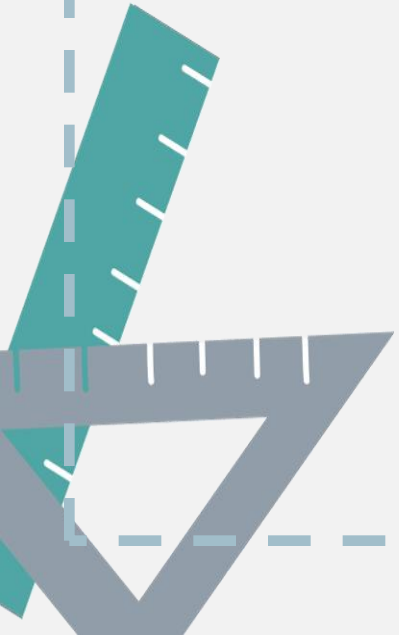


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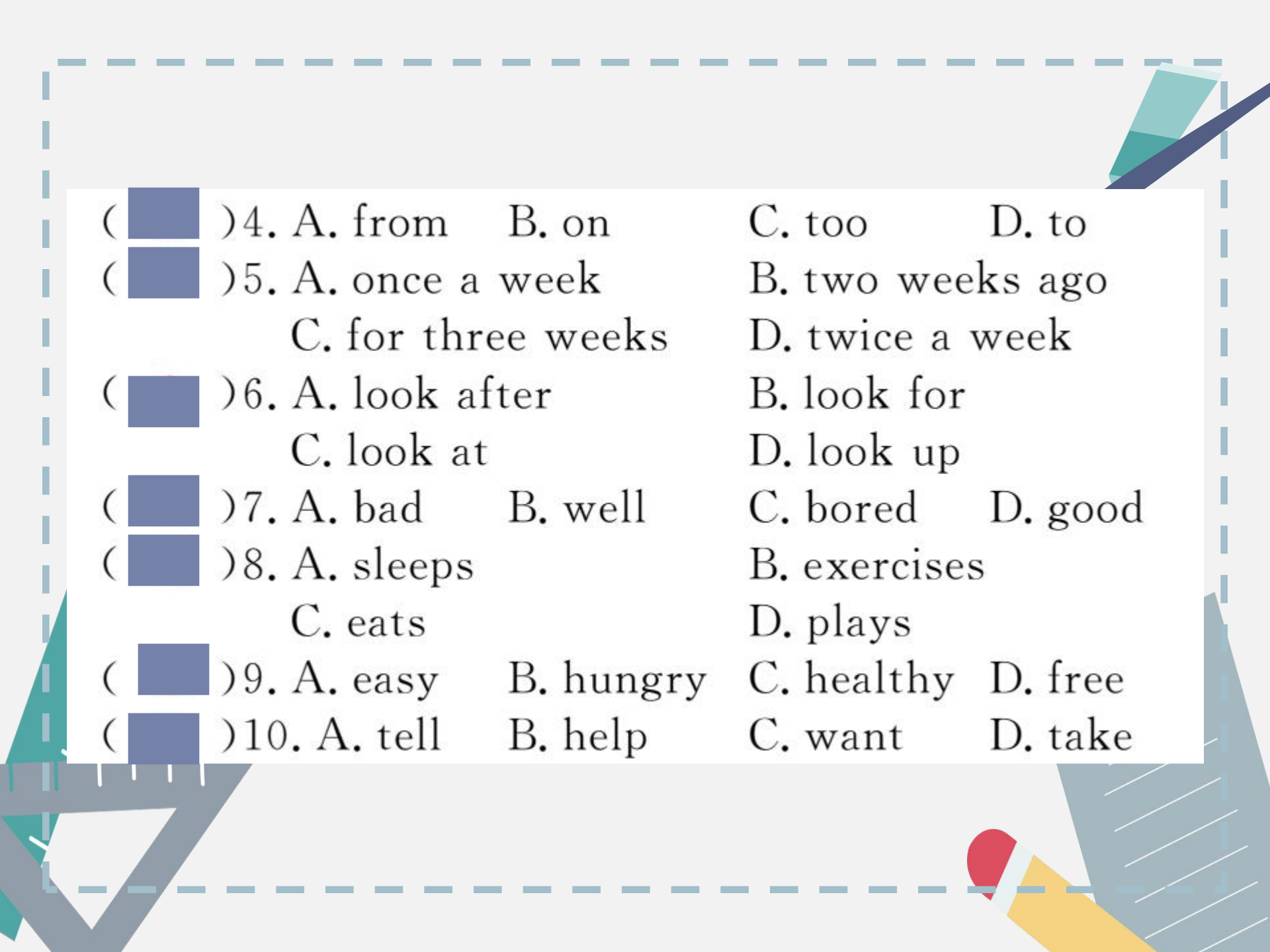
## 一、完形填空。

