

2024-2025 秋季学七年级 每日一练 6

一、阅读理解

Will it matter if you don't take your breakfast? A short time ago, a test was given in the United States. People of different ages, from 12 to 83, were asked to have a test. During the test, these people were given all kinds of breakfast, and sometimes they got no breakfast at all. Scientists (科学家) wanted to see how well their bodies worked when they had eaten different kinds of breakfast.

The results (结果) show that if a person eats a right breakfast, he or she will work better than if he or she has no breakfast. If a student has fruit, eggs, bread and milk before going to school, he will learn more quickly and listen more carefully in class.

The result is opposite (相反) to what some people think. Having no breakfast will not help you lose weight. This is because people become so hungry at noon that they eat too much for lunch. They will get weight (重量) instead of (而不是) losing it. You will lose weight if you reduce your other meals.

1. During the test, the people were given _____.
A. no breakfast at all B. different foods or sometimes none
C. very rich breakfast D. little food for breakfast
2. The results show that _____.
A. breakfast has great effect (影响) on work and bodies B. breakfast has little effect on people's work
C. a person will work better if he only has fruit and milk D. girl students should have little for breakfast
3. According to (根据) the passage, if a people eats a right breakfast, he/she will _____.
A. get to school early B. lose weight C. work better D. lose the way
4. The word "reduce" in the last sentence means _____.
A. 减少 B. 增加 C. 放弃 D. 享用
5. Which of the following is right?
A. It's good for your health to have no breakfast. B. Too little for breakfast and much for lunch will make you fatter.
C. If you eat much for lunch and supper, you may lose weight.
D. If you have more breakfast, you'll learn more quickly in class.

二、单项选择

6. —_____ your sister have a CD player? —Sorry, I don't think she has _____.
A. Do, it B. Does, one C. Do, one D. Does, it
7. Before, I _____ play badminton. Now I _____ play it well. A. couldn't; could B. couldn't; can C. can't; could
8. The girl, _____ her parents, _____ watching matches. A. likes; likes B. like; likes C. likes; like D. like; like
9. He plans _____ his grandparents with his parents at the end of this month.
A. visit B. visits C. to visit D. visiting
10. —Who does Millie talk _____ works of art _____?—Her classmates.
A. to; with B. about; about C. about; with D. with; to
11. There are _____ books in our school library. A. a kind of B. all kinds of C. a kinds of D. all kind of
12. He _____ the English Club. A. joins B. is joining C. is joined D. takes part in

三、完形填空

I have a good friend. Her name is Kitty. We are in No. 10 Secondary School. We are 13 in Class 8, Grade 7. She is a happy girl. She is twelve years old. She has 14 eyesight (视力) and 15 wears a pair of glasses in class to help her see things clearly.

Kitty is a 16 girl. She is good at her lessons, so she often helps her classmates 17 their studies. Kitty gets up at half past six in the morning every day. It is only three minutes' walk from her home to school, so she always 18 to school at 7:30 a.m. Our school day 19 at 8:00 a.m. and finishes at 3:30 p.m. She usually has lunch at her grandparents' home. Her parents work in the 20 hospital. They are very 21 every day, so they don't have much time to cook lunch for her. After 22, she always helps her grandparents do the dishes. In the afternoon, she likes having sports after school. She 23 swimming very much. She practises swimming twice a week. When she gets home, she does her homework 24. It 25 her about an hour to do her homework. Then she helps her mum

26. After supper, she usually watches TV for half an hour. Sometimes, she 27 her dog for a walk in the park near her home. Her life is wonderful.

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|------------------|----------------|----------------|---------------|
| 13. A. each | B. both | C. other | D. every |
| 14. A. good | B. well | C. poor | D. nice |
| 15. A. seldom | B. never | C. always | D. hardly |
| 16. A. helpful | B. healthy | C. careful | D. happy |
| 17. A. for | B. of | C. to | D. with |
| 18. A. runs | B. comes | C. rides | D. walks |
| 19. A. has | B. begins | C. chats | D. exercises |
| 20. A. same | B. different | C. big | D. small |
| 21. A. sad | B. bad | C. free | D. busy |
| 22. A. lunch | B. supper | C. breakfast | D. class |
| 23. A. learns | B. enjoys | C. finishes | D. hates |
| 24. A. first | B. then | C. next | D. second |
| 25. A. takes | B. spends | C. costs | D. helps |
| 26. A. do sports | B. do homework | C. cook supper | D. read books |
| 27. A. comes | B. takes | C. runs | D. brings |

四、单词拼写

28. The river _____ (rise) after the heavy rain every summer.
29. My father often _____ (drive) to work.
30. My brother always _____ /brʌʃɪz/ his teeth after meals.
31. —What about playing a game now?
—_____ (听起来) nice.
32. I would like to visit the history _____ (博物馆) with my parents next Saturday.
33. Online shopping is c_____ our way of life, and we can buy anything we need on the Internet.
34. There are many flowers and trees _____ (围绕) the lake in the park.
35. Doing sports can help me _____ (keep) healthy.
36. All of us need to keep f_____.

