

2022—2023 学年第一学期八年级英语 12 月适应性训练

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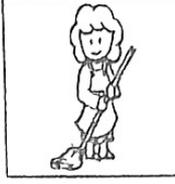
(满分: 150 分; 完成时间: 120 分钟; 考试形式: 闭卷)

学校 \_\_\_\_\_ 班级 \_\_\_\_\_ 姓名 \_\_\_\_\_ 成绩 \_\_\_\_\_

第一部分 听力 (共三节, 20 小题, 每小题 1.5 分, 满分 30 分)

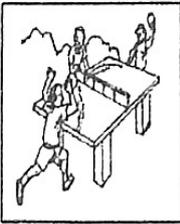
I. 听力 (共三节, 20 小题, 每小题 1.5 分, 满分 30 分)

听下面五个句子, 从每小题所给的三幅图中选出与句子内容相符的选项。(每个句子读两遍)

( ) 1. A.  B.  C. 

( ) 2. A.  B.  C. 

( ) 3. A.  B.  C. 

( ) 4. A.  B.  C. 

( ) 5. A.  B.  C. 

第二节 听对话，听下面七段对话，从每小题所给的 A、B、C 三个选项中选出正确答案。（每段对话读两遍）听第 1 段对话，回答第 6 小题。

6. What does Lisa's brother do?

A. He's a teacher.

B. He's a doctor.

C. He's a writer.

听第 2 段对话，回答第 7 小题。

7. What does Tony like to do?

A. He likes ball games.

B. He likes swimming.

C. He likes running.

听第 3 段对话，回答第 8 小题。

8. What does Nancy want to do?

A. She wants to go fishing.

B. She wants to go boating.

C. She wants to go cycling.

听第 4 段对话，回答第 9 小题。

9. Where will Sally be tomorrow?

A. At the zoo.

B. At home.

C. In the park.

听第 5 段对话，回答第 10、11 小题。

10. What's wrong with the young man?

A. He has a toothache.

B. He has a cold.

C. He has a backache.

11. When did he have the cold?

A. Four days ago.

B. Three days ago.

C. Two days ago.

听第 6 段对话，回答第 12、13 小题。

12. When is Jack going to have a birthday party?

A. At 2: 30 this afternoon.

B. At 3: 30 this afternoon.

C. At 3: 30 tomorrow afternoon.

13. What will Sally do this afternoon?

A. She will stay at home to watch TV.

B. She will go to Jack's birthday party.

C. She will stay at home to look after her sister.

听第 7 段对话，回答第 14、15 小题。

14. What's the matter with Jim's father?

A. He has a stomachache.

B. He has a toothache.

C. He has a backache.

15. What caused Jim's father's illness?

A. Eating too much sweet food.

B. Drinking too much.

C. Working too long on the Internet.

第三节 听短文 根据你所听到的短文内容，完成下面的表格，每空一词。（短文读三遍）

Information About Bob	
How old	16. _____ years old.
Favorite subject	Physics.
Want to be	A 17. _____.
How	Feel tired and have a 18. _____.
Why stressed out (有压力的)	His 19. _____ is not improving.
Doctor's advice	Take more 20. _____ and eat more food.



don't notice." 41. Billy lived in the dark, he always believed a dream would light up his life. He found that he was 42. in computer science. So he began learning it at seven years old. As a young boy, he 43 going to Stanford University some day. And for years of efforts, he finally achieved his dream.

Many people wanted to find out the secret of his 44. Billy explained, "Just move forward! Don't let any difficulty 45. your dream from coming true."

You cannot choose what you are given, but you can choose how you make use of it.

