

B

It's not easy growing up. Growing up can be a real "pain" for some of us. Sometimes we feel trapped, sometimes we feel sad, sometimes we are fearful, and sometimes we just don't understand why we can't stay young forever. But we should take a look back on all the hardships in life with a positive attitude and learn from them. We must overcome every obstacle one small step at a time. We should realize that all of our growing pains actually turn into growing gains!

Throughout our lives we are going to face many challenges and pains, but we should never let these obstacles keep us from following our dreams. We must overcome every obstacle one small step at a time.

As a young girl, my parents forced me to do so many things that I didn't like. They made me learn to play the violin and then the piano. At that time I hated music and I also hated them. But looking back now, I am so glad that my parents encouraged me to take music lessons. Music has enriched(丰富) my life in so many ways. I now realize that my parents and teachers wanted me to have a better life than they did themselves.

We are all going to experience growing pains, but they are just part of our life. They might seem so huge at the time, but we must be strong. Think about how we would feel if we had no challenges and lived a life like that. Life would be really boring and meaningless. The future is ours! A little hard work and sweat never hurt anyone! If we realize that these pains are just small bumps(碰撞) on our road to success, we will realize that our growing pains are actually growing gains!

1. The underlined word "obstacles" (in Paragraph 2) roughly means things that _____.

- A. are related to your studies B. you easily achieve
C. make you happy D. make it difficult for you to do something

2. How does the author now feel when remembering what her parents did for her in the past?

- A. She is fearful B. She is grateful C. She feels trapped D. She feels hateful

3. We can know from the last paragraph that _____.

- A. life without challenges is dull
B. life needs no pains but sunshine and happiness
C. we should give up faced with challenges as the future is ours
D. we shouldn't easily pay a little hard work in growing up

4. The purpose of the passage is to tell readers _____.

- A. life is full of hardships B. growing pains can turn into growing gains in a positive way
C. everyone is painful in growing up D. everyone should do what they don't like when young

DBAB

七选五(本题共5小题, 每小题2分, 共10分)

根据短文内容, 从短文后的选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

(2021·牡丹江市第十五中学高一期末) If you are already making the time to exercise, it is good indeed! With such busy lives, it can be hard to try and find the time to work out. 16. Working out in the morning provides additional benefits beyond being physically fit..

Your productivity is improved. Exercising makes you more awake and ready to handle whatever is ahead of you for the day. 17.

Your metabolism(新陈代谢) gets a head start. 18. If you work out in the mornings, then you will be getting the calorie(卡路里) burning benefits for the whole day, not in your sleep..

19. Studies found that people who woke up early for exercise slept better than those who exercised in the evening. Exercise energizes you, so it is more difficult to relax and have a peaceful sleep when you are very excited..

20. If you work out bright and early in the morning, you will be more likely to stick to healthy food choices throughout the day. Who would want to ruin their good workout by eating junk food? You will want to continue to focus on positive choices..

There are a lot of benefits to working out, especially in the mornings. Set your alarm clock an hour early and push yourself to work out! You will feel energized all day long..

- A. You will stick to your diet..
- B. Your quality of sleep improves..
- C. You prefer healthy food to fast food..
- D. There is no reason you should exercise in the morning..
- E. You can keep your head clear for 4-10 hours after exercise..
- F. After you exercise, you continue to burn calories throughout the day..
- G. If you are planning to do exercise regularly, or you' re doing it now, then listen up!..

【答案】 ..

16. G.

17. E.

18. F.

19. B.

20. A.

用单词的适当形式完成短文（本题共 10 小题，每小题 1 分，共 10 分） ..

阅读下面短文，在空白处填入 1 个适当的单词或括号内单词的正确形式。 ..

Deng Yaping, one of the best table tennis players, is the first woman player 66. (win) the championships in all the international 67. (event). ..

In 1984, she 68. (compete) for the Henan table tennis junior championship and won 69. . However, it's a 70. (fail) for her to join Henan team because of her height. She tried to work harder and be 71. (positive) about her skills. In 1988, even 72. she won the national championship, she couldn't join the national team for the same reason. Later in November 1988, Deng never gave up her ideal 73. made it finally. In 1989, she and her teammate Qiao Hong won the world championship. In 1991, Deng won the singles world championship. Those three years was the 74. (good) time for her sports life..

Deng got 18 gold medals and was the best woman player in the world for several years. After 75. (leave) the national team in 1997, she went to Tsinghua University..

【答案】 ..

66. to win.

67. events.

68. competed.

69. it.

70. failure.

71. more positive.

72. if/though.

73. and.

74. best.

75. leaving.