

2022湖南高一上学期人教版高中英语月考试卷

1.

In high school, it's important to stay healthy. 36. _____ How can you study well if you're sick? So you should pay attention to your health in order to study well in high school. In order to enjoy good health, you should have some good habits. Here are some tips for you.

Drink water regularly every day. Some students don't like drinking water. They only drink water when they're extremely thirsty. 37. _____ You should drink water regularly so that your body and brain can function well. Avoid sports drinks and soda when you're thirsty. They are not good for your health.

38. _____ Some students don't eat three meals a day. No matter what happens, you shouldn't skip any meal of the day. Eating regularly helps keep your metabolism(新陈代谢)high and keeps your energy up. It's especially important to eat a good breakfast every day with protein, carbohydrates(碳水化合物),and fiber to set up your body for the day of activity. If you don't eat, how can you stay focused in class?

Eat the right foods. Some students eat whatever they can get. This is wrong. 39. _____ Choose whole grains like rice and whole wheat flours. Skip muffins, donuts and other processed foods. Instead, choose whole grains, protein, fruits and vegetables.

40. _____ If you do that, you may not pay attention to how much you are eating. You may eat too much. Eating too much harms your health. And you may gain too much weight because of it. Try to eat slowly so your brain sends the right signals to tell your belly that's full.

- A. Don't skip meals
- B. This is bad for your health
- C. Eat a good breakfast every day.
- D. Avoid eating too much at one time.
- E. Don't watch TV or movies when you eat.
- F. If you are unhealthy, you may fall ill easily.
- G. You should eat the foods that are good for your body.

2.

I was walking home from school one day and it happened to be a particularly cold and windy day. It was 41. _____ and I was crazy enough to forget my hats and scarf. You can imagine my cheeks were rosy 42. _____ and my hands were as numb as they can be.

All of a sudden, an old lady 43. _____ up beside me and asked if I would like a ride 44. _____. At first, I said it was OK and her 45. _____ smile melted(融化) away the thought that I should never talk to