

2024 届高三开学测试

英语试卷

本试卷分选择题和非选择题两部分，共 8 页，满分为 120 分。考试用时 120 分钟。

注意事项：1、答卷前，考生务必用黑色字迹的钢笔或签字笔将自己的姓名和学号填写在答题卡 and 答卷密封线内相应的位置上，用 2B 铅笔将自己的学号填涂在答题卡上。

2、选择题每小题选出答案后，有 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；不能答在试卷上。

3、非选择题必须用黑色字迹的钢笔或签字笔在答卷纸上作答，答案必须写在答卷纸各题目指定区域内的相应位置上，超出指定区域的答案无效；如需改动，先划掉原来的答案，然后再写上新的答案；不准使用铅笔和涂改液。不按以上要求作答的答案无效。

4、考生必须保持答题卡的整洁和平整。

第一部分 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 1-15 每题所给的四个选项（A、B、C、和 D）中，选出最佳选项，并在答题卡上将该项涂黑。

A

- Do an anonymous (匿名的) act of kindness for someone.
- Leave a smile card behind to encourage them to pay-it-forward.
- Share your story here to spread the inspiration.
- Change the world, one kind act at a time.

ORDER SMILE CARDS



To request Smile Cards, please fill out the form below. A volunteer will mail you an order of ten cards within two weeks. Smile Cards are offered to anyone who requests them on a pay-it-forward basis. That means there is no charge for a set of cards. Someone before you has paid for your cards, and you are invited to keep the chain going and pay-forward whatever you wish for the next person! For special events or circumstances, you can also place a large quantity of request.

Note: When using a Smile Card, remember not to just hand it out by itself. The idea is to do something kind for someone and then leave the Smile Card behind, so that they know someone reached out to them, and that they are invited to pay-forward the kindness and keep the ripples going!

Country:* **Name:***

There is a daily maximum order for each country. Please select a country first to make sure we have not exceeded the quota (定额) for the day.

Address:* **City:***

State:* **Email address:***

Inspiration:*

Please tell us what inspired you to order Smile Cards, and give us an example of a kind act you'd like to do using them.

PLACE SMILE CARD ORDER NOW

ABOUT US

KindSpring is a place to practice small acts of "kindness. For over a decade the KindSpring user community has focused on inner transformation, while collectively changing the world with generosity, gratitude, and trust. The site is 100% volunteer-run and totally non-commercial. It is a shared labor of love.

1. When can you use a smile card?
 - A. Your friend's birthday is approaching.
 - B. Your classmate has won the first prize.
 - C. You've ordered lunch for a poor friend.
 - D. You find your classmate in low spirits.
2. To order smile cards, you have to _____.
 - A. pay for them in advance
 - B. place a big quantity of request
 - C. mail some necessary information
 - D. tell what favor you will do for others
3. The purpose of using smile cards is to encourage people to _____.
 - A. spread kindness
 - B. become volunteers
 - C. advertise for KindSpring
 - D. pay others' kindness back

【答案】 1. C 2. D 3. A

【解析】

【导语】 这是一篇应用文。主要介绍了一张名为笑脸卡的卡片，并讲述了如何申请笑脸卡、笑脸卡使用的

注意事项和背后的负责团队。

【1 题详解】

推理判断题。根据文章第二段 “When using a Smile Card, remember not to just hand it out by itself. The idea is to do something kind for someone and then leave the Smile Card behind(当你使用微笑卡片时, 请记住不要单独分发。这个想法是为别人做些好事, 然后把微笑卡留下。)” 可知, 当做了一件善意的事情之后, 可以留下一张微笑卡片。C 项 “You’ve ordered lunch for a poor friend.” (你给一个穷朋友点了午餐。) 是做了一件善意的事情, 所以可以使用微笑卡片。故选 C。

【2 题详解】

细节理解题。根据表格部分下的小字 “Please tell us what inspired you to order Smile Cards, and give us an example of a kind act you’d like to do using them(请告诉我们是什么激发了你订购微笑卡片, 并给我们一个你想用它们做的善良行为的例子。)” 可知, 在申请这张卡片时需要填写一些信息让负责团队对申请者申请卡片的意图和申请者意向为人们做哪些事情有所了解, 所以, 要订购微笑卡片, 你必须告诉别人你会为别人做什么。故选 D。

【3 题详解】

推理判断题。根据文章第二段 “so that they know someone reached out to them, and that they are invited to pay-forward the kindness and keep the ripples going!(这样他们就会知道有人向他们伸出了援助之手, 他们也会被邀请将这种善意传递下去, 让涟漪继续传播下去)” 可知, 给予卡片者在给卡片前会为被给予者做一件小事, 以此传递这张卡片让善意被传递下去。故选 A。

B

Ida Nelson was relaxing herself in her sister’s sauna (桑拿室) when she heard the sound of a small airplane circling the nearby airport.

It was 11: 30 at night in a remote village with a population of 70, and, as she told the newspaper reporter, “Any time a plane flies over that late, you know something is wrong.” Nelson and her sister leaped out of the sauna, ran to the window, and saw the problem — the airports runway lights were out. Nelson threw on some clothes, jumped into her jeep, and floored it to the airport, where she found a local pilot trying to turn on the lights manually.

“Normally, if you push the button 10 or 15 times, the lights will just light up,” Nelson told the reporter. Not this time. Meanwhile, she and the pilot learned of the plane’s urgent mission — it was a helicopter, there to transport a seriously ill local girl to the nearest hospital, 280 miles away in another city.

