

贵州省高三年级适应性联考(一)

英语试题

命题单位: 贵州兴义八中高三英语组

本试题卷共 8 页。全卷满分 150 分。考试用时 120 分钟。

注意事项:

1. 答题前, 先将自己的姓名、准考证号填写在答题卡上, 并将准考证号条形码粘贴在答题卡上的指定位置。
2. 选择题的作答: 每小题选出答案后, 用 2B 铅笔把答题卡上对应题目的答案标号涂黑, 写在试题卷、草稿纸和答题卡上的非答题区域均无效。
3. 非选择题的作答: 用签字笔直接写在答题卡上对应的答题区域内。写在试题卷、草稿纸和答题卡上的非答题区域均无效。
4. 考试结束后, 请将本试题卷和答题卡一并上交。

第一部分 听力(共两节, 满分 30 分)

第一节(共 5 小题;每小题 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。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 might be the relationship between the two speakers?
A. Friends. B. Co-workers. C. Shop assistant and customer.
2. Where is the woman now?
A. At her own home. B. At the man's home. C. On the way to the man's home.
3. What happened to the woman?
A. She met two friends in the street.
B. She was looking for some money.
C. She was robbed of her purse and watch.
4. What are the speakers probably talking about?
A. Buying a ring. B. Shopping online. C. The price of a ring.
5. What is the man's attitude towards the woman?
A. Angry. B. Encouraging. C. Admiring.

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 三个选项中选出最佳选项。听每段对话或独白前, 你将有时间阅读各个小题, 每小题 5 秒钟;听完后, 各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料, 回答第 6、7 题。

6. What is the man doing?
A. He is reading. B. He is writing a paper. C. He is watching videos.
7. Who would like to go to Mary's at first?
A. Tom. B. Professor Martin. C. Rose.

听第7段材料，回答第8至10题。

8. What's wrong with the man?

- A. His car has broken down. B. His wife's car is missing. C. He just had a car accident.

9. Where does the woman live?

- A. Downtown alone. B. In the countryside. C. Downtown with her parents.

10. How does the woman go to work?

- A. By car. B. On foot. C. By bus.

听第8段材料，回答第11至13题。

11. Where are the speakers?

- A. In a gym. B. In a classroom. C. On a playground.

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

- A. Meet him again on Monday.

- B. Try the weight machine again.

- C. Sign up for a personal trainer.

13. What is the woman going to do?

- A. Go to the bathroom.

- B. Set up a training plan.

- C. Have a check on her arms.

听第9段材料，回答第14至17题。

14. What happened to the woman?

- A. She got bad service.

- B. She made a mistake in ordering.

- C. She quarrelled with the waitress.

15. Why did the woman go back to the waitress?

- A. The coffee was cold.

- B. The coffee was not served as ordered.

- C. The coffee was not served quickly enough.

16. What does the woman decide to do at last?

- A. Call the manager and complain about it.

- B. Refuse the waitress's service.

- C. Ask the waitress to apologize.

17. Where does the conversation take place?

- A. In a coffee house. B. In the man's house. C. In the woman's house.

听第10段材料，回答第18至20题。

18. Why are there more and more health problems?

- A. People don't see doctors.

- B. People have too much stress from work.

- C. People have a poor diet and little exercise.

19. Which is the speaker's opinion?

- A. Green diet includes no meat.
B. To lose weight is easier than gain weight.
C. Healthy lifestyle includes necessary exercise.
20. How many ways are mentioned to keep healthy?
A. Two. B. Three. C. Four.

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**Jetterbug smart 3**

The Jetterbug smart 3 is our simplest smartphone ever very popular with the elderly, with a list-based menu, large screen and new Health Safety Packages available.

EASY

Everything from calling and video chatting with family, to sharing photos and getting directions, is organized in a single list on one screen with large, clear letters.

SMART

In emergencies big or small, tap the Lively Urgent Response button to be connected to a professional agent who will get you the help you need, 24/7.

AFFORDABLE

50% off regular price of \$150 is only valid for this quarter. For using, Lively has value plans as low as \$35/month or Unlimited Talk Text plans only \$45/month. Choose the plan best for you, and then add a required data plan as low as \$25/month.

Monthly fees do not include government taxes or assessment surcharges. A data plan is required for the Jetterbug smart 3. Urgent Response or 911 calls can be made only when cellular service is available. Urgent Response service tracks an approximate location of the device when the device is turned on and connected to the network. Urgent Response is only available with the purchase of a Health Safety Package. Consistently rated the most reliable network and best overall network performance in the country by IHS Markit's RootScore Reports. LIVELY and JITTERBUG are trademarks of Best Buy and its affiliated companies. All rights reserved.

1. Who are the target customers of Jetterbug smart 3?
A. Children. B. Teenagers. C. Seniors. D. Agents.
2. How much do you need to pay if you buy a Jetterbug smart 3 in three months?
A. \$60. B. \$70. C. \$75. D. \$80.
3. Where can you most probably find the text?

