2021—2022学年度初中英语外研版七年级上册



课堂提升训练

班级 姓名 等级

Module4　Healthyfood

模块检测

Ⅰ.单项选择(每小题1分,共15分)

1. We often have three meals 　　　day. And we usually have 　　　breakfast at 8:00 every morning.

A.a; the　　　　B.a; a　　　　C.a; /　　　　D./; the

2.—Do you like running?

—Yes, I do. It’s good 　　　my health.

A.for　　　　B.at　　　　C.with　　　　D.in

3. I’m not hungry at all because I have just had much 　　　.

A.bread　　　　B.pears　　　　C.eggs

4.—My favorite 　　　is noodles. Do you like them?

—No, I don’t.

A.drink　　　　B.food　　　　C.fruit　　　　D.vegetable

5. We eat some 　　　and 　　　for lunch.

A.chicken; tomato　　　　　　B.chicken; tomatoes

C.chickens; tomato　　　　　　D.chickens; tomatoes

6. He sings 　　　and he is a 　　　singer.

A.good; good　　　　　　B.good; well

C.well; well　　　　　　D.well; good

7. —Have we got 　　　beef in the fridge?

—No, we haven’t. We have got some pork.

A.some　　　　B.no　　　　C.any

8. Tony, let’s go shopping for food and drink. Now, we 　　　any meat.

A.haven’t got　　　　　　B.have got

C.hasn’t got　　　　　　D.are not

9. It’s nice 　　　my old friends at the party.

A.to meet　　　　　　B.meet

C.meets 　　　　　　D.meeting

10. Many years later, I still 　　　my first teacher Mr. Li. He is so nice to us.

A.meet　　　　　　B.look

C.play　　　　　　D.remember

11. I have 　　　homework to do, so I cannot go shopping with you.

A.too much　　　　　　B.much too

C.too many　　　　　　D.so many

12.—Remember 　　　your homework here, Lisa.

—OK, I won’t forget it.

A.bring　　　　　　B.to bring

C.brings　　　　　　D.bringing

13.I’m 　　　tired after running for a long time. Let’s stop running to have a rest.

A.a few　　　　B.a lot　　　　C.a bit　　　　D.a lot of

14. —Have you got any melons?

—　　　.

A.Yes, we do　　　　　　B.Yes, we have

C.No, we don’t 　　　　　　D.No, we have

15.—I like sports. My favorite sport is football. 　　　?

—I like to play basketball.

A.How do you do　　　　　　B.How are you

C.How about you　　　　　　D.Do you like football

Ⅱ.完形填空(每小题2分,共20分)

Dear Danny,

I’m happy to 　16　 to you in English. I want to tell you about 　17　 meals in a day.

We Chinese have 　18　 meals every day—breakfast, lunch and dinner. I have food like eggs and porridge(粥) in the 　19　. Breakfast is important, but I don’t 　20　 much in the morning. Lunch is a big meal in 　21　. Many students have lunch at school on school days. I have lunch 　22　, because my home is near my school. I have rice, vegetables, meat and other food for lunch. The dinner is a 　23　 meal too. I have dinner at home, but sometimes I go out for dinner with my friends or my parents. After dinner, I like to have some 　24　. My favourite fruit is strawberries. I like my meals very much. 　25　 are your meals in America like?

Yours,

Hu Jia

16.A.write　　　　　B.talk　　　　C.sing　　　　D.read

17.A.his　　　　　B.her　　　　C.your　　　　D.my

18.A.two　　　　　B.three　　　　C.four　　　　D.five

19.A.morning　　　　　B.afternoon　　　　C.night　　　　D.noon

20.A.run　　　　　B.eat　　　　C.sleep　　　　D.drink

21.A.America　　　　　B.England

C.Canada　　　　D.China

22.A.at school　　　　　　B.at a station

C.at home　　　　　　D.in an office

23.A.small　　　　　B.short　　　　C.big　　　　D.long

24.A.cola　　　　　B.fruit　　　　C.snacks　　　　D.milk

25.A.How　　　　　B.Which　　　　C.When　　　　D.What

Ⅲ.阅读理解(每小题2分,共30分)

