



# 2022 北京延庆初三一模

## 英 语

### 第一部分

本部分共 33 题，共 40 分。在每题列出的四个选项中，选出最符合题目要求的一项。

#### 一、单项填空（每题 0.5 分，共 6 分）

从下面各题所给的 A、B、C、D 四个选项中，选择可以填入空白处的最佳选项。

1. My sister and I like skating. \_\_\_\_\_ often go skating in winter.

- A. I                                  B. We                                  C. They                                  D. You

2. — Where do you usually do your homework?

— \_\_\_\_\_ school.

- A. Of                                  B. On                                  C. At                                  D. To

3. — What's that noise, Sam?

— My little brother \_\_\_\_\_ with his toy car now.

- A. plays                                  B. played                                  C. will play                                  D. is playing

4. The teacher is glad to see that Tony is \_\_\_\_\_ than before.

- A. careful                                  B. more careful                                  C. most careful                                  D. the most careful

5. Get up early, \_\_\_\_\_ you can't catch the first bus.

- A. and                                  B. so                                  C. or                                  D. but

6. — \_\_\_\_\_ you give me a hand? I can't move the box by myself.

—No problem.

- A. Could                                  B. Should                                  C. Must                                  D. Need

7. — \_\_\_\_\_ is the boy over there?

— He is my brother.

- A. Where                                  B. When                                  C. What                                  D. Who

8. —Lily, what do you usually do after school?

—I \_\_\_\_\_ exercise with my friends.

- A. do                                  B. did                                  C. will do                                  D. was doing

9. I \_\_\_\_\_ on the computer when Frank called me last night.

- A. work                                  B. will work                                  C. was working                                  D. am working

10. He used to be quite shy, but he \_\_\_\_\_ a lot since he joined the acting club.

- A. changes                                  B. will change                                  C. has changed                                  D. was changing

11. The Beijing-Zhangjiakou high-speed railway \_\_\_\_\_ in 2019.

- A. builds                                  B. is built                                  C. was built                                  D. built

12. —Do you know \_\_\_\_\_ ?

—Next Sunday morning.

- A. when will he visit us                                  B. when did he visit us

- C. when he will visit us                                  D. when he visited us

#### 二、完形填空（每题 1 分，共 8 分）

扫描二维码的短文，掌握其大意，然后从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项。

### Little Brother, Big Help



Jared's mom asked him to bring his little brother, Max, to the basketball court where Jared planned to meet his friends. Jared didn't want to bring Max, but he had no choice.

To Jared's relief, a few of his friends had brought their little brothers and sisters too, so at least Max would have some kids to play with during the 13. Then, Jared noticed the gate to the basketball court was locked.

For a few minutes, everyone waited 14, trying to find out what to do. Then, from around the corner came Mr. Giles. He ran to the boys quickly and said apologetically. "Sorry, I'm behind schedule today, guys. I had a flat tire." He took out a bunch of keys from his belt and reached over to 15 the gate. But instead, Mr. Giles accidentally dropped the keys on the other side of the fence.

There was a long silence. Then Max said, "I can get them." No one noticed him until he 16 himself, this time more loudly.

When he finally heard Max, Jared asked, "How can you possibly help?"

Max simply answered, "Watch what I can do." He 17 to the ground and squirmed (来回扭动) under the gate. Within a minute, he was on the 18 side. He grabbed the keys and passed them through to Jared, who returned them to Mr. Giles. In seconds, Mr. Giles had the gate unlocked. The boys ran to the basketball court, calling out their 19 to Mr. Giles as they moved quickly toward the net.

Mr. Giles responded, "Don't thank me. Max is the one who 20 the day. He was the only one small enough to squeeze under that gate." After that, Jared never again thinks of his brother as an inconvenience.

- |                    |               |            |             |
|--------------------|---------------|------------|-------------|
| 13. A. show        | B. break      | C. game    | D. meet     |
| 14. A. regretfully | B. helplessly | C. happily | D. bravely  |
| 15. A. open        | B. close      | C. lock    | D. unlock   |
| 16. A. repeated    | B. accepted   | C. invited | D. ordered  |
| 17. A. returned    | B. dropped    | C. knocked | D. faced    |
| 18. A. bright      | B. left       | C. upper   | D. opposite |
| 19. A. thanks      | B. numbers    | C. names   | D. scores   |
| 20. A. planned     | B. designed   | C. saved   | D. wasted   |

### 三、阅读理解 (每题 2 分, 共 26 分)

阅读下列短文, 根据短文内容, 从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

#### A

### Cool Technologies at Beijing 2022 Winter Olympics



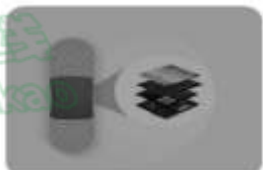
### Driverless minibus

Walk inside Shougang Industrial Park, you can see different kinds of driverless cars. When you feel tired, you can get in a driverless minibus. When you feel hungry, you can buy food from a driverless car store.