Nelson had a plan. Driving her jeep to the end of the runway, she shone her headlights on the road for the plane to follow. Great idea, but it wasn’t enough. More light was needed, so a neighbor called nearly every home in

the village — 32 of them.

Within 20 minutes, 20 vehicles arrived at the airport, many of the drivers still in pajamas. Following directions from the helicopter pilot, the cars lined up on one side of the runway. The helicopter made its final approach and, guided by the headlights, landed safely. The young patient was loaded onto the aircraft, and the plane immediately took off again. Her illness was never publicly known, but she has since been recovered.

Without them, the girl might not have made it. However, for Nelson, it was only a small deed.

4. What problem did the helicopter encounter?

- A. Its lights went out by accident.
- B. It made noise as it ran out of fuel.
- C. It didn't arrive at the scheduled time.
- D. It could not spot the runway at night.

5. What does the underlined word “urgent” in paragraph 3 probably mean?

- A. instant
- B. normal
- C. final
- D. impossible

6. What can we conclude from the passage?

- A. The girl has been in the hospital since her illness was reported.
- B. The creative thought and the sense of duty of Nelson led to the final landing.
- C. The villagers gathered so quickly because they were awake and ready to help.
- D. The helicopter was to transport the girl from the local hospital to another one.

7. What does this passage want to tell the readers?

- A. No way is impossible to courage.
- B. A friend in need is a friend indeed.
- C. A small act of kindness makes a big difference.
- D. Where there is a wisdom, there is effectiveness.

【答案】 4. D 5. A 6. B 7. C

【解析】

【导语】这是一篇记叙文，文章主要讲述了 Ida Nelson 在晚上蒸桑拿时听见有飞机发出不正常的声音，出去后才发现机场跑道的灯灭了，导致一架空运救护飞机无法降落去救助一位病重的女孩，于是 Ida Nelson 和周围的村民们用车灯指引飞机降落并起飞，最后小女孩得到医治并顺利出院，文章告诉我们有时候小举动汇集起来也能帮助解决困难。

【4 题详解】

细节理解题。根据第二段中 “Nelson and her sister leaped out of the sauna, ran to the window, and saw the

problem — the airports runway lights were out.(Nelson 和她的妹妹跳出桑拿房，跑到窗前，看到了问题——机场跑道上的灯灭了)”和倒数第二段中“The helicopter made its final approach and, guided by the headlights, landed safely.(直升机做了最后的降落，在前灯的指引下安全着陆)”可知，机场跑道的灯灭了，所以直升机无法在夜间找到跑道的位置，故选 D。

【5 题详解】

词句猜测题。根据划线词后“it was a helicopter, there to transport a seriously ill local girl to the nearest hospital, 280 miles away in another city(这是一架直升机，要把一名身患重病的当地女孩送到 280 英里外另一个城市最近的医院)”可知，直升机的任务很紧急，urgent 意为“紧急的，迫切的”，故选 A。

【6 题详解】

推理判断题。根据第四段“Nelson had a plan. Driving her jeep to the end of the runway, she shone her headlights on the road for the plane to follow. Great idea, but it wasn't enough. More light was needed, so a neighbor called nearly every home in the village — 32 of them.(Nelson 有一个计划。她把吉普车开到跑道尽头，把车灯照在路上，让飞机跟着。好主意，但这还不够。因为需要更多的光线，所以一个邻居几乎给村里的每户人家打了电话——一共 32 户)”和第五段中“Within 20 minutes, 20 vehicles arrived at the airport, many of the drivers still in pajamas. Following directions from the helicopter pilot, the cars lined up on one side of the runway. The helicopter made its final approach and, guided by the headlights, landed safely.(20 分钟内，20 辆车抵达机场，许多司机还穿着睡衣。按照直升机驾驶员的指示，汽车在跑道的一侧排成一排。直升机做了最后的降落，在前灯的指引下安全着陆)”可知，Nelson 想出在跑道上闪耀车灯来指引直升机降落的主意，并和众多邻居一起使得直升机安全降落，故是 Nelson 这个有创意的想法和责任心使得直升机安全降落，故选 B。

【7 题详解】

推理判断题。根据最后一段中“Without them, the girl might not have made it. However, for Nelson, it was only a small deed.(如果没有他们，这个女孩可能不会成功。然而，对 Nelson 来说，这只是一件小事)”可知，Nelson 的一个小小的举动救了一位孩，故本文想要告诉我们小小的善举也会产生重大影响。故选 C。

C

As people are becoming more socially conscious about where their food comes from and how it impacts the planet, they are choosing animal-free plant-based options. Cow-free meat has been around for quite some time and the popularity of brands of the cultivated (培育的) meat is rising. While there are a large number of plant-based milk substitutes (替代品), none of them have the same taste of cow's milk. Now, a food-tech company created real dairy products (奶制品) without harming a single cow or the planet.

The company stresses that their product produced in the lab is not a milk substitute but rather is the real deal. And it is very healthy. The company also says that the lab-produced milk tastes the same as the real thing and they

hope to eventually replace cows by creating every dairy product sold. They expect to roll out plant-based cheese and yogurt in addition to milk. “Our company was founded with the mission to stop using animals to produce our food because, as dairy lovers, we realize that giving up on milk is not a choice,” John said. “But today’s milk comes with an unreasonable price tag. The dairy industry is destroying our planet, our health, and our animals, and is simply not sustainable (可持续的) anymore.”