参考答案:

题号	1	2	3	4	5	6	7	8	9	10
答案	B	A	C	A	B	B	B	B	C	C
题号	11	12	13	14	15	16	17	18	19	20
答案	B	A	B	C	C	A	D	D	B	A
题号	21	22	23	24	25	26	27			
答案	D	A	B	A	A	C	B			

1. B 2. A 3. C 4. A 5. B

【导语】本文主要讲述的是不吃早餐对人们的影响。

1. 细节理解题。根据第一段“During the test, these people were given all kinds of breakfast, and sometimes they got no breakfast at all.”可知，参加试验的人得到各种各样的早餐或不吃早餐。故选 B。
2. 细节理解题。根据第二段“The results (结果) show that if a person eats a right breakfast, he or she will work better than if he or she has no breakfast.”和第三段“Having no breakfast will not help you lose weight. This is because people become so hungry at noon that they eat too much for lunch. They will get weight (重量) instead of (而不是) losing it.”可知，结果表明，早餐对工作和身体有很大的影响。故选 A。
3. 细节理解题。根据第二段“The results (结果) show that if a person eats a right breakfast, he or she will work better than if he or she has no breakfast.”可知，如果一个人吃对了早餐，他或她会工作得更好。故选 C。
4. 词义猜测题。根据第三段“You will lose weight if you reduce your other meals.”可知，如果要减肥，就要减少食物的摄入。由此猜测，reduce 意为“减少”。故选 A。
5. 推理判断题。根据第三段“Having no breakfast will not help you lose weight. This is because people become so hungry at noon that they eat too much for lunch. They will get weight (重量) instead of (而不是) losing it.”可知，不吃早餐不会帮助你减肥，这是因为人们在中午变得非常饥饿，会导致午餐吃得太多，这样的话他们的体重会增加，而不是减少。由此推知，早餐吃得太少，午餐吃得太多，会让你更胖。故选 B。

6. B

【详解】句意：——你姐姐有一个 CD 播放机吗？——抱歉，我认为她没有 CD 播放机。

考查助动词和代词辨析。it 指和上文提到的是同一个；one 指同类中的另一个。第一个空格为一般现在时的一般疑问句，对实义动词提问用助动词 do/does，主语为“your sister”名词单数，助动词用 does，排除 A/C；第二空指同类中的一个 CD 播放机，排除 D。故选 B。

7. B

【详解】句意：以前我不会打羽毛球。现在我能打得很好。

考查动词时态。根据“Before”可知，第一空是一般过去时，用 couldn't 表示“过去不能”；根据“Now”可知，第二空为一般现在时，用 can 表示现在“能”。故选 B。

8. B

【详解】句意：这个女孩像她的父母一样喜欢看比赛。

考查 like 用法。like doing sth 表示“喜欢做某事”，后接 watching matches，第二个空 like 是实义动词，第一个空 like 为介词，意为“像”，排除 A 和 C，主语是 The girl，第三人称单数，谓语动词用三单。故选 B。

9. C

【详解】句意：他打算在这个月末和他的父母一起看望他的爷爷奶奶。

考查非谓语动词。plan to do sth 意为“计划/打算做某事”，为固定短语。故选 C。

10. C

【详解】句意：——米莉和谁谈论艺术品？——她的同学们。

考查介词和动词短语辨析。talk about sth 意为“谈论某物”；talk to/with sb 意为“和某人交谈”。根据“works of art”可知，第一空应用 about，故排除 A、D 项；根据 Who 和答语“Her classmates.”可知，第二空应用 with 或 to，故选 C。

11. B

【详解】句意：我们学校图书馆里有各种各样的书。

考查形容词短语。a kind of 一种……；all kinds of 各种各样的；a kinds of 和 all kind of 是错误表达。根据空前的“are”

可知，此空应填 all kinds of。故选 B。

12. A

【详解】句意：他加入了英语俱乐部。

考查动词辨析。join 表示参加某个团体；take part in 表示参加某个比赛。根据“the English Club”可知，此处描述的是加入俱乐部，指的是一个团体，主语是单数，且此处是主动语态，应该用 joins。故选 A。

13. B 14. C 15. C 16. A 17. D 18. D 19. B 20. A 21. D 22. A 23. B 24. A
25. A 26. C 27. B

【导语】本文介绍了作者的好朋友 Kitty，重点介绍她的生活。

13. 句意：我们都在七年级八班。

each 每个；both 两者都；other 其他的；every 每个。根据“I have a good friend. Her name is Kitty.”可知，此处是两个人，因此选择 both。故选 B。

14. 句意：她视力很差，上课时总是戴一副眼镜以帮助她看清东西。

good 好的；well 好；poor 差的；nice 美好的。根据“wears a pair of glasses”可知，此处是视力差。故选 C。

15. 句意：她视力很差，上课时总是戴一副眼镜以帮助她看清东西。

seldom 很少；never 从不；always 总是；hardly 几乎不。根据“wears a pair of glasses in class to help her see things clearly.”可知，她上课时总是戴一副眼镜。故选 C。

