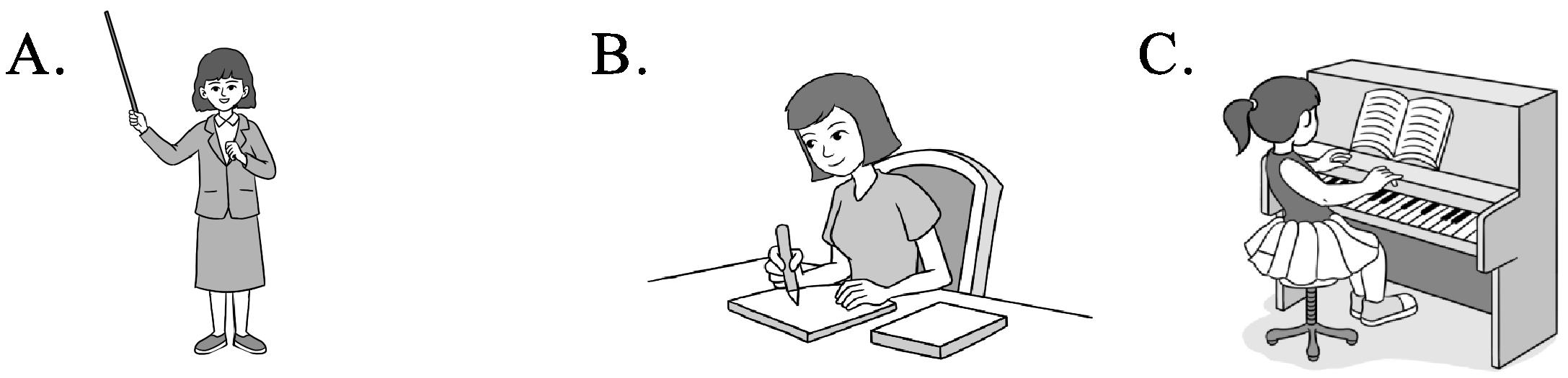
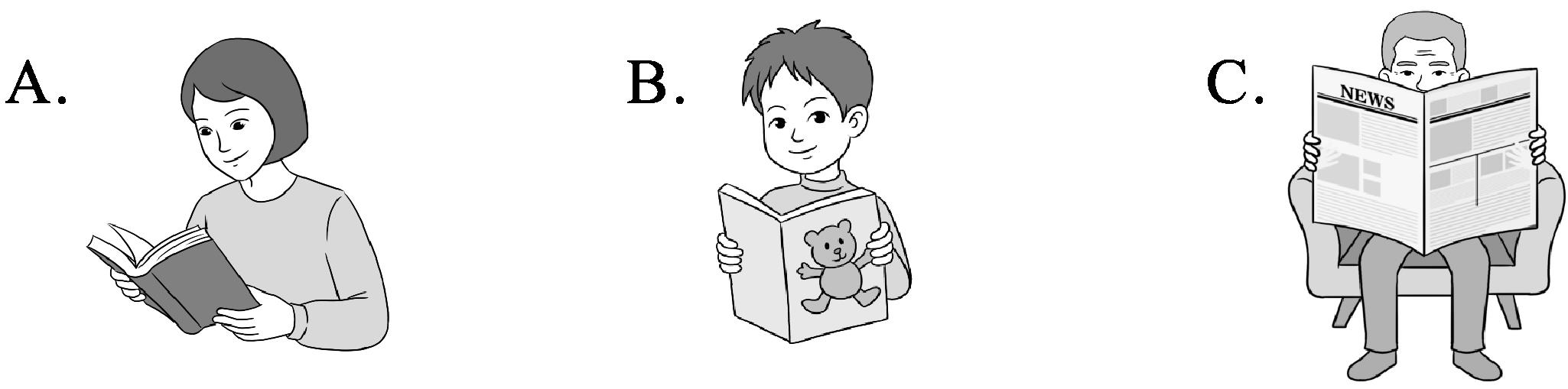
**Unit 2**　**综合练习**

(时间:120分钟　满分:150分)

