

注意事项

考生在答题前请认真阅读本注意事项及各题答题要求：

1. 本试卷共10页, 包含听力(共30分)、阅读(共50分)、语言运用(共30分)、写作(共40分)四部分。本次考试满分为150分, 考试时间为120分钟。
2. 答题前, 请您务必将自己的姓名、考试号等用黑色0.5毫米签字笔填写在答题卡上。
3. 作答非选择题必须用书写黑色字迹的0.5毫米签字笔写在答题卡上的指定位置, 在其它位置作答一律无效。

第一部分 听力(共两节, 满分30分)

第一节(共5小题; 每题1.5分, 满分7.5分)

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

1. What will the woman do right after she types the letter?

- A. Have a meal. B. Change her clothes. C. Take the car.

2. How much will the woman pay for the T-shirt and the jeans?

- A. \$10. B. \$20. C. \$30.

3. What do we know about the woman?

- A. She is burnt. B. She fell asleep in a chair.

C. She looks very tired.

4. What are the speakers mainly talking about?

- A. The weather this year. B. The importance of washing.

C. Water conservation.

5. What is the man likely to do on Friday?

- A. See the new exhibition. B. Watch a baseball game.

C. Finish a report.

第二节(共15小题; 每小题1.5分, 满分22.5分)

听下面5段对话或独白。每段对话或独白后有几个小题, 从题中所给的A、B、C三个选项选出最佳选项, 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. Why does Mrs Thompson want to see the speakers according to the girl?

- A. The class leaders reported them to her.
- B. She will ask them to run for class monitor.
- C. They were not very active this morning.

7. What does the boy suggest they do?

- A. Continue the class discussion.
- B. Share the responsibility.
- C. Go to the hallway.

听第7段材料，回答第8、9题。

8. What's the relationship between the speakers?

- A. Boss and secretary.
- B. Director and customer.
- C. Husband and wife.

9. What does the man have to do at 2:00 p. m. tomorrow?

- A. Make a phone call.
- B. Send an email.
- C. Look at some samples.

听第8段材料，回答第10至12题。

10. Where does the conversation take place?

- A. On top of a mountain.
- B. In a parking lot.
- C. At a ticket office.

11. How far is the lake from the top?

- A. About 20 minutes' walk.
- B. About 40 minutes' walk.
- C. About 3 hours' walk.

12. What color will the lake be when the speakers arrive?

- A. Orange.
- B. Blue.
- C. Green.

听第9段材料，回答第13至16题。

13. Where is the art exhibition taking place?

- A. At an exhibition center.
- B. At a shopping mall.

C. At an art gallery.

14. What does the man think of the place of the exhibition now?

A. It is strange. B. It is ordinary.

C. It is cool.

15. What is being shown in the painting section of the exhibition?

A. Mainly classical paintings.

B. Largely contemporary paintings.

C. Both ancient and modern oil paintings.

16. Which section is the most popular?

A. The sculpture section. B. The photography section.

C. The video section.

听第10段材料，回答第17至20题。

17. How old was Dave when his father passed away?

A. 15.

B. 10.

C. 5.

18. What did Dave do in the evenings?

A. He earned some money.

B. He did housework for the family.

C. He drove his brother to some places.

19. Who introduced Andrew at the graduation ceremony?

A. His soccer coach.

B. The school headmaster.

C. The head of the school district.

20. What happened during Andrew's speech?

A. His mother started crying.

B. Andrew thanked his father.

C. Dave realized his hard work had paid off.

第二部分 阅读 (共两节, 满分50分)

第一节(共15 小题; 每小题2.5分, 满分37.5分)

阅读下列短文, 从每题所给的A、B、C、D四个选项中选出最佳选项。

A

Top 4 Best Credit Card Bonus Offers–September 2023 (Updated)

Hawaiian Airlines Master Card

- 70,000 Hawaiian miles after any purchase (of any amount) within the first 90 days. Any 6-digit code (密码) will work, like“000000”. See link for details.
- Free first checked bag for primary cardmember.
- One-time 50% off companion discount for roundtrip coach travel between Hawaii and The Mainland on Hawaiian Airlines.
- \$99 annual fee.

