and teeth?



Don't **check your phone** in bed.



You should **eat less candy**.



You should **rest your eyes**.



You should **brush your teeth** twice a day.



Sam: How can I take care of my teeth?

Sarah: You should eat less candy.

## Listen, write and role-play



I can't see clearly.



1. You should \_\_\_\_\_.

2. You shouldn't \_\_\_\_\_.



I have a bad tooth.



1. You should \_\_\_\_\_.

2. You shouldn't \_\_\_\_\_.



My eyes are tired.

You shouldn't check your phone so often.



## Read and write

Do you have healthy habits?

Name: David

1. What do you usually eat?

I like hamburgers and ice cream. I eat them every day.

I don't often eat green vegetables.



2. Do you usually do sports?

Yes. I have PE every day from Monday to Friday, but I don't do sports at the weekend.



3. How many hours do you sleep every day?

I usually sleep about ten hours a day, but sometimes I only sleep six hours.



4. How do you usually spend your free time?

I like watching TV, but I don't spend too much time on it.



5. Do you often play with your friends?

Yes. I play with my friends every day. We often play football together.



Read and answer: What are David's habits?

Good habits: \_\_\_\_\_

Bad habits: \_\_\_\_\_

Complete the tips below and share in class.

How can you live a healthy life?

You should ...



You shouldn't ... (so often)





## Project: Make a healthy habits checklist

1 Guess who has these habits. Then listen and match.



I check my phone too often.



Sometimes I don't get enough sleep.



I don't exercise often.



I eat too much candy.

2 Complete the sentences about Mike's family.



Hello, everyone. Here are my family's habits: My dad ... He should ...



1 Mike's dad should \_\_\_\_\_.

2 Mike's mum shouldn't \_\_\_\_\_.

3 Mike should \_\_\_\_\_.

4 Matt should \_\_\_\_\_.

3 Make your healthy habits checklist.

Step 1 List good habits.

What should you do?



**Step 2** Tick all your good habits in one week.

| Good habit                           | Sun. | Mon. | Tue. | Wed. | Thur. | Fri. | Sat. |
|--------------------------------------|------|------|------|------|-------|------|------|
| eat three meals a day                |      |      |      |      |       |      |      |
| eat healthy food                     |      |      |      |      |       |      |      |
| brush my teeth twice a day           |      |      |      |      |       |      |      |
| drink enough water                   |      |      |      |      |       |      |      |
| get enough sleep                     |      |      |      |      |       |      |      |
| exercise                             |      |      |      |      |       |      |      |
| wash my hands before and after meals |      |      |      |      |       |      |      |
| rest my eyes between classes         |      |      |      |      |       |      |      |
| keep my home/room clean              |      |      |      |      |       |      |      |

**4** Share your checklist in class.

Hello. Here are my habits.  
I don't always eat three meals a day. I should ...



**Self-check**



1. I can tell others how to stay healthy.
2. I can share good habits for healthy teeth and eyes.
3. I can group good and bad habits.
4. I can write tips for a healthy life.
5. I can write a sentence using words with "oa" or "ow".

## Healthy life

### How to look after your eyes



1 You should eat healthy food, like green vegetables. Eating fish is good too.

2 Give your eyes a break. You shouldn't watch TV or check your phone so often.

3 You should exercise outside every day.

4 You should get enough sleep. Sleep rests your eyes.

# Healthy habits

## How to look after your teeth

- 1 Brush your teeth at least twice a day. It keeps your teeth healthy.
- 2 Brush your teeth for more than two minutes.
- 3 Eat healthy snacks like nuts. Eat less candy.
- 4 Don't drink too many sweet drinks.



You shouldn't eat too much honey, Zoom. It's not good for your teeth.



Oh, OK.

# Unit 5

## Food we eat

How do we get food?





## Draw and answer

- Draw three of your favourite foods.



- What do you know about these foods?



## Look and think

- What do you see in the pictures?
- Which food in the picture do you like the best?



## Listen and sing

Eat and drink

# A

## What do we eat?

### Let's talk

Oliver is at home now. Listen and tick. 

1. How is Oliver feeling now?



2. What would Oliver like to drink?



Oliver: Mum, I'm hungry.

Mum: What would you like to eat?

Oliver: I'd like beef and rice.

Mum: No problem. Would you like some chicken soup too?

Oliver: Yes, please.

Mum: You should also have some salad.  
Vegetables are good for you.

Oliver: OK. Can I have some ice cream, please?

Mum: Yes, but just a little.

Oliver: OK. Thanks, Mum.



### Look, write and say



My order

\_\_\_\_\_'s order



What would you like to eat?



I'd like ...



What would you like to drink?

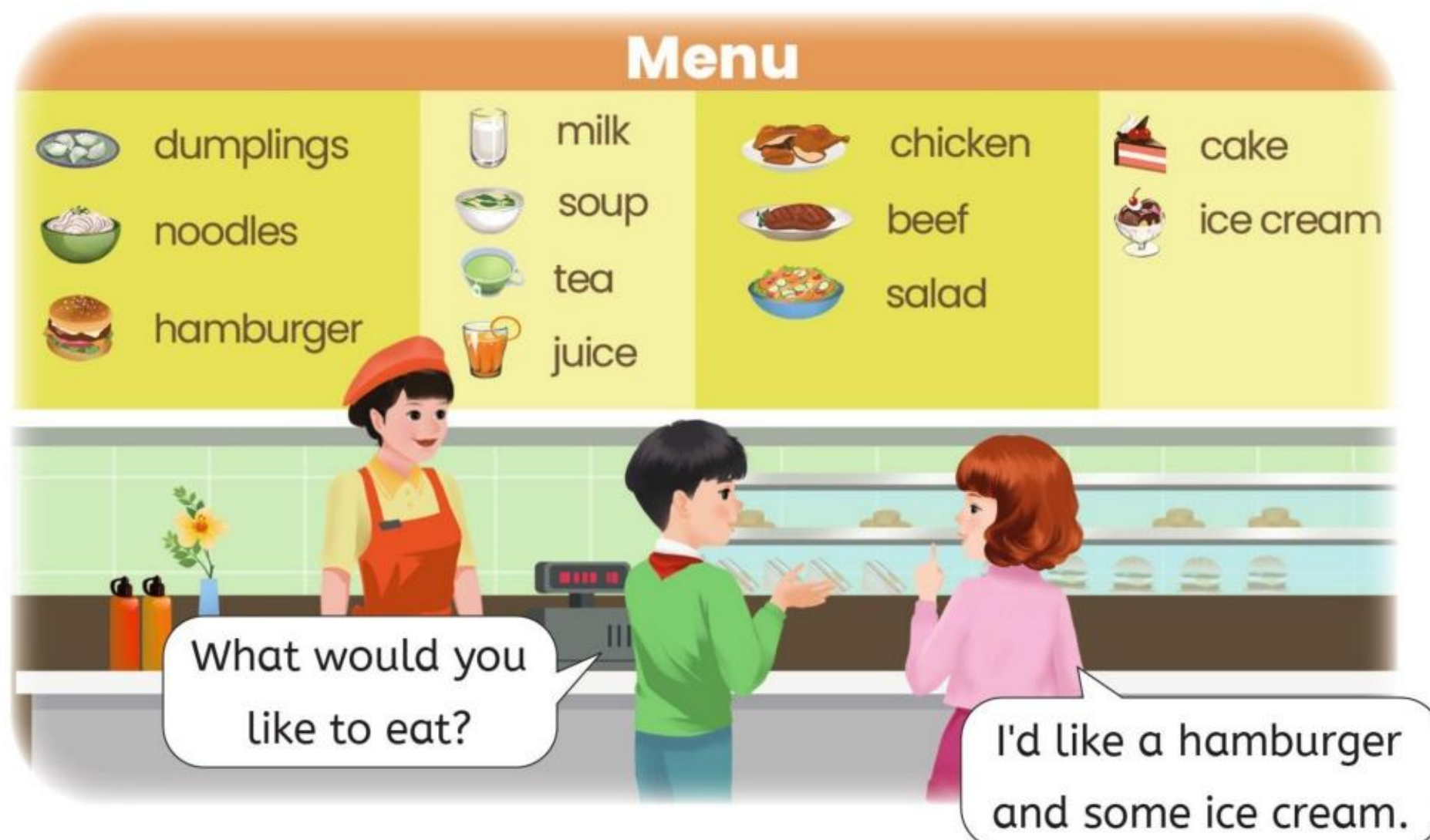


Can I have some ...?



