

## 2024-2025 学年八年级英语下册

### 七选五 15 篇

#### 江苏期中真题+名校模拟

(23-24 八年级下·江苏淮安·期中) 信息还原, 共有七个选项, 有两个是多余的。

In China, more and more middle school students are getting shorter sleeping time than before. 1 because they have much homework to do. Some homework is given by their teachers and some by their parents. 2. They are not careful enough while they do their homework. 3. Some students spend too much time watching TV or playing computer games. They stay up (熬夜) very late. Some students have to get up early every morning on weekdays to get to school on time (按时) by bus or by bike. 4.

Schools and parents should cut down (减少) some of the homework so that children can enjoy more than nine hours of sleep every night for their health. For children, we should make best use of our time. 5, we will find it much better for both our study and health.

- A. Some homework is too difficult
- B. Most students sleep less than nine hours every night
- C. When we have enough time for sleeping
- D. It could be a long way from home to school
- E. That's why it takes them a lot of time
- F. Also some students don't know how to save time
- G. Some students like to stay up late

【答案】1. B 2. F 3. E 4. D 5. C

【导语】本文讲述了学生睡眠时间不足的几个原因以及给出了一些建议。

1. 根据“...because they have much homework to do.”可知, 此处应是讲述学生因作业过多而导致的结果, 选项 B“大多数学生每晚睡眠不足 9 小时”符合语境。故选 B。

2. 根据下文“*They are not careful enough while they do their homework.*”可知, 学生做作业的时候不够认真, 这是浪费时间的行为, 造成了睡眠不足的后果, 由此说明有些学生不知道如何节省时间, 选项 F“还有一些学生不知道如何节省时间”符合语境。故选 F。

3. 根据上文“*They are not careful enough while they do their homework.*”可知, 做作业的时候不够认真, 那么做作业就需要花费很多时间, 选项 E“这就是为什么他们要花很多时间”符合语境。故选 E。

4. 根据上文“Some students have to get up early every morning on weekdays to get to school on time (按时) by bus or by bike.”可知，有些学生不得不早起，就为了乘坐公车或骑自行车时能准时到校，由此说明这些学生的家离学校不近，选项 D“从家到学校可能有一段很长的路”符合语境。故选 D。

5. 根据后文“we will find it much better for both our study and health.”可知，睡眠时间充足，我们的学习和健康都会更好，选项 C“当我们有足够的时间睡觉”符合语境。故选 C。

(23-24 八年级下·江苏宿迁·期中) 阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Do you often go to the theatre? It is a great place to enjoy the latest films with others. Here are some tips on how to be a good moviegoer (影迷).

You may disturb (打扰) others if you go into the theatre when the film is already playing. Try to arrive no less than 5 minutes before starting time. 1 You can go to the restroom before it starts.

You may have some thoughts about the film and want to share with your parents or friends. 2 The theatre is for everyone, so it is important not to talk. You can talk when the film is over.

3 Also, don't use them while the movie is on. The light from the screens can be very bright in the dark theatre. It will greatly annoy other people.

Big hats may block (阻挡) the view of the people behind you. 4 And you have to keep your feet on the floor. Don't put them on the back of the seats or between the seats.

It's fine to eat and drink during a film. But you have to do it quietly. 5 Try to eat with your mouth closed so your food doesn't go everywhere.

A. No one wants to hear your food crunching (食物嘎吱作响).

B. You can talk in a low voice.

C. Take them off when you watch a film.

D. But you have to stay quiet during the film.

E. You can play games before the film begins.

F. Put your mobile devices into silent mode during the movie.

G. And try not to get up in the middle of the film.

【答案】1. G 2. D 3. F 4. C 5. A

【导语】本文就如何成为一个好的影迷提出几点建议。

1. 根据“You can go to the restroom before it starts”可知，你可以在电影开始前去卫生间，否则会打扰到其他人。选项 G“并且尽量不要在电影中间站起来。”符合语境。故选 G。
2. 根据“The theatre is for everyone, so it is important not to talk”可知，在看电影时不要说话。选项 D“但是看电影的时候你必须保持安静。”符合语境。故选 D。
3. 根据“The light from the screens can be very bright in the dark theatre”可知，移动设备屏幕上的光在电影院会非常明亮，跟移动设备有关。选项 F“看电影时把你的移动设备调成静音模式。”符合语境。故选 F。
4. 根据“Big hats may block the view of the people behind you”可知，大帽子会挡住你后面人的视线。选项 C“看电影的时候把它们摘下来。”符合语境。故选 C。
5. 根据“It’s fine to eat and drink during a film. But you have to do it quietly”可知，要安静地吃东西。选项 A“没人想听你吃东西的嘎吱声。”符合语境。故选 A。

(23-24 八年级下·江苏淮安·期中) 请认真阅读下面短文，从选项中选出能填入空白处的最佳选项，选项中有两项为多余选项。

Good afternoon. Welcome to England. We hope that your visit will be a pleasant one. Today I’d like to tell you something about a few of our laws.

The first one is about drinking. 1 if you’re under eighteen years of age, nor may your friends buy it for you.