16. 句意：基蒂是个乐于助人的女孩。

helpful 有用的；healthy 健康的；careful 仔细的；happy 快乐的。根据“She is good at her lessons, so she often helps her classmates”可知，基蒂是个乐于助人的女孩。故选 A。

17. 句意：她经常帮助同学学习。

for 对于；of 属于；to 到；with 具有。根据“helps her classmates”可知，此处是 help sb. with sth.在某方面帮助某人。故选 D。

18. 句意：她总是早上 7:30 步行上学。

runs 跑步；comes 来；rides 骑；walks 步行。根据“only three minutes’ walk from her home to school,”可知，三分钟的路程，应该是步行去学校。故选 D。

19. 句意：我们从上午 8 点开始上课，下午 3 点半结束。

has 有；begins 开始；chats 聊天；exercises 锻炼。根据“at 8:00 a.m. and finishes at 3:30 p.m.”可知，应该是上午 8 点开始上课。故选 B。

20. 句意：她的父母在同一家医院工作。

same 相同的；different 不同的；big 大的；small 小的。由 hospital 是单数可知，此处指的是同一所医院，the same 意为“相同的”。故选 A。

21. 句意：他们每天都很忙，所以没有太多时间为她做午饭。

sad 悲伤的；bad 坏的；free 自由的；busy 忙碌的。根据“so they don’t have much time to cook lunch for her.”可知，他们每天应该都很忙。故选 D。

22. 句意：午饭后，她总是帮助她的祖父母做一些家务。

lunch 午餐；supper 晚饭；breakfast 早餐；class 班级。根据“so they don’t have much time to cook lunch for her.”可知，应该是午饭后帮助祖父母做家务。故选 A。

23. 句意：她非常喜欢游泳。

learns 学会；enjoys 享受；finishes 完成；hates 憎恨。根据“She practices swimming twice a week.”可知，她是非常喜欢游泳。故选 B。

24. 句意：当她到家时，她先做家庭作业。

first 第一；then 然后；next 下一个；second 第二。根据“When she gets home, she does her homework”可知，应该是先做家庭作业。故选 A。

25. 句意：她花了大约一个小时做家庭作业。

takes 花费，用于 It takes sb.+时间+to do sth.做某事花了某人多少时间；spends 花费，用于 spend time/money (in) doing sth.花费时间（金钱）做某事；costs 通常指花钱；helps 帮助。由“It... about an hour to do her homework.”可知，此处

是 take 的用法。故选 A。

26. 句意：然后她帮妈妈做晚饭。

do sports 做运动; do homework 做家庭作业; cook supper 做晚饭; read books 读书。根据“After supper, she usually watches TV for half an hour.”可知，此处是她帮妈妈做晚饭。故选 C。

27. 句意：有时，她带着她的狗在她家附近的公园里散步。

comes 来; takes 带着; runs 跑步; brings 带来。根据“her dog for a walk in the park near her home.”可知，她带着她的狗在公园里散步。故选 B。

28. rises

【详解】句意为：每年夏天大雨之后河水都会上涨。结合“every summer”可知，此处为一般现在时，主语是 the river，谓语动词用第三人称单数形式，故填 rises。

29. drives

【详解】句意：我父亲经常开车去上班。本句时态是一般现在时，主语是第三人称单数，动词用三单形式，故填 drives。

30. brushes

【详解】句意：我弟弟饭后总是刷牙。根据句子和音标可知，空处应填 brushes“刷”，动词三单形式，brush one's teeth“刷牙”。故填 brushes。

31. Sounds

【详解】句意：——现在玩个游戏怎么样？——听起来不错。sound“听起来”，此句是一般现在时，主语是 it（省略了），动词用三单形式，句首单词首字母但大写。故填 Sounds。

32. museum

【详解】句意：下周六我想和父母一起去参观历史博物馆。博物馆“museum”，可数名词，根据句意可知用单数，故填 museum。

33. (c)hanging

【详解】句意：网上购物正在改变我们的生活方式，我们可以在网上购买任何我们需要的东西。根据“Online shopping is...our way of life”以及首字母提示可知，此处表示“正在改变我们的生活方式”，句子时态是现在进行时，谓语动词构成是“am/is/are+doing”，change“改变”的现在分词为 changing。故填(c)hanging。

34. around

【详解】句意：公园里湖边有许多花和树。介词 around 意为“围绕”。故填 around。

35. (to) keep

【详解】句意：做运动可以帮我保持健康。help sb. (to) do sth 意为“帮助某人做某事”。故填(to) keep。

36. (f)it

【详解】句意：我们都需要保持健康。根据首字母提示和“All of us need to”可知，我们都需要保持健康，此空应填 fit, keep fit“保持健康”，故填(f)it。