 **新目标英语八年级上单元过关与检测(Unit2)**

**一．单项选择 ( 每小题1分，共15分)**

( )1. I sometimes help my mom with her housework \_\_\_\_\_\_\_\_\_\_\_\_ Saturdays.

A. at B. in C. on D. to

( )2.Eating lots of vegetables and enough meat can \_\_\_\_you healthy all the time .

A. make B .get C. Keep D .stay

( )3.You should eat \_\_\_\_\_\_ vegetables and \_\_\_\_\_ meat to stay healthy.

A. less, less B. fewer, fewer C. more, less D. more, fewer

( )4.---Jim, you look so sleepy. What’s wrong?

---I \_\_\_\_\_\_\_\_to write a report.

A. stayed up late B. looked up C. got up late D. took out

( )5.—\_\_\_\_\_\_\_\_ does he do on the weekend?

—He often helps his mother with housework.

A. How B. How often C. What D. How many

( )6. \_\_\_he was tired, he continued working in his office.

A. If B. Because C. Although D. So

( )7.“\_\_\_\_\_exercise every day, my son. It’s good for your health.” Dad often said to him.

A. Takes B. Taking C. Take D. To take

( )8. I wanted \_\_\_\_basketball but I was not good at \_\_\_\_.

A. play; running B. to play; running

C. play the; run D. to play; run

( )9. Yesterday, she asked me \_\_\_\_\_ shopping with her.

A. go B. to go C. goes D. went

( )10. Tom is \_\_\_\_\_\_late for school. He is always the first to come to school.

A. often B. never C. always D. sometimes

( )11.—\_\_\_\_\_\_\_\_does your sister go to the library?

—Twice a week.

A. How soon B. How much C. How often D. How far

( )12. Sally often has \_\_\_\_ breakfast at home. This morning she had \_\_\_\_\_ big breakfast.

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

( )13. Lily \_\_\_\_\_ walks with her father after dinner.

A. sometime B. sometimes C. some time D. some times

( )14. It is important for us \_\_\_\_ good grades by \_\_\_\_ to teachers carefully in class.

A. get, listen B. got, listened C. to get, listen D. to get, listening

( )15. Doing exercise \_\_\_\_ good for your healthy.

A. be B. am C. is D. are

**二．完形填空( 每小题1分，共10分)**

Early in the morning, at noon, or in the evening in big cities and in the countryside, all over the United States, you can see Americans running—men and women, young and old. People run\_\_\_\_1\_\_\_— along the beaches of California, \_\_2\_\_ Central Park in New York, down quiet streets in small towns or at the gym. Some people even run in \_\_3\_\_\_ living rooms.

Running wasn’t so popular in the past. In the 1960s,runners were mostly athletes and healthy strong people. When people saw a runner, they used to\_\_\_4\_\_\_,“Hey,why are you in a hurry?” or they might say to \_\_\_5\_\_\_,“Is he crazy?” At that time, women almost never ran. If they did, people may laugh at them. But today all these have \_\_\_6\_\_\_.Men and women of all \_\_\_7\_\_\_\_enjoy running.

Doctors say many of the health problems in the United States　\_\_\_8\_\_\_\_these bad habits: eating too much, smoking (吸烟),and taking\_\_\_\_9\_\_\_exercise. Doctors tell us, “Eat less, don’t smoke, and exercise more.” Running is a good exercise 　\_\_\_10\_\_\_it helps build strong hearts and lungs(肺).It also helps most people lose weight.

( )1.A.anywhere B. somewhere C. everywhere D. nowhere

( )2.A.among B. through C. with D. on

( )3.A.our B. your C. his D. their

( )4.A.ask B. speak C. say D. tell

( )5.A.them B. themselves C. their D. they

( )6.A.changed B. stopped C. worked D. done

( )7.A.people B. cities C. villages D. ages

( )8.A.come from B. look for C. care for D. think of

( )9.A.few B. many C. much D. little

( )10.A.how B. where C. because D. but

**三．阅读理解( 每小题2分，共30分)**

**A**

To stay healthy sometimes isn’t difficult.

Have a healthy lifestyle. It is the best way to have a good lifestyle with family. When your family do the same activity, you can encourage each other to keep doing. If you make your family enjoy doing exercise and eating healthily, you can also be healthy. When you go shopping, buy healthy food. Buy more vegetables and fruit. Try different kinds of healthy food and try to eat at home every day. If you are eating outside, try to eat healthy food. Don’t think of having food as a fun activity. Many times we do fun activities around food. For example, we may often meet our friends for lunch. In fact, there are many other activities you can do with your friends. How about meeting friends for a sports game? You can eat, but the activity doesn’t focus on the food.

