**海淀区八年级练习**

**英语**

2022. 12

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

考生须知:

1. 本试卷共8页, 共9道大题, 48道小题。满分100分。考试时间90分钟。

2. 在试卷和答题纸上准确填写学校名称、班级名称、姓名。

3. 答案一律填涂或书写在答题纸上, 在试卷上作答无效。

4. 在答题纸上, 选择题用2B铅笔作答, 其余题用黑色字迹签字笔作答。

5. 考试结束, 请将本试卷和答题纸一并交回。

第一部分

本部分共12题, 共29分。根据题目要求, 完成相应任务。

一、听后选择（每题2分, 共12分）

听下面3段对话或独白。每段对话或独白后有两个小题, 从每题所给的A、B、C三个选项中选出最佳选项。每段对话或独白你将听两遍。

请听一段对话, 完成第1至第2小题。

1. What does the girl invite the boy to do?

A. To play tennis. B. To watch a game. C. To take an art lesson.

2. When will the speakers meet on Sunday afternoon?

A. At 1: 00. B. At 2: 00. C. At 3: 00.

请听一段对话, 完成第3至第4小题。

3. What is the girl’s favorite food?

A. Rice noodles. B. Chicken soup. C. Fried eggs.

4. What makes the noodles special?

A. People use some eggs to make the noodles.

B. People boil the chicken soup for long hours.

C. People cook the noodles with super-hot chicken soup.

请听一段独白, 完成第5至第6小题。

5. What can we learn from the speech?

A. The sports center is closed on weekends.

B. The gym in the sports center is quite big.

C. People can learn dancing in the sports center.

6. Why does the speaker give the speech?

A. To share his feelings about the sports center.

B. To invite people to come to the sports center.

C. To introduce experienced teachers in the sports center.

二、听后回答（每题2分, 共6分）

听对话, 根据对话内容笔头回答问题。每段对话你将听两遍。

请听一段对话, 完成第7小题。

7. Where did the girl go during the summer holiday? \_\_\_\_\_\_\_\_\_\_\_\_

请听一段对话, 完成第8小题。

8. How often does the boy play soccer? \_\_\_\_\_\_\_\_\_\_\_\_

请听一段对话, 完成第9小题。

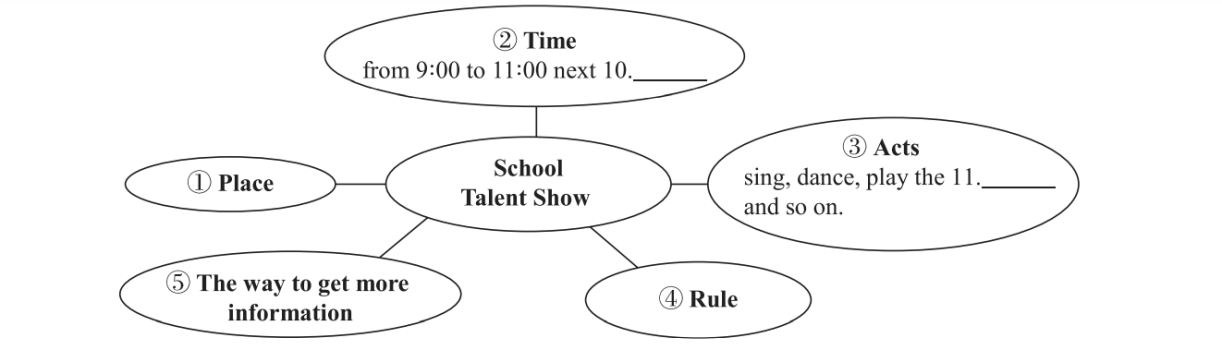
9. What kind of movies does the boy like? \_\_\_\_\_\_\_\_\_\_\_\_