The environmental price tag of dairy farming is too high. According to the World Wildlife Fund, dairy cows add a huge amount of greenhouse gases to the atmosphere and contribute to global warming and climate change as well as pollute the air around them. Dairy operations consume large amounts of water and run-off of manure (粪肥) and fertilizers from these farms get into local waterways. The production uses only 5 percent of the resources and produces only 1 percent of the waste of producing cow’s milk according to the company. And they accomplish this by being 100 percent cruelty-free unlike dairy farms.

8. The food-tech company’s milk mentioned in the text differs from other milk substitutes in _____.

- A. its various plant-based flavor
- B. it tastes the same as cow’s milk
- C. its highest output from the farms
- D. its broad popularity home and abroad

9. What can we know from John’s words in paragraph 2?

- A. Prices of cow’s milk are rising these days.
- B. All the destructive dairy industries should be shut down.
- C. The food-tech company was set up for animal protection.
- D. The food-tech company aims to produce animal-free food.

10. What does the underlined word “them” probably refer to in the last paragraph?

- A. Dairy cows.
- B. Dairy operations.
- C. Climate changes.
- D. Greenhouse gases.

11. Which of the following can be the best title for the text?

- A. Healthier Milk
- B. New Milk Saves Planet
- C. Fresher Milk, Better Future
- D. Making Milk without Cows

【答案】 8. B 9. D 10. A 11. D

【解析】

【导语】这是一篇说明文。文章主要讲述不用奶牛，生产牛奶的方法。

【8题详解】

细节理解题。根据第二段 “The company stresses that their product produced in the lab is not a milk substitute but rather is the real deal. And it is very healthy. The company also says that the lab-produced milk tastes the same as

the real thing and they hope to eventually replace cows by creating every dairy product sold. (该公司强调,他们在实验室生产的产品不是牛奶替代品,而是货真价实的牛奶。而且非常健康。该公司还表示,实验室生产的牛奶味道与真牛奶相同,他们希望通过创造出每一种销售的乳制品来最终取代奶牛)”可知,食物科技公司的牛奶与其他牛奶替代品的不同是:食物科技公司生产的牛奶味道与真牛奶相同。故选 B。

【9 题详解】

细节理解题。根据第二段 ““Our company was founded with the mission to stop using animals to produce our food because, as dairy lovers, we realize that giving up on milk is not a choice,” John said. (约翰说:“我们公司成立的使命是停止使用动物来生产我们的食物,因为作为乳制品爱好者,我们意识到放弃牛奶不是一种选择。”)”可知,约翰公司的目的是停止使用动物来生产食物,即食物科技公司的目标是生产不含动物成分的食物,故选 D。

【10 题详解】

词句猜测题。根据最后一段 “According to the World Wildlife Fund, dairy cows add a huge amount of greenhouse gases to the atmosphere and contribute to global warming and climate change as well as pollute the air around them. (根据世界野生动物基金会的数据,奶牛向大气中添加了大量的温室气体,并导致全球变暖和气候变化,并污染 them 周围的空气)”可知,奶牛向大气中释放的温室气体,这些气体导致全球变暖和气候变化,对大气造成污染。奶牛生存在这些被污染空气中。故推知 them 指代“奶牛”。故选 A。

【11 题详解】

标题判断题。根据第一段 “While there are a large number of plant-based milk substitutes, none of them have the same taste of cow’s milk. Now, a food-tech company created real dairy products without harming a single cow or the planet. (虽然有大量的植物性牛奶替代品,但它们都没有牛奶的味道。现在,一家食品科技公司生产出了真正的乳制品,却没有伤害一头牛或地球)”和下文内容可知,文章主要讨论不用奶牛,生产牛奶的方式。故文章标题为 Making Milk without Cows(不用奶牛,生产牛奶),故选 D。

D

There is something to be said for being a generalist, even if you are a specialist. Knowing a little about a lot of things that interest you can add to the richness of a whole, well-lived life.

Society pushes us to specialize, to become experts. This requires commitment to a particular occupation, branch of study or research. The drawback to being specialists is we often come to know more and more about less and less. There is a great deal of pressure to master one’s field. You may pursue training, degrees, or increasing levels of responsibility at work. Then you discover the pressure of having to keep up.

Some people seem willing to work around the clock in their narrow specialty. But such commitment can also weaken a sense of freedom. These specialists could work at the office until ten each night, then look back and

realize they would have loved to have gone home and enjoyed the sweetness of their family and friends, or traveled to exciting places, meeting interesting people. Mastering one thing to the exclusion (排除) of others can hold back your true spirit.

Generalists, on the other hand, know a lot about a wide range of subjects and view the whole with all its connections. They are people of ability, talent, and enthusiasm who can bring their broad perspective into specific fields of expertise (专长). The doctor who is also a poet and philosopher is a superior doctor, one who can give so much more to his patients than just good medical skills.

Things are connected. Let your expertise in one field fuel your passions in all related areas. Some of your interests may not appear to be connected but, once you explore their depths, you discover that they are. My editor Toni, who is also a writer, has edited several history books. She has decided to study Chinese history. Fascinated by the structural beauty of the Forbidden City as a painter, she is equally interested to learn more about Chinese philosophy. "I don't know where it will lead, but I'm excited I'm on this pursuit."

These expansions into new worlds help us by giving us new perspectives. We begin to see the interconnectedness of one thing to another in all aspects of our life, of ourselves and the universe. Develop broad, general knowledge and experience. The universe is all yours to explore and enjoy.

12. What is good about being a generalist?

- A. You don't need to be pushed by society.
- B. You will need to know less and less.
- C. You know more about your occupation.
- D. You can enjoy your life to the fullest.

