

七年级英语试卷 (选用)

2025. 7

(考试时间 90 分钟 满分 60 分)

学校 _____ 班级 _____ 姓名 _____ 考号 _____

考生须知

1. 本试卷共 8 页, 共两部分, 五道大题, 38 道小题。
2. 在试卷和答题卡上准确填写学校、班级、姓名和考号。
3. 试题答案一律填涂或书写在答题卡上, 在试卷上作答无效。
4. 在答题卡上, 选择题用 2B 铅笔作答, 其他试题用黑色字迹签字笔作答。
5. 考试结束, 请将本试卷和答题卡一并交回。

第一部分

本部分共 33 题, 共 40 分。在每题列出的四个选项中, 选出最符合题目要求的一项。

一、单项填空 (每题 0.5 分, 共 6 分)

从下面各题所给的 A、B、C、D 四个选项中, 选择可以填入空白处的最佳选项。

1. My brother likes reading and _____ favourite book is *Charlie and the Chocolate Factory*.
A. your B. their C. his D. her
2. The Food Festival will begin _____ July 4th in the school dining hall.
A. on B. in C. at D. to
3. Short videos are fun, _____ we shouldn't spend too much time on them.
A. and B. or C. but D. for
4. Tom wanted to keep on playing basketball, and _____ of his parents encouraged him a lot.
A. neither B. both C. either D. all
5. The music _____ very nice and it makes me relax.
A. smells B. tastes C. looks D. sounds
6. The Yangtze River is one of _____ rivers in the world.
A. long B. longer C. longest D. the longest
7. Helping others is just as _____ as getting help from others.
A. exciting B. more exciting C. most exciting D. the most exciting
8. Please _____ on the bright side of life and stay positive.
A. look B. to look C. looked D. looking
9. Last month, we _____ Hangzhou and had a great time there.
A. visit B. visited C. are visiting D. will visit

10. Sarah often _____ AI for painting and it brings her a fresh experience.
 A. used B. uses C. will use D. is using
11. Look! The students _____ butterflies in the garden now.
 A. study B. studied C. are studying D. will study
12. — Could you take me around Beijing this weekend?
 — _____

A. That's right. B. Here you are. C. Excuse me. D. No problem.

二、完形填空 (每题 1 分, 共 8 分)

阅读下面的短文, 掌握其大意, 然后从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

Tammy's goal

Tammy loved football a lot. Her room was full of football posters. When she started at a new school, she saw a big 13 on the notice board. It said, "The Conner School Football Team needs you! Tryouts(选拔) are this Thursday." She was so happy. This was just what she 14.

At the tryouts, Tammy played very well. The next morning, Tammy rushed to check the list. Her name was on it! But when she saw the note about the team captain (队长), she thought of her old school. As the team captain then, she only cared about 15. One of her teammates said, "Tammy, you're always showing yourself! You never pass the ball!" Tammy got angry and cried out 16, "You're not as good as me!" After that, most of her teammates didn't talk to her.

At the new school, her new team lost many games in two weeks, leaving Tammy really 17. During practice, she met Orlando, the boys' team captain. He invited her to play. While playing, Orlando said, "A good captain should help everyone shine." His 18 made Tammy think about her past.

Tammy decided to 19. The next day, she told Coach(教练) Lopez, "I want to be the team captain." The coach replied, "Work with others." Tammy nodded firmly and said, "I will." At practice, she wrote down what each teammate was good at. In the next game, Tammy 20 the ball. Her teammate got the ball and scored the winning goal. Tammy finally knew that working together is what really matters.

- | | | | |
|----------------|------------|--------------|-------------|
| 13. A. poster | B. book | C. map | D. card |
| 14. A. drew | B. wanted | C. wrote | D. finished |
| 15. A. running | B. walking | C. scoring | D. jumping |
| 16. A. happily | B. slowly | C. softly | D. loudly |
| 17. A. excited | B. sad | C. surprised | D. proud |
| 18. A. pages | B. papers | C. letters | D. words |
| 19. A. change | B. wait | C. leave | D. refuse |
| 20. A. got | B. threw | C. passed | D. caught |

三、阅读理解 (每题 2 分, 共 26 分)

(一) 阅读下列北京一日游方式的介绍, 请根据人物需求匹配最适合的方式, 并将其对应的选项 (A、B、C、D) 填在相应位置上。其中一个选项为多余选项。

A

A One-Day Tour in Beijing

A Group Tour Join a guided group tour! Friendly guides will take you to famous places like the Great Wall. You don't need to worry about buses, tickets, or even meals—just enjoy the fun and learning in Beijing.	B Bike Ride Ride through hutongs around Qianmen Street and Zhushikou. Stop to taste some street food and talk with the local people. It's a healthy way to see both modern and traditional Beijing.
C City Walk Take a city walk to Beihai Park and Jingshan Park. You can see beautiful views here. It's a fun way to learn about Beijing's history and culture. There's always something interesting to discover!	D Boat Trip Take a boat ride on the river from Beijing Zoo to the Summer Palace(颐和园). This is a great way to enjoy the views along the river, such as beautiful parks, stone bridges, and ancient buildings.

