

2024-2025 秋季学七年级 每日一练 7

一、阅读理解

The Secrets of Happiness

1 Money and success alone do not bring lasting happiness. Happiness depends on ourselves. In other words, we make our own happiness. Here are a few suggestions to help you be happier.

2 Too often, we spend so much time thinking about the future, for example, getting into college or getting a good job—that we fail to enjoy the present. You should enjoy life's simple pleasures, listening to your favourite music, or spending time with close friends. 3

Another secret to leading a happy life is to be active, and have hobbies where you forget your problems. Many people experience this dancing, or playing a sport. 4

Finally, many people find happiness in helping others. According to studies, people feel good when they volunteer their time to help others. 5 You can help a friend with his or her lessons, go shopping to buy food for your family members, or simply help out around the house by washing the dishes.

- A. The second secret of happiness is to do more exercise. B. If you want to feel happier, do something nice for someone.
C. People who have brothers and sisters are happier than others.
D. The first secret of happiness is to enjoy the simple things in life.
E. Most people want to be happy, but few know how to find happiness.
F. People who have several close friends live happier and healthier.
G. You can forget about your problems, and only think about the activity.

二、完成句子

6. 为了你的健康, 你应该吃各种各样的食物。For your health, you should eat _____ food.
7. 努力学习, 总有一天你的梦想会实现。Work hard, and your dream will _____ one day.
8. 杰克将来想成为一名设计师。Jack wants to become a _____.
9. 雷锋是一个榜样, 中国的年轻人应该向他学习。
Lei Feng is a _____ and Chinese young people should _____.
10. 这周末我打算为我爸爸的五十岁生日买一份礼物。
I _____ a present for my father's fiftieth birthday this weekend.

三、短文填空

阅读下面短文, 按照句子结构的语法性和上下文连贯的要求, 在空格处填入适当的词。(非每空一词)

I'm Linda, a middle school student. I have 11 uncle. His name is Paul Smith. He likes sports very much. He 12 (love) soccer, baseball, volleyball, basketball, and so on. He is good at 13 (play) baseball and basketball. He also likes watching sports games 14 TV. He often does sports 15 his friends. He often says, "Let's play." He joins two clubs: a basketball club and a baseball club. He 16 (have) a small collection of sport goods. He has 12 tennis rackets, 10 baseballs, 3 17 (volleyball), 2 basketballs and a soccer ball. 18 (he) son Tony Smith is 12 years old. He likes sports too. He can play baseball very well, 19 he can't play soccer. He thinks baseball is so 20 (interest).

四、选词填空

请根据句子意思, 用方框中所给单词的适当形式填空并完成句子(不可重复使用)。

design skill meeting see Geography join art plan work questionnaire

21. Of all the subjects, I like _____ best because I like travelling to many places.
22. Can I _____ you in playing football?
23. The teacher asked us to finish the two _____ on hobbies. 24. There are many _____ of art in the museum.
25. I have many _____—juggling (玩杂耍) with balls is just one of them.
26. The students are talking about their holiday _____.
27. Do you hope _____ this new movie?
28. We often have _____ in the newly-built (新建的) school hall.
29. The _____ are going to visit our school next week.
30. My sister is a _____. She designs clothes for women.

参考答案:

题号	1	2	3	4	5					
答案	E	D	F	G	B					

1. E 2. D 3. F 4. G 5. B

【导语】本文是一篇说明文。文章主要介绍了如何让你开心和幸福的建议。

1. 根据下文“In other words, we make our own happiness. Here are a few suggestions to help you be happier.”可知，就如何更幸福提供了一些建议，据此可知有些人不知道如何找到幸福；选项 E“大多数人都想幸福，但很少有人知道如何找到幸福。”符合语境。故选 E。

2. 根据下文“You should enjoy life’s simple pleasures.”可知，应该享受生活的简单乐趣；选项 D“幸福的第一个秘诀是享受生活中简单的事情。”符合语境。故选 D。

3. 根据上文“You should enjoy life’s simple pleasures, listening to your favorite music, or spending time with close friends.”可知，此处提到了亲密的朋友；选项 F“有几个亲密朋友的人生活得更快乐、更健康。”符合语境。故选 F。

4. 根据上文“Another secret to leading a happy life is to be active, and have hobbies where you forget your problems. Many people experience this dancing, or playing a sport.”可知，此处是指像跳舞、做运动等积极的爱好可以让你忘记问题；选项 G“你可以忘记你的问题，并且只想活动。”符合语境。故选 G。

5. 根据上文“According to studies, people feel good when they volunteer their time to help others.”可知，此处提到了帮助他人可以让人感到幸福；选项 B“如果你想感到更快乐，就为别人做点好事。”符合语境。故选 B。

