

绝密★启用前

2023 届高三适应性模拟考试

英 语

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 does the man want to do with his money?
A. Book a holiday. B. Take a course. C. Buy a car.
2. What will the man do first?
A. Finish his work. B. Have a walk. C. Take a break.
3. What are the speakers planning to do?
A. Buy a bookshelf.
B. Change for another dinning table.
C. Decorate their daughter's room.
4. What's the relationship between the speakers?
A. Mother and son.
B. Teacher and student.
C. Bus driver and passenger.
5. How does Eric usually get to work?
A. By bus. B. By train. C. By car.

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. Where are the speakers probably?
A. On the beach. B. At a hotel. C. In a castle.
7. What problem does the woman have?
A. She has lost the key.
B. She can't open the window.
C. She doesn't know where to have breakfast.

听第 7 段材料,回答第 8 至 10 题。

8. Who is the man?
A. An animal expert. B. A teacher. C. A designer.

【高三英语 第 1 页(共 10 页)】

9. What does the girl think is difficult to make?
A. A paper lion. B. A paper flower. C. A paper elephant.
10. What are the speakers mainly talking about?
A. Paper folding art.
B. The work of paper cutting.
C. The food of different animals.

听第 8 段材料, 回答第 11 至 13 题。

11. What's the problem with the office?
A. It is short of fresh air.
B. There is too much furniture.
C. The computer is too old to use.
12. Which magazine does the woman have on her desk?
A. *Times*. B. *Wealth*. C. *The New York Times*.
13. What does the woman offer to do for Bob?
A. Buy him a coffee maker.
B. Order a coffee for him.
C. Make him a coffee.

听第 9 段材料, 回答第 14 至 17 题。

14. Why is Paul surprised?
A. The café is busy. B. He missed the notice. C. A conference was canceled.
15. How many people will work today?
A. Two. B. Three. C. Four.
16. What has been removed from the menu?
A. Cheese. B. Vegetables. C. Ham.
17. What will Paul probably do next?
A. Cut some cheese. B. Butter some bread. C. Prepare the vegetables.

听第 10 段材料, 回答第 18 至 20 题。

18. Why did Maria go to Australia?
A. To study animals. B. To buy a special toy. C. To attend a conference.
19. What did Maria first think when she found the snake?
A. Someone made fun of her with a toy snake.
B. Her colleague put it in her suitcase accidentally.
C. It got into her suitcase on the plane to Queensland.
20. Who first took the snake outside?
A. An animal charity. B. Maria's relative. C. A zookeeper.

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

Travelling as a father and daughter is more than sightseeing—it's about seeing the world from each other's point of view.

Colorado Springs, Colorado

If you and your dad are the outdoorsy types, Colorado Springs is ideal for dusting off those hiking shoes and hitting some of the most beautiful part of the Front Range. Explore the iconic Garden of the Gods, where red sandstone is sharpened into striking towers. Head to the famous Pike's Peak to test your courage and take in some of the best views in Colorado.

After the adventure, visit a pub to celebrate your successful trip as a perfect complement to a long day outdoors.

Las Vegas, Nevada

Whatever you fancy on a vacation, Las Vegas has it, making it a perfect destination for fathers and daughters looking for a place that will keep them busy until they board their flight home. Just visit the big-name casinos(赌场) like the Venetian and Caesar's Palace, or pop into one of the many A-list shows for world-class entertainment options.

Museum-goers will be spoiled for choice, too—dive into the history of organized crime at the Mob Museum, or walk among historic signs at the Neon Museum.

Austin, Texas

With a rich culture, Austin is great for a barbecue-appreciating, eclectic-music-loving father-daughter duo(搭档). The "Live Music Capital of the World" has more than 250 music venues featuring everything from country and rock to electronica(电子乐). If you have wide-ranging music tastes, make your way to the Red River Cultural District, where institutions invite cutting-edge indie, rock, and hip hop artists to the stage.

