

pizza and more. A quick look through the reviews shows that customers are pretty happy with it, too.

Corn Stripper

Cost: \$7.99

There's no denying that corn on the cob (棒) is delicious. But eating corn on the cob and dealing with all the little bits that get stuck in your teeth afterwards is a painful experience. This little device takes all the corns from the cob, by letting you strip (剥) your corn easily, without making a total mess.

21. What can people do with Express Baker?

A. Make some food.

B. Soften food.

C. Classify food.

D. Keep food fresh.

22. Which of the following applies the theory of heat conduction?

A. Electric Wine Opener.

B. Express Baker.

C. Fantastic Ice Cream Spoon.

D. Corn Stripper.

23. What do the four products have in common?

A. They are of the same price.

B. They are difficult to operate.

C. They make food more delicious to eat.

D. They make people's life easier.

B

In the long river of inheriting and preserving intangible cultural heritages, people have encountered numerous challenges, especially in this rapidly developing era. Fortunately, there are still many individuals who persistently make efforts to safeguard it.

Chang Yangyang is such a person. As an inheritor of intangible cultural heritage, he once worked at a factory. Although he had learned the craft paper-cutting from his grandmother since childhood, in the eyes of Chang's parents, a hobby was far less precious than a stable job. They didn't change their minds until he won third prize in a national paper-cutting competition in 2010. This opened a new door for him in paper-cutting, which strengthened his determination to continue his career in the craft.

In addition to practicing skills diligently, Chang thought more about how to promote the Mengjin paper-cutting culture and let more people know about this intangible cultural heritage.

In his early years, Chang conducted local training and salons. Later, He tried Douyin live-streaming. At first, Chang was shy. But gradually, he became more familiar with it and learned to interact with viewers. In this way, he expanded his audience and followers from dozens of people to hundreds of thousands.

The young paper-cutting artist and instructor hopes there are more young people learning the art. It is for this reason that he currently teaches the art of paper-cutting at several local primary schools, Chang says his life dream is to establish a paper-cutting museum one day so people can learn more about the art form and grow to love it as much as he does.

With more young craftsmen like Chang injecting fresh energy, the intangible cultural heritage will be able to continue sharing the same clear wind with mountains and forests, and the same bright moon with rivers in the future years, moving towards eternity.

24. How did Chang's parents find his paper-cutting career before 2010?

A. Supportive.

B. Opposed.

C. Indifferent.

D. Contradictory.

25. What did Chang do to promote paper-cutting?

A. He spread paper-cutting online.

B. He opened a paper-cutting school.

- C.He took part in many competitions. D.He practiced the skills occasionally.
- 26.What's Chang's dream for the future? B.Learn more about other art forms.
A.Make profit from paper-cutting. D.Expand his audience and followers.
C.Establish a paper-cutting museum.
- 27.Which can be a suitable title for the text? B.Traditions in Chang's family.
A.Young man with happy stories. D.New craftsman with old craft.
C.Intangible cultural heritages in history.

C

The bad health effects of sleep loss during the week can't be repaid by longer weekend sleep, according to a new study.

Researchers have long known that sleep deprivation (剥夺) can cause weight gain and increase other health risks. But for those who force themselves out of bed every weekday after too few hours of shut eye, they hope turning off the alarm on Saturday and Sunday will repay the weekly sleep debt and remove any ill effects.

The research, published in Current Biology, crushes those hopes. Despite complete freedom to sleep during a weekend recovery period, people in a sleep lab who were limited to five hours of sleep on weekdays gained nearly three pounds over two weeks and experienced disorders that would increase their risk for diabetes (糖尿病) over the long term. While weekend recovery sleep had some benefits after a single week of sleep loss, those gains were wiped out when people fell right back into their same sleep deprived schedule the next Monday.

"If there are benefits of catch-up sleep, they're gone when you go back to your daily schedule. It's very short lived", said Kenneth Wright, director of the sleep and chronobiology lab at the University of Colorado at Boulder. "These health effects are long term. It's kind of like smoking once was-people would smoke and wouldn't see an immediate effect on their health, but people will say now that smoking is not a healthy lifestyle choice. I think that sleep is in the early stage of where smoking used to be."

Wright said that the study suggests people should put sleep in the first place cutting out the "sleep stealers" such as watching television shows or spending time on their phones. Even when people don't have a choice about losing sleep because of child-care responsibilities or job schedules, they should think about getting sleep in the same way they would get a healthy diet or exercise.

- 28.What does the underlined word "crushes" mean?
A.Deepens. B.Ensures. C.Ruins. D.Causes.
- 29.What will Kenneth Wright agree with?
A.Smoking is more harmful than sleep loss.
B.Weekend recovery sleep has many benefits.
C.Smoking and sleep loss have the same bad effects.
D.It takes long for people to see the effects of sleep loss.
- 30.What does Kenneth Wright advise people to do?
A.Take regular exercise every day.
B.Reduce the screen time before sleep.
C.Watch some TV shows before bedtime.
D.Sleep as long as possible during weekdays.
- 31.What is the main purpose of this passage?
A.To introduce a new study. B.To show some unknown facts.