A. A magazine. B. A textbook. C. A biography. D. A science report.

【答案】1. C 2. C 3. A

【解析】

【导语】本文是一篇应用文。文章主要介绍了一款老年智能手机 Jetterbug smart 3 的相关信息及本月的活动价格等内容。

【1 题详解】

细节理解题。根据第一段 “The Jetterbug smart 3 is our simplest smartphone ever very popular with the elderly, with a list-based menu, large screen and new Health & Safety Packages available.(Jetterbug 智能 3 是我们最简单的智能手机, 非常受老年人的欢迎, 有一个基于列表的菜单, 大屏幕和新的健康与安全包。)” 可知, Jetterbug 智能 3 深受老年人喜欢, 有大屏幕和新的健康与安全包, 由此可知, 该手机销售的目标群体是老年人。故选 C 项。

【2 题详解】

细节理解题。根据 AFFORDABLE 部分 “50% off regular price of \$150 is only valid for this quarter.(150 美元的原价打五折只在这个季度有效。)” 可知, 本季度该手机打五折销售, 所以在这三个月内购买需要支付的费用是 $150 \times 0.5 = 75$ 。故选 C 项。

【3 题详解】

推理判断题。根据首段 “The Jetterbug smart 3 is our simplest smartphone ever very popular with the elderly, with a list-based menu, large screen and new Health Safety Packages available.(Jetterbug smart 3 是我们最简单的智能手机, 非常受老年人欢迎, 有列表菜单, 大屏幕和新的健康安全包。)” 可知, 文章主要介绍了一款老年智能手机 Jetterbug smart 3 的相关信息, 结合下文中介绍的本月的活动价格等内容可知, 这是一则手机广告, 最可能出现在杂志上。故选 A 项。

B

Saudi-born shoe designer Haifa Alhumaid is making a name for herself in the world of high-end footwear. However, she doesn't make it **hands down**. At the beginning, she experienced a lot of rejection. But one day, she got a chance and told a famous Italian designer about her passion. She showed him her design and it impressed him! He gave her a chance. Then Alhumaid started visiting the Milan footwear fair, learning about leather and new technologies. She began crafting her own shoes and launched her brand, Haifa Humaid, at a special ceremony at the Venice Film Festival. Italian actresses and models wore her shoes on the red carpet. The response was fantastic.

In the last decade, she earned the loyalty of discerning (独具慧眼的) women from Milan to Riyadh and beyond. Alhumaid is now increasing production not only of her traditional leather footwear but also of an innovative range of shoes made out of a renewable, animal-free alternative: mushroom fiber. “Using this alternative

leather, we can save animal lives and reduce our carbon footprint, without any negative impact on the performance or quality of the shoes,” Alhumaid says. “It is just as good as ordinary leather, but much more ecologically sensitive.” Thanks to innovations in nanotechnology, the alternative footwear is just as high-quality as other Haifa Humaid designs, and the strength and resilience of the fiber is such that she is still wearing those first shoes to this day.

Enjoying rapid business growth in recent years, Alhumaid is considering designing collections of bags and other personal items that match her shoe designs. Wherever she turns her talents, Alhumaid says, sustainability will always be a priority. “We all have a responsibility to the future. I want to help preserve our world for generations to come.” As a female designer in a male-dominated industry, she uses her story to show us a bright future for women joining the fashion industry in Saudi Arabia.

4. What does the underlined phrase “hands down” in paragraph 1 mean?

- A. Without any sweat. B. At hand.
C. As cool as a cucumber. D. Like a storm in a teacup.

5. What can we know about Alhumaid’s alternative shoes?

- A. They are only friendly to animals.
B. They are made from recycled materials.
C. They can help deal with climate issues.
D. They have a better quality than traditional ones.

6. What can we infer about Alhumaid from the text?

- A. She is planning to change her brand’s directions.
B. She has inspired many women to join the fashion industry.
C. She attaches great importance to protecting the environment.
D. She launched her brand under the influence of an Italian designer.

7. Which can best describe Alhumaid?

- A. Pretty and promising. B. Innovative and determined.
C. Ambitious and humorous. D. Knowledgeable and tough.

【答案】4. A 5. C 6. C 7. B

【解析】

【导语】本文是一篇记叙文。文章主要介绍了高端鞋子品牌设计师 Haifa Alhumaid 走向成功的故事，并阐述了她的品牌设计及环保理念，同时，她也用自身的经历鼓舞着沙特阿拉伯的女性投入到自己的事业中。

【4 题详解】

词句猜测题。根据第一段中的 “At the beginning, she experienced a lot of rejection.(一开始, 她经历了很多拒绝。)” 可知, Haifa Alhumaid 获得成功的旅途并非是一帆风顺、毫不费力的, 起初, 她也经历了很多次拒绝, 结合划线单词前的 “However, she doesn’t make it...(然而, 她并非成功……)” 可知, 划线单词的意思应与 “不费力气” 相关。故选 A 项。

【5 题详解】

细节理解题。根据第二段中的 ““Using this alternative leather, we can save animal lives and reduce our carbon footprint, without any negative impact on the performance or quality of the shoes,” Alhumaid says.(“使用这种替代皮革, 我们可以拯救动物的生命, 减少我们的碳足迹, 而不会对鞋子的性能或质量产生任何负面影响, ” 阿尔胡梅德说。)” 可知, 她设计的鞋子可以拯救很多动物的生命, 减少碳足迹, 由此可知, 她设计的 alternative shoes 是环保的, 有助于帮助解决气候问题。故选 C。

【6 题详解】

推理判断题。根据第二段中的 ““Using this alternative leather, we can save animal lives and reduce our carbon footprint, without any negative impact on the performance or quality of the shoes,” Alhumaid says. “It is just as good as ordinary leather, but much more ecologically sensitive.” (“使用这种替代皮革, 我们可以拯救动物的生命, 减少我们的碳足迹, 而不会对鞋子的性能或质量产生任何负面影响, ” 阿尔胡梅德说。 “它和普通皮革一样好, 但对生态更敏感。”) ” 可知, Alhumaid 认为她设计的鞋子可以拯救动物的生命, 减少碳足迹, 且不会对鞋子的性能产生负面影响, 这种产品更生态化, 由此可推知, Alhumaid 非常重视保护环境。故选 C 项。