...

## Let's learn



- Zhang Peng would like to eat **dumplings** and **beef**. He wants some green **tea** too.
- Amy would like to eat a **hamburger** and some **ice cream**.

## Write and say

**Menu**

|              |       |       |       |
|--------------|-------|-------|-------|
| _____        | _____ | _____ | _____ |
| _____        | _____ | _____ | _____ |
| _____        | _____ | _____ | _____ |
| beef noodles | _____ | _____ | _____ |

What would you like to eat/drink?

I'd like ...

## Let's spell

Listen, repeat and chant. 🎧

oo

Look! Look! I can cook!  
Look at my cool cookbook.  
The cookbook has good food,  
And it looks cool too.



Read and say. Then listen and group. 🎧

book      foot      good      too      tool      zoo

cook

cool

Listen, write and say. 🎧

1. I want to \_\_\_\_\_.
2. I'd like to look at the \_\_\_\_\_.
3. This \_\_\_\_\_ is really \_\_\_\_\_.



Write a sentence using some words with oo.

---

B

# Where does our food come from?

## Let's talk

Mrs Green is talking with the children. Listen and choose. 🎧

1. What are they talking about? A. Drinks. B. Food. C. People.
2. Which drink comes from Yunnan? A. Water. B. Tea. C. Apple juice.

Mrs Green: What's your favourite fruit, Binbin?

Binbin: Coconuts are my favourite.

Mrs Green: Why do you like coconuts?

Binbin: Because coconut water is nice.  
And it's healthy.

Mrs Green: We can also cook delicious meals with coconut.

Binbin: Yes! And some people make houses with coconut tree leaves.

Mrs Green: That's interesting. Where does your coconut come from?

Binbin: Hainan! There are many coconut trees there.



## Look, ask and answer



👧 How much is the coconut water?

👧 It's 16 yuan.

👧 Where does it come from?

👧 It comes from Hainan.

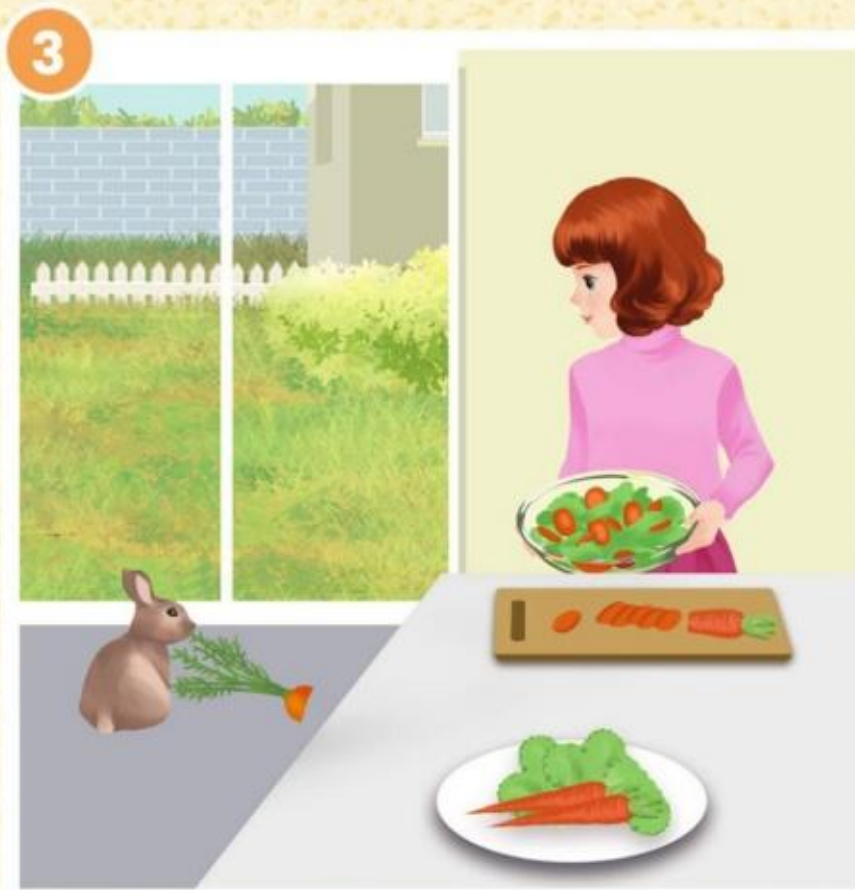
## Let's learn



Amy grows carrots from **seeds**.



Amy pulls up the carrot by the **stem** and leaves.



Amy cooks the **root**. Her rabbit eats the leaves.

Zhang Peng: Does every plant have a seed?

Amy: No. Some plants don't have seeds at all!

## Look, write and say



These are carrots.  
We eat the \_\_\_\_\_.



This is celery.  
We eat its \_\_\_\_\_ and leaves.



This is a cabbage.  
We eat the \_\_\_\_\_.



These are peas.  
We eat the \_\_\_\_\_.



Think of a plant and its parts. Write about it.

## Read and write

**The lotus plant**



Lotus flowers are very beautiful. They have many colours. Lotus plants grow in lakes around the world. It is also a great plant to eat.

Lotus seeds are small and round. We can cook and eat them in different ways.

We eat lotus roots. The big brown and yellow roots are delicious. There are many ways to cook them.

Lotus leaves are big, round and green. We can eat the young leaves. We can also cook rice in the leaves.

## Read and answer.

1. Where does the lotus plant often grow?
2. What parts of the lotus plant can we eat?
3. What can people do with lotus leaves?

## Read and fill in the table.

| The lotus plant       |                    |                   |
|-----------------------|--------------------|-------------------|
| The part of the plant | What it looks like | How people use it |
|                       |                    |                   |

## Read and say.

**3 - 2 - 1**

3 things I learnt

2 things I want to learn more about

1 question I have



## Project: Make a presentation about how a plant grows

- 1 It is lunchtime on the farm. Listen and write down what the children want. 🎧

| Name     | What to eat              | What to drink |
|----------|--------------------------|---------------|
| Chen Jie |                          | tea           |
| Mike     | _____, a vegetable salad |               |
| Binbin   | rice, _____, carrots     |               |

- 2 See how a carrot grows. Complete the sentences and talk.



First, we plant the \_\_\_\_\_ in spring or autumn.



Then a \_\_\_\_\_ will grow from the seed.



Next, the \_\_\_\_\_ will grow big and strong.  
We eat this part of a carrot.



Finally, we will pull up the carrot by the  
\_\_\_\_\_ and \_\_\_\_\_.

- 3 Prepare for a presentation.

**Step 1** Choose a plant you want to talk about.

Step 2

Draw some pictures to help you.



Step 3

Write a draft.

Name of the plant(s): \_\_\_\_\_

Where does it / do they come from?

\_\_\_\_\_

How does it / do they grow?

First, \_\_\_\_\_.

Then \_\_\_\_\_.

Next, \_\_\_\_\_.

Finally, \_\_\_\_\_.

4 Make a presentation in class.

Look! This is my favourite vegetable.  
It comes from ... This is how you grow it.  
First, you plant its seed. Then ...