C.To promote a healthy lifestyle.

D.To share some unhappy experiences.

D

It has long been believed that the smart phones in our pockets are actually making us duller, but now there is evidence for it.

Researchers at the University of Texas discovered that people are worse at conducting tasks and remembering information if they have a smart phone within eye shot. In two experiments they found phones sitting on a desk or even in a pocket or handbag would distract users and lead to worse test scores even when it was set up not to disturb test subjects. The effect was measurable even when the phones were switched off, and was worse for those who were more dependent on their mobiles.

The researchers tested 520 university students on their memory and intelligence when in the presence of a smart phone to see how it affected them. Participants were told to complete tests in mathematics, memory and reasoning with their smart phones either on their desk, in their bag or pockets, or in another room. Those who had their phones on the desk recorded a 10 percent lower score than those who left them in a different room on operational tasks, which measures working memory and focus. Those who kept their phones further out of sight in their pockets or their bags scored only slightly better than when phones were placed on desks.

The researchers found that the negative effect of having a phone within eye shot was much greater among those who said they were dependent on their smart phones. Participants who had expressed sympathy with phrases such as “I would have trouble getting through a normal day without my cellphone” and “using my cellphone makes me feel happy” performed as well as others when their phone was in a different room, but worse when it was placed on their desk.

The researchers said the effect arises because part of a smart phone users’ mind is devoted to trying not to think about distractions such as whether they have any messages when the smart phone is in their sight.

32. Where did the people who scored the lowest put their cellphone?

- A. In their bags.
- B. On the desk.
- C. In their pockets.
- D. In a different room.

33. Which of the following will the researchers most probably agree with?

- A. People shouldn’t have a smart phone.
- B. Phones wouldn’t distract users when switched off.
- C. Those depending on mobiles are more likely to be distracted.
- D. Their research has completely changed people’s view on smart phones.

34. According to the researchers, why did cellphones affect the participants?

- A. Using cellphones made them feel happy.
- B. They spent much time on the received messages.
- C. They could get through a day without cellphones.
- D. They focused on trying not to think about distractions.

35. Where does the text probably come from?

- A. A news report.
- B. A Science fiction.
- C. Book review.
- D. Cellphone advertisement.

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Thomas Edison once said, “There are three types of people: there are those who think; there are those who think they think; and then there are those who would rather die than think.”

The great majority of people go through life without giving much thought to who they are and how they got to where they are today. ____ 36 ____, like a series of random events, with no explanations and few connections between them.

But the fact is that your world is largely created by the thoughts you think, and the things that you do as a result of your thinking. ____ 37 _____. When you change your thinking, you change your life.

Your thought is creative. You determine what happens to you by the thoughts you think, especially those thoughts that are charged with emotion, either positive or negative. Your thoughts are like the computer in a guided missile (导弹). ____ 38 _____.

In a 2002 study at the University of Pennsylvania, 350,000 people were interviewed to find out what they thought about most of the time. It turned out that the top 10 percent, the happiest and most successful of this group, thought about two things most of the time: what they wanted and how to get it. ____ 39 _____.

The more successful people thought about what they wanted and how to get it, the more ideas and insights came to them. ____ 40 _____, which moved them faster and faster toward their goals. When they achieved their goals, they felt happier, more motivated, and eager to set even bigger and more challenging goals.

The foundation principle of all religions, philosophy, psychology, and success is this: You become what you think about most of the time.

- A. As a result, life just happens to them
- B. They lead you correctly to your target
- C. Decide upon something that you really want
- D. You will eventually become what you think about
- E. These ideas motivated them to take even more actions
- F. They thought about their goals and the actions they could take
- G. When you improve your thinking, you improve your actions and results

第三部分：英语知识运用（共两节，满分 30 分）

In 2020, Nancy Ballard, a 60-year-old retired entrepreneur, went for a routine checkup at her doctor’s office that turned into something extraordinary. In fact, she was carrying a painting of a plant she’d done when she arrived there. “It would be great if we had ____ 41 _____ like that for our chemotherapy rooms (化疗室),” the nurse said. Ballard asked to see one.

She was shocked by ____ 42 _____ she found. The walls were grey and bare, and the paint was chipping. “____ 43 _____, the patients here have nothing to look at while taking chemo drips,” she said, “I couldn’t imagine how anyone could even get healthy in such ____ 44 _____ rooms like that.” She made it her mission to ____ 45 _____ the place.

She started by e-mailing 20 local interior ____ 46 _____. She wrote, “You don’t know me. But my heart ____ 47 _____ after seeing these rooms.” She then asked whether they would ____ 48 _____ their time and money to transform just one of chemotherapy rooms each.

Six of them leapt into ____ 49 _____ action and each designer chose a theme: The dragonfly room, for example, ____ 50 _____ bright artworks and dragonfly wall ornaments. Most rooms got new ____ 51 _____, lights, artworks, and furniture. When the transformation was done ____ 52 _____, Dr. Hufford was delighted. “All the patients feel ____ 53 _____ by it,” he said. He even noted that his own tone of voice was ____ 54 _____ in the rooms and that he was better able to connect with his patients. Ballard

was so encouraged by the patients' reactions, but when praised, she said, "What I did paled 55 _____ the patients' courage to fight cancer".

