

## 西城区高三模拟测试

### 英语

2020.6

本试卷共 11 页，120 分，考试时长 100 分钟，考生务必将答案写在答题卡上，在试卷上作答无效，考试结束后，将本试卷和答题卡一并交回。

第一部分：知识运用（共两节，45 分）

第一节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

#### A

During a trip to New York City, Alabama woman Mary Anderson 1 (notice) a trolley driver couldn't see well when it was snowing. At that point, drivers had to open the window 2 (clear) it, letting snow and rain into the vehicle. As a solution, Anderson designed and patented wood and rubber arms 3 would push rain and snow off the window at the pull of a lever (控制杆). But she was told her 4 (invent) was distracting and impractical, and she never profited from her design.

#### B

The red-crowned crane (鹤) is one of the 5 (large) cranes in the world, standing at about 150cm tall. Its feathers are as white as snow, except for some black ones on its face, neck and wings. Its unique feature, from which it gets its name, is the bright red skin on the top of its head. The red-crowned crane 6 (find) in China, Russia, Mongolia, Japan and the Korean Peninsula (半岛). In China, it spends the warmer months in the rivers and wetlands in the north-east. 7 the weather gets cold, it migrates to east-central China. The red-crowned crane is a symbol of long life and good luck in Chinese culture.

#### C

Nearly two decades have passed since China sent the first Beidou satellite into space in 2000. During that time, more Beidou satellites were sent into orbit (轨道), 8 (form) the Beidou Navigation Satellite System (BDS). In late 2012, it began providing positioning, navigation, timing and messaging 9 (service) to people in China and other parts of the Asia-Pacific region. At the end of 2018, BDS started to serve users worldwide. Now with two more Beidou satellites 10 (launch) on Dec 16, 2019, BDS has 53 satellites in orbit.

第二节 完形填空（共 20 小题；每小题 1.5 分，共 30 分）

阅读下面短文，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

### My Boxing Experience

This year I joined boxing class. My friend Lea and I were the only 11 in the class.

We got to throw our first punches (拳击) and learned how we should stand. I still didn't know how to do it well, but I felt that choosing the boxing class was the right decision. Mr. Vernon, our boxing teacher, made us work hard and sweat. The boxing pads (拳击护具) were my favorite, but my punches weren't 12 enough.

After participating in more practices, we had learned how to punch in six different ways. The boys were improving a lot on their strength, and Lea with her speed, and me? Well, I had a hard time seeing the 13. Mr. Vernon would always tell me that practice would make me stronger, and this is what helped motivate me to 14.

Each practice there was at least one boy who would 15 me and say, "Oh you're too short to box. Mr. Vernon has to 16 down when you are on the boxing pads; oh you're not strong enough; you punch like a mouse."

I know those comments were not to 17 me, but just to have fun. It's true, I'm a small and short person and I did lack confidence; but hearing those comments can either bring you 18, or make you feel motivated to show them they are 19. In my case, they started to discourage me. I didn't have the strength to think they were wrong, and a part of me thought that they were speaking the 20. I hid it inside my heart because I thought that showing that I was 21 myself would make it worse.

I remember one particular practice where I was mad and angry, and my punches suddenly felt stronger and faster. I was 22, yet I had a feeling in me that it was there all along. I just didn't have that 23 in me. After practice, Mr. Vernon pointed out that I was getting stronger and better, which really made me feel more 24 and showed me that what the others were saying about me was wrong. I had 25 found the strength I needed. The following practices, Mr. Vernon was impressed with my hooks and uppercuts, because they were getting 26.

This experience taught me that boxing requires a lot of work and effort, but it also taught me not to feel 27 about what people say. If you focus on your strong points and improve on your 28 ones, there is no reason for you to feel disappointed. Boxing taught me how to fight, and defend myself physically and mentally, and show that short girls can do anything if they have the 29 to prove people wrong. Being short doesn't 30 me and

definitely does not limit me from doing things that tall or stronger people can do.

- |                        |                      |                     |                 |
|------------------------|----------------------|---------------------|-----------------|
| 11. A. girls           | B. boys              | C. teenagers        | D. adults       |
| 12. A. large           | B. strong            | C. accurate         | D. quick        |
| 13. A. difference      | B. grade             | C. point            | D. judgement    |
| 14. A. relax           | B. change            | C. return           | D. continue     |
| 15. A. wave goodbye to | B. take advantage of | C. pay attention to | D. make fun of  |
| 16. A. look            | B. sit               | C. bend             | D. turn         |
| 17. A. teach           | B. hurt              | C. amuse            | D. warn         |
| 18. A. down            | B. back              | C. along            | D. in           |
| 19. A. rude            | B. wrong             | C. funny            | D. simple       |
| 20. A. result          | B. word              | C. truth            | D. reason       |
| 21. A. fooling         | B. doubting          | C. convincing       | D. criticizing  |
| 22. A. surprised       | B. worried           | C. moved            | D. disappointed |
| 23. A. relief          | B. fear              | C. anger            | D. interest     |
| 24. A. regretful       | B. comfortable       | C. embarrassed      | D. confident    |
| 25. A. eagerly         | B. finally           | C. gradually        | D. gratefully   |
| 26. A. normal          | B. reliable          | C. harmful          | D. powerful     |
| 27. A. discouraged     | B. ashamed           | C. annoyed          | D. confused     |
| 28. A. small           | B. old               | C. weak             | D. shining      |
| 29. A. experience      | B. curiosity         | C. attention        | D. motivation   |
| 30. A. want            | B. help              | C. define           | D. forgive      |