Chase Sapphire Preferred Card

- 60,000 Ultimate Rewards points (worth \$750 towards travel or transferrable (可转移) to miles/points) after \$4,000 in purchases within the first 3 months. See link for details.
- \$50 annual Ultimate Rewards Hotel Credit, 5x on travel purchased through Chase Ultimate Rewards (R), 3x on dining and 2x on all other travel purchases.
- \$95 annual fee.

Chase United Explorer Card

- 60,000 miles after \$3,000 in purchases within 3 months. See link for details.
- Free first checked bag for both you and a companion (a savings of up to \$140 per roundtrip) when you use your Card to purchase your United ticket.
- Expanded award availability. Having this card makes it easier to find that saver award economy ticket.
- \$0 annual fee for the first year, then \$95.

IHG One Rewards Premier Credit Card

- 140,000 IHG Rewards club points after \$3,000 in purchases within the first 3 months. Plus, earn up to \$100 in IHG® statement credits on purchases at IHG® Hotels and Resorts during the first 12 months. See link for details.
- Free Night after each account anniversary year (valued up to 40,000 IHG points).
- \$99 annual fee.

■ Don't like annual fees? The no-annual fee Traveler version is now offering 80,000 IHG bonus points+ \$50 IHG credit.

21. What's the advantage of having a Hawaiian Airlines MasterCard?

- A. You will make a fortune after any deal.
- B. You can code your purchases for privacy.
- C. You will enjoy free checked bags annually.
- D. Your partner can save money on a particular ride.

22. If a client doesn't want to pay annual fee, which card may he choose?

- A. Hawaiian Airlines MasterCard
- B. Chase United Explorer Card
- C. Chase Sapphire Preferred Card
- D. IHG One Rewards Premier Credit Card

23. Where is passage possibly taken from?

- A. A travel brochure.
- B. A website.
- C. An economic report.
- D. A newspaper.

B

Many know the importance of properly warming up and preparing to exercise, but experts say that including a cool down routine is just as important. According to the Mayo Clinic, cooling down allows for your body to recover and return to its normal, pre-exercise state.

Though cooling down isn't proven to reduce muscle stiffness (僵硬) or pain, it can prevent dizziness and allow your heart rate and breathing to ease back to a normal rate, Harvard Medical School reports. Phyllis Mammarelli, personal trainer at the Shenango Valley YMCA in Sharon, Pennsylvania, works with each of her clients on a cool down routine as she says it's a beneficial part of exercising.

"Cooling down allows your body to gradually return to a low-intensity activity level, slowly reducing your respiratory (呼吸的) and heart rate until it's equalized and back to normal," she says.

Skipping the recovery phase of a workout isn't proven to be harmful to your body, but Mammarelli warns that without cooling down, the body will take longer to return back to the low-intensity activity level you began your workout with.

There are also non-threatening side effects that could occur as a result of forgoing a cool down. Mammarelli warns that blood can gather or pool in your lower extremities and lead to dizziness and fainting. Other side effects include your muscle pain and stiffness, which can occur 24–28 hours after your workout. These side effects are mostly seen in the elderly or those with cardiovascular disease and can be eased by warming up and cooling down.

Allow five to 10 minutes at the conclusion of your workout for a cool-down routine. During this period, continue your workout session, but at a much-reduced rate. If you're pressed for time during your works or unsure how to allow your body to recover, Mammarelli suggests stretching muscles in a pain-free range of motion.

Adding a few additional minutes to your workout for cooling down may seem like an inconvenience, but the benefits outweigh the cost of finding extra time in your schedule.

24. What is the proven benefit of cooling down?

- A. Easing muscle pain.
- B. Protecting your heart.
- C. Guarding against dizziness.
- D. Decreasing muscle stiffness.

25. What does the underlined word “forgoing” in Paragraph 5 possibly mean?

- A. Abandoning.
- B. Improving.
- C. Employing.
- D. Forgetting.

26. What does Mammarelli recommend readers to do?

- A. Stop working out to avoid injury.
- B. Skip cooling down to save time.
- C. Practice cooling down after exercising.
- D. Stretch your muscles when convenient.