You're bound to have an appetite after rocking out so hard, so get a protein boost there. Smoking beef, tasty sausages and snacks are anything but ordinary.

21. Who will consider Colorado when planning a trip?
- | | |
|-------------------------|--------------------|
| A. Museum goers. | B. Sports players. |
| C. Enthusiastic hikers. | D. Music lovers. |
22. According to the text, what makes Las Vegas a perfect destination?
- | | |
|------------------------|-----------------------------|
| A. Tasty dishes. | B. Numerous pubs. |
| C. Convenient flights. | D. Top entertainment shows. |
23. Which of the following can't a father-daughter duo experience in Austin?
- A. Enjoying rock and eclectic music.
B. Appreciating live music performances.
C. Walking among historic signs in museums.
D. Satisfying their appetite with some extraordinary food.

B

After spending almost a year and a half in near-total isolation some 230 feet underground, Beatriz Flamini emerged from a cave in southern Spain and asked: Who's buying the beer?

The climber and mountaineer had entered the cave in Granada on Nov. 21, 2021, determined to spend 500 days alone—monitored from afar by a group of scientists—to explore the effects of isolation on the human body and mind.

Flamini was 48 years old when she went down, and 50 when she officially completed the challenge on Friday.

【高三英语 第3页(共10页)】

After resurfacing, Flamini embraced supporters, met with her doctors and spent nearly an hour talking to the reporters who had gathered outside. She told them she was ready for a drink and a shower—but could have stayed in the cave longer.

Flamini's team says she spent her days reading, drawing, exercising, knitting wooly hats and recording herself with two GoPros. Spanish production company Dokumalia plans to turn her experience into a documentary, NBC reports.

Flamini said she'd lost track of time after about two months in the cave, and thought she had only been in there for some 160 or 170 days. She described the experience as “superb, matchless”, telling reporters that she never even considered hitting the panic button. “In fact, I didn't want to come out,” she said.

Flamini's months in the cave were spent in silence and solitude—but not without remote supervision. Before going underground, she told her team not to contact her under any circumstances, even a family member's death.

“If it's no communication, it's no communication regardless of the circumstances,” she said, according to NBC News. “The people who know me knew and respected that.”

A technical problem forced Flamini to briefly pause the challenge around Day 300, the *Associated Press* reports. She spent eight days in a tent, without making contact with anyone, before returning to the cave.

24. Why did Flamini decide to live in the cave?

- A. To experience a new life style in a cave.
- B. To test the limit on human living in caves.
- C. To investigate how isolation affects human.
- D. To break the record of living underground.

25. What did Flamini do in the cave?

- A. She made a documentary.
- B. She knitted wooly sweater.
- C. She worked out on her own.
- D. She used GoPros to track time.

26. What did Flamini think of her stay in the cave?

- A. It was panic but fulfilling.
- B. It was long but rewarding.
- C. It was unbearable but valuable.
- D. It was awesome and unbeatable.

27. What does the underlined word “solitude” probably mean?

- A. Being alone.
- B. Being excited.
- C. Being independent.
- D. Being self-disciplined.

C

During the last few years we have lived through a series of worrying global events, from the COVID pandemic to devastating wildfires. Instead of feeling informed after watching the news, many people feel anxious, upset and sick. A new study published in *Journal of Health Communication* investigated into this problem.

According to the study, stress, anxiety, and poor health follow people who have a constant urge to check the news. For these individuals, a vicious(恶性的) cycle can develop in

【高三英语 第4页(共10页)】

which, rather than tuning out, they become drawn further in, checking for updates around the clock to relieve their emotional stress. But it doesn't help, and the more they check the news, the more it begins to interfere(干扰) with other aspects of their lives.

Of the 1,100 people surveyed for the study, 16.5 percent became so absorbed in the news that it dominated their thoughts, limited the time they spent with family and friends and made it difficult to focus on school or work. Those are the very things—purposeful engagement and social connection—that help us cope with stress and mental health challenges.