三、听后记录并转写（共11分）

听短文, 记录关键信息并转写短文内容。短文你将连续听两遍, 听完后请完成任务一和任务二。

任务一: 听后填空（每小题1. 5分, 共3分）

听短文, 根据所听内容和提示信息, 将所缺信息填写在答题纸的相应位置上, 每空一词。



任务二: 听后转写（共8分）

请根据所听到的内容和任务一中的提示信息, 写出短文的主要内容。短文的开头已给出。请注意语法正确, 语意连贯。

12. I've got some important information on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

第二部分

本部分共31题, 共51分。根据题目要求, 完成相应任务。

四、单项填空（每题1. 5分, 共9分）

从下列各题所给的A、B、C、D四个选项中, 选择可以填入空白处的最佳选项。

13. -Mr. Green is leaving soon. Let's have a surprise party for \_\_\_\_\_\_.

-Sounds great.

A. he B. she C. him D. her

14. -Can you go to the movies with me this weekend?

-Sorry, I have an English test next Monday and I \_\_\_\_\_\_study for it.

A. must B. mustn't C. can D. can't

15. - \_\_\_\_\_\_do you go to the school library, Bill?

-Every day. I love studying there.

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

16. Tim is good at sports. He is much \_\_\_\_\_\_than his twin brother, Tom.

A. strong B. stronger C. strongest D. the strongest

17. I \_\_\_\_\_\_an exercise program during the coming winter vacation.

A. start B. starts C. started D. am going to start

18. -What do you think of the TV program, National Treasure?

- \_\_\_\_\_\_! I can really learn a lot from it.

A. It's boring B. It's wonderful C. I can't stand it D. I don't mind it

五、选词填空（每题1分, 共4分）

阅读下面的短文, 从方框中选择适当的词并用其正确形式填空, 其中有两项为多余选项。

|  |
| --- |
| buy, good, full, make, top, mix |

What's more delicious than a donut milkshake? Allow me to introduce you to it! It is even ＿19 ＿than you can think. I had my first donut milkshake at Happy Donuts. It was a vanilla （香草） milkshake with a donut on the ＿20＿ , but it also had another donut blended up into the milkshake.

Do you expect ＿21 ＿a vanilla milkshake by yourself? It's so simple! You only need vanilla ice cream, milk, two donuts and a blender. In a blender, ＿22＿ four small spoons of ice cream, one donut （in pieces） and one cup of milk. And don't forget to add ANOTHER DONUT on the top!

Cheers to the simple but delicious weekend treat!

六、完形填空（每题1. 5分, 共12分）

阅读下面的短文, 掌握其大意, 然后从短文后各题所给的A、B、C、D四个选项中, 选择最佳选项。

“My favorite superhero（超级英雄）is. . . ＂ Sebastian stopped and had a look at his teacher.

“Go on, Sebastian, ”Mrs. Evans, the teacher, said with a smile.

“My favorite superhero is my mom, ” he read on. “She is a street sweeper. She is the most \_\_23 \_\_person in the world. She got up early in the morning and worked all day long. But she had an accident last week and had to \_\_24 \_\_at home, so I'm helping out. "

He took a deep breath and then went on.

“I raked the leaves outside and realized how \_\_25\_\_ it was. A real superhero doesn’t have to go on adventures（冒险）. Real heroes take care of their families, and I hope to grow up and be half the hero my mom is. Thank you. ”

All his classmates were\_\_ 26\_\_ . They were too moved to say a word.

A few days later, Sebastian was filling in for his mother again.

While \_\_27\_\_ , he saw several cars pulling up in the street.

“Sebastian!” He heard Mrs. Evans' voice. He wondered why Mrs. Evans was here. But a bigger\_\_28 \_\_came when his classmates got out of the cars with rakes, brooms, and trash bags.

Before he knew it, his classmates were raking leaves and picking up trash.

“What's happening?” Sebastian asked them.

“We're helping out. We were so touched by your story that we \_\_29\_\_ to do something, " one girl explained cheerfully.

Sebastian looked at everyone, not knowing how to express his \_\_30\_\_.