【7 题详解】

推理判断题。根据第一段中的 “However, she doesn’t make it hands down. At the beginning, she experienced a lot of rejection. But one day, she got a chance and told a famous Italian designer about her passion.(然而, 她并没有轻而易举地成功。一开始, 她经历了很多拒绝。但是有一天, 她得到了一个机会, 把她的热情告诉了一位著名的意大利设计师。)” 可知, 在 Alhumaid 经历很多次的拒绝后, 她有一天终于得到一个机会把自己的热情告诉了著名的设计师, 最后取得成功, 由此可知, 她是一个意志坚定的人, 根据第二段中的 “Alhumaid is now increasing production not only of her traditional leather footwear but also of an innovative range of shoes made out of a renewable, animal-free alternative: mushroom fiber.(Alhumaid 现在不仅在增加传统皮鞋的产量, 而且还在增加用一种可再生的、不含动物的替代品——蘑菇纤维制成的创新系列鞋的产量。)” 可知, 她在增加一种可再生的、不含动物的替代品——蘑菇纤维制成的创新系列鞋的产量, 由此可推知, Alhumaid 是一个有创新精神的人, 综上信息可知, Alhumaid 是一个意志坚定且有创新精神的人。故选 B 项。

C

The activities and services that England’s libraries offer are worth £ 3.4 billion a year , says a report by the

University of East Anglia. The study found that projects run by libraries — such as improving children’s reading skills — provide valuable benefits to society.

The exact value of libraries is impossible to calculate, but the report’s authors developed a way to work out the financial worth of the activities they provide. The team looked at how much other organisations charge for similar services, for example, and the impact that library services had on people’s lives. Libraries are often run by volunteers and don’t charge people for many of their services.

The report put a value on library services, including helping people to secure jobs (worth £379 per person) and improving their reading (£279 per person). Other services on offer included free yoga classes and teaching older people how to use computers. The researchers also found that people visit libraries to help themselves feel less lonely.

During the COVID-19 pandemic, library use fell because people stayed at home. However, by the end of last year library use was very high. The charity that wrote the report, Libraries Connected, warned that many libraries in Wales, Northern Ireland and England will have to make cuts to services because they aren’t being given enough money by local authorities. Isobel Hunter, the head of Libraries Connected, hopes the report will change how local authorities think about libraries. She said, “The evidence is clear: investing in libraries brings huge returns for local communities and the public purse.”

Although the report focused on libraries in England, the authors say that it could also be useful for libraries in the rest of the UK. In Scotland this month, nine libraries have set up “lend and mend hubs”, where people can learn how to repair items to save money. Meanwhile, the Welsh government has recently announced £ 1.7 million in funding to restore libraries and museums.

8. What can we learn about the libraries from the text?

- | | |
|-----------------------------------|---------------------------------------|
| A. They aim to help the homeless. | B. They offer services to community. |
| C. They can be measured by money. | D. They are always run by volunteers. |

9. What may Isobel Hunter’s words imply in paragraph 4?

- A. Libraries in Wales are closing down.
- B. Investing in libraries is a wise choice.
- C. The local government suffers from a financial problem.
- D. Libraries in England have been ignored for a long time.

10. Why has “lend and mend hubs” been set up?

- | | |
|---------------------------------------|------------------------------|
| A. To cut the cost for the libraries. | B. To help people socialize. |
|---------------------------------------|------------------------------|

C. To repair items for the locals.

D. To teach people to save money.

11. What is the suitable title for the text?

A. The Report May Bring Libraries to Life

B. The Report Focuses on Library Service

C. Libraries Are Home to Activities

D. Libraries Are Valuable in Our Life

【答案】8. B 9. B 10. D 11. A

【解析】

【导语】本文是一篇说明文。文章主要介绍了一份对英国图书馆的调查报告，发现每年图书馆用于开展活动与服务的金额巨大，为社会做出了贡献。该份报告旨在转变政府对图书馆的看法，加大对其投入，并在有些地方取得了实效。

【8 题详解】

细节理解题。根据第一段 “The study found that projects run by libraries — such as improving children’s reading skills — provide valuable benefits to society. (研究发现，图书馆开展的项目——比如提高儿童的阅读技能——为社会带来了宝贵的好处)” 可知，图书馆为社会提供服务，做出贡献。故选 B。

【9 题详解】

推理判断题。根据第四段 “The evidence is clear: investing in libraries brings huge returns for local communities and the public purse. (证据很清楚：对图书馆的投资为当地社区和公共财政带来了巨大回报)” 可知，Isobel Hunter 的话表明投资图书馆可以得到巨大回报，是一项明智的选择。故选 B。

【10 题详解】

细节理解题。根据最后一段 “In Scotland this month, nine libraries have set up ‘lend and mend hubs’, where people can learn how to repair items to save money. (本月，在苏格兰，九家图书馆设立了“借阅和修复中心”，人们可以在那里学习如何修复物品以节省资金)” 可知，该中心被建立是为了教人们节省资金。故选 D。

【11 题详解】

主旨大意题。根据第一段 “The activities and services that England’s libraries offer are worth £ 3.4 billion a year, says a report by the University of East Anglia. The study found that projects run by libraries — such as improving children’s reading skills — provide valuable benefits to society. (东安格利亚大学的一份报告称，英格兰图书馆每年提供的活动和服务价值 34 亿英镑。研究发现，图书馆开展的项目——比如提高儿童的阅读技能——为社会带来了宝贵的好处)” 和最后一段 “Although the report focused on libraries in England, the authors say that it could also be useful for libraries in the rest of the UK. In Scotland this month, nine libraries have set up “lend and mend hubs”, where people can learn how to repair items to save money. Meanwhile, the Welsh government has recently announced £ 1.7 million in funding to restore libraries and museums. (尽管这份报告的重点是英格兰的图书馆，但作者表示，它也可能对英国其他地区的图书馆有用。本月，在苏格兰，九家图书馆设立了“借

阅和修理中心”，人们可以在那里学习如何修理物品以节省资金。与此同时，威尔士政府最近宣布拨款 170 万英镑，用于修复图书馆和博物馆。”可知，这篇文章主要介绍了一份对英国图书馆的调查报告，发现每年图书馆用于开展活动与服务的金额巨大，为社会做出了很大的贡献。所以“一份可能会给图书馆带来生机的报告”可以作为文章标题。故选 A。

D

Feeling a bit less stable than before? Maybe you find yourself holding on to handrails more when going down steps or stairs? As we get older, our balance gets worse. But how much does it matter?

