英语试卷

注意事项:

- 1. 答题前,考生务必用黑色碳素笔将自己的姓名、准考证号、考场号、座位号在
- 2. 每小题选出答案后, 用 2B 铅笔把答题卡上对应题目的答案标号涂黑。如需改 动,用橡皮擦干净后,再选涂其他答案标号。在试题卷上作答无效。
 - 3. 考试结束后,请将本试卷和答题卡一并交回。满分150分,考试用时120分钟。

第一部分 听力(共两节,满分30分)

注意, 听力部分答题时请先将答案标在试卷上, 听力部分结束前你将有两分钟的时间 将答案转涂到答题卡上。

第一节 (共5小题;每小题1.5分,满分7.5分)

听下面5段对话。每段对话后有一个小题,从题中所给的A、B、C三个选项中选 出最佳选项,并标在试卷的相应位置。听完每段对话后,你都有10秒钟的时间来回答 有关小题和阅读下一小题。每段对话仅读一遍。

- 1. How does the man travel to work?
 - A. By bicycle.

B. By bus.

C. By car.

- 2. Who is the man talking with?
 - A. His friend.

- B. A salesperson.
- C. His mother.

- 3. Where are the speakers probably?
 - A. At an office.
 - B. At a bus stop.
 - C. At a shopping center.
- 4. What will the woman probably do next?
 - A. Do some chores.
 - B. Go out with her friend.
 - C. See a movie with her brother.
- 5. What are the speakers mainly talking about?
 - A. Ways of cooking.
- B. Cleaning techniques. C. Household chores.

第二节 (共15小题;每小题1.5分,满分22.5分)

听下面5段对话或独白。每段对话或独白后有几个小题,从题中所给的A、B、C 三个选项中选出最佳选项,并标在试卷的相应位置。听每段对话或独白前,你将有时 间阅读各个小题,每小题5秒钟;听完后,各小题将给出5秒钟的作答时间。每段对 话或独白读两遍。

听下面一段对话,回答第6和	第7两个小题。		
6. Why does the man mainly wa			
A. It's too busy.	B. It's too noisy.	C. It's too in	convenient.
7. How might the woman feel al	oout living in the city?		
A. Grateful.	B. Stressed.	C. Bored.	
听下面一段对话,回答第8和	第9两个小题。		
8. What happened to the man?			
A. He lost his way.			
B. He missed the train.			
C. He got his luggage stolen.	the fractional surface of the surfac		
9. How does the woman help the			
A. By giving him a receipt.			
B. By giving him directions.			
C. By carrying his luggage.			
听下面一段对话,回答第10至	至第12三个小题。		
10. What problem does Roger h	ave with exams?		
B. He doesn't work hard.			
C. He isn't confident.			
11. How does the man decide to	o help Roger?		
A. By helping him to stay	calm.		
B. By finding an expert for	him.		
C. By giving him some adv	ice about his future.		
12. What do we know about the	e woman?		
A. She is easy to be tired.			
B. She often feels nervous.			
C. She finds exercise is a	good way to relax.		
听下面一段对话,回答第13	至第16四个小题。		
13. What is the man's attitude	to recycling in general?		
A. Optimistic.	B. Doubtful.	C. Curious.	
14. What still needs to be recyc	cled according to the woman?		
A. Batteries.	B. Plastic.	C. Paper.	
15. What does the man say about	out exporting trash?		
A. It is worthy.	B. It is wrong.	C. It is expe	ensive.
16. Who gets the waste collected	ed most frequently?		
A. The man.	B. The woman.	C. The wom	an's old neighbor.
7 (7	本海、第2面(共10页)		

听下面一段独白,回答第17至第20四个小题。

- 17. What does the speaker think of the wedding in Italy?
 - A. It is typical.
- B. It is boring.
- C. It is impressive.

- 18. Where did the bridegroom meet the bride?
 - A. In Italy.

