**第Ⅱ卷（非选择题）**

**Ⅶ.语篇填空（共10小题，每小题1分，满分10分）**

阅读下面短文，在空白处填入一个恰当的单词或用括号内所给单词的适当形式填空。

This year is the “Weight Management Year” (体重管理年). More and more people want to know how to keep healthy. Experts list some ways.

Healthy food is necessary. We need to eat what we need rather than what we like. Whole-grain foods (全谷物), fresh fruit \_\_\_\_41\_\_\_\_ vegetables keep people lively. Don’t forget \_\_\_\_42\_\_\_\_ (drink) enough water.

Exercise is a good choice. Exercise can make bodies \_\_\_\_43\_\_\_\_ (strong). For example, walking, hiking and jogging are good for \_\_\_\_44\_\_\_\_ (we). We’d better exercise no less than one hour a day.

Sleeping well is another key. If you don’t want to feel \_\_\_\_45\_\_\_\_ (sleep) in the daytime, then you need to go to bed early and get \_\_\_\_46\_\_\_\_ early. Sleeping well helps to focus better. Students are supposed to sleep at least for nine \_\_\_\_47\_\_\_\_ (hour) every night.

Being positive (积极的) matters. When you are stressed and nervous, why not talk \_\_\_\_48\_\_\_\_ your friends or someone you trust. Positive mind is just as important as a fit body.

In a word, healthy \_\_\_\_49\_\_\_\_ (habit) help everyone enjoy life. Managing weight isn’t just about \_\_\_\_50\_\_\_\_ (look) good, it is about feeling great inside and out.

【答案】41. and

42. to drink

43. stronger##strong

44. us 45. sleepy

46. up 47. hours

48. to##with

49. habits 50. looking

【解析】

【导语】本文主要介绍了保持健康的几种方法，包括健康饮食、锻炼、良好睡眠和积极心态等。

【41题详解】

句意：全谷物、新鲜水果和蔬菜能让人保持活力。根据“Whole-grain foods (全谷物), fresh fruit...vegetables keep people lively”可知，此处连接三个并列的名词短语“Whole-grain foods”、“fresh fruit”和“vegetables”，故此处需用并列连词and。故填and。

【42题详解】

句意：别忘了喝足够的水。forget to do“忘记做某事（未做）”，此处指“不要忘记去做喝水这件事”。故填to drink。

【43题详解】

句意：锻炼能使身体更强壮/强壮。make后接形容词作宾语补足语，stronger“更强壮的”和strong“强壮的”均符合语境，此处指锻炼让身体变得更强壮或变得强壮。故填stronger/strong。

【44题详解】

句意：例如，散步、远足和慢跑对我们有好处。for为介词，后接人称代词宾格，we的宾格形式是us，此处指这些运动对我们有益。故填us。

【45题详解】

句意：如果你不想在白天感到困倦，那么你需要早睡早起。feel为系动词，后接形容词作表语，sleep的形容词形式是sleepy“困倦的”，此处指白天感觉困倦。故填sleepy。

【46题详解】

句意：如果你不想在白天感到困倦，那么你需要早睡早起。get up“起床”，此处与“go to bed early”对应，指早起。故填up。

【47题详解】

句意：学生们每晚应该至少睡九个小时。nine“九”后接可数名词复数形式，hour的复数是hours“小时”，故应是睡九个小时。故填hours。

【48题详解】

句意：当你感到压力大和紧张时，为什么不告诉你的朋友或你信任的人呢？talk to/with“和……交谈”，此处指和朋友或信任的人交谈。故填to/with。

【49题详解】

句意：总之，健康的习惯帮助每个人享受生活。habit“习惯”，为可数名词，此处表示泛指健康的习惯，应用复数形式habits。故填habits。

【50题详解】

句意：体重管理不仅仅是为了看起来好看，更是为了由内而外都感觉良好。about是介词，后接动名词形式，look的动名词是looking，此处指“看起来”。故填looking。