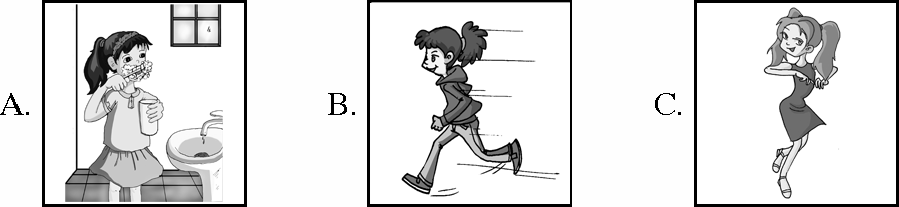
**邢台市开元中学初中部2020级2021-2022学年第一学期**

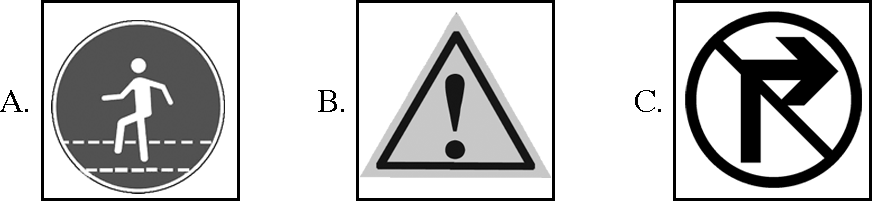
**第一次月考试题**

(考试时间:90分钟，满分:120分)

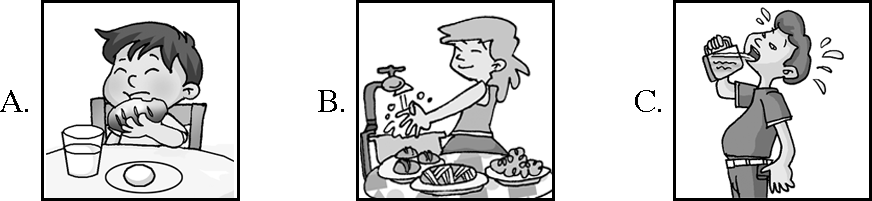
第一部分 听力

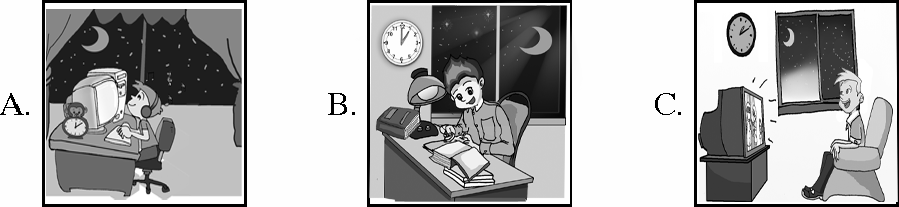
Ⅰ.听句子，选择正确图片。每个句子读一遍。（5分）

( )1.

( )2.

( )3.

( )4.

( )5.

Ⅱ.听句子，选择正确答语。每个句子读一遍。（5分）

( )6. A. No, thanks. B. Yes, here you are. C. Sure, go ahead.

( )7. A. Yes, I will. B. I don’t think so. C. No, thank you all the same.

( )8. A. You’d better get up early.

B. You’d better not work late into the night.

C. You should drink some tea.

( )9. A. Every day. B. No more than 2 hours. C. Twice a day.

( )10. A. Every day. B. In the morning. C. Two weeks.

Ⅲ. 听对话及问题，选择正确答案。每组对话及问题读两遍。（5分）

( )11. A. By bus. B. By bike. C. On foot.

( )12. A. Because he had a cold. B. Because he had the flu.

C. Because he ate too much yesterday.

( )13. A. Every day. B. Twice a day. C. Three times a week.

( )14. A. She does the housework. B. She does her homework.

C. She watches soccer games.

( )15. A. In a shop. B. At home. C. In a hospital.

Ⅳ. 听对话，选择正确答案。对话读三遍。（5分）

( )16. Why does Sandy drink milk often?

A. Because her mother asks her to.

B. Because she wants to.

C. Because drinking milk is good for her health.

( )17. How often does Sandy drink milk?

A. Every day. B. Sometimes. C. Never.

( )18. What’s Sandy’s favorite food?

A. Meat. B. Dumplings. C. Bread.

( )19. When does Sandy eat oranges?

A. After breakfast. B. After lunch. C. After supper.

( )20. Who thinks junk food (垃圾食品) is unhealthy?

