



homework   2  . Some homework is given by their   3  , and some by their parents. Also, some students don't know   4   to save time. Some of them always   5   more than one hour for answers to the questions from other students when they are doing their homework, so it takes them more and more time to finish   6  . Some students   7   watching TV or using the Internet for too much time. They often play together with their friends   8   after school. And they stay up very late. But next morning, some students have to get up early to get to school on time by bus or by bicycle. It   9   be a long time from home to school.

For the children, they should make good use of their time. More than eight hours' sleep every night is   10   for them. If they have enough sleep time, they will find it much better for both their study and health.

- |                      |             |               |
|----------------------|-------------|---------------|
| (    ) 1. A.more     | B. less     | C. least      |
| (    ) 2. A.to do    | B. doing    | C. does       |
| (    ) 3. A.dentists | B. teachers | C. classmates |
| (    ) 4. A.what     | B. where    | C. how        |
| (    ) 5. A.want     | B. wait     | C. went       |
| (    ) 6. A.them     | B.it        | C. these      |
| (    ) 7. A.take     | B. enjoy    | C. spend      |
| (    ) 8. A.online   | B. Internet | C. computer   |
| (    ) 9. A.maybe    | B. may      | C. is         |
| (    ) 10. A.health  | B. healthy  | C. bad        |

三、阅读理解。根据短文内容判断句子正误。正确的选“A”，错误的选“B”。（10%）

My name is Ben. I think my lifestyle is unhealthy. My eating habits are not good. I don't like eating vegetables, and I eat them only once a week. And I hardly eat fruit. What's my favorite food? Junk food! I eat it three times a week. My mother hopes that I can drink milk every day, but I never drink it. It's terrible. However, I like drinking coffee.

I don't have enough sleep every day. At night, I want to go to bed early, but I just sit on the chair most of the time to do my homework. I usually go to bed at 11:00 p.m. I always get up at 5:30 a.m. Do you feel surprised? I think. I don't like to be so early, but my mother wants me to exercise with her every morning. So you see, I sleep less than seven hours every night. I'm in bad health, although I exercise every day. I'm short and fat, and my teeth are bad, too. I'm very sad. Many of my friends are very healthy, they often exercise and hardly ever eat junk food. I think I must learn from them.

- (    ) 1. Ben keeps good eating habits and he likes to drink milk.  
 (    ) 2. Ben's mother hopes he can drink coffee and exercise with her every day.  
 (    ) 3. Ben sleeps less than seven hours every night.  
 (    ) 4. Although Ben is short and heavy, his teeth are good.  
 (    ) 5. Ben wants to learn from his friends because he thinks they are healthy.

四、完成对话，一空一词（含缩写词）。（10%）

A: Hi, Alice. Long time no see. Where did you go on vacation?

B: Hi, Mike. I went to Tai mountain in Shandong.

A: Really? Did you get to the 1. \_\_\_\_\_ of the mountain?

B: Of course. But we couldn't see anything 2. \_\_\_\_\_ clearly there. Everything was too small because the mountain is very high.

A: Did you go with anyone?

B: Of course. I went there with my family. But the weather there was quite 3. \_\_\_\_\_ in a day. In the morning, it was sunny and hot, but in the afternoon, it rained hard. All of us got really 4. \_\_\_\_\_ because we didn't take an umbrella. About half an hour later, the rain stopped and the sun came out again.

A: How strange(奇怪)! In our city, it 5. \_\_\_\_\_ rains, so the weather is a little hot and dry. Well, did you buy anything for your friends?

B: Of course, I did, 6. \_\_\_\_\_ the stores were very expensive. Mike, you look much heavier. You need to do exercise 7. \_\_\_\_\_.

A: But I 8. \_\_\_\_\_ sports. I just want to sit and sleep. I get 8. \_\_\_\_\_ easily and always want to eat food like hamburgers. What about you?

B: I always exercise with my classmates after school. I think it's a good way to relax 9. \_\_\_\_\_ . And we never eat junk food.

A: So because of your healthy habits, 10. \_\_\_\_\_ of you is as heavy as me. You're healthier.

B: Come on! Mike. Start exercising before it's too late.

五、短文填空。从下面方框中选出 10 个单词，并将其正确形式填写在相应的位置上。（每词限用一次）（10%）

put across wonderful easy later I with build one easy never surprise

On a summer day last year, I traveled to a city in France in my car. It was a little 1. \_\_\_\_\_ in the evening. It got dark. I booked(预定) a room in the Garden Hotel, but I couldn't find the way to it because I came here only 2. \_\_\_\_\_. When I drove along a street, I saw a beautiful young lady 3. \_\_\_\_\_ a lot of bags coming out of the supermarket. I 4. \_\_\_\_\_ if she knew the hotel or not, so I stopped and asked her, "Excuse me, Miss. Can you tell me the way to the Garden Hotel?"

