**绝密★考试结束前**

**2023学年第二学期浙东北（ZDB）联盟期中联考**

**高一年级英语学科试题**

**考生须知：**

**1. 本卷共9页满分150分，考试时间120分钟。**

**2. 答题前，在答题卷指定区域填写班级、姓名、考场号、座位号及准考证号并填涂相应数字。**

**3. 所有答案必须写在答题纸上，写在试卷上无效。**

**4. 考试结束后，只需上交答题纸。**

**第一部分 听力（共两节，满分30分）**

**第一节**

**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. What does the old lady teach her grandson?

A. Yoga. B. Basketball. C. Dancing.

2. When will Carter start his holiday?

A. In May. B. In July. C. In August.

3. What does the woman think of geography?

A. Interesting. B. Boring. C. Difficult.

4. What is the weather like now?

A Cloudy. B. Sunny. C. Rainy.

5. How will Jack go to school?

A. By bike. B. By bus. C. By taxi.

**第二节**

**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。**

**听第6段材料，回答第6、7题。**

6. What did the woman do last night?

A. She went to Byron Street. B. She watched a match. C. She attended a party.

7. What is the relationship between the speakers?

A. Husband and wife. B. Neighbors. C. Colleagues.

**听第7段材料，回答第8、9题。**

8. Who is looking for a job?

A. Tom. B. John. C. Susan.

9. When did Tom meet John?

A. Last week. B. The day before yesterday. C. Yesterday.

**听第8段材料，回答第10至12题。**

10. What is the man doing?

A. Writing a report. B. Doing the dishes. C. Dusting the furniture.

11. Who will be in charge of cleaning the floor?

A. The speakers’ daughter. B. The woman. C. The man.

12. What does the woman remind the man to do?

A. Return a book. B. Buy a bottle of wine. C. Pick up the guests.

**听第9段材料，回答第13至16题。**

13. Where is the woman going?

A. A hotel. B. Her office. C. The airport.

14. What is the woman’s nationality?

A. Spanish. B. Mexican. C. American.

15. Why did the woman go to China?

A. For sightseeing. B. For study. C. For work.

16. How old is the woman?

A. 23. B. 26. C. 50.

**听第10段材料，回答第17至20题。**

17. What kind of transportation do local people prefer to use in Nairobi?

A. Buses. B. Taxis. C. Minivans.

18. What is advised to bring in national parks?

A. Plastic straws. B. Plastic carrier bags. C. Reusable water bottles.

19. What do we know about Kenyans?

A. They don’t like being photographed without permission.

B. They love to participate in public activities.

C. They are hard to get along with.

20. What is the talk mainly about?

A. Tips for traveling to Kenya.

B. An adventurous experience.

C. A tour arrangement.

**第二部分 阅读理解（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和D四个选项中，选出最佳选项，并在答题纸上将该项涂黑。**

**A**

Teenage years are an unforgettable season of life and books read at that time also make a difference. Much like the best children’s books ever written, these following top teen-centered books offer hope for the future and nostalgia for young life.

**The Fault in Our Stars by John Green**

Because of cancer, protagonist (主人公) Hazel Lancaster believes her life is over. But then she meets Augustus Waters, and the way he makes her laugh—the way he makes her feel seen—makes her want to live again. *The Fault in Our Stars* will attract young adults with themes of life and death, true love, and friendship that surpass circumstances. This book is especially worth reading if you love sad books.

**The Hobbit by J R. R. Tolkien**

In this classic book, Bilbo Baggins is summoned (召唤) on a great ad venture that will change his life forever. With themes of friendship, loyalty, sacrifice, and more, The Hobbit is an adventure waiting to happen for those willing to experience the dangerous business of stepping into the story.

**Dune by Frank Herbert**

A science fiction novel for the ages, Frank Herbert’s Dune tells the adventures of Paul Atreides—who will become known as Muad’ Dib—as he and his family strive to bring humankind’s greatest dream to life while living on a desert planet. Though written in 1965, much of *Dune*’s story may be more connected to 21st-century readers than it was to bookworms who picked it up in the 1960s.

**Nancy Drew series by Carolyn Keene**

This collection of classic mystery novels was actually written by various authors under the pen name of Carolyn Keene. Over the past few decades, Nancy has developed with the times—to the point where she’s now using a cell phone to investigate her never-ending mysteries. Today, Nancy is drawing a whole new generation of fans, thanks to a television show launched in 2019.

1. What do *The Fault in Our Stars* and *The Hobbit* have in common?

A. They both tell great adventures. B. They both have heartbreaking endings.

C. They both contain the theme of friendship. D. They both focus on how to change life better.

2. Which is true about Dune?

A. It is a science magazine. B. It became a hit in the 1960s.

C. It is the best young adult book. D. It is more suitable for modern readers.

3. Why is Nancy Drew attracting a new group of readers?

A. A TV programme. B. The appearance of television.

C. It’s mysterious authors. D. An unknown cell phone.

【答案】1. C 2. D 3. A

【解析】

【导语】本文是一篇应用文。文章主要介绍了4本以青少年为中心的顶级书籍。

【1题详解】

细节理解题。根据**The Fault in Our Stars by John Green**部分“*The Fault in Our Stars* will attract young adults with themes of life and death, true love, and friendship that surpass circumstances. (《我们的星星有错》将以生死、真爱和超越环境的友谊为主题吸引年轻人。)”和**The Hobbit by J. R. R. Tolkien**部分“With themes of friendship, loyalty, sacrifice, and more, The Hobbit is an adventure waiting to happen for those willing to experience the dangerous business of stepping into the story. (《霍比特人》围绕友谊、忠诚、牺牲等主题展开，对于那些敢于踏入故事中冒险的人来说，这是一场等待发生的冒险。)”可知，这两本书都是以友谊为主题的。故选C。