6. all kinds of

【详解】分析句子可知，空处需要翻译的是“各种各样的”，all kinds of 意为“各种各样的”，固定词组。故填 all; kinds; of。

7. come true

【详解】分析句子可知，空处需要翻译的是“实现”，come true“实现”，动词短语，will 后跟动词原形。故填 come; true。

8. designer in the future

【详解】根据中英文对照可知，第一空意为“设计师”，designer“设计师”，根据前面的“a”可知，用单数；后三空意为“将来”，in the future“将来”，作时间状语。故填 designer; in; the; future。

9. role model learn from him

【详解】分析句子可知，role model 意为“榜样”，空前是冠词 a，此处用名词单数；learn from sb.意为“向某人学习”，固定词组，情态动词 should 后跟动词原形；him“他”，作宾语。故填 role; model; learn; from; him。

10. plan to buy

【详解】分析句子可知，空处意为“打算买”，描述现在的情况，句子用一般现在时，plan to do sth.意为“打算做某事”，I 作主语，谓语动词用原形；buy 意为“买”。故填 plan; to; buy。

11. an 12. loves 13. playing 14. on 15. with 16. has 17. volleyballs 18. His 19. but
20. interesting

【导语】本文是一篇记叙文，作者介绍了自己叔叔的相关信息。

11. 句意：我有一个叔叔。根据下文“His name is Paul Smith”可知，此处指的是一位叔叔。空格后“uncle”以元音音素开头，故应用定冠词 an。故填 an。

12. 句意：他喜欢足球、棒球、排球、篮球等。句子主语为“He”，故动词 love 应用第三人称单数形式。故填 loves。

13. 句意：他擅长打棒球和篮球。be good at doing sth.为固定搭配，意为“擅长做某事”，故动词 play 应用动名词形式，故填 playing。

14. 句意：他还喜欢看电视上的体育比赛。空格后为“TV”，通常搭配介词 on。on TV 意为“在电视上”，符合句意，故填 on。

15. 句意：他经常和朋友们一起做运动。根据下文“Let’s play”可知，此处指的是和朋友一起运动。with 作介词，意

为“和.....一起”，符合句意，故填 with。

16. 句意：他收集了一小部分体育用品。句子主语为“He”，故动词 have 应用第三人称单数形式。故填 has。

17. 句意：他有 12 个网球拍，10 个棒球，3 个排球，2 个篮球和 1 个足球。空格前为基数词“3”，故名词 volleyball 应用复数形式。故填 volleyballs。

18. 句意：他的儿子托尼·史密斯 12 岁。空格后为“son”，故此处应用形容词性物主代词修饰。人称代词 he 的形容词性物主代词为 his，意为“他的”，且位于句首首字母应大写。故填 His。

19. 句意：他棒球打得很好，但他不会踢足球。根据前后句意可知，此处存在转折关系，故应用表转折的连词 but 连接。故填 but。

20. 句意：他认为棒球很有趣。从句主语为“baseball”，指物，应用 interesting，意为“有趣的”，故填 interesting。

21. Geography 22. join 23. questionnaires 24. works 25. skills 26. plans 27. to see
28. meetings 29. artists 30. designer

【解析】21. 句意：在所有科目中，我最喜欢地理，因为我喜欢去很多地方旅行。根据“subjects”和“because I like travelling to many places”及所给词可知，此处指“地理”学科。故填 Geography。

22. 句意：我可以加入你们一起踢足球吗？join sb in doing sth“加入某人做某事”；情态动词之后接动词原形。故填 join。

23. 句意：老师要求我们完成这两份关于爱好的调查问卷。根据“...on hobbies”并结合选项，此处表达“关于爱好的问卷调查”；结合“two”可知，设空处应用复数名词。故填 questionnaires。

24. 句意：在博物馆有许多艺术作品。根据 many 可知，空处应填复数名词；work of art 意为“艺术品”，work 当“作品”讲时，是可数名词，被 many 修饰变复数。故填 works。

25. 句意：我有很多技能——抛接球只是其中之一。根据“juggling (玩杂耍) with balls is just one of them”可知，此处介绍自己的独特技能。skill 意为“技能”，可数名词。many 修饰复数名词，故填 skills。

26. 句意：学生们正在谈论他们的假期计划。根据“their holiday”可知，设空处应用复数名词。holiday plan“假期计划”符合语境，故填 plans。

27. 句意：你希望去看这部新电影吗？根据“this new movie”，可知 see 动词“看”符合语境；hope to do sth.意为“希望做某事”。故填 to see。

28. 句意：我们经常在新建的这座学校大厅开会。have meetings 意为“开会”，符合语境。故填 meetings。

29. 句意：艺术家们将会在下周参观我们的学校。题干缺少主语，artist 意为“艺术家”，符合语境；根据 are 可知，此处应用复数名词。故填 artists。

30. 句意：我姐姐是一名设计师。她为女士设计衣服。根据“She designs clothes for women”可知，姐姐是设计师。结合 a，可知横线处填名词单数，故填 designer。