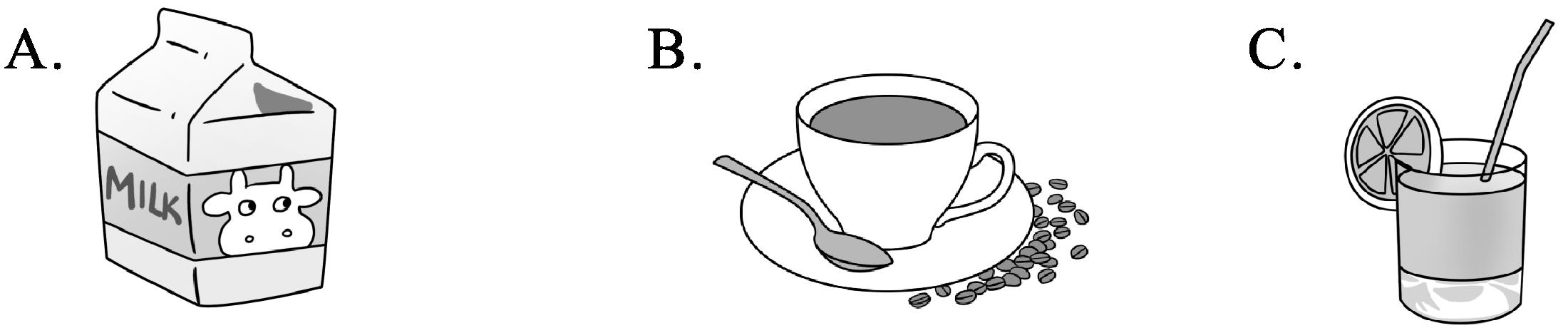
第一部分　听力(共五节,30个小题;每小题1分,满分30分)

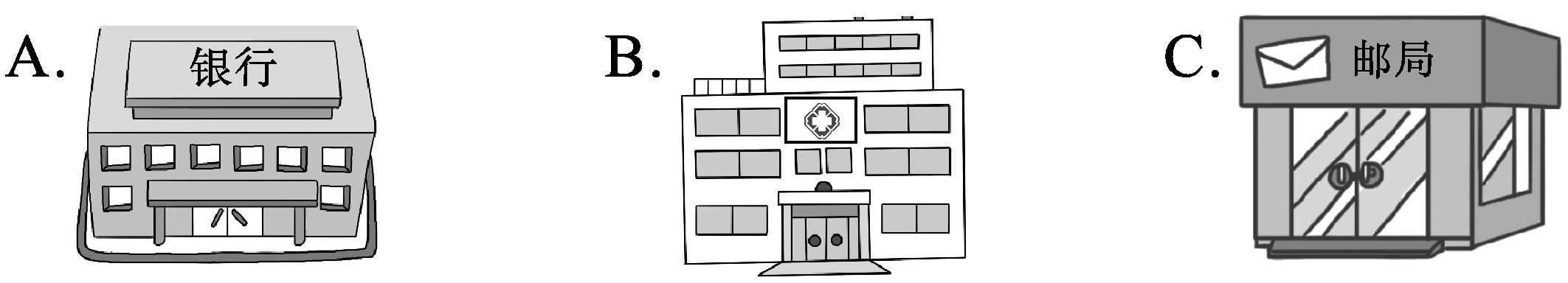
第一节　听对话,选择相应的图片。(读一遍)

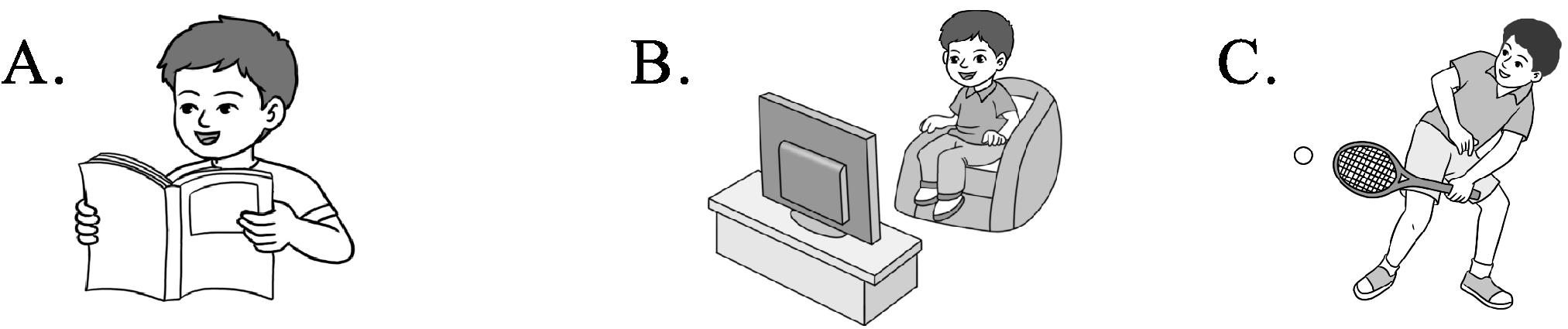
**1**.