The second one is about noise. Enjoy yourselves by yourself, but don’t make unnecessary noise, especially at night. 2

The third way is about crossing the road. Be careful. The traffic moves on the left side of the road in this country. Use crosswalks and don’t take a chance when crossing the road.

3 It isn’t allowed to litter in the street. When you have something to throw away, please put it in your pocket and take it home or put it in a dustbin.

The last one is about smoking. 4 if you’re less than sixteen years of age.

I’d like to finish by saying that if you need any kinds of help you should get in touch with the police. 5  
Now are there any questions?

- A. It is against the law to buy cigarettes (雪茄).
- B. You may not buy wine (酒) in this country.
- C. They will be glad to help you.
- D. My next point is about rubbish.

E. Respect other people that may wish you to be quiet.

F. You should drive on the left.

G. They don't like to speak to strangers.

【答案】1. B 2. E 3. D 4. A 5. C

【导语】本文讲了来到英国应注意的一些事项，如果你违反这些事项，就会触犯法律。

1. 根据“The first one is about drinking.”和“if you are under 18 years of age, nor may your friends buy it for you.”可知，此处讲的是关于买酒的年龄限制，空格处缺少如果你是 18 岁以下会出现的情况，选项 B“在这个国家你不能买酒”符合语境。故选 B。

2. 根据上文“Enjoy yourselves by yourself, but don't make unnecessary noise, especially at night.”可知，此处是和避免制造噪音以防止影响别人相关。选项 E“尊重那些希望你安静的人”符合语境。故选 E。

3. 根据下文“It isn't allowed to litter in the street.”可知，这里所填内容是关于垃圾的，并且此句位于句首，要做到承接上文和引出下文，选项 D“下一个点是关于垃圾的”符合语境。故选 D。

4. 根据“The last one is about smoking.”和“if you're less than sixteen years of age.”可知，这里所填内容是关于抽烟的，并且内容是如果你小于 16 岁会出现的情况。选项 A“买香烟是违法的”符合语境。故选 A。

5. 根据上文“you should get in touch with the police”可知，这里所填内容是和需要帮助可以求助警察有关的。选项 C“他们会很乐意帮助你”符合语境。故选 C。

(23-24 八年级下·江苏连云港·期中) 阅读下面短文，从短文后所给的选项中选出能填入短文空白处的最佳选项，使短文通顺连贯，其中有两项是多余选项。

A singer once went to a master. He wanted to be the best singer. He sat in front of the master and started telling him why he visited. 1

The master then told the singer to go to the garden behind his house. There, a rose plant and a tall tree were growing side by side. He told the singer, “2 They can teach you what you want to learn.”

The singer went into the garden, and saw the two plants. 3 He had to go back to the master and asked, “What do you mean, master? I am not able to understand what and how these plants will teach me.”

The master himself took the singer to the plants and said, “This tree has been next to the rose plant for ten years. It has never wanted to become a rose plant. 4 If man were the tree, he would compare (比较) himself with the rose and feel jealous (嫉妒的) at its beauty. Or, if man were the rose plant, he would feel jealous at its height! Both of the plants grew very well because they grew with all their energy (精力), 5”

- A. The rose plant and the tree are your teachers.
- B. The master listened quietly to the singer.
- C. they never used it to beat the other.
- D. He thought hard but could not understand what he could learn from them.
- E. The master smiled and nodded.
- F. The rose plant has never wanted to become a tree.
- G. they compare with each other.

【答案】1. B 2. A 3. D 4. F 5. C

【导语】本文主要讲述了一位歌手去拜访大师，希望大师能告诉自己如何成为最好的歌手，大师通过玫瑰和大树的例子让歌手明白，要把精力放在自身发展上，不要互相攀比。

1. 根据上文“He sat in front of the master and started telling him why he visited.”和下文“The master then told the singer to go to the garden behind his house.”可知，他坐在大师面前，开始告诉他为什么来，大师听了他说的话之后告诉他去房子后面的花园，B选项“大师静静地听着歌手说话。”符合语境。故选B。

2. 根据“The master then told the singer to go to the garden behind his house. There, a rose plant and a tall tree were growing side by side. He told the singer, ‘...They can teach you what you want to learn.’”可知，大师叫歌手去他房子后面的花园里，在那里，一株玫瑰和一棵大树并排生长，大师告诉歌手它们可以教他想学的东西，A选项“玫瑰和树是你的老师。”符合语境。故选A。

3. 根据下文“He had to go back to the master and asked, ‘What do you mean, master? I am not able to understand what and how these plants will teach me.’”可知，歌手不得不回到大师那里，问道大师是什么意思，可推测此处是歌手想不明白大师的安排，D选项“他苦思冥想，却不明白能从它们那里学到什么。”符合语境。故选D。

4. 根据上文“The master himself took the singer to the plants and said...”和“It has never wanted to become a rose plant.”可知，F选项“玫瑰从未想过要变成一棵树。”符合语境，用于介绍玫瑰的想法。故选F。

5. 根据上文“Or, if man were the rose plant, he would feel jealous at its height! Both of the plants grew very well because they grew with all their energy...”可知，如果是那株玫瑰，他将嫉妒树的高度，但树和玫瑰都长得很好，因为它们把精力全都放在了它们的生长上，可推测树和玫瑰没有把精力放在相互竞争上，C选项“它们从来没有用它来打败对方。”符合语境。故选C。

（23-24 八年级下·江苏苏州·期中）请认真阅读下面短文，从短文后的选项中选出能填入空白处的最佳选

项，并在答题卡上将该项涂黑。选项中有两项为多余选项。

Spring has arrived. What comes with it is the feeling of tiredness and lowered energy during the day. 1  
Let's take a closer look.

