荣德基 主编

2026

综合应用创新题 典中点

创于1999 高分就用典中点

新情境题 新考法题 跨学科题



活页可撕

高分练习册

AI智能批改 AI同步学

五年级 英语

上（WY版）

吉林教育出版社

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Unit 1 What's on your plate?



单元目标导览

语言能力

语音

字母组合"ow"发/əʊ/音，例：slow　grow　show

字母组合"oa"发/əʊ/音，例：oats　whoa　goat

必记单词

饮食类：**candy** 糖果　chocolate 巧克力，朱古力　cola 可乐　**chips** 炸薯条；炸薯片　oil 植物油，动物油　**soup** 汤　**potato** 马铃薯，土豆　**bread** 面包　biscuit 饼干　oats 燕麦　nut 坚果；果仁　sugar 糖　snack 小吃，点心　**fruit** 水果　**meat** 肉

容器类：plate 盘，碟　teaspoon 茶匙；一茶匙之量　bottle 瓶子；一瓶之量

其他词：group 群体　stomach 胃　**heavy** 沉重的　sleepy 困倦的，瞌睡的　**always** 总是，一直　**healthy** 健康的；有益健康的　bar 块，条，棒，根　**slow** 慢下来；缓慢的　whoa 冷静，慢些　**letter** 信，函　enough 足够　**bad** 不好的，糟糕的，坏的　problem 问题，难题；困难　choose 挑选，选择　change 变化，改变

常考短语

food group 食物类别	noodles in soup 汤面	look at 看……
too much 太多	on our plates 在我们的盘子里	a lot of 许多，大量
a bottle of oil 一瓶油	a few 一些，几个	make sb. sleepy 让某人困倦
have to 不得不	a teaspoon of sugar 一茶匙糖	a bag of chips 一包薯条
a letter from... 一封来自…… 的信	work hard 努力工作	
help sb. (to) do sth. 帮助某人做某事	a bar of chocolate 一块巧克力	

必会句型

1. 表示建议某人做某事的句型：主语+should+动词原形(+其他).

例：You should have some vegetables. 你应该吃一些蔬菜。

2. 表示不要做某事的句型：Don't+动词原形(+其他).

例：Don't take too much! 不要拿太多！

3. 询问某人想要吃什么的句型及答语：

—What+do/does+主语+want to eat?　—主语+want(s)+具体食物.

例：—What do you want to eat? 你想吃什么？—I want chicken and beef. 我想要鸡肉和牛肉。

4. I often feel hungry all morning. 我常常整个早上都感到饥饿。

5. That's enough! 够了！

核心语法

情态动词 should 的用法：should 意为"应该"，用于给予建议、说明义务。其否定形式为 shouldn't。需要注意的是 should/shouldn't 后加动词原形。

文化意识

对比中外饮食差异，如中西饮食搭配不同，发现健康饮食共识，了解饮食礼仪内涵，尊重文化多样性，增强跨文化理解。

思维品质

分析健康与不健康的食物，归纳不良饮食习惯的危害，批判性思考饮食搭配，创新设计健康餐食，提升思维能力。

学习能力

自主查询饮食知识，小组合作设计健康餐食，筛选整理信息，反思调整饮食计划，运用英语交流，提升综合学习能力。

1 Get ready-Start up

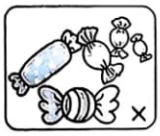
子主题 合理搭配饮食

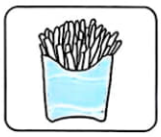
扫码听音频

主题情境 典典要参加“健康餐盘创意赛”，但他不懂健康搭配，请大家助力他赢得比赛吧。

听力加油站

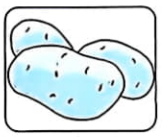
一 赛前，典典在听营养师的“食品知识特训课”。听句子，判断图片与所听内容是否相符，相符的填“T”，不符的填“F”。

1.  ( )

2.  ( )

3. 

( )

4.  ( )

5. 

( )

二 学习后，典典与他的好友龙龙在交流。听他们的对话，选择正确选项。

( ) **1.** Longlong wants _____ for lunch.

A. chips and cola　　B. beef noodles and soup　　C. milk and vegetables

( ) **2.** Diandian thinks Longlong should have _____.

A. soup　　B. chicken　　C. milk and vegetables

( ) **3.** What does Diandian want for lunch?

A. 

B. 

C. 

( ) **4.** Whose lunch is healthy?

A. Longlong's.　　B. Diandian's.　　C. No one（没有人）.

读写进阶营

三 课下，典典和同桌在讨论有关饮食的话题。选一选，补全他们的聊天内容。

soup　candies　potatoes　choose　plate　groups

1. —What do you know about food _____? —I know vegetables.

2. —What food do you _____? —Some beef soup.

3. You can have noodles in _____.

4. Please eat all the food on your _____.

5. Chips are made from（由……制作）_____.

6. Don't take too many _____. They're bad for your teeth.

四 典典在记事本上记录准备健康餐盘的过程。读一读，选择正确的一项补全表述。

( ) **1.** I want _____ cake every day, but I shouldn't do that.

A. eat　　B. to eat　　C. eats

( ) **2.** We should _____ fruit before eating it.