### Inspection robot

The robot can recognize people within five meters. It will automatically walk over to a person who is not wearing a mask and advise him or her to wear one. Also, the robot has a contactless hand disinfection device on its head.



### Smart Band-Aid

People can wear this thermometer (体温计) on their arms. It looks like a bandage. Users can check their body temperature through an app on their smart phones. If someone gets a fever, the thermometer will report it.



### Disinfection robot

In Wukesong Sports Center, there is a robot named Xiaobai. While working, the robot sprays a fog of disinfectant (消毒剂) through its head fan. One robot can cover 1,000 square meters and work for four to five hours on a single battery charge.

21. \_\_\_\_\_ can advise people to wear their masks.

- A. Driverless minibus  
C. Smart Band-Aid

- B. Inspection robot  
D. Disinfection robot

22. How can people check their body temperature?

- A. Through an app on the phones.  
C. Through a battery in the robot.


- B. By getting in a driverless minibus.  
D. By wearing a bandage on their arms.

23. What can Disinfection robot do?

- A. Recognize people who get a high fever.  
B. Buy food for workers in Wukesong Sports Center.  
C. Spray a fog of disinfectant through its head fan.  
D. Sweep 1000 square meters a day in Shougang Park.

B





I couldn't wait to show my new sneakers to my friends at the rehearsal (排练) for the fourth-grade play. I had cleaned yards for three weeks to save the money to buy them, and I was really proud of them.

When practice started, our director, Mrs. Rodriguez, asked us to remove our shoes first. So I put my sneakers carefully in my red backpack and zipped it up before joining the group.

After rehearsal, I unzipped my backpack and found my sneakers were gone! I dashed across the stage.

"Mrs. Rodriguez!" I shouted. "Someone stole my sneakers! I put them right in my backpack when you told us to take off our shoes, and now they're gone!"

Mrs. Rodriguez raised her voice so everyone could hear. She asked the students to look around for my missing sneakers.

Everyone searched for the sneakers, but they weren't anywhere. Then, I noticed Sasha James opening up her backpack and looking inside. There, right on the top, were my sneakers!

"Those are my sneakers, Sasha! Why did you steal them?" I said angrily.

"I didn't! I promise! I don't know how they got in my backpack," said Sasha.

All of a sudden, my face turned red as I realized what had happened. Sasha's backpack was exactly the same color as mine. I had put my sneakers in her backpack by mistake.

"I'm really sorry, Sasha. I put my sneakers in your backpack by accident. I must not have been paying attention. I shouldn't have accused (指责) you of stealing."

"It's okay." Sasha said, "They're really amazing sneakers. If they were mine, I would be upset about losing them, too."

That's the last time I'll ever say something about someone without checking first!

24 How did the writer get the money to buy the sneakers?

- A. By acting in the fourth-grade play.
- B. By practicing at the rehearsal.
- C. By stealing from Mrs. Rodriguez.
- D. By cleaning yards for three weeks.

25. Why did the writer's face turn red?

- A. Because Sasha's backpack was the same color as hers.
- B. Because Sasha broke her promise and stole her backpack.
- C. Because she put her sneakers in Sasha's backpack by mistake.
- D. Because she took Sasha's backpack home after the rehearsal.

26. What lesson does the writer learn from the story?

- A. Always take care of your backpack when you go out.
- B. Don't say things about people until you check them.
- C. Don't bring your sneakers to school when you practice.
- D. Other kids will take your things if you leave them around.

C

What's the Secret of Our Height?





Have you ever wanted to be taller? Perhaps we all have wished for this, whether we're trying to see over a crowd of people or dreaming of becoming a basketball player. Height is mainly a result of genetics (遗传), though other factors like nutrition and healthcare can also influence our height.

According to World Data, the average height for Chinese men is 1.71 meters, while for women it's 1.59 meters. But what stops us from growing to three meters or even taller? The answer is evolution (进化), according to a study from Harvard University.

"Height is not just about height. It's about the biological growth of an organism," biologist Terence D. Capellini from Harvard University told Popular Science. Over millions of years, natural selection has influenced the way our organs (器官) grow and therefore the way our bodies grow too. In general, the genes that are responsible for organ growth are quite active in infants (婴儿), causing them to grow rapidly. But as children get older, the genes slacken. Eventually, as they enter late adolescence, the genes turn off and teenagers reach their adult height.

According to the study, about 70 to 80 percent of our height is mainly determined by the growth genes. The other factors are some environmental factors like proper nutrition and modern healthcare. An example of an environmental factor is when a child doesn't get the nutrition he or she needs, the child is less likely to reach the average height.

Many people would like to be taller than they are, but is that necessarily good for them?

Robert Wadlow from the US was the tallest man in history. He was 2.71 meters tall. But he suffered from several related health problems. For example, he needed leg braces (支架) to help him walk. He died at the age of 22 from an infection that was caused by a brace that didn't fit him properly. Being very tall can cause high blood pressure in the legs. It can also put too much stress on the heart, according to *The Guardian*.

It seems that beyond having tall parents, the only way to increase your height is to eat a healthy and balanced diet, according to *Forbes*.