Self-check



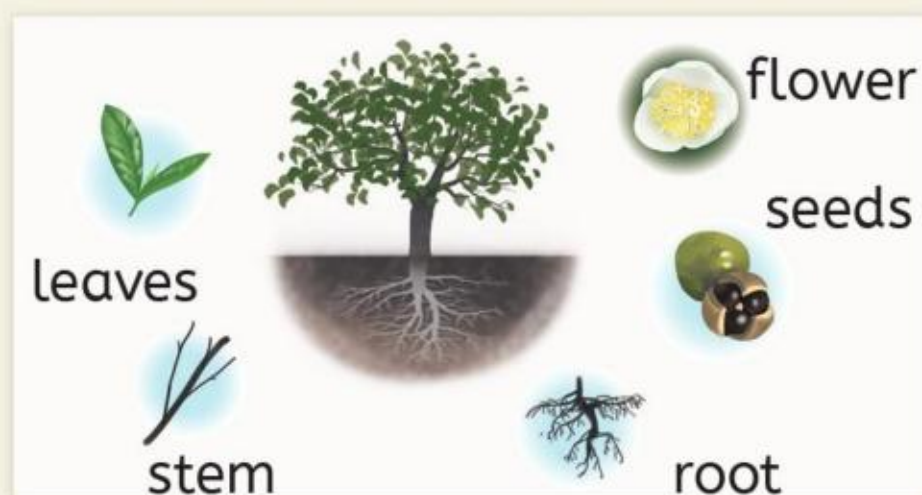
1. I can order food and suggest healthy food for others.
2. I can say where fruits and vegetables come from.
3. I can talk about different parts of a plant and their uses.
4. I can sort and write facts about plants.
5. I can write a sentence using words with "oo".

# Reading time

## The history of tea

1

At first, people didn't drink tea. But they did eat tea leaves!



2

Later, more people began to drink tea. There were many different kinds of tea. People put tea leaves in hot water to make a drink.



How can I make a good cup of tea?



Water is very important.



3

Tea was first popular in China. Then it travelled to Japan and other countries. In the 1700s, tea became popular in the UK.



4

In China, some people like to cook chicken and eggs with tea leaves. They make cakes and ice cream with tea too!



5

Now, tea is popular all over the world. There is green tea, black tea, flower tea ... There really is a tea for everyone!



# Unit 6

## Nature and us

Why should we respect nature?





## Think, show and tell

- Think of a place that you want to visit.
- Show a picture of that place and talk about it. Let other students guess the place.

## Look and think

- What can you see in the picture?
- Would you like to visit a place like this? Why?

## Listen and sing

Beautiful nature

## Let's talk

Mike's family are in a nature park. They are talking with Mr Liu, the tour guide. Listen and write T (True) or F (False). 

1. It is a cloudy day. (     )
2. There are many animals in the nature park. (     )

Mike's dad: Wow! That lake is really lovely!

Mr Liu: Yes. There are also many rivers in the nature park.

Mike's dad: Is there a waterfall in the forest?

Mr Liu: Yes, there is. You'll see a beautiful one today!

Mike: Great! Are there any famous mountains in the nature park?

Mr Liu: Yes, there are. We'll visit one tomorrow. There are many flowers too. And there are rabbits!

Mike: That's great!



## Play a guessing game



-  There are three nature parks. I'm thinking of one of them.
-  Which one?
-  You can ask three questions.
-  OK. Let me try. Are there any mountains in the nature park?
-  Yes, there are.
-  Is there ...?

## Let's learn



There is a big **forest** in the park.



There is a long **river** in the park.



There is a lake in the **mountains**.



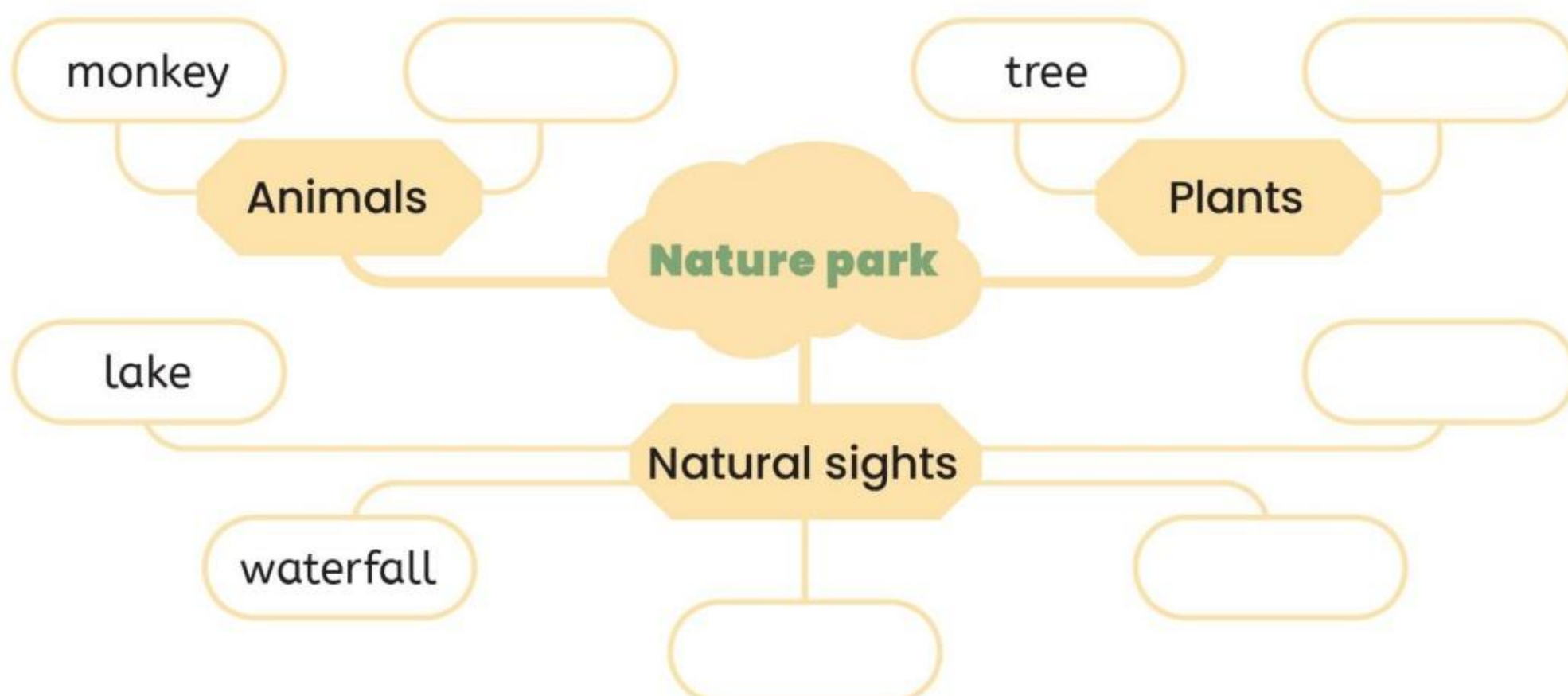
There are some beautiful **waterfalls**.



Mike: Are there any waterfalls in the park?

Mr Liu: Yes. There are some beautiful waterfalls.

## Design a nature park



## Let's spell

Listen and repeat. Then read aloud. 🎧



Paul is an **author**. He **draws** too.

In **autumn**, he takes a **walk** in the forest.

There are **tall** trees there, and he loves them **all**.

He **draws** many **autumn** pictures, big and **small**.

Read and say. Then listen and circle. 🎧

1. all oil

3. draw drive

5. walk wall

2. saw draw

4. tall toll

6. angry August

Listen, write and say. 🎧

1. Paul is an \_\_\_\_\_, and he likes to take a \_\_\_\_\_ in the forest.

2. He loves \_\_\_\_\_ the \_\_\_\_\_ trees in the forest.

3. Paul \_\_\_\_\_ pictures of trees in \_\_\_\_\_.

Write a sentence using some words with **al**, **au** or **aw**.

\_\_\_\_\_

B

# What happens in bad weather?

## Let's talk

Mike and his dad are talking about the weather. Listen and circle. 

1. Today's weather is **good/bad**.

2. There will be **rain/snow** this afternoon.

Mr Liu: I'm sorry. The wind is very strong outside.

