

A. To feel less sick. B. To keep fit. C. To lose more weight:

16. What is the woman's attitude to the man's idea?

A. Intolerant. B. Favorable. C. Skeptical.

17. What is the conversation mainly about?

A. Diets. B. Sports. C. Menus.

听下面一段独白，回答小题。【此处可播放相关音频，请去附件查看】

18. What are the arguments based on?

A. Language researches. B. Academic journals. C. Medical' interviews.

19. What is the benefit of speaking more languages?

A. To improve your memory. B. To make you stronger. C. To save more languages.

20. What can improve a research's accuracy?

A. Accepting whatever the Internet says.

B. Mastering more than one language.

C. Referring to more previous studies.

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, 选出最佳答案。

A

If there's one fun thing you can do at night by the campfire, it's gazing at the stars with astronomy apps.

Star Walk 2

Star Walk 2 shows you the positions of various astronomical objects from your chosen location. It features solar system objects, deep sky objects and even satellites. It tells you each object's rising and setting times to help you plan your stargazing activity. If you pay to upgrade to the superior version, you'll have access to more information and photos of these objects.

Stellarium Mobile

Stellarium Mobile has information on more than 1.4 billion stars, 3 million galaxies (星系) and even the majority of visible man-made satellites. Buttons don't crowd the screen, making it a lot more enjoyable to view the night sky in all its glory. There's also a Night Mode feature that enables to turn your phone screen red for easier use in the dark. You can use Stellarium Mobile for free. But if you want to control a telescope, view objects in 3D, you'll need to

upgrade to a paid account.

Nightshift Stargazing

The app provides all the information you'll need to make the most out of your night. It tells you the weather conditions in your area, including cloud cover and rainfall. It will give you valuable insights, such as when the sun and moon will rise and set, what phase (月相) the moon will be in, how long it will be dark outside, which planets will be visible, what time you can observe each visible planet, and whether there will be any active meteor (流星) showers.

Heavens-Above

Heavens-Above contains the Sky Chart, which is a chart of the sky above you. It shows you the names of the planets and stars you can potentially see when you look up. To figure out the exact position of the planets and satellites, adjust your mobile device toward the sky, and a pointer on the Sky Chart will move accordingly. Keep moving the pointer to where your object of interest is to help you determine its location in real life. You can use the app for free, but you will have to pay if you want to use the professional version.

21. Who are the apps mainly intended for?

- A. Nature photographers.
- B. Amateur astronomers.
- C. Space scientists.
- D. Camping lovers.

22. Which app is completely free to use?

- A. Star Walk 2.
- B. Stellarium Mobile.
- C. Nightshift Stargazing.
- D. Heavens-Above.

23. What is the function of Heavens-Above?

- A. It tells each object's rising and setting times.
- B. It predicts the weather conditions of the areas.
- C. It helps locate the exact position of the objects.
- D. It makes viewing the night sky more enjoyable.

B

88-year-old Elsie Eiler is a one-of-a-kind figure in the country as the sole resident of Monowi, America's tiniest town.

Monowi was once a booming railroad town in the 1930s. It once had around 120 residents and a lively business community. However, as urbanization and technological developments attracted people away from labor-intensive farming and toward new opportunities in larger cities, Monowi began to shrink.

In 2004, Elsie faced a profound loss when her beloved husband passed away, leaving her as the last remaining resident of Monowi. Despite the loneliness, Elsie made a decision to remain in the town she called home. But don't mistake her loneliness for boredom or idleness. This strong-willed woman keeps herself remarkably busy. Elsie takes on multiple roles within the town, serving as the hotel owner, mayor, treasurer, clerk, secretary, and librarian.

However, she ensures to take a well-deserved rest day on Mondays.

