

2010-2023 历年安徽宿州高一上期中英语试 卷（带解析）

第 1 卷

一. 参考题库(共 25 题)

1. Our lifestyles today are very busy. We have family, school, sports, entertainment and social activities to fit into a time that seems never enough. We need to be healthy to meet the demands of daily life. But what does it mean to have a healthy lifestyle?

To have a healthy lifestyle, we need to:

- ◆ eat different kinds of healthy food most of the time
- ◆ do exercise often
- ◆ have time to relax
- ◆ get enough sleep to give our bodies time to grow healthy and strong

Read about a normal day in the lives of two children.

Abbey gets up at 7:00 am, feeds the dog, and has cereal and a glass of juice for breakfast. She walks to school with her friend, Julia. She has a bag of chips for a morning snack, drinks water, and has a chicken and lettuce sandwich with a banana for lunch. She likes to play soccer with her friends at lunch and morning break time. She walks home with Julia, has some crackers with cheese and juice for afternoon snack and plays with the dog for a while. She plays computer games for an hour or two before dinner, then has a shower and does her homework. She watches her favorite television show for an hour, then usually goes to bed at about 9:30 pm.

Carl gets up at 8:30 am and has two pieces of bread with jam and a glass of milk for breakfast. His mother drives him to school on her way to work. He eats cookies with juice for morning snack and a pot pie ordered from the school lunch room with juice for lunch. He likes to play card games with his friends at lunchtime and climb the fixed equipment at morning break time. He catches the bus home, has a cereal bar and a can of soda for afternoon snack, then watches some television. He has a shower before dinner, then plays the computer for an hour or two. He goes to bed at about 10:30 pm.

No matter which kind of lifestyle you agree on, just remember it's important to balance all aspects of life.

【小题 1】 About a healthy lifestyle, the writer doesn't talk about _____.

- A. diet
- B. exercise
- C. relaxation
- D. medicine

【小题 2】 What can we learn from the article?

- A. Abbey plays soccer with her friends at school.
- B. Abbey does her homework first after school.
- C. Carl goes to school by bus every day.
- D. Carl has juice for breakfast.

【小题 3】 Where is the article probably from?

- A. A health magazine.
- B. A clothing website.
- C. A sports guidebook.
- D. A travel advertisement.

2.I'd prefer _____ in the office rather than _____ at home watching TV.

- A. working; staying
- B. to work; stay
- C. working; stay
- D. work; to stay

3.You'd better _____ his name, address and telephone number in your notebook before you forget them.

- A. set off
- B. set about
- C. set up
- D. set down

4.Honey, it's your turn _____ the dishes.

- A. cleaning
- B. to clean
- C. of cleaning
- D. to be cleaned

5.Whatever I explained to them, they insisted _____ to the party.

- A. on I come
- B. my coming
- C. on my coming

D. my come

6.假如你们学校“英语爱好者俱乐部”将对“良好饮食习惯”这一话题进行讨论,请根据下列提示,用英语写一篇发言稿。内容要点应包括:

部分同学的饮食习惯

良好的饮食习惯

个人看法

不吃早餐

爱吃零食

偏食

饮食过量

对我们的健康有害

饮食多样化

饮食定时定量有规律

多吃水果、蔬菜

对我们的健康有益

让我们避免各种疾病

重要性:有益身体健康.....

注意:1. 发言稿必须包括所有内容要点,可适当发挥;

2. 发言稿结尾已为你写好,不计入总词数;词数:120左右。

3. 参考词汇:偏食 be particular about food 零食 snack(s)

Dear friends,

As we all know, we are what we eat. Therefore, it's very important for us to form healthy eating habits.

That's all. Thank you.

7. Welcome to our school. You can do a lot of things here. Come and join us.

Timetable

Sunday

8:30---11:30

Personal Inventions

You can see many inventions by the students;
you may also bring your own inventions.

Monday

19:00---21:00

Space and Man

Dr. Thomas West

If you want to know more about the universe.

