

【赢在高考·黄金8卷】备战2024年高考英语模拟卷（新高考七省专用）

黄金卷05

（考试时间：120分钟 试卷满分：150分）

注意事项：

1. 答卷前，考生务必将自己的姓名、考生号等填写在答题卡和试卷指定位置上。
2. 回答选择题时，选出每小题答案后，用铅笔把答题卡对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。回答非选择题时，将答案写在答题卡上。写在本试卷上无效。
3. 考试结束后，将本试卷和答题卡一并交回。

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 time of day is it now?
A. Morning. B. Afternoon. C. Evening.
2. What is the probable relationship between the speakers?
A. Interviewer and interviewee. B. Boss and secretary. C. Host and guest.
3. Where does the conversation take place?
A. In a phone shop. B. In a bookstore. C. In the library.
4. How old is the woman now?
A. 20 years old. B. 45 years old. C. 65 years old.
5. What does the woman speaker think of Jessica?
A. Unreliable. B. Helpful. C. Impatient.

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。

听下面一段较长对话，回答6~7小题。

6. Why is the woman going to Greece?
A. To visit a famous park. B. To attend university. C. To see her family.

7. How can the man be best described?

- A. A professional tour guide. B. A helpful travel partner. C. A friendly stranger.

听下面一段较长对话，回答 8~9 小题。

8. What does Amanda want to do?

- A. Send a card. B. Make a call. C. Hold a party.

9. What is John doing?

- A. Giving an explanation. B. Sharing an experience. C. Making an apology.

听下面一段较长对话，回答 10~12 小题。

10. What is the probable relationship between the speakers?

- A. Colleagues. B. Neighbors. C. Husband and wife.

11. Why is the man unwilling to eat in KFC?

- A. It is far away. B. The service is slow. C. He has had a meal there recently.

12. How does the woman feel about the man's idea for the future?

- A. It's just so-so. B. It's good. C. It's impractical.

听下面一段较长对话，回答 13~16 小题。

13. What is the woman doing?

- A. Hosting a show. B. Giving a lecture. C. Having a class.

14. How did Steven's mother influence him?

- A. By sending him to poetry classes.
B. By teaching him to write business plans.
C. By asking him to read from early childhood.

15. What does Steven find most difficult in writing?

- A. Finding the right words. B. Choosing a suitable topic. C. Describing real experiences.

16. What is Steven's opinion on his own writing?

- A. Creative. B. Successful. C. Encouraging.

听下面一段独白，回答 17~20 小题。

17. What is the speaker mainly talking about?

- A. Some ways to keep healthy. B. Some of his favourite sports. C. The way to solve problems.

18. Where does the speaker probably live?

- A. In the countryside. B. In a big city. C. By the sea.

19. What did the speaker do ten years ago?

- A. He climbed the Alps. B. He took part in London Marathon. C. He finished a course in ice climbing.

20. Why does the speaker's wife seldom go climbing?

- A. She has no time. B. She isn't strong enough. C. She is afraid of climbing.

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

Want a part-time job? Here are some options.

Court Monitors

We are seeking fun and energetic individuals for Court Monitors. You must be a good communicator, able to work under pressure and enjoy a fast-paced environment. Applicants must have reliable transportation, be available to work weekends and have a proven background in the field.

Benefits:

- Employee discount
- Flexible schedule for all of life events

Basic Landscaping

Dickerson Landscaping is looking to add experienced members to our landscaping team. If you enjoy working outdoors and are genuinely interested in crafting, planting, and digging, then we're interested in you! You should be capable of doing physical work and lifting objects over 50 lbs. We work on weekdays.

Benefits:

- Paid time off
- Life insurance
- Health insurance

Sandwich Artist

An outstanding Sandwich Make is wanted! The ideal person for this position has relevant work experience in the restaurant industry. A responsibility is to safely prepare sandwiches to our customers' specifications, work cooperatively with other food service staff and help to maintain organization and cleanliness in the kitchen.