13. Paragraph 3 mainly talks about specialists' _____.

- A. choices
- B. limitations
- C. regrets
- D. expectations

14. According to the author, a superior doctor is one who _____.

- A. is fully aware of his talent and ability
- B. should love poetry and philosophy
- C. brings knowledge of other fields to work
- D. is a committed specialist in medicine

15. What does the author intend to show with the example of Toni?

- A. Passion alone does not ensure a person's success.
- B. In-depth exploration makes discoveries possible.

C. Seemingly unrelated interests are in a way connected.

D. Everyone has a chance to succeed in their pursuit.

【答案】 12. D 13. C 14. C 15. C

【解析】

【导语】本文是一篇议论文。文章介绍了作为专家需要具备的知识及作为一个多面手需要具备的东西，并对两者进行了比较与讨论，建议做一个多面手。

【12 题详解】

细节理解题。根据第一段的 “There is something to be said for being a generalist, even if you are a specialist. Knowing a little about a lot of things that interest you can add to the richness of a whole, well-lived life. (即使你是一个专家，作为一个多面手也是有道理的。对很多你感兴趣的事情略知一二，就能让你的生活更加丰富多彩。)” 可知，做一个多面手的好处是你可以尽情享受生活。故选 D。

【13 题详解】

主旨大意题。根据第三段的 “These specialists could work at the office until ten each night, then look back and realize they would have loved to have gone home and enjoyed the sweetness of their family and friends, or traveled to exciting places, meeting interesting people. Mastering one thing to the exclusion of others can hold back your true spirit. (这些专家每天晚上在办公室工作到 10 点，然后回顾过去，他们会意识到，他们本想回家享受家人和朋友的甜蜜，或去令人兴奋的地方旅行，遇见有趣的人。掌握一件事而排斥其他事会阻碍你真正的精神。)” 可知，本段主要讨论专家的遗憾。故选 C。

【14 题详解】

推理判断题。根据第四段的 “The doctor who is also a poet and philosopher is a superior doctor, one who can give so much more to his patients than just good medical skills.” (一个既是诗人又是哲学家的医生是一个优秀的医生，他能给他的病人比良好的医疗技术更多的东西。)” 可知，作者认为一位优秀的医生不仅仅是纯粹的医生，他在诗歌和哲学上所知的东西也会运用到工作中去，给予病人超越医术的东西，会将其他领域的知识带到工作中去。故选 C。

【15 题详解】

推理判断题。根据第五段 “Toni” 的例子上文内容 “Things are connected. Let your expertise in one field fuel your passions in all related areas. Some of your interests may not appear to be connected but, once you explore their depths, you discover that they are. (事物是相互关联的。让你在某一领域的专长激发你在所有相关领域的热情。你的一些兴趣可能看起来没有联系，但一旦你探索了它们的深度，你会发现它们是联系的。)” 可推断，作者想用托妮的例子来说明表面上不相关的兴趣在某种程度上是相关的。故选 C。

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 16-20 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。

How to Be a Good Listener

Whether you're communicating in person or on the phone, being a good listener is an important part of any healthy relationship. ____16____ If you've wondered whether you could be a better listener, the answer is almost certainly "yes". Making sure the people in your life feel truly heard is something that you can improve upon.

You appear more interested when you invite the speaker to give explanations, by asking them things that need more than a "yes" or "no" answer. "An open-ended question is an invitation for the other person to say more, and continue going deeper into their train of thought, versus (与……相对比) a close-ended question that invites a factual answer," Dr. Bobby explains. ____17____

What you're expressing through your body language is as important as what you say. It's about looking in someone's eyes, smiling and nodding. Showing with your face that you're following what someone is saying is really important. ____18____ Remember that looking into your laptop camera is like making eye contact, while breaking it to look downward makes it appear that you're doing something else.

____19____ "People can be considered as poor listeners when they don't understand what the conversation is actually about on a high level." Dr. Bobby says. ____20____ Maybe they're really just wanting to express their bad feelings, or talk about their day. So don't try to give suggestions; just listen instead.

- A. Listening requires looking at problems from other's view.
- B. In fact, people only want to get to know more about others.
- C. This is equally key in virtual conversations on a video chat.
- D. Sometimes, people simply want to talk about an unhappy situation.
- E. This is something you can do to show that you're really listening.
- F. Being a bad listener can break that person's trust in your relationship.
- G. Listening doesn't always require offering solutions — quite the opposite, in fact.

【答案】 16. F 17. E 18. C 19. G 20. D

【解析】

【导语】这是一篇说明文，文章主要介绍如何成为一个好的倾听者。

【16 题详解】

上文 "Whether you're communicating in person or on the phone, being a good listener is an important part of any healthy relationship.(无论你是面对面交流还是通过电话交流，做一个好的倾听者是如何健康关系的重要组成部分

部分)”描述了成为一个好的倾听者的作用，结合下文 “If you’ve wondered whether you could be a better listener(如果你想知道你是否可以成为一个更好的倾听者)”可知，空处是描述一个不好的倾听者的影响，下文 “a better listener” 与之形成比较关系，F项 “做一个糟糕的倾听者会破坏对方对你们关系的信任”符合语境。故选 F。