【2题详解】

细节理解题。根据**Dune by Frank Herbert**部分“Though written in 1965, much of  *Dune*’s story may be more connected to 21st-century readers than it was to bookworms who picked it up in the 1960s. (尽管《沙丘》写于1965年，但其大部分故事内容与21世纪的读者的联系可能比1960年代拿起这本书的书虫们更为紧密。)”可知，这本书更适合21世纪的现代读者。故选D。

【3题详解】

细节理解题。根据**Nancy Drew series by Carolyn Keene**部分“Today, Nancy is drawing a whole new generation of fans, thanks to a television show launched in 2019. (如今，由于2019年推出的一个电视节目，南希吸引了全新一代的粉丝。)”可知，一个电视节目促使南希·德鲁吸引了一批新的读者。故选A。

**B**

I can’t miss the little old lady with her kerchief (方头巾) on her head, a black umbrella blowing all over. I can tell she is freezing. She is standing at a bus stop, and I’m driving by, late for my early morning shift. I decide to stop and offer her a ride.

Of course, she declines, but when I ask again and insist, finally, she gets in the car. I take her to her destination, and by the time she gets out of my car, she is smiling and thanks me.

I was late for work that day, but I was so glad that I stopped. That was 40 years ago, and the beginning of a new habit, one that continues when I’m out driving in bad weather.

If there’s someone at a bus stop, especially if it’s an elderly person waiting at off hours and in bad weather, I will pull over and ask if they need a ride.

Once, a young doctor jumped in. She had finished a long shift and had been waiting and waiting at the bus stop. She had no hesitation and, for the first time, I was able to help someone who performs miracles (奇迹) on a daily basis. That felt good.

But the best part of my ride offers is the conversation. I do tend to ask a lot of questions: where are you from, where are you going, family, background, pets and whatever else comes to mind. Surprisingly, everyone wants to chat. We are usually laughing by the time the ride is over. “What a shame!” I often think when they hop out, as the stories were just getting started.

Now as retirement approaches, I believe I have found my calling. I will be happy to join a community driving program to take people to one appointment or another — or perhaps just to the coffee shop to sit and listen for an hour.

As the years pass, perhaps I will be the one standing at the bus stop. Perhaps there will be somebody who rolls down a window and offers me a seat for a little ride. I will continue to take that leap of faith in the kindness of strangers.

4. What are the first three paragraphs mainly about?

A. How the author started offering rides.

B. The value of the author’s actions.

C. An old lady who impressed the author.

D. An accident that happened 40 years ago.

5. What does the author like most about her ride offers?

A. Helping people who contribute to society.

B. People accepting her offer without hesitation.

C. Chatting with her passengers.

D. Making friends with her passengers.

6. What does the author plan to do?

A. Become a taxi driver after retirement.

B. Continue driving people to their destinations.

C. Wait to be offered a ride at a bus stop.

D. Share her stories with more people.

7. What message does the author want to convey?

A. Elderly people need more care and support.

B. It is important to find a purpose in life.

C. Offering rides to strangers involves risks.

D. Always believe in the goodness in people.

【答案】4. A 5. C 6. B 7. D

【解析】

【导语】本文是一篇记叙文。我在恶劣的天气里开车时，会让在寒风冷雨中等车的人们搭便车。我坚持这个习惯40年，最喜欢的部分是与他们之间的谈话。随着岁月流逝，也许站在公交车站的人会是我，当有人摇下车窗时，我会继续相信陌生人的善良。

【4题详解】

主旨大意题。根据第一段“I decide to stop and offer her a ride.(我决定停下来载她一程)”，第二段“Of course, she declines, but when I ask again and insist, finally, she gets in the car. (当然，她拒绝了，但当我再次询问并坚持时，她终于上车了)”和第三段“I was late for work that day, but I was so glad that I stopped. That was 40 years ago, and the beginning of a new habit, one that continues when I’m out driving in bad weather.(那天我上班迟到了，但我很高兴我停下来了。那是40年前的事了，一个新习惯的开始，当我在恶劣的天气里开车时，这个习惯还会继续)”可知，前三段主要讲的是作者是如何开始提供搭车服务的。故选A。

【5题详解】

细节理解题。根据倒数第三段“But the best part of my ride offers is the conversation.(但我提供的乘车服务中最棒的部分是我们之间的对话)”可知，在行车过程中，作者最喜欢的是与乘客聊天。故选C。

【6题详解】

细节理解题。根据倒数第二段“Now as retirement approaches, I believe I have found my calling. I will be happy to join a community driving program to take people to one appointment or another — or perhaps just to the coffee shop to sit and listen for an hour.(现在，随着退休的临近，我相信我已经找到了自己的使命。我将很乐意参加一个社区驾驶项目，带人们去赴约——或者只是去咖啡店坐下来听一个小时)”可知，作者打算继续把人们送到目的地。故选B。

【7题详解】

推理判断题。根据最后一段“As the years pass, perhaps I will be the one standing at the bus stop. Perhaps there will be somebody who rolls down a window and offers me a seat for a little ride. I will continue to take that leap of faith in the kindness of strangers.(随着岁月的流逝，也许我会是那个站在公共汽车站的人。也许会有人摇下车窗，让我坐一会儿。我将继续相信陌生人的善意)”可知，作者想要传达的信息是：相信陌生人的善意。故选D。

**C**

Have you ever played a computer game for a long time and then kept seeing the game’s images afterward? This happened to me with the classic shape-falling game Tetris (俄罗斯方块), created in 1985 by Alexey Pajitnov.