The Monowi Hotel, under Elsie's management, operates six days a week. Tourists from over 47 states and more than 40 countries, along with regulars from nearby towns, frequent the hotel for a bite to eat or a refreshing drink. Despite challenges posed by the pandemic, Elsie's hotel received stable support from locals, enabling it to endure while other small businesses struggled. In 2021, the town celebrated Elsie's impressive 50-year tenure (任期) as hotel owner, with friends, family, and neighboring townspeople gathering to honor her while playing cards and sharing fond memories.

Elsie's determination to preserve Monowi sets her apart as a devoted caretaker of the town's heritage. She single-handedly completes the necessary paperwork to maintain Monowi's corporation and has even elected herself as the mayor. Collecting \$500 in taxes annually, Elsie ensures the town's three lampposts are well-lit and its water supply is running smoothly.

Asked about the possibility of leaving, Elsie dismisses the idea outright. She states, "I'm happy here. I want to be here, or I wouldn't stay here." Elsie Eiler's devotion to preserving Monowi's identity and keeping its spirit alive makes her a true miracle.

24. Why did Monowi's population decrease?

- A. Its residents lost their farms.
- B. Its management was out of date.
- C. Its tourism business went into a decline.
- D. Its residents sought opportunities outside.

25. How is Eiler's life in Monowi?

- A. Boring but meaningful.
- B. Lonely but safe.
- C. Risky and struggling.
- D. Fruitful and delightful.

26. What do we know about Eiler's hotel?

- A. It has a history of 50 years.
- B. It operates seven days a week.
- C. It attracts varieties of tourists.
- D. It suffers seriously from the pandemic.

27. What's the meaning of Eiler's stay in Monowi?

- A. Increasing the town's taxes.
- B. Expanding the town's size.
- C. Boosting the town's business.
- D. Keeping the town's spirit alive.

C

The social media platform Instagram once made headlines for limiting likes in an effort to reduce the comparisons and hurt feelings resulting from attaching popularity to sharing content. A small step in the right direction, says Jacqueline Sperling, a psychologist who works with youths that experience anxiety disorders.

Social media has a reinforcing nature. The platforms are designed to be addictive and are related to anxiety, depression, and even physical illnesses. But what makes users come back for more even when it can literally make them feel sick?

“The unknown outcome and the possibility of a desired outcome can keep users engaged with the sites,” Sperling says. “When the outcome is unpredictable, the behavior is more likely to repeat.” To boost self-esteem and feel a sense of belonging in their social circles, people post content with the hope of receiving positive feedback. FOMO--fear of missing out--f also plays a role. Teenagers hope to keep track of friends’ activities. Missing experiences can create anxiety and depression.

The earlier teens start using social media, the greater impact they have on mental health. This is especially true for females. While teen males tend to express aggression physically, females do so by excluding others and sharing hurtful comments. Social media increases the opportunity for such harmful interactions.

In addition, social media puts a lens filter (滤镜) on appearances and reality. When there’s a filter applied to the digital world, it can be hard for teens to tell what’s real and what isn’t, which comes at a tough time for them physically and emotionally.

We can benefit from social platforms to some extent, as they allow people to stay in touch with family and friends around the world. Still, the platforms have opened a “Pandora’s box” as they continue to evolve more quickly than we can research their impact.

In addition to limiting likes, Sperling suggests social platforms consider decreasing mass sharing. Regardless of how likely social media giants, are to change their ways, though, individuals can take control of their own behavior.

28. Why does Instagram limit likes?

- A. To share more contents.
- B. To increase its popularity.
- C. To ensure teens’ well-being.
- D. To reduce teens’ online time.

29. What does “Pandora’s box” in Paragraph 6 imply?

- A. Social media can be double-edged.
- B. People benefit from social platforms.
- C. People get boxes of gifts from social platforms.
- D. Social media opens a door for people to see the world.

30. Which of the following does Sperling agree with?

- A. Its lens help teens to tell the real world.
- B. Its unpredictable outcome attracts frequent visits.
- C. It is helpful to teens with anxiety and depression.
- D. It has a greater impact on female teens than male, teens.