【17 题详解】

根据上文 “You appear more interested when you invite the speaker to give explanations, by asking them things that need more than a ‘yes’ or ‘no’ answer. ‘An open-ended question is an invitation for the other person to say more, and continue going deeper into their train of thought, versus (与……相对比) a close-ended question that invites a factual answer,’ Dr. Bobby explains.(当你通过问一些不需要 “是” 或 “否” 回答的问题来邀请说话者给出解释时，你会显得更感兴趣。 “一个开放式的问题是邀请对方说更多的话，并继续深入他们的思路，而一个封闭式的问题是邀请一个事实性的答案。” Bobby 博士解释说)”可知，本段是建议在交流时询问一些开放式的问题，从而邀请对方说更多的话，显得你更感兴趣，E项 “你可以这样做来表明你真的在倾听”总结上文，说明可以采用这种方法，并说明其好处，故选 E。

【18 题详解】

上文 “Showing with your face that you’re following what someone is saying is really important.(用你的面部表情表明你在听别人说的话是非常重要的)”提到肢体语言在交流中很重要，下文 “Remember that looking into your laptop camera is like making eye contact, while breaking it to look downward makes it appear that you’re doing something else.(记住，看着你的笔记本电脑摄像头就像在进行眼神交流，反之向下看会让你看起来在做别的事情)”提到通过摄像头视频交流时的肢体语言，故空处是说肢体语言在视频交流时也同等重要，C项 “这在视频聊天的虚拟对话中同样重要”符合语境，故选 C。

【19 题详解】

空处是本段的主题句，根据本段末句的总结 “So don’t try to give suggestions; just listen instead.(所以不要试图给出建议；只需倾听)”可知，本段是说有时交流时不需要给出建议，倾听就行了，G项 “倾听并不总是需要提供解决方案——事实上恰恰相反”符合语境，G项中的 “solutions” 与末句中的 “suggestions” 呼应，故选 G。

【20 题详解】

根据下文 “Maybe they’re really just wanting to express their bad feelings, or talk about their day.(可能他们真的只是想表达他们不好的感觉，或者谈谈他们的一天)”可知，有时人们只是想谈论一下糟糕的感受，D项 “有时，人们只是想谈谈不愉快的情况”与此处语义一致，下文的 “they” 指代 D项中的 “people”，故选 D。

第二部分 语言知识及应用（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）

阅读下面短文，从短文后 21-35 各题所给的四个选项 (A, B, C, D) 中，选出可以填入空白处的最佳选项，并在答题卡上将该项涂黑。

It's common to post on social media to keep a record of the fun things you do. Although social media has its positive aspects, it can also have some serious _____21_____ results. For example, have you ever been bored and decided to check social _____22_____, only to find out that your best friend is at the Great Wall, one of your classmates is eating delicious noodles at your _____23_____ restaurant, and one of your basketball teammates is visiting the giant pandas in Sichuan? Oh! You're really _____24_____! At least that's what you might think.

Have you ever had that feeling that others are experiencing things and enjoying life _____25_____ than you are? Researchers call that feeling the fear of missing out or FOMO.

FOMO is a real _____26_____ that over 75% of young people experience from time to time. Social media is the cause, because it's so easy today to _____27_____ through to see what your friends are doing, eating, buying and talking about. _____28_____, it would be impossible to enjoy all the same activities we see others take part in on social media. Rather than _____29_____ this basic truth, though, we often let FOMO lead us to compare our lives to those of others on social media. This _____30_____ leaves us feeling dissatisfied. Why? We know all the aspects of our lives—both good and bad. But all we see on social media are the _____31_____ moments others share. FOMO makes us check social media more frequently, leading to a negative cycle that can be hard to _____32_____. Researchers have found that social media and FOMO can cause feelings of _____33_____, loneliness and boredom. Researchers advise that we stop looking for _____34_____ on social media. If we let FOMO _____35_____ us, the only thing we'll really be missing out on is our own life. And life's too short for that!

- | | | | |
|---------------------|------------------|-------------------|----------------|
| 21. A. critical | B. negative | C. contradictory | D. skeptical |
| 22. A. contact | B. relations | C. media | D. issues |
| 23. A. favourite | B. accessible | C. extraordinary | D. optional |
| 24. A. missing out | B. figuring out | C. picking out | D. running out |
| 25. A. less | B. further | C. worse | D. more |
| 26. A. problem | B. feeling | C. framework | D. term |
| 27. A. glance | B. look | C. get | D. pull |
| 28. A. Occasionally | B. Initially | C. Unfortunately | D. Oppositely |
| 29. A. resisting | B. realizing | C. distinguishing | D. analyzing |
| 30. A. criterion | B. understanding | C. assessment | D. comparison |
| 31. A. abundant | B. exact | C. similar | D. perfect |
| 32. A. adjust | B. break | C. expect | D. tell |

33. A. surprise B. difficulty C. depression D. anger
34. A. benefit B. dignity C. happiness D. substitute
35. A. take away from B. take in C. take over D. take control of

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

【解析】

【导语】本文是说明文。文章主要讲述随着社交媒体深入人们的生活，也产生了一些严重的比如 FOMO 这样的消极后果。

【21 题详解】

考查形容词词义辨析。句意：虽然社交媒体有其积极的一面，但也可能产生一些严重的消极后果。A. critical 爱挑剔的，严重的；B. negative 消极的；C. contradictory 矛盾的；D. skeptical 多疑的。根据上文 “Although social media has its positive aspects” 可知，此处上下文是转折关系，上文提到积极方面，下文就要提出消极方面。故选 B 项。

【22 题详解】

考查名词词义辨析。句意：例如，你是否曾经感到无聊，决定查看社交媒体，却发现你最好的朋友在长城，你的一个同学在你最喜欢的餐厅吃美味的面条，你的一个篮球队友在四川参观大熊猫？A. contact 联系，接触；B. relations 关系，联系；C. media 媒体；D. issues 问题。根据下文 “it would be impossible to enjoy all the same activities we see others take part in on social media” 可知，此处指查看社交媒体。故选 C 项。