Wednesday

19:30---21:00

Modern Medicine

Mrs. Lucy Green

Would you like to know medical science?

Friday

18:30---21:00

Computer Science

Mr. Harry Morison from Harvard University

Learn to use Windows XP.

【小题 1】 You may have a chance to introduce your inventions on ____.

- A. Sunday
- B. Monday
- C. Wednesday
- D. Friday

【小题 2】 The person who teaches Computer Science is from_____.

- A. Canada
- B. Australia
- C. New Zealand
- D. America

【小题 3】 You may learn something about a disease called TB from ____.

- A. Dr. West
- B. Mr. Morison
- C. Mrs. Green
- D. Mr. Thomas

【小题 4】 If you want to learn something about satellites, you can go to the class from_____.

- A. 8:30 to 11:30 on Sunday
- B. 19:00 to 21:00 on Monday
- C. 19:30 to 21:00 on Wednesday
- D. 18:30 to 21:00 on Friday

8.He got home late _____ the traffic was heavy.

- A. because that
- B. because
- C. because of
- D. in order that

9.根据首字母或汉语提示在空白处填入恰当的单词，注意：每个空格只填一个词。

【小题 1】 The project was completed ahead of _____ . (时间表)

【小题 2】 China's _____ (态度)towards the event is very important.

【小题 3】 Once you show the sign of fear, the lion will a_____ you.

【小题 4】 Fortunately, all the people were able to e_____ from the burning restaurant.

【小题 5】His parents decided to send him abroad to receive further _____.(教育)

【小题 6】 UNESCO is a very important _____ (组织) , which plays an important role in international affairs.

【小题 7】 The J_____ to the Centre of the Earth(地心之旅) is a very popular science fiction.

【小题 8】 I didn't r_____ him at first as he wasn't wearing his glasses.

【小题 9】 I had thought he was lying. A_____, he was telling the truth.

【小题 10】 It is good for your health to do regular exercise _____(在户外)。

10. It ____ that all the students were having lessons in the teaching buildings when the earthquake occurred.

- A. happens
- B. was happened
- C. was happening
- D. happened

11. We won't give up _____ we should fail twenty times.

- A. even if
- B. since
- C. whether
- D. until

12. Driving past the crossroads, I found a little girl ____ on the sidewalk crying.

- A. lying
- B. laying
- C. to lie
- D. to be lying

13. You must have heard these words like how happy it is to be a child. But would you honestly change places with a child? Think of the__ at school. The years spent living in constant fear of examinations and school_. Every movement you make, every thought you think is_ by some adults. Think of the__ you had to go to bed early, you had to eat_ thing that was supposed to be good for you. Remember how “gentle” pressure was given to you with words like “If you don't do as I say, I will...” I'm sure you will never__!

__, these are only part of child's__. No matter how kind and loving parents may be, children often_ from some terrible and illogical fears since they can't understand the world around them. They often have such__ in the dark or___. Adults can__ their fears with other adults_ children have to face their fears alone.

But the most__ part of childhood is a period when you_ to go out of it, the period when you go into adolescence(青春期). Teenagers start to be against their parents and this_ them great unhappiness. There is a complete__ of self-confidence during this time. Adolescents pay much attention to their__ and the impression (印象) they make on others. They feel shy, awkward and clumsy. Feelings are strong and hearts__ broken. Teenagers__ moments of great happiness or black despair. And through this period, adults seem to be unkind than ever.