Looking after your health should not be boring. Start now!

( )1.The passage tells us \_\_\_\_\_\_\_ways to keep healthy.

A.6 B.5 C.4 D.3

( )2. According to the passage, the best way to have a healthy lifestyle is to have a good lifestyle with \_\_\_\_.

A. friends B. family C. students D. teachers

( )3.The underlined word “encourage” means \_\_\_\_\_ in Chinese.

A.表达 B.总结 C.鼓励 D.打击

( )4. According to the passage, many people often \_\_\_\_\_\_ for fun.

A. play games B. go out to eat

C. do sports D. make calls

( )5. From the passage we learn it’s good for us to \_\_\_\_\_.

A. go out to eat fast food with friends

B. do many fun activities around food

C. eat different kinds of healthy food often

D. invite friends to eat out often

**B**

Cathy is 1.53 meters tall, but she is 160 pounds. She decides to lose weight(减肥).She goes to the doctor, and the doctor gives her the following advice.

Exercise:

\*Run for 30 minutes every morning.

\*Swim twice a week.

\*Go to work on foot instead of(而不是)by bus.

\*Take a walk after supper every day.

Diet:

\*Have a glass of milk and an egg for breakfast.

\*Eat more fruit and vegetables and less meat for lunch.

\*Eat only fruit for supper three times a week.

\*Never eat junk food.

\*Drink at least eight glasses of water every day.

( )6. The doctor gives Cathy \_\_\_\_\_\_ pieces of advice on Exercise and \_\_\_\_\_\_\_\_ pieces of advice on Diet.

　　 A. five; four B. four; four C. four; five D. five; five

( )7. Cathy needs to run for \_\_\_\_\_\_\_\_\_ every day.

A. twenty minutes B. half an hour

C. an hour D. forty minutes

( )8. Cathy needs to go swimming \_\_\_\_\_\_\_\_.

A. twice a week B. once a week

C. every day D. three times a week

( )9.We can infer(推断) that Cathy probably goes to work

\_\_\_\_\_\_\_\_ before she goes to the doctor.

A. on foot B. by bike C. by bus D. by car

( )10. According to the doctor’s advice, Cathy\_\_\_\_\_\_\_.

A. should drink a glass of milk and eat two eggs for

breakfast

B. should drink a glass of milk before going to bed

C. can eat junk food once a month

D. should eat only fruit for supper three times a week

**C**

  Goal(射门)! Football, or soccer, is one of the world's most popular sports. The game first came from old China, though the modern football game began on the streets of old England. The rule is simple: get the ball in the other team's goal, not using your hands or arms. With simple rules and easy equipment(设备), people can play football anywhere. But the game needs teamwork.

    The men's game came into the Olympics at the 1900Paris Games in France. The women's game came into the Olympics at the 1996Atlanta Games in Georgia. At the Olympics, players play for two 45—minute halves, with 11 players on each team.

At the Olympics, we make 16men's and 12women's teams into groups of four teams. Each team plays against every other team in their group. The best eight teams in the men's and women's competitions move onto the quarterfinals. In the end the best one will become the winner of the game.

( )11. The football game first started in \_\_\_\_\_\_ .

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

( )12. The underlined word "teamwork" means \_\_\_\_\_\_ .

A .努力工作 B .协同工作 C .独立工作 D .体力劳动

( )13. How long is a football game at the Olympics？

A .40minutes. B .45minutes. C .80minutes. D .90minutes.

( )14. When did the men's game begin at the Olympics？

A .In 1900. B .In 1996. C .In 2004. D .In 2012.

( )15. How many men's teams play games at the Olympics？

A .11. B .12. C .16. D .24.

