**人教版八年级英语上册Unit2素养综合检测题**

I.单项选择（每小题1分，共10分）

( )1.-I have a toothache(牙疼). -You should see a\_\_\_\_\_\_\_\_.

A.postman B.nurse C.dentist D.policeman

( )2.-\_\_\_\_\_\_\_\_do you go to the cinema? -About once a month

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

( )3.Drinking tea is usually seen as a \_\_\_\_\_\_\_\_lifestyle in China.

A.strict B.boring C.clean D.healthy

( )4.-It is convenient \_\_\_\_\_\_\_\_us \_\_\_\_\_\_\_\_things online. -So it is.

A.for;to buy B.of;to buy C.for;buy

( )5.On March 14th,2018,the famous physicist Stephen William Hawking\_\_\_\_\_\_\_\_

peacefully in his home.We were all surprised at the news.

A.dies B.died C.dead D.death

( )6.-My brother Sam \_\_\_\_\_\_\_\_milk every day. -Good.Milk is good for his health.

A.drinks B.drank C.will drink D.is drinking

( )7.Frank enjoys doing all kinds of sports,\_\_\_\_\_\_\_\_running,swimming and playing basketball.

A.next to B.such as C.as well as D.because of

( )8.You can \_\_\_\_\_\_\_\_and get the news about Shenzhou(神舟十五号)

A.go out B.wait for C.go online D.play sports

( )9.You can only achieve success \_\_\_\_\_\_\_\_hard work.

A.across B.above C.through D.into

( )10.Tom helps with housework every night \_\_\_\_\_\_\_\_he has much homework to do.

A.because B.so C.although D.but

II.完形填空（每小题1分，共10分）

It's good to enjoy food,but sometimes eating certain things can be dangerous.

As we know,most children 11\_\_\_\_\_\_\_\_to eat junk food.It's hard to turn down(拒绝)12\_\_\_\_\_\_\_\_,French fries,potato chips and so on.13\_\_\_\_\_\_\_\_,eating too much junk food can harm your body,particularly if you're between the ages of 10 and 19.

Junk food can impair(损害)14\_\_\_\_\_\_\_\_their ability to think,learn and remember.It 15\_\_\_\_\_\_\_\_ also make it harder to control the impulse(冲动).

Junk food is delicious,and many kids can't help eating it every day.All parents should 16 \_\_\_\_\_\_\_\_the children that they shouldn't eat French fries all the time.

So,what's the best 17\_\_\_\_\_\_\_\_ to say no to junk food?Researchers suggest 18.\_\_\_\_\_\_\_\_When we exercise,the brain's reward system becomes less sensitive(敏感的)to food cues(暗示).Exercise also helps the body to make proteins that help brain cells

grow .So we could 19 \_\_\_\_\_\_\_\_a right choice and control the impulse.  
   Meanwhile,It's clear that processed(加工的)foods are not the most  nutritious(有营养的)  things.So we would eat 20 \_\_\_\_\_\_\_\_fruit and vegetables .

( )11.A.help B.like C.give D.look

( )12.A.hamburgers B.fruit C.food D.vegetables

( )13.A.So B.Although C.And D.However

( )14.A.my B.its C.their D.her

( )15.A.can B.have to C.should D.must

( )16.A.speak B.say C.tell D.write

( )17.A.book B.way C.money D.bum

( )18.A.sleeping B.eating C.exercising D.reading

( )19.A.get B.decide C.wait D.make

( )20.A.less B.more C.much D.few

III.阅读理解（每小题2分，共20分）

A

Many people have weight problems These problems are bad for their health.One of the biggest reasons is that we sit around too much So the best way to lose weight is to move your body.Tum off the TV.It's the first thing you need to do.Once a week,turn off the TV and play some sports with your family.You can do something interesting instead of sitting in front of the TV,such as playing football and taking a walk.

Walk more.Look for small ways to walk more.When you get the mail, take a walk around

the house.Take the dog for a walk each day or ride your bike for 10 minutes before getting ready for work.

Do some housework such as watering the flowers,cleaning the windows and washing clothes.These kinds of activities may not be vigorous exercise,but **they** can keep you moving.

( )21.What is the biggest reason for weight problems according to the passage?

A.The hard work. B.Watching TV for too long.

C.Too much sleep. D.Sitting too much.

( )22.What is the first thing you should do to lose weight?

A.Turning off the TV. B.Doing some housework.

C.Doing something you like. D.Taking a walk.

( )23.Which of the following is NOT true according to the passage?

A.The writer talks about three ways to help move our bodies.

B.Walking a dog is a good way to exercise.

C.Some small ways can also help us walk more.

D.Playing football is the best way to move our bodies

( )24.The underlined word“they”refers to\_\_\_\_\_\_\_\_\_\_\_.

A.small ways B.vigorous activities C.games D.activities in the house

( )25.What is the passage mainly about?

A.How to live a healthy life B.How to do something interesting

C.How to lose weight D.How to spend your free time.

