



2024 北京朝阳高一（下）期末

英 语

（考试时间 100 分钟 满分 100 分）

本试卷共 10 页。考生务必在答题卡指定区域作答，在试卷上作答无效。

第一部分 知识运用（共三节。30 分）

第一节 完形填空（共 10 小题；每小题 1 分，共 10 分）

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

In 2022, Jeff and his son Johnny participated in the Ironman competition in Cambridge. However, they were not the 1 competitors. Johnny had difficulty in walking, so Jeff acted as his arms and legs, 2 the weight of his son through the race.

The competition is really 3. Participants have to finish a triathlon (铁人三项赛) with 140 miles of swimming, cycling, and running in under 17 hours. Jeff and Johnny had tried five times, but they had yet finished in time. To them, the Ironman was a way to improve themselves. Every failed 4 only fueled their desire to prove themselves to be more determined. So they entered the 2022 triathlon, hoping for a 5.

The race began with a 2.4-mile swim. Jeff helped Johnny into a kayak (独木舟), and eased himself into the water, 6 his son with a rope tied to the kayak. Even though it was hard, the pair finished the swim in 90 minutes. After completing the demanding cycling in nine hours, they set their sights on the final 7: a 26.2-mile marathon with Jeff pushing Johnny in a racing chair. Having been competing for 10.5 hours, at mile 19, Jeff started to worry, realizing they were going too slow, so they 8 the pace. With 200 feet to the finish line, Johnny began to walk on his own. He worried he couldn't make the cutoff.

After 16 hours, 55 minutes and 35 seconds—with just 4 minutes and 25 seconds to 9—father and son crossed the finish line together. As the crowd cheered on them, Jeff and Johnny looked back at the finish line. They knew this wasn't the end of a race. It was the beginning of a new 10, filled with hope and courage.

- | | | | |
|-----------------|-------------|-----------------|-----------------|
| 1. A. typical | B. serious | C. qualified | D. passionate |
| 2. A. shifting | B. testing | C. carrying | D. cutting |
| 3. A. boring | B. tough | C. joyous | D. relaxing |
| 4. A. attempt | B. reaction | C. request | D. arrangement |
| 5. A. future | B. reward | C. survival | D. breakthrough |
| 6. A. striking | B. pushing | C. dragging | D. wrapping |
| 7. A. proposal | B. choice | C. solution | D. challenge |
| 8. A. picked up | B. kept up | C. went through | D. slowed down |
| 9. A. waste | B. spare | C. wait | D. save |
| 10. A. career | B. attitude | C. opportunity | D. chapter |

第二节 选词填空（共 10 小题；每小题 1 分，共 10 分）

阅读下面句子，根据句意，从方框中选择恰当的单词或词组，并使用其正确形式填空。



assume	come across	indicate	admire	on the edge of
promote	proceed with	refer to	run out (of)	take charge of

11. Mary _____ patience waiting for the bus that was an hour late.
12. The problems have been fixed and we can _____ the work now.
13. John was _____ winning the game when he fell and broke his ankle.
14. If there is any question, please _____ our website for more information.
15. If the manager retires soon, Jack _____ the company and make changes.
16. The cultural festival aims to _____ friendship between the two countries.
17. A buyer always _____ the contents are wonderful if the package is wrapped well.
18. The soldiers have done a(n) _____ job in making sure that all the supplies got through.
19. While I was reading the newspaper, I _____ an interesting article about space exploration.
20. Lessons from history _____ that the most successful technologies are those that make their mark socially.

第三节 语法填空 (共 10 小题; 每小题 1 分, 共 10 分)

阅读下面句子, 根据句子内容填空。在未给提示词的空白处仅填写 1 个恰当的单词, 在给出提示词的空白处用括号内所给词的正确形式填空。

21. I have a friend with _____ I share a passion for traveling.
22. _____ concerns the rescuers most is the safety of the children.
23. We should avoid _____ (leave) the lights on when we go out.
24. I remember the year _____ we spent our summer vacation at the beach.
25. The letter, _____ (write) in elegant handwriting, was a pleasure to read.
26. _____ (keep) themselves awake, they sat on the floor and told each other stories.
27. I think writing information down always _____ (make) it easier for you to review it later.
28. Last July, it rained heavily in the south, _____ (cause) serious flooding in several provinces.
29. Over the past ten years, he _____ (overcome) various difficulties in his career, achieving remarkable success and recognition.
30. Last year, the company's CEO _____ (award) "Best of the Year" for his outstanding leadership and his great contribution to the company's success.

