

## 高二前半期第一次月考英语试卷在线练习（2021-2022年上海市奉城高级中学）

### 1. 语法填空

Directions: After reading the passage below, fill in the blanks to make the passages coherent and grammatically correct. For the blanks with a given word, fill in each blank with the proper form of the given word; for the other blanks, use one word that best fits each blank.

Eat healthier without quitting sugar

Not long ago, fat was regarded as the evil for a healthy diet. Before that it was salt. Now the sugar-free diet 【1】 (explode) onto the health scene —and seems to have topped many people's list of New Year's resolutions.

Sugar-free diets encourage people to avoid sweeteners such as honey, soft drinks and some fruits. Some also recommend 【2】 (restrict) dairy products. The diet's advocates note that excessive sugar consumption may increase the risk of heart disease and some cancers. So many sugar-free followers avoid milk, yoghurt and cheese 【3】 the assumption that these products contain sugars.

It's true we are swallowing too much of the sweet stuff, with the average American consuming around 20 teaspoons of 【4】 (add) sugar a day. But you don't need 【5】 (quit) sugar for healthy eating. Quitting sugar is unlikely to improve your health any more than cutting down on over-processed foods and eating more vegetables.

Research shows dieting is not effective over the long term and can lead to greater weight gain over time. The brain interprets dieting and restriction as hunger, 【6】 causes the storage of fat. Besides, the sugar-free diet is confusing and imposes a set of rules that 【7】 (make) up without scientific evidence. Such a restrictive diet can create food fear or an unhealthy relationship with food. People who worry about food are more likely to diet. This may be 【8】 they are worried about their weight, or about the impact certain nutrients have on their health.

Through series of experiments, 【9】 the researchers are certain about is that you can eat plenty of plants, enjoy whole grains and beans. Fruit is your friend, not your enemy. Most people could probably eat a little less sugar, a little 【10】 (often), but you don't have to quit it for good to be healthy.

### 2.

Directions: Choose one of the expressions from the box to complete each sentence.

A. set up B. physical well-being C. special to D. By no means E. is keen on  
F. along with G. got rid of H. get hooked on I. sprung up J. dates back to

【1】 Last week Tom had a serious headache, making him pay more attention to his \_\_\_\_\_.

【2】 To everyone's surprise, the young girl manages to \_\_\_\_\_ a new world record in the 100 metres.

【3】 He \_\_\_\_\_ junk food and it is little wonder that he is very fat.

【4】 I \_\_\_\_\_ him am going to visit the museum.

【5】 This unique way people celebrate the Dragon Boat Festival is \_\_\_\_\_ this ancient small village.

【6】 The tradition which \_\_\_\_\_ hundreds of years ago shows a tendency to disappear.

【7】 As we moved into our new house, we \_\_\_\_\_ all the old furniture.

【8】 Nowadays many girls \_\_\_\_\_ Korean dramas and admire Korean culture.

【9】 Tall buildings have \_\_\_\_\_ like mushrooms after a rain in my hometown.