A. Sandy. B. Peter. C. Mary.

Ⅴ. 听短文，填空。短文读三遍。（5分）

Yesterday a 21 boy was playing football on the street. At that time, a car came quickly and 22 him. The boy’s legs were 23 badly. Some people took him to the hospital as quickly as possible. The boy is in hospital 24 . His classmates and friends come to see him with flowers and fruits. And they ask him not to 25 his lessons. We hope the boy will get better soon.

21. 22. 23. 24. 25.

第二部分 基础知识运用

**Ⅰ.单项选择。(15分)**

从A、B、C、D四个选项中选出可以填入空白处的最佳答案。

1. There \_\_\_\_\_\_\_\_ two volleyball matches tomorrow.

A．will have B．is going to be C．are going to be D．are going to have

27．—Will Jack go to the concert with us?

—Sure! Not only Jack but also a number of his football teammates \_\_\_\_\_\_\_\_ going with us.

A．are B．were C．is D．was

28．The trip to London will \_\_\_\_\_\_\_each person 10000 yuan.

A．pay B．cost C．take D．spend

29．I’m hungry, would you please give me \_\_\_\_\_\_\_\_ to eat?

A．something delicious B．anything delicious

C．delicious something D．nothing delicious

30．I feel \_\_\_\_\_\_\_\_ when I watch that \_\_\_\_\_\_\_\_ match.

A．excited; excited B．excited; exciting

C．exciting; excited D．exciting; exciting

31．Xu Xia and her teammates are \_\_\_\_\_\_\_ the U.S.A．next week.

A．leaving for B．leave for C．to D．left

32．They finished the work \_\_\_\_\_\_\_\_ because they had \_\_\_\_\_\_\_\_.

A．good enough; enough time B．enough good; time enough

C．well enough; enough time D．enough well; time enough

33．—Do you know who taught \_\_\_\_\_\_\_\_ English?

—Nobody. He learned it by \_\_\_\_\_\_\_\_.

A．his; himself B．him; him C．him; himself D．his; him

34．—\_\_\_\_\_\_\_\_ I finish the writing in class?

—No, you needn’t.

1. Can B．Shall C．Must D．Could

35．The music sounds nice and the food \_\_\_\_\_\_\_\_ good. This hotel is so great.

A．eats B．sounds C．feels D．tastes

36．He invented an indoor game for his students \_\_\_\_\_\_\_\_ they could play basketball in bad weather.

A．because B．instead of C．so that D．that

1. — Which sport do you prefer, singing or swimming?

— I prefers \_\_\_\_\_\_\_\_ to \_\_\_\_\_\_\_\_\_.

A．to sing, swim B．singing, swimming C．sing, to swim D．to sing, to swim

38．She spends one hour \_\_\_\_\_\_\_\_ every day.

A．dance B．to dance C．danced D．dancing

39．He didn’t sleep \_\_\_\_\_\_\_\_ last night, he wants to have a \_\_\_\_\_\_\_\_ rest now.

A．good, good B．well, good C．good, well D．well, well

40．—Could you please tell me \_\_\_\_\_\_\_\_?

—Sorry, I’m new here.

1. where the airport was B．where was the airport

C．where the airport is D．where is the airport

**Ⅱ. 完形填空。(10分)**

根据短文内容，从A、B、C、D四个选项中选出能填入相应空格内的最佳答案。

If you have the flu, it’s very important to stay home from school. Because it is a(n) 41 that could make some people ill. We should 42 it spreading (传播) around. The flu is a fever 43 one or more of these: cough, sore throat or headaches. If you have the flu, home is the 44 place to stay. If you stay at home, you won’t make other people ill. And if you have the flu, 45 at home is what you need to get better.

Take these steps if you feel 46 .

Tell your parents. They will call the 47 to talk about whether(是否) you have the flu or some other illness.

Stay home from school and other 48 places. Also, try not to make other people in your family ill. Do that by washing your hands 49 .

Get rest, drink more water and you’ll feel better fast. Be sure to tell your parents how you’re feeling 50 they can take good care of you.

Go back to school only when you’re feeling better.