B

The following are seven healthy habits that anyone should be able to include in their daily lives.

**1.Get some exercise**

Many exercise authorities(官打)suggest30minutes of exercise,5 or 6 days a week,giving your body one day to rest and recuperate(恢复)，

**2.Always eat breakfast**

Research(研究)shows that people who have breakfast tend to take in more vitamins and **minerals** and so on.Eating healthy things keeps you feeling full and happy.These include bread low-fat(低脂)milk,fruit,,and yogurt(娜)，

**3.Practice healthy eating all day**

This habit includes such things as eating more fruit and nuts and avoiding sugary drinks and snacks.Remember not to eat too much.

**4.Stay hydrated(水合的)**

Perhaps a better guide is to try to drink enough water.

**5.Brush your teeth every day**

You can brush your teeth twice a day.For many people,it is a healthy lifestyle.

**6.Get enough sleep**

Everyone should sleep 7-9 hours every day.If you can't sleep well,you'd better not watch TV,play games,use the Internet and so on.

**7.Challenge(挑战)yourself**

Take some art lessons and find your interest.How about learning another language?

( )26.There are \_\_\_\_\_\_\_\_\_\_\_healthy habits in the passage.

A.five B.six C.seven D.Eight

( )27.How often should we exercise according to many exercise authorities?

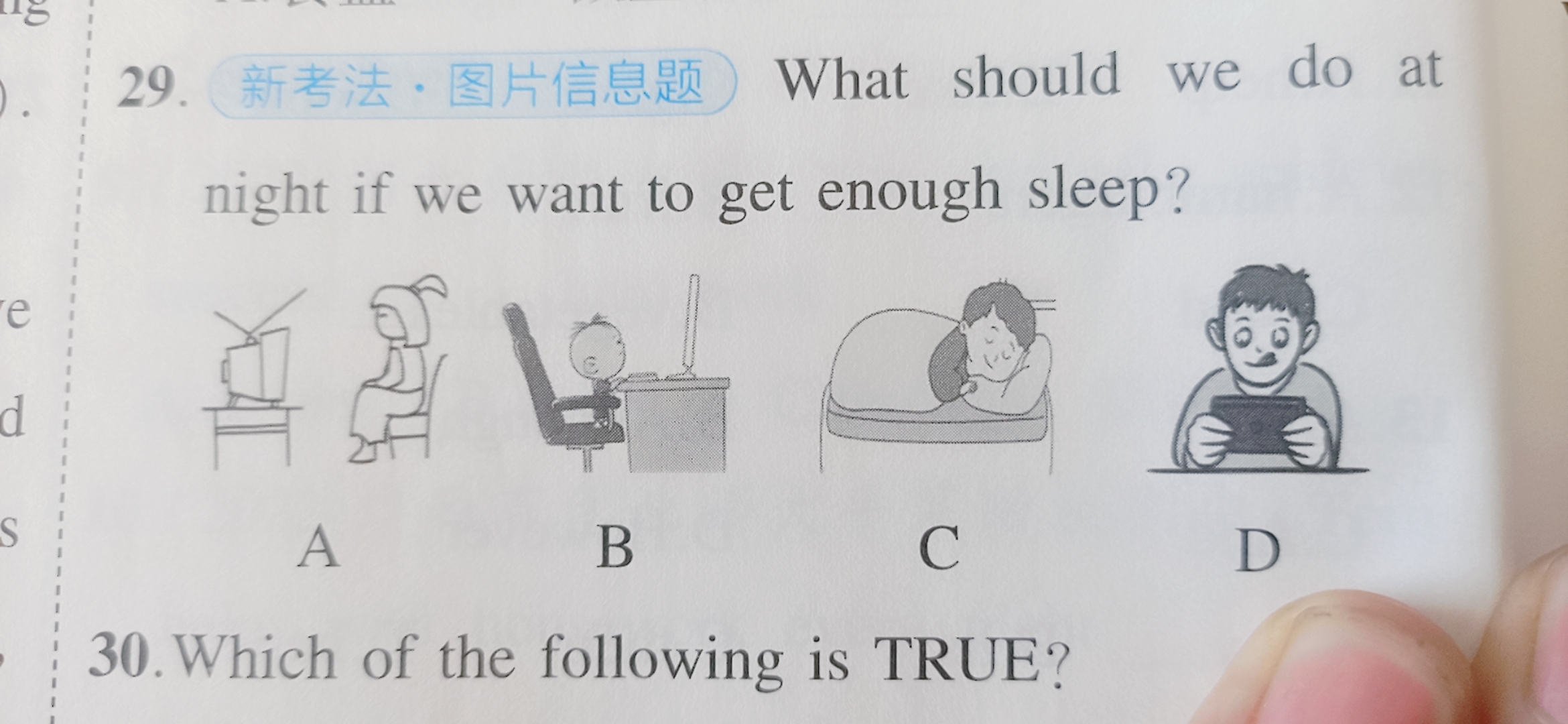
A.Six days a week. B.Five days a week.