A lot, it turns out. If your balance isn't great, you're more likely to fall. That can have disastrous consequences as we age, when bones are more often to break easily. Research has also shown that balance is crucial for life expectancy (寿命).

A study of 1,702 people aged 51 to 75 published in the *British Journal of Sports Medicine* last year found that participants who couldn't stand on one leg for ten seconds were nearly twice as likely to die in the next ten years. Falls could be one reason why, but that's unlikely to be the whole story. Individuals who were in worse health were more likely to fail the ten-second test.

There are three components to balance. The first is the visual system, which shows us whether we're keeping steady. Then the vestibular (前庭) system in the inner ear sends information to our brain about the motion of our head in relation to our surroundings. Thirdly, proprioception (本体感受) is our body's ability to sense its location, movement and actions. People with ear problems that cause dizziness, or with joint problems or muscle weakness are more likely to have balance issues. If you suffer from dizziness, see your doctor to find out the reason. But there's a lot you can do yourself to improve physical strength.

If you exercise, you're ahead of the game. One study found that a group that did 32 weeks of resistance training improved their ability to stand on one foot by 25 percent and another group that did 32 weeks of aerobic exercise increased theirs by 31 percent. Otherwise, improve your balance by walking, cycling or climbing stairs — this will strengthen muscles in the lower body — or by practising yoga, pilates or tai chi. Or simply practise balancing on one leg — hold onto a chair to begin with, if necessary.

12. Why does the author raise questions in paragraph 1?

- A. To show his curiosity.
- B. To seek for answers.
- C. To provide background.
- D. To introduce a topic.

13. What did last year's study find?

- A. Falls led to dying early.
- B. Senior people wouldn't pass the test.

C. Ten seconds were important in balance.

D. The risk of dying increased for those failing the test.

14. Who will probably suffer from balance problem?

A. A man with good sight.

B. A man feeling dizzy.

C. An old man of 60.

D. A child who runs slowly.

15. What does the last paragraph mainly talk about?

A. You need to exercise in advance.

B. Exercise can help to improve balance.

C. Only resistance training keeps you from falling.

D. Two groups are competing against each other by training.

【答案】12. D 13. D 14. B 15. B

【解析】

【导语】本文是一篇说明文。文章主要介绍了平衡对于人的寿命的重要性，并分析了构成平衡的三个要素，人们可以通过锻炼来提高平衡。

【12 题详解】

推理判断题。根据第一段 “As we get older, our balance gets worse. But how much does it matter?(随着年龄的增长，我们的平衡变得越来越差。但这有多重要?)” 以及第二段 “If your balance isn’t great, you’re more likely to fall. That can have disastrous consequences as we age, when bones are more often to break easily. Research has also shown that balance is crucial for life expectancy(如果你的平衡不好，你就更有可能摔倒。随着年龄的增长，当骨头更容易断裂时，这可能会产生灾难性的后果。研究还表明，平衡对预期寿命至关重要)” 可推知，作者在第一段提出问题意在引出话题：平衡的重要性。故选 D 项。

【13 题详解】

细节理解题。根据第三段 “participants who couldn’t stand on one leg for ten seconds were nearly twice as likely to die in the next ten years(不能单腿站立 10 秒钟的参与者在未来十年内死亡的可能性几乎是其他参与者的两倍)” 可知，通过对 51-75 岁人群的研究发现无法单腿站立十秒钟的人在将来十年死亡的风险有可能增加两倍。故选 D 项。

【14 题详解】

细节理解题。根据第四段 “People with ear problems that cause dizziness, or with joint problems or muscle weakness are more likely to have balance issues.(耳朵有问题导致头晕、关节有问题或肌肉无力的人更有可能出现平衡问题。)” 可知，感到眩晕的人可能有平衡问题，故选 B 项。

【15 题详解】

主旨大意题。根据最后一段 “If you exercise, you’re ahead of the game.(如果你锻炼，你就处于领先地位。)” 可推知，最后一段主要讲了锻炼有助于改善平衡，故选 B 项。

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。

How to Feel More Attractive

Everyone wants to feel more attractive. You can start feeling more attractive by working on your thoughts or changing up your looks. ____16____. Spending time on your hair or dressing you up will all make you feel like your best, most attractive self.

Avoid comparing yourself to others. Comparisons always leave you feeling down because you focus on the best things about someone else and the worst things about yourself, making you come out at the bottom every time. You’ll end up setting unrealistic standards for yourself. However, these comparisons are not reality, so don’t let them emerge into your mind. ____17____.

____18____. If you want to feel more attractive, then you shouldn’t spend too much time with people who criticize others or themselves. For example, if your work colleague is constantly putting herself down or criticizing your appearance, try to find someone else to have lunch with. Removing sources of negativity can help boost your self-respect.

Wear clothes that make you feel attractive. Stop worrying about what others think you should be wearing. ____19____. Try to strike a balance between comfort and style. Go for clothes that make you think, “I look good in this!” Donate or sell clothing that doesn’t make you feel attractive.