A

　　Some students come to a new school. Let’s meet them.

|  |  |
| --- | --- |
|  | Hello! I am Jack. I’m 12 years old. I’m from Japan. I like playing football and tennis. Apples and potatoes are my favorite. |
|  | I’m Rebecca. I’m from England. I am 13 years old. I like playing football and baseball. I like eating strawberries and carrots. |
|  | My name is Li Mei. I am 14. I’m from China. My favorite sports are basketball and ping-pong. I like oranges and tomatoes. |
|  | I’m from America. I am 15 years old. My name is Bob. I like volleyball and basketball. Bananas and tomatoes are my favorite. |

26.How old is Li Mei?

A.12.　　　　B.13.　　　　C.14.　　　　D.15.

27.Where is Rebecca from?

A.China.　　　　B.England.　　　　C.America.　　　　D.Japan.

28.What sports does Bob like?

A.Football and tennis.

B.Football and baseball.

C.Basketball and ping-pong.

D.Basketball and volleyball.

29.Who likes to eat apples?

A.Jack.　　　　B.Rebecca.　　　　C.Li Mei.　　　　D.Bob.

30.Which of the following is TRUE according to the passage?

A.Jack is from China.

B.Jack likes to play baseball.

C.Li Mei likes basketball and ping-pong.

D.Bob doesn’t like tomatoes.

B

　　Gina comes from England. She is fourteen years old. Her mother is Mrs. Johnson. She is a nurse at a hospital. She likes fruit and vegetables. She doesn’t eat too much sweet food or meat, so she stays healthy.

Gina likes chocolate and candy. But her mother tells her that too much sweet food isn’t good for her teeth. Gina likes cola. But her mother tells her that it isn’t a kind of healthy drink. Gina thinks her mother’s words (话) are right. So she eats well and stays healthy.

Gina’s father is a bus driver. He likes having meat. He likes sweet food—chocolate and candy too. He eats too much food for dinner, so he is fat. Gina and her mother often say to him, “Healthy food and drink is important to everyone.”

31.What is Gina’s family name?

A.Jason.　　　　　　B.Johnson.

C.Robinson.　　　　　　D.Thomson.

32.What is Gina’s mother’s job?

A.A nurse.　　　　B.A doctor.

C.A teacher.　　　　D.A driver.

33.Who likes having meat?

A.Gina.　　　　　　B.Gina’s mother.

C.Gina’s father.　　　　　　D.Gina’s friend.

34.The underlined word “it” refers to (指代) 　　　.

A.cola　　　　B.candy　　　　C.chocolate　　　　D.meat

35.Why is Gina’s father fat?

A.Because he likes fruit and vegetables.

B.Because he doesn’t like meat.

C.Because he is a bus driver now.

D.Because he likes sweet food and eats too much food for dinner.

C

Is your food and drink healthy? A lot of ice cream, hamburgers and cola are unhealthy. Meat is healthy but too much meat is not good for children. Cola and candy are very sweet, and too much sugar is bad for you.

Eat the right food and be healthy. Carrots, eggs and sweet potatoes are good for your eyes. Milk, cheese and fish are good for your teeth. A bit tired? Have lots of delicious chicken soup!

It is important to remember: eat well, stay healthy, and don’t get fat!

●Eat noodles or rice, not hamburgers.

●Have a good breakfast every morning.

●Drink juice, water, tea and milk, not cola.

●Eat lots of fruit and vegetables, not candy or ice cream.

36.The underlined word “unhealthy” means “　　　” in Chinese.

A.健康的　　　　B.不健康的　　　　C.保健的　　　　D.健康

37.Eating too much meat is bad for 　　　.

A.the young　　　　B.the old　　　　C.children　　　　D.women

38.Which kind of food is good for your eyes?