We can't go on our trip this morning.

Mike's mum: I agree. Strong winds are often dangerous.

Mike's dad: There will be heavy rain in the afternoon too. Mike, stay in the hotel with Mum and close the windows. I'll go to buy some umbrellas and raincoats.

Mike's mum: There is a small shop in the hotel. You can buy them there.

Mike's dad: OK.

Mr Liu: Please don't worry! It'll be a fine day tomorrow.



## Listen, write and say

| Weekend plan |                   |                         |
|--------------|-------------------|-------------------------|
| Day          | Weather           | Thing to do / not to do |
| Saturday     | There will be ... | I will ...              |
| Sunday       | There will be ... | I need to ...           |



What do you usually do at the weekend?



I usually go to the park. But this Saturday there will be strong winds. I'll ...

## Let's learn



There is often **fog** on the sea in spring.



There is heavy rain in summer. Sometimes there are **floods**.



Autumn is windy. Be careful of **fires**.



Sometimes there is **heavy snow** in winter. It is very cold.

Mike: Is there any bad weather here in summer?

Mr Liu: Yes. There is heavy rain. Sometimes there are floods.

## Read and report

| Place        | Today                                                                               | Tomorrow                                                                            |
|--------------|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| London       |  |  |
| Moscow       |  |  |
| (your place) |                                                                                     |                                                                                     |

Good morning! This is the world weather report. In London, there will be heavy rain today. Tomorrow, it will be cloudy. You can go outside and enjoy the cool weather! ...



## Read and write

### Things you should know before mountain hiking

Hiking in the mountains can be a lot of fun, but there are some things you should know:

**Be careful of bad weather.**



Don't go hiking in bad weather!

In summer there is heavy rain and in winter there is heavy snow.

**Bring enough water.**

In the mountains there is often little clean water, so bring enough water with you.



**Wear good hiking shoes and the right clothes.**



It is very important to wear the right shoes. It is often windy in the mountains too, so bring a jacket with you.

**Tell people about your trip.**

Tell your parents and friends before you go. They need to know where you are.



## Read and complete the tips.

### What should people take with them?

1. Wear good \_\_\_\_\_ and bring a \_\_\_\_\_.
2. Bring enough \_\_\_\_\_ with you on the trip.

### What should/shouldn't people do?

1. Check the weather before you go. \_\_\_\_\_ in bad weather.
2. \_\_\_\_\_ before you go.

## Write three tips for going to the sea in hot weather.



1. The sun is strong. You should wear \_\_\_\_\_.



2. You should also wear \_\_\_\_\_ on your trip.

And bring \_\_\_\_\_ with you.



3. Be careful of \_\_\_\_\_. Please make sure you stay safe.



## Project: Write a welcome letter for a nature park

- 1 The children are talking about parks. Listen and number the pictures. 🎧



- 2 Read and introduce these nature parks to your class.

### Welcome to River Nature Park



There are many rivers and big trees here. There are a lot of fish in the rivers. You can go boating on the river with your friends.

⚠️ There is heavy rain in summer. Sometimes there are floods too. Check the weather report before you go.

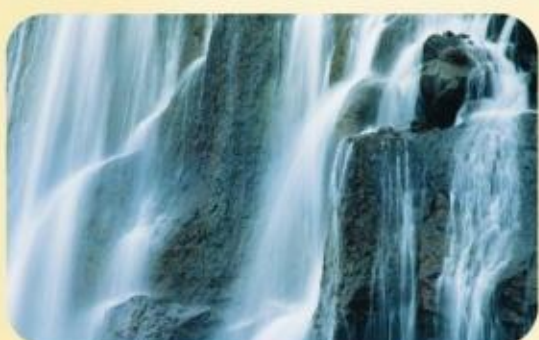
### Have a good time in Mountain Nature Park



There are many mountains, and there is a big forest. It is a great place to hike or walk your dog.

⚠️ There is often heavy fog on spring mornings. Don't go into the forest then. In autumn, it is often windy. Be careful of fires.

### Welcome to Waterfall Nature Park



There is a big waterfall here. You can take pictures of your family near the waterfall.

⚠️ It is very cold in winter. Sometimes there is heavy snow. Check the weather report before you go.

### 3 Write a welcome letter for a nature park.

**Step 1** Choose a nature park.

**Step 2** Find out about the weather there in each season.

| Spring | Summer | Autumn | Winter |
|--------|--------|--------|--------|
|        |        |        |        |

**Step 3** Write a welcome letter to visitors.

Dear visitors,

I'd like to welcome you to our nature park.

There are so many things to see here. There is/are \_\_\_\_\_

\_\_\_\_\_.

There are also so many interesting things to do. You can \_\_\_\_\_

\_\_\_\_\_.

The weather here is usually good, but sometimes it can be bad. In \_\_\_\_\_, there is often \_\_\_\_\_

\_\_\_\_\_. So, please check the weather report before you come.

Have a great time at the park, but please stay safe!

Yours,

\_\_\_\_\_

### 4 Share your letter in class.

#### Self-check



1. I can talk about different views in a nature park.
2. I can tell others about bad weather and how to stay safe.
3. I can give safety tips to hikers.
4. I can write tips for going out in hot weather.
5. I can write a sentence using words with "al", "au" or "aw".

## Reading time



# Sanjiangyuan

## National Park

Sanjiangyuan National Park is in Qinghai. It is the largest national park in China. Do you think you can see it all in a week? Some people say you need a month!

There are so many beautiful views. You can see snowy mountains, lakes, rivers, forests, grasslands and much more.

There are also three great rivers. The Yangtze River, the Yellow River and the Lancang River all start here. This place gives fresh water to millions of people in China. It is sometimes called the "Water Tower of China"!



The park is a gift from nature. There are many birds, fish and other animals. Sanjiangyuan National Park really is a magical place! There is so much to see!

Are there any big animals there?



Yes, there are. And there will be more in the future!



# Revision

## New Year's party

Read aloud and act it out. 



Miss White: Children, New Year's Day is coming. Let's have a class party. What can you do for the party?

Zhang Peng: I can draw pictures.

Binbin: I can choose the music for the party.

Amy: Let's play the piano together, John.

John: Great idea!

Miss White: Wonderful!

Chen Jie: Oliver and I are in the Cooking Club. We can make some food for the party.

Mike: Sarah, Liu Jia and I are in the Drama Club. We can put on a play.

Binbin: I want to tell a story.

Miss White: It's time for English class. Let's talk about it later.

Listen and complete the schedule. 

| Who      | What                   | When                   | What do they agree?        |
|----------|------------------------|------------------------|----------------------------|
| Chen Jie | goes to the Music Club |                        | Day(s) for shopping:       |
| Oliver   |                        | Tuesdays and Thursdays |                            |
| Amy      | has piano lessons      |                        | Day(s) for piano practice: |
| John     | goes to the Robot Club |                        |                            |

 When does Chen Jie go to the Music Club?

 She goes to the Music Club on ...

Look, think and talk.



Oliver and Chen Jie are doing a survey.

- What food are they talking about?



Bill is a good boy, but he ...

Binbin is practising his story.

- What is Bill like?
- How do Bill and his pets feel in each picture?

Scene 1: Plants are wonderful!



Scene 2: Nature is beautiful!



Scene 3: Nature is powerful!



Students in the Drama Club are practising.

- What do you see in the pictures?
- What bad weather can you name?
- What should people do in bad weather?

● Read and write.

Dear students,

Our New Year's party is next Monday. I can see you are all very excited. I am too. I have some tips for you:

**1. Plan your time well.**

You need to prepare for the party. There will also be tests on Wednesday and Friday. You are very hard-working, but don't forget to rest.

**2. Stay healthy.**

It is flu season. You should get enough sleep. You should also eat healthy food and drink enough water.

**3. Don't be afraid to ask for help.**

If you have any problems, don't worry. Everyone has problems. You can always talk to your parents, and you can ask me for help too.