Feeling stressed one evening, I turned on my Switch to find a game to play and relax with. That’s when I discovered Tetris. Before I knew it, I was obsessed. Even when I stopped, my brain was still playing, with the blocks falling in my mind. I started looking at objects in the real world and thinking about how they could be moved and stacked (堆叠) together. I even dreamed about Tetris. I was experiencing the common “Tetris effect”.

Introduced by journalist Jeffrey Goldsmith in his 1994 Wired magazine article called “This Is Your Brain on Tetris”, the effect has been observed by psychologists and researchers. The lasting images of Tetris are due to the “Zeigarnik effect”, in which people have better memories of uncompleted tasks than those of completed ones. Tetris, being a game that technically never ends, keeps you thinking of the game’s unfinished task, reported Tech Times. And the catchy music stays with you, too.

There are also positives to the Tetris Effect. In his 1991 study, psychologist Richard Haier at the University of California found that continuously playing Tetris resulted in the thickness of the cerebral cortex (大脑皮层) increasing, which improves brain efficiency (效率), reported psychology website Practical Pie. Haier’s discovery got Tetris put into the Guinness World Records Video Gamer’s Edition 2008, as the “first video game to be proven to improve brain functioning and efficiency”.

Tetris has also been researched for use as a treatment for people suffering from trauma (创伤). The Yale Scientific Magazine reported that researchers at John Radcliffe Hospital in Oxford, UK, found that playing Tetris appeared to reduce intrusive (侵入性的) memories in the short term for individuals affected by motor vehicle accidents.

So, the next time you want to play a computer game, why not try the classic Tetris and see if it improves your brain function? But he warned, you’ll likely be seeing falling blocks everywhere.

8. What does the underlined word “obsessed” in paragraph 2 probably mean?

A. Quite shocked. B. Extremely interested.

C. Highly satisfied. D. Very curious.

9. What can we learn about the “Tetris Effect” from the text?

A. It is related to how our memory works. B. It is an uncommon among Tetris players.

C. It can result in the “Zeigarnik effect”. D. It is mainly related to the game’s music.

10. What benefit can people get from continuously playing Tetris, according to Haier?

A. Improved memory. B. Lifted study efficiency.

C. Better brain function. D. Physical recovery.

11. How does the author sound in the last paragraph?

A. Serious. B. Humorous. C. Worried. D. Doubtful.

【答案】8. B 9. A 10. C 11. B

【解析】

【导语】这是一篇说明文。作者介绍了一款让自己入迷的游戏——俄罗斯方块，描述了这款游戏的一些特点应用以及科学家发现俄罗斯方块对人类大脑有独特的影响，并提议读者可以去体验一下俄罗斯方块。

【8题详解】

词句猜测题。根据第二段的句子“Before I knew it, I was obsessed. Even when I stopped, my brain was still playing, with the blocks falling in my mind. I started looking at objects in the real world and thinking about how they could be moved and stacked (堆叠) together. I even dreamed about Tetris. (在我意识到之前，我已经obsessed。即使我停止了，我的大脑仍在玩，这些方块在我脑海中落下。我开始观察现实世界中的物体并思考如何将它们移动并堆放在一起。我甚至梦到了俄罗斯方块)”可知，此处描述作者对俄罗斯方块着迷了，所以obsessed的意思是“入迷的，着迷的”，和B项“非常感兴趣”意思相近。故选B。

【9题详解】

细节理解题。根据第三段第二句“The lasting images of Tetris are due to the “Zeigarnik effect”, in which people have better memories of uncompleted tasks than those of completed ones.(俄罗斯方块的持久图像是由于蔡格尼克记忆效应，这个效应指出人们对未完成任务的记忆比对已完成任务的记忆要好)”可知，俄罗斯方块效应与我们在记忆方面的功能有关。故选A。

【10题详解】

推理判断题。根据第四段第二句“In his 1991 study, psychologist Richard Haier at the University of California found that continuously playing Tetris resulted in the thickness of the cerebral cortex (大脑皮层) increasing, which improves brain efficiency (效率), reported psychology website Practical Pie.(心理学网站Practical Pie报道，加利福尼亚大学的心理学家 Richard Haier在他的1991年的研究中发现，不断地玩俄罗斯方块会导致大脑皮层厚度增加，改善大脑效率)”可知，研究表明，持续玩俄罗斯方块可以改善大脑效率，让大脑运转更高效。故选C。

【11题详解】

推理判断题。根据最后一段“But he warned, you’ll likely be seeing falling blocks everywhere.(但是他警告说，你可能会看到到处都是掉下来的方块)”可知，作者语气是比较轻松有趣、诙谐幽默的。故选B。

**D**

Begus is a linguist at the University of California, Berkeley. He got the chance, last summer, to observe sperm whales in their wild Caribbean habitat. With him were marine （海洋的） biologists and roboticists. There were also cryptographers and experts in other fields. All have been working together to listen to sperm whales and figure out what they might be saying. They call this Project CETI. Project CETI’s team is not the only group turning to AI for help decoding animal talk. Researchers have trained AI models to sort through the sounds of prairie dogs, dolphins, naked mole rats and many other creatures.