31. What will the author most probably talk about next?

- A. Advice on users' controlling mass sharing.
- B. Reasons for teens' posting addictions.
- C. Negative effects of harmful interactions.
- D. Ways of social media giants' management.

D

Blue-light-blocking glasses are supposed to reduce the effects of short-wavelength light from our smartphones, computer screens and LED lights: namely, eye strain (疲劳) leading to poor sleep and possibly cataracts and macular degeneration (白内障和黄斑变性). They can range from under \$15 all the way up to several hundred dollars. But do they really work?

Dr. Elizabeth. Esparaz, an ophthalmologist and lifestyle medicine specialist based in Cleveland, Ohio, says the science that manufacturers share to promote these glasses can be confusing. For starters, blue light isn't just about tech devices, and it's not always bad. "The sun gives off a much higher intensity of blue light than, human-made devices, of course, and it's actually beneficial," says Dr. Esparaz. It helps our mood, alertness and sleep-wake cycle.

However, blue light at night is not a good thing: It suppresses the release of melatonin (褪黑激素). "Melatonin helps regulate our circadian rhythms and makes, us sleepy," says Dr. Esparaz.

So, in theory, blue-light-blocking glasses should help people who watch movies in bed or read from a table at night to avoid sleeplessness. Indeed, a 2021 review from the University of Oklahoma that looked at 24 previous studies found people affected by sleep disorders, jet lag and shift work fell asleep faster after using these glasses.

As for eye strains, an Australian study of 120 people in 2021 showed that those wearing the glasses did not experience less eye strain than those using clear glasses. And a 2018 review study, also by Australian researchers, concluded. that. there was insufficient evidence. to show that they prevent macular degeneration.

"These glasses aren't going to be harmful," says Dr. Esparaz, so people who find them effective should keep using them. But, she adds, a lack of standardization in the industry means there's no way to know if one pair is better than another.

You can always activate the blue-light-blocking function on your devices and limit screen 18time before bed. To help reduce eye strain, Dr. Esparaz suggests taking breaks and using eye drops.

32. What does the underlined word "suppress" mean in paragraph 3?

- A. Press.
- B. Prevent.
- C. Stimulate.
- D. Increase.

33. Who will benefit from the glasses according to the studies?

- A. People under great pressure.
- B. People experiencing eye strain.
- C. People with macular degeneration.
- D. People suffering from sleep disorders.

34. What do we know about the glasses from the last two paragraphs?

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。

Ukrainian artist Olesya Galushcenko is an engineer who got into porcelain (瓷) flower making as a personal challenge. Seven years ago, she decided to 41 a project that involved using her 42, and a decorative flower bouquet (花束) caught her eye. Soon she started paying attention to cold porcelain. But she refused to 43 classes and decided to learn the 44 herself.

While 45 with porcelain, Olesya realized that in order to 46 almost perfect flower reproductions, every little part of the 47 she was copying needed to be perfect. So she 48 taking every flower apart and making molds (模具) of every element.

After making the molds, the 49 artist created the frame of the bouquet from wire covered in tape. Everything was then 50 coated in porcelain. The porcelain masterpieces needed about a day to 51.

Provided that the artist 52 from early morning until late at night, she can create one rose in a 53. Olesya Galushcenko's creations are not exactly 54 but there are always buyers lining up to buy her works.

Each porcelain flower that comes out of Olesya Galushcenko's hands is one of a kind, and, if properly cared for, can 55 forever. She recommends keeping them out of direct sunlight and excessive moisture, carefully wiping them with a damp cloth.