- |                  |                      |                 |
|------------------|----------------------|-----------------|
| 36. A. baby      | B. boy               | C. baby's       |
| 37. A. no        | B. often             | C. never        |
| 38. A. all       | B. none              | C. neither      |
| 39. A. between   | B. by                | C. with         |
| 40. A. need      | B. can               | C. must         |
| 41. A. Or        | B. When              | C. Although     |
| 42. A. enjoyed   | B. fond              | C. interested   |
| 43. A. looked at | B. looked forward to | C. looked up    |
| 44. A. success   | B. successful        | C. successfully |
| 45. A. wake      | B. keep              | C. leave        |

IV. 阅读理解。(共 25 小题, 46-65 每小题 2 分, 66-70 每小题 1 分, 满分 45 分)

第一节 阅读下面 A、B、C、D 四篇短文, 根据短文内容, 从题中所给的 A、B、C、D 四个选项中, 选出最佳答案。(共 20 小题; 每小题 2 分, 满分 40 分)

(A)

Part-time Staff  
STARLIGHT CAFE

We need waiters, cashiers and kitchen helpers in our cafe. Part-time staff needs to work on Mondays and Fridays.  
Working hours: between 18:00 and 22:00.  
Pay : \$7 an hour.  
Applicants should be 16 or over, smart and hard-working.  
Do you want to work here? If you want to get the part time job, please send an email to us. Our email address is cafe123 @ hotmail.com.  
Want to know more information? Call us at 456-2112.  
Starlight Cafe  
54Market St.Oxford

46. How many kinds of jobs are mentioned in the advisement(广告)?  
A. Two            B. Three            C. Four            D. Five
47. If there are four weeks in a month, the worker can get \_\_\_\_\_ a month.  
A. \$28            B. \$224            C. \$112            D. \$56
48. Which of the following is not TRUE?  
A. If you are fifteen years old, you can't work here.  
B. You can send an email to get the job.  
C. In order to get a full time job as a waiter, you can call 456-2112.  
D. If you get the job, you will work at Market St.Oxford.
49. We can know some information **except** \_\_\_\_\_.  
A. website(网站)            B. their telephone number  
C. their email address            D. the salary (工资)of the job
50. Where can we see the advisement?  
A. A story book.    B. A newspaper.    C. A movie.        D. A sports magazine.

(B)

One day, Shankar was walking through the forest, carrying some wood. He saw a hungry old man. Shankar wanted to give him some food, but he did not have any food with him. So he went on his way. Then he saw a fox who was very thirsty. Shankar wanted to give him some water, but he didn't take any water for himself. So he went on his way ahead.

Then he met a young man with a dog who wanted to make a fire but had no wood. Shankar gave some wood to him. In return, the man gave Shankar some food and water. Then Shankar went back to the old man and gave him some food. After that he found the fox and gave some water to him. The old man and the fox were very thankful for Shankar's help. Shankar went on his way happily.

Another day Shankar fell down the hill. Luckily the old man and the fox he helped before saw him. The old man pulled him up the hill. The fox went to the forest and brought some herbs. The old man helped to put the herbs on Shankar's injured legs. After some time, Shankar got well. All were very happy that they were able to help each other. If you help others, then they will also help you.

51. Which of the following best describes(描述) Shankar?  
A. Calm.                      B. Clever.                      C. Brave.                      D. Kind.
52. What did Shankar carry when he walked through the forest?  
A. Wood.                      B. Food.                      C. Water.                      D. Herbs.
53. What's the meaning of the underlined word "herbs" in Chinese?  
A. 鲜花.                      B. 野果.                      C. 药草.                      D. 毒虫.
54. According to the passage, which is the right order of the story?  
① Shankar got some food and water.  
② Shankar gave some wood to a young man.  
③ The old man and the fox saved Shankar.  
④ Shankar helped an old man and a fox.  
⑤ Shankar fell down the hill and got hurt.  
A. ④①②③⑤                      B. ②①④③⑤  
C. ④②①⑤③                      D. ②①④⑤③
55. What can we learn from the story?  
A. Helping others is helping ourselves.                      B. A fox may grow gray, but never good.  
C. One tree can't make a forest.                      D. Food and water are important.

(C)

The world has many beautiful sounds. We can hear the songs of birds and the laugh of people. We can listen to cool music and news reports. And it is all because of our ears! They bring us a world of sounds. But some people can't hear any sound at all. Some are born deaf. Others can hear well in their childhood, but too many loud sounds hurt their ears later on.

Many people in China can't hear ordinary sounds clearly. A large number of them are children. Most of them are born with good hearing. But six children out of every 1,000 have hearing problems when they are born. And if a child has hearing problems, he or she usually will also have learning problems at school.

A lot of things can cause hearing problems. For example, too much earwax is not good for our hearing. And noise louder than 85 decibels(分贝) can hurt our ears and make us lose our hearing for a short time or even for ever.

