

Unit 4 Do it yourself

【A 卷（基础专练）】

一、根据首字母提示填写单词（10分）

1. A lot of people here, for e _____, Mr. John, would rather have coffee.
2. —How often do you visit your grandma? —O _____ a week.
3. I a _____ an important meeting yesterday.
4. The teacher asked us to circle the c _____ answers.
5. The old man can cut many different kinds of paper cutting with s _____.
6. The letters “USA” s _____ for “United States of America”.
7. Our English teacher is ill today, so Mr. Hu gave us a lesson i _____.
8. Your answer is w _____. Please think about the question again.
9. It's c _____ of them to play soccer in such a big rain!
10. Please a _____ some water if your cup is empty.

二、用所给单词适当形式填空（10分）

11. Thank you for _____ (attend) the graduation ceremony at No. 3 Junior High School.
12. You'd better _____ (keep) off fatty food if you want to lose weight.
13. Mum puts the eggs and sugar in a big bowl and _____ (mix) them up.
14. It took Andy a few minutes _____ (put) up the picture on the wall.
15. Andrew is crazy about _____ (make) something new.
16. This Sunday I will read a novel instead of _____ (go) to the cinema.
17. You'd better not _____ (leave) your money on your desk.
18. I can't remember _____ (exact) what she said.
19. We are finally _____ (finish). Let's have a rest.
20. It took us half an hour _____ (complete) the research.

三、单项选择（10分）

21. Many important things in life are free, _____ air and sunshine.
A. for example B. such as C. as well as D. with
22. The _____ news about Japan putting the radioactive waste water（核污水）into the sea makes everyone really angry.
A. scared B. worried C. boring D. terrible

23. There isn't any coffee left. Let's drink some tea _____.
- A. too B. instead C. but D. even
24. —Tina, could you tell me how to use a shared bike through my smart phone?
—_____, just scan the QR code.
- A. Never mind B. You are welcome C. Take it easy D. With pleasure
25. —Yesterday, my father bought me a new mobile phone, but I don't know how to use it.
—Why not read the _____ first before using it?
- A. advertisement B. instruction C. sentence D. introduction
26. You'd better _____ out at night alone. It is very dangerous.
- A. go B. to go C. not go D. not to go
27. You _____ better _____ so much spicy food since you have a sore throat.
- A. had; not eating B. had; not eat C. had not; eating D. had not; eat
28. —Is Su Ning fit for the task?
—No problem. I'll tell you _____ what I think of it.
- A. properly B. correctly C. exactly D. highly
29. The No.5 bus has _____ left. He has to wait for the next one.
- A. yet B. never C. probably D. already
30. —Could you help me with my math homework?
—_____.
- A. No problem B. You're welcome C. My pleasure D. Don't mention it

四、完形填空 (10 分)

通读下面短文，掌握其大意，然后从所给的 A、B、C、D 四个选项中选出最佳选项。

Are you looking for quick, simple and delicious dinner? Spaghetti (意大利面) and rice are always 31, and many people like to eat them. Now let's learn 32 to make them.

How to make spaghetti? First, cook the spaghetti in hot water for 20 minutes. After that, you can start to make the sauce (调味汁). 33 an onion. Pour little oil (油) into pepper, beef and other things. Next, add gravy and some 34, and cook them for few minutes. Then put the spaghetti 35 a plate. Finally, pour the sauce over the top and 36 them together. Now, you can start to eat.

How to cook 37 with a rice pot? Put water and rice in the pot and close the cover. Turn on the rice pot and it will start to cook the rice. It 38 takes about 30 minutes, so you can cook vegetables and meat

during this time. You will _____ 39 _____ a special sound when the rice is ready. _____ 40 _____ you should wait about five minutes before you open the cover. It will make the rice more delicious.

31. A. traditional B. popular C. fresh D. creative
32. A. how B. what C. when D. where
33. A. Take up B. Make up C. Cut up D. Put up
34. A. carrot B. tomato C. potatoes D. onion
35. A. to B. on C. at D. with
36. A. move B. plan C. grow D. mix
37. A. rice B. noodles C. pancakes D. porridge
38. A. hardly B. even C. usually D. never
39. A. hear B. give C. choose D. enjoy
40. A. Or B. But C. So D. If

五、阅读理解（20分）

A

Do you know how to study better? Let me give you some advice about studying. First, don't put off（延误）studying. Many students do that. They have to cram（临时死记硬背）the night before the exam. In fact you need good study habits and study a little every day. This way, you will prepare（准备）better for the exams. Second, plan rewards into your study time. For example, if you read 20 pages of the book, you can play one computer game. But only one. Third, stay in a quiet place and turn off your mobile phone. Then you can put your heart into your study. Last, believe it or not, sleeping is part of studying. It can help you learn better. Try to sleep more than eight hours a night. Take these pieces of advice, and you will study better.