Long before AI came into the picture, scientists and others have worked toward understanding animal communication. Some learned that vervet monkeys have different calls when warning of leopards, eagles or pythons. Others discovered that elephants communicate in rumbles too low for human ears to hear. Bats chatter in squeaks too high for our hearing. Still other groups have explored how bees communicate through dance.

“It took us a long time to measure all these things,” says researcher Karen Bakker. AI, she notes, has the potential to greatly speed up this type of research. Perhaps one day we’ll be able to use AI to build a futuristic chat box that translates animal sounds into human language, or vice versa （反之亦然）.

“Al could eventually get us to the point where we understand animals,” says Bakker. What’s interesting to her is what we can learn from how bats and other creatures talk among each other. We should listen to animals for better protection, she argues. For example, a system set up to record whales or elephants can also track their locations. This can help us avoid whales with our boats or prevent elephants from illegal hunters.

12. What is Project CETI aimed at?

A. Applying AI to animal research.

B. Improving the living conditions of sperm whales.

C. Preventing all marine life from extinction.

D. Analysing talks of sperm whales.

13. How is the second paragraph developed?

A. By listing figures. B. By giving examples.

C. By making comparisons. D. By analyzing causes.

14. What is NOT true according to Karen Bakker?

A. Animal researches used to be time-consuming.

B. Animals may one day understand human language.

C. We can already well figure out animal talk with AI.

D. We apply AI to eventually assist us protect animals.

15. What is the best title for the text?

A. AI: A Potential Threat to Human Future

B. AI: A Technology Beneficial to the Earth

C. AI: A Tool to Understand and Protect Animals

D. AI: A Field of Fierce Major-country Competition

【答案】12. D 13. B 14. C 15. C

【解析】

【导语】这是一篇说明文。主要介绍了一个叫CETI的项目旨在通过人工智能分析动物之间的对话，从而可以更好地保护动物。

【12题详解】

细节理解题。根据第一段中“All have been working together to listen to sperm whales and figure out what they might be saying. They call this Project CETI.”（他们一直在一起合作，倾听抹香鲸的声音，并弄清楚它们可能在说什么。他们称之为CETI项目。）可知，CETI计划的目的是分析有关抹香鲸他们之间说的话。故选D项。

【13题详解】

推理判断题。根据第二段“Long before AI came into the picture, scientists and others have worked toward understanding animal communication. Some learned that vervet monkeys have different calls when warning of leopards, eagles or pythons. Others discovered that elephants communicate in rumbles too low for human ears to hear. Bats chatter in squeaks too high for our hearing. Still other groups have explored how bees communicate through dance.”（早在人工智能出现之前，科学家和其他人就一直在努力了解动物的交流方式。一些人了解到，在警告豹子、鹰或蟒蛇时，长尾猴会发出不同的叫声。其他人发现大象交流的声音太低，人耳听不到。蝙蝠发出的叫声太高，我们听不见。还有一些研究小组探索了蜜蜂是如何通过舞蹈进行交流的。）可推知，第二段是通过举例展开的。故选B项。

【14题详解】

推理判断题。根据倒数第二段中“AI, she notes, has the potential to greatly speed up this type of research. Perhaps one day we’ll be able to use AI to build a futuristic chat box that translates animal sounds into human language, or vice versa .”（她指出，人工智能有可能大大加快这类研究的速度。也许有一天，我们可以使用人工智能来构建一个未来主义的聊天框，将动物的声音翻译成人类语言，或者反之亦然。）可推知，在Karen Bakker观点中，我们已经可以用人工智能很好地理解动物的对话这项陈述是不正确的。故选C项。

【15题详解】

主旨大意题。根据文章大意以及最后一段中“We should listen to animals for better protection, she argues. For example, a system set up to record whales or elephants can also track their locations. This can help us avoid whales with our boats or prevent elephants from illegal hunters.”（她认为，为了更好地保护动物，我们应该倾听动物的声音。例如，一个用来记录鲸鱼或大象的系统也可以追踪它们的位置。这可以帮助我们用船只避开鲸鱼，或者防止大象被非法捕猎。）可知，文章主要讲的是一个叫CETI的项目旨在通过人工智能分析动物之间的对话，从而可以更好地保护动物。故文章最好的标题是“人工智能：一个了解和保护动物的工具”。故选C项。

**第二节 七选五（共5小题；每小题2.5分，满分12.5分 ）**

**根据短文内容，从短文中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。**

Whether your day was messed up by one terrible incident or a series of minor annoyances (使人烦恼的事), a bad day can leave you feeling sad and nervous. Here are some ways that may help you get yourself back on track after a bad day.

Deal with negative feelings

Focus on your physical senses. \_\_\_\_16\_\_\_\_ As soon as you can do so, take a few minutes to just breathe and focus on what you are seeing, smelling, feeling, and hearing. This will help ground you in the present moment and break the cycle of stress and anxiety.

Share your feelings with someone you trust. You may think it’s better to keep your dark mood to yourself, especially in a busy environment like the office or the classroom. \_\_\_\_17\_\_\_\_

Practice stress-relieving activities

Do deep breathing exercises. Breathing deeply can signal your brain and body to relax. If you’re feeling upset, take three to ten deep breaths in through your nose and out through your mouth.

Take a little time to do something you enjoy. \_\_\_18\_\_\_ This could be anything from listening to music to watching a funny video.