【小題 1】

- A. times
- B. days
- C. months

D. years

【小题 2】

- A. results
- B. exercises
- C. reports
- D. teachers

【小题 3】

- A. observed
- B. understood
- C. known
- D. looked

【小题 4】

- A. years
- B. times
- C. evenings
- D. days

【小题 5】

- A. helpful
- B. harmful
- C. hateful
- D. bad

【小题 6】

- A. remember
- B. receive
- C. forget
- D. know

【小题 7】

- A. Even so
- B. Though
- C. In fact
- D. Therefore

【小题 8】

- A. difficulties
- B. life
- C. trouble
- D. fears

【小题 9】

- A. get
- B. suffer
- C. receive
- D. take

【小题 10】

- A. troubles
- B. diseases
- C. fears
- D. worries

【小题 11】

- A. in the day
- B. in the dreams
- C. in the school
- D. at home

【小题 12】

- A. enjoy
- B. know
- C. share
- D. get

【小题 13】

- A. while
- B. but
- C. so
- D. as a result

【小题 14】

- A. happy
- B. interesting
- C. painful
- D. unforgettable

【小题 15】

- A. have
- B. need
- C. are
- D. begin

【小题 16】

- A. rises
- B. results
- C. takes
- D. causes

【小题 17】

- A. lose
- B. lack
- C. losing
- D. lacks

【小题 18】

- A. confidence (信心)
- B. likes
- C. action
- D. appearance (外貌)

【小题 19】

- A. hard
- B. easily
- C. naturally
- D. truly

【小题 20】

- A. pass
- B. experience

- C. face
- D. take

14. I am sure that if you _____ your time, you'll achieve greater success.

- A. make full use of
- B. take use of
- C. use up
- D. are used to

15. 【小题 1】 因为爱上了她，所以他总是故意跟她说话。

He always talks to her _____, as he has _____ her.

【小题 2】 我本打算傍晚时分给他打电话的，但后来改变了主意。

I had intended to call him up _____, but I _____ later.

【小题 3】 据报道，地震过后整座城市成了一片废墟。全社会都在关注灾区民众

It's reported that the whole town is _____ after the earthquake. The whole society is _____ the people in the stricken area.

16. Hawking is known _____ the greatest scientist alive.

- A. of
- B. for
- C. as
- D. to

17. We will keep you _____ of our progress and look forward to hearing from you..

- A. heard
- B. informed
- C. realized
- D. recognized

18.--Mary, where are you? I need your help!

--Ok, Mum. I _____.

- A. will come
- B. come
- C. am to come
- D. am coming

19.--Have you ever come to Anhui before?

--No. It is the first time that I _____ here.

- A. come
- B. have come
- C. am coming
- D. came

20. Whenever you are in trouble, you may _____ Mike. He is helpful.

- A. turn to
- B. turn up
- C. turn on
- D. turn down

21.--What did the foreigner say?

--He asked where _____.

- A. did Jim come from
- B. Jim came from
- C. Jim comes from
- D. does Jim come from

22. "An apple a day keeps the doctor away." Similarly, if we drink a little more water every day, we may find that we need to go to the doctor a lot less often. A healthy diet is made up of water and a great many different kinds of foods. We know that healthy foods like fruits, vegetables and fish, are important as they provide us with energy and fiber, without giving us too much fat and sugar. But why is water important?

The human body needs water to survive. Water is important as it carries poisons and waste out of our bodies. However, doctors advise us to drink plenty of water, much more than the small amount we need to stay alive.

Some doctors believe that water is important for our health in all kinds of ways. They believe that a great many illnesses and health problems appear as a result of dehydration--a lack(缺少) of water in the body. Most people are dehydrated at least some of time, although they probably don't know it. It is surprising to learn that if we feel thirsty, we are already in the first stages of dehydration. In fact, we are advised to drink water before we feel thirsty.

These doctors think that health problems such as headaches, high blood pressure and asthma could be helped if people drink more water. They also believe that drinking more water can help people who are overweight. Water contains no calories so it will not make us put on weight. If we drink water, we will probably drink less sugary soft drinks such as Coca-cola. Doctors also believe that drinking more water may stop people from overeating. They say that many people think that they are hungry when they are, in fact, thirsty. Doctors suggest, therefore, that we eat less food and drink more water.

There are still many health problems that cannot be solved by drinking water, so we should not stop going to seeing the doctor completely. However, if we make a decision to drink water every day, we may find that we need to go to the doctor a lot less often.

【小题 1】 We need _____ for a healthy diet.

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