According to Bryan McLaughlin, one of the authors, the findings show that people should develop a healthier relationship with the news. “For example, previous research has shown that individuals who became concerned about the bad effects that their constant attention to COVID-19 was having on their mental health reported making the conscious decision to tune out. This comes at the expense of an individual's access to important information for their health and safety. This is why a healthy relationship with news consumption is an ideal situation,” he said.

In addition, the study also calls out the need for a wider discussion about how the news industry may be fueling the problem. Journalists often focus on selecting “newsworthy” stories that would grab news consumers' attention because of the economic pressures. “However, for certain types of people, news stories not only grab their attention and draw them in, but also can be harmful to individuals' health,” McLaughlin said.

28. What does the underlined phrase “this problem” in Paragraph 1 refer to?

- A. That news addiction may bring negative effects.
- B. That COVID-19 affects people's mental health.
- C. That people are exposed to too much information.
- D. That journalists focus on terrifying stories to impress readers.

29. Who may be easier to be affected by the news?

- A. People with difficulty in socializing.
- B. People with a burning thirst for news.
- C. People who have trouble focusing on school or work.
- D. People who love to share their feelings on the Internet.

30. What might Bryan McLaughlin agree with?

- A. The press is regarded as a booming industry.
- B. People should avoid being engaged in the news.
- C. Journalists should focus on newsworthy stories.
- D. People should find balance between staying informed and maintaining health.

31. What is the best title for the text?

- A. Healthy News Consumption Is Crucial
- B. News Addiction Links to Poor Well-being
- C. How News Industry Fuels News Addiction
- D. Highly Informed Readers Suffer From Anxiety

【高三英语 第5页(共10页)】

D

The Earth's ozone(臭氧) layer is on its way to recovering, thanks to decades of work to get rid of ozone-damaging chemicals, a panel of international experts backed by the United Nations has found.

The ozone layer serves an important function for living things on Earth. This shield in the stratosphere(平流层) protects humans and the environment from harmful levels of the sun's radiation.

The international community was alarmed after experts discovered a hole in the ozone layer in May 1985. Scientists had previously discovered that chemicals, used in manufacturing certain sprays and used as refrigerants(制冷剂), could destroy ozone. Two years after the discovery of the dreadful state of the ozone layer, international bodies adopted a global agreement called the Montreal Protocol. This established the phaseout(逐步淘汰) of almost 100 man-made chemicals that were tied to the destruction of the all-important ozone.

In the latest report on the progress of the Montreal Protocol, the UN-backed panel confirmed that nearly 99% of banned ozone-eating substances have been phased out. If current policies stay in place, the ozone layer is expected to recover to 1980 values by 2040, the United Nations announced. In some places, it may take longer. Experts said that 1980-level recovery over Antarctica is expected by around 2066 and by 2045 over the Arctic.

The destruction of the ozone layer is not a major cause of climate change. But research is showing that these efforts to save the ozone layer are proving beneficial in the fight against climate change. "Ozone action is a pioneer for climate action," said World Meteorological Organization Secretary-General Petteri Taalas. "Our success in phasing out ozone-eating chemicals shows us that what can and must be done—as a matter of urgency—to shift away from fossil fuels, reduce greenhouse gases and so limit temperature increase."

32. Why did the international community start to protect the ozone layer?

- A. Because the Montreal Protocol was signed.
- B. Because chemicals could destroy the ozone layer.
- C. Because a hole in the ozone layer was discovered.
- D. Because the stratosphere is harmful to human health.

33. Which of the following can NOT help protect the ozone layer?

- A. Using less hair-setting spray.
- B. Increasing refrigerant production.
- C. Minimizing the use of cold air-conditioner.
- D. Phasing out ozone-consuming substances.

34. What's the main idea of Paragraph 4?

- A. The Montreal Protocol is taking effect.
- B. The ozone layer will fully recover by 2040.
- C. The Montreal Protocol needs to be improved.
- D. The ozone layer protection has a long way to go.

