

北京市海淀区2021-2022年高一上半学期期末调研英语题同步训练免费试卷

1.

阅读下列短文，根据短文内容填空，在未给提示词的空白处仅填写1个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

As a high school student, Abreu, 16, took part in different voluntary 【1】 (activity). These included helping staff at the public library, doing landscape work in public parks and serving customers at a local restaurant. He thanked his parents for inspiring him 【2】 (do) the right thing. He remembered when he was about 6 years old, his mother invited a disadvantaged neighborhood boy to have dinner. Upon observing the boy's happiness, he came away with a sense of helping as many people as he could. Since then, he 【3】 (become) an active volunteer in various organizations. He values the experience a lot.

2.

阅读下列短文，根据短文内容填空，在未给提示词的空白处仅填写1个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

Why is the Forbidden City called "purple forbidden city"? If you have visited it, you may find that the palace 【1】 (paint) mainly in two colors, yellow and red. Red, the color of fire, shows happiness and 【2】 (succeed), while yellow, the color of the sun, was only used by the emperors, who were regarded as the Sons of Heaven. Ancient Chinese astronomers believed that Polaris (北极星), "Ziwei star", was in the center of heaven and the heavenly emperor lived in the Ziwei Palace. So the palace for the emperor on Earth should be like the one in heaven. That is 【3】 "purple" is in the name.

3.

阅读下列短文，根据短文内容填空，在未给提示词的空白处仅填写1个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

Nowadays, millions of people log onto TikTok (Dou Yin in Chinese) to watch something 【1】 (call) Mukbang (Chibo in Chinese). It might seem strange, 【2】 these videos are surprisingly satisfying to watch. It 【3】 (allow) people to "eat" with others even though they are at home alone. However, there is a dark side to Mukbang. The way people eat food in most of these videos isn't healthy. Some Mukbangers eat too much food and it makes their audience uncomfortable. This could encourage bad habits 【4】 might lead to serious eating problems.

4.

阅读下面的短文，掌握其大意，从方框中选择适当的词填空，其中有两项为多余选项。

trust replace contact through focus concerned content among

While the Internet brings people closer together, it also harms friendships.

Firstly, talking online can't 【1】 face-to-face contact. According to a parenting expert, Denise Daniels, communicating through a screen makes it harder for children to concentrate or show kindness to others. As we know, important social skills, which enable us to develop lifelong friendships, are developed 【2】 direct contact with others.

Secondly, the Internet makes people self-centered. For example, instead of communicating with their friends, some are only 【3】 with their online popularity—the number of "likes" or followers, which we know can't compare to having long-term and rewarding friendships. Besides, much of the 【4】 posted on social media does not have a lot of significant value. Posts about funny cat images can't help form meaningful relationships.

Thirdly, online relationships may not be as they appear. Friendships are built based on 【5】, and with online communication you can't be certain that the people you are chatting to are being honest about their identities. Therefore, going online can be dangerous for people who are easily influenced or too trusting of strangers.

I think the best way to maintain healthy relationships is to 【6】 more on face-to-face communication, and less on online communication.

5. 完形填空

How Running Changed My Life

Running has truly changed my life, but I never understood running as a form of exercise.

During the first two weeks this year, my grandmother passed away and I started to \_\_\_\_\_ my job because of office politics. My life felt stuck. So I decided to run. It was my natural \_\_\_\_\_ I just wanted to get away. I started running—by the time I came back, I felt tired and \_\_\_\_\_ at the same time. I knew I was on to something.

Once in a while, I would get excited about running. However, I always picked up running for the \_\_\_\_\_ reasons. I used running as a reason to buy new fashionable sports clothes. Or I decided to run to lose weight or become healthier. My running never lasted longer than 2-3 weeks. I would lose interest in running. I just didn't \_\_\_\_\_ it.

Why would anyone go through the \_\_\_\_\_ of running? Especially when the weather is bad. Who does that? I'd rather go to the gym with my friends, talk, and pick up some weights.

But I found that pain is \_\_\_\_\_ the reason I started to run again. When my life was not what I wanted it to be, I was upset. I decided to run when I arrived home one day after work. It was a cold January day, and I only ran for 3 miles in a time that I am too \_\_\_\_\_ to mention. But my time is not what's important—during that run I finally got it.

My stamina(毅力、耐力) was nearly the same as my life at the time—it was bad, but I knew it would be better if I \_\_\_\_\_ running. If I would fight against the wind, rain, cold, and my thoughts of \_\_\_\_\_, I would eventually improve my stamina and be a better runner.

My life has improved at the same rate that my running pace and stamina has improved. But running has the most \_\_\_\_\_ on my productivity, mood, creativity, and overall livelihood.

Every time life became difficult I would give up. Now, when life is difficult, my response is \_\_\_\_\_—I love the pain and struggle instead of shying away from it. My life is moving forward and I'm doing well in my job again. I owe this to running.

And the best thing about running is that it is easy to start. You just go. You decide when, where, and how fast.

【1】 A.accept B.change C.dislike D.challenge

【2】 A.personality B.feature C.response D.ability

【3】 A.energized B.exhausted C.awkward D.depressed

【4】 A.opposite B.obvious C.particular D.wrong

【5】 A.treasure B.understand C.realize D.achieve

【6】 A.pain B.result C.benefit D.effect

【7】 A.normally B.thankfully C.exactly D.regularly

【8】 A.ashamed B.surprised C.happy D.eager

【9】 A.quit B.started C.risked D.kept

【10】 A.turning up B.giving up C.going up D.standing up

【11】 A.focus B.impact C.impression D.pressure

【12】 A.natural B.normal C.direct D.different