A. wash　　B. washes　　C. to wash

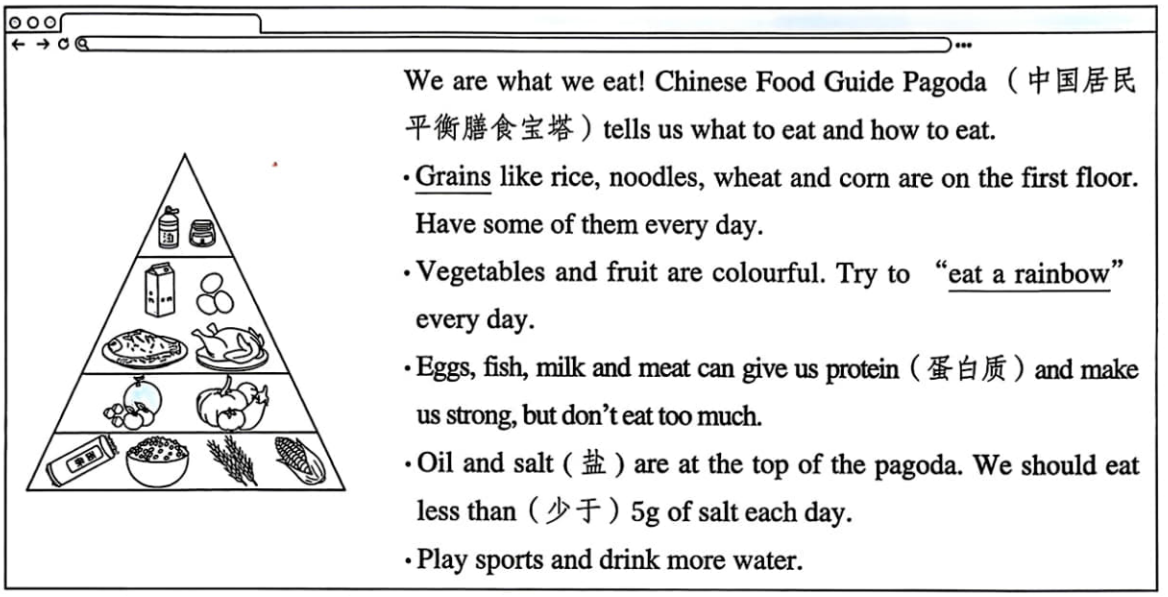
( ) **3.** My teacher says we _____ eat all the food on our plates.

A. should B. shouldn't C. can

( ) **4.** There _____ so much food on the table.

A. are B. is C. be

五 多模态语篇 网页 典典上网查阅资料来最终确认自己的膳食搭配比例。阅读材料，选择正确的答案。



We are what we eat! Chinese Food Guide Pagoda（中国居民平衡膳食宝塔）tells us what to eat and how to eat.

- Grains like rice, noodles, wheat and corn are on the first floor. Have some of them every day.
- Vegetables and fruit are colourful. Try to "eat a rainbow" every day.
- Eggs, fish, milk and meat can give us protein（蛋白质）and make us strong, but don't eat too much.
- Oil and salt（盐）are at the top of the pagoda. We should eat less than（少于）5g of salt each day.
- Play sports and drink more water.

( ) **1.** What does the pagoda tell us?

A. How to eat. B. What to eat. C. Both A and B.

( ) **2.** What does the underlined word "Grains" mean? 新考法+词义猜测题

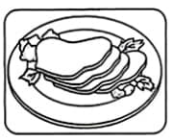
A. 面食 B. 谷物 C. 玉米

( ) **3.** What does the underlined phrase "eat a rainbow" mean? 新考法+词义猜测题

A. Eat a colourful cake. B. Eat more kinds of vegetables and fruit.

C. Don't eat too much.

( ) **4.** What can give us protein and make us strong?

A.  B.  C. 

( ) **5.** Which of the following eating habits（习惯）is right? 新考法+细节理解题

A. Only eat rice and noodles for every meal.

B. Eat a lot of fried chicken and a few vegetables.

C. Have different kinds of vegetables, some grains and some meat every day.

2 Speed up

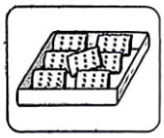
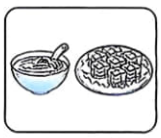
子主题 良好的饮食习惯

扫码听音频

主题情境 学校开展“健康饮食”主题周，同学们都有什么健康饮食秘诀呢？

听力加油站

一 早上在食堂吃饭的时候发生了什么事情呢？听句子，用数字1–5给图片排序。




(　　)　(　　)　(　　)　(　　)　(　　)

二 典典给大家介绍了自己的饮食习惯。听他的介绍，判断句子正（T）误（F）。

(　　) **1.** Diandian only has biscuits for breakfast.

(　　) **2.** For lunch, Diandian eats meat, vegetables and fruit.

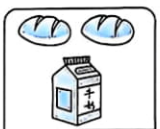
(　　) **3.** Diandian's dinner is not healthy because he eats meat.

(　　) **4.** Diandian eats dinner very fast.

(　　) **5.** Diandian is healthy.