"The Garden Hotel? Of course. You may find it 5. \_\_\_\_\_ because I can show you the way if you like."

"Oh, thank you so much. Please get into my car." I said.

Then I asked her 6. \_\_\_\_\_ the bags into the backseat and we just drove along Center Street. About three minutes later, we came to an old 7. \_\_\_\_\_ on Center Street. The young lady said, "Please stop here."

I stopped and looked at it. "But this is not a hotel." I said to her. "No." She answered with a smile. "This is my house. And let me show you the way to the Garden Hotel. Go along the Center Street and turn right at the first 8. \_\_\_\_\_. Then you will find the Garden Hotel on your left. It's only a two-minute drive from here. And thank you for driving me home, or(否则) I must walk home by 9. \_\_\_\_\_, sir." Then she didn't see me and took up all the bags to her home.

One minute later, I was 10. \_\_\_\_\_ that the hotel was just behind the supermarket.

六、阅读表达。（15%）

A. 补全短文。根据短文内容，从短文后的 A-F 选择中，选出 5 个适当的选项补全短文。

My uncle has a very beautiful umbrella. He got it a few years ago. As he is very careful with it, so it looks as good as a new umbrella. 1 He shook(摇) his head. "Then how did you get it?" I asked. "Well." He answered, "there's a strange true story about the umbrella. About ten years ago, I was walking along a quiet London street on the evening when it suddenly(突然) rained. I had no raincoat or umbrella at. 2 There were not too many people. Because I was on the way to my party, I was afraid to get wet. I stood in a doorway and waited for the rain to stop. 3 There even wasn't a person around, and still it rained and rained. At last, a young man came to the place where I was standing. 4 I hoped he would ask me to walk to the other side under the umbrella, then I could get a taxi. I ran into him. 5. Maybe because I suddenly ran before him, the young man was so scared that he dropped the umbrella and ran away. I picked up the umbrella and kept walking. I knew it would be hard to find the young man in this big city, so I kept the umbrella."

- A. I asked him where he was going with that umbrella.
- B. No buses ran through and there were no taxis.
- C. I asked my uncle if(是否) he bought it or someone sent him as a gift.
- D. He had a large umbrella over his head.
- E. I really want to know where the umbrella came from.
- F. Soon, it got quite dark.

1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_ 4. \_\_\_\_\_ 5. \_\_\_\_\_

B. 完成表格。阅读下面短文，根据短文内容，完成表格中所缺的信息。

It is said that eyes are the window of our heat. Beautiful and bright eyes show a good health and make you look very beautiful.

However, if you want to have healthy eyes, you must have right food. First, eat food that is good for your eyes. They are fresh fruits and vegetables like fish, eggs and milk. The vitamins A and B2 from the food are good for your eyes.

muscles(肌肉) and gives them enough rest. Usually, you must sleep no less than seven to eight hours every day, or you will look like pandas.

You must exercise your eyes every day. Blinking(眨眼) your eyes at regular(规则的) times is the best exercise.

We often use eyes in many kinds of wrong ways. For example, if a small thing goes into our eyes, we start rubbing(揉) them. Rubbing can make something wrong with your eyes. Don't read or write in poor or too bright sunlight. Always use sunglasses can make your eyes tired. Too much reading, writing, watching television or working on the computer can also make your eye tired.

All in all, you must know it's important to take care of your eyes. If your eyes are healthy, your life will be colorful.

Title: 1.How to _____ ?	
Healthy food	<ul style="list-style-type: none"> <li>● Eat good food, 2. _____ fresh fruits, vegetables and food with high Vitamin. They are good for your eyes.</li> </ul>
Enough sleep	<ul style="list-style-type: none"> <li>● It makes your eye muscles 3. _____ and gives them enough rest.</li> <li>● Sleep 4. _____ seven to eight hours every day.</li> </ul>
Eye 5. _____	<ul style="list-style-type: none"> <li>● Having your eyes exercise every day.</li> <li>● Blinking your eyes at regular times is 6. _____ to exercise.</li> </ul>
7. _____	<ul style="list-style-type: none"> <li>● It's not right to rub your eye when something goes in.</li> <li>● Use eyes in soft sunlight.</li> <li>● Light should never shine in your eyes in a directly way</li> <li>● Don't 8. _____ too much time reading, writing, watching TV or working on the computer.</li> </ul>
Conclusion (结论)	<ul style="list-style-type: none"> <li>● Know the 9. _____ of taking care of your eyes.</li> <li>● Your life will be colorful 10. _____ your healthy eyes.</li> </ul>