Benefits:

- Paid training
- Paid time off
- Free uniforms
- Discounted meals

Vegetable Farm Assistant

If you are into organic farm practices and take interest in local and sustainably produced food, join us! Previous experience is a plus, but not required. Have the ability to lift and carry 50 lbs and perform tasks that require bending or kneeling for several hours. Schedule can be flexible with priority given to applicants with Monday-Thursday availability.

Benefits:

- Flexible schedule

21. What will result in disqualification as a court monitor?

- | | |
|----------------------------------|---------------------------------|
| A. Being a green hand. | B. Being stress-resistant. |
| C. Being a communicative person. | D. Being available on weekends. |

22. What can you get from the job as a sandwich artist?

- | | |
|---------------------|---------------------------|
| A. Free dining. | B. Leave with pay. |
| C. Stylish clothes. | D. Personalized training. |

23. What is a shared requirement for Basic Landscaping and Vegetable Farm Assistant?

- | | |
|------------------------------|----------------------|
| A. Excellent hand skills. | B. A strong body. |
| C. A tight working schedule. | D. Prior experience. |

B

The best advertisement for public transportation is seeing a bus whoosh past lines of cars stuck in traffic. When transit is convenient, comfortable, affordable and faster than driving, the service practically sells itself. That's why a recent bus-lane boom in Los Angeles is so welcome.

Since 2019, Metro and the city's Department of Transportation have rolled out nine new segments (路段) for a total of 40 miles of bus lanes on some of the most crowded streets with high bus ridership, such as La Brea Avenue, Venice Boulevard and Alvarado Street. The goal is to have 100 miles in place before the 2028 Olympics.

The result has been faster, more reliable service for passengers—and for drivers stuck in traffic, maybe even a little bus envy. Better bus service is essential to get people to jobs, schools and opportunities, and to entice drivers out of cars to help reduce planet warming emissions.

Great transformation has taken place since. Transit advocates have pressed Metro and elected officials to stop treating bus riders as an afterthought. Former Councilmember Mike Bonin, who also sat on Metro's governing board, pushed for the creation of the Bus Speed and Reliability Working Group. With a clear goal—to speed up the buses—and a mandate (授权) from political leaders, staff at the two agencies were able to cut through bureaucratic barriers that often stymie (阻碍) public works projects.

Bus Rapid Transit, or busways, with dedicated lanes and special stops, have faced resistance from some residents and business owners, who worry about losing car lanes or parking. The compromise is that most bus riders get the benefit of bus lanes only during rush hours, from 7 to 10 a. m. and 4 to 7 p. m. These rush-hour lanes will demonstrate the benefits of giving people fast, convenient bus service, so L. A. 's political leaders will wholeheartedly support more dedicated busways and even 24-hour bus lanes.

24. What have Metro and the city's Department of Transportation done?

- A. Making preparations for the 2028 Olympics.
- B. Demanding the buses to run 40 miles per hour.
- C. Arranging special bus lanes during rush hours.
- D. Calling on citizens to take public transportation.

25. What does the underlined word "entice" in paragraph 3 mean?

- A. Attract.
- B. Order.
- C. Force.
- D. Beg.

26. What led to the transformation?

- A. Politics.
- B. Public awareness.
- C. Economy.
- D. Marketing management.

27. What does the last paragraph imply?

- A. Some residents resist busways.
- B. More car lanes or parking will be lost.
- C. Business owners conflict with bus riders.
- D. Public transportation may get more support.

C

Insomnia (失眠) feels like a curse for those left tossing and turning as they try to fall asleep. Such problems can be not only upsetting, but also harmful to the brain, as revealed in last issue's article on sleep.

Scientists from the US University of Washington have been using bracelets (手镯) to monitor the sleep patterns of 507 university students over a period of three years. The bracelets allowed scientists not only to monitor the sleep patterns of their subjects but also to examine their exposure to light during the day.