Why are we sleepy in spring?

Your body clock has not got used to the seasonal change of day and night as well as the warmer temperatures.  
2 In spring, more blood (血) flows to the surface (表面), while less goes to the brain.

Spring tiredness could also be a warning sign of some diseases like diabetes.

Who may have spring tiredness more easily?

3 For example, if you often sleep late or like eating cold food, you are more likely to feel tired than others in spring.

4

Many sports, such as jogging, ball games and swimming, can help adjust our metabolism (新陈代谢) and improve blood circulation (循环). 5 Regular waking and sleeping time is also helpful. To feel light and awake, we can develop healthy eating habits as well. Eat more food that is high in protein and rich in vitamins, such as eggs and fresh vegetables.

- A. People who have some bad habits may have spring tiredness more easily.
- B. Not getting enough sleep is another important reason.
- C. This sends more oxygen (氧气) to the brain and makes you feel less sleepy.
- D. How can we fight this kind of tiredness?
- E. This is known as "spring tiredness".
- F. Less blood in the brain is another reason.
- G. What may spring tiredness cause?

【答案】1. E 2. F 3. A 4. D 5. C

【导语】本文主要讲述了“春困”的原因以及如何应对。

1. 根据上文“Spring has arrived. What comes with it is the feeling of tiredness and lowered energy during the day.”可知，介绍的是“春困”。选项“这就是所谓的‘春困’。”符合语境，故选 E。

2. 根据下文“In spring, more blood flows to the surface, while less goes to the brain.”可知，说的是大脑缺血，选项 F“大脑中的血液较少是另一个原因。”符合题意。故选 F。

3. 根据上文“Who may have spring tiredness more easily?”可知，问的是谁是更容易出现春季疲劳的人。选项 A“有一些坏习惯的人可能更容易出现春季疲劳。”符合题意。故选 A。

4. 根据下文“Many sports, such as jogging, ball games and swimming, can help adjust our metabolism and improve blood circulation.”可知，说的是克服这种疲劳的方法。选项 D 应问“我们怎样才能克服这种疲劳？”符合题意。故选 D。

5. 根据上文“Many sports, such as jogging, ball games and swimming, can help adjust our metabolism and improve blood circulation.”可知，说的是克服这种疲劳的好处。选项 C“这会给大脑输送更多的氧气，让你感觉不那么困。”符合题意。故选 C。

(23-24 八年级下·江苏镇江·期中) 阅读以下内容，从其后的选项中选出能填入空白处的最佳选项，有两项是多余的。

Today, I will introduce my hometown to all of you. Zhenjiang is a well-known historical beautiful city at the lower reaches on the south bank of Yangtze River. 1. The citizens (居民) with Eastern and Western Chinese culture background live together here. Zhenjiang covers an area of 3843 kilometres with the people of 2.92 million. Zhenjiang is a national historical culture city, one of the birth places of Eastern Chinese culture.

2, it is full of different customs and cultural backgrounds. Zhenjiang is one of the top tourism cities in China. It is best known as “The City With Hills and Woods”. 3, and it is also called “The Landscape by Yangtze River”. The rivers and canals are inside and surrounded (环绕的) the city. So, Zhenjiang is praised (赞誉) as “No.1 Scenery of Rivers and Hills in China”.

4. It was built in Dongjin Dynasty, it has a history of 1600 years. The story of White Snake happened here. On the top of Jinshan, You can see Liuyun Pavilion (留云亭), three hundred years ago, Emperor Kangxi wrote “Jiang Tian Yi Lan” in it. 5.

Zhenjiang is also praised as Vinegar City, do you know why? Come and visit, you will have a fantastic time here.

- A. The city has a long history of more than 3000 years
- B. Many visitors climb on the top to watch the words
- C. The Yangtze River and Grand Canal (大运河) meet across at the side of the city
- D. People like to enjoy the views of the river and the hills
- E. The mountains from West China are ended in Zhenjiang
- F. There are many places of interest in Zhenjiang

G. Among all the places of interest, Jinshan is the most famous

【答案】1. C 2. A 3. E 4. G 5. B

【导语】本文是一篇记叙文，主要介绍了自己的家乡——镇江。

1. 根据“Zhenjiang is a well-known historical beautiful city at the lower reaches on the south bank of Yangtze River.”可知，此处继续介绍河流相关内容，选项 C“长江和大运河在城市的一侧相遇。”符合语境。故选 C。