B. In France.

- C. In England.
- 19. What often happens at American weddings according to the speaker?
 - A. Long speeches are given.
 - B. A big dinner is served before the wedding.
 - C. Everything about wedding is made at home.
- 20. Why did the family cut up the bridegroom's tie?
- A. To sell it for money. B. To play a joke on him. C. To make him different.
- 第二部分 阅读 (共两节,满分50分)
- 第一节 (共15小题;每小题2.5分,满分37.5分)

阅读下列短文,从每题所给的 A、B、C、D 四个选项中,选出最佳选项。

A

The traditional Chinese solar calendar divides the year into 24 solar terms. Start of Autumn, the 13th solar term of the year, begins this year on Aug. 8 and ends on Aug. 22. Start of Autumn reflects the end of summer and the beginning of autumn. The following are 4 things you should know about Start of Autumn.

"Autumn Tiger"

Although Start of Autumn indicates the beginning of autumn, hot weather will not come to an end. The period of hot days after Start of Autumn, usually lasting for 30 days, is called "Autumn Tiger" or "Indian Summer." Because of decreasing rainfall, it is even much hotter during this period than during Major Heat.

Fleshing out in autumn

On the first day of the Start of Autumn, usually people will weight themselves and compare their weight to what it was at the Start of Summer. If one has lost weight during the summer, then at the beginning of autumn, he or she needs to flesh out by eating many different kinds of delicious food, especially meat.

Gathering crops

Start of Autumn is a big solar term for farmers. It is time to gather crops. There is a saying: If it rains on the day of the Start of Autumn, a good harvest is expected."

Eating peaches

In Hangzhou, people eat peaches on the Start of Autumn day. The peach stones are kept until New Year's Eve and thrown into the stove, burned into ash. People believed that in this way, plagues (瘟疫) could be prevented for the whole year.

- 21 Which is about the weather of Start of Autumn?
 - A. "Autumn Tiger".

B. Fleshing out in autumn.

C. Gathering crops.

- D. Eating peaches.
- 22. What will people do after losing weight in summer?
 - A. Weigh themselves more often.
- B. Take exercise more frequently.
- C. Put on more weight in autumn.
- D. Consume more fresh vegetables.
- 23. Why do people keep peach stones until New Year's Eve?
 - A. To keep away from bad luck.
- B. To cure infectious diseases.
- C. To plant peaches in the new year.
- D. To pray for a healthy new year.

B

One day, I found myself faced with a traffic jam leading up to a lane closure about a mile ahead. The left lane of traffic was almost at a standstill as the right one crept (缓慢移动) steadily ahead, filtering (汇入) into the left at the last possible moment. At first, I stayed in the moving lane. I crept guiltily past a few cars but, afraid of running out of space, moved back into the left lane with plenty of room to spare.

"That's you all over," said my friend, "you're always afraid of running out."

His throwaway (脱口而出的) comment hit one of those sore spots I'd rather not acknowledge. So many of my self-defeating actions are typical of my deep, underlying fear of not having enough.

You can see me give up moving to the front of a traffic queue because I'm afraid that I'll run out of room before I can change lanes. Observe a fridge full of leftovers where I've put a little of each dish away for later. Watch me getting ready to go out and you'll see that I pack too much food, and too many clothes, "just in case". Receiving an invitation from a friend, I'll often turn them down or cut the occasion short because I sense a lack of time...

Somehow, though, saving something for later doesn't help. It just serves to prevent you getting the best out of life. The poverty mentality doesn't just increase your awareness of lack; it creates new absences that feed the fear and make it grow. Take a moment to picture the worst-case scenario: you'll have to wait a few moments for a gap in the traffic. So what? Not exactly life-threatening!

This can only be broken by wholehearted enjoyment of what you have, by taking risks and using everything in your possession for its intended purpose; food to be eaten, time and friends to be enjoyed.

- 24. Why did the author move back to the left lane?
 - A. To give others more space to pass.
- B. To avoid missing the chance to filter.