【23 题详解】

考查形容词词义辨析。句意：见第 2 题详解。A. favourite 特别喜爱的；B. accessible 易接近的，可进入的；C. extraordinary 非凡的，特别的；D. optional 可选择的。根据上下文语境可知，此处指你的同学在你最喜欢的餐厅吃面条。故选 A 项。

【24 题详解】

考查动词短语辨析。句意：你真的错过了。A. missing out 错过，省略；B. figuring out 解决，想出；C. picking out 挑选出；D. running out 耗尽，到期。根据下文的 “Researchers call that feeling the fear of missing out” 可知，此处指错过了那些体验。故选 A 项。

【25 题详解】

考查副词词义辨析。句意：你是否有过这样的感觉：别人比你更能体验事物，更能享受生活？A. less 更少；B. further 更远；C. worse 更糟糕；D. more 更多。根据上文 “experiencing things and enjoying life” 可知，此处指别人比你更能体验事物，更能享受生活。故选 D 项。

【26 题详解】

考查名词词义辨析。句意：FOMO 是一个真实的感觉，超过 75% 的年轻人时不时的会经历它。A. problem 问题；B. feeling 感觉；C. framework 结构，构架；D. term 术语，学期。根据上文 “Researchers call that feeling the fear of missing out or FOMO.” 可知，FOMO 是一个真实的感觉。故选 B 项。

【27 题详解】

考查动词词义辨析。句意：社交媒体是原因，因为现在很容易浏览一下你的朋友在做什么，吃什么，买什么，谈论什么。A. glance 浏览，扫视；B. look 看，注意；C. get 得到；D. pull 拉。根据下文 “see what your friends are doing, eating, buying and talking about” 可知，此处指现在很容易在社交媒体上面浏览到你的朋友在做什么，吃什么，买什么，谈论什么。故选 A 项。

【28 题详解】

考查副词词义辨析。句意：不幸的是，我们不可能享受我们在社交媒体上看到的所有活动。A. Occasionally 偶尔；B. Initially 最初，首先；C. Unfortunately 不幸的是；D. Oppositely 相反。根据下文 “it would be impossible to enjoy all the same activities we see others take part in on social media.” 可知，我们不能体验自己在社交媒体上看到的所有活动是不幸的事情。故选 C 项。

【29 题详解】

考查动词词义辨析。句意：然而，我们并没有意识到这一基本事实，而是经常让 FOMO 引导我们在社交媒体上将自己的生活与他人的生活进行比较。A. resisting 抵抗，抗报；B. realizing 意识到；C. distinguishing 区分，辨别；D. analyzing 分析。结合下文 “we often let FOMO lead us to compare our lives to those of others on social media.” 可知，此处指我们并没有意识到我们不能体验自己在社交媒体上看到的所有活动这一基本事实，所以才会跟别人的生活相比较。故选 B 项。

【30 题详解】

考查名词词义辨析。句意：这种比较使我们感到不满。A. criterion 标准；B. understanding 理解；C. assessment 评定，估价；D. comparison 比较。根据上文 “compare our lives to those of others on social media” 可知，此处指这种比较使我们感到不满。故选 D 项。

【31 题详解】

考查形容词词义辨析。句意：但我们在社交媒体上看到的都是他人分享的完美时刻。A. abundant 大量的；B. exact 准确的；C. similar 相似的；D. perfect 完美的。根据上文的 “We know all the aspects of our lives—both good and bad. But” 可知，生活中有好有坏，但是我们在社交媒体上看到的却都是他人分享的完美时刻。故选 D 项。

【32 题详解】

考查动词词义辨析。句意：FOMO 让我们更频繁地查看社交媒体，导致了一个难以避免的负面循环。A. adjust 调整，使……适合；B. break 破坏，打破；C. expect 期望；D. tell 告诉。根据上文 “that over 75% of young people

are experiencing from time to time.”可知，有 FOMO 这种情况的年轻人很多，所以很难摆脱这种感觉。故选 B 项。

【33 题详解】

考查名词词义辨析。句意：研究人员发现，社交媒体和 FOMO 会导致抑郁、孤独和无聊感。A. surprise 惊喜；B. difficulty 困难；C. depression 沮丧，抑郁；D. anger 生气。根据下文“loneliness and boredom”可知，此处指 FOMO 引起的一些不好的感觉。故选 C 项。

【34 题详解】

考查名词词义辨析。句意：研究人员建议我们停止在社交媒体上寻找快乐。A. benefit 利益，好处；B. dignity 尊严；C. happiness 快乐；D. substitute 代用品。根据上文的“it's common to post on social media to keep a record of the fun things you do”可知，此处指研究人员建议我们停止在社交媒体上寻找快乐。故选 C 项。

【35 题详解】

考查动词短语辨析。句意：FOMO 控制我们，我们唯一真正错过的就是我们自己的生活。A. take away from 减损；B. take in 吸收；C. take over 接管；D. take control of 控制。根据上文“we often let FOMO lead us to compare our lives to those of others on social media”和“FOMO makes us check social media more frequently”可知，此处指 FOMO 控制我们了我们是生活。故选 D 项。

第二节 语法填空（共 10 小题；每小题 1.5 分，满分 15 分）

阅读下面短文，在 36-45 空白处填入一个适当的单词或括号内单词的正确形式。

A lecturer was giving a lecture to his students _____ 36 _____ stress management. He raised a glass of water and asked the audience, “How heavy do you think this glass of water is?” The students' answers _____ 37 _____ (range) from 20g to 500g.

