**京师保实2022-2023学年第二学期月月清**

班 级: 姓 名: 考场： 考 号: 座位号：

……………密………………封………………线………………内………………请………………勿………………答………………题……………

**七年级英语**

**听力部分（第一节）**

**Ⅰ. 听句子，选出句子中所包含的信息。**

1. A. teams B.tennis C.tables

2.A.1,658 km B.1,568 km C.1,458 km

3. A. talking about B.thinking about C.asking for

4. A. The group is going to visit Dunhuang.

B. The group is going to leave Dunhuang.

C. The group will take a plane to Dunhuang.

5. A. I'm good at playing computer games.

B. I play computer games once a week.

C. I often play computer games on weekends.

**Ⅱ. 听句子，选出该句的最佳答语。**

6. A. Please speak. B. Who are you? C.Sorry,he's out.

7. A. Thank you. B. Coffee, please. C. I don't like them at all.

8. A. It's interesting. B. I like it. C. We go there by bus.

9.A. Once a week. B.Two days. C.Next week.

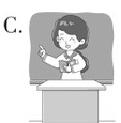
10.A.Thank you. B. Well done. C.I'm not sure.

**Ⅲ. 听对话和问题，选择正确答案。**

1. How does the woman practice English?
2. B. C.



1. What does the woman want to be in the future?



1. B. C.



13. Why doesn't Robert like surfing?

A. Because it's boring. B. Because it's difficult. C.Because nobody teaches him.

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14. Where does Lucy want to go?

A. To Qingdao. B. To Dalian. C.To Sanya.

15. How long will she stay there?

A. For seven days. B. For half a month. C.For a month.

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16. When does John usually go to school?

A. At 6:30. B. At 7:00. C. At 7:30.

17. Where does the girl have lunch?

A. At home. B. At school. C. At her classmate's home.

18. Who does John exercise with after dinner?

A.His parents. B.His classmates. C.His friends.

**Ⅳ. 听短文和问题，选择正确答案。**

19. What comes first in the U.K. when people have dinner?

A. Cold dishes. B. Noodles. C.Vegetable salad or soup.

20. What can be the main food in the U.K.?

A. Rice. B. Fish. C.Cooked vegetables.

21. What do Chinese people have after dinner?

A.Cakes. B. Ice cream. C.Fruit.

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22. What was the weather like yesterday?

A.Snowy. B.Cloudy. C. Rainy.

23. Why did Jim turn off the TV?

A.Because he didn't find any football matches(比赛）on it.

B. Because he had some homework to do.

C. Because he wanted to call his friend.

24. What was Mike doing at home?

A. He was playing with a cat.

B. He was making a cake.

C. He was doing his homework.

25. When did Jim finish his exercises?

A.Before lunch. B. Before supper. C. After supper.

**Ⅴ.听短文填空**

|  |
| --- |
| **Information sheet**  26. My sister is only \_\_\_\_\_\_\_\_ months old and knows nothing about seasons.  27. The weather in spring is warm and \_\_\_\_\_\_\_\_.  28. My parents like summer best because they like \_\_\_\_\_\_\_\_\_.  29. In autumn, the trees \_\_\_\_\_\_\_\_\_ yellow.  30. We have a snowy winter. We can have snowball \_\_\_\_\_\_\_\_\_\_. |

**Ⅵ.单项选择**

31.There are \_\_\_\_\_\_\_ in the reading room, but some aren’t \_\_\_\_\_\_\_ for the students to read.

A.enough books; easy enough B.enough books; enough easy

C.books enough; easily enough D.books enough; enough easily

32.— The T-shirt is so great! How much does it \_\_\_\_\_\_\_\_?

— Five hundred yuan. I don’t think it’s a good idea for us to \_\_\_\_\_\_\_\_ much money on it.

A.cost; pay B.take; spend C.cost; spend D.spend; cost

33.This big box is too heavy.\_\_\_\_\_\_\_ can move it.

A.Someboby B.Anybody C.Everybody D.Nobody

34.You can borrow this book, surely you \_\_\_\_\_ reading it.

A.enjoy B.will enjoy C.enjoyed D.enjoys

35.I didn’t ask anyone for help.I finished the painting by\_\_\_\_\_\_\_.

A.myself B.me C.I D.my

36.—Shenzhou XIV carried three astronauts into space successfully.

—Wow, \_\_\_\_\_\_\_ exciting news! We are so proud.

A.what B.what an C.how a D.how

37.—Mum, may I go swimming now?

—Yes, dear, but remember that you \_\_\_\_ go with your dad.

A.must B.can C.may D.could

38.—Excuse me, is there a library near here?

—\_\_\_\_\_\_\_. But you can find one on Chaoyang Street.

A.Yes,there is B.No,there isn’t C.Yes,there was D.No,there wasn’t

39.How wonderful! Who \_\_\_\_\_\_ such a good plan?

A.came up with B.took part in C.got on with D.did well in

40.—Jeff, you are much more active than you\_\_\_\_\_\_\_,right?

—Yes. And now I \_\_\_\_\_\_ joining in many after school activities every day.