Work on your posture. Having good posture can help you feel more attractive and boost your confidence levels. Be aware of your posture and correct it when necessary. For example, make sure you stand up straight. ____20____.

- A. You should wear comfortable clothes
- B. Stay away from overly critical people
- C. Instead, focus on what makes you unique and amazing
- D. Focus on outfits that make you feel good about yourself
- E. When you walk, keep your head up and your shoulders back
- F. Changing the way you think about yourself can help you feel attractive and confident
- G. When you find yourself in the middle of a negative thought, stop the thought in its tracks

【答案】16. F 17. C 18. B 19. D 20. E

【解析】

【导语】本文是一篇说明文。文章主要介绍了如何变得更有吸引力的方法。

【16 题详解】

由上文 “You can start feeling more attractive by working on your thoughts or changing up your looks. (你可以通过调整你的想法或改变你的外表来开始感觉更有吸引力)” 和下文 “Spending time on your hair or dressing you up will all make you feel like your best, most attractive self. (花时间打理头发或打扮自己都会让你觉得自己是最好、最有魅力的自己。)” 可知，上下文在讲帮助人变得更有吸引力的两种方法，F 选项 “改变你对自己的看法可以帮助你感到有吸引力和自信” 切合语境，是另一种帮助人变得更有吸引力的方法。故选 F 项。

【17 题详解】

由本段主旨句 “Avoid comparing yourself to others. (避免将自己与他人进行比较)” 可知，本段中心为不要跟别人比较，那就是要专注做自己，C 选项 “相反，要专注于让你与众不同和令人惊叹的东西” 切合语境。故选 C 项。

【18 题详解】

该空选择本段主旨句，由下文 “If you want to feel more attractive, then you shouldn't spend too much time with people who criticize others or themselves. (如果你想感觉更有吸引力，那么你就应该花太多时间和那些批评别人或自己的人在一起)” 可知，作者建议不要跟那些总是批判别人的人待在一起，B 选项 “远离过于挑剔的人” 切合语境。故选 B 项。

【19 题详解】

由本段主旨句 “Wear clothes that make you feel attractive. (穿让你觉得有吸引力的衣服)” 和下文 “Try to strike a balance between comfort and style. Go for clothes that make you think, ‘I look good in this!’ (试着在舒适和时尚之间取得平衡。选择那些让你觉得 ‘我穿这件衣服很好看！)’” 可知，作者建议穿自己觉得舒适的衣服，然后在舒适度和风格上面取得一个平衡，D 选项 “专注于让你自我感觉良好的服装” 切合语境。故选 D 项。

【20 题详解】

由本段主旨句 “Work on your posture. (调整你的姿势)” 和上文 “Be aware of your posture and correct it when necessary. For example, make sure you stand up straight. (注意你的姿势，必要时纠正。例如，一定要站直)” 可知，作者建议要从身体姿态入手来变得更有吸引力，E 选项 “走路时，抬头，双肩向后” 切合语境。故选 E 项。

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。

Some years ago, Adrienne Drazin was flying overseas with her three children. Her husband was already at her destination, so she had to travel with the kids ____21____.

After a long flight, they got up to leave the plane. Drazin was ____22____ a suitcase, multiple diaper (尿片) bags, and her baby in a car seat. Her 2-year-old and 4-year-old ____23____ behind her. They deplaned and stopped to ____24____ for their stroller (婴儿车).

As they waited, Drazin took ____25____ of a family — two parents and two young kids — standing next to her. They looked like they had all they needed, but they seemed to be waiting for ____26____. After a while, she ____27____ they were waiting for her.

The mother ____28____ to carry some of her things, but Drazin declined.

“No, I’m fine. I ____29____ this,” Drazin said.

But the woman looked at Drazin with the most ____30____ look and said, “If you tell me how you are going to get to the baggage carousel with little kids, then I will let you go. But ____31____ you tell me how you’re going to do this, I’m helping you.”

When the four of them ____32____ got to the exit to meet her husband, he asked how she had ____33____ to get across the airport, carrying everything by herself. Drazin looked around for the woman and her family, but they were ____34____.

Many years later, Drazin continues to appreciate the woman’s act of ____35____.

- | | | | |
|---------------------------|---------------|----------------|-----------------|
| 21. A. at her convenience | B. on her own | C. in her name | D. for her good |
| 22. A. dragging | B. packing | C. watching | D. repairing |
| 23. A. disappeared | B. stood | C. followed | D. slid |
| 24. A. wait | B. pay | C. look | D. ask |
| 25. A. care | B. charge | C. advantage | D. notice |
| 26. A. everything | B. something | C. anything | D. nothing |
| 27. A. remembered | B. expected | C. agreed | D. realized |
| 28. A. offered | B. chose | C. begged | D. promised |
| 29. A. needed | B. got | C. tried | D. enjoyed |
| 30. A. surprised | B. determined | C. ashamed | D. embarrassed |
| 31. A. if | B. after | C. since | D. until |
| 32. A. finally | B. suddenly | C. nearly | D. generally |
| 33. A. aimed | B. decided | C. arranged | D. managed |
| 34. A. beaten | B. spared | C. gone | D. hurt |

35. A. courage B. desperation C. generosity D. innovation

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

【解析】

【导语】本文是记叙文。文章主要讲述了 Drazin 拖着行李，独自带着几个孩子去丈夫所在地。机场上遇到一家人主动提出帮助她搬运行李的故事。

【21 题详解】

考查介词短语词义辨析。句意：她的丈夫已经到达目的地，所以她不得不独自带着孩子们旅行。A. at her convenience 在她方便时；B. on her own 独自；C. in her name 以她的名义；D. for her good 为她好。上文 “Her husband was already at her destination” 提到 Adrienne Drazin 的丈夫已经到了目的地，所以此处指她自己独自带着三个孩子去目的地，故选 B。