读写进阶营

三 课间，同学们在互相聊天。请根据提示补全句子。


第1题图


第2题图


第3题图


第4题图

1. I often have b_____ and milk for breakfast.

2. Let's cook some b_____ for the picnic.

3. I get a l_____ from Doctor Li.

4. Oh, Daming doesn't have breakfast. His s_____ hurts.

5. I like vegetables and fruit. They are h_____.

四 天天化身校园小记者采访同学们的健康生活小妙招。读一读，用所给词的适当形式补全句子。

1. My little sister always _____ (brush) her teeth before going to bed.

2. Mum says she needs to eat _____ (slow).

3. We have to _____ (eat) breakfast every day.

4. Doing sports every morning helps us stay _____ (health).

5. Don't eat too much. It makes you _____ (sleep) in class.

五 真实情境题 日常生活 天天根据采访结果总结了一些饮食习惯。请在好的饮食习惯前的括号内打“√”。

(　　) **1.** Only have a few biscuits for breakfast.

(　　) **2.** Eat a lot of meat but no vegetables or fruit for lunch.

(　　) **3.** Eat dinner slowly and chew（咀嚼）well.

（　　）**4.** Have bread, milk, eggs, fruit and vegetables for breakfast.

（　　）**5.** Always eat some ice cream after dinner.

六 课后，Mary 和天天正在聊天。请选择正确选项补全对话。

Mary: Hi! **1.** _____

Tiantian: Yes, of course. **2.** _____

Mary: That sounds great. What do you eat?

Tiantian: 3. _____

Mary: I often forget（忘记）to eat fruit. **4.** _____

Tiantian: Yes! Fruit gives us vitamins. Try to eat one or two kinds every day.

A. Vegetables, rice, fruit and a little meat.
B. Do you eat healthily?
C. Should I have fruit every day?
D. I eat different kinds of food every day.

七 山东省青岛市期末改编 阅读短文，按要求完成任务。

Many people in China are getting too heavy! By 2030, about 70% of grown-ups and 30% of children might become overweight（超重的）. Being overweight isn't good for our bodies. Our country has made a plan to help everyone stay healthy. Here are some ways to help you.

Healthy eating

· Eat healthy food

You can eat fruit, vegetables, rice and meat. If you like eating snacks（零食）, try some nuts or yogurt. You can eat them at 9–10 a.m. or 3–4 p.m. Do not eat too much junk food（垃圾食物）.



· Eat more kinds of foods

Try to eat 12 or more different foods every day and 25 or more every week.



· Eat slowly and on time

No more food after 9 p.m. Let your stomach have a rest.



Proper exercise

· Find a sport you love

Playing sports every day is great for your body.When you play sports, you feel happy and relaxed. You can play ball games with your friends, jump rope or ride a bike.





· Other activities

If you don't like sports, that's OK. You can walk the dog or do housework at home. These can also keep your body healthy.





任务一：根据短文内容，选择正确的答案。

（　　）**1.** Which sentence is NOT right according to the passage（文章）? 新考法·细节理解题

A. Lots of people might become overweight by 2030.

B. Only playing sports can keep your body healthy.

C. It's not good for you to eat food after 9 o'clock in the evening.

（　　）**2.** China has made a plan to help everyone stay healthy because _____.

A. people like junk food　　B. children need more snacks

C. many people are getting too heavy

任务二：根据短文内容，回答问题。

3. When can we eat healthy snacks? _____

4. What do you often do to keep healthy? 新考法·开放题 _____

3 Fuel up

子主题 健康的食物

主题情境 今天是户外野餐日，孩子们带着零食来到草坪，我们一起去看看吧！

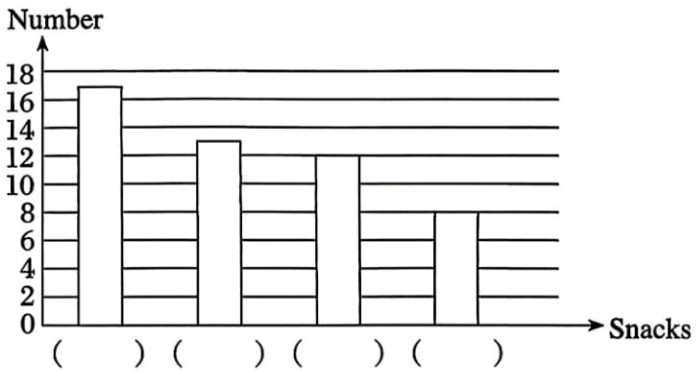
扫码听音频

听力加油站

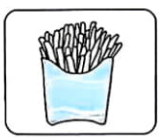
一 为了这次野餐同学们都准备了许多食物和饮品。听对话，用数字1–5给下列物品排序。

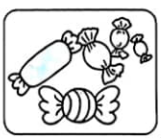


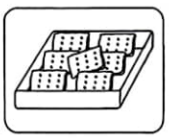
二 野餐的时候，龙龙调查了他班级同学最喜爱的零食的情况（每人仅选择一种）。听短文，选择正确图片补全图表。



A. 