2. 根据“it is full of different customs and cultural backgrounds”可知，此处是说镇江历史悠久，选项 A“这座城市有着超过三千年的历史。”符合语境。故选 A。

3. 根据“It is best known as ‘The City With Hills and Woods’”可知，此处是说与山有关的内容，选项 E“起源于西部的山脉在此结束。”符合语境。故选 E。

4. 根据“On the top of Jinshan, You can see Liuyun Pavilion (留云亭)”可知，此处是在介绍金山，选项 G“在所有名胜古迹中，金山是最有名的。”符合语境。故选 G。

5. 根据“three hundred years ago, Emperor Kangxi wrote ‘Jiang Tian Yi Lan’ in it”可知，此处内容与康熙皇帝提的字有关，选项 B“许多游客爬上顶来欣赏这几个字。”符合语境。故选 B。

(23-24 八年级下·江苏无锡·期中) 阅读下面短文，从短文后所给的选项中选出能填入短文空白处的最佳选项，使短文通顺连贯，其中有两项是多余选项。

We all have days when we are down, tired and unhappy. That's OK. You need days like this, or how would you know you are happy? You'll enjoy your good days even more when you have a few bad days. Sadness is a part of life.   1  

Here are a few simple ways to help you feel better when you are feeling sad.

**Stand up straight.**

This helps your energy flow (流动).   2   you can flow too.

**Smile!**

It's easy to do and have good results. This way can not only leave you in a good mood (心情), but also bring others a good mood.

**Listen to music.**

  3   Some kinds of music work better than others, so try and find out what kind of music works the best for you.



**Take some “me” time.**

You can find pleasure in reading a book, watching a sunrise or having a hot bath, or something like that.

4

Even something as simple as taking a walk will get your blood (血液) flowing. It is a great way to clear your mind of anything that makes you sad.

These ways will make you feel better when you are down. 5 Try and practice them every day to make them a habit. You will be surprised to learn that these simple ways will keep your sadness away. But if you are in a deep depression (沮丧), go to see a doctor.

- A. Do some exercise.
- B. It can be your favourite music.
- C. All kinds of music are the same.
- D. When your energy is flowing freely,
- E. Listening to the radio always makes you happy.
- F. But we can try our best to make it small.
- G. However, don't just use them when you are sad.

**【答案】** 1. F 2. D 3. B 4. A 5. G

**【导语】** 本文主要介绍了可以帮助你悲伤的时候感觉更好的方法。文章给出了五条建议。

1. 根据“Sadness is a part of life.”可知悲伤是生活的一部分，也不要把悲伤放大，选项 F“但我们可以尽最大努力使它变小。”符合语境。故选 F。

2. 根据“Stand up straight. This helps your energy flow (流动).”和“you can flow too.”可知，此处讲能量流动有关，选项 D“当你的能量自由流动时，”符合语境。故选 D。

3. 根据“Listen to music.”可知，此处内容和音乐有关，选项 B“它可以是你最喜欢的音乐。”符合语境。故选 B。

4. 根据“Even something as simple as taking a walk will get your blood (血液) flowing...”可知，此处内容和运动有关，选项 A“做一些运动。”符合语境。故选 A。

5. 根据“Try and practice them every day to make them a habit.”可知，不要只在悲伤时使用这些方法，而是要每天练习它们。选项 G“然而，不要只是在你难过的时候使用它们。”符合语境。故选 G。

(23-24 八年级下·江苏连云港·期中) 阅读下面文章，从所给的选项中选出能填入对话空白处的最佳选项，

使文章通顺连贯，其中有两项是多余选项。

Lulea is one of the biggest cities in northern Sweden, and it is home to about 80, 000 people. 1 The purpose of the activity is to ask people to greet each other.

Lulea is around 150 kilometers south of the Arctic (北极) Circle. That means it only gets about three hours of sunlight each day during the winter. 2 As a result, they seldom communicate with each other. Swedish people are also known for being quite shy. The above is affecting (影响) many people, especially young people. 3

The “Say Hi” activity hopes that a simple hello might make people feel less lonely. The website of the activity says, “ 4 But research shows it can help us form communication, and has a positive impact (积极影响) on health

and safety.” “Of course, it’s not the key to every problem, but a hello can help a lot,” says Asa Koski, the city worker who thought of the activity. 5 The activity also hopes that greetings will lead to a friendlier, safer and closer community, which might also encourage more people to move there—including those from other

countries. What a great activity! Would you like to say hi to others when walking on the street?

- A. So they like to go outside at night.
- B. It’s also home to the “Say Hi” activity.
- C. Saying hi to your neighbors is a small thing.
- D. People there have very little time to go outdoors.
- E. Lots of people there enjoy outdoor activities with friends.
- F. And there’s another reason why Lulea wants its people to say hi.
- G. A study shows that almost half of 16—29-year-olds in Lulea feel lonely.