Help yourself feel better physically

Go for a run, a jog, or a walk. \_\_\_\_19\_\_\_\_ In fact, regular exercise can increase your energy levels and help you deal with stress. Work out your body and give your mind a rest.

\_\_\_20\_\_\_

Eating and drinking healthily can help you feel better both physically and emotionally. Choose foods that can boost your mood and increase your energy levels, such as leafy greens and whole grains.

A. One of the best ways to get over a bad day is to exercise.

B It’s okay to feel upset when you’re having a bad day.

C. However, connecting with others when you’re down can help you feel better.

D. Fuel yourself with a healthy meal or snack.

E. It’s important to give yourself time to process negative feelings.

F. Treating yourself to something fun can help you feel better.

G. Drink a warm, caffeine-free beverage, such as a cup of warm milk.

【答案】16. E 17. C 18. F 19. A 20. D

【解析】

【导语】这是一篇说明文。文章主要讲述了消除悲伤和紧张情绪的一些方法。

【16题详解】

根据第二段的标题“Deal with negative feelings (处理消极情绪)”可知，要处理消极的感受，段首句“Focus on your physical senses.(专注于你的身体感觉)”提到要关注身体的感受，E 项“给自己时间处理负面情绪是很重要的。”承接上文，说明关注身体消极感受的重要性，并与标题内容相符。故选E项。

【17题详解】

根据前文“You may think it’s better to keep your dark mood to yourself, especially in a busy environment like the office or the classroom.(你可能认为最好把你的黑暗情绪留给自己，尤其是在办公室或教室这样繁忙的环境中)”可知，你可能认为最好把你的黑暗情绪留给自己，C项“然而，当你情绪低落时与他人联系可以帮助你感觉更好。”与上文构成转折关系，指出一个人抗下所有不良情绪的做法是不正确的。故选C项。

【18题详解】

前文“Take a little time to do something you enjoy.(花点时间做一些你喜欢的事情) ”提到要花时间做一些你喜欢的事情。后文“This could be anything from listening to music to watching a funny video.(这可以是任何东西，从听音乐到看一个有趣的视频)”提到了这可以是任何东西，从听音乐到看一个有趣的视频，F项“享受一些有趣的东西可以让你感觉更好。”指出了做有趣的事情的好处，后文举出了具体的例子。故选F项。

【19题详解】

前文“Go for a run, a jog, or a walk.(去跑步、慢跑或散步)”提到了去跑步、慢跑或散步，后文“In fact, regular exercise can increase your energy levels and help you deal with stress. Work out your body and give your mind a rest.(事实上，经常锻炼可以提高你的能量水平，帮助你应对压力。锻炼你的身体，让你的思想得到休息)”提到了锻炼的益处，A项“度过糟糕一天的最好方法之一是锻炼。”指出全文做法的作用，后文进一步指出了选项A做法的好处，故选A项。

【20题详解】

根据最后一段的“Eating and drinking healthily can help you feel better both physically and emotionally. Choose foods that can boost your mood and increase your energy levels, such as leafy greens and whole grains.(健康饮食可以帮助你在身体和情感上都感觉更好。选择能提振情绪、提高能量水平的食物，如绿叶蔬菜和全谷物)”可知，要选择健康饮食，选择能提振情绪、提高能量水平的食物，D项“吃一顿健康的饭或零食来补充体力。”能够概括本段内容，适合作为标题。故选D项。

**第三部分 语言运用（共两节，满分30分）**

**第一节 完形填空（共15小题；每小题1分，满分15分）**

**阅读下列短文，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，并在答题纸上将该项涂黑。**

It was early winter several years ago. I pulled out my old winter \_\_\_21\_\_\_ for another year’s use. It remained in good \_\_\_22\_\_\_ although it looked dirty. I didn’t really \_\_\_23\_\_\_ a new one but I wanted one and casually mentioned it to my daughter. A few weeks later, she \_\_\_24\_\_\_ me with a brand-new coat. I put the old one in my \_\_\_25\_\_\_. Each day, though, when I opened my closet, something \_\_\_26\_\_\_ me. It seemed a shame that my still good, old coat should just sit there keeping no one \_\_\_27\_\_\_ during the cold days.

After a few weeks, I took the coat to a charity shop. I knew there someone who couldn’t afford a coat might get my old one. I \_\_\_28\_\_\_ it off and walked out the door. As I did so, I saw a shivering (颤抖的) man in only a jacket walking in. I couldn’t help but wonder if he would be the new \_\_\_29\_\_\_ of my old coat. With a smile, I went home.

My new coat is my old coat now. It is getting a little dirty and \_\_\_30\_\_\_, too. I wonder if I should buy a new one soon but I think I will \_\_\_31\_\_\_ a while. Ralph Waldo Emerson once said: “\_\_\_32\_\_\_ is a growing giant whom the coat of Have was never large enough to cover.” Perhaps the best way to deal with our wants is by \_\_\_33\_\_\_ and giving something of ourselves. Love brings us \_\_\_34\_\_\_. The more we \_\_\_35\_\_\_, the more happiness we have. May all of your days be full of giving and love.

21.

A. jacket B. sweater C. dress D. coat

22.

A. shape B. size C. order D. position

23.

A. like B. need C. make D. change

24.

A. served B. left C. inspired D. surprised

25.

A. locker B. drawer C. closet D. cupboard

26.

A. puzzled B. upset C. encouraged D. challenged

27.

A. satisfied B. happy C. warm D. comfortable

28.

A dropped B. took C. saw D. sent

29.