A.Candy.　　　　　　B.Hamburgers.

C.Sweet potatoes.　　　　　　D.Soup.

39.If you feel a bit tired, you’d better have lots of 　　　.

A.delicious chicken soup 　　　　　　B.juice or milk

C.fruit and vegetables　　　　　　D.meat

40.How many suggestions (建议) does the writer give?

A.5.　　　　B.4. 　　　　C.3. 　　　　D.2.

Ⅳ.阅读补全(每小题2分,共10分)

根据短文内容,从短文后的七个选项中选出五个能填入空白处的最佳选项,并将选项的字母序号填在对应的横线上。

I’m Ted from America. 　41　 We like Chinese food very much. 　42　 They’re famous in the world. They are Guangdong food, Sichuan food, Shanghai food and so on. Guangdong food is a bit light, and Sichuan food is very hot. Shanghai food is very oily (油腻的).

　43　 In the south of China people have rice every day. They eat it with fish, pork and vegetables. 　44　 In my family, my father likes dumplings very much, but my mother doesn’t like them at all. 　45　 I like Chinese food lot.

A.Spring rolls (春卷) and meat are my favorite food.

B.Everyone likes dumplings and meat.

C.There are many different kinds of food in China.

D.I live in China with my parents now.

E.But in the north of China people eat a lot of noodles and dumplings for three meals.

F.Most people like fast food.

G.Different people like different food.

41.　　　　42.　　　　43.　　　　44.　　　　45.

Ⅴ.短文填空(每小题1分,共10分)

根据短文内容和首字母提示写出所缺的单词,使短文内容完整、连贯。

Hello, everyone. My name is Anna. I am thirty y　46　 old. Today I’d like to t　47　you about my eating habits (饮食习惯).

I am a vegetarian (素食者). I only eat v　48　. I don’t eat any k　49　 of meat. I don’t eat chicken. I don’t eat beef. I don’t eat fish, either. I eat a lot of vegetables every day. I love to eat carrots, cabbages and onions. I a　50　 love to eat vegetable salad.

As for drinks, I love milk and water. Milk and water are g　51　 for my health. I also love fruit juice. Oh, I love tomato juice very m　52　. Tomato juice is my favorite. I d　53　 two glasses of tomato juice every day. I drink one glass in the m　54　 after getting up. I drink the other glass in the evening, before g　55　 to bed. I never drink coffee or tea. I think they are not healthy.

46. 　　　47. 　　　48. 　　　49. 　　　50.

51. 　　　52. 　　　53. 　　　54. 　　　55.

Ⅵ.书面表达(共15分)

　　假如你是李华,你的英国笔友Mike因为不健康饮食而经常感到不适,请你用英文写一封电子邮件,谈谈你在一日三餐饮食上的一些建议(advice),要点如下:

　　◆早餐:记得吃鸡蛋、喝牛奶;

　　◆午餐:蔬菜和肉很重要;

　　◆晚餐:不宜多吃,可以吃水果,不要喝可乐。

要求:1.请不要出现你的真实校名;

2.语句准确通顺,语法正确;

3.可以适当发挥,60词左右;

4.开头和结尾已给出,不计入总词数。

Dear Mike,

I am sorry to know that you are not healthy. I want to give you some advice.

Yours,

Li Hua

Ⅰ.1.C　句意:我们经常一天吃三顿饭。我们通常每天早上8点吃早饭。第一空要填不定冠词a,此时a意为“每一”,同every;have breakfast意为“吃早饭”,breakfast前不必加冠词,故答案为C。

2.A　根据本题语境可知,跑步对我的健康有好处,be good for是固定搭配,意为“对……有好处”,所缺的介词是for。

3.A　句意:我一点儿也不饿,因为我刚才吃了很多面包。设空前的much用来修饰不可数名词,选项中只有bread符合题意,故答案为A。

4.B　根据题干中的noodles可知,它属于“食物”,所缺的词是food。

5.B　句意:我们午饭吃一些鸡肉和西红柿。some后要跟可数名词的复数或不可数名词。chicken意为“鸡肉”,是不可数名词,没有复数形式;tomato意为“西红柿”,是可数名词,复数形式是tomatoes,故答案为B。