“I'm so proud of you, Sebastian. Look what you have inspired, ” Mrs. Evans added, looking at all the kids working hard just like Sebastian did. “You and your classmates are my favorite superheroes. ”

23. A. honest B. careful C. easy-going D. hard-working

24. A. stay B. work C. play D. hide

25. A. interesting B. comfortable C. hard D. scary

26. A. sleepy B. quiet C. excited D. bored

27. A. sweeping B. waiting C. driving D. talking

28. A. joy B. fear C. worry D. surprise

29. A. refused B. decided C. learned D. dreamed

30. A. sadness B. loneliness C. thankfulness D. kindness

七、阅读理解（每题2分, 共26分）

阅读下列短文, 根据短文内容, 从短文后各题所给的A、B、C、D四个选项中, 选择最佳选项。

A

Last week, Student Center in our school got a few notes. Some students talked about their problems. Here is some advice from Mr. Know.

|  |  |
| --- | --- |
| I find it hard to develop good friendships. I often feel lonely. What should I do?  Tara | Dear Tara,  You can join a club to meet people with similar interests. Or you can invite a classmate to join you for lunch. It is a good idea to share personal experiences. If you can do that, I'm sure you will find a good friend.  Mr. Know |
| I always feel upset because no matter how hard I work, it seems that I can never catch up with others.  Dennis | Dear Dennis,  You'd better not worry about what other people are doing. Instead, compare （比较）yourself with where you were in the past. This will help to bring out the best in you and build confidence.  Mr. Know |
| I have some problems with my parents. They always give me unnecessary advice. They don't understand me at all.  Martin | Dear Martin,  Maybe you can share your own needs and feelings with your family members, and tell them you value their love and support. And it is even more important to stand in their shoes and think about how they have tried to bring something good into your life.  Mr. Know |
| I feel stressed out. I am busy with study all the time. It makes me quite unhappy. Can you help me?  Kelly | Dear Kelly,  Take your time and just relax. This may be a few hours or a full afternoon to enjoy yourself. Watching movies, reading, or hiking in nature can nurture a healthy body and mind.  Mr. Know |

31. According to Mr. Know, Tara can develop good friendships by \_\_\_\_\_\_\_

A. telling her parents her needs

B. enjoying the things she loves most

C. comparing herself with others

D. meeting people with similar interests

32. Who has some problems with his or her parents?

A. Martin.

B. Tara.

C. Kelly.

D. Dennis.

33. Watching movies or hiking in nature can help Kelly \_\_\_\_\_\_\_

A. make new friends

B. stand in others’ shoes

C. develop new hobbies

D. relax and stay healthy

B

My hands were shaking as we waited for our turn. It felt like butterflies flying around in my stomach.

Though we had practiced for months, I still felt kind of uneasy.

“Are you ready?” Brittanie asked with a weak smile.

“Of course I am!” I replied, trying to sound confident.

“I guess I'm kind of nervous, ” she said quietly.

“Okay, so am I! But we're on in about 30 seconds!”

As I spoke, I heard the song end and people clapping their hands. “Deep breaths", I thought to myself, “deep breaths”. Then my dance team lined up and we got onto the stage as if we owned it. In the back of my mind, I heard my teacher say, "Confidence is everything!” as she did when we spent long hours in the studio.

We reached the center of the stage. I showed the judges my biggest smile, trying to hide my nervousness. I noticed that several of the judges wore listless expressions and one of them even seemed unhappy, which added to my discomfort on stage.

A few seconds later, when I heard our familiar song in the speakers, I forgot my nervousness. The dance started with a few simple counts and a more challenging turn followed. To my complete surprise, my turns were perfect. Even my jumps were higher than usual! Our cheerful dance made us excited. Even the judges began dancing in their seats.

The dance ended perfectly. Everyone stood up and cheered! That sense of pride was oneof the best feelings I've ever had. I left the stage with a smile, knowing that I had performed my best.

