**大桥教育优越中学八春提高L13课前测试**

**Teacher: Date: Time: Name: Score:**

**I.词汇**

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| **1. 寻常的一天（短）** | **a usual day** | **16.迅速的;快速的** | **rapid** |
| 1. **不同寻常的一天（短）** | **an unusual day** | **17.省份** | **province** |
| 1. **像往常一样（短）** | **as usual** | **18.主题** | **theme** |
| 1. **鼓励某人做某事（短）** | **encourage sb. to do sh.** | **19.v.收集,采集** | **collect** |
| 1. **和平（短）** | **in peace** | **20.采集，收集 n.** | **collection** |
| **6.自学（短）** | **teach oneself/ learn by oneself** | **21.代表（短）** | **stand for** |
| **7.十分钟的骑行（短）** | **ten minutes’ ride** | **22.对。。。有影响（短）** | **have an influence on** |
| **8.一对，几个（短）** | **a couple of...** | **23.多次，反复，不断（短）** | **time after time** |
| **9.茶艺（短）** | **tea art** | **24.和平** | **peace** |
| **10.茶具（短）** | **tea set** | **25.特征，特点** | **feature** |
| **11.游乐场** | **amusement park** | **26.公平合理的** | **fairly** |
| 1. **发明;发明物 n.** | **invention** | **27.战胜，打败** | **defeat** |
| 1. **发明;创造 v.** | **invent** | **28.金色** | **gold** |
| 1. **难以置信的** | **unbelievable** | **29.教练，辅导教师** | **coach** |
| 1. **进步;进展** | **progress** | **30.结果，战绩** | **result** |

II.词语运用

We all need exercise. Exercise uses up food that we eat and keeps the body \_\_\_\_\_\_\_\_1of energy(能量). If you exercise several times a week, you will stay happy and h 2. There are many \_\_\_\_\_\_\_\_\_\_3(way) to exercise.

H 4, most people cannot do this. It is too far from their homes to their offices. They have no \_\_\_\_\_\_\_\_5 (choose)but to drive to work. \_\_\_\_\_\_\_\_6 (drive) is challenging, especially in rush hours, and needs too much attention. It makes a person \_\_\_\_\_\_\_\_7(tire) out. When these people arrive home, they don't want to take exercise.

Some Western countries, such as the United States, have problems with exercise. Many people have to work \_\_\_\_\_\_\_\_8 morning till night, so they don't have time to take exercise.

Today, many people in the West are fat, which causes health problems. Doctors say exercise can help people not only lose \_\_\_\_\_\_\_\_9(weigh) but also improve their health. So many people are trying to get more exercise. But it takes time to change, and when people don't see a \_\_\_\_\_\_\_\_10(different) right away, they will lose heart and stop exercising.

答案：

1.full　 2.healthy　3. ways　4.However　5. choice

6.Driving　7. tired　 8.from　 9. weight　 10.difference