The data revealed that the students enjoyed about the same quantity of sleep regardless of seasons. But on weeknights in the winter they went to bed 35 minutes later, and also rose again 27 minutes later, compared with

weeknights in the summer.

The discovery surprised the scientists. The city of Seattle, where the university is located, gets 16 hours of daylight in the summer and only 8 in the winter. They expected that long light summer evenings would keep the students up longer — but the opposite proved to be the case.

According to the scientists, the explanation may be that the low quantity of daylight in winter disturbs the students' internal clock, shifting it by some 40 minutes. They simply spent too little time outdoors during winter months.

The scientists also suggest that the type of light matters very much. "Light during the day, particularly in the morning, affects your internal clock, so you get tired earlier in the evening, while light late in the day or early in the evening delays your tiredness," explains Horacio, Professor of Biology at the University of Washington and one of the scientists behind the publication.

According to him, the results are an important reminder to all of us, not just American university students, to think about light levels and our exposure. "Many of us live in cities with lots of artificial light, and at the same time our lifestyle keeps us indoors during the day," Horacio notes. "The study demonstrates that we have to step outside — even briefly, and particularly in the morning — to be subjected to natural light."

28. What does paragraph 1 intend to tell us?

- A. The signs of insomnia.
- B. The causes of insomnia.
- C. The experiences of insomnia.
- D. The problems of insomnia.

29. What surprised the scientists?

- A. Long hours of daylight in Seattle's summer.
- B. The same quantity of sleep whatever the season.
- C. The changeable sleep patterns of the participants.
- D. The shorter sleeping time in winter weeknights.

30. What is the function of paragraph 6?

- A. To state another problem.
- B. To present doubt.
- C. To provide another explanation.
- D. To give evidence.

31. What does Horacio advise us to do from the last paragraph?

- A. Have enough sleep.
- B. Get out early to enjoy natural light.
- C. Deal with light pollution.
- D. Stay indoor to avoid light exposure.

Have you always been in such a dilemma in start your day? You want to enjoy a nice cheesy piece of pizza or a milkshake, but don't want to deal with the aches and pains that come after. Actually this discomfort is commonly believed to be caused by lactose (乳糖) intolerance. It is estimated that 68 percent of the global human population is lactose intolerant.

While cutting out dairy products is a surefire way, yet this is like throwing the baby out with the bathwater. People with laclose intolerance will be happy to know there are plenty of solutions that'll let them enjoy these foods without feeling uncomfortable.

When you take in lactose, sitting down or bending over may make you feel pain from gases compressing in your stomach. Adjust your posture to remove pressure from your stomach.

Meanwhile, diet assists. Choose lactose-free milk or milk alternatives like soy milk, coconut milk or oat milk to prevent pain. They taste the same as regular milk, so you can still enjoy the full flavor without any discomfort. Dairy that's already been processed can also be on your list because it has some of its inctose broken down so there isn't as much for your body to digest. Sometimes taking lactase (乳糖酶) pills before you eat dairy products can have an immediate effect.

There is no cure for lactose intolerance and no permanent treatment that can increase your body's lactuse production. But what we do know about the lactose intolerance, to some extent, reveals how wrong-headed one-size-fits-all nutritional guidance can be for milk-drinking has been presented as universally good. In reality, how milk becomes part of nutrition depends, at least in part, on how our bodies process it.

32. How does the author introduce the topic?

- A. By analyzing data.
- B. By telling a funny story
- C. By presenting an argument.
- D. By relating to a person's routine.

33. Why is processed dairy recommended?

- A. Because it tastes better.
- B. Because it has more nutrition.
- C. Because it contains less lactose.
- D. Because it can produce some lactase.

34. What can be inferred from the last paragraph?

- A. It's unnecessary to avoid lactose intolerance.
- B. It is highly advisable to drink proccsed milk.
- C. The disadvantage of drinking milk was overstated.
- D. There should be a personalized guidance in drinking milk.