41. What is a good study habit?
- A. Not putting off studying. B. Cramming the night before the exam.
- C. Studying hard in your free time. D. Not preparing for the exams.
42. What does “rewards” mean in the passage?
- A. Exercise after studying. B. Do something you like.
- C. Cram the night before exam. D. Turn off your phone.
43. What can help you study better?
- A. Only studying before exam. B. Studying and watching TV at the same time.
- C. Studying in a quiet place. D. Talking with friends on the phone.
44. How many hours should you sleep a night for the better study?

- A. 5 hours. B. 6 hours. C. 7 hours. D. 8 hours.

45. Which of the following is TRUE?

- A. Cramming is more important than studying well. B. Studying a little every day is good for your study.
C. Staying in a large place can help you study better. D. Sleep less, and you'll have more time to study.

B

Mary is reading something about how to keep healthy on the Internet.

Good sleep is important for your health. You need about eight hours' sleep a night. Don't eat or read in bed.

A cup of milk before sleeping may help you get a good sleep. Go to bed before 10:00 and get up early every morning. For more information, please visit www.sleeping.com.

How often do you exercise? If you want to stay healthy, you should do a lot of exercise. Try to exercise for 30 minutes a day, three or four times a week. For more information, please call Health Line at 180-2000.

Studies show that the cold or flu virus(流感病毒) can live on our hands for long. So you should wash your hands often with soap and water. If you want to know more, please call Health Line at 180-1313.

Brush your teeth twice a day. And see a dentist at least once a year. The examination is not only for the health of teeth, but the whole body. Please visit www.mydr.com for more information.

46. If you want to get a good sleep, you may _____.

- A. read in bed B. eat something C. stay up D. drink some milk

47. You should do exercise _____ to keep healthy.

- A. many hours every day B. ten minutes every day
C. about 2 hours a week D. 30 minutes a week

48. To keep from catching a cold or flu, it's good for you _____.

- A. to eat some healthy food B. to wash your hands often
C. to get up early every morning D. to brush your teeth twice a day

49. What does the underlined word "examination" mean in the text?

- A. 检查 B. 修补 C. 考试 D. 清洗

50. If you want to learn more about the flu, you can _____.

- A. visit www.mydr.com B. call Health Line at 180-2000
C. visit www.sleeping.com D. call Health Line at 180-1313

六、短文首字母填空（10分）

根据短文内容及首字母提示，填写所缺单词。

There are many things that you should be careful with when you are alone at home. Listen to the following

solutions (方法) to p 51 yourself.

K 52 the door locked (锁) when you are alone at home. Many people think it's the b 53 way to protect themselves.

Keep a list of p 54 numbers to call for h 55 such as 110, the police station or a neighbor's number.

Be c 56 with the electrical appliances (电器). If you don't know h 57 to use them, ask your parents. Make a safety check b 58 going to sleep.

Look t 59 the keyhole when you hear do doorbell. If there are strangers, ask "Who's that" with the door locked and say "Come back late." D 60 tell them that your parents are away. Say "Mum's having a shower." or "Dad's having a sleep."

七、阅读填表 (10分)

根据短文内容，完成下列表格。每空一词

A 10-year-old boy decided to learn judo though he had lost his left arm in a car accident. The boy was doing well, so he couldn't understand why, after three months of training, the master had taught him only one move.

"Master," the boy finally asked, "shouldn't I be learning more moves?" "This is the only move you know, but this is the only move you'll ever need to know," the teacher answered.

Several months later, the teacher took the boy to his first competition. Surprising himself, the boy easily won his first two matches. The third match proved to be more difficult, but after some time, his opponent (对手) became impatient and charged; the boy skillfully used his one move to win the match. Still amazed by his success, the boy was now in the final.

This time, his opponent was bigger, stronger, and more experienced. Soon after the match started, the boy seemed to lose. Thinking that the boy might get hurt, the judge called a time-out. He was going to stop the match when the teacher appeared. "No," the teacher said, "Let him continue." A short time after the match carried on, his opponent made a careless mistake. At once, the boy used his move to pin (压住) him. The boy won the match and the competition.

On the way home, the boy asked the teacher what was really in his mind. "Why could I win the competition with only one move?" The teacher answered. "First, you've mastered one of the most difficult throws in judo. Second, your opponent can only attack your left arm to win you."

Title: One's disadvantage(缺点) can become his 61
A boy had lost left arm, 62 he decided to learn judo.

After three months of training, the master taught him only one move.		
His first 63 _____	First three matches	He won.
	Final	<p>His opponent was bigger, _____ 64 _____ and more 65 _____.</p> <p>At the _____ 66 _____, the boy seemed to lose the match.</p> <p>The judge was _____ 67 _____ that the boy might get hurt and called a time-out.</p> <p>His opponent made a mistake. The boy used his move and pinned him.</p> <p>He became the _____ 68 _____ of the match.</p>
	_____ 69 _____	<p>1. He had almost mastered one of the most difficult throws in all of judo.</p> <p>2. The opponent can only _____ 70 _____ his left arm to win him.</p>