第二部分 阅读理解 (共两节, 38 分)

第一节 (共 14 小题; 每小题 2 分, 共 28 分)

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

A



Do these look like skates? They're Moonwalkers, battery-powered shoes with wheels. They are billed as "the world's fastest shoes".

How do Moonwalkers work?

Fix Moonwalkers to your shoes, power them on, and begin walking. The artificial intelligence software driving



Moonwalkers measures and adjusts (调整) on-the-fly to both the terrain (地形) you're on and the way you walk, providing safe and enjoyable walking experience.

Moonwalkers move only when you do. They sense when you're speeding up or slowing down. LOCK mode allows you to go up and down stairs confidently.

Why do you choose Moonwalkers?

- Walk at the speed of a run: Get to where you're going in less than half the time it normally takes. With a top speed of 7 mph, Moonwalkers improve every step.
- Expand (扩大) your footprint: Moonwalkers make walking many city blocks, even further, no sweat.
- Less stress: Less walking equals less stress on your body. Moonwalkers feature a user-friendly system that helps you naturally maintain mobility and balance.
- Freedom to go anywhere: Tested on dirt and much more, Moonwalkers can handle our current city and allow you to walk a hill like it's nothing. Also, Moonwalkers can survive walking through rain. Despite their wide uses, they are not rollerskates, so they do not freewheel, ever.

What is the maximum user weight?

Moonwalkers can support a maximum user weight of 220lbs (100kg). If you weigh more than 220lbs, you can still use Moonwalkers but will experience slightly reduced performance in certain edge cases.

31. What can we know about Moonwalkers?

- A. They are powered by walking. B. They help with stair climbing.
 C. They are assisted by technology. D. They can replace ordinary shoes.

32. With Moonwalkers, users may _____.

- A. walk as fast as they like B. challenge their senses of balance
 C. practise their skating skills D. travel further with less tiredness

33. According to the passage, which of the following might affect the Moonwalkers' function?

- A. The hilly terrain. B. The rainy weather.
 C. The user weight. D. The walking distance.

B

Steph put some flowers “borrowed” from her neighbour Mrs Robinson’s garden next to her cold breakfast and costly plates, and took a photo. She wanted to brighten the colours on her picture. Choosing a filter (滤镜), she noticed TrueBeauty downloaded before. Her picture looked perfect with that filter. She posted it on the social media for her 15k followers, hoping they would wish to have the same life as she showed. Then she threw away the food now that it was cold.

Steph was surprised to get so few likes and so many negative comments. She looked again at the picture she had posted. Her picture showed a horrible breakfast with flies all over them and the flowers were dead. She tried to delete (删除) the photo, but she couldn't. Just then, she received a message. Steph read:

Steph made her account private to hide the ugly pictures. She didn't want to do anything if she couldn't post photos of her life. With nothing to do, she went downstairs, past Mrs Robinson's garden. She noticed the smell of the flowers for the first time. Lovely! Then she saw Mrs Robinson watering the plants. She offered to help. A couple of hours later, they were done with the work. Steph had enjoyed herself a lot. They took a picture, standing together in front of the roses and smiling.



Later that evening Steph looked at the picture on her phone. She changed the colours a little bit. The roses looked beautiful anyway, with or without any changes. Nothing could improve the smiles on her and Mrs Robinson's faces. A really beautiful picture! She posted this picture. It looked exactly the same online! She made her account public again and added some text to the photo: Beauty in the garden.

34. Why did Steph post the filtered picture online?
- A. To show off her life. B. To try out a new filter.
C. To share her tasty breakfast. D. To teach photography skills.
35. What can we learn about TrueBeauty?
- A. It improves the ugly pictures. B. It calls on us to behave honestly.
C. It advises us to hide comments. D. It cares about its users' feelings.
36. How did Steph feel about gardening with Mrs Robinson?
- A. Uplifted. B. Confused. C. Confident. D. Lucky.
37. What would the author most possibly write next?
- A. Steph no longer posted her life on social media.
B. Steph successfully removed the TrueBeauty app.
C. Steph learned to improve her appreciation of beauty.
D. Steph inspired her followers to value their inner self.

C

Whether picturing your next vacation or an ideal mark for an important exam, it is enjoyable to let your mind wander into daydreaming. Also daydreaming allows us to move mentally in time and space, rehearsing (预演) different possible scenes of the future. However, while the benefits of daydreaming were coming to light, psychologist Eli Somer found that some of his patients' fantasies were replacing real social interactions and, as a result, were undermining (逐渐削弱) their ability to maintain daily relationships.