41．A．illness B．happiness C．hope D．way

42．A．let B．stop C．keep D．have

43．A．for B．on C．about D．with

44．A．good B．well C．better D．best

45．A．eating B．playing C．studying D．resting

46．A．hungry B．angry C．ill D．bored

47．A．teacher B．worker C．doctor D．singer

48．A．nice B．important C．different D．crowded

49．A．hardly B．often C．seldom D．never

50．A．so that B．or C．although D．but

**Ⅲ. 阅读理解。(30分)**

**(A)**

You are what you eat

Keeping better eating habits can help you reduce (减少) disease. A healthy eating plan means choosing the right foods to eat and preparing foods in a healthy way.

\_\_\_\_\_\_\_\_\_\_\_

Do you often change your toothbrush? Maybe you think it is not necessary. A study shows old toothbrushes bring disease. You should often change your toothbrush.

Exercise

Swimming, running, skating, skiing, dancing, walking and some other activities can help you stay healthy. You should exercise at least three times a week and for twenty minutes or more each time. Do it.

Plan out your life

You should have breakfast before you go to school. Have a proper (合适的) meal for lunch. Follow a healthy diet.

51．What is the best title (标题) for the second paragraph?

A．Man’s disease B．Disease C．Watch the toothbrush D．Your bathroom

52．At least how long should you exercise each time?

A．Twenty minutes. B．Fifteen minutes. C．Five minutes. D．Ten minutes.

53．From the passage, we know \_\_\_\_\_\_\_\_ can help us stay healthy.

A．proper diet B．exercise

C．sleep and exercise D．proper diet and exercise

**(B)**

Do you want to be healthy? What can you do to be healthy? Let me tell you.

Play sports every day. Sports can make you be active and healthy. Running, swimming and playing soccer or basketball are all good sports.

Eat fruit and vegetables every day. They are all healthy food. Don’t eat too much junk food every day. It’s not good for your health.

Get enough sleep. You must sleep for eight or nine hours a day. It’s healthy for you. Don’t go to bed too late. And remember to get up early the next morning. Then you can have a good day at school.

Make friends at school. Friends can help you study easily and make you feel happy.

It’s easy to be healthy. And if you do those above, you can make it.

54．How many ways are there in the passage to help us to be healthy?

A．Three. B．Four. C．Five. D．Six.

55．Which of the following is TRUE?

A．Only doing sports can make us healthy.

B．We need parents to help us at school.

C．We can eat and sleep more to be healthy.

D．It’s not difficult for us to be healthy.

56．What is the best title for the passage?

A．When to Go to Bed B．Why to Make Friends

C．What to Do Every Day D．How to Be Healthy

**(C)**

Healthy eating doesn’t just mean what you eat, but how you eat. Here is some advice on healthy eating.

◆ Eat with others. It can help you to see others’ healthy eating habits. If you usually eat with your parents, you will find that the food you eat is more delicious.

◆ Listen to your body. Ask yourself if you are really hungry. Have a glass of water to see if you are thirsty-sometimes you are just thirsty, you need no food. Stop eating before you feel full.

◆ Eat breakfast. Breakfast is the most important meal of the day. After you don’t eat for the past ten hours, your body needs food to get you going. You will be smarter after eating breakfast.

◆ Eat healthy snacks like fruit, yogurt or cheese. We all need snacks sometimes. In fact, it’s a good idea to eat two healthy snacks between your three meals. This doesn’t mean that you can eat a bag of chips instead of a meal.

◆ Don’t eat dinner late. With our busy life, we always put off eating supper until the last minute. Try to eat supper at least 3 hours before you go to bed. This will give your body a chance to digest more of the food before you rest for the next 8-10 hours.

57．The writer gives us \_\_\_\_\_\_\_\_ pieces of advice on healthy eating.

A．five B．six C．seven D．eight

58．How do you know if you are thirsty?

A．Have some chips. B．Have some fruit.

C．Have a glass of yogurt. D．Have a glass of water.

59．\_\_\_\_\_\_\_\_ is the most important meal of the day.

A．Dinner B．Breakfast C．Lunch D．Supper

60．The underlined word “digest” means “\_\_\_\_\_\_\_\_” in Chinese.

A．存储 B．循环 C．消化 D．享用

61．The passage mainly tells us \_\_\_\_\_\_\_\_.

A．how to eat B．what to cook

C．why to eat D．when to cook

**(D)**

Many children like to go hiking (徒步旅行). Why? Because they can be free from school and their homework. They can also enjoy beautiful nature, play with friends or family. If you want to have a happy hike, you must pay attention to the following:

First, find a good day. Fine weather is the most important for a happy hike. If the weather is good, you can do a lot of things, like riding horses, going bike riding, swimming in the river, flying kites and playing ball games.