27. Who is the passage targeted at?

- A. Potential clients of fitness centers.
- B. Personal trainers working at the gym.
- C. Readers who are interested in working out.
- D. People suffering from muscle stiffness and pain.

In Australia, as the world locked down to slow the tide of the Covid-19 outbreak, Dr. Daniel Reardon, an astrophysicist living in Melbourne, was admitted to hospital after getting four magnets (磁铁) stuck up his nose in an attempt to invent a device that stops peo-

ple touching their faces during the coronavirus outbreak. Originally, Reardon, who despite his qualifications has by his own account really no experience or expertise in building circuits or things, planned to use his time creating a device that—worn as a necklace, with a powerful neodymium magnet worn on the wrist — would set off an alarm if you brought your hand too close to your face. However, it turned out that Reardon's facility did the opposite. The necklace screams continuously unless you move your hand close to your face.

After this initial failure, it seems, lockdown boredom really set in. Reardon started playing with the magnets, clipping (夹住) them to his face and then to his nostril. Things went downhill pretty quickly when he clipped them to his other nostril.

He placed two magnets inside his nostrils, and two on the outside. When he removed the magnets from the outside of his nose, the two inside stuck together. He decided to Google the problem and found the solution was more magnets on the outside to offset the pull from the ones inside.

As he was pulling downwards to try and remove the magnets, they clipped on to each other and he lost his grip. And those two magnets ended up in his left nostril while the other one was in his right. At that point he ran out of magnets.

Ultimately, after some further struggles involving some pliers which became magnetized, Reardon was hospitalized — with his partner, who works at a hospital, taking him in because she wanted all her colleagues to laugh at him. After the magnets were successfully removed, Reardon received some medical notes which contained the phrase: “Denies difficulty breathing. Denies further magnets.”

28. Why did Reardon start his invention?

- A. To amuse himself.
- B. To remind wearers.
- C. To stop covid-19.
- D. To kill time.

29. What resulted in Reardon's unsuccessful attempt?

- A. He lacked qualifications.
- B. He was inexperienced.
- C. He had no spare parts.
- D. He was fully occupied.

30. What can we learn from paragraphs 3 & 4?

- A. Each of Reardon's nostrils had two magnets in.
- B. It's dangerous to play with neodymium magnets.
- C. People tend to surf the Internet for their problems.
- D. Reardon could have saved face with enough magnets.

31. What does Reardon's partner think of magnets getting stuck in his nose?

- A. Funny. B. Awkward. C. Boring. D. Creative.

D

New DNA Repair-kit Successfully Fixes Hereditary (遗传性的) Disease in Cells

Genetic mutations (突变) which cause a weakening hereditary kidney disease affecting children and young adults have been fixed in kidney cells from a patient using a potentially game-changing DNA repair-kit. The advance, developed by the team led by Dr Francesco Aulicino and Professor Imre Berger from Bristol's School of Biochemistry, is published in Nucleic Acids Research.

Podocin is a protein normally located on the surface of specialized kidney cells and essential for kidney function. Faulty podocin, however, remains stuck inside the cell and never makes it to the surface, damaging the podocytes (肾小球足细胞) and leading to hereditary Steroid Resistant Nephrotic Syndrome (SRNS), which cannot be cured with medications. Gene therapy (疗法) which repairs the genetic mutations causing the faulty podocin offers hope for patients.

By applying new biology techniques, the team re-engineered baculovirus, a for humans harmless insect virus to create a DNA repair vehicle. This re-engineered baculovirus is considered safe, as it could only multiply in the insect, but not in human cells. It can enter human cells very efficiently. What sets apart baculovirus from current ones Like LV, AV, and AAV is that the shell of baculovirus resembles a hollow stick — it simply becomes longer when the load increases. This means a lot more advanced tool-kit and much larger DNA pieces to repair a genetic error can be delivered, making it much more multifunctional than commonly-used systems.