【答案】1. B 2. D 3. G 4. C 5. F

【导语】本文主要介绍了瑞典的一个城市开展了一个叫“打招呼”的活动。

1. 根据下文“The purpose of the activity is to ask people to greet each other.”可知，此处提及某个活动。B项“这里也是‘打招呼’活动的发源地。”符合语境。故选 B。

2. 根据下文“As a result, they seldom communicate with each other.”可知，因为人们很少外出，所以彼此之间很少交流，D项“那里的人们很少有时间去户外。”符合语境。故选 D。

3. 根据上文“Swedish people are also known for being quite shy. The above is affecting (影响) many people, especially young people.”可知，此处说的是害羞对年轻人的影响，G项“一项研究表明，Lulea 16—29 岁的年轻人中几乎有一半感到孤独。”符合语境。故选 G。

4. 根据上文“The ‘Say Hi’ activity hopes that a simple hello might make people feel less lonely.”以及下文“**But research shows it can help us form communication, and has a positive impact (积极影响) on health and safety.**”可知，此处说的是打招呼这个简单的行为，C项“跟邻居打招呼是件小事。”符合语境。故选C。

5. 根据下文“The activity also hopes that greetings will lead to a friendlier, safer and closer community, which might also encourage more people to move there—including those from other countries.”可知，此处要引出举办这个活动的另一个原因，F项“还有另一个原因，为什么 Lulea 希望它的人民打招呼。”符合语境。故选F。

(23-24 八年级下·江苏南通·期中) 阅读下面短文，从短文后的选项中选出能填入空白处的最佳选项，有两项为多余的选项。

The things that you do, words that you say, and feelings that you express, contribute to your children’s level of confidence. 1, then read on.

### **Love and acceptance**

We know that you love your children. But do they know that you love them, accept them just as they are, and respect them? Give your children plenty of love even if you are not able to do it all the time. 2. Unconditional love will help them grow into a confident human being.

3

Nobody is perfect. But to raise a confident child, you should not stress too much on the shortcomings. Positive parenting focuses on developing what is good in a child, and making him or her feel empowered. If your children feel defeated by disappointments in life, help them look at the bright side by talking about their success.

### **Let them make decisions**

4. It also empowers children as it gives them the ability to choose something. But they don’t have the ability of an adult and may not know how to reach a decision all by themselves.

### **Praise when they deserve it**

It is easy to blame a child when he or she does something wrong. And we never forget to do that. But when the child does something right, we don’t always praise him or her. We are not talking about praising the child for every little thing he or she does well. 5.

- A. Make full use of the advantage
- B. Focus on strengths, deal with weaknesses
- C. Your children need to know that they are loved and accepted
- D. Decision making is an important life skill that children need to learn to be confident

E. If you want to do and say the right things to help build confidence in your children

F. But if the child has put in the effort and achieved something, appreciate it

G. When you are not aware of the importance of making yourself confident

【答案】1. E 2. C 3. B 4. D 5. F

【导语】本文是一篇说明文。文章介绍了一些帮助孩子建立自信的方法。

1. 根据上文“The things that you do, words that you say, and feelings that you express, contribute to your children’s level of confidence.”以及“then read on”可知，概括了有助于提升孩子自信心的几个方面，故设空处是承上启下，选项 E“如果你想做正确的事，说正确的话来帮助你的孩子建立信心”与之相符。故选 E。

2. 根据下文“But do they know that you love them, accept them just as they are, and respect them? Give your children plenty of love even if you are not able to do it all the time.”可知，描述了给予爱和接纳孩子的重要性。设空处应和爱与接纳有关，C 选项“你的孩子需要知道他们是被爱和被接受的。”与之相符。故选 C。

3. 根据下文“Nobody is perfect. But to raise a confident child, you should not...by talking about their success.”可知，培养一个自信的孩子，你不应该过分强调缺点，帮助他们看到光明的一面。可知本段讲述对待孩子要关注优点，不要过分强调缺点，B 选项“关注优点，解决缺点。”与之相符。故选 B。

4. 根据小标题“Let them make decisions.”可知，空处内容与让孩子做决定有关，D 选项“为了自信，做决定是孩子们需要学会一项重要的生活技能。”与之相符，故选 D。

5. 根据上文“It is easy to blame a child when he or she does something wrong. And we never forget to do that . But when the child does something right, we don’t always... little thing he or she does well.”可知，描述了我们需适时表扬孩子，而不是孩子做错事时一味地批评。可推断下文应该何时对孩子进行表扬，F 选项“但如果孩子付出了努力，取得了一些成绩，那就赞赏。”与之相符。故选 F。

（23-24 八年级下·江苏宿迁·期中）阅读下面短文，从短文后选项中选出可以填入空白处的最佳选项，选项中有两项为多余选项。

### How to beat sadness

We all have days when we are down, tired and unhappy. That’s OK. You need days like this, or how would you know you are happy? You’ll enjoy your good days even more when you have a few bad days. Even if sadness is a part of life, 1 Here are a few simple ways to help you feel better when you are feeling sad.

★ Stand up straight and this helps your energy flow. 2, you can flow too.

★ Smile! It’s easy to do and have good results. This way can not only leave you in a good mood（心情） but

also bring others a good mood.

★ Listen to music. 3 Some kinds of music work better than others, so try and find out what kind of music works the best for you.