A. protector B. owner C. carrier D. buyer

30.

A. worn B. soft C. big D. dark

31.

A. stop B. prepare C. wait D. choose

32.

A. Take B. Lose C. Give D. Want

33.

A. accepting B. enjoying C. understanding D. sharing

34.

A. hope B. joy C. trust D. luck

35.

A. ask for B. take in C. give away D. bring in

【答案】21. D 22. A 23. B 24. D 25. C 26. B 27. C 28. A 29. B 30. A 31. C 32. D 33. D 34. B 35. C

【解析】

【导语】本文是一篇记叙文。文章主要讲述了作者拥有了新外套后，将旧外套捐赠给慈善商店的故事。作者认为分享和付出是最好的处理欲望的方式，通过分享和付出，人们可以获得更多的快乐和满足感。

【21题详解】

考查名词词义辨析。句意：我拿出我的旧外套，准备再穿一年。A. jacket夹克；B. sweater毛衣；C. dress女裙；D. coat外套。空处为原词重现，根据下文“It seemed a shame that my still good, old coat should just sit there keeping no one 　　　7　　　 during the cold days.”可知，冬天来临时，作者拿出了自己的旧外套。故选D。

【22题详解】

考查名词词义辨析。句意：虽然它看起来很脏，但它仍然完好无损。A. shape形状；B. size大小；C. order命令；D. position位置。根据下文“It seemed a shame that my still good, old coat should just sit there keeping no one 　　　7　　　 during the cold days.”可知，外套完好无损。考查短语：in good shape，意为“完好无损”，符合句意。故选A。

【23题详解】

考查动词词义辨析。句意：我并不真的需要一个新的，但我想要一个，并不经意地向我女儿提起了这件事。A. like喜欢；B. need需要；C. make制作；D. change改变。根据下文“It seemed a shame that my still good, old coat should just sit there keeping no one 　　　7　　　 during the cold days.”可知，作者的这件外套还是可以穿的，也就是说作者其实不需要新的，只是想要一件外套。故选B。

【24题详解】

考查动词词义辨析。句意：几周后，她给了我一个惊喜，给了我一件全新的外套。A. served服务；B. left离开；C. inspired激励；D. surprised使惊讶。根据上文“a new one but I wanted one and casually mentioned it to my daughter”可知，作者曾经和女儿提过想要一件新的外套，由此可知，作者的女儿给作者买了件新的，给了作者一个惊喜。故选D。

【25题详解】

考查名词词义辨析。句意：我把旧的放在衣柜里了。A. locker储物柜；B. drawer抽屉；C. closet壁橱、衣柜；D. cupboard碗橱。考查原词重现，根据下文“Each day, though, when I opened my closet”可知，作者是把旧的外套放在了衣柜里。故选C。

【26题详解】

考查动词词义辨析。句意：然而，每天当我打开衣柜时，总有一些事情让我心烦意乱。A. puzzled使困惑；B. upset使烦恼；C. encouraged鼓励；D. challenged挑战。根据下文“It seemed a shame that my still good, old coat should just sit there keeping no one 　　　7　　　 during the cold days.”可知，外套好好的却挂在那儿没人穿这件事情很困扰作者。故选B。

【27题详解】

考查形容词词义辨析。句意：在寒冷的日子里，我那件仍然很好的旧外套在那里不给任何人保暖，这似乎是一件憾事。A. satisfied满意的；B. happy快乐的；C. warm温暖的；D. comfortable舒服的。根据常理可知，外套可以在寒冷的日子里给别人温暖。故选C。

【28题详解】

考查动词词义辨析。句意：我把它放下，走出了门。A. dropped掉落；B. took拿走；C. saw看见；D. sent发送。根据下文“walked out of the door”可知，作者是将外套放在了慈善商店，就走出去了。故选A。

【29题详解】

考查名词词义辨析。句意：我不禁想知道他是否会成为我旧外套的新主人。A. protector保护者；B. owner主人；C. carrier载体；D. buyer买家。根据上文“After a few weeks, I took the coat to a charity shop.”可知，作者是把外套送到一家慈善商店，由此可知，当作者看到一个穿着夹克的人走进慈善商店时，作者情不自禁地想知道这个人是否会成为外套的新主人。故选B。

【30题详解】

考查形容词词义辨析。句意：它也有点脏和磨损了。A. worn精疲力竭的、磨损的；B. soft柔软的；C. big大的；D. dark黑暗的。根据上文“My new coat is my old coat now.”可知，作者的新外套现在是旧外套了，由此可知，这件外套也有了磨损。故选A。

【31题详解】

考查动词词义辨析。句意：我不知道我是否应该尽快买一个新的，但我想我会等一会儿。A. stop阻止；B. prepare准备；C. wait等待；D. choose选择。根据常理可知，作者这件外套也还是能穿的，略有磨损，所以作者认为再等等再买新的外套。故选C。

【32题详解】

考查动词词义辨析。句意：拉尔夫·沃尔多·爱默生曾经说过：“需求是一个成长中的巨人，‘有’的外衣对它太小不合身。”A. Take取走；B. Lose失去；C. Give给；D. Want想要。根据下文“Perhaps the best way to deal with our wants is by 　　　13　　　 and giving something of ourselves.”中的“wants”可知，空处指的是人的需求会不断增长。故选D。

【33题详解】

考查动词词义辨析。句意：也许处理我们的需求的最好方法是分享和给予我们自己。A. accepting接受；B. enjoying享受；C. understanding理解；D. sharing分享。根据空后的“giving”以及上文内容可知，作者指的是分享自己所拥有的。故选D。