【高三英语 第6页(共10页)】

35. What can be inferred from Petteri Taalas' words?
- A. Climate protection has led to the ozone protection.
 - B. The destruction of ozone layer didn't cause climate change.
 - C. It's an urgency to reduce the use of ozone-eating chemicals.
 - D. Ozone protection guides our future efforts in climate action.

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。

Accept Tricky Feelings

Imagine that you only felt so-called positive feelings, like excitement, joy and safety. 36 . Being human means we experience various emotions, even painful or uncomfortable ones. Accepting them is important and can improve your well-being.

Do you notice uncomfortable feelings?

When you accept that difficult emotions are normal and temporary, you're often able to cope with them. Psychologists have found that people who allow themselves to feel a range of emotions, including painful ones, are often more at peace than people who try to avoid or push uncomfortable feelings away. 37 .

Does that mean all behaviour is OK?

If you allow yourself to feel angry, for example, that doesn't mean you can throw things around or behave unkindly. Anita Garai, a well-being teacher and author of *Being With Our Feelings*, says that if we allow ourselves to feel painful emotions, including anger, it's less likely these feelings will boil over and result in unpleasant actions. "38," she says. "By listening to them, you can learn more about your needs and choose the best way to respond."

39 ?

Garai suggests the first step is to notice and examine the uncomfortable feeling in your body. "Where in your body can you feel it? Is it still or moving? Can you describe the movement?" she says. It may be that the feeling reminds you of a colour, shape, sound or texture. "By paying attention to the feeling in this way, it's less likely that you'll ignore it," explains Garai. 40 . Many people find it comforting and inspiring to read about characters who accept, manage and overcome tricky emotions.

- A. Another tool is to read
- B. You may feel it's like a wonderland
- C. It might sound great but it's unrealistic
- D. Do you examine the tricky feelings in your body
- E. How can you learn to accept uncomfortable feelings
- F. Uncomfortable feelings actually help to keep us well
- G. By noticing tricky feelings and allowing them to exist, you are being kind to yourself

【高三英语 第7页(共10页)】

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。

I was back to my hometown, South Carolina. I had just made the trip in a 20-year-old van with just my dog for company in need of about all 1,000 miles of 41.

I had learned only a day or two before that my beloved 42, Billy, had been killed. One of his friends had driven me to a grocery store to get something 43. As I came out of the store, an older woman 44 me. Without saying much, she walked up to me and 45 me in the tightest hug.

“I read about your brother in the paper,” she said with a trembling 46. “I 47 for him, and I’m going to pray for you, too.” I don’t know who she was or how she knew who I was but this 48 sensed my grief and 49 enough to reach out to me.

Since then, I have 50 her often. I 51 her face and the kindness in her eyes. Sometimes I 52 whether she was an angel. Yes, she 53 was.

Give roses to others and the lasting fragrance will 54 in one’s hands. This time I realize that great 55 to warm others seldom come, but small ones surround us every day.

- | | | | |
|--------------------|--------------|-----------------|----------------|
| 41. A. walking | B. driving | C. flying | D. working |
| 42. A. brother | B. father | C. son | D. friend |
| 43. A. comfortable | B. valuable | C. meaningful | D. necessary |
| 44. A. caught | B. moved | C. approached | D. witnessed |
| 45. A. joined | B. enveloped | C. laid | D. dropped |
| 46. A. voice | B. hand | C. heart | D. mouth |
| 47. A. searched | B. paid | C. prayed | D. went |
| 48. A. stranger | B. customer | C. fan | D. reader |
| 49. A. liked | B. cared | C. depressed | D. worried |
| 50. A. focused on | B. turned to | C. thought of | D. depended on |
| 51. A. appreciate | B. remember | C. love | D. recognize |
| 52. A. know | B. ask | C. wonder | D. determine |
| 53. A. roughly | B. hardly | C. particularly | D. definitely |
| 54. A. spread | B. remain | C. disappear | D. happen |
| 55. A. chances | B. attempts | C. decisions | D. promises |

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。

Most people like to start their day with a nice hot drink. But what heats up must cool down, and that can be frustrating if you haven’t finished your drink. Now, professor Dr. Alon Gorodetsky in University of California Irvine reveals a new invention: a thermoregulatory(温度调节的) material 56 imitates the way octopus(章鱼) skin works.