The team used patient-derived podocytes carrying the disease-causing error in the genome to demonstrate the potentials of their technology. Dr Aulicino said: "There are many avenues to apply our system. In addition to podocin repair, we could show that we can correct many errors in very different places in the genome efficiently, by using our single baculovirus delivery system and the most recent editing techniques available."

Professor Gavin Welsh said: "These results are very encouraging. It is a long road ahead to carry out a new system for clinical applications, but we believe the advantages offered make this a very worthwhile undertaking."

32. What is paragraph 2 of the text mainly about?

- A. The theory of a therapy. B. The cause of a disease.
C. A special protein. D. An important cell.

33. Why did the team choose baculovirus?

- A. Its shell is extensible. B. Its risk is controllable.
C. It can enter human cells. D. It can reproduce quickly.

34. Why did the team experiment on faulty podocytes?

- A. To follow a common practice in the field.
- B. To make their experiment easier to perform.
- C. To show the greatness of their achievements.
- D. To employ the most recent editing techniques.

35. What's Gavin Welsh's attitude toward the study?

- A. Cautious.
- B. Dismissive.
- C. Doubtful.
- D. Approving.

第二节(共5小题; 每小题2.5分, 满分12.5分)

阅读下面短文, 从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Playing sports benefits your body and your brain

What if I told you there was something that you can do right now that would have an immediate, positive benefit for your brain including your mood and your focus? What if I told you that same thing could actually last a long time and protect your brain from different conditions like depression, Alzheimer's disease or dementia? 36

37 So what I want to do today is tell you a story about how I used my deep understanding of neuroscience(神经科学). As a professor, I essentially did an experiment on myself in which I discovered the science underlying why exercise is the most transformative thing today.

Because I encountered something amazing, I had to study it with the potential to change so many lives. I discovered and experienced the brain-changing effects of exercise. I tried everything, ranging from kickbox, dance, to yoga, but at first it was really hard. What I noticed is that after every sweat-inducing workout that I tried, I had this great mood boost and this great energy boost. 38 Well, I started feeling stronger and better, and even lost that 25 pounds.

Moreover, my long-term memory seemed to be better in me. Maybe all that exercise that I had included and added to my life was changing my brain. Maybe I did an experiment on myself without even knowing it. 39 What I found was an exciting and growing literature that was essentially showing everything that I noticed in myself: better mood, better energy, better memory, and better attention.

The more I learned, the more I realized how powerful exercise was, which eventually led me to the big decision to completely shift my research focus. So now, after several years of really focusing on this question, I've come to the following conclusion. 40

- A. Why not join us?
- B. Would you do it?

- C. That's what kept me going back to the gym.
- D. Playing sports is an important part of a healthy lifestyle.
- E. I turned to literature for what I could find about the effects of exercise.
- F. Exercise has immediate, long-lasting and protective effects on your brain.
- G. Exercise is the most constructive thing that you can do for your brain today.

第三部分 语言运用(共两节, 满分30分)

第一节(共15小题; 每小题1分, 满分15分)

阅读下面短文, 从每题所给的A、B、C、D四个选项中选出可以填入空白处的最佳选项。

One evening I was running late for a meeting and I passed a friend in the hallway. My friend asked the daily 41 question, "How are you doing?" 42, rather than give the expected response, "Good, how about you?" I decided to 43 my dissatisfaction with traffic, people who can't put down their cellphones at traffic lights, 44 vision in the rain and everything else about my 45 journey to work.

Instead of showing sympathy, my friend asked a challenging question, "What would have happened if your guardian angel hadn't created those 46?" The inference was that I might have been 47 something much worse than being late for a meeting. My 48 reaction was to laugh and walk on, but later I began to 49 what he had asked. Over the next few days, the more I thought about this question, the more 50 I was able to see in it.

I thought about my 51 experiences as well as the things that had happened to me, and the seed he had planted started to grow. I remembered my uncle who was late for a flight and the flight he had 52 crashed down. I remembered when 53 kept me from accidents on the same road I was traveling on.

Ever since my friend gave me his advice in the form of a 54, I have become less stressed. Keeping the advice in mind makes me more 55 and has improved my life.