【22 题详解】

考查动词词义辨析。句意：Drazin 拖着一个手提箱，好几个尿片袋，她的孩子坐在汽车座椅上。A. dragging 拖，拉；B. packing 打包；C. watching 观看；D. repairing 修理。根据上文 “After a long flight, they got up to leave the plane.” 可知，他们要下飞机，所以 Drazin 要拖着一个手提箱，故选 A。

【23 题详解】

考查动词词义辨析。句意：她两岁的孩子和四岁的孩子跟在她后面。A. disappeared 消失；B. stood 站立；C. followed 跟随；D. slid 滑。由下文 “behind her.” 和上文提到他们要下飞机可知，两个孩子跟着她后面，故选 C。

【24 题详解】

考查动词词义辨析。句意：他们下了飞机，停下来等他们的婴儿车。A. wait 等待；B. pay 支付；C. look 看；D. ask 问。由下文 “As they waited” 可知，他们下飞机后等着拿他们的婴儿车，wait 是同词复现，故选 A。

【25 题详解】

考查名词词义辨析。句意：在他们等待的时候，Drazin 注意到站在她旁边的一家人——一对父母和两个年幼的孩子。A. care 关心；B. charge 要价；C. advantage 好处；D. notice 通知；注意。下文 “They looked like they had all they needed” 介绍了 Drazin 所看到的这一家人的情况，由此可知，此处指 Drazin 注意到旁边的一家人，take notice of 固定搭配，意为 “注意到”，故选 D。

【26 题详解】

考查代词词义辨析。句意：他们看起来已经得到了所需的一切，但他们似乎在等待着什么。A. everything 一切事情；B. something 某物，什么（诸如此类的含糊东西）；C. anything 任何事；D. nothing 没什么事。由上

文 “They looked like they had all they needed, but they seemed to be waiting for” 和下文 “they were waiting for her.” 可知, Drazin 注意到这一家人似乎在等待着什么东西, 但是 Drazin 不知道是什么东西, 故选 B。

【27 题详解】

考查动词词义辨析。句意: 过了一会儿, 她意识到他们在等她。A. remembered 记住; B. expected 期望; C. agreed 同意; D. realized 意识到。上文提到 Drazin 注意到这家人在等着什么, 但是她又不知道他们在等待什么, 结合下文 “they were waiting for her” 可知, Drazin 意识到他们在等自己, 故选 D。

【28 题详解】

考查动词词义辨析。句意: 这位母亲提出要帮她拿一些东西, 但 Drazin 拒绝了。A. offered 提供; 主动提出; B. chose 选择; C. begged 乞讨; D. promised 承诺。由下文 “to carry some of her things, but Drazin declined.” 和 “No, I’m fine” 可知, 这位母亲提出要帮她拿东西, 但是 Drazin 拒绝了帮助, 故选 A。

【29 题详解】

考查动词词义辨析。句意: “不, 我没事, 我能搞定,” Drazin 说。A. needed 需要; B. got 得到; 使……做好; C. tried 尝试; D. enjoyed 喜欢。由上文 “but Drazin declined.” 和 “No, I’m fine” 可知, Drazin 拒绝了这位母亲的帮助, 这说明她能自己搞定这些, 故选 B。

【30 题详解】

考查形容词词义辨析。句意: 但是那个女人看着 Drazin, 眼神坚定地说, “如果你告诉我你带着小孩要怎么去行李转盘, 我就放你走。但在你告诉我你要怎么做之前, 我会帮你的”。A. surprised 惊讶的; B. determined 有决心的; 坚定的; C. ashamed 羞愧的; D. embarrassed 尴尬的。由下文 “If you tell me how you are going to get to the baggage carousel with little kids, then I will let you go. But _____ you tell me how you’re going to do this, I’m helping you.” 可知, 这位母亲下定决心要帮助 Drazin, 所以此处指眼神坚定, 故选 B。

【31 题详解】

考查连词词义辨析。句意: 但是那个女人看着 Drazin, 眼神坚定地说, “如果你告诉我你带着小孩要怎么去行李转盘, 我就放你走。但在你告诉我你要怎么做之前, 我会帮你的”。A. if 如果; B. after 在……之后; C. since 自从; D. until 直到。由下文 “you tell me how you’re going to do this, I’m helping you.” 和上文提到的这位母亲坚持要帮助 Drazin 可知, 这位母亲决定直到 Drazin 说出自己如何带着孩子到达行李转盘那之前, 自己都会帮助她, 故选 D。

【32 题详解】

考查副词词义辨析。句意: 当他们四个人终于到达出口去接她丈夫时, 他问她是如何设法独自带着所有东西穿过机场的。A. finally 最后; 终于; B. suddenly 突然; C. nearly 几乎; D. generally 通常。由下文 “got to the exit to meet her husband” 可知, Drazin 带着孩子们终于到达了目的地, 见到了丈夫, 故选 A。

【33 题详解】

考查动词词义辨析。句意：当他们四个人终于到达出口去接她丈夫时，他问她是如何设法独自带着所有东西穿过机场的。A. aimed 帮助；B. decided 决定；C. arranged 安排；D. managed 管理；设法做。由下文 “to get across the airport, carrying everything by herself.” 和上文提到的 Drazin 独自带着几个孩子去找丈夫可知，丈夫很好奇 Drazin 是如何独自带着所有东西穿过机场的，故选 D。

【34 题详解】

考查动词词义辨析。句意：Drazin 四处寻找那个女人和她的家人，但是他们都不见了。A. beaten 击败；B. spared 匀出；C. gone 离开、不见了；D. hurt 伤害。be gone 固定搭配，意为“离开了、不见了”，由上文 “Drazin looked around for the woman and her family, but they were” 中的 but 可知，Drazin 四处寻找那个女人和她的家人，但是他们离开，不见了，故选 C。

【35 题详解】

考查名词词义辨析。句意：许多年后，Drazin 继续感激这位女士的慷慨之举。A. courage 勇气；B. desperation 绝望；C. generosity 大方；慷慨；D. innovation 创新。上文提到意为母亲帮助 Drazin 搬运行李，由此可知，这位母亲是慷慨大方的，故选 C。

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。

Winners of a competition ____36____ (feature) singing in dialects received awards on Monday. Folk tunes and lyrics in his regional dialect were ____37____ made singer-song writer Zhang Gasong's music stand out.