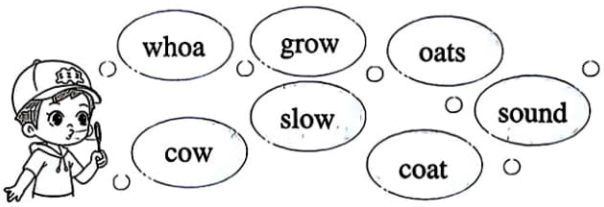
B. 

C. 

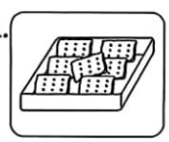
D. 

读写进阶营

三 自由活动的时候，典典正在吹泡泡。请圈出泡泡中不含发 /əʊ/ 音的单词。



四 午饭时间到了，大家正聚在一起吃饭。读一读，选择与句意相符的图片。

A. 

B. 

C. 

D. 

E. 

( ) **1.** You should eat fresh vegetables. ( ) **2.** Don't take too many chips!

( ) **3.** Drink a cup of milk every morning, Tina. It's good for you.

( ) **4.** Biscuits are unhealthy snacks. ( ) **5.** A big bar of chocolate has much sugar.

五 华华在向荣老师寻求帮助。读一读，选择合适的单词补全短文。

oats　chocolate　sugar　changes　snacks

My cousin, Danny, is eight years old. He really loves eating **1.** _____ like chips and candies. They have a lot of oil and **2.** _____ . He even eats a bar of **3.** _____ almost every day. I tell him to choose more healthy food, such as **4.** _____ and fruit. But he doesn't listen. He doesn't like sports, either. He needs to make some **5.** _____ . I'm worried about him. Can you help him, Mr Rong?

六 多模态语篇 饮品报告 野餐结束后，龙龙在公众号上看到了一份饮品报告。阅读材料，选择正确的答案。

Drink Report	
 330 ml soda	0 sugar
 330 ml sports drink	≈ 9g to 24g sugar
 250 ml energy drink	≈ 32g sugar
 500 ml milk tea	≈ 45g to 60g sugar

Are sports drinks necessary?
Having sports drinks sometimes is OK. They give us vitamins and minerals.
You don't have to drink them when you do sports for less than 2 hours.
People with heart problems can't have sports drinks.

词汇积累：report 报告　necessary 必要的　vitamin 维生素
mineral 矿物质　less than 少于

( ) **1.** Who should not drink sports drinks?

A. Children under 10.　B. People doing exercise for two hours.

C. People with heart problems.

( ) **2.** Which drink has the HIGHEST（最高的）sugar content（含糖量）?

A. The milk tea.　B. The sports drink.　C. The soda.

( ) **3.** Why is the soda better for children?

A. Because it tastes sweeter.　B. Because it has no sugar.　C. Because it gives more energy.

( ) **4.** _____ . He/She needs sports drinks.

A. Nancy will do sports for 3 hours　B. Tom will do sports for 1 hour

C. Lily will go shopping

( ) **5.** If a child drinks TWO energy drinks（250 ml each）, how much sugar does he or she take? 跨学科题

A. About 25g.　B. About 32g.　C. About 64g.

典点

答案

详解详析

学方法 点思路 析易错 拨疑难



走向重点学校

五年级 英语 上 (WY版)

Unit 1 What's on your plate?

1 Get ready–Start up

听力材料

一 1. Eating too many candies is not healthy.

2. The chicken soup is good.

3. Milk is healthy for us.

4. Let's eat more carrots!

5. Don't eat too much chocolate!

二 **Diandian:** What do you want to eat for lunch, Longlong?

Longlong: I want chips and cola today.

Diandian: They aren't good for you. You should have some milk. And you should have more vegetables. They are good for you.

Longlong: OK, I know. So what about you, Diandian?

Diandian: I want some beef noodles and soup.

Longlong: Oh, they're healthy.

参考答案

一 1. T 2. F 3. F 4. F 5. T

二 1. A 2. C 3. B 4. B

三 1. groups 2. choose 3. soup 4. plate 5. potatoes 6. candies

四 1. B 【点拨】固定搭配"want to do sth."意为"想要做某事"，故选B。

2. A 【点拨】情态动词"should"后接动词原形，故选A。

3. A 【点拨】由句意可知，是"应该吃完盘子里所有的食物"，故选A。

4. B 【点拨】主语food为不可数名词，视作单数，故选B。

五 1. C 【点拨】由"Chinese Food Guide Pagoda（中国居民平衡膳食宝塔）tells us what to eat and how to eat."可知，宝塔告诉我们吃什么和怎么吃，故选C。

2. B 【点拨】由"Grains like rice, noodles, wheat and corn are on the first floor."并结合常识大米、面条、小麦、玉米都属于谷物可知，"Grains"意为"谷物"，故选B。

3. B 【点拨】由"Vegetables and fruit are colourful."可知，蔬菜和水果色彩丰富，由此可知"eat a rainbow"是指多吃各类蔬菜和水果，故选B。

4. A 【点拨】由"Eggs, fish, milk and meat can give us protein（蛋白质）and make us strong"可知，选A。

5. C 【点拨】C选项涵盖了谷物、蔬菜、蛋白质类的合理搭配，符合膳食宝塔倡导的平衡膳食。

2 Speed up

听力材料

1. Sally has bread for breakfast.

2. Tiantian has a few biscuits.

3. Bill and Tom always have some meat and soup for breakfast.

4. Don't eat too fast. It's not good for you.

5. We should eat more vegetables. They're healthy.

二 Hello, I'm Diandian. For breakfast, I have bread, milk, an egg and some fruit and vegetables — no biscuits! For lunch, I eat some meat, lots of vegetables and fruit to stay active. For dinner, I eat slowly. I often have rice, vegetables and a little meat. I'm healthy.