C. To choose a faster lane.

D. To keep away from the jam.

- 25. What does the author's friend think of him?
 - A. Sensitive.
- B. Indifferent.
- C. Considerate.
- D. Overcautious.

- 26. What do we know about the poverty mentality?
 - A. It can help us save something for later.
- B. It can help us get the best out of life.
- C. It can decrease our awareness of lack.
- D. It can give rise to more fear for lack.
- 27. What can be a suitable title for the text?
 - A. Facing the Fear of Not Enough
- B. Getting the Best out of Life
- C. Saving Money for A Rainy Day
- D. Being Prepared for the Worst

C

For decades, researchers and medical professionals considered sleep loss a by-product or symptom of another, more "primary" condition, such as depression or anxiety. In other words, first comes the anxiety, and then sleep loss follows. Today we know that this order can be reversed. In fact, sleep loss and anxiety, depression or other mental health conditions may feed into one another, creating a downward spiral (恶性循环) that is exceedingly difficult to break.

In a study where healthy volunteers were deprived of one night of sleep, they discovered that the activity of the prefrontal cortex (前额皮质) dropped dramatically, as measured using fMRI. Moreover, the neural activity linking the amygdala (杏仁体) and the prefrontal cortex, both the region and the circuit meant to keep our emotional reactions under control, became significantly weaker when one-night sleep is disrupted.

This damage can be so strong that it blurs (使难以区分) the lines around what people consider emotional. For example, when participants were exposed to neutral and emotional pictures (images of commuters on a train versus photographs of children crying), fMRI revealed that the amygdala responded differently to these pictures when people were well rested. But after losing a night of sleep, a person's amygdala responded strongly to both kinds of images. In other words, the threshold (阈值) for what the brain considers emotional became significantly lower when the amygdala could not work together with the prefrontal cortex. Such damaged emotional control makes us more vulnerable to anxiety and poor mood, so that even silly love songs can trigger sobs. Research also suggested changes in that brain circuit also relate to increases in blood pressure and cardiovascular disease.

Stepping back, it becomes clear that mental and emotional health rely on a delicate balance. We need to be mindful of that even a single sleepless night can therefore do damage. Inevitably, we all miss out on sleep from time to time. But our societies should critically examine structures — such as work norms and school cultures — that prevent people from getting enough rest.

- 28. What is a misunderstanding about sleep loss according to Paragraph 1?
 - A. Anxiety interacts with sleep loss.
- B. Sleep loss leads to depression.
- C. Anxiety comes before sleep loss.
- D. Sleep loss is hard to deal with.
- 29. What may happen to a person whose sleep is disrupted?
 - A. Suffering low blood pressure.
- B. Failing to distinguish emotions.
- C. Showing bad emotional control.
- D. Having less emotional reactions.
- 30. What does the underlined word "Inevitably" mean?
 - A. Difficult to avoid.

B. Possible to forget.

C. Unwilling to accept.

- D. Unable to resolve.
- 31. What is the author's purpose in writing the last paragraph?
 - A. To make analyses.

B. To offer a solution.

C. To give a definition.

D. To make comments.

D

Dressed in long robes, a crowd of young people wanders around royal gardens, with their flowing sleeves and heavily embroidered (绣花的) skirts gently swaying in the breeze. They are not actors on a movie set, but *hanfu* enthusiasts at a themed event in Beijing.

Benefiting from the growing popularity of social media and a craze for traditional culture, hanfu, a traditional style of clothing once worn by the Han people, has enjoyed a new life thanks to a new wave of young Chinese fans.

A 1980s-born rocket scientist Liu is also a cofounder of a *hanfu* community in Beijing called Hua Yan Hui. The community was founded in 2011 following a *hanfu* revival (复兴) movement that emerged from the desire to express national identity and growing cultural confidence. Since then, Liu has been volunteering to support the group.