He was talking about his ____38____ (person) experiences and understanding of his musical style, shortly before attending a lawn concert at Beijing's Yuanmingyuan Park, which featured songs sung in various regional dialects. Born in the countryside of Jingyuan County, Baiyin City, Northwest China's Gansu Province, Zhang, 34, ____39____ (rise) to fame for his songs that were rooted deeply in his homeland.

For the past 15 years, Zhang ____40____ (spend) several months every year travelling around various villages across Northwest China, talking with the locals, visiting folk musicians ____41____ getting inspiration from some 30 traditional musical styles like hua'er and the Qingyang Opera, among many others.

Zhang has recorded and learned music from folk musicians he met while travelling, and borrows it for his own music, marking out their ____42____ (story) in his audiovisual creations, as ____43____ means to preserve endangered folk music styles.

Performers ____44____ the lawn concert on Monday also included the four winners of a singing competition, The Voice of My Hometown, ____45____ (hold) by short-video platform Kuaishou that highlighted singing in regional dialects. They all came from different parts of China.

【答案】 36. featuring

37. what 38. personal

39. rose 40. has spent

41. and 42. stories

43. a 44. at

45. held

【解析】

【导语】本文是一篇记叙文。文章主要讲述了以民间曲调和地区方言进行创作的歌手张尕怂获奖以及他的创作过程。

【36 题详解】

考查非谓语动词。句意：周一，一场以方言演唱为特色的比赛的获胜者获得了奖项。分析句子结构，空白处在句子中作定语，使用非谓语动词，因与其逻辑主语 Winners of a competition 之间为逻辑上的主谓关系，使用现在分词，故填 featuring。

【37 题详解】

考查名词性从句。句意：民歌的曲调和方言的歌词使张尕怂的音乐脱颖而出。分析句子结构，这是一个包含表语从句的复合句，因空白处在从句中做主语表示内容，使用 what 连接表语从句，故填 what。

【38 题详解】

考查形容词。句意：在参加北京圆明园公园的草坪音乐会前不久，他谈到了自己的个人经历和对自己音乐风格的理解，音乐会上用各种地区方言演唱歌曲。分析句子结构，空白处在句子中做定语表示属性，使用形容词，故填 personal。

【39 题详解】

考查时态。句意：34 岁的张出生于中国西北部甘肃省白银市靖远县的农村，因其深深植根于家乡的歌曲而声名鹊起。分析句子结构，空白处在句子中作谓语，因句子表达的是过去发生的动作，谓语动词使用一般过去时，故填 rose。

【40 题详解】

考查时态。句意：在过去的 15 年里，张每年都会花几个月的时间游历中国西北的各个村庄，与当地人交谈，拜访民间音乐家，并从花儿和秦腔等 30 多种传统音乐风格中获得灵感。分析句子结构，空白处在句子中作谓语，根据时间状语 For the past 15 years 可知句子时态为现在完成时，主语是第三人称单数，助动词用 has，故填 has spent。

【41 题详解】

考查连词。句意：同上。根据空白处上文 “talking with the locals, visiting folk musicians(与当地人交谈，拜访民间音乐家)” 以及下文 “getting inspiration from some 30 traditional musical styles(从 30 多种传统音乐风格中

获得灵感)”可知上下文之间为并列关系，使用表示并列关系的连词，故填 and。

【42 题详解】

考查名词。句意：张从旅行中遇到的民间音乐家那里录制和学习音乐，并将其作为自己的音乐，在他的音像创作中记录他们的故事，以此来保护濒危的民间音乐风格。分析句子结构，空白处在句子中作宾语使用名词，因空白处所填名词表示的数量不确定，使用复数表示泛指，故填 stories。

【43 题详解】

考查冠词。句意：同上。分析句子结构，因空白处后面有名词 means，根据名词的用法，名词前需使用不定冠词表示“一个”含义，又因空白处后面词的第一个发音音素为辅音，故填 a。

【44 题详解】

考查介词。句意：周一草坪音乐会的表演者还包括短视频平台快手举办的歌唱比赛《我的家乡之声》的四名获胜者，该比赛强调了用地区方言演唱。分析句子结构，at concert 为固定短语，含义为“在音乐会上”，符合句意，故填 at。

【45 题详解】

考查非谓语动词。句意：同上。分析句子结构，空白处在句子中作定语，使用非谓语动词，因与其逻辑主语 singing competition 之间为逻辑上的动宾关系，使用过去分词，故填 held。

第四部分 写作(共两节，满分 40 分)

第一节(满分 15 分)

46. 假设黔灵山公园管理处准备开通英文版公众号，现向大众征集英文版宣传稿，请你写一篇文章投稿，内容包括：

1. 公园特色；
2. 推荐游览。

注意：

1. 写作词数应为 80 左右；
2. 请在答题卡的相应位置作答。

【答案】

Qianlingshan Park, located in the northwest of the Central District of Guiyang, is neither too cold in

winter, nor too hot in summer. Besides the pleasant temperature, the macaque living freely there may leave a deep impression on you, too. On top of that, what may strike you most is that you can even see pandas, tigers and other animals in the zoo with only 5 yuan.