A.are used to; used to B.used to be; am used to

C.used to be; used to D.were used to; am used to

**Ⅶ.完形填空**

Everyone wants to be healthy. Health is important to us. But 41 can we keep healthy?

First, we should eat vegetables and fruit four 42 five times a week. Then we had better eat 43 bean products (豆制品) every day, because eating them 44 good for people. It's good for both the young 45 the old. Milk and yogurt (酸奶) 46 also necessary (必要的), especially for women. We should have milk and yogurt twice a day. It can help us to be 47 . Next, 48 more exercise is better. We can do 49 exercises or evening exercises. After supper, we'd better 50 a walk.

In these ways, we can keep healthy and become stronger.

(   )41．A．what B．how C．where D．why

(   )42．A．of B．by C．at D．or

(   )43．A．some B．any C．little D．few

(   )44．A．does B．is C．has D．becomes

(   )45．A．and B．but C．or D．so

(   )46．A．is B．being C．are D．be

(   )47．A．ill B．strong C．happy D．lucky

(   )48．A．watching B．making C．doing D．thinking

(   )49．A．voice B．body C．morning D．eye

(   )50．A．take B．make C．decide D．develop

**Ⅷ.阅读理解**

A

There are some ways to improve your English, but I think the most important thing is to make English all around you. Here’s some advice(建议) for you.

▲**Listen to the radio in English.** If there are no English radio stations where you live, listen to one on the Internet.

▲**Watch TV and movies in English.** If you have English channels(频道) on your TV, watch them. If there are no English channels, you can buy some DVDs of English movies.

▲**Speak English to your friends.** You can find a friend who is good at English and speak English with him as much as possible. You’d better find friends whose native(本土的) language is English. Ask your friend to correct you when needed.

▲**Study or travel to an English-speaking country.** Of course the best way to improve your English is to live in English environments(环境). You’ll find yourself surrounded(围绕) with the language everywhere. It can be a more difficult and expensive choice(选择), but you may find it to be a very valuable（有价值的）and helpful experience.

51．How many ways are mentioned(提到) in the passage?

A．Two. B．Three. C．Four. D．Five.

52．Which of the following is NOT true according to the passage?

A．You can watch English channels on your TV to improve your English.

B．You’d better find friends whose native language is English to talk with you.

C．The best way to learn English is to live in all English environments.

D．Study or travel to an English-speaking country is a good choice because it doesn’t cost(需付费) you too much.

53．From this passage, we mainly know \_\_\_\_\_\_\_\_ .

A．how to improve our English B．the best time to listen to the radio in English

C．make friends with foreigners D．the steps(措施) about how to study abroad(在国外)

**B**

Do you ever go to the Qinghai-Tibet Plateau (高原)? The weather there changes a lot in summer. You can experience (经历) “four seasons” in just one day. What is it like? Let’s take a look.

“Spring” morning

The Qinghai-Tibet Plateau is very high. In the early morning, it’s cool. After the sun comes out, it becomes warm, like spring. It’s a good time to take a walk.

“Summer” noon

At noon, it’s sunny and hot. You might feel like it’s summer. The sunlight is so strong that you might want to wear a pair of sunglasses. Sometimes, it rains, but the rain doesn’t last long. If you are lucky enough, you might see rainbows.

“Autumn” afternoon

In the afternoon, the temperature goes down quickly, especially (特别是) after the sun goes down. It’s cool, just like in autumn. People have to put on warm clothes.

“Winter” night

Late in the night, it gets cold, like in winter. People usually sleep with a thick quilt. The rainy season is from June to September each year. It often rains at night.

54．You may need a pair of sunglasses when \_\_\_\_\_\_\_\_ in the Qinghai-Tibet Plateau.

A．it rains B．the sunlight is strong

C．the sun comes out D．the sun goes down

55．In which month does the rainy season begin each year?

A．June B．August C．December D．September

56．Which of the following is NOT true according to the passage?

A．People there can experience “four seasons” in a day.

B．It’s better to go for a walk in the evening.

C．After the sun goes down, it quickly gets cold.

D．You may see a rainbow after a rain.

**C**

Three Things to Do Before You Are 18

Are you bored with your daily life? Here are some things you should try before you are 18, because after that it’s too late.

Learn to swim

Seriously, this is so important that it can save your life. If you can’t swim well, you won’t be able to do water sports like waterskiing, surfing and diving. Even taking a boat trip will be dangerous for you. Make sure you do it.

Try at least one kind of team sports

Being a good team player is an important skill in life. You can’t just think of yourself, but have to work well with other people. Other advantages of team sports like basketball, football and baseball are that they keep you fit and healthy, and they are also great fun. Teams usually have a good social life too—you’ll go to lots of parties and make many friends.

Collect something

One of the best hobbies for under- 18s is collecting things. You could collect kinds of stamps, or you could collect things that make you remember what you have done, like cinema tickets for films you have seen or e-mails from friends. The best way to collect is to have a special album to put your collection in and to write what each thing means to you. That way you won’t forget.

57. The most important reason for learning to swim is that \_\_\_\_\_\_\_\_.

A. it can save your life B. it can make you healthy

C. you might easily do lots of things

58. “A good social life” in the passage means \_\_\_\_\_\_\_\_\_.