Second, go with the people you like. If you go hiking with the people you don't like, you won't have a great time. So, find the person who has the same interest as you.

Third, find the right place. Different people have different ideas about the places. For me, I would like to go to the beach for a hike. I like to walk along the beach, listening to the sound of the sea and watch children playing.

Lastly, think of what you need to prepare before going hiking. To have a nice hike, you must have comfortable shoes, enough water and some food. Now you can go hiking!

62．Why do children like to go hiking?

A．Because they can learn more things.

B．Because they can make more friends.

C．Because they can enjoy beautiful nature.

D．Because they don’t need to stay at home.

63．Which of the following is NOT the writer’s idea about a happy hike?

A．You should go hiking with different people.

B．A pair of comfortable shoes must be prepared.

C．Enough water and some food is very important.

D．You should go hiking when the weather is fine.

64．Where does the writer probably go for a hike?

A．To the farm. B．To the park. C．To the beach. D．To the mountain.

65．How many points must you pay attention to for a happy hike?

A．One. B．Two. C．Three. D．Four.

**Ⅳ.任务型阅读。(10分)**

How much time do people spend cooking today compared to (与……相比) the past? The answer is: not much time at all. For example, most American families today spend less than 30 minutes a day preparing meals. In the 1960s, it was nearly an hour a day. And how many young people know how to cook? Well, there aren’t many 49% of 18-24-year-olds don’t know how many minutes it takes to boil an egg!

This change in cooking habits is a big problem for our health. Jean-Michel Cohen, a French doctor, thinks we have quite a lot of health problems today because not many people cook enough. He says that when we buy ready-made meals or takeaway food, we don’t really think about what we’re eating. That is to say that we often eat a lot of food more than we need. But when we buy the ingredients(原材料) like vegetables, meat, fish, and then cook them, we think more carefully about what we are eating. And when we think about the ingredients, we usually eat healthy meals and we eat well.

So, perhaps, the answer to some of the health problems is not “eat less” but “cook more”!

66，67题完成句子；68题简略回答问题；69题找出并写下全文的主题句；70题将文中画线句子译成汉语。

66．Most American families spent \_\_\_\_\_\_\_\_\_\_ preparing meals in the 1960s.

67．Jean-Michel Cohen thinks we have quite a lot of health problems today because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

68．What will happen when we think about the ingredients?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

69． \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

70． \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**V.词语运用。(10分)**

Everyone in our school loves sports. Every morning after we get up, we do morning 71.\_\_\_\_\_\_\_(exercise). After the second class we do exercise again.We only have P.E class twice a week, but we do physical training at ten past five every afternoon. The most72.\_\_\_\_\_\_\_ ['pɒpjʊlə] sport is table tennis. All boys enjoy 73.\_\_\_\_\_\_\_(play) it and many of the girls like it, too. Another popular 74.\_\_\_\_\_\_\_ is football and in every class there are a lot of football fans. We often play volleyball when the weather is 75.\_\_\_\_\_\_\_(晴朗的) . We have school basketball team, football team and volleyball team. Our teams often have friendship 76.g\_\_\_\_\_\_\_with teams from other schools. When there is a match, many of us go to watch it and 77.\_\_\_\_\_\_ [tʃɪə] our team on.

Besides ball games, some of us like track-and-field events, and we often 78.\_\_\_\_\_\_(练习）running, jumping and throwing. Every team we have tests in these events and once a year we 79.\_\_\_\_\_\_ [həʊld] a sports meet.

Sports help us to keep 80.\_\_\_\_\_\_ (health) and happy. I like sports.

**VI.连词成句。(共5分)**

81．the, matter, what’s, you, with

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

82．medicine, you, take, better, some, had,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

83．Michael, got, as soon as, it, mad, saw, he

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

84．sorry, did, the, jump, badly, we’re, that, in, high, we

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

85．learn about, necessary, you, it’s, to, for, first aid

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**VII.书面表达。(共15分)**

近年来，传染性疾病不断发生，威胁人类的健康。例如有2003年的非典，2009年的甲型H1N1流感，2012年的H5N2高致病性禽流感，2013年3月底在上海和安徽两地首先发现H7N9型禽流感。作为中学生，为了使自己保持健康，远离疾病，我们在日常生活中应该怎样保持健康呢？请你以Protect Ourselves from the Flu 为题写一篇短文。

Protect Ourselves from the Flu

The infectious disease influences our daily life and health. What’s more, it can make people die.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