Yours,  
Miss White



Choose a problem and write a note.

1. Amy likes to eat a lot of cake and ice cream.
2. Binbin is afraid people will not like his story.
3. Mike and Sarah have different ideas about their play.

Dear \_\_\_\_\_,

I can see you \_\_\_\_\_. Here are my tips:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Take care,

\_\_\_\_\_

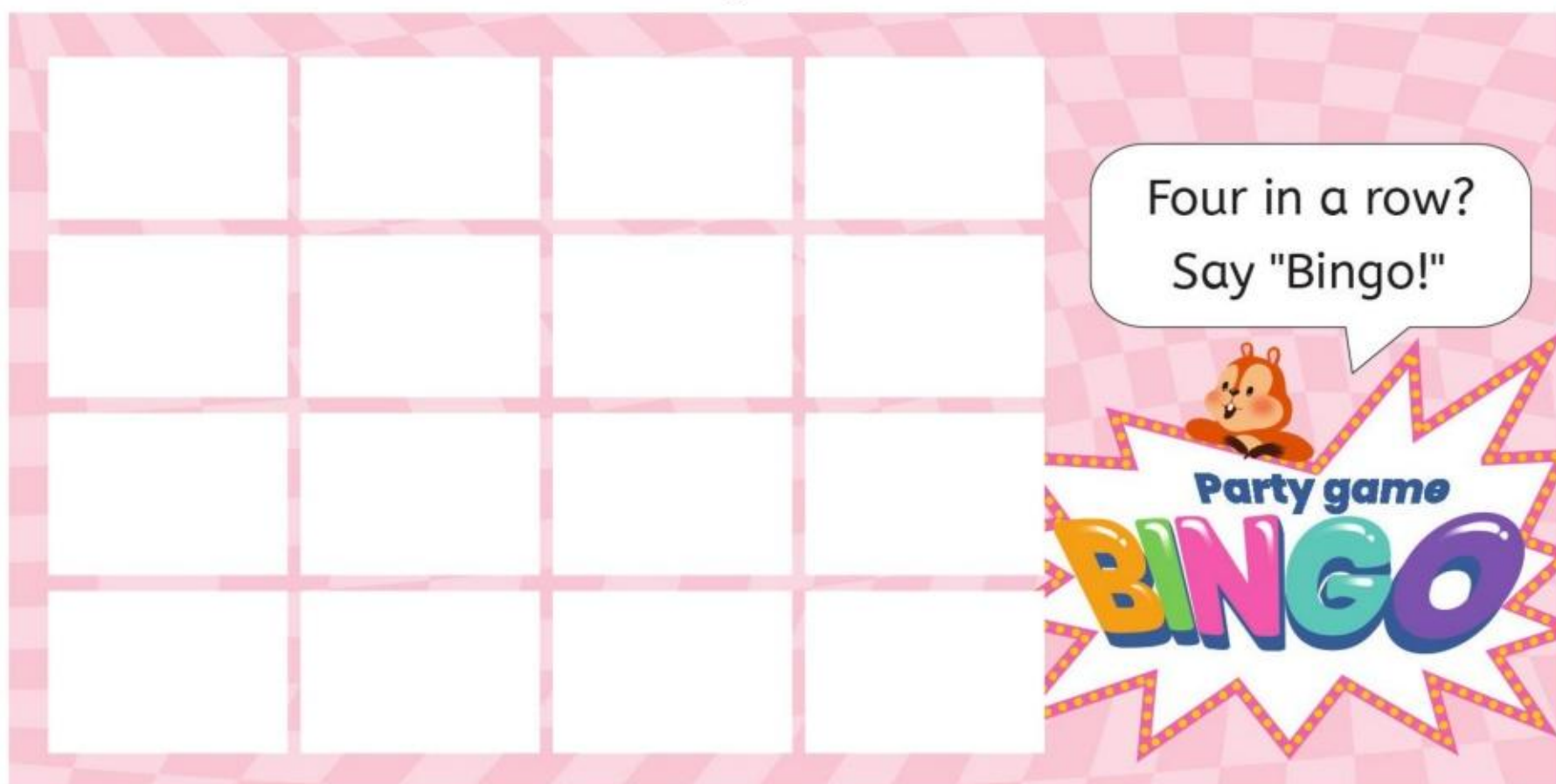
## ● Play Bingo.

1. Read and group the words.

autumn beef book coat day draw goat know lie  
night play rain right see slow talk tea too

2. Choose 16 words from above and write them in the boxes below.  
Write a different word in each box.

3. Listen and cross out the words you hear. 🎧



## ● Make a poster.



## Songs

## 歌曲

## Unit 1

## My friends

My best friend is clever.  
Let me say it aloud.  
I think he's different.  
There is no doubt.  
He plays me the *pipa*. He plays  
very loud.  
He's so different. Yes, he is.

My good friend is so lovely.  
Let me say it aloud.  
I think she's different.  
There is no doubt.  
She helps many people. I'm so proud.  
She's so different. Yes, she is.

## Unit 2

## My friend Sam is angry

My friend Sam is angry.  
Yes, he is, he is.  
My friend Sam is sad. Oh yes, he is.  
My friend Sam's dog is sick.  
His dad's away.  
He's having a horrible day.  
My friend Sam's so unhappy.  
Yes, he is, he is.

My friend Sam is happy again.  
Yes, he is, he is.  
My friend Sam's excited. Oh yes,  
he is.  
My friend Sam's dog is well.  
His dad's come home to play.  
He's having a great day.  
Sam is very happy.  
Yes, he is, he is.

## Unit 3

## Going to school

Go, go, go to school.  
It's a place to learn.  
Study English, read and write.  
There's so much to learn.

Go, go, go to school.  
It's a place to play.  
See your friends, and do some  
sports.  
We're happy every day.

## Unit 4

### Good habits

Brush your teeth.  
Wash your face.  
Do it every day.  
Study hard and exercise.  
And don't forget to play.  
Hey!

Sleep enough.  
Eat good food.  
Do it every day.  
Study hard and exercise.  
And don't forget to play.  
Hey!

## Unit 5

### Eat and drink

Let's eat chicken and rice.  
Let's eat ice cream and cake.  
Let's eat noodles and beef.  
Let's all eat now.

And we can drink some milk.  
And we can drink some tea.  
We can drink some water.  
Let's all drink now.

## Unit 6

### Beautiful nature

Up in the mountain,  
The mountain so high.  
There is a waterfall,  
Touching the sky.

Deep in the forest,  
The forest so low.  
There are flowers,  
Starting to grow.

Nature has many things to see.  
There are high mountains, waterfalls  
and trees!

# Words in each unit

## 单元词汇表

注：加\*的词为《义务教育英语课程标准（2022年版）》中的二级词；

黑体词要求理解、运用，白体词仅要求在语境中理解。

### Unit 1

|                                                  |      |
|--------------------------------------------------|------|
| team /ti:m/ (游戏或运动的)<br>队；(一起工作的)组，班             | p. 4 |
| player /'pleɪə(r)/ 运动员；<br>参赛选手                  | p. 4 |
| *him /hɪm/ 他                                     | p. 4 |
| *lovely /'lʌvli/ 美丽的；优美的                         | p. 5 |
| *clever /'klevə(r)/ 聪明的；<br>聪颖的                  | p. 5 |
| *young /jʌŋ/ 幼小的；年轻的                             | p. 5 |
| <b>hard-working</b> /,hɑ:d 'wɜ:kɪŋ/<br>工作努力的；辛勤的 | p. 5 |
| *science /'saɪəns/ 科学；<br>自然科学                   | p. 7 |
| *robot /'rəʊbɒt/ 机器人                             | p. 7 |
| *jump /dʒʌmp/ 跳；跃                                | p. 8 |
| <b>rope</b> /rəʊp/ 绳；粗绳                          | p. 8 |
| *piano /pi'ænəʊ/ 钢琴                              | p. 8 |
| <b>chess</b> /tʃes/ 国际象棋                         | p. 8 |
| *front /frʌnt/ 前部                                | p. 9 |
| *easy /'i:zi/ 容易的；轻易的                            | p. 9 |
| *star /sta:/ 歌唱(或表演)明星                           | p. 9 |
| *wonderful /'wʌndəfl/ 令人赞叹<br>的；精彩的；绝妙的          | p. 9 |
| Australia /ə'streɪliə/ 澳大利亚                      | p. 4 |