21. _____



Emily

I prefer having a guide to show me around so I can enjoy the trip without worries.

22. _____



Jane

I want to take a boat ride to explore the city. I'm sure I'll like the views along the river.

23. _____



Tony

I really love bike riding and would like to travel in a healthy and green way.

(二) 阅读下列短文, 根据短文内容, 从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

B

Last summer, I went on a trip with my friends. We set off on a sunny morning, excitedly talking about all the fun we would have. But halfway there, dark clouds

appeared. "Oh no! It's going to rain," Sarah said worriedly.

Soon, the rain became so heavy that our car got into the mud(泥) and couldn't move. "What should we do?" Tom asked in a scared voice. "Let's pull it out together," I said, trying to be brave. Our group got out of the car. With hard work, we finally got the car free, but everyone was wet.

When we got to our place, the ground was muddy, and it was hard to set up our tent(帐篷). Some of our food got wet. "This is so bad!" Lily almost cried.

I took a deep breath and said, "Hey, look at it this way. How many people can say they stayed in a rainstorm? Once the rain stops, the views will be different!" Amy added, "Yeah, we can tell stories and play games in the tent."

After that, we worked together to set up our tent. Inside, we played games and shared funny stories until we forgot about the rain.

The next morning, the sun broke through the clouds, turning the wet forest into a wonderful land. "Wow! It's so beautiful!" Lily said, smiling. This trip became one of our best memories. We learned that happiness isn't about everything being great; it's about staying positive and finding joy in stormy times.

24. What did the group do when their car got into the mud?
- A. They called for help. B. They cried in the rain.
C. They waited in the car. D. They pulled the car out.
25. After setting up the tent, how did the group forget about the rain?
- A. By singing songs to the music.
B. By watching movies on their phones.
C. By playing games and telling stories.
D. By cooking and sharing delicious food.
26. What did the group learn at the end of this trip?
- A. We can find happiness even in hard times.
B. The best memories come from happy trips.
C. Good weather is the key to happiness.
D. No one can enjoy trips in rainstorms.

C

Why Do We Love Sweets?

Have you ever wondered why you often want something sweet after a meal, even when you're full? Scientists have been studying this question, and their findings are quite interesting.

The sweet signal(信号)

In February 2025, scientists did experiments to find out the reason behind the love for sweets. Take mice as an example. When a mouse is full, some parts in its

brain(脑) tell it to stop eating. However, other parts make the mouse want to eat sweet food, even though it is already full. This shows that the love for sweets is natural for many animals, including humans.

How the brain balances hunger

Our brain has a special part that works like a “hunger manager” (饥饿管理者). It checks how much energy (力量) the body has. When we eat enough food and have enough energy, this part sends signals to tell us to stop eating. In this way, it helps manage hunger.

The challenge of cutting down sweets

Scientists thought that if they could make people want less sweet food, it might help improve their health. There was once a kind of medicine that made people lose interest in sweet food and helped people become thin, but it also made people feel sad and lose interest in other things. Then this medicine was no longer on the market. This suggests that enjoying sweet food may support our mental (心理的) health.

There's still a lot we don't know. We need to study more about how different sugars influence our eating. Also, we should learn how the brain works when we eat different foods. In a word, understanding the science behind our love for sweets can help us keep a balance between enjoyment and health.

27. Why did scientists do the experiments in February 2025?

- A. To learn how animals stay healthy.
- B. To find out why animals like sweets.
- C. To check if animals eat too much food.
- D. To understand how animals stop sleeping.

28. According to the passage, what does the “hunger manager” do?

- A. It stops people from feeling sad.
- B. It tells people when to stop eating.
- C. It makes people want more sweet food.
- D. It helps people become thin and feel happy.

29. What can we learn from the passage?

- A. Eating sweets is bad for mental health.
- B. The medicine helps with healthy eating habits.
- C. Cultural habits decide our choices on sweet foods.
- D. Science helps enjoy sweets while keeping healthy.

D

Take Time for Ourselves

Life today moves very fast, so we often feel busy and tired. Many people think that being with others all the time makes us happy, but I have learned that it's OK to

take time for ourselves.

In the past, I joined every club, took part in every class activity, and replied to every group message(消息). These things made me very tired and stressed(心力交瘁的). I thought, “Is there something wrong with me when I want to be alone?”