34. How did the writer feel before she got onto the stage?

A. Angry.

B. Surprised.

C. Uneasy.

D. Peaceful.

35. According to the passage, what did the writer do on the stage?

A. She tried some new moves.

B. She talked to a dance teacher.

C. She jumped as high as usual.

D. She performed a cheerful dance.

36. We may feel the same as the writer did at the end of her dance \_\_\_\_\_\_\_.

A. when we get good grades by working hard

B. when we are expecting a letter from a pen pal

C. when we make a big mistake in our homework

D. when we break the glass before drinking water

C

It’s easy to think “that will never happen to me, ” but natural disasters （灾难）are becoming both more common and serious. Millions of families face floods, tornadoes and other natural disasters every year. In Australia, for example, its wildfires from 2019 to 2020 were caused by the high temperature and a drought（干旱）, taking away the lives of hundreds of people and billions （十亿） of animals.

While you can't stop disasters from happening, you can stay safe during one if you know what to do.

**Flood**

Floods can happen very suddenly. Flood water can be deeper than it looks. It can carry you away, so stay away! Glass, snakes, and dirty things can be in flood water. They can make you sick, so don't drink it even if you are thirsty.

**Tornado**

A tornado happens during some storms. If there's a tornado warning, go someplace, such as a small and sturdy（结实的）bathroom, which is safe from the wind and flying things. Remember to keep away from windows or anything heavy that might fall on1 you. Get down low and cover your head with your arms.

**Earthquake**

You can stay safe during an earthquake by moving away from things that might fall. Get down under something that's strong if you can't rush out of the building right away. Protect your neck and head with your arm. If you're outside, go to an open space. Stay away from trees or anything that might fall over and hurt you.

**Bushfire**

Bushfires, also known as wildfires, are common across the world during the hotter months. It is important that you try to stay calm in a bushfire. Some fires can start so quickly that they threaten（威胁）homes and lives within minutes, so your safest choice is always to leave early. You'd better prepare an emergency survival kit and have it handy at all times.

No one wants to be caught in a dangerous and extreme situation. If the unthinkable does take place, having a plan and knowing what to do could make all the difference for you and your loved ones.

37. The writer mentions Australian wildfires to show \_\_\_\_.

A. a natural disaster will never happen to us

B. the fires can cause the death of people and animals

C. natural disasters are becoming more and more serious

D. the high temperature and a drought may lead to wildfires

38. When disasters happen, what can you do to keep safe?

A. Drink flood water if you are thirsty when a flood happens.

B. Stop moving and wait for other people's help in a bushfire.

C. Stay away from windows or flying things when a tornado comes.

D. Stay under the trees after getting out of buildings in an earthquake.

39. Which of the following would be the best title for the passage?

A. The Predictions about Natural Disasters

B. The Ways to Keep Safe in Natural Disasters

C. The Reasons Why Natural Disasters Happen

D. The Types of Natural Disasters around the World

D

Is Losing Weight an Important Health Goal?

Advertisements, pop culture and even doctors can talk about health and weight as if they are one and the same: smaller bodies are healthier, and larger bodies must be unhealthy. But neither health nor bodies are that simple, and health can differ from person to person.

“A higher body mass index （BMI） has to do with health conditions like diabetes（糖尿病）”, said Philipp Scherer, a professor at the University of Texas. “However, it's not that clear when researchers look at a single person. ” People in smaller bodies can develop heart disease or diabetes, and plenty of people in larger bodies are considered completely metabolically（新陈代谢地）healthy. ＂It’s just a result of our genetic heterogeneity（遗传异质性）and how we do with calories（卡路里）more than needed, ”he added.

Dr. Asher Larmie, a doctor in the UK noted, “BMI is just one of many factors causing changes in a person's well-being. Medical care, environment, society and biology make up most of the factors that decide our health. We can't take one look at a person's body and get a sense of their health. Can we see somebody's medical records? Are we talking to their doctors? And often health is honestly sometimes out of our control（控制）. There are so many illnesses that people just develop. ”

Then, how can we really keep healthy? Health is decided by many factors. Not falling ill is one,

but so are staying mentally（精神地）healthy, keeping active social networks, getting enough sleep and lowering stress. Taking in fewer calories or cutting out certain foods may be bad for your health if it hurts your mental health or keeps you from enjoying time with friends and family.