### Unit 2

|                                     |       |
|-------------------------------------|-------|
| *sad /sæd/ 悲哀的；难过的                  | p. 16 |
| matter /'mætə(r)/ 事情；问题             | p. 16 |
| project /'prɒdʒekt/ 项目；方案           | p. 16 |
| centre /'sentə(r)/ 中心               | p. 16 |
| agree /ə'ɡri:/ 同意；赞成                | p. 16 |
| finish /'fɪnɪʃ/ 完成；做好               | p. 16 |
| <b>worried</b> /'wʌrɪd/ 担心的；<br>担忧的 | p. 16 |
| both /bəʊθ/ 两者                      | p. 16 |
| *excited /ɪk'saɪtɪd/ 激动的；<br>兴奋的    | p. 17 |
| *wrong /rʌŋ/ 错误的                    | p. 17 |
| *angry /'æŋɡri/ 愤怒的；<br>生气的         | p. 17 |
| afraid /ə'freɪd/ 担心；害怕              | p. 19 |
| *parent /'peərənt/ 父亲；母亲            | p. 20 |
| *ask /ɑ:sk/ 问；询问                    | p. 20 |
| laugh /lɑ:f/ 笑                      | p. 21 |
| *move /mu:v/ 搬家；移动                  | p. 21 |
| yours /jɔ:z/ 您的(用于书信<br>结尾的签名前)     | p. 21 |

### Unit 3

|                                                       |       |
|-------------------------------------------------------|-------|
| <b>Wednesday</b> /'wenzdeɪ/ 星期三                       | p. 28 |
| * <b>subject</b> /'sʌbdʒɪkt/ 科目; 学科                   | p. 28 |
| <b>Tuesday</b> /'tju:zdeɪ/ 星期二                        | p. 28 |
| <b>Friday</b> /'fraɪdeɪ/ 星期五                          | p. 28 |
| * <b>because</b> /bɪ'kɒz/ 因为                          | p. 28 |
| <b>Monday</b> /'mʌndeɪ/ 星期一                           | p. 29 |
| <b>Thursday</b> /'θɜ:zdeɪ/ 星期四                        | p. 29 |
| <b>start</b> /stɑ:t/ 开始                               | p. 29 |
| <b>usually</b> /'ju:ʒuəli/ 通常地;<br>经常地                | p. 31 |
| <b>weekend</b> /,wi:k'end/ 周末                         | p. 31 |
| * <b>sometimes</b> /'sʌmtaɪmz/ 有时;<br>间或              | p. 31 |
| <b>Saturday</b> /'sætədeɪ/ 星期六                        | p. 31 |
| <b>Sunday</b> /'sʌndeɪ/ 星期日                           | p. 31 |
| * <b>lesson</b> /'lesn/ 课; 一节课                        | p. 31 |
| * <b>evening</b> /'i:vnɪŋ/ 晚上; 傍晚                     | p. 32 |
| * <b>answer</b> /'ɑ:nsə/ 答复; 回答                       | p. 33 |
| * <b>ping-pong</b> /'pɪŋ,pɒŋ/ 乒乓球                     | p. 33 |
| * <b>night</b> /naɪt/ 夜; 夜晚                           | p. 33 |
| * <b>visit</b> /'vɪzɪt/ 看望; 拜访; 参观                    | p. 33 |
| <b>grandparent</b> /'grænpəərənt/<br>祖父; 祖母; 外祖父; 外祖母 | p. 33 |

### Unit 4

|                                          |       |
|------------------------------------------|-------|
| <b>stay</b> /steɪ/ 待; 保持; 继续是            | p. 40 |
| * <b>should</b> /ʃʊd/<br>(提出或征询建议) 该, 可以 | p. 40 |
| <b>flu</b> /flu:/ 流行性感冒; 流感              | p. 40 |
| <b>else</b> /els/ 其他的; 别的                | p. 40 |
| * <b>exercise</b> /'eksəsaɪz/ 锻炼;        |       |

|                                                       |       |
|-------------------------------------------------------|-------|
| 训练; 操练                                                | p. 40 |
| <b>enough</b> /ɪ'nʌf/ 足够的;<br>充足的; 充分的                | p. 40 |
| <b>if</b> /ɪf/ 如果; 假若; 倘若                             | p. 40 |
| <b>habit</b> /'hæbɪt/ 习惯                              | p. 41 |
| * <b>house</b> /haʊs/ 房子                              | p. 43 |
| * <b>show</b> /ʃəʊ/ (电视或广播) 节目                        | p. 43 |
| * <b>phone</b> /fəʊn/ 电话; 电话机                         | p. 43 |
| * <b>then</b> /ðen/ 那么; 因此; 既然<br>如此                  | p. 43 |
| <b>rest</b> /rest/ 休息; 放松                             | p. 43 |
| <b>take care of</b> 爱护; 照顾                            | p. 44 |
| <b>check</b> /tʃek/ 查看; 查明                            | p. 44 |
| <b>less</b> /les/ (与不可数名词连用)<br>较少的, 更少的              | p. 44 |
| <b>brush</b> /brʌʃ/ (用刷子) 刷净,<br>刷亮, 刷平顺              | p. 44 |
| <b>tooth</b> /tu:θ/ (复数 <b>teeth</b> /ti:θ/ )<br>牙; 齿 | p. 44 |
| <b>twice</b> /twais/ 两次; 两遍                           | p. 44 |
| * <b>hour</b> /'aʊə(r)/ 小时                            | p. 45 |
| * <b>free</b> /fri:/ 没有安排活动的;<br>空闲的                  | p. 45 |

### Unit 5

|                                              |       |
|----------------------------------------------|-------|
| * <b>hungry</b> /'hʌŋɡri/ 感到饿的               | p. 52 |
| <b>beef</b> /bi:f/ 牛肉                        | p. 52 |
| * <b>ice cream</b> /,aɪs 'kri:m/ (一份)<br>冰激凌 | p. 52 |
| * <b>little</b> /'lɪtl/ 少许; 一点               | p. 52 |
| <b>dumpling</b> /'dʌmplɪŋ/ 饺子;<br>汤圆         | p. 53 |