Hearing is important for all of us. So we should do our best to give our ears special care. Don't forget to do the following:

- Try to stay away from places with too much noise. If you have to go, wear earplugs. A pair of good earplugs can cut the noise by 30 decibels.
- When swimming, remember to put earplugs into your ears to keep water from getting in.
- Never put anything sharp into your ears. If you think you have too much earwax, ask your mum or dad to help you clean it out.

Keep these things in mind! Then you won't be saying "What" when you are older.

56. The underlined word "earwax" means \_\_\_\_\_ in Chinese.  
A. 耳膜                      B. 耳鸣                      C. 耳垢                      D. 耳疾
57. In the first paragraph, the writer wants to \_\_\_\_\_.  
A. tell us many beautiful sounds.                      B. describe the use of ears.  
C. explain the kinds of sounds.                      D. show the importance of ears.
58. Which of the following is NOT mentioned by the writer?  
A. Hearing problems caused by diseases.                      B. People with hearing problems.  
C. Ways to protect our ears.                      D. Danger of loud noise.
59. Hearing problems may be caused by \_\_\_\_\_.  
A. a little earwax.                      B. learning problems at school.  
C. noise louder than 85 decibels.                      D. earplugs that can only cut noise by 15 decibels.
60. The underlined sentence means \_\_\_\_\_.  
A. when you get older, you know it's not polite to ask "what".  
B. when you get older, you still have good hearing.  
C. When you get older, you won't ask questions.  
D. The older you are, the fewer questions you'll have.

(D)

Height(身高) is just one of the features your genes(基因) decide. In fact, because you have two parents, your genes provide you a height that usually lands somewhere between the height of each parent. If both your parents are tall, then most probably you will be tall, too. But if you have questions about how tall you're going to be, ask your doctor if he or she can help you find them out.

But genes don't decide everything. For example, eating an unhealthy diet can keep you from growing to your full potential(潜力). Getting plenty of sleep and enough sports will help you grow to the expected (期望的) height.

It's natural that you're wondering how fast you should grow. There's no perfect or right answer. Generally speaking, kids grow about 6 cm a year between age 3 and the time when they start puberty.

Your doctor will know how your growth has been going over the years. 2 cm here and 3 cm there make a little difference to the height you're at now. How have you been growing up to this height? What other changes may your body be going through?

Don't be amazed if you seem to have grown a lot in a very short time. Everyone has a growth spurt(高峰) during puberty. The age for starting puberty is about 10 for girls and about 11 for boys. But it can be earlier or later — between 7 and 13 for girls and 9 and 15 for boys.

You'll usually begin to notice that you're growing faster about a year after your body starts to show the first changes of puberty.

61. If you want to know how tall you should grow, \_\_\_\_\_.  
A. you should have enough sports                      B. you can ask doctors for help  
C. you should take some special medicine                      D. you can record your growth during puberty
62. The Chinese for the word "puberty" is \_\_\_\_\_.  
A. 童年时期                      B. 婴幼儿时期                      C. 习惯养成期                      D. 生长发育期
63. This passage is mainly about \_\_\_\_\_.  
A. how you look like your parents                      B. how you grow to a certain height  
C. how the genes work in your body                      D. how your parents' height influence you
64. After reading this passage, we can explain \_\_\_\_\_.  
A. what healthy diet is                      B. how good it is to be a doctor  
C. how much sleep time we need                      D. why genes can't decide everything
65. Which is NOT mentioned in the passage?  
A. Your height most probably depends on how tall your parents are.

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- B. Girls' age for starting puberty is usually earlier than that for boys.
- C. You may be amazed sometimes when you grow too fast.
- D. The features showing the first changes of puberty between boys and girls are different.

第二节 阅读下面短文,从短文后所给的五个选项中选出填入短文空白处的最佳选项,使短文通顺、连贯,意思完整。(共5小题,每小题1分,满分5分)

Food in China and western countries is different. Chinese people choose food very carefully. They only use fresh materials (原料) to make food. For example, they only eat fresh fish. Chinese have a lot of ideas for cooking. They can cook a chicken in over ten ways. (66) \_\_\_\_\_

Western countries, like England or America, don't have fresh food because they buy their food from supermarkets which only sell stored materials. (67) \_\_\_\_\_ They are not good for man body. Besides, western people do not have many skills for cooking, and mostly they only boil (蒸) and bake the food. (68) \_\_\_\_\_ They can make very good cakes and chocolate.

