

职教高考文化基础课配套学习用书

英语

周测月考阶段练

(基础模块·2)

主编 倪洁 陆冠宇 宁沙
副主编 阙颖 刘春风 陈小梅 邓冬梅 胡宛艳



西南财经大学出版社
Southwestern University of Finance & Economics Press

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ISBN 978-7-5504-6477-3



9 787550 464773 >

定价: 32.00元

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图书在版编目(CIP)数据

英语周测月考阶段练:基础模块.2/倪洁,陆冠宇,
宁沙主编;阙颖等副主编.--成都:西南财经大学出版社,
2024. 11. --ISBN 978-7-5504-6477-3
I. G634. 413
中国国家版本馆 CIP 数据核字第 2024ZL3694 号

英语周测月考阶段练(基础模块·2)

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主 编 倪 洁 陆冠宇 宁 沙
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特约编辑:薛茹茹
责任编辑:王 利
助理编辑:余 扬
责任校对:植 苗
封面设计:刘文东
责任印制:朱曼丽

出版发行	西南财经大学出版社(四川省成都市光华村街 55 号)
网 址	http://cbs. swufe. edu. cn
电子邮件	bookcj@swufe. edu. cn
邮政编码	610074
电 话	028-87353785
印 刷	三河市骏杰印刷有限公司
成品尺寸	210 mm×285 mm
印 张	10. 25
字 数	296 千字
版 次	2024 年 11 月第 1 版
印 次	2024 年 11 月第 1 次印刷
书 号	ISBN 978-7-5504-6477-3
定 价	32. 00 元

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前 言

中等职业教育是我国现代教育的重要组成部分,中等职业学校必须依据教育要求与时俱进,不断进行改革。本书着重培养学生的课程核心素养,以深化学校教学改革、提高课堂教学实效性为目标,以细化解读有关课程标准要求为基础,充分落实学生的主体地位,进而激发学生的自信,挖掘学生的英语学习潜力。

本书严格按照教育部最新颁布的《中等职业学校英语课程标准》和国家规划新教材的内容,根据中等职业教育对英语学科的基本要求编写而成,不仅能够科学检测学生对知识点的掌握程度,而且可以培养学生的解题能力。

本书含有 20 套试卷,每套试卷设计了一些样式新颖的题目,以拓宽学生的视野,进一步提升学生的解题能力。在内容的选择上,本书注重知识的系统性、完整性;在内容的编排上,本书力求体现科学性、循序渐进性。学生通过使用本书可以体验考试情境,训练答题速度,巩固所学知识,学习必备的应试技巧,切实提高应试能力。

本书由苍梧县中等专业学校的倪洁老师、广西二轻技师学院的陆冠宇老师、北部湾职业技术学校的宁沙老师担任主编,由广西梧州商贸学校的阙颖老师、广西钦州农业学校的刘春风老师、广西二轻技师学院的陈小梅老师、岑溪市中等专业学校的邓冬梅老师、河池市职业教育中心学校的胡宛艳老师担任副主编。

本书既可以作为学生学习的参考资料,也可以作为教师教学的辅助资料。作为学生学习的参考资料,学生可以利用它构建完整的知识与能力网络,提高学习效率;作为教师教学的辅助资料,教师可以利用它发现教学中的问题,及时调整下一步的教学计划,帮助学生查漏补缺,强化重点,使教学质量更上一层楼。

如果本书存在不当之处,恳请广大师生在使用后提出宝贵的意见和建议,以便我们及时修订。

编 者
2024 年 10 月

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第 1 周 Unit 1 The Spring Festival

(共 100 分,考试时间 120 分钟)

一、单词拼写(共 5 小题,每小题 1 分,共 5 分)

- 1. The children were playing happily in the green (草地).
- 2. The teacher asked the students to think of a new (短语).
- 3. The children carried paper (灯笼) to celebrate the festival.
- 4. My parents always (鼓励) me to read more books.
- 5. We planted a fruit tree in our (花园) last week.

二、单项选择(共 15 小题,每小题 1 分,共 15 分)

- 1. We really our time in Beijing last summer.
A. enjoyed B. spent
C. shared D. broke
- 2. a decision carefully before taking any action.
A. Do B. Give
C. Have D. Make
- 3. We should a notice so that everyone can know it.
A. put off B. put on
C. put up D. put away
- 4. —I failed the exam. I feel very sad.
—It’s not the end of the world. !
A. No problem B. Congratulations
C. Cheer up D. Good luck
- 5. I don’t know what I should choose after graduation.
A. course B. event
C. object D. career
- 6. He looks young, but he is in his fifties.
A. hardly B. actually
C. eventually D. fully