Psychologists call repetitive actions that hold back an individual's ability to cope with daily life "maladaptive behaviours". In recent years, Somer has teamed up with others to explore the behaviour. One of their studies compared 340 maladaptive daydreamers with the control group. The former reported that their daydreams were hard to control and disturbed their lives. They spent an average of 56 percent of their waking hours in fantasy worlds featuring imaginary characters and detailed plots (情节). Unlike regular daydreams, theirs often involved rocking from side to side or uncontrollable facial expressions. Other research suggests that maladaptive daydreams can take many forms, from amusing to serious, but they tend to be more emotionally intense than regular daydreams.

Exploring this behaviour further, Somer's team asked 77 people to keep a diary of the emotions associated with their maladaptive daydreaming. This revealed that it brought increases in negative emotions, along with signs of depression, social anxiety and general anxiety. The study also found that maladaptive daydreaming was a behavioural addiction. The scientists who first proposed this in 2018 pointed out that, like many addictive tendencies, it offers a momentary escape from stressful thoughts and unfavourable realities.

"Many professionals object to treating maladaptive daydreaming as disease," says Somer. As you would expect for a condition that isn't yet widely recognised, treatment and management options are still being developed and tested. Monitoring the behaviour, its conditions and emotional consequences (后果) may help individuals control it. Also, practising mindfulness meditation may be helpful in staying in the present rather than escaping to fantasy



worlds. Other techniques involve recording occurrences of maladaptive daydreaming and possible causes in a journal, and rewarding personal milestones in preventing these fantasies.

Noam, an Israeli student who has been struggling with maladaptive daydreaming, is proof that maladaptive daydreaming can be managed. Just two months after starting treatment with Somer, his daily daydreaming has fallen from 16 hours to around 7 hours. “I really want to get better, to take pleasure in my life as it is and to love only the people who are part of my life and deserve my care,” he says.

38. What can we learn from the passage?

- A. Regular daydreams take a wider range of forms.
- B. Maladaptive daydreaming is more likely to be habitual.
- C. More detailed imaginary plots lead to better daydreaming.
- D. Fewer emotional changes are seen in maladaptive daydreams.

39. As for maladaptive daydreaming, which would Somer agree with?

- A. Experts should take it seriously.
- B. It can lead us to preview future events.
- C. It provides us with an access to relieving stress.
- D. Keeping a journal has proved to be its reliable cure.

40. What is the main purpose of the passage?

- A. To make a comparison between two kinds of daydreaming.
- B. To present the findings of studies on maladaptive daydreaming.
- C. To introduce approaches to managing maladaptive daydreaming.
- D. To attach importance to dealing with the dark side of daydreaming.

D

Being scooped (抢先) to a discovery is a scientist’s least desirable thing. “You get a meaningful advantage for being first, but being scooped may not be as damaging as people seem to fear,” says Carolyn Stein, an economist at the Massachusetts Institute of Technology (MIT) in Cambridge.

The history of science is full of competition. Charles Darwin rushed out his book *On the Origin of Species* after receiving a manuscript (手稿) detailing similar ideas from Alfred Russel Wallace, and Isaac Newton, Gottfried Wilhelm Leibniz and their supporters argued over who invented calculus. Despite the fame of these competitions, scientists know little about how credit is shared among competing discoveries. Theoretical models analysing patent (专利) races, for instance, often suppose that to the winner go all the advantages.

In the real world, however, credit for scientific discoveries is unlikely to be winner-takes-all. The cost of being scooped was moderate. Structures that were made public second were only 2.5% less likely ever to be published, although they tended to appear in less famous journals than were structures published first. As a share of total citations out of a 100, the first paper would receive 58 and the second 42.

But when questioned about the effects of being scooped, scientists were much more negative than those data show. They predicted that, out of 100 citations, a scooped paper would receive just 29. But not all scientists were put at a disadvantage equally for coming second. When research teams at leading universities were beaten by a team at a lower-profile college, the second-placed team got slightly more citations. And the teams at top departments took an even larger share of citations when they did the scooping.



“But the psychological effects of being scooped cannot be ignored,” says Venki Ramakrishnan, a structural biologist in Cambridge. In the late 1990s and early 2000s, his group raced several teams to determine the structure of the ribosome, a cell machine that produces proteins. In September 2000, a team led by Ada Yonath at the Weizmann Institute in Rehovot, published the structure of a ribosome subunit in *Cell* that Ramakrishnan’s team had also characterized. Ramakrishnan’s study came out weeks later in *Nature*.

“For that month, I and my lab were pretty depressing,” says Ramakrishnan. The researchers worried that they wouldn’t receive proper recognition for their work. That didn’t turn out to be the case. Ramakrishnan’s and Yonath’s teams are both credited with working out the ribosome and the scientists each shared one-third of the 2009 Nobel chemistry prize. Ramakrishnan’s paper has roughly twice as many citations as the one that scooped it. In the long run, it didn’t matter.