6.D　本题考查good和well的区别。句意:他唱歌唱得很好,他是一位很好的歌手。修饰动词要用well,修饰名词要用good,故答案为D。

7.C　通常情况下,any用在否定句或疑问句中,问句的含义是“冰箱里有牛肉吗?”,故答案为C。

8.A　根据题干中的“让我们去买食物和饮料吧”可推断,我们“没有”肉了,have got的否定形式是haven’t got。

9.A　句意:在聚会上见到我的老朋友真是太好了。本句是“It’s + *adj.* + to do sth.”的句式结构,故答案为A。

10.D　根据本题语境可知,许多年以后,我仍然“记得”我的第一位老师,所缺的词是remember。

11.A　根据本题语境可知,我有太多家庭作业要做,too much意为“太多”,用来修饰不可数名词homework,故答案为A。

12.B　根据本题语境可知,记得把你的家庭作业带到这里来。由remember to do sth.“记得做应该做但还没有做的事情”,可知答案为B。

13.C　根据本题语境可知,我跑了很长时间,“有点儿”累了,a bit意为“稍微;有点儿”,用来修饰形容词或副词,故答案为C。

14.B　“Have you got...?”结构的肯定答语是“Yes, I/we have.”,否定答语是“No, I/we haven’t.”,故答案为B。

15.C　根据题干中的“我喜欢运动,我最喜欢的运动是足球”以及答语“我喜欢打篮球”可推断,所缺的内容是C,含义是“你呢”。

Ⅱ.[语篇解读]　本文是Hu Jia写给Danny的一封信,他在信中讲述了自己的一日三餐。

16.A　我很高兴用英语给你“写信”,所缺的词是write。

17.D　我想告诉你关于“我的”一天的饭的事情,所缺的词是my。

18.B　根据设空后的breakfast, lunch and dinner可知,我们中国人每天吃“三”顿饭,所缺的词是three。

19.A　该句讲的是我“早上”吃的饭,所缺的词是morning。

20.B　早餐很重要,但是我早上“吃”得不多,所缺的词是eat。

21.D　根据第二段开头处的“We Chinese”可知,午饭在“中国”很丰盛,所缺的词是China。

22.C　根据设空后的“因为我家在学校附近”可推断, 我“在家”吃午饭,故答案为C。

23.C　晚饭也很“丰盛”,所缺的词是big。

24.B　根据设空后的“我最喜欢的水果是草莓”可推断,晚饭后我喜欢吃一些“水果”,所缺的词是fruit。

25.D　该句的含义是“你在美国的膳食是怎样的?”,根据“What’s...like?”的结构可知答案为D。

Ⅲ.A

[语篇解读]　本文是关于四个学生的简介,简介中提到了他们的姓名、年龄、喜欢的运动和食物等方面的内容。

26.C　细节理解题。根据 Li Mei描述中的“My name is Li Mei. I am 14.”可知,她14岁,故答案为C。

27.B　细节理解题。根据Rebecca描述中的“I’m Rebecca. I’m from England.”可知,她来自英格兰,故答案为B。

28.D　细节理解题。根据Bob描述中的“I like volleyball and basketball.”可知,他喜欢的运动是排球和篮球,故答案为D。

29.A　细节理解题。根据Jack描述中的“Apples and potatoes are my favorite.”可知,他最喜欢吃苹果和土豆,故答案为A。

30.C　推理判断题。根据Li Mei描述中的“My favorite sports are basketball and ping-pong.”可知,她喜欢打篮球和乒乓球,故选项C是正确的描述。

B

[语篇解读]　本文讲的是Gina一家人的饮食习惯。

31.B　细节理解题。根据第一段中的“Gina comes from England.”和“Her mother is Mrs. Johnson.”可知,Gina的姓氏是Johnson,故答案为B。