|                                        |       |                                   |       |
|----------------------------------------|-------|-----------------------------------|-------|
| * <b>tea</b> /ti:/ 茶叶; 茶; 茶水           | p. 53 | <b>wind</b> /wind/ 风; 气流          | p. 67 |
| <b>hamburger</b> /'hæmbɜ:gə(r)/        |       | <b>trip</b> /trip/ (尤指短程往返的)      |       |
| 汉堡包; 汉堡牛肉饼                             | p. 53 | 旅行, 旅游, 出行                        | p. 67 |
| * <b>Mrs</b> /'mɪsɪz/ (用于女子的姓氏         |       | <b>dangerous</b> /'deɪndʒərəs/    |       |
| 或姓名前) 太太, 夫人                           | p. 55 | 有危险的; 不安全的                        | p. 67 |
| <b>coconut</b> /'kəʊkənʌt/ 椰子          | p. 55 | * <b>heavy</b> /'hevi/ 程度大的;      |       |
| * <b>interesting</b> /'ɪntrəstɪŋ/ 有趣的; |       | 严重的                               | p. 67 |
| 有吸引力的                                  | p. 55 | <b>hotel</b> /həʊ'tel/ 旅馆; 旅社     | p. 67 |
| <b>seed</b> /si:d/ 种子; 籽               | p. 56 | * <b>close</b> /kləʊz/ 关; 关闭; 闭上  | p. 67 |
| <b>pull</b> /pul/ 拔出; 抽出               | p. 56 | * <b>umbrella</b> /ʌm'brelə/ 伞;   |       |
| <b>stem</b> /stem/ (花草的) 茎;            |       | 雨伞                                | p. 67 |
| (花或叶的) 梗, 柄                            | p. 56 | <b>raincoat</b> /'reɪnkəʊt/ 雨衣    | p. 67 |
| <b>root</b> /ru:t/ 根; 根茎               | p. 56 | * <b>worry</b> /'wʌri/ 担心; 担忧;    |       |
| <b>lotus</b> /'ləʊtəs/ 莲属植物            | p. 57 | 发愁                                | p. 67 |
| * <b>lake</b> /leɪk/ 湖; 湖泊             | p. 57 | * <b>fine</b> /faɪn/ 晴朗的          | p. 67 |
| * <b>world</b> /wɜ:ld/ 世界; 地球;         |       | <b>fog</b> /fɒg/ 雾                | p. 68 |
| 天下                                     | p. 57 | <b>flood</b> /flʌd/ 洪水; 水灾        | p. 68 |
| <b>round</b> /raʊnd/ 圆形的; 环形的;         |       | * <b>fire</b> /'faɪə(r)/ 火; 火灾    | p. 68 |
| 球形的                                    | p. 57 | * <b>know</b> /nəʊ/ 知道; 了解        | p. 69 |
| <b>different</b> /'dɪfrənt/ 不同的;       |       | * <b>before</b> /bɪ'fɔ:(r)/ 在……之前 | p. 69 |
| 有区别的; 有差异的                             | p. 57 | <b>go hiking</b> /'haɪkɪŋ/ 徒步旅行   | p. 69 |
| * <b>way</b> /wei/ 方法; 手段; 途径;         |       | * <b>bring</b> /brɪŋ/ 带……到某处;     |       |
| 方式                                     | p. 57 | 带来; 取来                            | p. 69 |

## Unit 6

|                                  |       |
|----------------------------------|-------|
| * <b>river</b> /'rɪvə(r)/ 河; 江   | p. 64 |
| <b>nature</b> /'neɪtʃə(r)/ 自然界;  |       |
| 大自然                              | p. 64 |
| <b>waterfall</b> /'wɔ:təfɔ:l/ 瀑布 | p. 64 |
| <b>forest</b> /'fɒrɪst/ 森林; 林区   | p. 64 |
| * <b>famous</b> /'feɪməs/ 著名的;   |       |
| 出名的                              | p. 64 |
| <b>mountain</b> /'maʊntən/ 高山;   |       |
| 山岳                               | p. 64 |

# Vocabulary

## 词汇表

注：加\*的词为《义务教育英语课程标准（2022年版）》中的二级词；  
黑体词要求理解、运用，白体词仅要求在语境中理解。

### A

|                                     |       |
|-------------------------------------|-------|
| afraid /ə'freɪd/ 担心；害怕              | p. 19 |
| agree /ə'ɡriː/ 同意；赞成                | p. 16 |
| * <b>angry</b> /'æŋɡri/ 愤怒的；<br>生气的 | p. 17 |
| * <b>answer</b> /'ɑːnsə/ 答复；回答      | p. 33 |
| * <b>ask</b> /ɑːsk/ 问；询问            | p. 20 |
| Australia /ə'streɪliə/ 澳大利亚         | p. 4  |

### B

|                                        |       |
|----------------------------------------|-------|
| * <b>because</b> /bɪ'kɒz/ 因为           | p. 28 |
| <b>beef</b> /biːf/ 牛肉                  | p. 52 |
| * <b>before</b> /bɪ'fɔː(r)/ 在……之前      | p. 69 |
| both /bəʊθ/ 两者                         | p. 16 |
| * <b>bring</b> /brɪŋ/ 带……到某处；<br>带来；取来 | p. 69 |
| <b>brush</b> /brʌʃ/ （用刷子）刷净，<br>刷亮，刷平顺 | p. 44 |

### C

|                                         |       |
|-----------------------------------------|-------|
| centre /'sentə(r)/ 中心                   | p. 16 |
| <b>check</b> /tʃek/ 查看；查明               | p. 44 |
| <b>chess</b> /tʃes/ 国际象棋                | p. 8  |
| * <b>clever</b> /'klevə(r)/ 聪明的；<br>聪颖的 | p. 5  |

|                                |       |
|--------------------------------|-------|
| * <b>close</b> /kləʊz/ 关；关闭；闭上 | p. 67 |
| coconut /'kəʊkənʌt/ 椰子         | p. 55 |

### D

|                                               |       |
|-----------------------------------------------|-------|
| <b>dangerous</b> /'deɪndʒərəs/<br>有危险的；不安全的   | p. 67 |
| <b>different</b> /'dɪfrənt/ 不同的；<br>有区别的；有差异的 | p. 57 |
| <b>dumpling</b> /'dʌmplɪŋ/ 饺子；<br>汤圆          | p. 53 |

### E

|                                              |       |
|----------------------------------------------|-------|
| * <b>easy</b> /'iːzi/ 容易的；轻易的                | p. 9  |
| <b>else</b> /els/ 其他的；别的                     | p. 40 |
| <b>enough</b> /ɪ'nʌf/ 足够的；<br>充足的；充分的        | p. 40 |
| * <b>evening</b> /'iːvnɪŋ/ 晚上；傍晚             | p. 32 |
| <b>everything</b> /'evriθɪŋ/ 每件事；<br>所有事物；一切 | p. 64 |
| * <b>excited</b> /ɪk'saɪtɪd/ 激动的；<br>兴奋的     | p. 17 |
| * <b>exercise</b> /'eksəsaɪz/ 锻炼；<br>训练；操练   | p. 40 |

## F

- \*famous /'feɪməs/ 著名的；出名的 p. 64
- \*fine /faɪn/ 晴朗的 p. 67
- finish /'fɪnɪʃ/ 完成；做好 p. 16
- \*fire /'faɪə(r)/ 火；火灾 p. 68
- flood /flʌd/ 洪水；水灾 p. 68
- flu /fluː/ 流行性感冒；流感 p. 40
- fog /fɒɡ/ 雾 p. 68
- forest /'fɒrɪst/ 森林；林区 p. 64
- \*free /friː/ 没有安排活动的；空闲的 p. 45
- Friday /'fraɪdeɪ/ 星期五 p. 28
- \*front /frʌnt/ 前部 p. 9

## G

- go hiking /'haɪkɪŋ/ 徒步旅行 p. 69
- grandparent /'grænpəərənt/ 祖父；祖母；外祖父；外祖母 p. 33

## H

- habit /'hæbɪt/ 习惯 p. 41
- hamburger /'hæmbɜːɡə(r)/ 汉堡包；汉堡牛肉饼 p. 53
- hard-working /,haːd 'wɜːkɪŋ/ 工作努力的；辛勤的 p. 5
- \*heavy /'hevi/ 程度大的；严重的 p. 67
- \*him /hɪm/ 他 p. 4
- hotel /həʊ'tel/ 旅馆；旅社 p. 67
- \*hour /'aʊə(r)/ 小时 p. 45
- \*house /haʊs/ 房子 p. 43
- \*hungry /'hʌŋɡri/ 感到饿的 p. 52

## I

- \*ice cream /,aɪs 'kriːm/ (一份) 冰激凌 p. 52
- if /ɪf/ 如果；假若；倘若 p. 40
- \*interesting /'ɪntrəstɪŋ/ 有趣的；有吸引力的 p. 55

## J

- \*jump /dʒʌmp/ 跳；跃 p. 8

## K

- \*know /nəʊ/ 知道；了解 p. 69

## L

- \*lake /leɪk/ 湖；湖泊 p. 57
- laugh /lɑːf/ 笑 p. 21
- less /les/ (与不可数名词连用) 较少的，更少的 p. 44
- \*lesson /'lesn/ 课；一节课 p. 31
- \*little /'lɪtl/ 少许；一点 p. 52
- lotus /'ləʊtəs/ 莲属植物 p. 57
- \*lovely /'lʌvli/ 美丽的；优美的 p. 5