**2**.

**3**.

**4**.

**5**.

**6**.

第二节　听句子,选择最佳应答。(读一遍)

**7**.A.He likes watching TV.

B.Three times a week.

C.He buys it in the supermarket.

**8**.A.Twenty.

B.Exercise is good for our health.

C.Once a week.

**9**.A.Go to the movies.

B.I like it very much.

C.Yes,I am.

**10**.A.I never see it.

B.Swing dance.

C.It is very fun.

**11**.A.Yes,she is.

B.She has many good habits.

C.No,she doesn’t.

**12**.A.Yes,I can.

B.Watching TV.

C.Table tennis.

第三节　听对话,选择最佳选项完成句子。(读两遍)

**13**.Frank reads a newspaper 　　　.

A.once a week

B.every day

C.once a month

**14**.Bob sometimes 　　　on weekends.

A.stays at home

B.watches TV

C.goes to the movies

**15**.David slept 　　　hours last night.

A.six　　　　　B.eight　　　　C.nine

**16**.Mr.Smith usually goes to work 　　　.

A.by bus B.by bike C.by car

**17**.Tim wants a cup of 　　　.

A.juice B.coffee C.tea

**18**.Eric wants to 　　　.

A.watch TV

B.do his homework

C.play tennis

第四节　听对话,根据对话内容及问题,选择最佳选项。(读两遍)

听下面一段对话,回答第19、20题。

**19**.What does Mike ask Sandy to do?

A.To have a cup of coffee.

B.To help him with the homework.

C.To have dinner.

**20**.How many people are there at Sandy’s home now?

A.No one. B.One. C.Two.

听下面一段对话,回答第21、22题。

**21**.What does Jenny like?

A.Junk food. B.Fruit. C.Milk.

**22**.How often does John eat fruit?

A.Often. B.Every day. C.Never.

听下面一段对话,回答第23、24题。

**23**.How often does Li Hua play basketball?

A.Once a week.

B.Twice a week.

C.Twice a month.

**24**.What does Li Hua do every day?

A.She plays badminton.

B.She plays soccer.

C.She runs.

第五节　听短文,完成表中所缺信息,每空仅填一词。(读三遍)

|  |  |
| --- | --- |
| **The** **importance**  **of** **exercise** | ♦It is healthy for our mind and **25**.　　　　.  ♦We can do better in **26**.　　　　　　 and schoolwork. |
| **Ways** **of** **exercise** | We can walk,run,**27**.　　　　　　 or play ball games. |
| **Tips**(建议) **for**  **exercise** | ♦We have to **28**.　　　　　　 what we are doing.  ♦It’s best to exercise **29**.　　　　　　 a week.  ♦Find one,two or even three sports that are **30**.　　　　　　 for us. |

第二部分　完形(共两节,满分20分)

第一节(共5个小题;每小题1分,满分5分)

阅读下面短文,从框内6个选项中选出可以填入空白处的最佳选项。选项中有一项为多余项。

A.as　B.free　C.for　D.them　E.times　F.about

Many young people love to do exercise now.When they are 　31　,they usually exercise.Most of them exercise twice or three 　32　 a week.If they are busy,they may exercise only once a week.

Why do they love to do exercise so much?Some people are a little fat.This brings 　33　 lots of health problems,so they do exercise to keep healthy.Others exercise just because they have a good habit.They think doing exercise is relaxing and exciting.