参考答案

一 2 3 1 5 4

二 1. F 2. T 3. F 4. F 5. T

三 1. bread 2. biscuits 3. letter 4. stomach 5. healthy

四 1. brushes 【点拨】主语"My little sister"是第三人称单数，一般现在时中动词用第三人称单数形式"brushes"。

2. slowly 【点拨】修饰动词"eat"需用副词。

3. eat 【点拨】"have to"后要接动词原形。

4. healthy 【点拨】"stay + 形容词"表示"保持……状态"，故填healthy。

5. sleepy 【点拨】"make sb. + 形容词"表示"使某人……"，故填sleepy。

五 3 和 4 前打“√”

六 1. B　2. D　3. A　4. C

七 任务一：1. B　2. C

任务二：3. We can eat them at 9–10 a.m. or 3–4 p.m.

4. I often play basketball with my friends to keep healthy.

3 Fuel up

听力材料

一 1. A: What do you eat?　B: I eat the cake.

2. A: What do you have?

B: I have a bar of chocolate. It's milk chocolate!

3. A: What are these?

B: They are nuts. They are healthy snacks.

4. A: It's hot. Do you have anything to drink?

B: Yes. I have juice, orange juice!

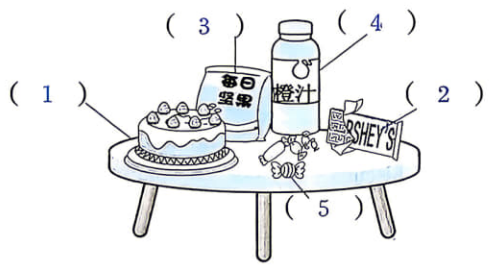
5. A: I want some candies.

B: OK, but don't take too many candies.

二 Let me tell you about my classmates' favourite snacks. I find seventeen students like chips, because they are yummy. Thirteen students love cola. And twelve students love candies because they're sweet and tasty. Eight students choose biscuits because they are easy to share. But I think these snacks are not healthy.

参考答案

一



二（从左往右）B　A　C　D

三 圈“cow”和“sound”

四 1. D　2. B　3. E　4. A　5. C

五 1. snacks　2. sugar　3. chocolate　4. oats　5. changes

六 1. C　【点拨】材料中提到“People with heart problems can't have sports drinks.”，可知有心脏问题的人不应该喝运动饮料，故选 C。

2. A　3. B　4. A

5. C　【点拨】一瓶 250ml 的能量饮料约含 32g 糖，两瓶约含 $32 \times 2 = 64$g，故选 C。

4 Hit it big

一 1. B　2. B　3. C　4. A　5. A

二 1. B　【点拨】“vegetables”和“fish”是并列关系，用“and”，故选 B。

2. A　【点拨】“juice”是不可数名词，“a few”修饰可数名词复数，结合“I will buy some, too.”可知瓶子里只有一点儿橙汁了，故选 A。

3. A　【点拨】“want to do sth.”是固定用法，所以第一空用“to eat”；“meat”是不可数名词，“too much”修饰不可数名词，“too many”修饰可数名词复数，故选 A。

4. C

三 1. vegetables; bananas

2. should have grains; there is rice; should have proteins; there is chicken

画图略（答案不唯一，合理即可）

四（7）　1　6　4　3　5　8　2

五 任务一：1. B　2. A

任务二：1. fruit; vegetables　2. milk　3. watch TV

4. stay inside　5. too many candies　6. early

5 Wrap up–Let's explore

一 1. soup　2. candies　3. meat　4. bread　5. healthy

二 1. A

2. B　【点拨】主语“My mum”是第三人称单数，一般现在时中谓语动词用第三人称单数形式，故选 B。

3. A　【点拨】“bread”是不可数名词，“there be”句型中 be 动词用 is，故选 A。

4. C　【点拨】“want to do sth.”是固定用法，意为“想要做某事”，故选 C。

5. A　【点拨】“make sb./sth. + 形容词”表示“使某人/某物……”，故选 A。

三 1. to eat some oats　2. eat some chips

3. have vegetables

4. like potatoes　5. eat carrots for our

四 1. healthy　2. bones　3. eyes　4. Nuts　5. skin

走向重点学校

基础默写本



同步听写

句子检测

五年级

英语

上（WY版）

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Unit 1 What's on your plate?