Maria is my friend. She had had 1 two years ago. She got up late and had 2 for breakfast. She disliked doing school activities. After getting home from school, she usually played computer games for hours and 3 she watched TV. She often stayed up late. She hardly ever drank milk, and she ate junk food three 4 five times a week.

Then one day, she got sick. She had to be in hospital 5. It made her feel that she must 6 herself well. She decided to give up her bad habits and started good ones.

Now Maria has 7 habits. She gets up early and 8 every morning. She usually runs for about an hour. Then she has a 9 breakfast. At school she plays all kinds of sports. She hardly ever plays computer games or watches TV. She drinks a cup of milk before going to bed. These good habits 10 her keep healthy and study well.

- (  ) 1. A. games  
B. friends  
C. programs  
D. habits
- (  ) 2. A. nothing  
B. anything  
C. something  
D. everything
- (  ) 3. A. always  
B. sometimes  
C. never  
D. hardly

- 
- (  ) 4. A. from    B. on    C. too    D. to
- (  ) 5. A. once a week    B. two weeks ago  
C. for three weeks    D. twice a week
- (  ) 6. A. look after    B. look for  
C. look at    D. look up
- (  ) 7. A. bad    B. well    C. bored    D. good
- (  ) 8. A. sleeps    B. exercises  
C. eats    D. plays
- (  ) 9. A. easy    B. hungry    C. healthy    D. free
- (  ) 10. A. tell    B. help    C. want    D. take

## 二、阅读理解。

We all need to exercise. Doctors say it is good for us. It makes your heart and body strong. It also gives you more energy. And you will feel better about yourself. It's best to exercise twice a week. Twenty minutes each time is enough.

There are many ways to exercise. You can walk, run, play sports, or swim. Many people go to special places to exercise. They are called "fitness centers". These places have a lot of equipment. Some people buy equipment for their homes. But it is very expensive.

Exercising can be fun. Friends can exercise together at a fitness center. Or they can play sports together. How do you exercise?

(  ) 1. What is the main idea?

- A. Exercise equipment is expensive.
- B. Playing sports is a good way to exercise.
- C. Every person should exercise.
- D. Exercising is good for us.

(  ) 2. We should exercise \_\_\_\_\_.

- A. every day
- B. 20 minutes a week
- C. twice a week
- D. twice a month

- (  ) 3. At fitness centers, \_\_\_\_\_.
- A. you can buy expensive equipment
  - B. people can do many kinds of exercising
  - C. it is very expensive
  - D. you can exercise for free
- (  ) 4. Which of these kinds of exercising is not in the article?
- A. Dancing.
  - B. Swimming.
  - C. Sports.
  - D. Running.
- (  ) 5. Which of these sentences about exercising is true?
- A. Exercising is expensive.
  - B. Exercise is good for your heart.
  - C. Only doctors exercise.
  - D. Exercising is good for doctors.

### 三、短文填空。

用括号中所给英文单词的适当形式填空或根据汉语提示写出英语单词。(必要时注意形式变化)