## M

- matter /'mætə(r)/ 事情；问题 p. 16
- Monday /'mʌndeɪ/ 星期一 p. 29
- mountain /'maʊntən/ 高山；山岳 p. 64
- \*move /muːv/ 搬家；移动 p. 21
- \*Mrs /'mɪsɪz/ (用于女子的姓氏或姓名前) 太太，夫人 p. 55

## N

nature /'neɪtʃə(r)/ 自然界;  
大自然 p. 64

\*night /naɪt/ 夜; 夜晚 p. 33

## P

\*parent /'peərənt/ 父亲; 母亲 p. 20

\*phone /fəʊn/ 电话; 电话机 p. 43

\*piano /pi'ænəʊ/ 钢琴 p. 8

\*ping-pong /'pɪŋ.pɒŋ/ 乒乓球 p. 33

player /'pleɪə(r)/ 运动员;  
参赛选手 p. 4

project /'prɒdʒekt/ 项目; 方案 p. 16

pull /pʊl/ 拔出; 抽出 p. 56

## R

raincoat /'reɪnkəʊt/ 雨衣 p. 67

rest /rest/ 休息; 放松 p. 43

\*river /'rɪvə(r)/ 河; 江 p. 64

\*robot /'rəʊbɒt/ 机器人 p. 7

root /ru:t/ 根; 根茎 p. 56

rope /rəʊp/ 绳; 粗绳 p. 8

round /raʊnd/ 圆形的; 环形的;  
球形的 p. 57

## S

\*sad /sæd/ 悲哀的; 难过的 p. 16

Saturday /'sætədeɪ/ 星期六 p. 31

\*science /'saɪəns/ 科学;  
自然科学 p. 7

seed /si:d/ 种子; 籽 p. 56

\*should /ʃʊd/

(提出或征询建议) 该, 可以 p. 40

\*show /ʃəʊ/ (电视或广播) 节目  
p. 43

\*sometimes /'sʌmtaɪmz/ 有时;  
间或 p. 31

\*star /stɑː/ 歌唱(或表演)明星 p. 9

start /stɑ:t/ 开始 p. 29

stay /steɪ/ 待; 保持; 继续是 p. 40

stem /stem/ (花草的) 茎;  
(花或叶的) 梗, 柄 p. 56

\*subject /'sʌbdʒɪkt/ 科目; 学科 p. 28

Sunday /'sʌndeɪ/ 星期日 p. 31

## T

take care of 爱护; 照顾 p. 44

\*tea /ti:/ 茶叶; 茶; 茶水 p. 53

team /ti:m/ (游戏或运动的)  
队; (一起工作的) 组, 班 p. 4

\*then /ðen/ 那么; 因此; 既然  
如此 p. 43

Thursday /'θɜ:zdeɪ/ 星期四 p. 29

tooth /tu:θ/ (复数 teeth /ti:θ/)  
牙; 齿 p. 44

trip /trɪp/ (尤指短程往返的)  
旅行, 旅游, 出行 p. 67

Tuesday /'tju:zdeɪ/ 星期二 p. 28

twice /twais/ 两次; 两遍 p. 44

## U

\*umbrella /ʌm'brelə/ 伞;  
雨伞 p. 67

usually /'ju:ʒuəli/ 通常地;  
经常地 p. 31

## V

\*visit /'vɪzɪt/ 看望; 拜访; 参观 p. 33

## W

**waterfall** /'wɔ:təfɔ:l/ 瀑布 p. 64

\*way /weɪ/ 方法; 手段; 途径;  
方式 p. 57

**Wednesday** /'wenzdeɪ/ 星期三 p. 28

weekend /,wi:k'end/ 周末 p. 31

wind /wind/ 风; 气流 p. 67

\*wonderful /'wʌndəfl/ 令人赞叹  
的; 精彩的; 绝妙的 p. 9

\*world /wɜ:ld/ 世界; 地球;  
天下 p. 57

**worried** /'wʌrɪd/ 担心的;  
担忧的 p. 16

\*worry /'wʌrɪ/ 担心; 担忧;  
发愁 p. 67

\*wrong /rɒŋ/ 错误的 p. 17

## Y

\*young /jʌŋ/ 幼小的; 年轻的 p. 5

yours /jɔ:z/ 您的 (用于书信  
结尾的签名前) p. 21

# Useful expressions

## 常用表达法

### Unit 1

What's he like?

他什么样?

He's tall and strong.

他又高又壮。

Is he good at football?

他擅长踢足球吗?

Yes, I think he is.

是的,我想他擅长。

What can you do for the festival?

你能为科学艺术节做什么?

I can make a robot.

我能制作机器人。

Can you make robots, Sarah?

萨拉,你能制作机器人吗?

No, I can't.

不,我不能。

### Unit 2

Hi, Mike. You look sad. What's the matter?

嗨,迈克。你看起来不开心。怎么回事?

It's about our school project.

是关于我们学校的项目。

And we have to finish our project by Monday.

并且我们得在星期一之前完成项目。

So you don't agree with each other?

所以你俩意见不一致?

Why not do both?

为什么不两个活动都做呢?

It's important to listen to each other.

听取彼此的想法很重要。

Yes, Miss White. I need to talk to Mike.

是的,怀特老师。我需要和迈克谈谈。

### Unit 3

What's your favourite day at school, John?

你在学校最喜欢哪一天,约翰?

What do you have on Wednesdays?

星期三你有什么课?

I have Chinese, maths, music and PE.

我有语文课、数学课、音乐课和体育课。

What do you usually do at the weekend, children?

孩子们,周末你们通常做什么?

I often play football. Sometimes I play Chinese chess with my father.

我经常踢足球。有时我和爸爸下象棋。

Does your mother work on both Saturdays and Sundays?

你妈妈周六周日都工作吗?

Yes, she does.

是的,她(周末两天)都工作。

## Unit 4

How can we all stay healthy?

我们怎样才能保持健康?

We should eat healthy food.

我们应该吃健康的食物。

Can I play on Mum's phone?

我可以玩玩妈妈的手机吗?

No. You shouldn't play on a phone so often.

不行。你不应该总是玩手机。

## Unit 5

What would you like to eat?

你想吃些什么?

I'd like beef and rice.

我想吃牛肉和米饭。

Would you like some chicken soup too?

你还想喝鸡汤吗?

Yes, please.

是的, 请(给我鸡汤)。

Where does your coconut come from?

你的椰子是哪里的?

Hainan!

海南!

## Unit 6

There are also many rivers in the nature park.

这个自然公园还有许多河流。

Is there a waterfall in the forest?

森林里有瀑布吗?

Yes, there is.

是的, 这里有。

Are there any famous mountains in the nature park?

自然公园有名山吗?

Yes, there are.

是的, 这里有。

There will be heavy rain in the afternoon too.

今天下午还将有大雨。

## 后 记

本套教科书由人民教育出版社课程教材研究所英语课程教材研究开发中心依据教育部《义务教育英语课程标准（2022年版）》编写。

本套教科书集中反映了基础教育课程改革的最新成果，总结了上一版《义务教育教科书 英语》的编写经验，凝聚了教育专家、学科专家、教材编写人员、教研人员及一线教师的集体智慧。参加编写工作的还有陆珂米。本套教科书封面设计由中央美术学院设计团队完成，人民教育出版社设计部制作。本册教科书封面插图绘制、内文插图绘制及版式设计为天津礁礁设计有限公司。我们感谢所有对教科书的编写、审读、试教、出版等提供过帮助与支持的同仁和社会各界朋友。

本册教科书出版之前，我们通过多种渠道与教科书选用作品的作者进行了联系，得到了他们的大力支持。视觉中国图库为本册教科书提供了图片素材。对此，我们表示衷心的感谢！

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