重点单词

1. 盘，碟

2. 群体

3. 糖果

4. 巧克力，朱古力

5. 可乐

6. 炸薯条；炸薯片

7. 汤

8. 马铃薯，土豆

9. 挑选，选择

10. 胃

11. 水果

12. 面包

13. 饼干

14. 肉

15. 沉重的

16. 困倦的，瞌睡的

17. 总是，一直

18. 信，函

19. 变化，改变

20. 足够

21. 健康的；有益健康的

22. 慢下来；缓慢的

23. 冷静，慢些

24. 燕麦

25. 坚果；果仁

26. 不好的，糟糕的，坏的

27. 问题，难题；困难

28. 块，条，棒，根

29. 茶匙；一茶匙之量

30. 糖

31. 瓶子；一瓶之量

32. 植物油，动物油

33. 小吃，点心

重点短语

34. 食物类别

35. 汤面

36. 看

37. 太多

38. 在我们的盘子里

39. 许多，大量

40. 一封来自……的信

41. 一些，几个

42. 让……困倦

43. 不得不

44. 努力工作

45. 帮助…… 做……

46. 一块巧克力

47. 一茶匙糖

48. 一包薯条

49. 一瓶油

重点句子

50. 你应该吃一些蔬菜。

51. 不要拿太多！

52. ——你想吃什么？

——我想吃鸡肉和牛肉。

53. 只有一些饼干是不够的！我经常整个早上都感到饥饿。

54. 我变得很沉。这让你在下午觉得困倦。

55. 这里有这么多的食物。

56. 我们应该吃完我们盘子里的所有食物。

57. ——你现在有什么蔬菜？

——土豆，很多土豆。

58. 你吃很多的肉，但是没有蔬菜和水果。

59. 我不得不在晚餐后努力工作很长时间。

60. 萨利，请做出一些改变。帮助我保持健康。

61. 我们应该喝牛奶。它对我们的骨骼有好处。

62. 够了！

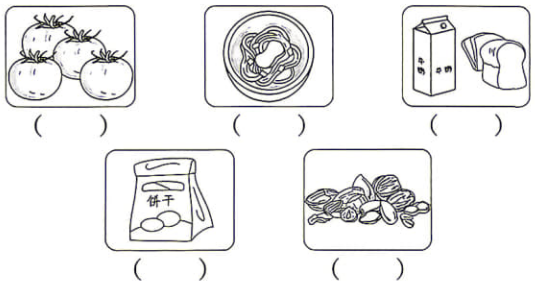
Unit 1 综合素养练

等级

听力部分（30 分）

听力

一、今天是“健康饮食日”，学校食堂准备了很多美食，同学们正在挑选。听句子，用 1–5 给图片排序。(5 分)



( ) ( ) ( ) ( ) ( )

二、食堂阿姨在分发食物时会提醒大家要健康饮食。请你听句子，选择合适的应答语。(5 分)

( )1. A. I have bread. B. I want to eat some chips. C. I like potatoes.

( )2. A. OK! B. Thank you. C. That's OK.

( )3. A. You can eat some fruit. B. I should drink some water. C. You should have some vegetables.

( )4. A. I drink milk. B. I eat some candies. C. I eat some vegetables.

( )5. A. I like meat. B. I know vegetables and fruit. C. I have some noodles.

三、食堂一角，细心的典典发现 Tom 今天不在状态。听对话内容，选出合适的答案。(10 分)

( )1. Why does Tom look tired?
A. Because he works too hard.
B. Because he often feels sleepy in the afternoon.
C. Because he can't sleep at night.

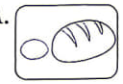
( )2. What does Tom have for lunch?

A. 

B. 

C. 

( )3. Tom should have _____ for lunch.

A.  B.  C. 

( )4. What does Tom have for breakfast?
A. Milk and eggs. B. A biscuit. C. Vegetables.

( )5. What does a good breakfast help Tom do?
A. Get active. B. Feel sleepy. C. Get heavy.

四、班会上，老师让典典向大家介绍自己的一日三餐。听短文，判断句子正(T)误(F)。(10 分)

( )1. Diandian always has bread and milk for breakfast.

( )2. Diandian often eats too many biscuits.

( )3. For lunch, Diandian likes noodles with vegetables and a little beef.

( )4. Diandian thinks meat is good.

( )5. Diandian often has apples for dinner.

笔试部分（70 分）

五、为了活跃课堂气氛，老师带大家做“发音小游戏”。从每组单词中找出画线部分发音不同的一项。(5 分)

( )1. A. slow B. whoa C. cow

( )2. A. no B. [illegible] C. [illegible]

( )3. A. grow B. [illegible] C. [illegible]

( )4. A. show B. down C. bowl

( )5. A. low B. town C. yellow

六、班会结束后，老师在班级角上写了几条饮食建议。请根据首字母提示，补全建议。(5 分)

1. Chips are bad fro[illegible], but they're unhealthy.
2. Eating too many c_____ is not good for you.
3. Don't eat too fast. You should eat s_____.
4. In the morning, please have enough food, like some b_____, milk and eggs.
5. Eating more vegetables can help you stay h_____.