- 7. What’s the subject of “He has long hair”?
A. He B. has
C. hair D. long
- 8. In the afternoon they went .
A. shopped B. shops
C. shoppers D. shopping
- 9. The whole family had a big together last night.
A. lunch B. dinner
C. breakfast D. supper
- 10. Mary often all kinds of sports activities.
A. takes part in B. plays part in
C. joins D. takes part of
- 11. Can you me your pen? I need to write something down.
A. borrow B. lend
C. keep D. send
- 12. Which sentence is in the correct order?
A. Will enjoy they your company.
B. This was the kind of work he liked best.
C. The Spring Festival is festival in an important China.
D. Let’s the sunshine enjoy and a great day have together.
- 13. The teacher the students hand in their homework on time.
A. asks;to B. tells;about
C. makes; to D. orders; to
- 14. The meeting went . Everyone expressed their ideas freely.
A. quickly B. smoothly
C. loudly D. quietly
- 15. Chinese parents will give their children lucky during the Spring Festival.
A. presents B. candies
C. money D. flowers

三、补全对话(共 5 小题,每小题 1 分,共 5 分)

- A: The Spring Festival is coming. 1
- B: Of course. 2
- A: What are you going to do?

7. The round moon and the crescent moon are used to describe _____.
A. seasonal changes B. reunion and separation
C. weather changes D. festival atmosphere
8. Which story about the moon is mentioned as the most famous one?
A. Hou Yi shoots down the suns.
B. The monkey tries to fish the moon out of the water.
C. Wu Gang chops the tree.
D. Chang'e flies to the moon.
9. What does the underlined word “homesickness” mean?
A. 疾病 B. 思乡
C. 家乡 D. 不适
10. What’s the passage mainly about?
A. How the Mid-autumn Festival is celebrated in China.
B. Different holiday customs and traditional activities in China.
C. Legends about the full moon in China.
D. How the moon is seen in China.

C

Tomb(坟墓) Sweeping Day falls on April 4, and it is a traditional festival for Chinese to remember and honour their ancestors.

On this day people take food and paper money to visit the tombs of their elders. Grass is pulled, dirt is swept away, and the family lays out offerings(祭品) in front of the tomb. They pray to their ancestors for blessing.

Chinese tombs are usually in woods or on mountains. It is believed that an area that faces south with many pine trees is a proper place for a tomb. People believe such a place will make the ancestors happy and in return they will look after the living family.

The Western world has different attitudes towards the dead. From about the 7th century, tombs can only be placed on church grounds. But from the late 18th century, many new cemeteries (墓地) were set up outside old towns and cities.

Today almost all communities have cemeteries. Trees such as willows and yews and flowers are often planted in a cemetery. Friends and family of the dead often leave flowers at their graves (坟墓) on major holidays.

11. The word “sweeping” in Paragraph 1 means _____.
A. laughing B. crying

- C. joking D. cleaning
12. Chinese people build tombs to face south for _____.
A. the sunshine
B. the wonderful sights
C. making the dead happy and they will care for the living
D. the growing of trees
13. Which of the following Chinese traditions is not mentioned?
A. Pulling grass. B. Sweeping dirt.
C. Making offerings. D. Setting off fireworks.
14. The tombs can only be placed _____ around the 7th century in the Western world.
A. on church grounds B. outside old towns
C. in communities D. in woods
15. The passage is mainly about _____.
A. traditions in China that remember the dead
B. western traditions that remember the dead
C. different traditions of remembering the dead
D. the same things between traditions

六、补全句子(共 10 小题,每小题 2 分,共 20 分)

1. 我正期待着庆祝你的生日。
I'm looking _____ your birthday.
2. 每个人都应该互相学习,互相帮助。
Everyone should learn from and help _____.
3. 我想告诉你特别的事情。
I want to tell you _____.
4. 我们都喜欢看春节联欢晚会。
We all like watching the _____.
5. 春节期间,人们常走亲访友。
People often _____ and friends during the Spring Festival.
6. 他们准备了美味佳肴来欢迎我们。
They prepared _____ to welcome us.
7. 我们燃放鞭炮来庆祝新年。
We _____ to celebrate the New Year.

8. 人们普遍相信阅读是有益的。

It is _____ that reading is good.

9. 我们去了庙会并玩了一些游戏。

We went to the _____ and played some games.

10. 这种习俗可以追溯到一千多年以前。

This custom can be _____ to over 1,000 years ago.

七、书面表达(共 15 分)

端午节(The Duanwu Festival)将至,我市将举行龙舟大赛。假设你是李明,你想邀请对中国传统节日感兴趣的外教 David 观看。请根据以下内容提示给他写一封邮件。

内容提示:

- 1. 端午节是中国的传统节日,人们在这天通常吃粽子、赛龙舟;
- 2. 6 月 22 日早上 7 点河滨公园将举办龙舟比赛。

注意:

- 1. 文中不得透露个人信息;
- 2. 词数 60 左右,开头和结尾已给出,不计入总词数;
- 3. 内容连贯,不要逐条翻译。

Dear David,

The Duanwu Festival is coming. _____

Looking forward to your replay.