41. Why does the author mention the book *On the Origin of Species*?

- A. To stress the value of scooping.
- B. To show discovery races are common.
- C. To illustrate fame comes from discoveries.
- D. To explain why winners get the advantages.

42. What does the underlined word “moderate” in Paragraph 3 probably mean?

- A. Minor.
- B. Unclear.
- C. High.
- D. Controlled.

43. As for Ramakrishnan’s concerns on being scooped, the author considers it _____.

- A. understandable
- B. unacceptable
- C. unnecessary
- D. unexpected

44. Which would be the best title for the passage?

- A. Scooped in Science: Scientists’ Bad Dream
- B. Scientific Discoveries: Citations Matter or Not?
- C. Scientific Discoveries: Should Winners Take All?
- D. Scooped in Science: Credit Will Come Your Way

第二节（共 5 小题；每小题 2 分，共 10 分）

根据短文内容，从短文后的七个选项中选出能填入空白处的最佳选项，并在答题卡上将该项涂黑。选项中有两项为多余选项。

The moment any birdwatcher spots a striking and unfamiliar bird, the first thing they do is to pull out a phone and identify the species. This suggests curiosity is all about acting now. It drives us to find answers as soon as possible. The impatience for answers mirrors what psychologists think is a main function of curiosity: to reduce uncertainty. 45 In a recent study, scientists have found that it can also inspire more patience, setting people up for those moments of discovery.

They asked more than 2,000 people aged 19 to 76 years to watch a series of short videos. Each video started with a blank (空白的) screen. 46 While the participants watched each video, the scientists would ask them how curious they were about what the drawing would become. They also made guesses about what the drawing was going to turn into and how much joy or annoyance they felt. Interestingly, when participants were more curious, they were more likely to continue watching. 47 The experiment also revealed that as people watched the video, curiosity would change across the journey. Yet regardless of how curiosity changed, people with greater curiosity tend to engage in the process.



48 First, it underlines the complexity of curiosity, opening new paths for research to explore its varieties. It also highlights the significance of engaging with uncertainty: Having to consider and predict answers can improve learning and memory, and curiosity can promote brain states that help us store new information. Learning new things can be challenging. 49

- A. But this picture of curiosity is incomplete.
- B. However, curiosity makes people eager for knowledge.
- C. The possible effects of the research are really impressive.
- D. So when uncertainty was greatest, curiosity was experienced with joy.
- E. A line would then appear and move around, gradually taking a shape.
- F. In other words, higher curiosity motivated people to slow down and be patient.
- G. However, making good use of curiosity can help us enjoy the process of learning.

第三部分 书面表达（共两节，32分）

第一节（共4小题；第50、51题各2分，第52题3分，第53题5分，共12分）

阅读下面短文，根据题目要求用英文回答问题。请在答题卡指定区域作答。

How can we avoid food waste in our daily life? Rayner Loi has got his own way. He keeps a note on his phone with details of the food that goes bad every week at his home. That way, when he goes to the supermarket, he has a better idea of how much food he actually eats in a week, and can adjust his shopping accordingly.

He believes individual action like this is important to solve the problem of food waste, but he's also got his sights set higher. In 2017 he founded Lumitics, a company that tracks food waste on a large scale—with the aim of helping hotels and airlines, which serve thousands of meals a day, figure out how much avoidable waste they're producing.

Equipped with weight sensors, cameras, and AI technology, Lumitics' smart garbage cans (垃圾箱) can recognize and track the type and amount of food that gets thrown out—including whether it's spoiled, uneaten or kitchen waste. As a result, its customers can use the data of the waste to adjust the amount of food they prepare or buy, leading to a great waste reduction. For instance, Lumitics has helped the hotels it works with reduce food waste considerably, keeping more than 300,000 meals out of landfills in 2019. The company is also beneficial for its customers' economic outcomes. Hotel restaurants often operate on relatively thin profits, "so any savings for them actually is really significant for their business," he says.

Loi got the idea for Lumitics when, while working in Singapore, he saw kids go hungry. He sees food waste as one of the most overlooked problems facing the world. "I think my generation desperately long for meaning and purpose in our lives, so we want to work on challenging problems and create solutions that will bring about deep impact for the world," he says, "what our group want to achieve is really clear in terms of the number of meals saved and the amount of carbon emissions (排放) avoided."