★ Take some “me” time. You can find pleasure in reading a book, watching a sun rise or having a hot bath, or something like that.

★ 4 Even something as simple as taking a walk will get your blood (血) flowing. It is a great way to clear your mind of anything that makes you sad.

These ways will cheer you up (使你振作) when you are down, 5 Try and practise them every day to make them a habit. You will be surprised to learn that these simple ways will keep your sadness away. But if you are in a deep depression (沮丧), go to see a doctor.

- A. Do some exercise.
- B. let's try to make it small.
- C. All kinds of music are the same.
- D. When your energy is flowing freely
- E. It can be your favourite music.
- F. Reading books always makes you relax.
- G. but don't just use them when you are sad.

【答案】1. B 2. D 3. E 4. A 5. G

【导语】本文讲述了消极时可以用的一些方式。

1. 根据“You'll enjoy your good days even more when you have a few bad days.”以及“Even if sadness is a part of life”可知，此处表示转折，说的是享受美好的日子，B选项“让我们试着把它变小。”符合语境。故选B。

2. 根据“Stand up straight and this helps your energy flow.”可知，此处说的是能量流动，D选项“当你的能量自由流动时”符合语境。故选D。

3. 根据“Some kinds of music work better than others, so try and find out what kind of music works the best for you.”可知，此处说的是最适合你的音乐，E选项“它可以是你最喜欢的音乐。”符合语境。故选E。

4. 根据“Even something as simple as taking a walk will get your blood (血) flowing.”可知，此处说的是散步有助于身体健康，A选项“做一些运动。”符合语境。故选A。

5. 根据“Try and practise them every day to make them a habit.”可知，此处说的是养成习惯，G选项“但是不

要只是在你难过的时候使用它们。”符合语境。故选 G。

(23-24 八年级下·江苏无锡·期中) 阅读下面短文, 在短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

### How to Choose Just-Right English Books for Yourself

Choosing just-right English books for yourself will not only help you learn English, but also create wonderful times. 1.

#### Is the book right for your age?

Pay attention to the age guidelines (指南). 2. For an independent reader, choose the reads that can interest you but are not difficult to understand.

3?

Think about your English-reading level. If you just begin to learn English, it would be a good idea to choose a book with simple languages and vocabularies. If you are good at it, you can choose ones with more advanced (高级的) languages and vocabularies.

#### Does the topic of the book interest you?

4. So let your interests guide you, and choose the topics you like. For example, if you enjoy reading about space exploration, choosing a book with a space-related topic would be a great choice.

#### Do you find the text and illustrations (图文) of the book interesting?

Can the illustrations in the book catch your eyes? When you read some lines, do you think the book is fun to read? 5, you can give this book a try.

#### What will you learn from the book?

Consider what you can learn through reading. Can the book help you develop your understanding? Can it help you improve your vocabularies?

- A. Is the language right for you
- B. Before buying, ask yourself the following questions
- C. For example, picture books will be good choices for little kids
- D. Is the writer famous around the world
- E. Different people have different interests
- F. If the answers are yes
- G. When you don't know the word

【答案】1. B 2. C 3. A 4. E 5. F

【导语】本文介绍了为自己选择合适的英语书籍的方法。

1. 根据下文“Is the book right for your age?”、“Does the topic of the book interest you?”、“Do you find the text and illustrations (图文) of the book interesting?”和“What will you learn from the book?”可知，这是让读者自查的一些问题，选项 B“在购买之前，问自己以下问题”符合语境。故选 B。
2. 根据上文“Is the book right for your age?”和“Pay attention to the age guidelines.”可知，要看适合你的年龄的书籍，选项 C“例如，绘本对小孩子来说是很好的选择”符合语境。故选 C。
3. 根据下文“Think about your English-reading level.”可知，要选择适合你的英语阅读水平的书籍，选项 A“这门语言适合你吗”符合语境。故选 A。
4. 根据下文“So let your interests guide you, and choose the topics you like.”可知，不同的人有不同的兴趣，所以可以让兴趣指引你去选择看哪些书籍，选项 E“不同的人有不同的兴趣”符合语境。故选 E。
5. 根据上文“When you read some lines, do you think the book is fun to read?”和下文“you can give this book a try.”可知，此处作肯定回答，指你觉得一本书读起来很有趣，你就可以尝试阅读整本书，选项 F“如果答案是肯定的”符合语境。故选 F。

(23-24 八年级下·江苏宿迁·期中) 阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

The International Day of Happiness, which falls on March 20th every year, reminds people of the importance of happiness. \_\_1

- Developing close relationships

According to the Harvard Study of Adult Development, close relationships are the most important thing to keep people happy. \_\_2

- \_\_3

A six-week experiment (实验) by the University of California, Riverside in the US found clear, short-term increases in happiness for people who practiced five acts of kindness in a day.