32.A　细节理解题。根据第一段中的“Her mother is Mrs. Johnson. She is a nurse at a hospital.”可知,Gina的妈妈是护士,故答案为A。

33.C　细节理解题。根据第三段中的“Gina’s father is a bus driver. He likes having meat.”可知,Gina的爸爸喜欢吃肉,故答案为C。

34.A　词义猜测题。根据第二段中的“Gina likes cola. But her mother tells her that it isn’t a kind of healthy drink.”可推断,it指代的是“可乐”,故答案为A。

35.D　细节理解题。根据第三段中的“He likes sweet food—chocolate and candy too. He eats too much food for dinner, so he is fat.”可知,Gina的爸爸胖是因为他喜欢吃甜食,而且晚饭吃太多食物了,故答案为D。

C

[语篇解读]　本文给出了一些关于健康饮食方面的建议。

36.B　词义猜测题。根据该句的主语A lot of ice cream, hamburgers and cola可推断,它们都是“不健康的”。

37.C　细节理解题。根据第一段中的“Meat is healthy but too much meat is not good for children.”可知,吃太多肉对孩子们没有好处,故答案为C。

38.C　细节理解题。根据第二段中的“Carrots, eggs and sweet potatoes are good for your eyes.”可知,对眼睛有好处的是carrots, eggs和sweet potatoes,故答案为C。

39.A　细节理解题。根据第二段中的“A bit tired? Have lots of delicious chicken soup!”可知,如果你觉得有点儿累,可以喝许多鸡汤,故答案为A。

40.B　推理判断题。通读全文可知,作者一共给出了四条关于健康饮食方面的建议,故答案为B。

Ⅳ.[语篇解读]　本文讲的是一个美国人对中国美食的一些看法。

41.D　空前的句意是“我是来自美国的Ted”,空后的句意是“我们很喜欢中国食物”,根据此空前后的句意可知,所缺的句子是D,该句的含义是“我现在和我的父母一起住在中国”。

42.C　后文提到了中国的一些不同种类的食物,如粤菜、川菜等,故所缺的句子是C。

43.G　结合后文内容可推断,所缺的句子是G“不同的人喜欢不同的食物”。

44.E　上文提到了“南方人每天吃米饭”,根据下文中对饺子的描述可推断,所缺的句子是E。

45.A　根据上下文可推断,这里是描述“我”喜欢的食物,故答案为A。

Ⅴ.[语篇解读]　本文讲的是安娜的饮食习惯。

46.years　根据句意“我三十岁”可知,所缺的词是years。

47.tell　今天我想“告诉”你关于我的饮食习惯,所缺的词是tell。

48.vegetables　根据设空前的“我是素食者”可推断,我只吃“蔬菜”,此处要填的是vegetable的复数形式。

49.kind　根据其后的描述可知,我不吃任何“种类”的肉,所缺的词是kind。

50.also　我“也”喜欢吃蔬菜沙拉,所缺的词是also。

51.good　牛奶和水对我的健康有好处,根据be good for的固定搭配可知,所缺的词是good。

52.much　我“很”喜欢番茄汁,根据very much的搭配可知,所缺的词是much。

53.drink　我每天“喝”两杯番茄汁,所缺的词是drink。

54.morning　我“早上”起床后喝一杯,所缺的词是morning。

55.going　我晚上“睡觉”之前喝另一杯,go to bed意为“上床睡觉”,再根据设空前的before可知,此处要填的是go的动名词形式,即going。

Ⅵ.One possible version:

Dear Mike,

I am sorry to know that you are not healthy. I want to give you some advice. For breakfast, remember to have an egg and drink some milk. They are good for you. It’s important to eat vegetables, such as carrots, beans and tomatoes. Eat meat such as pork, beef and chicken for lunch. For dinner, don’t eat too much. You can have some fruit, but don’t drink any cola. It is bad for your health. Remember to eat well and stay healthy.

Yours,

Li Hua