A. you’ll study in groups

B. you’ll go to parties and make many friends

C you’ll take part in many matches



59. What kind of collection is NOT mentioned(提及) in the passage?

A. stamps B. cinema tickets C. snowballs

60. The passage is mainly about \_\_\_\_\_\_\_\_\_ before you are 18.

A. good habits to keep B. skills to have C. things to do

**D**

Today, people want to keep healthy through sports and exercise. But some of them have some wrong ideas about it.

“A plate of chicken is a good meal before games because it has much energy.”

In fact, the best meal before games should have carbohydrates(碳水化合物). Food like potatoes, bread, bananas are rich (富有……的) in it, but chicken and meat are not.

“The best time to exercise is early in the morning.”

No. Morning is a good time to exercise, but it may not be suitable for you. If an afternoon or evening period is suitable for you, and you enjoy the feeling of getting healthier, you can choose any time to exercise. So there is no fixed time for you to exercise.

“If you drink water when you exercise, you’ll feel tired.”

The fact is that you must have some water during breaks (休息时间) when you exercise. And after exercising, you must have enough water. If you don’t drink enough water, then you may feel tired.

“Exercising every day is quite important.”

Wrong. Too much exercise is bad for our health. You need to give your body a day of rest.

61. It is good for you to eat \_\_\_\_\_\_ before games.

A. bananas B. chicken C. meat D. beef

62. The underlined word “fixed” probably means \_\_\_\_\_\_ in Chinese.

A. 重要的 B. 困难的 C. 固定的 D. 简单的

63. The writer would like you to \_\_\_\_\_\_.

A. eat much meat before exercising B. drink enough water after exercising

C. take exercise only in the morning D. exercise every day

64. Which of the following is TRUE according to (根据) the passage?

A. Don’t drink water when you exercise, or you’ll feel tired.

B. Evening is the best time to exercise because it’s always cool.

C. You should eat enough meat because they can give you energy before games.

D. Exercising too much is not good for us.

65 Which of the following will be the best title (标题)?



A. Results (结果) of sports and exercise. B. Best time for sports and exercise.

C. Reasons for sports and exercise. D. Wrong ideas about sports and exercise.

**Ⅸ.任务型阅读（共1小题：每小题10分，满分10分）**

**阅读下面短文，按要求完成66-70题。**

Do you like hitting the books？It doesn't mean you like beating（打）your books with your hands. It just means that you are studying hard.You can learn a lot when you hit the books. Before exams，many students spend（花费）a lot of time hitting the books to get good grades.

Expressions（表达）like this are called idioms（习语）.They are an important part of a culture's language.Language and culture are closely connected.One example of an idiom in the Chinese language is"dui niu tan qin".It means someone speaks or writes without thinking about his audience（听众）.

Many idioms begin with the word"hit"."Hit the road"means"to leave or to go".You can say"Hey，I need to hit the road.Can we talk about this another time？"or"It's time to hit the road."

Idioms make your language interesting. Let's hit the books to learn some and try to use them.

66题完成句子：67、68题简略回答问题；69题找出并写下第三段的主题句；

70翻译句子

66、When you hit the books，you can 　 　.

67、Why do many students spend a lot of time hitting the books before exams？

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

68、What does"hit the road"mean？ 　 　\_\_\_\_\_\_\_\_\_\_\_

69、　 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

70、　 　\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Ⅹ.词语运用 (10分)**

In our country, different 71.\_\_\_\_\_\_\_\_(place) have different weather.In Heilongjiang,the weather is always very 72. \_\_\_\_\_\_\_\_\_in winter and hot in summer. 73.\_\_\_\_\_\_\_\_\_Hainan, the weather is very warm in winter and also very hot in summer.Kunming is a spring city.The weather is warm all the time.

In London, the weather 74.\_\_\_\_\_\_\_\_\_\_(change) very often.You can see a 75.\_\_\_\_\_\_\_\_(sun) day in the morning,and then a rainy or cloudy day one or two 76.\_\_\_\_\_\_\_\_(hour) later.People often talk 77.a\_\_\_\_\_\_ the weather in London.

They often talk to you,"If you don't like the weather, it 78.\_\_\_\_\_\_\_\_(not) matter. You can just wait!It will change in a minute."

Now people can do many things about weather.It's called man-made weather. We 79.h\_\_\_\_\_\_one day we can 80.\_\_\_\_\_\_\_\_(decide) the weather.

**Ⅺ.基础写作(20 分)**

**A)连词成句（5 分）**

1. habits, develop, we, good ,should ,our (.)  
   \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. day, what, it, a, nice, is ( !)

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_!

1. English, it, to, is, learn, easy (?)

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

1. stay, how, we, can, healthy( ?)

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

1. many, spend, hours, I ,watching, too, TV(.)

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

**B) 书面表达**

86.作文

你校校刊的英文专栏在征集有关青少年健康话题的文章，请根据以下图示，以“How to keep healthy”为题，写一篇征文。



How to keep healthy

Health is important to everyone, but how to keep healthy? Let me tell you some useful ways.

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

I really hope that everybody can be healthy and happy.

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