- | | | | |
|-------------------|---------------|---------------|--------------------|
| 41. A.volunteers | B.artworks | C.instruments | D.patients |
| 42. A.that | B.which | C.who | D.what |
| 43. A.Fortunately | B.Gradually | C.Apparently | D.Comfortably |
| 44. A.amazing | B.depressing | C.Inspiring | D.frightening |
| 45. A.brighten up | B.clean up | C.cheer up | D.bring up |
| 46. A.artists | B.designers | C.doctors | D.actors |
| 47. A.hurts | B.injures | C.swells | D.wounds |
| 48. A.reward | B.value | C.donate | D.suggest |
| 49. A.favorite | B.virtual | C.temporary | D.immediate |
| 50. A.marks | B.features | C.reflects | D.symbolizes |
| 51. A.paint | B.pictures | C.chairs | D.paper |
| 52. A.incredibly | B.slightly | C.ultimately | D.permanently |
| 53. A.soothed | B.worsened | C.cured | D.swallowed |
| 54. A.colder | B.weaker | C.softer | D.sharper |
| 55. A.in terms of | B.in spite of | C.in honor of | D.in comparison to |

第一节（共 15 小题；每小题 1 分，满分 15 分）

阅读下面短文，从短文后各题所给的 A、B、C 和 D 四个选项中，选出可以填入空白处的最佳选项。

第二节（共 10 小题；每小题 1.5 分，满分 15 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。

Yuelu Academy, one of the "Four Best Academies in the whole country", 56 (be) well-known since Song Dynasty.

57 (locate) at Hunan University in Yuelu Region Changsha County, Yuelu Academy, 58 has a three-kilometer distance to the downtown, is listed as the national AAAA scenic area, national key Scenic Spot, national civilized tourism demonstration site and important heritage site 59 state protection. The floor space of the academy is more than 31000 m² and the 60 (construct) area reaches 11000 m².

During its thousand years, Yuelu Academy has been much popular for the famous people it has fostered (培养). Between 1916 and 1919, young Mao Zedong lived at the Banxue Room in Yuelu Academy several times 61 (work) on the revolutionary activities in seek of the truth of 62 (save) the Chinese people. From then on, large numbers of Yuelu teachers and students set 63 (them) to the revolutionary work in the new democracy and caused a profound and ever-lasting influence to Chinese history.

In addition, the academy is also 64 (huge) renowned for the elegance of the environment and beauty of the architecture. Nowadays, it serves as 65 ancient heritage museum for demonstrating the ancient academy education and architectural style.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

近十年来，很多海洋生物灭绝，引起了全世界的广泛关注。假设你是李华，为保护海洋生物，请代表学生会在环境保护日，面向全校学生写一封关于保护海洋的倡议信。内容包括：

1.海洋受到污染的现状：

2. 保护海洋的重要性;
3. 保护海洋的具体措施。

注意: 1. 词数 80 左右

2. 可以适当增加细节, 以使行文连贯。

Dear fellow students,

The Students' Union

第二节 (满分 25 分)

阅读下面材料, 根据其内容和所给段落开头语续写两段, 使之构成一篇完整的短文。

Frey grabbed his bat and glove, and raced out of the door towards the Jack's. Summer vacation just began. The boys planned to play baseball every day, so they could make the team in the following semester.

Jack was waiting outside for Frey. "What are you doing? Where's your stuff?" Frey asked, lifting his bat onto his shoulder. Jack shook his head, "I have to clean Mr. Willow's garage before I can go. With his broken arm, he can't do it himself. My mom always volunteers me to help the Willows. She thinks they're kind of old and can't afford to hire a cleaner.

To get the work done earlier, Frey offered to help. The boys went down the block to the Willow's and got started. They found a couple of brooms. Before they swept, they put boxes scattered around the garage floor on shelves. As Jack put a big box on a shelf, it fell off and with it fell an envelope. He picked it up. It wasn't sealed, so he opened it. Out of his surprise, there were several one hundred dollar bills inside.

"You've got to see this." He pulled out the bills and showed Frey, "It just fell down when the box fell. There's got to be several hundred dollars here." Jack looked past Frey to the garage door and continued, "Nobody's here. If we take some, I bet no one will ever know." Before his voice died away, Jack had already drawn out one bill and stuffed it into his pocket.

Frey frowned and shook his head, "Are you crazy? That's stealing." Jack ignored him and protested, "Well, I do a lot of chores for them and don't get paid. It's not really stealing. It's kind of payment for my hard work. And one hundred will do for a bat and glove in I go's Sports Stores." With this, Jack put the rest money back.

Frey was about to grab the money from Jack's pocket when they heard a voice, "Hello, boys. Come in for a chocolate cake! Mrs. Willow made one for you." Mr. Willow walked into the garage.

注意:

1. 续写词数应为 150 左右;
2. 请按如下格式在答题卡的相应位置作答。

At the sight of Mr. Willow, Jack and Frey froze in shock. _____

When they were about to leave, Mr. Willow handed Jack a brand new bat and glove. _____