七、课间的时候，学校广播正在播放“健康饮食指南”。请选择正确的一项补全指南内容。(5 分)

( )1. We _____ have some vegetables every day.
A. should B. shouldn't C. don't

( )2. Don't take _____ chips. They're unhealthy.
A. too much B. much too C. too many

( )3. Eating a lot of meat can make you feel _____.
A. sleep B. sleeping C. sleepy

( )4. We should not eat _____. It's bad for our stomach.
A. slow B. slowly C. fast

( )5. Vegetables and fruit can help us _____.
A. to grow B. grows C. growing

八、学生会打算制作一些宣传标语，贴在学校的各个位置。请仿照示例并根据提示写一写。(10 分)

例 1：We should eat some vegetables and fruit every day.

1. We should _____ _____ every day. (breakfast)
2. _____ (enough food)

例 2：Don't take too much meat.

3. Don't eat _____ _____ _____. (candies)
4. _____ (chips)
5. Don't _____. We should _____. (fast; slowly)

九、正在帮忙的 Lily 突然肚子不太舒服，蓝蓝陪她来到了医务室。请选择正确的选项补全对话。(10 分)

Doctor: Hi! 1. _____

Lily: I have a stomachache(胃疼). I had a lot of fried chicken (炸鸡) and cold drinks.

Doctor: How often do you have junk food?

Lily: 2. _____

Doctor: Oh, that's too much. 3. _____

Lily: 4. _____

Doctor: Eating more vegetables and some fruit can help you a lot.

Lily: OK. I will eat some healthy food from now on.

Doctor: That's right! You will be better soon.

Lily: 5. _____

A. OK. What should I eat? B. At least three times a week.
C. You should make a change. D. Thank you.
E. What's wrong with you?

2026秋 典中点 《综合素养练》 小学英语 5年级上册 外研版

十、在下午的健康饮食分享会上，典典给大家分享了自己的饮食习惯。请选择合适的单词补全短文。(10分)

apples　often　healthy　cola　soup

I know how to stay **1.** _____. In the morning, I **2.** _____ get up early and have some milk and eggs at 7 a.m. They give me energy. For lunch, I have fresh vegetables and I have some soft noodles in **3.** _____ for dinner. They warm my stomach. I drink water every day. I don't like **4.** _____ —it's not healthy. "An apple a day keeps the doctor away." So I eat **5.** _____ after lunch every day.

十一、天天给大家分享了之前医生给他的来信。请阅读信件，选择正确的答案。(10分)

Dear Tiantian,

I'm your family doctor. We know everyone wants to be healthy. How can you keep healthy? Here is some advice(建议) for you.

① Please eat a healthy breakfast. It is very good for your health. It's a good beginning(开头) of the day.

② Please go to bed early and get up early. If you sleep well, you'll have energy(精力) to read books, play sports and do what you want to do.

③ Please eat some fruit like apples, oranges, bananas and so on(等等). Vegetables can make you healthy, too.

④ Please don't eat junk food, because it's really bad!

Do these above, and you'll be healthy.

Rocky

(　　) **1.** Who is the letter to?

A. Tiantian.　B. The family doctor.　C. Rocky.

(　　) **2.** What should we have for breakfast?

A. Chips.　B. Fried chicken.

C. Milk and bread.

(　　) **3.** The underlined phrase(短语) "junk food" means "_____". 新考法+词义猜测题

A. 垃圾食品　B. 绿色食品　C. 有机食品

(　　) **4.** What's the letter about? 新考法+主旨大意题

A. It's about how to eat breakfast.

B. It's about how to keep healthy.

C. It's about how to be thin.

(　　) **5.** Which of the following is right? 新考法+细节理解题

A. Please eat at KFC every day.

B. There are four ways to keep healthy.

C. Go to bed late and get up late, and you'll have energy to do what you want to do.

十二、老师给大家分享了一篇新闻报道。请阅读文章，完成任务。(10分)

Time to Stay Healthy

Many Chinese people are getting too heavy! Being overweight(超重的) isn't good for our health. Our country has made a plan to help everyone stay healthy.

Are you overweight? Your Body Mass Index(BMI)(身体质量指数) helps you know!



BMI对照表

	Boy	Girl
Age	overweight	overweight
8	17.8	17.6
9	18.5	18.5
10	19.2	19.5
11	19.9	20.5
12	20.7	21.5

$$\text{BMI} = \frac{\text{weight(kg)}}{\text{height}^2(\text{m}^2)} = _____$$

To help us eat healthily and happily, our country gives some suggestions(建议).



· Eat more kinds of foods. Try to eat 12 or more kinds of foods every day and 25 or more every week.

· Eat in order. First, we should eat vegetables and fruit. Then, we eat meat, fish and eggs. At last, we eat rice, noodles and potatoes.

· Eat slowly and eat on time. It is good to have 20 minutes for breakfast and take 30 minutes for lunch and dinner.

· Eat healthy snacks like nuts and yogurt(酸奶). Don't eat any snacks after 9 p.m.

· You can eat ice cream or biscuits, but only one or two times a week.

任务一：根据文章内容，选择正确的答案。(8分)

(　　) **1.** Alice is a 12-year-old girl. Her BMI is 23. She is _____.

A. overweight　B. not overweight　C. thin

(　　) **2.** —How many kinds of foods should we eat every week?

—_____.

A. 12 or more　B. 25 or more　C. 20 or more

(　　) **3.** We should eat in order like Picture _____.