There are many different kinds of exercise,such 　34　 running,bike riding,swimming and playing ball games.You don’t need to be a professional(专业的) player.Even just taking a walk can be good 　35　 your health.Exercising for at least 30 minutes a day will make you feel great.

第二节(共10个小题;每小题1.5分,满分15分)

阅读下面短文,从每题所给的A、B、C三个选项中选出可以填入空白处的最佳选项。

How often should we exercise?Five days a week?Four days a week?Is two days a week 　36　?Luckily,the answer 　37　 the question is not difficult to find.

We asked Shawn Arent,a doctor,about this question.He said that people should 　38　 every day.It really does great help to our 　39　 and health.

Shawn 　40　 told us something more interesting.“There is a big 　41　 between exercising two days a week and three days a week,” Shawn said.“With three days a week,your body gets enough exercise and you want to do 　42　 activities to be healthier.However,with two 　43　 a week,you don’t get much change.You just don’t do it often enough,so you can’t fully(完全地) 　44　 the fun of exercising.”

“For children and old people,it’s a good start to exercise two days a week 　45　.But I still want them to exercise more after some time.Three to four days a week will be wonderful for them.”

**36**.A.boring B.enough C.full

**37**.A.for B.in C.to

**38**.A.play B.point C.exercise

**39**.A.result B.study C.body

**40**.A.also B.too C.and

**41**.A.mind B.difference C.activity

**42**.A.much B.more C.little

**43**.A.days B.hours C.weeks

**44**.A.die B.decide C.enjoy

**45**.A.at first B.in the future C.day and night

第三部分　阅读(共三节,满分50分)

第一节(共12个小题;每小题2.5分,满分30分)

阅读下列短文,从每题所给的A、B、C三个选项中选出最佳选项。

**A**

Hello!Welcome to our program!I’m John.I’m in a health club now.I’m having a talk with four students.They are members of this club.

|  |  |
| --- | --- |
| David | Hi!My name is David.I want to be healthy.Being healthy makes me feel good and helps me to study better.So I joined the club.I come here on Tuesdays and Fridays.I exercise for thirty minutes each time. |
| Alice | Hello!I’m Alice.I am quite heavy.My classmates said I looked unhealthy(不健康的).So I came here to exercise.I come here three times a week and spend fifty minutes each time.Now I look healthy. |
| Ann | I’m Ann.I have too much homework to do every day.I often feel tired.I think exercise can make me relax and help me to study better.Although I am very busy every day,I spend forty minutes here. |
| Bill | I’m Bill.I always wanted to sleep in class,although I slept nine hours each night.The doctor said I was unhealthy and needed to exercise.So I came here.I find that I’m full of energy(活力) after twenty minutes’ exercise each day.Now I never sleep in class. |

**46**.Maybe John is doing a program about 　　　.

A.health B.time C.homework

**47**.Alice exercises for 　　　minutes each time.

A.20 B.30 C.50

**48**.　　　 think exercise can help them to study better.

A.David and Ann

B.Ann and Alice

C.Alice and Bill

**49**.From the passage,we can know 　　　.

A.David goes to the club every weekend

B.Bill exercises twenty minutes every day

C.Alice exercises four times a week

**B**

How often do you exercise?What sports do you often do?Do you like walking,running,cycling or swimming?They are all aerobic(有氧的) exercise and are good for people’s health.

Now people get less aerobic exercise than before because of the Internet.For example,some young people spend over four hours a day using the Internet,but they only spend 20 minutes doing exercise.Lots of doctors are worried about that.They say if people don’t do exercise often,they may fall ill easily.

Schools are teaching students to exercise when they’re young.PE is a sports subject.It teaches students how to play and exercise.Through the subject,teachers and parents wish kids to get into good exercise habits and keep them as they grow up.

Lots of companies(公司) suggest aerobic exercise at work.A study shows that people can be open-minded and do better in their work if they often do aerobic exercise.Now many companies have sports activities and exercise rooms for the workers.

There are many other kinds of aerobic exercise.Find your favorite one and start doing it.It will help you live a healthy life.

**50**.How does the writer start the topic?

A.By giving examples.

B.By asking questions.

C.By showing numbers.

**51**.What can we know from paragraph 2?

A.Some young people don’t have enough exercise time.