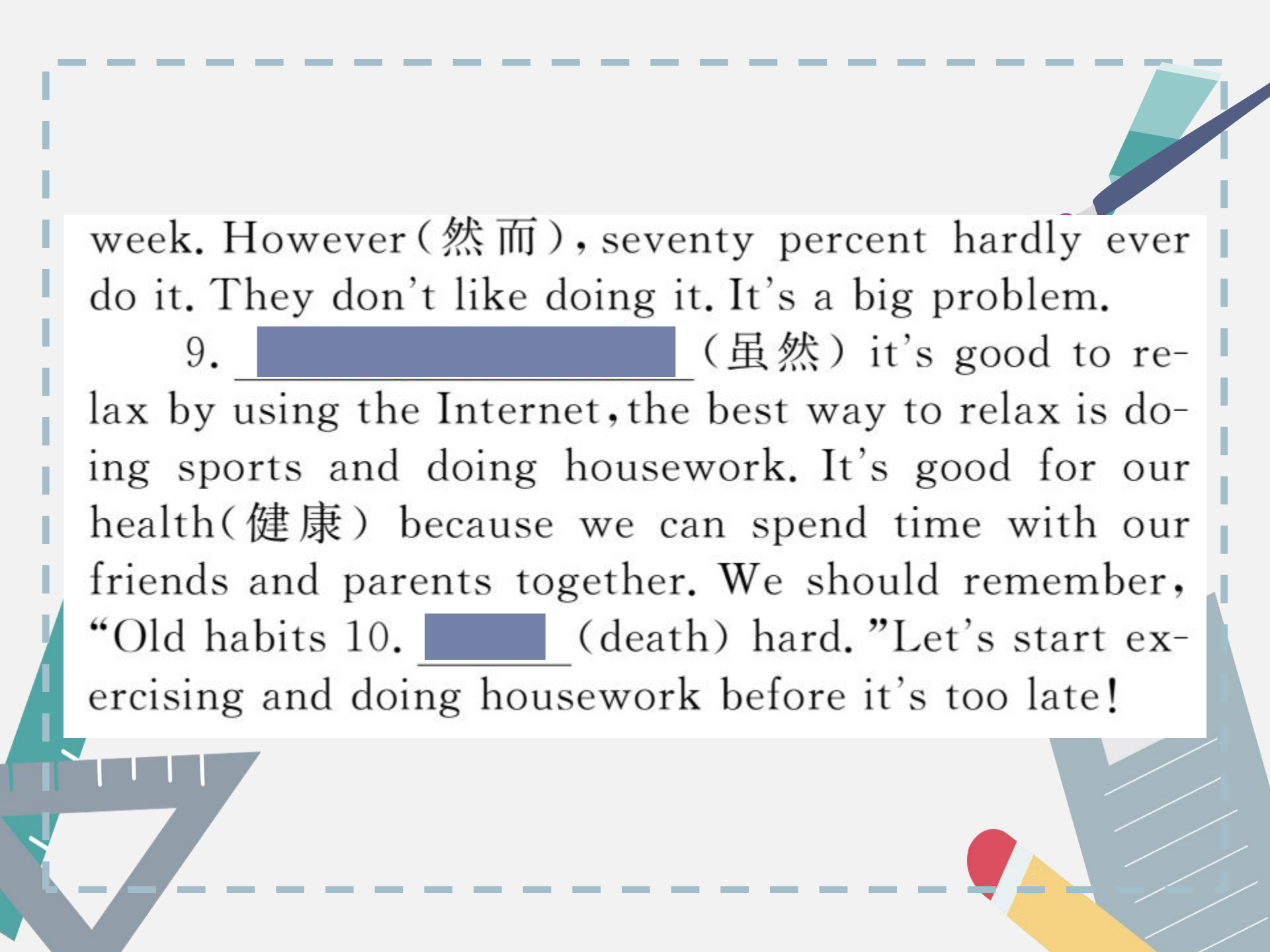
Last month, we asked our classmates about their free time activities. Our questions were about doing sports, using the Internet and doing housework. Here are the 1.            (结果).

We found that seventy-five percent of my classmates 2.            (hard) ever play sports. They just do sports in P. E. class. It's not a good habit. Fifteen percent of my classmates exercise three times a week. Only ten percent play sports every day. They think it's good for their 3.            (body) and minds(头脑).



As for using the 4.                      (因特网), we were surprised that eighty percent of them use it every day. Going 5.                      (网上) has become their way of life. They think it's relaxing to play computer games. Some of them use it three or four 6.                      (time) a week. They use the computer to study. They use it for homework and not for fun.

I was very surprised to find that only five percent of my classmates help parents do 7.                                           (housework) every day. They think it's also a good way to relax. And twenty-five percent of my class do housework once or 8.                      (two) a



week. However (然而), seventy percent hardly ever do it. They don't like doing it. It's a big problem.

9.                      (虽然) it's good to relax by using the Internet, the best way to relax is doing sports and doing housework. It's good for our health (健康) because we can spend time with our friends and parents together. We should remember, "Old habits 10.            (death) hard." Let's start exercising and doing housework before it's too late!