- Showing thanks

According to Martin Seligman, a psychologist (心理学家) at the University of Pennsylvania, US, writing down three things that went well at the end of each day brings long-term increases in happiness. \_\_4

- It's fine to be unhappy

Nadia Lovett is a professor from the University of Adelaide in Australia. She believes 40 percent of your happiness depends on your choices. Your daily habits and hobbies play a role in happiness. However, it's normal to feel blue. 5

- A. The good thing can be as small as “my grandparents were happy when brought them food and drinks.”
- B. Doing kind.
- C. Happiness also changes as we grow.
- D. Here are some tips to help you be happy.
- E. They protect people from life's hardships and help people live longer and healthier.
- F. Don't push yourself to be happy all the time.
- G. To keep feeling happy, we need to control how we act.

【答案】1. D 2. E 3. B 4. A 5. F

【导语】本文主要提出了如何帮助你保持快乐的几个方法。

1. 根据下文“Developing close relationships”、“Showing thanks”以及“It's fine to be unhappy”可知，提到了几点帮助人快乐的方法。故空处应该是总述有一些帮助人快乐的建议。选项 D“这里有一些可以帮助您快乐的方法。”与之相符。故选 D。
2. 根据上文“According to the Harvard Study of Adult Development, close relationships are the most important thing to keep people happy.”可知，描述了密切关系是保持人快乐的重要性，故空处与其重要性相关。选项 E“它们保护人们免受生活困难，帮助人们活得更长久、更健康。”与之相符。故选 E。
3. 根据下文“A six-week experiment (实验) by the University of California, Riverside in the US found clear, short-term increases in happiness for people who practiced five acts of kindness in a day.”可知，每天做善举的人会在短期内的幸福感会增加。故空处与做善举相关。选项 B“做事善良。”与之相符。故选 B。
4. 根据上文“writing down three things that went well at the end of each day brings long-term increases in happiness”可知，描述了记录三件进展顺利的事情会带来长期的幸福感增加，故空处与记录进展顺利的事相关。选项 A“好事可以小到‘我的祖父母给他们带来食物和饮料时很高兴。’”与之相符。故选 A。
5. 根据上文“However, it's normal to feel blue.”可知，描述了心情不美丽是正常的现象。故空处与心情不好时的建议相关。选项 F“不要强迫自己一直保持快乐。”与之相符。故选 F。

(23-24 八年级下·江苏·期中) 根据对话内容，从对话后的选项中选出能填入空白处的最佳选项。选项中有两项为多余 选项。



## Children's Games in Ancient (古代的) China

Unlike the children nowadays, the children during ancient times didn't have smart phones, iPads or computers to enjoy themselves. 1. Let's take a look.

### Playing hide-and-seek

Hide-and-seek is a traditional game for children. Even nowadays, many children like playing it. There are two ways to play. One way is covering a child's eyes while other kids run around to tease him. 2.

### Flying kites

Kites have quite a long history. The earliest kites were made of wood, instead of paper. Nowadays, the three most famous kites are the Beijing kite, Tianjin kite and Weifang kite. Each of them has special features. 3

### Kicking stone balls

During the Qing Dynasty, kicking a stone ball around was a popular sport in the northern part of China, and it was often played in winter to keep warm.

4

The closest thing to watching a film or television for entertainment during ancient times was going to see a shadow play. Folk artists manipulate puppets behind the screen, narrating stories and accompanied by music.

### Setting off fireworks

Fireworks have a history of more than 2,000 years. It is said that there was a beast (兽) named Nian in ancient China 5. After gunpowder was invented, it gradually replaced the bamboo joints. Fireworks are still set off during Chinese Spring Festival.

- A. Watching shadow plays.
- B. For example, the swallow-shaped kite is a well-known Beijing style.
- C. Shadow plays were the popular entertaining form in ancient times.
- D. To scare off the beast, people burnt bamboo joints to make them explode (爆炸).
- E. The other way is that one child must try to find those hiding themselves.
- F. Instead, they came up with interesting games to play in their childhood.
- G. People were all afraid of the beast.

【答案】1. F 2. E 3. B 4. A 5. D

【导语】本文主要介绍了五种中国古代的儿童游戏：踢石子、放风筝、捉迷藏、看皮影戏和放鞭炮。

1. 根据上文“Unlike the children nowadays, the children during ancient times didn't have smart phones, iPads or computers to enjoy themselves.”可知，此处是说古代的孩子没有一些高科技的娱乐设备。下文应是介绍他们孩童时代玩的游戏。F选项“相反，他们小时候想出了有趣的游戏来玩”符合语境，且承上启下。故选F。
2. 根据“‘There are two ways to play. One way is covering a child's eyes while other kids run around to tease him.’”可知，此处是在阐述“捉迷藏”的另一种玩法。E选项“另一种方法是，一个孩子必须设法找到那些隐藏的人”符合语境。故选E。
3. 根据“Each of them has special features.”可知，此处是在阐述每种风筝都有自己的特点。B选项“例如，燕子形风筝是一种著名的北京风格”符合语境。故选B。
4. 根据“‘The closest thing to watching a film or television for entertainment during ancient times was going to see a shadow play. Folk artists manipulate puppets behind the screen, narrating stories and accompanied by music.’”可知，本段讲的是皮影戏。A选项“看皮影戏”符合语境。故选A。
5. 根据“‘It is said that there was a beast named Nian in ancient China’”以及“‘After gunpowder was invented, it gradually replaced the bamboo joints.’”可知，此处与竹节和年兽有关。D选项“为了吓跑这头野兽，人们烧掉竹节使其爆炸”符合语境。故选D。

(23-24 八年级下·江苏南京·期中) What do you like to drink each morning? Some people around the world enjoy tea, while some hold a cup of coffee on their way to work. Over the years, there have been some discussions about which one is better for us.