Yours sincerely,
Li Ming

第 2 周 Unit 2 Growing Up Healthy

(共 100 分,考试时间 120 分钟)

一、单词拼写(共 5 小题,每小题 1 分,共 5 分)

- 1. She wrongly decided to _____(不参加) the last class.
- 2. Eating too many candies can cause a _____(牙痛).
- 3. You have _____(咳嗽) for two weeks. You should see a doctor.
- 4. Everyone should _____(保护) our environment.
- 5. It's not _____(适合的) to speak loudly in a library.

二、单项选择(共 15 小题,每小题 1 分,共 15 分)

- 1. This team is _____ three girls and two boys.
A. made up B. made up by
C. made of D. made up of
- 2. She showed me _____ examples of her work.
A. variable B. various
C. vary D. variety
- 3. Check your homework carefully and your answers will be _____.
A. good B. wrong
C. correct D. quiet
- 4. They _____ the bad guys every day.
A. fight against B. fight for
C. fight of D. fight to
- 5. He keeps a good _____ on his bike to avoid falling off.
A. position B. shape
C. balance D. speed
- 6. You _____ be careful when crossing the street.
A. can B. cannot
C. may D. must
- 7. To pass the exam, Lily made a great _____.
A. mistake B. effort

- C. decision D. progress
- 8. Lack of sleep does _____ to your health.
A. hurt B. pain
C. harm D. wound
- 9. They _____ be at home because the lights in the living room are on.
A. can't B. mustn't
C. may D. had better
- 10. —I'm feeling terrible! I have a bad cold.
—_____. You'd better see a doctor at once.
A. I'm afraid not B. Sorry to hear that
C. Sounds great D. You are right
- 11. Alice felt anxious and _____. She needed to take a break.
A. happy B. relaxed
C. stressed D. excited
- 12. You _____ be late for class again. It's not allowed.
A. may B. mustn't
C. may not D. must
- 13. A body temperature of 37 °C is _____.
A. special B. normal
C. strange D. regular
- 14. It's important to form a _____ of saving money.
A. action B. practice
C. behaviour D. habit
- 15. —What's the matter with you?
—_____.
A. It doesn't matter B. Not too bad
C. I don't feel well D. That's all right

三、补全对话(共 5 小题,每小题 1 分,共 5 分)

- A: 1
- B: Doctor, 2 I can't sleep well.
- A: Well, I'd better take your temperature.
- B: Is it high?
- A: A little. 3 You've just had a cold.

B: 4

A: Yes, take the medicine three times a day and drink more water.

B: Need I come again?

A: No, not necessary. 5

- A. Need I take any medicine?

B. I've got a bad headache.

C. You'll be all well in a day or two.

D. Don't worry.

E. What's wrong with you, Bill?

1. 2. 3. 4. 5.

四、完形填空(共 5 小题,每小题 2 分,共 10 分)

As we know, a healthy eating habit is good 1 our body. Of all the things we eat and drink, 2 is the most important. Our bodies can go 3 food for a long time. But for two or three days without water people may die. Many people don't know 4 water our bodies need. Most people drink only when they 5 drink. But in fact they often need more water.

1. A. forB. ofC. inD. by

2. A. fruitB. vegetablesC. waterD. food

3. A. forB. withC. withoutD. through

4. A. how muchB. how manyC. howD. why

5. A. try toB. want toC. in needD. like

五、阅读理解(共 15 小题,每小题 2 分,共 30 分)

A

Scientists have learned a lot about the kinds of food people need. They say that people should eat several kinds of food every day. They are; fruits and vegetables; meat of all kinds, fish and eggs; milk and food made from milk; bread or cereal(谷物).

People in different places of the world eat different kinds of things. Foods are cooked and eaten in many different kinds of ways. People in different countries eat at different times of the day. In some places people eat once or twice a day; in other countries people eat three or four times a day. Scientists say that the differences are not really important. It doesn't matter if a person eats dinner at 4 o'clock in the afternoon or at eleven o'clock at night. The important thing is what you eat every day.

