

高二下学期期末考试英语题免费试卷（2021-2022年宁夏海原县第一中学）

1.

Nearly all of us have a bad habit, whether we know it or not. Some people say they want to get rid of (摆脱) it but don't know the proper ways. Here's some advice on how to get rid of bad habits.

Make a list.

Write down why you want to stop a certain behavior, how it's hurting you and how to get rid of it. This will help a lot. Look at that list regularly.

Join in other activities.

It's wise of you to do something else when you want to stop your bad habits. If you get angry easily, for example, you can practice having a deep breath or going for a walk.

Give yourself a present.

Before you take action against a bad habit, decide what you'll do to celebrate it if you reach your goal.

Keep off bad habits.

If you are fat and want to lose weight, keep junk food out of your house. If you are a heavy smoker with coffee, turn to tea and keep away from friends who like smoking.

Be patient.

Bad habits develop over years, so you probably won't be able to get rid of them quickly. In fact, people often give up several times before being successful, so you should be patient.

Find support.

Don't be afraid to ask for support from friends, family or other people who have the same bad habits as you. When you talk to others, they might be able to provide advice or encouragement that you usually wouldn't get from yourself.

【1】 If you want to lose weight, you should.

- A. drink more coffee B. refuse the junk food
C. find support from friends D. find a heavy smoker

【2】 Which of the following is WRONG according to the passage?

- A. It's not easy to get rid of bad habits in a short time.
B. You can write down the reasons for getting rid of bad habits.
C. When talking to others, you can get what you can't get from yourself.
D. When you want to stop your bad habits, don't do anything.

【3】 From the passage you can learn.

- A. why we have some bad habits
B. how to get rid of bad habits
C. what to do to have a bad habit
D. where to find some support

2.

Falls are common in young children and older people. Although most result in mild bumps and bruises, some falls can cause serious injuries that require immediate medical attention.

What to do:

Do not move the person and call for emergency help if the person:

- may have seriously injured the head, neck, back, hipbones or thighs
- is unconscious or was briefly unconscious