“Weight loss doesn't mean that you'll necessarily get healthy. Sometimes how you lose weight could also **be detrimental to** your health. You may become unhealthy because of dieting, " said Charles Spence, a professor from the University of Oxford. “We should improve our health by moving more, sleeping better, stressing less and eating the foods your body is telling you that you need, ”Larmie added.

40. What can we learn about health according to Dr. Asher Larmie?

A. Health is greatly under our control.

B. We can tell if people are healthy from their BMI.

C. Medical care is the most important for people's health.

D. Many factors have to do with people's health conditions.

41. The writer probably agrees that \_\_\_.

A. mental health is less important than physical health

B. our lifestyle plays a very important role in our health

C. losing weight is a common way to help us keep healthy

D. sleeping better and stressing less can help us lose weight

42. The words “be detrimental to” in Paragraph 5 probably mean“\_\_\_\_\_”

A. improve

B. harm

C. serve

D. describe

43. What is the writer's main purpose in writing this passage?

A. To show us some useful ways to lose weight.

B. To tell us the importance of keeping healthy.

C. To make us clear on the relation between health and weight.

D. To call on us to keep a smaller body size through exercising.

第三部分

本部分共5题, 共20分。根据题目要求, 完成相应任务。

八、阅读表达（第44-46每题2分, 第47题4分, 共10分）

阅读短文, 根据短文内容回答问题。

If you think young Chinese are not interested in their country's culture, a TV program has just showed you are wrong.

Down the ages, both paintings and poetry （诗歌） are records of Chinese civilization（文明）. But how do you make them related to the I-have-no-time smartphone and social media youth?

A TV program named China in Poetry and Painting （《诗画中国》） is now airing on CCTV. Millions of young people are interested in the program because it shows the paintings and poems in a creative way.

Every time, five old paintings and several poems on related themes are introduced. With each painting, a performance such as singing, dancing and wushu is staged telling the story behind it. Besides （除了） performances, digital 3D is also used to make the woods, mountains, stones and waterfalls in the paintings alive.

After each performance, the program’s hnost（主持人）, some experts and the performers sit together at the round table to enjoy the poems and the painting. The poems fit well with the painting and help people better understand it.

“Our team makes this program to help people look deeply at the Chinese poems and paintings so that they can understand the traditional culture better, "says Tian Mei, chief director of the program.

44. What are records of Chinese civilization?

45. How does the program make the paintings alive?

46. Why does Tian Mei's team make this program?

47. Would you like to understand Chinese culture by watching this program? Why or why not? （Give at least two reasons. ）

九、文段表达（10分）

48. 从下面两个题目中任选一题, 根据中文和英文提示, 完成一篇不少于50词的文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出你的校名和姓名。

**题目①**

假如你是李华, 你们学校下周一将举办“英语云辩论”活动（English Online Debate）,

你的好朋友Peter邀请你作为辩手一起参加, 但你因故不能参加。请给他回一封电子邮件,

说明自己不能参加的原因, 以及你可以为他提供的帮助。

提示词语: pity, have a cold, offer, discussion, skills

提示问题: ·Why can’t you take part in the debate？

·What will you do to help Peter?

Dear Peter;

Thanks so much for inviting me to join the English Online Debate next Monday.

I'd love to but I'm afraid I can't.

I feel really sorry and I do wish you success!

Yours sincerely,

Li Hua

**题目②**

自主学习, 是学生打开知识大门的金钥匙。

学校英文网站正在开展以“自主学习（autonomous learning）”为主题的征文活动。假

如你是李华, 请用英语写一篇短文投稿, 谈谈你寒假期间将如何进行自主学习, 以及这

样做的原因。

提示词语: make a timetable, ask···for help, a strong will, goal, keep trying

提示问题: ·What will you do to be an autonomous learner this winter vacation？

·Why will you start autonomous learning?

My Autonomous Learning Plan for Winter Vacation

I will start autonomous learning this winter vacation.