In addition to what are mentioned above, there are so many amazing things to discover on your own, so I strongly recommend that you pay a visit to it in person.

【解析】

【导语】本文是一篇应用文。假设黔灵山公园管理处准备开通英文版公众号，现向大众征集英文版宣传稿，请你写一篇文章投稿，内容包括：1. 公园特色；2. 推荐游览。

【详解】1. 词汇积累

给……印象：strike→impress/hit

独自：on one's own→by oneself

亲自：in person→personally

提及：mention→refer to

2. 句式拓展

简单句变复合句

原句：Qianlingshan Park, located in the northwest of the Central District of Guiyang, is neither too cold in winter, nor too hot in summer.

拓展句：Qianlingshan Park, which is located in the northwest of the Central District of Guiyang, is neither too cold in winter, nor too hot in summer.

【点睛】【高分句型1】On top of that, what may strike you most is that you can even see pandas, tigers and other animals in the zoo with only 5 yuan.(运用了 what 引导的主语从句和 that 引导的表语从句)

【高分句型2】In addition to what are mentioned above, there are so many amazing things to discover on your own, so I strongly recommend that you pay a visit to it in person.(运用了 what 引导的宾语从句和 that 引导的宾语从句)

第二节(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。

We have all heard of the expression: "Remember to stop and smell the roses." But how often do we really take time out of our fast-paced lives to notice the world around us? Too often we get caught up in our busy schedules, thoughts of next appointment, the traffic or life in general, to even realize there are other people nearby. I am as guilty as anyone of ignoring the world in this manner, especially when driving on California's overcrowded streets. Every driver on the road seemed to have urgent business to attend to, and when the procession paused, the drivers

behind the wheel began to sound horns impatiently. A short time ago, however, I witnessed an event that showed me how being wrapped up in my own little world had kept me from being fully aware of the bigger world picture around me.

I was driving to a business appointment and, as usual, I was planning in my mind what I was going to say. I came to a very busy crossroads where the stoplight had just turned red. While waiting for the traffic lights, I rolled down the window, getting some air in to refresh my mind since I had stayed up late last night for the important appointment today. "Just missed it. Bad luck!" I complained bitterly to myself, reflecting on the time I had wasted on the roadside billboard. "Hold your horses." The driver on my left tried to calm my anxiety, but it had no effect on me. "All right," I thought to myself, "I can beat the next light if I race ahead of other drivers." I waited with such ambition. "Five seconds left, get ready!" My mind and car were in autopilot, ready to go when suddenly my trance (出神) was broken by an unforgettable sight.

A young couple, both blind, were walking arm-in-arm across this busy crossroads with cars whizzing (嗖嗖掠过) by in every direction.

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。

Both of them had a stick extended, searching for clues to guide them.

I think all of us were deeply moved by what we had just witnessed and what we had done.

【答案】Both of them had a stick extended, searching for clues to guide them. Heart in mouth, I didn't know if the

other drivers understood what was happening. Then I saw a miracle unfold before my eyes. All cars froze at the crossroads nearly at the same time without shouting angry words nor even sounding a car horn. The couple adjusted their course and made it to the other side having no idea what was going on, yet I immediately sensed a sigh of relief from everyone.

I think all of us were deeply moved by what we had just witnessed and what we had done. As I glanced into the cars around, the driver on my left was mouthing the words “Oh, I can’t believe it!” “Yes, we made it.” I nodded at him for confirmation. As I drove away, I did so with more awareness of life, the fresh air and the smiling face on my left. Since then I have made the decision to take a moment to see what is going on right where I am and I will find something wonderful.

【解析】

【导语】本文以人物为线索展开，讲述了作者是一个一直忙于工作的人，开车经过一个十分繁忙的十字路口时，停在路口等红绿灯。此时人行道上一对年轻的盲人夫妇仅靠手中的手杖要走到马路对面。本以为大家会冲他们鸣喇叭，大声喊叫，结果所有车辆都同时安静地停下为他们让路。通过此事作者意识到，忙碌生活中有时也要停下脚步，细心观察身边的人和事，可能会发现之前被忽略的美景。

【详解】1.段落续写：

①由第一段首句内容“他们两人都伸出一根盲杖，寻找指引他们的线索。”可知，第一段可描写作者当时的心理活动，作者和路上的其他司机为年轻盲人夫妇让路的善举，以及年轻盲人夫妇安全通过马路。

②由第二段首句内容“我想我们所有人都被我们刚刚目睹的和我们所做的深深打动了。”可知，第二段可描写作者和其中一位司机对大家集体让路举动的对话，他们都为此感到惊讶和作者最后的感悟：要慢下来去发现身边的美景。

2.续写线索：年轻盲人夫妇准备过马路——作者当时的心理活动——作者和路上的其他司机让路的善举——年轻盲人夫妇安全过马路——作者和其他司机为自己的所作所为所感动——作者和其中一位司机的对话——作者最后的感悟

3.词汇激活

行为类

①大叫：shout / yell

②觉察到：sense / become aware of

③决定做某事：make the decision to do sth. / be determined to do sth.

情绪类

①愤怒的：angry / indignant

②轻松：relief / relaxation

【点睛】[高分句型 1]. Heart in mouth, I didn't know if the other drivers understood what was happening. (运用了 if 引导的宾语从句和 what 引导的宾语从句)

[高分句型 2]. As I drove away, I did so with more awareness of life, the fresh air and the smiling face on my left. (运用了 As 引导的时间状语从句)

听力: 1~5 BCCBA 6~10 BAACB 11~15 ACAAB 16~20 ABCCB



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