“It does not matter on the absolute _____ 38 _____ (weigh). It depends on how long you hold it. If I hold it for a minute, it is OK. If I hold it for an hour, I will have _____ 39 _____ ache in my right arm. If I hold it for a day, you will have to call an ambulance. It is the exact same weight, _____ 40 _____ the longer I hold it, the heavier it becomes.”

“If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming _____ 41 _____ (increase) heavier. What you have to remember is _____ 42 _____ (put) the glass down. Rest for a while before holding it up again.” We have to put down the burden periodically, so that we can be _____ 43 _____ (refresh) and are able to carry on. So before you return home from work tonight, put the burden of work down. Don't carry _____ 44 _____ back home. _____ 45 _____ burdens you are having now on your shoulders, let it down for moment if you can. Life is short, so enjoy it.

【答案】36. on 37. ranged

38. weight 39. an

40. but 41. increasingly

42. to put 43. refreshed

44. it 45. Whatever

【解析】

【导语】本文是一篇记叙文。通过故事让我们明白要学会放下生活中的担子的道理。

【36 题详解】

考查介词。句意：一位讲师正在给学生们做一场关于压力管理的讲座。结合句意演讲是有关于压力管理可知，此处使用介词 on “关于”符合句意，故填 on。

【37 题详解】

考查时态。句意：学生们的回答从 20 克到 500 克不等。分析句子结构可知，此处缺少谓语动词，结合上下文时态可知，陈述过去所发生的事情，使用一般过去时，故填 ranged。

【38 题详解】

考查名词。句意：这与绝对重量无关，这取决于你握它的时间。分析句子结构可知，形容词 absolute 后缺少名词作宾语，故填 weight。

【39 题详解】

考查冠词。句意：如果我拿它一个小时，我的右臂就会疼痛。短语 have an ache in “身体某部位感到疼痛”符合句意，故填 an。

【40 题详解】

考查连词。句意：它的重量完全一样，但我握它的时间越长，它就越重。结合上下文句意可知，此处使用 but “但是”表转折符合句意，故填 but。

【41 题详解】

考查副词。句意：如果我们一直背负着我们的负担，迟早我们将无法继续下去，负担会越来越重。分析句子结构可知，此处需要使用副词修饰形容词作状语，故填 increasingly。

【42 题详解】

考查非谓语动词。句意：你必须记住的是放下杯子。结合句意分析句子结构可知，表示具体的动作使用不定式作表语，故填 to put。

【43 题详解】

考查形容词。句意：我们必须定期放下负担，这样我们才能精神抖擞，继续前行。分析句子结构可知，此处要使用形容词作表语，主语为人，此处使用 refreshed “恢复精力的”符合句意，故填 refreshed。

【44 题详解】

考查代词。句意：不要把它带回家。分析句子结构可知，此处缺少宾语，结合句意可知，使用 it 代指上文中的“the burden of work”符合句意，故填 it。

【45 题详解】

考查让步状语从句。句意：不管你们肩上有什么负担，只要可以的话，暂时放下。结合句意分析句子结构可知，此处缺少让步状语从句连接词，whatever “无论什么”符合句意，位于句首注意首字母要大写，故填 Whatever。

第三部分 写作（共两节，满分 40 分）

第一节 应用文写作（满分 15 分）

46. 你校的体育节刚刚结束。请给学校英语报写一篇报道，报道体育节的主要活动、精彩瞬间及意义。

注意

1. 词数 100 词左右；
2. 可以适当增加细节，使文连贯；
3. 报道的开头已为你写好，不入词数。

参考词汇：开幕式 opening ceremony 项目 item

【答案】 The school sports carnival , which took place last Friday and Saturday, was a great success. The crowds cheer on their classmates who took part in more than 10 exciting events.

The carnival started with an opening ceremony which included a student athlete march and dance performance by our school's street dance club. This was followed by the events themselves. Among the many great performances was Li Hua's win in the 1500-metre running race and QiQi's dominant victory in the girls 100-metre race. Perhaps the biggest cheer of the meet was for the students when they defeated the teachers in the tug-of-war competition.

After its conclusion, many students said they love the sports meet as it provided them with an opportunity to relax, demonstrate their sports abilities and build friendship and school spirit among the students.

【解析】

【分析】 这是一篇提纲类作文。要求考生用英语写一篇报道，报道体育节的主要活动、精彩瞬间及意义。

【详解】 第一步：审题

体裁： 提纲类作文

时态: 根据提示, 时态应为一般过去时。

结构: 总分法

要求: 报道体育节的主要活动、精彩瞬间及意义。

第二步:列提纲 (重点词组)

take place; cheer on; take part in; dominant; defeat; demonstrate

第三步: 连词成句

1. The school sports carnival, which took place last Friday and Saturday, was a great success.
2. The crowds cheer on their classmates who took part in more than 10 exciting events.
3. The carnival started with an opening ceremony which included a student athlete march and dance performance by our school's street dance club.
4. This was followed by the events themselves.
5. Among the many great performances was Li Hua's win in the 1500-metre running race and QiQi's dominant victory in the girls 100-metre race.
6. Perhaps the biggest cheer of the meet was for the students when they defeated the teachers in the tug-of-war competition.
7. After its conclusion, many students said they love the sports meet as it provided them with an opportunity to relax, demonstrate their sports abilities and build friendship and school spirit among the students.