**四．选词填空( 每次只限用一次)( 每小题1分，共10分)**

together， exercise, through， read, speak,

Internet， little, die, usual， eat

1. The sunshine goes \_\_\_\_\_\_\_\_\_\_the windows and makes the room warm.

2. Nowadays many people buy things on the \_\_\_\_\_\_\_\_\_ at home instead of going to the shops.

3. My parents \_\_\_\_\_\_\_\_\_ go shopping on Sundays.

4. Let’s do the housework \_\_\_\_\_\_\_\_\_\_\_\_.

5. My sister has a good \_\_\_\_\_\_\_\_\_\_\_ habit.

6. He always \_\_\_\_\_\_\_\_\_\_\_\_\_ on weekends.

7. My mother usually works \_\_\_\_\_\_\_\_\_\_\_\_ than eight hours a day.

8. You can learn the new words by \_\_\_\_\_\_\_\_\_\_ them again and again.

9. \_\_\_\_\_\_\_\_\_ with food full of mouth is impolite.(不礼貌)

10. Many people \_\_\_\_\_\_\_\_ in the traffic accident last year.

**五．短语填空( 每小题1分，共10分)**

1. Next week \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(对我来说是忙碌的).

2. Do you often eat fruit? I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(几乎不) eat.

3. I drink \_\_\_\_\_\_\_\_\_\_\_(至少) eight cups of water every day.

4. Tom spent two hours \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(使用互联网).

5. It \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ( 对....是非常好的)parents to talk with children usually.

6. Don’t \_\_\_\_\_\_\_\_\_\_(熬夜) too late. It’s bad for your health.

7. I go to the movies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(四或五次) a year.

8. I like eating fruits, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(例如) grapes, bananas and watermelons.

9. The room \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(装满) people yesterday.

10. You can practice the piano \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (一周两至三次).

**六．语法填空( 每空1分，共10分)**

TV is very interesting. Most children like 　 　( watch) TV. On TV they can learn a lot，and they can see and know many things about 　 　( they) countries and the world.　 　 course，they can hear on the radio，but they can learn better and 　 　( much) easily on TV. Why？　 　 they can hear and see at the same time.But they can't see　 　( something) over the radio.

Many children watch TV on Saturday evening. They are very busy (do) their lessons on 　 　( weekday). But a few children watch TV every night. They go to bed very　 　( late).So they can't have 　 　 good night. How about you，my young friend？

**七．补全对话 （5分）**

A: Good morning, Bill.

B: Hi, Nick.

A: \_\_\_\_\_1\_\_\_\_\_

B: Yes, I like playing basketball. How often do you exercise?

A: \_\_\_\_\_2\_\_\_\_\_

B: Do you get up early in the morning?

A: Yes. I get up at 6:30 every morning. And then I play basketball for half an hour.

B: \_\_\_\_3\_\_\_\_\_

A: I go to bed at 10:00. \_\_\_\_4\_\_\_\_\_

B: I see. You look strong. Let’s play basketball together tomorrow morning, OK?

A: All right. \_\_\_\_5\_\_\_\_\_ See you.

B: See you tomorrow.

A. Do you play basketball every morning?

B. Let’s meet at 7:00 am.

C. What time do you go to bed at night?

D. I played basketball yesterday.

E. Do you often stay up late?

F. I have a healthy lifestyle.

G. I exercise every day.

**八．书面表达（共1小题）**

根据所给汉语提示写一篇70词左右的短文。

要求：不要逐字翻译，所给提示要写完整，可适当拓展。

（1）我喜欢锻炼；

（2）锻炼能使我健康快乐；

（3）我每周锻炼三、四次；

（4）每次锻炼花费半小时；

（5）我每天跑步，有时游泳，我认为跑步花钱较少，游泳比跑步有趣，但是比较危险；

（6）锻炼很有趣。

参考答案

一．单项选择 1-5CACAC 6-10 CCBBB 11-15 CCBDC

二．完形填空

1-5 CBDBB 6-10ADADC

三．阅读理解

1-5 DBCBC 6-10 CBACD 11-15CBDAC

四．选词填空

1.through 2.Internet 3.usually 4.together 5.eating

6.esercises 7.less 8.reading 9.Speaking 10.died

五．短语填空

1.is full for me 2.hardly ever 3.at least 4.using the Internet 5.is very good for

6.stay up late 7.four or five times 8.such as 9.was full of 10.two or three times a week

七．补全对话

1-5AGCFB

六．语法填空

1. watching 2.their 3.Of 4.more 5.Because

6.anything 7.doing 8.weekdays 9.late 10.a

八．书面表达

参考范文：

Exercising is very important to us. I like exercising very much. Exercising makes me healthy and happy. I take exercise three or four times a week. It takes me half an hour each time. I run every day. Sometimes I swim. I think running is cheaper than swimming. Swimming is more interesting than running but it is more dangerous. Exercising is very interesting. What do you think？Do you often do sports？