【高三英语 第 8 页(共 10 页)】

Gorodetsky 57 (fall) in love with octopuses the moment he saw a video of an octopus hiding itself in a rock, which led him to create the material 58 (inspire) by octopus skin. Octopuses have the amazing ability to hide 59 (they) in their environments, using unique organs in their skin that can shrink and expand within seconds. As a result, octopus skin can reflect different 60 (wavelength) of colour. It is this aspect of octopus biology that was the inspiration for the 61 (develop) of the new material. The new material acts like octopus skin, expanding or contracting to reflect heat instead of color.

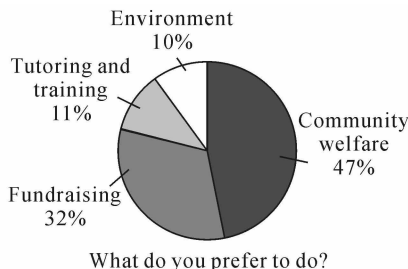
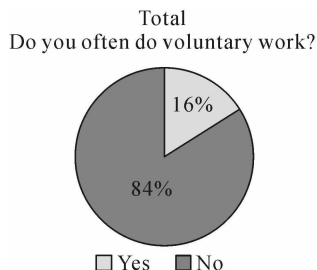
This new material could be used 62 (create) emergency heating blankets, and it can even help keep your computers 63 overheating. Best of all, 64 new thermoregulatory material is inexpensive to produce, and very environmentally friendly as it is durable and 65 (easy) reusable.

第四部分 写作(共两节,满分 40 分)

第一节 (满分 15 分)

假定你是李华,学校英文报以“Voluntary Work Really Counts”为主题于上周末在学校展开了一次问卷调查。请你根据下列饼状图的调查结果用英文写一份报告投稿,内容包括:

1. 调查的目的;
2. 调查的结果;
3. 你的看法。



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。

Voluntary Work Really Counts

第二节 (满分 25 分)

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。

Ken Scott kicked off the covers and leapt out of bed at his home in the Rocky Mountain town of Mullan, Idaho. It was 6 a. m. on January 7, 2020, and he was on a mission: He'd just heard on the radio that the nearby Silver Mountain Resort had been blessed with nearly a foot and a half of new snow. As a ski addict who'd worked in the industry for the past 30 years as a ski patroller(滑雪巡逻员) and equipment salesperson, he didn't want to miss this perfect skiing chance. These conditions are what skiers live for—even experienced and skilled as Scott, who, at 55, still skied 100 days a year.

When Scott reached Silver Mountain's locker room, he ran into his friend Warren, 58, a former ski instructor who had also been a regular on these slopes for more than two decades.

“Can you believe it?” he said as they changed into their boots. “Sixteen inches! Are you ready?”

For the next hour, the pair skied on various runs under a lightly gloomy sky, making fresh tracks. They were both in a playful mood. Finally, they reached 16-to-1, an expert-level trail, which was now open. It had been closed all season over concerns that skiers might cause an avalanche(雪崩). But that morning, patrollers had cleared loose snow on the peak, reducing the chance of a snowslide.

“What do you think?” asked Warren.

“Let's go for it!” Scott replied.

When they reached the top of 16-to-1, Warren excitedly looked back at Scott. The huge, toothy grin on his bearded face was what he needed. He pointed his skis downhill and took off. So thrilled were they that they isolated everything around them. Flying on the trail, despite the biting wind, their hearts burnt with passion for this great skiing. Whoomph! A sudden roar from behind nearly deafened them.

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。

In a second, they realized what was happening.

“Bring help! Ken was missing,” Warren said anxiously on the phone.

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