第四步: 连句成篇 公众号: 全元高考

1.表文章结构顺序: First of all, Firstly/First, Secondly/Second... And then, Finally, In the end, At last

2.表并列补充关系: What is more, Besides, Moreover, Furthermore, In addition As well as, not only...but (also), including,

3.表转折对比关系: while, meanwhile, However, On the contrary, but, Although+clause(从句), In spite of+n/doing, On the one hand... , On the other hand... Some..., while others..., as for, so...that...

4.表因果关系: Because, As, So, Thus, Therefore, As a result

连句成文, 注意使用恰当的连词进行句子之间的衔接与过渡, 书写一定要规范清晰,

第五步: 润色修改

【点睛】 文章结构合理, 思路清晰, 使用了恰当的连接词及词组使行文连贯, 如“which, who, after”, 也运用了一些高级词汇和表达, 如“take place; cheer on; take part in; dominant; defeat; demonstrate”以及定语从句、状语从句等, 增加了文章的亮点, 体现了学生较高的英语学科素养。

第二部分 读后续写 (满分 25 分)

47. 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。续写的词数应为

150 左右。

My Dad's Best Flower

I remember my first home was a small apartment on the second floor with a lovely and spacious balcony. When my mom was busy in the kitchen, she let me stay on the balcony watching the kids playing in the street. On that balcony I played sometimes with my elder sister, Maria. She was seven years old and when my mom was absent, she was like a mother to me. The balcony was a great hobby place for my father. After his work he used to grow carnations (康乃馨) in flower boxes. His carnations were red, pink and white, and everyone appreciated them for their beauty.

He took care of them with so much love and devotion. He dealt carefully with his flowers like a mother taking care of her baby. Many times I sat on the floor of the balcony for hours observing him and his lovely flowers with patience. He was always doing something on that balcony. He was watering them every day, cleaning the balcony floor, changing the potting soil and when the stems were thick, strong and high enough, he started his improvement operation attentively like a doctor.

My dad took a tiny knife and with his left hand he held the stem of the carnation and measured the height. Then he made a small mark on the stem with his finger. Afterwards he made a sharp cut with the knife, just enough to fit in again of barley (插穗的芽). Then he bandaged the stem with a small bandage. His job was then to water the plants and to take care of them. "No one should touch them," he said to Mom. Every day, when he came home from work he went straight to the balcony.

Mom used to tell us, "Do not touch Daddy's flowers." For us it was a fascinating experience to watch how the small stems were growing and making flowers. When the carnations had grown big enough, my dad enjoyed watching them every day. We the kids did too.

注意：公众号：全元高考

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:

One day, my elder sister, who loved Dad very much, had a great idea.

Paragraph 2:

When my dad arrived, he went as usual, straight to the balcony and saw his flowers lying on the floor like

dead animals.

【答案】 A possible version:

Paragraph 1:

One day, my elder sister, who loved Dad very much, had a great idea. She proposed us to pick the best out of the carnations so that dad could appreciate it forever than have to plant it hard. We went to the balcony, hoping to select out the best and most lovely one. While doing so, however, Maria accidentally fell, bruising her knees. What was worse, many flowers were also knocked down, leaving the balcony in a mess and the majority of the flowers out of shape. Despite this, we managed to pick the very flowers we wanted and waited nervously and uneasily for the father's arrival and his response.

Paragraph 2:

When my dad arrived, he went as usual, straight to the balcony and saw his flowers lying on the floor like dead animals. In no time, he got annoyed and stormed into our room, questioning us in glare who it was that made such a mess of his flowers. Instead of crying, brave Maria held out the flowers and explained what we meant to do and how it ended up this way. She was afraid that dad might punish her, but at the same time she hoped that dad would smile at our warm actions. Deeply touched, dad held the flowers tightly and gently, and immediately gathered us into his arms, saying, "You are my best flowers!"

【解析】 公众号：全元高考

【分析】 这篇书面表达是读后续写。通过阅读所给文章可知，作者家有一个阳台，这个阳台是他和他姐姐的玩耍的小天地，但更是爸爸的养植他心爱花的地方。爸爸每天下班回家就会去阳台那里照料他的花朵。

【详解】 续写部分分为两段，第一段开头是：一天，爱着爸爸的姐姐有了一个好的主意……，所以应该写姐姐的这个主意是什么，应该怎么做来实现这个想法。要详细描述姐姐有这样想法的原因，姐姐和我怎么做，做了什么来实现这个姐姐的这个想法。第二段开头是：爸爸回家后，像往常一样直奔阳台，看到了他的花像死去的动物一样躺在那里……，这里应该写爸爸看到阳台的一片狼藉后做了些什么。爸爸看到阳台的花被弄的一片狼藉，感到十分愤怒，找到我和姐姐质询我们为什么会变成这样，勇敢的姐姐解释了这样做的初衷，但因为意外导致现在这样的状况并向爸爸道歉，当他们忐忑地等待着爸爸的责骂时，爸爸却是感动地把他们揽在怀里深情地说道：“你们就是我最好的花朵。”

续写时要求根据所给文章和段落开头，写一篇完整的短文，且所续写短文的词数应为 150 左右。按要求完成写作任务。

【点睛】本文描写详略得当，使用了高级词汇和高级句子。如：propose sb to do, what was worse, in a mess, storm into 等 高级词汇；目的状语从句 so that dad could appreciate it forever than have to plant it hard, what we meant to do and how it ended up this way.两个并列宾语从句，questioning us in glare who it was that made such a mess of his flowers. 非谓语引导的伴随状语。