1. Which of the following groups of food is the healthiest?

A. Chicken, apples, cereal, cabbages.

B. Cabbages, carrots, rice, bread.

C. Oranges, bananas, fish, cabbages.

D. Beef, pork, fish, milk.

2. What is the most important according to the scientists?

A. The number of times people eat.

B. The time people eat.

C. The types of food people eat every day.

D. The source of the food.

3. People in different places of the world .

A. eat the same kinds of food

B. cook their food in the same way

C. have their meals at the same time

D. eat food in different ways

4. Do scientists think the time people eat dinner is important?

A. Yes, very important.

B. Yes, but not as important as what they eat.

C. Not important.

D. The passage doesn't mention it.

5. What kind of food is not mentioned in the passage?

A. Fruits.

B. Vegetables.

C. Nuts and seeds.

D. Meat, fish, and eggs.
- B
- There are many ways to help improve your health, like eating healthy food, taking exercise and getting medical help. But the easiest and cheapest way is just to sleep eight hours or more every night. The general sleeping rule is that the younger you are the longer sleep you need.
- The problem with sleep is that more and more people in the world are not sleeping enough. According to the World Health Organization, over half the people in the world may be sleep-deprived. Having less sleep not only makes people feel tired, but also causes medical problems, such as high blood pressure.
- How do we teach people to learn the value of sleep? Perhaps they may listen to the advice of Dr James Maas, an expert in sleep. He says, "Sleep is like a credit card. When you sleep less,
- 第 2 周 Unit 2 Growing Up Healthy 第 4 页(共 8 页)

you are only borrowing time. You always have to pay it back. The more hours you don't sleep, the more hours you should sleep, to 'pay back' the hours on your 'sleep credit card'."

6. According to the passage, the easiest and cheapest way to improve health is to _____.
A. eat healthy food every day
B. take exercise as much as possible
C. get medical help whenever necessary
D. sleep eight hours or more every night
7. According to the passage, what problem does lack of sleep cause?
A. Feeling hungry.
B. Feeling happy.
C. High blood pressure.
D. Being overweight.
8. What does "sleep-deprived" mean in Paragraph 2?
A. Having a good sleep.
B. Having less sleep.
C. Excited about sleep.
D. Interested in sleep.
9. According to Dr James Maas, what is sleep like?
A. An hour.
B. A report.
C. A credit card.
D. A piece of paper.
10. What is the best title for the passage?
A. The Value of Sleep
B. The Value of Study
C. The Ways of Eating Less
D. The Ways of Making Money

C

Healthy eating doesn't just mean what you eat, but how you eat. Here is some advice on healthy eating.

Eat with others. It can help you to see others' healthy eating habits. If you usually eat with your parents, you will find that the food you eat is more delicious.

Listen to your body. Ask yourself if you are really hungry. Have a glass of water to see if you are thirsty—sometimes you are just thirsty, and you need no food. Stop eating before you feel full.

Eat breakfast. Breakfast is the most important meal of the day. After ten hours without eating, your body needs food to get you going. You will be smarter after eating breakfast.

Eat healthy snacks like fruit, yogurt(酸奶) or cheese. We all need snacks sometimes. In fact, it's a good idea to eat two healthy snacks between your three meals.

Don't eat dinner late. Try to eat dinner at least 3 hours before you go to bed. This will give your body a chance to digest most of the food before you rest for the next 8—10 hours.

11. The writer gives us _____ pieces of advice on healthy eating.
A. 4
B. 5
C. 6
D. 7
12. Which snack is NOT mentioned in the passage?
A. Fruit.
B. Yogurt.
C. Cheese.
D. Ice-cream.
13. Which of the following is TRUE according to the passage?
A. Snacks are bad for our health.
B. Keep eating until we are full.
C. Dinner is the most important meal of the day.
D. Have dinner at least 3 hours before going to bed.
14. The underlined word "digest" means "_____" in Chinese.
A. 消化
B. 享用
C. 储存
D. 循环
15. The passage mainly tells us _____.
A. where to eat
B. how to eat
C. why to eat
D. when to eat

六、补全句子(共 10 小题,每小题 2 分,共 20 分)

1. 我喉咙痛,我觉得我可能生病了。
I have a _____, so I think I might get sick.
2. 当你长大了,就会理解父母。
When you _____, you'll understand your parents.
3. 不要花太多时间玩手机。
Don't _____ too much time _____ with a mobile phone.
4. 我头痛,我需要吃一些止痛药。
I have a _____, and I need take some _____.

5. 你应该向老师寻求帮助。

You should _____ your teacher for help.

6. 让我们用一杯热水开启一天(的生活)。

Let's _____ a day with a cup of hot water.

7. 别熬夜太晚,这对你的健康有害。

Don't _____ late. It's bad for your health.

8. 你可以去健身房锻炼。

You can _____ to do exercise.

9. 天热时要多喝水。

In hot weather, drink _____ water.

10. 你一天应该至少刷两次牙。

You should _____ your teeth at least _____.

七、书面表达(共 15 分)

健康的生活习惯对于成长中的我们是非常重要的。你认为健康的生活习惯应当是怎样的呢?
请根据下面的内容提示,以“Develop a Healthy Lifestyle”为题,写一篇英语短文。

内容提示:

- 1. 健康饮食;
- 2. 早睡早起,不熬夜;
- 3. 参加运动,强身健体。

要求:词数 60 左右,可适当发挥,不要逐字翻译。

Develop a Healthy Lifestyle