35. Which can be a suitable tittle for the text?

- A. New scientific findings: Milk saves your day
- B. Daily hide-and-seek: A disease that goes unnoticed
- C. From discomfort to delight: Proper ways for milk drinking
- D. The once-for-all solution: Replace your milk with a cup of tea

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。

Yoga has a well-deserved reputation for helping improve balance and flexibility and for inducing calm and relaxation. _____ 36 _____ While you might not burn as many calories by practicing yoga as you would by running or doing some other high-intensity activities, yoga can still raise your heart rate and help build muscle. Here's more about how yoga is a complete body and mind workout.

·Reduce stress and reduce pounds. Yoga helps deal with stress. _____ 37 _____ Yoga has an impact on the body's stress response and reduces the production of chemicals linked to weight gain, such as cortisol (皮质醇), a stress hormone.

·Move well and eat well. _____ 38 _____ Participants involved in yoga practice realize that they tend to notice not only the amount of food they eat, but also what type of foods they eat and the impact of eating those foods. They become aware of the effect of certain foods on their bodies during their yoga practice.

·_____ 39 _____ Doing yoga long term not only can help people lose weight but also can strengthen cognitive skills to help keep it off. A multiyear study examines the possibility of yoga maintaining weight loss. Its findings suggest that yoga may help to improve long-term weight loss outcomes via improvements in distress tolerance, self-compassion and a more positive mood.

Yoga is a very reasonable form of exercise, but you have to choose the right type. A 2021 study found no difference in weight loss totals for participants practicing a gentle, restorative yoga versus a more vigorous type of yoga. _____ 40 _____ Everybody can benefit from a yoga practice.

- A. Make weight loss last.
- B. Learn about cognitive skills.
- C. Studies show that high levels of cortisol can lead to an increase in fat.
- D. Several studies have confirmed that doing yoga does raise cortisol levels.
- E. Yoga helps break old dietary habits and related unconscious patterns of behavior.
- F. Actually, the best yoga is the practice that fits for you — the one you'll commit to.
- G. But as for weight loss, many people assume other types of exercise will benefit more.

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。

It's a typical Tuesday for Cristina Zenato. She ducks below the surface of the water. This is the place where she's truly at peace—despite being 41 by dozens of sharks.

Zenato works as a diving professional in the Bahamas. She uses a variety of 42 in her daily dives. But the one that leaves people 43 is to remove hooks(鱼钩)from sharks' mouths.

Sharks follow fishing boats, often ending up with hooks caught in their mouths, which 44 discomfort, difficulty eating and infection. Removing the hooks can be a long and dangerous 45. "I'm never scared," Zenato says. "I watch and adapt to them, and I've built a 46 with them and they know that I'm safe and they can 47."

Hook removal is just 48 of Zenato's shark conservation efforts. 49 her knowledge—with the public, several Bahamian organizations and others—is an ongoing task. She helps promote shark tourism by 50 local divers. "I hope that by allowing people to come close to sharks with a 51 understanding of them, they can share their 52 experience with others," Zenato says.

She will 53 to remove hooks one by one, because each shark she helps affects the future of our oceans. All species of sharks are part of a complex food chain, each part 54 another. "Sharks live and belong in our oceans, and shouldn't be viewed with fear and misunderstanding, but 55 and kindness," Zenato says.