【34题详解】

考查名词词义辨析。句意：爱带给我们快乐。A. hope希望；B. joy快乐；C. trust信任；D. luck好运。根据上文“With a smile, I went home.”可知，作者认为对他人的关爱会给人带来快乐。故选B。

【35题详解】

考查动词短语词义辨析。句意：我们付出的越多，我们拥有的就越多。A. ask for要求；B. take in理解；C. give away赠送；D. bring in采用。根据上文内容可知，文章主要讲述的是作者将自己的旧大衣送给有需要的人；再根据上文“Perhaps the best way to deal with our wants is by 　　　13　　　 and giving something of ourselves.”可推测，作者认为我们付出的越多，拥有的就越多。故选C。

**第二节 语法填空（共10小题；每小题1.5分，满分15分）**

阅读下面材料，在空白处填入适当的内容（1个单词）或括号内单词的正确形式。

With a Douban score of 8.1 points, the 168-minute animated film “30,000 Miles from Chang’an” presents a beautiful scroll (卷轴) filled with Tang poetry. The film, \_\_\_36\_\_\_ allows viewers to see Tang poetry come to life on the big screen provides \_\_\_37\_\_\_ amazing way to experience and appreciate classic works.

\_\_\_38\_\_\_(feature) the story of the friendship between Gao Shi and Li Bai, the film shows the dreams of the poets in the Tang Dynasty. The creators of the film hope audiences can connect with the emotions and stories behind these poets’ famous lines.

On social platforms, the film has been under heated \_\_\_39\_\_\_(discuss). Viewers have posted an ocean of reviews, sharing their insights and stories about Tang poetry.

“30,000 Miles from Chang’an” is not just a literature lesson, but a lesson about life. By showcasing the \_\_\_40\_\_\_(character) and history from textbooks, the film provides valuable life lessons, encouraging students \_\_\_41\_\_\_(follow) their dreams with perseverance.

This isn’t the first time that films \_\_\_42\_\_\_(inspire) enthusiasm for learning. But how is it done? The key lies in the creators’ respect for and knowledge of the subject mater, whether it is historical, cultural, scientific, \_\_\_43\_\_\_ psychological. Meanwhile, by presenting these classic works in a \_\_\_44\_\_\_(visual) amazing manner, the film has brought a unique approach \_\_\_45\_\_\_ learning while watching movies.

【答案】36. which

37. an 38. Featuring

39. discussion

40. characters

41. to follow

42. have inspired

43. or 44. visually

45. to

【解析】

【导语】本文是新闻报道。这篇文章主要报道了一部动画电影《长安三万里》的内容和观众反响，并对电影的教育意义进行了探讨。

【36题详解】

考查定语从句。句意：这部电影让观众看到唐诗在大银幕上栩栩如生，为体验和欣赏经典作品提供了一种奇妙的方式。分析句子结构可知，空处引导非限制性定语从句，先行词是The film，在从句中作主语，用which引导。故填which。

【37题详解】

考查冠词。句意：这部电影让观众看到唐诗在大银幕上栩栩如生，为体验和欣赏经典作品提供了一种奇妙的方式。way意为“方式”为可数名词，句中用的单数，前应用不定冠词修饰，amazing为元音音素开头，用an修饰。故填an。

【38题详解】

考查非谓语动词。句意：影片以高适和李白的友情为主题，展现了唐代诗人的梦想。本句已有谓语动词shows，所以feature用非谓语形式，和逻辑主语the film之间是主动关系，用现在分词形式，位于句首，首字母应大写。故填Featuring。

【39题详解】

考查名词。句意：在社交平台上，这部电影引起了热议。空前是形容词，所以空处应填名词作宾语，discuss的名词形式是discussion。故填discussion。

【40题详解】

考查名词。句意：通过展示教科书中的人物和历史，这部电影提供了宝贵的人生课程，鼓励学生坚持不懈地追求梦想。空前是定冠词，所以空处应填名词作宾语，character意为“人物”，为可数名词，根据句意，用复数形式。故填characters。

【41题详解】

考查非谓语动词。句意：通过展示教科书中的人物和历史，这部电影提供了宝贵的人生课程，鼓励学生坚持不懈地追求梦想。此处是固定搭配：encourage sb. to do sth.意为“鼓励某人做某事”。故填to follow。

【42题详解】

考查动词时态。句意：这并不是电影第一次激发人们的学习热情。此处是固定句型：this is the+序数词+time that意为“这是某人第……次做某事”，其中that引导的从句中需用现在完成时。故填have inspired。

43题详解】

考查连词。句意：关键在于创作者对题材的尊重和了解，无论是历史的、文化的、科学的还是心理的。此处是固定搭配：whether...or...意为“无论……还是……”。故填or。

【44题详解】

考查副词。句意：同时，通过以视觉震撼的方式呈现这些经典作品，本片带来了一种独特的边看边学的方式。空处修饰空后的形容词，应该用副词修饰。故填visually。

【45题详解】

考查介词。句意：同时，通过以视觉震撼的方式呈现这些经典作品，本片带来了一种独特的边看边学的方式。此处是固定搭配：an approach to doing意为“做……的方法”。故填to。

**第四部分 写作（共两节，满分40分）**

**第一节 句子翻译（共5小题；每小题3分，满分15分）**

46. 当我遇到麻烦时，Forrest陪伴着我并且鼓励我。（be stuck in; keep sb company）（汉译英）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

【答案】When I was stuck in trouble, Forrest always kept me company and encouraged me.