B.People exercise less than before because they are busy with their work.

C.People will never fall ill if they often do aerobic exercise.

**52**.What do teachers and parents wish kids to do through PE?

A.To have healthy eating habits.

B.To do well in all kinds of sports.

C.To have good habits of doing exercise.

**53**.Many companies think doing aerobic exercise at work is 　　　.

A.popular B.necessary C.interesting

**C**

Doing exercise is an important part of a healthy lifestyle.But some people can’t take part in outdoor activities.As a result,indoor activities have become an important way for them to keep healthy.*Baduanjin*,an easy-to-learn exercise,is one of the most popular exercises.The name *baduanjin* can be translated as “Eight Pieces of Brocade(锦缎)”.It means the exercise is made up of eight parts and that the movements are smooth,graceful,and expansive,like the flowing fabric of a brocade.

Created nearly a thousand years ago,*baduanjin* has been practiced for centuries in China.Now,it is almost as popular as tai chi,especially with the old.The exercise doesn’t need much space or time.As long as people have special breathing and concentration(专注) skills,*baduanjin* can help them keep both the body and mind healthy with eight special movements.

This kind of exercise is mainly about breathing(呼吸).Through deep and slow breathing skills,it will help the muscles(肌肉) to relax and empty the mind of all thoughts.The brain will get a chance to rest,and more oxygen(氧气) will reach.

*Baduanjin* is helpful to many health problems.What’s more,it can be learned without a teacher.Although people may practice it by following a few pictures and instructions,success really depends on concentration,relaxation and daily practice.

**54**.What’s the purpose(目的) of the first paragraph?

A.To introduce the topic.

B.To show an opinion.

C.To give an example.

**55**.What do people think of practicing *baduanjin*?

A.It’s easy. B.It’s tiring. C.It’s difficult.

**56**.Who may show more interest in practicing *baduanjin*?

A.The young. B.The old. C.The rich.

**57**.What can we infer(推断) from the passage?

A.After doing *baduanjin*,people need to wear a dress made of silk fabric.

B.Doing *baduanjin* takes up a lot of time and money.

C.If people want to learn *baduanjin*,they can learn by themselves.

第二节(共5个小题;每小题2分,满分10分)

阅读下面短文,从短文后框内选项中选出可以填入空白处的最佳选项。选项中有一项为多余选项。

Many students get ill easily in autumn.　58　 What can we do to keep healthy?Here are some tips.

**Enough** **healthy** **food.**

Having good eating habits is really important.Some students don’t like to eat breakfast.　59　 Breakfast is the most important meal in a day.If you want to be healthy,you should also eat less fast food and more vegetables and fruit,which are both delicious and healthy.And you’d better drink 500ml milk every day.

　60

Doing exercise is another way to keep you healthy.So you should do some sports after class.Doing sports can make you strong.You will have a good figure(身材) if you do enough sports.

**Enough** **smiles.**

Smile is the best way to make you healthy.Try to find the things that make you laugh and you will be happy every day.You should be optimistic(乐观的) about life.　61

**Enough** **time** **of** **rest.**

Don’t stay up!It is suggested that students should go to bed before 10 o’clock.　62　 There is a famous saying,“Early to bed and early to rise makes a man healthy,wealthy and wise.” It tells us enough time of rest is important.

A.Enough exercise.

B.They make a big mistake.

C.Playing basketball is good for your health.

D.If you want to have a good grade,you must have a good rest.

E.They may have to go to hospital and miss a lot of classes.

F.Remember smile is the best medicine to cure(治愈) your illness.

第三节(共5个小题;每小题2分,满分10分)

阅读下面短文,根据其内容填空和回答问题。(63至66题每题答案不超过3个单词,67题须用完整句子回答)

It is very important to stay healthy.I have a neighbor.She is an old lady.She can read newspapers,watch TV and search on the Internet to learn something new.She does tai chi every day.She looks young and beautiful in her seventies.Last week a reporter from a magazine interviewed her and asked her how she kept so young.She said:“I have a secret of staying young.It is quite easy.Keep your mind active,take an interest in the world around you,and learn something new every day.Try to do different kinds of housework and do some sports.Don’t think you are too old to go back to school.A man entered a medical(医学) college when he was 70 years old.He studied there for 6 years and now he is a doctor.Another man went to a tennis school at the age of 71 and now he can play tennis well.In fact,no matter how old you are,you can make it.”