C.Four or five days a week. D.Five or six days a week

( )28.What's the meaning of the underlined word “**minerals**"?

A.食盐 B.微生物 C.矿物质 D.细胞

( )29.What should we do at night if we want to get enough sleep?



( )30.Which of the following is TRUE?

A.We don't need to exercise every day. B.Eating healthy things can make us happy.

C.We can drink little water. D.We can stay up late every day

V补全对话（每小题2分，共10分）

在空白处填入适当的句子完成对话。

A:Michael,do you like sports?

B:Of course I do.Sports are good for our health.

A:31.\_\_\_\_\_\_\_\_\_\_\_

B:My favorite sport is football.

A:How often do you play football?

B:Four times a week.32.\_\_\_\_\_\_\_\_\_\_\_

A:I don't like sports.But I like watching TV.

B:33.\_\_\_\_\_\_\_\_\_\_\_

A:I watch TV every day

B:Really?34.\_\_\_\_\_\_\_\_\_\_\_

A:Three hours a day.

B:Watching TV too much is bad for your eyes.

A:35.\_\_\_\_\_\_\_\_\_\_\_I should take your advice.

V.短义项空（续题2分，共10分)

根据短文内容，用括号内所给词的适当形式填空。每空限填一词。

In my spare time,I usually do different kinds of 36\_\_\_\_\_\_\_\_\_\_\_(activity),such as singing in the KTV with my colleagues,playing basketball in my yard(院子)and going hiking with my family.These kinds of activities not only make me feel 37\_\_\_\_\_\_\_\_\_\_\_(relax),but also let me be full of energy(能量)and keep in shape.Every time I have a rest or feel 38\_\_\_\_\_\_\_\_\_\_\_(tiring),I will invite(邀请)my friends or my family members to go hiking or climb 39\_\_\_\_\_\_\_\_\_\_\_(mountain).When I am attracted by nature,my trouble will go with the wind.So these activities are really 40 \_\_\_\_\_\_\_\_\_(well)

for my life.I love my leisure(业余)activities.

36.\_\_\_\_\_\_\_\_\_\_\_37.\_\_\_\_\_\_\_\_\_\_\_38.\_\_\_\_\_\_\_\_\_\_\_39.\_\_\_\_\_\_\_\_\_\_\_40.\_\_\_\_\_\_\_\_\_\_\_

VI.任务型阅读（每小题2分，共10分）

A good breakfast is important.You can easily understand it.By breakfast time you have not eaten anything for about twelve hours.Your body needs food for morning activities(活动).A good breakfast should have rice or bread,an egg,milk and fruit.On a cold morning a cup of hot drink is necessary(必需的).A good breakfast helps you to smile more easily.It helps you to be friendlier and also work better and play more happily.Your whole day will have more fun after you have enjoyed a good breakfast.

判断正误，正确的写“T”,错误的写“F”

( )41.It's not very important to have a good breakfast.

( )42.Food is needed in the morning because you have had nothing to eat for the whole night.

( )43.Only rice or bread is a good breakfast.

( )44.If you get up late,your body doesn't need food for morning activities.

( )45.A good breakfast is helpful to you.

VII.书面表达（共30分）

自从“双减”政策实施以来，我们学生有更多的空闲时间参与文娱、体育、艺术等方面的课外活动，这些活动为我们的生活增添了生机和活力。请以“After-.school Activities Make My Life Colorful'”为题，写一篇英语短文来介绍你参与的课外活动。

内容：

1.介绍你所参与的1至2项关于文娱、体育或艺术方面的课外活动；

2.谈一谈课外活动给你带来的收获及感受。

要求：

1.文中不得出现真实姓名、校名或地名；

2.语言通顺，意思连贯，书写工整；

3.词数80左右，短文开头已给出，不计入总词数。

**After-school Activities Make My Life Colorful**

Nowadays,we have more free time to take part in after-school activities.\_\_\_\_\_\_\_\_\_\_\_

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

**参考答案**

1. CCDAB ABCCC
2. BADCA CBCDB
3. A)DADDC B)CDCCB
4. What’s your favourite sport?

What/How about you

How often do you watch TV

How long do you watch TV

You’re eight./I agree with you .

1. Activities relaxed tired mountains good
2. FTFFT

VII.One possible version:

**After-school Activities Make My Life Colorful**

Nowadays,we have more free time to take part in after-school activities.There are many different kinds of activities,for example,arts and sports.I joined a volleyball club last year.I am used to playing volleyball after school.

In the volleyball club,I've made lots of friends.We often play volleyball after school.Whether it is hot or cold,we never stop playing it.I feel happy while playing volleyball.And it is also a good way to relax.I think I will continue to play volleyball after school in the future.

After-school activities are becoming more and more important in my daily life.All in all,after-school activities make my life more colorful and meaningful.