In China, the person who invites other people for a meal would pay for the meal, but it's not the same way in western countries. (69) \_\_\_\_\_ Because they think they can afford (负担) them by themselves.

(70) \_\_\_\_\_ Chinese people use chopsticks but western people use knives and forks.

- A. Western people also prefer fast food like hamburgers and chips.
- B. That's why Chinese food is so popular around the world.
- C. However, they are very good at making desserts (甜点) and chocolate.
- D. There is another difference in eating.
- E. In western countries, they won't be happy if you pay for them.

第四部分 读写综合 (共四节, 满分45分)

V. 情景交际 (共5小题; 每小题2分, 满分10分)

根据情景提示, 写出适当的句子。

- 71. 当医生询问一个病人像这样的情况多久时, 可以这样问:  
\_\_\_\_\_?
- 72. 你想对朋友说熬夜对身体不好, 你可以这样说:  
\_\_\_\_\_?
- 73. 你打电话给 Alice, 但她不在, 你想问对方是否可以留言, 你可以这样问:  
\_\_\_\_\_?
- 74. 你想知道对方长大之后想要做什么, 你可以这么问:  
\_\_\_\_\_?
- 75. 你想问对方是否介意你在这儿抽烟, 你可以这样问:  
Would you \_\_\_\_\_?

VI. 看图写话 (共5小题, 每小题2分, 满分10分)

76



77



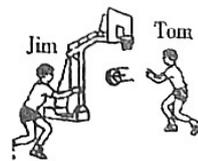
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79



80



- 76. twice a day \_\_\_\_\_
- 77. necessary, before meals \_\_\_\_\_
- 78. have, yesterday \_\_\_\_\_
- 79. spend, one hour \_\_\_\_\_
- 80. pass, now \_\_\_\_\_

VII. 短文填词 (共 10 小题, 每小题 1 分, 满分 10 分)

阅读下面短文, 根据语境、音标或所给单词的提示, 在每个空格内填入一个恰当的词, 要求所填的词意义准确、形式正确, 使短文意思完整、行文连贯。

More kids in China are being too fat. In 2018, 16% of Chinese kids and teenagers 81 (be) overweight or obese (肥胖的), according to the National Health Commission.

Becoming too fat is bad for 82 (child) health. According to the World Health Organization (WHO), overweight and obese kids may have some 83 /di'zi:ziz/ at a younger age, and even have a higher 84 /ɪŋɑ:ns/of death.

On Oct 23, the National Health Commission worked out a plan to 85 /pri'vent/and control the problem. The plan wants to cut the rate of obesity among kids aged 0-18 years by 70% from 2020 to 2030, Xinhua reported.

Kids are putting on weight because 86 changes in their diet and lifestyle, according to experts. Too much schoolwork and greater use of electronic devices (电子产品) could also be a 87 /kɔ:z/.

According to the plan, teachers should not make their classes too late 88 too early. They should make sure that students have breaks and enough physical activity. Primary and secondary school students should do sports for at 89 (little) three hours each week.

Parents should cut their kids' use of electronic devices and stop their children 90 (eat) foods that are high in sugar, fat and salt.

VIII. 书面表达 (满分 15 分)

91. 当下新冠疫情还没有完全结束, 如果想拥有强壮的身体, 就必须有健康的生活习惯, 饮食习惯以及适当的运动。请根据以下提示, 以“The way to Keep Healthy”为题写一篇 80 字左右的短文, 开头已给出, 不计入总字数。

should	shouldn't
多吃水果和蔬菜, 多喝水	晚上不要喝咖啡
多做运动	不要吃太多的糖
.....至少再补充2点	.....至少再补充2点

1. 必须包含所提示的信息, 适当发挥, ;
2. 意思清楚, 表达通顺, 行文连贯, 书写规范;
3. 请勿在文中使用真实的姓名、校名及提示信息以外的地名。

The way to Keep Healthy

It is known to us that health is very important to us. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_