第二部分：阅读理解（共两节，40分）

第一节（共15小题；每小题2分，共30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，并在答题卡上将该项涂黑。

**A**

**THE OLYMPIC STUDIES CENTRE**

**YOUR SOURCE OF REFERENCE FOR OLYMPIC KNOWLEDGE**

The IOC Olympic Studies Centre is the world source of reference for Olympic knowledge. Our mission is to share this knowledge with professionals and researchers through providing information, giving access to our unique collections, enabling research and stimulating intellectual exchange.

As part of the IOC, we are uniquely placed to collect and share the most up-to-date and accurate information on Olympism. Our collections include the IOC archives (档案), the official publications of the IOC and the Organizing Committee of the Olympic Games as well as books, articles and journals.

#### HERE TO HELP

Whatever your interest in the Olympic Movement—academic or professional—we will help you find the information you need, quickly and easily. We're here to:

- **Answer your questions:** share factual and historical information, Games results and statistics
- **Give personalized guidance:** help you find what you need in our extensive library and archives
- **Lend you books and publications,** even internationally
- **Give you online access:** to our electronic documents
- **Award research grants:** to PhD students and established researchers
- **Connect you to our network:** of academic experts in Olympic studies

#### Join the academic community interested in Olympic studies

One of our key roles is to facilitate communication and cooperation between the IOC and the international academic community in order to promote research and stimulate intellectual exchange.

This worldwide community is mainly composed of over 40 Olympic Studies Centers and hundreds of individual scholars and university students working on academic projects related to the field of Olympic studies.

Thanks to this regular exchange and the work conducted by the academics, we enrich the world's Olympic knowledge, share new analysis on key topics related to the Olympic Movement and can provide guidance to universities wishing to launch initiatives on Olympic studies.

#### Join our academic mailing list

University professors and researchers are invited to join our academic mailing list to be informed about our future activities and other updates concerning Olympic studies initiatives. To join, email us with a brief description of your academic status and your full contact details.

#### VISIT US

You'll find us next door to the Olympic Museum in Lausanne, Switzerland. We're open Monday to Friday, 9am to 5pm, except on public holidays and on Christmas. You don't need an appointment to use the library and the study rooms. If you would like to see the historical

archives or need personal guidance to find your way around our collections, please fill out our visitor request form.

31. The Olympic Studies Center mainly aims to \_\_\_\_\_.
- A. give personalized guidance
  - B. provide resources on the Olympics
  - C. receive Olympic fans across the world
  - D. update information on Olympism for officials
32. What can be learned about the academic community?
- A. It is organized by Olympic officials.
  - B. It launches projects at universities.
  - C. It promotes academic exchanges.
  - D. It provides electronic documents.
33. If you want to visit the center, you have to \_\_\_\_\_.
- A. fill out a visitor request form
  - B. enter the Olympic Museum
  - C. make an appointment
  - D. arrive on workdays

B

A struggling Waffle House employee who was trying to serve nearly 30 people by himself after midnight got a full serving of kindness when some customers jumped behind the counter to help him.

Ethan Crispo, 24, witnessed the inspiring scene in the early hours of Nov. 3 at a Waffle House in Birmingham, Alabama.

Crispo told *TODAY*'s Kerry Sanders that he had come to the 24-hour restaurant from a friend's birthday party and saw the struggling employee, identified only as Ben, trying to cook the food, serve it, bus tables and wash dishes while more than 25 people were waiting to eat.

"The look on his face was just confusion," Crispo told Sanders.

An unidentified male customer then decided to help him out, grabbing an apron and going behind the counter to wash dishes.

Another customer, Alison Stanley, went behind the counter to make some coffee—still dressed from a night out on the town.

"I don't think it's anything special," Stanley told Sanders. "He needed help, so I got up and helped out."

Crispo took some photos of the scene as multiple customers worked to bus tables and wash

dishes while Ben focused on taking orders and preparing the food.

Waffle House told *TODAY* that Ben was left to support himself due to a scheduling issue.