At first, people who wore *hanfu* in public were occasionally greeted with mockery, while more passersby asked about their clothing style. "More young people are taking to wearing adapted *hanfu* as they believe the best way to preserve tradition is to adapt it to modern life," says Liu.

Yang Kunning was born in the 1990s and works in public relations. She is fond of sharing her love for *hanfu* online. She opened an account on the video-sharing platform Bilibili and posted videos featuring herself wearing the traditional attire. Thousands of comments and likes pour into her channel as viewers find her videos attractive and creative — blending traditional culture with modern dance movements. "Social media has made *hanfu* culture popular in China and abroad," says Yang. "Traditional culture has no national or ethnic boundaries."

Companies and factories also smell the massive potential in *hanfu*-related industries. Caoxian County, Heze City, East China's Shandong Province, is one of the major *hanfu*

manufacturing centers, gathering over 2,000 enterprises and promoting the increase of employment. Over 600 clothes-processing companies have their own designs with intellectual property rights. In addition to domestic clients, a number of companies in Caoxian reported a rise in foreign orders this year.

- 32. What contributes to a new life of hanfu?
 - A. Hanfu-themed events.

B. Youth's love for traditions.

C. Hanfu-related industries.

- D. Revolution of social media.
- 33. According to Liu, how can people protect hanfu tradition?
 - A. By launching hanfu revival movements.
 - B. By making hanfu suitable for the present day.
 - C. By combining hanfu with dance movements.
 - D. By posting videos about hanfu on social media.
- 34. Which can best describe Yang's attempts to popularize hanfu?
 - A. Productive.
- B. Academic.
- C. Controversial.
- D. Conservative.

- 35. What benefit may hanfu-related industries bring about?
 - A. Improving traditional designs.
- B. Protecting intellectual property rights.
- C. Creating more job opportunities.
- D. Attracting foreign investment in China.
- 第二节 (共5小题;每小题2.5分,满分12.5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。

Summer is a great time of year. <u>36</u>. Mosquitos seem to make the most out of the season by biting us. What can we do to avoid getting bitten?

The most obvious answer is to use mosquito repellent (驱虫剂). Professor James Logan from the London School of Hygiene and Tropical Medicine explains that DEET, the chemical used in many repellents, confuses the insects' sense of smell. __37__. Though be careful — as biologist Roger Eritja points out — any bits of skin that aren't covered by repellent are still likely to get bitten. __38__.

Clothing is another consideration that affects whether mosquitos choose to attack us. Amy Glover, writing in the *Huffington Post*, tells us that dark colors attract mosquitos. Glover adds that loose clothing is preferable as it is harder for mosquitos to bite through. __39__. Light, loose clothing also means people sweat less. A study showed that mosquitos can use the smell of human sweat to find their victims. __40__, which helps avoid being bitten. Another way to stop the smell of your sweat attracting mosquitos is to use deodorant (除臭剂) to disguise the smell of your sweat.

So, as well as using repellents and insecticides, thinking about our clothing and reducing our sweat could help to reduce the risk of mosquito bites.

- A. That makes it difficult to recognize humans
- B. Unfortunately, it's not just us humans that enjoy it
- C. They're even able to penetrate jeans if they are worn tightly
- D. So changing what we eat could reduce the risk of mosquito bites
- E. You can use plug-in insecticides to kill or repel mosquitos in the room
- F. This is why editor Katie Mortram recommends taking a shower before bed
- G. A compound found in deodorants has been shown to stop mosquitos landing on the skin

第三部分 语言运用 (共两节,满分30分)

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、D 四个选项中,选出可以填入空白处的最佳选项。

Ever since I was a child I have struggled with self-doubt. It's a feeling that you aren't good enough, that you can't __41__ anything. Yet try as I might to __42__ these thoughts, I could hardly escape them.