八、书面表达（20分）

校刊《English Corner》计划做一期美食专刊，现在还需要一篇制作蛋糕的食谱。请根据以下内容，描述以下蛋糕的制作过程。

- (1) 把三个鸡蛋（whip/whisk）打到一个碗中；
- (2) 加入三块黄油；
- (3) 在盆里放入 500（kilos）面粉（flour）；
- (4) 加入五勺糖和三杯牛奶；
- (5) 搅拌均匀；
- (6) 放入微波炉（microwave oven）中加热 5 分钟；
- (7) 享用美味蛋糕。

要求：

1. 包括提示要点，可以适当发挥；
2. 包含以下词汇：first, next, then, finally...
3. 80 词左右，开头已给出，不计入总字数。

Here is one way to make a delicious cake. We need to get all the ingredients ready for the cake. First

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一、根据首字母提示填写单词（10分）

1. A lot of people here, for e _____, Mr. John, would rather have coffee.

【答案】(e)xample

【详解】句意：这里的很多人，例如约翰先生，宁愿喝咖啡。根据“A lot of people here...Mr. John”可知约翰先生是很多人中的一个，故此处是举例子，for example“例如”。故填(e)xample。

2. —How often do you visit your grandma? —O _____ a week.

【答案】(O)nce

【详解】句意：——你多久去看你奶奶一次？——一周一次。根据“How often”可知，此处是回答频率，结合首字母提示可知，应回答一周一次，once a week“一周一次”。故填(O)nce。

3. I a _____ an important meeting yesterday.

【答案】(a)ttended

【详解】句意：我昨天参加了一个重要会议。根据“an important meeting”可知是参加会议，attend“出席”，根据“yesterday”可知句子用一般过去时，动词用过去式。故填(a)ttended。

4. The teacher asked us to circle the c _____ answers.

【答案】(c)orrect

【详解】句意：老师叫我们把正确答案圈出来。根据“answers”结合首字母提示可知此处指“正确答案”；correct“正确的”，形容词作定语。故填(c)orrect。

5. The old man can cut many different kinds of paper cutting with s _____.

【答案】(s)cissors

【详解】句意：这位老人能用剪刀剪许多不同种类的剪纸。根据“cut many different kinds paper of cutting”可知，这里指用剪刀剪纸，“剪刀”为scissors，为复数形式，故填(s)cissors。

6. The letters “USA” s _____ for “United States of America”.

【答案】(s)tand

【详解】句意：字母“USA”代表“美利坚合众国”。根据“USA”以及“United States of America”可知，字母“USA”代表“美利坚合众国”，stand for“代表，象征”符合题意。此处是一般现在时，主语The letters是复数，谓语动词用原形。故填(s)tand。

7. Our English teacher is ill today, so Mr. Hu gave us a lesson i _____.

【答案】(i)nstead

【详解】句意：我们的英语老师今天病了，所以胡老师给我们上了一课。结合首字母 i 以及句意可知，胡老师代替我们的英语老师给我们上了一节课。表达“代替”用单词 **instead**，副词修饰动词 **gave**。故填 **(i)instead**。

8. Your answer is w_____. Please think about the question again.

【答案】(w)rong

【详解】句意：你的答案是错误的。请再考虑一下这个问题。根据“Please think about the question again.”和首字母可知答案是错误的，**wrong**“错误的”，形容词作表语，故填**(w)rong**。

9. It's c_____ of them to play soccer in such a big rain!

【答案】(c)razy

【详解】句意：他们在这么大的雨里踢足球真是疯了！根据首字母提示及“...to play soccer in such a big rain!”可知是表达“在如此的大雨中踢球很疯狂”，形容词 **crazy**“疯狂的”，作表语。故填**(c)razy**。

10. Please a_____ some water if your cup is empty.

【答案】(a)dd

【详解】句意：如果你的杯子是空的，请加些水。根据“if your cup is empty”及首字母提示可知，空处应填“增加”对应的英文“add”的相关形式；再根据“Please”可知，应是祈使句，所以应用动词原形，故填**(a)dd**。

二、用所给单词适当形式填空（10分）

11. Thank you for _____ (attend) the graduation ceremony at No. 3 Junior High School.

【答案】attending

【详解】句意：谢谢你来参加第三初中的毕业典礼。for 是介词，其后加动名词作宾语，故填 **attending**。

12. You'd better _____ (keep) off fatty food if you want to lose weight.

【答案】keep

【详解】句意：如果你想减肥，你最好不要吃高脂肪的食物。**had better (not) do sth.**最好（不）做某事，固定句型。故填 **keep**。

13. Mum puts the eggs and sugar in a big bowl and _____ (mix) them up.

【答案】mixes

【详解】句意：妈妈把鸡蛋和糖放在一个大碗里搅拌。**and** 连接的动词形态保持一致，所以此空应填 **mix**“混合”的第三人称单数形式，故填 **mixes**。

14. It took Andy a few minutes _____ (put) up the picture on the wall.

【答案】to put

【详解】句意：安迪花了几分钟把画挂在墙上。此处是固定句型 **It takes sb. some time to do sth.**表示“花费某人时间做某事”，故填 **to put**。

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