"We had two associates scheduled to leave, however, due to a communication mix-up, their relief did not show up on time," Waffle House director of PR Pat Warner said in a statement. "That left Ben, our cook, alone in the restaurant with hungry customers. He worked the grill (烤架) and got the orders out."

The company was also thankful for the customers who joined in and helped Ben out.

"We are grateful that many of our customers feel like they are part of our Waffle House family," Warner said. "There is a sense of community in each and every one of our restaurants, and we appreciate the fact that they consider our associates like family."

"We are also very thankful for Ben, who kept the restaurant open. He is a representative of our Waffle House culture by always putting the customers first."

Crispo had his usual order, double plain waffle, as he took in the scene of strangers helping out Ben on his shift.

"Humanity truly isn't good, it's great!" he said.

34. Ben was left to work alone during his midnight shift because \_\_\_\_\_.

- A. his associates asked for a leave
- B. there was a scheduling mistake
- C. few customers needed to be served
- D. the restaurant was scheduled to close

35. Some customers helped Ben out by \_\_\_\_\_.

- A. washing dishes
- B. taking photos
- C. taking orders
- D. cooking food

36. Why did the customers lend a helping hand according to Pat Warner?

- A. They shared the same community spirit.
- B. They were family members of Ben.
- C. They wanted to serve themselves.
- D. They were too hungry to wait.

37. How did Crispo feel as a witness of the scene?

- A. Lucky and excited.
- B. Moved and inspired.
- C. Relieved and hopeful.
- D. Content and unbelievable.

### C

Chicken is America's most popular meat. Many people assume chicken follows a simple rule-of-thumb: Pink chicken turned white means "done." It's similar to how we cook other meats. But is this true? To study how cooks at home follow safety recommendations, researchers filmed 75 households in five European countries. From a random but nonrepresentative sample, they

also conducted an online survey of nearly 4,000 households in the same countries that say they cook chicken.

Worried that chicken would dry out, most home cooks determined doneness by color and texture (口感) inside the meat, they found. Few bothered with thermometers (温度计), claiming they took too much time, were too complicated to use, didn't fit in the chicken or weren't necessary (although easy-to-use thermometers are inexpensive and widely available).

In additional lab experiments, the scientists injected raw chicken breast with bacteria (细菌), which cause millions of sicknesses, thousands of hospitalizations and hundreds of deaths each year in the United States. They cooked the breasts until they reached core temperatures ranging from 122 to 158 Fahrenheit, and they discovered something surprising. At 158 degrees, but not lower, bacteria inside the chickens' cores was reduced to safe levels, and when cut open its flesh appeared dull and fibrous, not shiny like raw chicken. But meat began changing from pink to white far below this, and most color change occurred below 131 degrees Fahrenheit. Sometimes, the chicken's core would be safely cooked, but unsafe levels of bacteria still existed on surfaces that hadn't touched the grill plate.

So what are you supposed to do?

Dr. Bruno Goussault, a scientist and chef, recommends buying and cooking breasts and legs separately. Bring the breast's core to 165 degrees Fahrenheit, he said, and the leg to between 168.8 and 172.4 Fahrenheit. If you really want to safely measure temperature for a whole chicken, insert a pop-up thermometer into the thickest part of the leg before roasting it. Dr. Goussault suggests. By the time it pops, the breasts will have long cooked. They will likely be dry and far from his standards of culinary (烹饪的) perfection. But you'll be sure to, as Dr. Goussault says in French, "dormir sur ses deux oreilles," or, figuratively, "sleep peacefully."

38. Why didn't home cooks measure temperature with a thermometer?

- A. They could not afford it.
- B. It affected the taste of the meat.
- C. It was not available in supermarkets.
- D. They thought it was too much trouble.

39. In lab experiments, when the temperature reached 158 Fahrenheit, the meat \_\_\_\_\_.

- A. was free of bacteria
- B. still remained pink
- C. appeared to dry out
- D. was reduced in size

40. What can be learned from the last paragraph?

- A. The meat does not taste best when bacteria free.
- B. The leg becomes fully cooked before the breast.
- C. A whole chicken requires a higher temperature.
- D. The thermometer should be placed inside the breast.

41. What is the passage mainly about?

- A. Food safety.  
C. Cooking skills.

- B. Simple lifestyle.  
D. Kitchen equipment.

D

**Upskilling is the future—but it must work for everyone**

Automation and job replacement will be one of the most significant challenges for the global economy of the coming decades. A 2017 McKinsey report established that 375 million workers will need to switch occupational categories by 2030. The World Economic Forum suggests that by 2022, automation will replace 75 million jobs globally—but create 133 million new ones.