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|------------------|---------------|------------------|--------------|
| 41. A. put aside | B. put off | C. take on | D. take down |
| 42. A. eyes | B. hands | C. strength | D. courage |
| 43. A. set up | B. give up | C. account for | D. pay for |
| 44. A. skill | B. service | C. origin | D. shape |
| 45. A. matching | B. playing | C. experimenting | D. battling |
| 46. A. observe | B. achieve | C. restore | D. maintain |
| 47. A. flowers | B. molds | C. tools | D. leaves |
| 48. A. admitted | B. avoided | C. delayed | D. started |
| 49. A. proud | B. optimistic | C. talented | D. anxious |
| 50. A. roughly | B. carefully | C. temporarily | D. hurriedly |
| 51. A. dry | B. copy | C. display | D. sell |

52. A. draws B. comes C. carves D. works
53. A. week B. month C. day D. year
54. A. cheap B. priceless C. disappointing D. exciting
55. A. shine B. grow C. fruit D. last

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。

In Chinese, a scallion pancake is called *cong you bing*. Chinese people love to make these crispy treats from time to time. Scallions are also known as green onions. 56 (essential), a scallion pancake is a type of flatbread that has been folded over several times and grilled or fried in oil and 57 (mix) with a generous helping of these green onions.

To cook a Chinese scallion pancake 58 (be) easy. Start by scattering the scallions into the dough (面团). Next, you need to add the oil. Instead of dropping the dough into the oil, you should use the cooking oil 59 (coat) it. Then, it's time to fry it. You'll know it's ready when it turns 60 (gold) brown but is still tender. Once your scallion pancakes are ready, you can serve them when they're still hot and fresh, 61 let them cool off first. Either way, you can cut them into pizza-shaped slices and share them with your friends by eating the slices 62 your hands.

In fact, the taste of the Chinese scallion pancakes is so good that many Chinese students who go abroad still crave for the food. These pancakes actually serve as 63 emotional bridge that helps keep the memory of the parents 64 often make them. One of the students says, "It's so simple when you think about it. Flour, scallions, salt, oil and that's about it. But from that simple thing, the layers show the thoughtful love of our parents. The 65 (tradition) are in our minds and in our hearts, and sometimes that is enough better than any gold and silver jewelry.

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

66. 假定你是李华, 是“中华文化之旅”(Chinese Culture Study Tour) 研学活动中心的志愿者。你校交换生 Chris 对该活动很感兴趣, 来信询问相关情况。请你给他写一封回信, 内容包括:

1. 活动目的;
2. 活动安排和内容。

注意:

1. 写作词数应为 80 个左右;
2. 请按如下格式在答题卡的相应位置作答。

第二节 (满分 25 分)

67. 读后续写

In a coastal village named Seaford, lived a courageous young woman named Amelia. Amelia was known throughout Seaford for her adventurous nature. From the moment she could walk, she would eagerly run towards the crashing waves, feeling the sand between her toes and the cool spray of the ocean mist on her face. She was a woman with a strong will and possessed a heart full of kindness. Amelia's love for the ocean was intense, and she spent most of her days exploring the beautiful beaches and sparkling waters that surrounded her house.

One sunny morning, while Amelia was walking along the shore, she noticed a group of restless seagulls abnormally circling above the crashing waves. Their unusual calls echoed (回) through the air. Concerned for their well-being, she followed their flight pattern, her instincts guiding her toward danger.

As she approached a towering cliff, Amelia gasped in horror. On a narrow ledge (岩架), high above the violent waves, was a young dolphin trapped in a thick fishing net. Its shiny body shone under the golden rays of the sun, but its freedom was cruelly limited by the trap. With each struggle, the net tightened around its delicate body, leaving painful marks on its skin. Its tail flapped helplessly, each movement a request for help, while its desperate cries for assistance echoed through the air.

A sense of urgency filled her, pushing her forward with determination and resolve. Realizing that time was tight, Amelia knew she had to act instantly to free this innocent creature from its difficult position before it submitted to exhaustion or the force of the tides.

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。

Paragraph 1: *Without hesitation, Amelia rushed back to the village.*

Paragraph 2: *As the dolphin was released into the waters, it hesitated for a moment.*