【解析】

【详解】考查时间状语从句、动词短语和时态。根据句意以及句子的提示词可知，该句应为连词when“当……时候”引导的时间状语从句，在该从句中，表示“遇到麻烦”应为动词短语be stuck in trouble；在主句中，表示“陪伴某人”应为动词短语keep sb company；表示“鼓励我”应为动词短语encourage me；结合句意可知，该句应为陈述过去发生的事情，为一般过去时。故翻译为When I was stuck in trouble, Forrest always kept me company and encouraged me.

47. 让自己周围聚集着快乐的人能使你变得积极乐观。（surround; enable）（汉译英）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

【答案】Surrounding yourself with happy people enables you to become positive and optimistic.

【解析】

【详解】考查固定短语和时态。表示“让自己周围聚集着”可用短语surround oneself with，作主语应用动名词形式；表示“快乐的人”短语为happy people；表示“使能够”短语为enable sb. to do sth.；表示“变得积极乐观”应用become positive and optimistic。为一般现在时。故翻译为Surrounding yourself with happy people enables you to become positive and optimistic.

48. 令我迷惑不解的是他为何不利用好这个机会。（puzzle; take advantage of）（汉译英）

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

【答案】What puzzles me is why he didn’t take advantage of the good opportunity.

【解析】

【详解】考查主语从句、表语从句、动词、动词短语、名词短语和时态。根据句意以及句子的提示词可知，表示“令……迷惑不解”为动词puzzle，“令我迷惑不解的”表达为连接代词what引导的主语从句，“我”为代词me，作宾语；“令我迷惑不解的是……”陈述“我”目前状态，用一般现在时，“令我迷惑不解的”表达为主语从句what puzzles me；“是”用系动词is；后接连接副词why引导的表语从句，表示“利用”应为动词短语take advantage of；表示“这个好的机会”应为名词短语the good opportunity；表语从句“他为何不利用好这个机会”陈述过去发生的事情，用一般过去时态。故翻译为：What puzzles me is why he didn’t take advantage of the good opportunity.

49. 尽管爷爷年事已高，他的身体状态很好。（in spite of; in shape）（汉译英）

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【答案】In spite of his advanced age, grandpa is in good shape.

【解析】

【详解】考查介词短语和时态。“身体状况良好”译为be in good shape“身体状况良好”，“爷爷”译为grandpa，“尽管爷爷年事已高”翻译为in spite of his advanced age，作状语。句子陈述目前事实，应用一般现在时，主语是单数，be动词使用is。故翻译为In spite of his advanced age, grandpa is in good shape.

50. 我发现嘉兴是个很迷人的城市，我已经爱上它了。（find+宾语+宾补; fall in love）（汉译英）

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【答案】I find Jiaxing a very charming city and I have fallen in love with it

【解析】

【详解】考查短语和find+宾语+宾补。我发现嘉兴是个很迷人的城市翻译为I find Jiaxing a very charming city ，使用了find+宾语+宾补的结构，陈述事实，为一般现在时。“我已经爱上它了”。描述过去发生的事情对现在造成的影响，用现在完成时。爱上为fall in love with。故翻译为I find Jiaxing a very charming city and I have fallen in love with it.

**第二节 应用文写作（满分25分）**

51. 假设你是李华，上周五你校组织高一学生参观了嘉兴丝绸博物馆。请你就此给校英文报写一篇报道，内容包括：

1. 参观目的；2. 活动内容；3. 活动反响。

注意：1. 词数80左右；

2. 可适当增加细节，以使行文连贯。

High School Students Go on a Journey of Discovery at Jiaxing Silk Museum

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【答案】

**High School Students Go on a Journey of Discovery at Jiaxing Silk Museum**

To provide students with a hands-on experience of China’s rich silk heritage and enrich school life, our school organized an educational outing to Jiaxing Silk Museum for the freshmen last Friday.

The visit kicked off with a guided tour through the exhibition halls, treating the students to an amazing display of fine silk works and the tools used in silk production. The highlight of the trip was the interactive workshop where students got the chance to weave their own mini silk pieces as souvenirs under the instructions of skilled artisans.

Overall, the visit was an enriching and rewarding experience, which not only broadened the students’ horizons but also instilled a sense of pride in our cultural heritage.

【解析】

【导语】本篇书面表达是应用文。上周五学校组织高一学生参观了嘉兴丝绸博物馆，要求考生就此给校英文报写一篇报道。

【详解】1. 词汇积累

提供：provide→offer

展示：display→exhibition

机会：chance→opportunity

总体而言：overall→in general

2. 句式拓展

简单句变复合句

原句：To provide students with a hands-on experience of China’s rich silk heritage and enrich school life, our school organized an educational outing to Jiaxing Silk Museum for the freshmen last Friday.

拓展句：Our school organized an educational outing to Jiaxing Silk Museum for the freshmen last Friday, which was aimed at providing students with a hands-on experience of China’s rich silk heritage and enriching school life.

【点睛】【高分句型1】The highlight of the trip was the interactive workshop where students got the chance to weave their own mini silk pieces as souvenirs under the instructions of skilled artisans. (运用where引导的定语从句)

【高分句型2】Overall, the visit was an enriching and rewarding experience, which not only broadened the students’ horizons but also instilled a sense of pride in our cultural heritage. (运用which引导的非限制性定语从句)