Research into the likelihood that a job will be impacted by digitization has largely focused on the “automatability” of the role and the following economic regional and political effects of this. What this research doesn’t take into account is something more important for the millions of taxi drivers and retail (零售) workers across the globe: their likelihood of being able to change to another job that isn’t automatable. Recent research suggests that the answer to this may be that the skills that enable workers to move up the ladder to more complex roles within their current areas might be less important than broader skills that will enable workers to change across divisions.

In July, Amazon announced that it would spend \$700 million retraining around 30% of its 300,000 US workforce. While praiseworthy, it will be interesting to see the outcome. In the UK, the National Retraining Scheme (方案) has largely been led by employers, meaning that those on zero-hours contracts and part-time workers—often low-skilled—will miss out. Governance will be a crucial element of ensuring that such schemes focus on individuals and life-long learning, rather than upskilling workers into roles that will soon also face automation.

According to the McKinsey report, “growing awareness of the scale of the task ahead has yet to translate into action. Public spending on labour-force training and support has fallen for years in most member countries of the Organisation for Economic Co-Operation and Development,” which impacts more than just the low-skilled and poorly compensated.

The global impact of automation is also put into relief by research demonstrating that, between 1988 and 2015, income inequality increased throughout the world. Billions of people do not have the essentials of life as defined by the UN Sustainable Development goals.

Alongside climate change, automation is arguably tech’s biggest challenge. As with



globalization, governments and employers—and us workers—ignore its potential consequences at risk to ourselves.

42. It can be known from Paragraph 2 that \_\_\_\_\_.
- A. recent research has found ways to face automation  
B. broad skills are of great significance in changing jobs  
C. regional economy can affect the automatability of a job  
D. it is even harder for workers to move up the social ladder
43. What is the author's attitude towards retraining programs?
- A. Supportive.            B. Critical.            C. Skeptical.            D. Sympathetic.
44. According to the author, what is one consequence of automation?
- A. Less spending on training.            B. A slowdown of globalization.  
C. Social unrest and instability.            D. An increase in income inequality.
45. The passage is written to \_\_\_\_\_.
- A. argue the urgency of creating new jobs  
B. compare globalization with automation  
C. analyze the automatability of certain jobs  
D. stress the importance of upskilling workers

第二节（共5小题；每小题2分，共10分）

根据短文内容，从短文后的七个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。

The world is full of distractions. Unfortunately, the world also requires us to work. Coping with the first while still doing enough of the second is ... sorry, where am I?

Ah, yes, the world is full of distractions. If you work in an office, it might be emails, phone calls or colleagues with questions to ask. If you are at home, it might be the contents of the fridge or a sudden fixation on dust mites (尘螨) under the sofa. Sometimes it takes even less. If you are sitting and doing work and someone near you says something particularly interesting, that can pull your focus. 46

So, how can we stay focused in our wandering minds? 47 And put your smartphone and other irrelevant screens away—they attract our attention even if they are off. If you tend to pop on headphones and use music to shut out distractions, avoid listening to anything familiar. Knowing the words or tune well will distract you even more.

48 If you are doing something repetitive like stuffing envelopes or laying bricks, being distracted by listening to music or a podcast or engaging in a conversation with a co-worker can ultimately boost productivity. 49 Jihae Shin, now at the university of Wisconsin-Madison, has found that when people played Minesweeper for five minutes before coming up with new business ideas, they were more creative than those who didn't play.

50 In general, this is the enemy of productivity: it encourages mistakes, stops us from completing things, promotes forgetfulness and lowers the quality of writing. But when we are trying to come up with creative solutions, task-switching distractions can help prevent "cognitive fixation" on ineffective approaches. So if you are a creative type, try lining up two or more tasks and spend your day switching between them. Or if that doesn't work, just go play with your phone.

- A. Not all distractions are bad, however.
- B. Switching between tasks can also help.
- C. Creativity can benefit from distraction too.
- D. Switching off email or messaging services helps.
- E. But you are not good at dealing with distractions.
- F. If you have trouble concentrating, I suggest you try the following ideas.
- G. If you are not careful, you will end up your day with nothing accomplished.

第三部分：书面表达（共两节，35分）

第一节（15分）

假设你是红星中学高三学生李华，你的英国朋友 Jim 询问你高考之后对大学生活和学习会有哪些准备，请你给他回邮件，内容包括：

1. 对大学生活和学习的准备；
2. 进行这些准备的理由。

注意：1. 词数不少于 50；

2. 开头和结尾已给出，不计入总词数。

Dear Jim,

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Yours,

Li Hua

（请务必将作文写在答题卡指定区域内）

第二节（20分）

假设你是红星中学高三学生李华，端午节将至，上周末你和父母去看望爷爷奶奶，并学习了包粽子，请根据以下四幅图的先后顺序，为校刊“英语角”投稿，记述整个过程。

注意：词数不少于 60。



（请务必将作文写在答题卡指定区域内）

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