Please tell the story to your family,because it would be a good start to follow the lady’s example.

**63**.The old lady does 　　　　　　　every day.

**64**.The word “　　　　　　　” means “采访” in paragraph 1.

**65**.The man studied in the medical college for .

**66**.The author(作者) advises us to tell the story to our family because it would be a good start to follow 　　　　　　　　　　　　　　　　.

**67**.What do you think of the old lady?

第四部分　语言运用(共两节,满分25分)

第一节(共5个小题;每小题2分,满分10分)

根据中文意思,补全英语译文。(每空限填一词,缩写算一词)

**68**.我的家人大约每年回一次家乡。

My family go back to our hometown about once 　　　　　　　　　　　　.

**69**.他们一周吃一次垃圾食品。

They eat 　　　　　　　　　　　　once a week.

**70**.西安有很多美味的食物,比如肉夹馍和凉皮。

There are many kinds of delicious food in Xi’an,　　　　　　 　　　　　　*roujiamo* and *liangpi*.

**71**.总是足不出户对你没有好处。

It isn’t 　　　　　　　　　　　　you to stay at home all the time.

**72**.学生们通过使用互联网找到了解决问题的方法。

The students found the way to solve the problem 　　　　　　　　　　　　the Internet.

第二节(共10个小题;每小题1.5分,满分15分)

阅读下面短文,在各题空白处填入1个适当的单词或括号内单词的正确形式。

Nowadays more and more people care about health.But how can we keep healthy?It is important **73**.　　　　　　(follow) some rules.First,we should take some exercise every day.A study **74**.　　　　　　(show) that getting plenty of exercise can make the heart beat faster and the lungs(肺) work **75**.　　　　　　(hard).This helps lower blood pressure.That’s why more and more people take an active part **76**.　　　　　  different kinds of sports and exercise.Second,we’d better **77**.　　　　　　(eat) more fruit and vegetables.You shouldn’t eat too much junk food.The food people eat is connected with their health.Fat can fill in the arteries(动脉),and then **78**.　　　　　　(easy) cause a heart problem.At last,**79**.　　　　　　(give) up bad habits like smoking(吸烟) and drinking alcohol(酒) is also **80**.　　　　　　　  important way to keep healthy.Smoking and drinking alcohol are bad **81**. 　　　　　　 people’s health,and everyone should stop them.**82**.　　　　　　(lucky),not many people follow this piece of advice.If you can follow these rules,you’ll live a healthier and happier life.

第五部分　写作(满分25分)

每个人都有自己的生活习惯。你有哪些健康的生活习惯?又有哪些不健康的生活习惯?请根据下表提示,以 “My Living Habits” 为题,用英语写一篇短文。

|  |  |  |
| --- | --- | --- |
| **Habits** | **Activities** | **How** **often** |
| Good living habits | get up early | always |
| exercise | four to six times a week |
| watch TV | once a week |
| Bad living habits | eat junk food | often |
| eat vegetables | hardly ever |
| stay up late | sometimes |

要求:1.根据所给题目及提示,写一篇短文,词数不少于80;

2.语言流畅、书写规范、卷面整洁。

**Unit** **2**　综合练习

附:听力原文

第一节　听对话,选择相应的图片。(读一遍)

**1**.W:What does your aunt do,Mike?

M:She is a great writer and she writes a lot of good novels.

**2**.W:What is your grandfather doing,Bob?

M:He is reading a newspaper.

**3**.W:How often do you eat junk food,Rick?

M:Once a week.

**4**.W:Would you like some coffee,sir?

M:Yes,please.

**5**.W:Where does your father work,David?

M:He works in a hospital.

**6**.W:What are you doing now,Eric?

M:I’m watching TV.

第二节　听句子,选择最佳应答。(读一遍)

**7**.How often does Tom watch TV?

**8**.How many students exercise every day in your class?

**9**.What do you do on weekends?

**10**.What kind of dance are you learning?

**11**.Does she have healthy eating habits?

**12**.What sports do you play?

第三节　听对话,选择最佳选项完成句子。(读两遍)

**13**.W:Do you read a newspaper once a week,Frank?

M:No,I read it every day.