\_\_\_1\_\_\_ Tea has antioxidants (抗氧化物) that can protect our bodies from disease. Some scientists believe that drinking a cup of tea is just as healthy as eating fruit and vegetables.

\_\_\_2\_\_\_ There used to be some worries that coffee increased people's chances of getting heart disease. New studies show that it may not be true. To many people's surprise, coffee has more antioxidants than tea does. It also has more caffeine (咖啡因) than tea does. \_\_\_3\_\_\_ However, not everyone enjoys coffee. Some people dislike coffee because they think the caffeine makes them feel nervous.

\_\_\_4\_\_\_ There is no definite answer, because it depends on what we put in the drink. \_\_\_5\_\_\_ The problem is that many people usually put sugar and milk in their drink. Some people even add so much sugar and milk that their drink becomes heavy dessert!

- A. In some countries, it seems that everyone drinks coffee.
- B. Which one is healthier then?

- C. Both will be good for us if we drink them on their own.
- D. Many people like their tea or coffee with a lot of sugar and milk.
- E. Why do many people like coffee?
- F. Caffeine makes many people awake and it keeps them energetic.
- G. Tea is very healthy and it's world's second most popular drink, just next to water.

【答案】1. G 2. A 3. F 4. B 5. C

【导语】本文主要介绍了茶和咖啡这两种饮品。

1. 根据下文“Tea has antioxidants (抗氧化物) that can protect our bodies from disease.”可知，此处介绍茶的好处，选项 G“茶非常健康，是仅次于水的世界第二大受欢迎的饮品。”符合语境，故选 G。
2. 根据下文“‘There used to be some worries that coffee increased people's chances of getting heart disease.’”可知，此处介绍喝咖啡可能会影响人的健康，选项 A“在一些国家，似乎每个人都喝咖啡。”符合语境，故选 A。
3. 根据上文“‘It also has more caffeine (咖啡因) than tea does.’”可知，此处提到了咖啡因，选项 F“咖啡因使许多人清醒，并使他们精力充沛。”符合语境，故选 F。
4. 根据下文“‘There is no definite answer’”可知，空格处应提出了一个问题，选项 B“那哪个更健康呢？”符合语境，故选 B。
5. 根据下文“‘The problem is that many people usually put sugar and milk in their drink.’”可知，此处说的是喝茶和喝咖啡的方式，选项 C“如果我们单独喝的话，两者都对我们有好处。”符合语境，故选 C。

(23-24 八年级下·江苏宿迁·期中) 阅读短文，从所给选项中选出可填入空白处的最佳选项，选项中有两项为多余选项。

Building an app is a big project. If you want to build the next great smart phone app, you need a plan. 1. Will your app be a game? Will it be for business? Then make a plan for building the app. You need plenty of time for research before you are ready to build.

2. Building an app is like a puzzle (拼图) with many different parts. You can build it yourself or find a company to help you. 3. Some websites also provide “building blocks (应用组件)” for app developers. As you build, you pick blocks from the website and put them in your app.

After you build your app, you need to check it carefully. Look for bugs (漏洞). 4. Show your app to people. Ask for their opinions. Make sure everything works before letting people download it. There are so many

tools that can help you build apps. 5. Now almost everyone can make a new app.

- A. Most apps have several problems to fix
- B. Now you are ready to make the app
- C. Make sure everything is good enough
- D. First, think what kind of app that you want to build
- E. It's easier to find a company to build
- F. Having the right tools will make the work easier
- G. There are many videos and websites that can teach you to build one

【答案】1. D 2. B 3. G 4. A 5. F

【导语】本文介绍如何建造应用程序。

1. 根据“If you want to build the next great smart phone app, you need a plan.”可知，此处表示要有一个计划，考虑用什么应用程序，D项“首先，考虑你想要构建什么样的应用程序。”符合语境，故选D。
2. 根据“Building an app is like a puzzle (拼图) with many different parts.”可知，此处表示准备好应用程序，B项“现在您已经准备好制作应用程序了。”符合语境，故选B。
3. 根据“Some websites also provide “building blocks (应用组件)” for app developers.”可知，此处表示有些网站可以教你建立一个应用程序，G项“有很多视频和网站可以教你建立一个应用程序。”符合语境，”故选G。
4. 根据“After you build your app, you need to check it carefully. Look for bugs (漏洞).”可知，此处表示仔细检查你的应用程序，寻找漏洞，因此表示有问题要解决，A项“大多数应用程序都有几个问题需要解决。”符合语境，故选A。
5. 根据“There are so many tools that can help you build apps.”可知，此处表示有工具可以帮助你建造应用程序，F项“拥有合适的工具将使工作更容易。”符合语境，故选F。