50. How does Rayner Loi know how much food he eats in a week?

51. What benefits does Lumitics bring to its customers?

52. Please decide which part is false in the following statement then underline it and explain why.

➤ ***Rayner Loi was inspired to found Lumitics by his experience of food shortage in his own life.***

53. Apart from Rayner Loi's way of saving food, how do you avoid food waste in your daily life?

(In about 40 words)



第二节 (20分)

假设你是红星中学高一学生李华。你从外国好友 Jim 的来信中得知他在申请联合国志愿者项目(UN Volunteers), 你也有意参加。请给他写一封英文邮件, 内容包括:

1. 说明你感兴趣的志愿服务种类和原因;
2. 询问项目相关信息。

注意: 1. 词数 100 左右;

2. 开头和结尾已给出, 不计入总词数。



参考答案

第一部分：知识运用（共三节，30分）

第一节 完形填空（共10小题；每小题1分，共10分）

1. A 2. C 3. B 4. A 5. D
6. C 7. D 8. A 9. B 10. D

第二节 选词填空（共10小题；每小题1分，共10分）

11. ran out of 12. proceed with 13. on the edge of 14. refer to
15. will take charge of 16. promote 17. assumes 18. admirable
19. came across 20. indicate

第三节 语法填空（共10小题；每小题1分，共10分）

21. whom 22. What 23. leaving 24. when
25. written 26. To keep 27. makes 28. causing
29. has overcome 30. was awarded

第二部分：阅读理解（共两节，38分）

第一节（共14小题；每小题2分，共28分）

31. C 32. D 33. C 34. A 35. B
36. A 37. D 38. B 39. A 40. D
41. B 42. A 43. C 44. D

第二节（共5小题；每小题2分，共10分）

45. A 46. E 47. F 48. C 49. G

第三部分：书面表达（共两节，32分）

第一节（共4小题；第50、51题各2分，第52题3分，第53题5分，共12分）

50. By keeping a note on his phone with details of the food that goes bad every week at his home.

51. The great waste reduction and better economic outcomes.

52. ***Rayner Loi was inspired to found Lumitics by his experience of food shortage in his own life.***

Rayner Loi got the idea for Lumitics when, while working in Singapore, he saw kids go hungry.

53. (1) To reduce food waste, I always encourage my family to finish our meals when we eat out, or to take away the leftovers for later use. I often use leftovers to make new dishes like soups or stir-fries. This not only helps reduce waste but also lets me get creative with cooking.

(2) I usually store food properly, which is a good way to prevent wasting. For example, I ensure items like fruit and vegetables are kept in the refrigerator, while dry goods are stored in airtight containers in a cool and dry place. By doing this, I can reduce food waste.

(3) Gardening is my way to avoid food waste. Backyard composting is a great way to keep food waste out of the landfill and provide nutrition for my garden. For instance, in this way vegetable peels don't have to go to



waste but to my garden or my composting containers.

(请根据学生答题情况酌情给分)

第二节 (20分)

Possible version 1

Dear Jim,

Glad to hear from you! I'm also eager to participate in UN Volunteers you mentioned.

I'm interested in the volunteer environmental protection program. Deeply concerned about the situation about our environment and the impact of climate change, I believe that each individual has a responsibility to contribute to protecting our planet. More importantly, I can't wait to put my education in the field of environmental science into practice.

Have you got specific information of the program? Could you please share with me the qualifications, selection criteria, any specific skills required and such like?

Looking forward to your early reply!

Yours,

Li Hua

Possible version 2

Dear Jim,

I am thrilled to hear that you are applying for UN Volunteers. I am also interested and would like to know more about it.

I want to join in the volunteer teaching program because I am passionate about teaching and believe that every child deserves access to quality education. Through this program, I hope to contribute to the development and improvement of education in underprivileged communities.

To make the best of the project, I also want to learn about some relevant information. Do you know the duration and location of the program? I am also wondering if there are any specific qualifications or skills that are necessary for the volunteers.

I look forward to hearing from you soon and hope that we can enjoy this meaningful journey together.

Yours,

Li Hua

Possible version 3

Dear Jim,

I am happy to receive your letter in which I know the UN Volunteers.

To be honest, I want in with you. The volunteer rescue program is what I want to apply for. As you know, influenced by my father, a policeman, I have been dreaming to be one like him, saving people's life. The opportunity to put my first-aid skills into practice and the chance of reducing suffering and the loss of life can certainly be another reason.

But I am not sure if I am qualified enough. Do they accept Chinese teenagers under 18 years old? With no previous related experience, do I stand any chance? How can I apply for it? Can you share more information with me?



Hope we can take part in the program together. Looking forward to your early reply!

Yours,

Li Hua