I was a dreamer. I would tell anyone my big hopes and dreams, only to be met with mockery and __43__. People around me would bombard (抨击) me with phrases like "you need to be __44__", and "you aren't capable of achieving that". __45__, over time, these phrases __46__ my little sense of self-confidence. Whenever I tried to pursue a goal or a dream, I mentally __47__ myself before I ever even began. __48__ like: "you aren't meant to be successful" and "why do I even bother" raced to the forefront of my mind.

Until one day, I woke up and found I was so __49__ of talking down to myself. I decided I was going to __50__ with my self-esteem and I was going to win this war. I started by focusing on gaining little victories. I showed up on time to work every day and doubled my __51__. I began to take pride in my possessions and in keeping things __52__. Every day I would write down a list of positive qualities I had. I would also write down everything I had accomplished that day __53__ goals I had set. As time went on, I was getting in increasingly better shape through my __54__ to exercise. I was performing better at my job, and most importantly I felt more __55__.

41.	A.	assume	B.	accomplish	C.	appreciate	D.	assign
42.	A.	prove	B.	believe	C.	avoid	D.	share
43.	A.	criticism	B.	approval	C.	admiration	D.	ignorance
44.	A.	honest	B.	positive	C.	creative	D.	realistic
45.	A.	Surprisingly	B.	Naturally	C.	Fortunately	D.	Typically
46.	A.	tested out	B.	built up	C.	took back	D.	wore out
47	A.	punished	В.	defeated	C.	blamed	D.	distracted

48. A. Thoughts	B. Complaints	C. Questions	D. Comments			
49. A. tired	B. afraid	C. fond	D. proud			
50. A. live	B. combine	C. battle	D. check			
51. A. output	B. salary	C. tolerance	D. wisdom			
52. A. useful	B. straight	C. simple	D. orderly			
53. A. in exchange for	B. in connection with	C. in accordance with	D. in contrast to			
54. A. objection	B. access	C. devotion	D. exposure			
55. A. grateful	B. natural	C. normal	D. confident			
第二节(共10小题;	每小题 1.5 分,满分 1	5分)				
阅读下面短文,在	空白处填入1个适当的	的单词或括号内单词的正	确形式。			
When you were at s	chool, were you ever tol	d to stop daydreaming and	concentrate? It was			
easy for your mind to wa	ınder if you had better t	hings <u>56</u> (think) abo	out. Staying focused			
can still be a challenge i	in adult life, but unders	standing <u>57</u> to do it a	and knowing what is			
distracting you, can help	ρ.					
Scientists have look	ed at what makes us p	rocrastinate and found ma	any ways to help us			
stay in the zone. One of	the most obvious things	is removing noise. Resear	rch by Science Focus			
magazine found silence i	is best for <u>58</u> (cor	ncentrate), or a gentle ba	ackground hum (哼			
唱) and coffee shop no	ise is ideal! It also fou	and turning off notification	ns (通知) on you			
phone, or switching it of	ff altogether,59 (remove) a major distraction	on. In this way, we			
can focus on 60 tas	sk at hand.					
Another possible cu	re <u>61</u> a short attent	ion span is brain training.	An article says that			
"Making a task more visually demanding takes up more processing power and leaves the						
brain nothing left to prod	cess distractions." So, k	keeping your mind busy m	ight be the answer.			
There are more62_ (practice) tips for keeping your mind focused. These include						
63 (make) a list o	or timetable of the tasks	you have to do, avoiding	g a workspace where			
you 64 (attract) to	do other things, or che	wing some gum! It's possi	ble what happens in			
your mouth occupies par	ts of the brain <u>65</u> 1	night otherwise get distrac	eted.			
第四部分 写作(共两	5节,满分40分)					
第一节 (满分 15 分)						
假如你是李华,你	《将作为学生代表给全位	本高一新生致欢迎辞,内	7容包括:			
1. 学习上的建议;						
2. 生活上的建议。						
注意: 1. 写作词数应为	580左右;					
2. 请按如下格式	【在答题卡的相应位置	作答。				
Dear Freshmen,						
I'm Li Hua from Cl	ass 1, Grade 3					