I decided to try spending time alone and see how it felt. At first, it was hard, but soon I grew to like it. When I was alone, I felt calmer little by little. This time gave me a chance to enjoy peaceful moments, think clearly, and understand my feelings. In a busy and noisy world, finding such alone time helped me feel comfortable and return to myself. This kind of solitude helped me discover deep calmness and power.

However, connecting with others is still important. It helps us make friends and stay close to people we care about. But our energy isn't endless, so we need to use it carefully. Sometimes, answering messages can feel tiring. It's OK to take a break before replying. This doesn't mean we don't care—it means we're taking care of ourselves. After resting when we're tired, we feel better, calmer, and think more clearly. Looking after ourselves is not selfish(自私的). In fact, it helps us be there for others when we're ready.

So, don't feel bad about needing alone time. Taking care of ourselves doesn't mean we are powerless—it's the first step to a happier and more peaceful life. Remember to rest when we need to.

30. The writer uses his/her example to tell us that _____.

- A. fast life leads to poor social skills
- B. taking time for oneself is OK in a busy life
- C. joining in every activity brings us happiness
- D. being with others all the time makes us relaxed

31. What does the word “solitude” in Paragraph 3 most probably mean?

- A. Aloneness.
- B. Connection.
- C. Power.
- D. Happiness.

32. Which of the following would the writer most probably agree with?

- A. Forgetting our feelings helps us stay strong.
- B. Looking after ourselves can improve our life.
- C. Spending time alone is selfish and unhelpful.
- D. Being social is more important than staying alone.

33. What is the writer's main purpose in writing this passage?

- A. To compare different ways to live a happy life.
- B. To discuss the importance of connecting with others.
- C. To suggest people balance time alone and with others.
- D. To call on people to spend more time caring for others.

第二部分

本部分共 5 题，共 20 分。根据题目要求，完成相应任务。

四、阅读表达（第 34–36 题每题 2 分，第 37 题 4 分，共 10 分）

阅读短文，根据短文内容回答问题。

I used to spend over 5 hours every day on my phone—watching funny shows, playing games, and chatting with friends. It was fun at first. But before long, I started feeling nervous. My math scores weren't as good as before, and I always felt sleepy. I knew I had to make a change.

So, I tried a challenge with my friends. Its name was "Screen-Free Friday". Every Friday after school, we did things without screens. One Friday, we visited the science museum. We saw big insects there. Another Friday, we planted small trees in a park. Sometimes, we helped clean the classroom or drew pictures together.

After six screen-free Fridays, I started noticing big changes! I did better in math because I could pay more attention in class. And those screen-free Fridays became my favorite memories.

From those Fridays, I know what we do is more important than how long we do it. For example, drawing with my friends for 30 minutes can make me happier than watching TV for hours. I still use my phone for fun, but it's not the most important thing anymore. Now, I ask myself: "Is this helping me grow, or is it just passing time?" I still play computer games, but only on Saturdays. Screen time is just a small part of my week.

The best moments are the real-world moments that make us who we are. They aren't on screens.

34. What was the name of the challenge?

35. When did the writer start noticing the big changes?

36. According to the writer, what are the best moments in life?

37. Would you like to try the "Screen-Free Friday" challenge? Why or why not?

(Please give two reasons.)

五、文段表达 (10 分)

38. 从下面两个题目中任选一题, 根据所给的中文和英文提示, 完成一篇不少于 40 词的英语文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出真实的校名和姓名。

题目①

假设你是李华, 暑假将至, 你校将接待国外学生代表团来访, 届时举办一次以“探访美丽中国”为主题的交流活动。请你用英语写一篇演讲稿, 向他们简要介绍一处国内的景点, 包括该景点的名称、特征等, 并说明你喜欢这个景点的原因。

提示词语: the Great Wall, long, history, amazing views, proud

内容提示: • What is the name of this place?

• What is it like?

• Why do you like it?

Hello, everyone! Today, I want to take you on a journey to. . .

That's all. Thank you!

题目②

从古至今, 榜样无处不在。他/她可能是探秘山河的旅行家徐霞客, 可能是永不停步的马拉松爱好者张顺, 也可能是为癌症患儿捐发的周健, 还可能是……

某英文网站正在开展以“榜样(role model)”为主题的征文活动。假设你是李华, 请你用英文写一篇短文投稿, 谈谈你心中的这位榜样是谁, 他/她做了什么令人钦佩的事情, 以及你从他/她身上学到了什么。

提示词语: difficulty, get through, challenge, spirit, never give up

内容提示: • Who is your role model?

• What did he/she do?

• What can you learn from him/her?

I'm glad to say something about my role model. . .