**14**.W:What do you do on weekends,Bob?

M:I usually stay at home and watch TV,but sometimes I go to the movies.

**15**.W:David,did you sleep well last night?

W:Yes,I usually sleep nine hours,but last night I slept eight hours.

**16**.W:How do you usually go to work,Mr.Smith?

M:Riding bikes is good exercise.So I usually go to work by bike.

**17**.W:Tim,what kind of drink would you like,juice or tea?

M:Neither.I’d like a cup of tea.

**18**.W:I finished my homework.Let’s watch TV to relax,Eric!

M:Watching TV is boring.Why not go to play tennis?

第四节　听对话,根据对话内容及问题,选择最佳选项。(读两遍)

听下面一段对话,回答第19、20题。

M:Hello,Sandy.Would you like to have a cup of coffee with me now?

W:I’d love to,but I am doing my homework now,Mike.

M:Can you get out later?

W:Sorry,my mom is out and I am the only one at home.I have to do the housework later.

M:What a pity!Maybe sometime next week.

W:OK.

听下面一段对话,回答第21、22题。

M:How often do you eat fruit,Jenny?

W:I eat fruit every day.I like it very much.How about you,John?

M:I don’t like it.So I never eat fruit.I like junk food.

W:Oh,you should often eat fruit because it’s good for your health.

听下面一段对话,回答第23、24题。

M:Li Hua,do you usually play sports?

W:Of course.Look at my healthy body!

M:Well,what sports do you play?

W:I play badminton once a week and play basketball twice a week.I run every day.

M:Do you play soccer?

W:Yes,I play it twice a month.

第五节　听短文,完成表中所缺信息,每空仅填一词。(读三遍)

M:Everyone knows that exercise is important.We all need to exercise.It is healthy for our mind and body.If we often exercise,we can do better in tests and schoolwork.There are many ways to exercise.We can walk,run,swim or play ball games.How should we exercise?Here are some tips.We have to like what we are doing.It’s best to exercise twice a week.Thirty minutes each time is enough.Try all kinds of sports and we’ll find one,two or even three sports that are right for us.

答案

**1**.B　**2**.C　**3**.A　**4**.B　**5**.B　**6**.B　**7**.B **8**.A　**9**.A　**10**.B　**11**.C　**12**.C　**13**.B　**14**.C **15**.B　**16**.B　**17**.C　**18**.C　**19**.A　**20**.B　**21**.B **22**.C　**23**.B　**24**.C **25**.body

**26**.tests　**27**.swim　**28**.like **29**.twice　**30**.right

**31**.B　**32**.E　**33**.D　**34**.A　**35**.C

**36**.B **37**.C　**38**.C　**39**.C　**40**.A　**41**.B　**42**.B　**43**.A **44**.C　**45**.A

**46**.A　**47**.C　**48**.A　**49**.B　**50**.B　**51**.A　**52**.C　**53**.B　**54**.A　**55**.A　**56**.B　**57**.C

**58**.E　**59**.B　**60**.A　**61**.F　**62**.D

**63**.Tai Chi　**64**.interviewed　**65**.6/six years **66**.the lady’s example　**67**.She is excellent/active and beautiful.(答案不唯一)

**68**.a year　**69**.junk food　**70**.such as **71**.good for　**72**.by using

**73**.to follow **74**.shows　**75**.harder　**76**.in　**77**.eat　**78**.easily **79**.giving　**80**.an　**81**.for　**82**.Unluckily

写作

**My** **Living** **Habits**

Everyone has their own living habits.Some habits are healthy,while others are not.

Firstly,let’s talk about my healthy habits.I always get up early.I believe that it is good for my health.Besides,I exercise four to six times a week,which helps me stay fit.Lastly,I have the habit of watching TV once a week.This helps me to relax.

On the other hand,I also have some bad habits.One of them is that I often eat junk food.Another bad habit I have is that I hardly ever eat any vegetables.Lastly,I sometimes stay up late,which makes me feel tired the next day.

To be a healthier person,I’ve made a resolution to keep these good habits and change the bad ones.