- | | | | |
|-------------------|----------------|-----------------|---------------|
| 41. A. attacked | B. led | C. circled | D. found |
| 42. A. skills | B. ideas | C. strategies | D. steps |
| 43. A. confused | B. satisfied | C. disappointed | D. amazed |
| 44. A. leads to | B. adds to | C. turns to | D. sticks to |
| 45. A. aim | B. process | C. plan | D. decision |
| 46. A. habitat | B. network | C. defence | D. connection |
| 47. A. leave | B. eat | C. relax | D. follow |
| 48. A. little | B. part | C. none | D. much |
| 49. A. Increasing | B. Expanding | C. Sharing | D. Gaining |
| 50. A. training | B. introducing | C. contacting | D. observing |
| 51. A. unique | B. new | C. moral | D. natural |
| 52. A. strange | B. original | C. similar | D. positive |

53. A. intend B. continue C. need D. start
54. A. separated from B. based on C. changing into D. depending on
55. A. love B. pity C. interest D. Courage

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。

The revitalization (复苏) of abandoned properties in rural China is on the rise. Each _____ 56 _____ (locate) in remote Chinese towns, the following three striking hotels are far from the hustle of the city.

WuYuan Skywells Hotel in Jiangxi province, a previously neglected 300-year-old mansion, was _____ 57 _____ (incredible) restored to its former glory, while maintaining its regional architectural feature Tianjing, a narrow and tall courtyard pulling sunlight inside, _____ 58 _____ introducing elements of modern comfort.

Similarly, by the end of 2022, designers _____ 59 _____ (restore) the Bamboo Craft Village near Chengdu city, preserving the construction traditions to build an extremely _____ 60 _____ (impress) roof. Seen from above, the shape of this building is like a figure “8” or the infinity sign “∞”.

The Treewow Tribe in Zhejiang province _____ 61 _____ (feature) houses that are surrounded by a sea of bamboo trees to provide tourists _____ 62 _____ comfortable privacy. Notably, the free-form roof imitates the free-flowing lines of nature, gracefully _____ 63 _____ (invite) the green landscape into the private space.

Marrying the charm of traditional Chinese designs and the _____ 64 _____ (rich) of modern living, these hotels will definitely offer you _____ 65 _____ unforgettable experience and a perfect getaway.

第四部分 写作(共两节, 满分 40 分)

第一节(满分 15 分)

中国古典诗词是中华民族的文化瑰宝, 为鼓励同学们讲好中国故事, 你校正在组织英语作文比赛。请以“我最喜欢的诗人”为题, 写一篇短文参赛, 内容包括:

1. 该人物及其主要贡献简介;
2. 该人物对你的影响。

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。

My favourite poet

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。

It was a beautiful sunny morning in early summer, when the world seemed full of sunlight and new green leaves. I was in a good mood as my parents had just given me \$300 for my daily expenses during the week that they would be away in Mexico to visit my mother's sick grandfather. I was extremely overjoyed, thinking hard about the things I could do with the money. If I survived on bread and butter the whole week, I would have an unexpected windfall of 200 to buy the latest Kobe Bryant basketball shoes! What a terrific idea!

As usual, the physical education class was thrilling. I felt most at ease on the basketball court. After playing several fierce games, I could hardly catch my breath as I headed back towards the classroom, sweaty and exhausted. When I entered, I found my classmates gathered around Steven's desk as he searched through his books and some other personal items anxiously. Steven had always been popular. Not only was he intelligent and well-mannered, but he also came from a well-off family. And he shared everything he had with us.

Right away, I learned Steven had lost the money he would donate to a children's welfare institute that afternoon. Then I informed Miss Jones, the class teacher. She rushed over immediately and organized a search around the classroom. We stood by our desks and emptied the contents of our schoolbags onto the desk for inspection.

It was my turn. As Miss Jones took out the 300 from my wallet, the class fell into a shock. I didn't know the amount lost was exactly \$300 until then. I kept proving my innocence, but in vain. Miss Jones confiscated (没收) the 300 and decided I was getting kicked out of the school. I stayed home alone the whole week, living only on bread. I felt wronged, angry, and loss of self-esteem.

注意:

1. 续写词数应为 150 个左右;
2. 按如下格式在答题卡的相应位置作答。

Finally, my parents returned home and talked with me.

Miss Jones had just accepted my parents' advice when Steven came.



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