- | | | | |
|----------------------|---------------|---------------|----------------|
| 41. A. tough | B. tricky | C. routine | D. awkward |
| 42. A. Thus | B. Besides | C. However | D. Instead |
| 43. A. unload | B. contain | C. spread | D. unlock |
| 44. A. good | B. poor | C. awesome | D. sensitive |
| 45. A. stressful | B. delightful | C. thoughtful | D. sorrowful |
| 46. A. opportunities | B. miracles | C. roadblocks | D. misfortunes |
| 47. A. saved | B. spared | C. offered | D. made |
| 48. A. positive | B. habitual | C. hesitant | D. immediate |

49. A. reflect on B. care about C. deal with D. call off
50. A. chances B. wisdom C. concern D. skills
51. A. personal B. childhood C. family D. school
52. A. forgotten B. missed C. avoided D. boarded
53. A. delays B. schedules C. budgets D. events
54. A. dialogue B. lecture C. question D. statement
55. A. at least B. at best C. at sea D. at ease

第二节 (共10小题; 每小题1.5分, 满分15分)

阅读下面短文, 在空白处填入一个适当的单词或括号内单词的正确形式。

The Mediterranean diet is known for its 56 (number) health benefits. It is known to prevent against heart disease 57 is referred to as the secret to a long, healthy life. Now researchers have found the Mediterranean diet can help people with depression, too. It is currently rated the best diet overall by US News and World Report. 58 down on the eating habits of people living in countries surrounding the Mediterranean Sea, this diet has been proven to have positive effects on our well-being.

A new study that used blood tests, and not only self-reporting of eating habits, adds to the evidence. Cambridge University researchers found individuals who followed the Mediterranean diet had an even lower risk of developing type 2 diabetes than 59 (previous) thought, compared to those 60 at a few Mediterranean foods.

The diet's emphasis on unprocessed foods like fruits, vegetables, whole grains, and seeds 61 (provide) essential nutrients and fiber that help regulate blood sugar levels and prevent diabetes. Additionally, the Mediterranean diet promotes heart health 62 including healthy fats from olive oil and fatty fish, of which omega-3, in particular, plays a vital role in maintaining and improving mental health and stability.

The Mediterranean diet encourages a balanced and enjoyable approach to 63 (eat). It emphasizes consuming fresh, natural foods and discourages eating processed and sugary items, contributing to 64 (weigh) management and overall well-being. The evidence keeps 65 (mount), so why not try the Mediterranean diet?

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, 为了配合南通市创建“全国历史文化名城”的宣传活动, 请你以学生会的名义, 围绕“保护历史遗址”这个主题, 为学校的英语论坛写一封倡议书。内容包括:

1. 保护历史遗址 (heritage site) 的重要性;

2. 学生可以采取的行动。

注意：

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

Dear fellow students,

The Students' Union

第二节(满分25分)

67. 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。

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。

There's a boy named Tom who had a large family, happily living with his sisters, parents and grandmother. His grandmother loved everyone a lot and was respected by all family members. She was very old, yet sometimes she would recall things from her past and share with them. Sometimes they would believe her but at other times they would think that Granny might be mixing up the facts due to her old age.

One day, when Tom was in school, suddenly while knitting (编织), Granny remembered something and she couldn't contain her emotions so she got up to tell her son—Tom's father. She walked as fast as she could to his room and said, "You always asked about my birth date but do you know today is the day when I was born."

She looked at her son with an excited expression, expecting an quick response. However, her son wondered how she could remember her date of birth in this old age when she forgot so many other things, so he didn't pay much attention to this. Disappointed at her son's reaction, Granny then went to Tom's mother and Tom's sister, but like Tom's father, nobody believed her.

Disheartened, she went and sat in the terrace (阳台). When Tom returned from his school, he found his grandmother sitting alone with a sad expression. Tom asked his granny about the matter, but she said there was nothing to worry about. After a lot of persuasion she said what was troubling her—nobody seemed to care that it was her birthday today!

After hearing what Granny said, Tom thought of a plan. Purely by chance, some of Tom's friends were playing nearby so he shared his plan with them.

Tom's friends were all glad to help him with his plan.

Tom's granny was so happy, with tears of joy shining in her eyes.