A. 　B. 　C. 

(　　) **4.** From this passage, we know that _____.

A. it is good to take 20 minutes for lunch

B. it is not healthy to eat any snacks after 9 p.m.

C. we can't eat ice cream or biscuits 新考法+细节理解题

任务二：新题型+开放题 根据文章内容并结合实际，回答问题。(2分)

Do you have good eating habits(饮食习惯)? Please write down your good eating habits.

_____

_____

十三、书面表达。(5分)

在分享会的最后，老师号召大家争当"健康饮食小达人"。要求大家以"My Healthy Diet"为题，写写你每天的饮食安排，分享你的1–2个健康饮食习惯吧！

要求：不少于5句话，语句通顺，逻辑合理，书写规范。

My Healthy Diet

I have a healthy diet. In the morning, I often eat _____.

For lunch, _____.

For dinner, _____.

And _____

_____ These good habits help me to stay healthy.

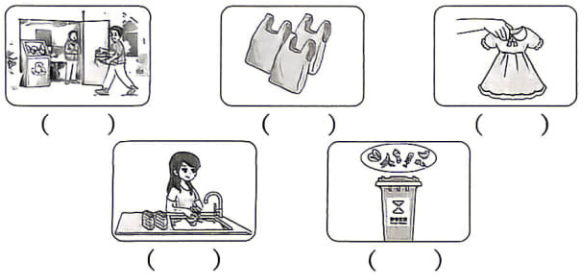
Unit 2 综合素养练

等级

听力部分（30 分）

听力

一、同学们在课间聊着各种周边琐事。听句子，用数字 1–5 给图片排序。(5 分)



( ) ( ) ( ) ( ) ( )

二、美术课上，老师让大家思考可以用废弃物做成哪些艺术品。听句子或对话，判断图片与所听内容是否相符，相符写“T”，不符写“F”。(5 分)

1.  ( )
2.  ( )
3.  ( )
4.  ( )
5.  ( )

三、放学回家后，龙龙和妈妈大扫除，整理出很多旧物。听对话，判断句子正(T)误(F)。(10 分)

( )1. Longlong and his mum want to use old boxes to make a toy car.

( )2. Longlong and his mum plan to cut old clothes to make a new bag.

( )3. Longlong's mum wants to use the old shoe boxes to hold books.

( )4. Longlong's mum thinks using old things is bad for the earth.

( )5. Longlong doesn't like using old things.

四、整理完旧物后，龙龙在社交平台上看到了一则爱护地球的倡议书。听短文，根据短文内容选择正确的答案。(10 分)

( )1. The earth is our home, but now it's not very _____.

A. beautiful B. well C. clean

( )2. We should _____ when leaving the classroom.

A. turn off lights B. close the door

C. clean the desk

( )3. We can use face-washing water to _____.

A. water trees B. wash clothes C. water flowers

( )4. We should put _____ in recycling bins.

A. used books B. pens C. old shoes

( )5. Don't use _____

A. plastic boxes B. cloth bags C. plastic bags

笔试部分（70 分）

五、龙龙在整理混在一起的单词卡片。选一选，选出每组中画线部分发音不同的一项。(5 分)

( )1. A. bee B. bread C. meet

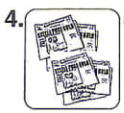
( )2. A. head B. meat C. tea

( )3. A. feet B. beach C. breakfast

( )4. A. keep B. dead C. see

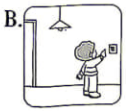
( )5. A. leaf B. feed C. sweater

六、龙龙正在写作业。根据图片和首字母提示，补全句子。(10 分)

1. 
2. 
3. 
4. 
5. 

1. These old things are all w_____.
2. This cup is made of(由……制成) p_____ material.
3. We should r_____ paper to make the earth greener.
4. These old n_____ are useful. Let's use them to make something new.
5. Milk boxes have three parts: paper, plastic and m_____.

七、龙龙的社区设立了环保信箱，龙龙写了几条建议准备投递到信箱里。读一读，给他的每条建议选择匹配的图片。(10 分)

A. 
B. 
C. 
D. 
E. 

There are a lot of ways to make the earth green:

Plant more trees. 1. _____

Brush teeth by putting water into a glass. 2. _____

Clean up after the dog when walking it. 3. _____

Walk to school or use a bike. 4. _____

Turn off the lights when leaving a room. 5. _____

八、[立德树人 环境保护] 龙龙和弟弟亮亮在公园担任环保志愿者。读一读，选择合适的句子补全对话。(10 分)

Look, Brother! There's a plastic bag here. 1. _____

You're right. Let's clean it up.

Oh no! That bird has a plastic straw in its mouth. It might hurt itself.

We should use fewer(更少的) plastic things.

Yes. 2. _____

3. _____ They are dry(干的).

We can use the water after washing hands. 4. _____

That's a good idea.

Why not take a bus? 5. _____

Let's go home by taxi.

Great! Let's go.

A. I need some water to water the flowers now.

B. We should use water again.

C. It's bad for the earth.

D. It can carry many people and keep the air clean.

E. And we shouldn't throw them everywhere.