27. According to the passage, \_\_\_\_\_ stops humans from growing.

- A. healthcare                      B. nutrition                      C. lifestyle                      D. evolution

28. The word "slacken" in Paragraph 3 probably means "\_\_\_\_\_".

- A. turn off                      B. slow down                      C. give off                      D. break down

29. The writer probably agrees that \_\_\_\_\_.

- A. reaching the average height may put less stress on our heart  
 B. humans' organs grow much more slowly than their height  
 C. we have to become stronger if we want to grow much taller  
 D. our height is also influenced by our daily food besides genes

D

Micro-habits are small habits which require the smallest motivation or effort to complete. The idea is that micro-habit will slowly build on top of itself and result in something great over time.

My middle school gym teacher introduced me to micro-habit in the form of weight lifting. He said, "Imagine weightlifting as stacking up pieces of paper. Every day you lift weights, just pretend like you're adding a piece of paper to a pile. On the first day, you start with one single piece of paper. After a month of weight lifting, you could have as many as 30 sheets of paper stacked up. After several years of keeping up with weight lifting, you are going to have a serious pile of paper!"

The idea has stuck with me ever since, and I have tried to develop a number of micro-habits. These micro-habits have shaped the way I live and have helped me do things I wouldn't have been able to do otherwise.





The first habit I started with was reading. I have never been a big reader but decided I wanted to start reading more to learn new things. At first, I began reading one page a night before bed. Just one page, that's it! Anyone can read a single page of a book. No matter what, I would read before bed every single night. What I found was reading the page of the book wasn't what was important, but rather forming the habit. It's nearly impossible to make an excuse not to take a minute for reading a page of a book. Thus, the habit begins to form. Sometimes it is a struggle, but remember—it's only one page. Finally, by adding only five minutes at a time, I am able to increase the total amount of reading from five minutes to forty-five minutes per night.

The beauty of micro-habits is that they're so simple, you can't say no to them or make any excuse not to follow through with them. As humans, we often overvalue what we think we can complete, but then we give up the moment reality. Micro-habits are all about preventing you from giving up due to something being too 'hard'. When practicing consistently, you can do something without even having to think about it. Micro-habits you probably already fixed into your daily life include brushing your teeth, taking a shower, making a morning cup of coffee, etc.

Pick something you want to do and improve on. Then find out the micro-habits you can start today to help you reach your goal, and eventually achieve your dream.

30 Why does the writer talk about weight lifting in Paragraph 2?

- A. To state the necessity of micro-habits.
- B. To state the importance of weightlifting.
- C. To further explain what micro-habits are.
- D. To further explain how to keep weight lifting.

31. What can you learn from the passage?

- A. Micro-habits gave the writer an excuse to read.
- B. With great efforts, people can form micro-habits.
- C. With smallest motivation, people can go to the top.
- D. Micro-habits helped the writer form the reading habits.

32 The fifth paragraph is mainly about \_\_\_\_\_.

- A. why micro-habits worked
- B. why micro-habits are beautified
- C. how the writer used micro-habits
- D. how the writer began his micro-habits

33. Which of the following would be the best title for the passage?

- A. Micro-habits Can Make Great Progress
- B. To Achieve Your Goal, Change Your Micro-habits
- C. Micro-habits Can Make a Big Difference
- D. To Develop More Skills, Build Your Micro-habits

## 第二部分

本部分共 6 题，共 20 分。根据题目要求，完成相应任务。

### 四、阅读表达（每题 2 分，共 10 分）

阅读短文，根据短文内容回答问题。



When you take notes in your classes, are you confident that you'll actually go back and look over them? Or do you just write out your notes in class and then completely forget all of the information you wrote down? A useful note-taking method can not only save you precious time and energy, but also help you better understand what you learn.

This well-known note-taking method is called the Cornell Note-taking System. It was first developed in the 1940s by education professor Walter Pauk at Cornell University to help students learn. According to Cornell Notes, each page is divided into three sections: the note-taking column, the cue column (提示栏) and summary space. It's very easy. You just need to draw two lines on your note page, leaving a 2.5-inch margin on the left and a 2-inch margin on the bottom.

The note-taking column, which is the biggest space is used to write down notes while you are in class or reading an article. The key point is that you don't write down what you hear word by word. It requires you to be very brief, using short phrases, symbols or keywords to replace long sentences.

To help with future review, you can write some related questions on the left. The next step is to cover the note-taking column with a sheet of paper or your hand. Then, by only looking at the questions for key words, try to repeat the content in your own words.

The summary space is designed to help you reflect on what you've learned. Questions may also be useful. For example, what's the significance of these facts? What principles are they based on? What's beyond them? You can also write down your own ideas and personal feelings. Don't forget to review from time to time so that you will remember the information more easily.

Practice makes perfect. After a few months of using this handy note-taking method, you are sure to become the note-taking star of your class. And even better, you'll finally be able to remember what you have learned.

34. Who first developed the Cornell Note-taking System?

---

35. What is the biggest space used to do?

---

36. How can you use the cue column?

---

37. Why is the summary space designed?

---

38. Would you like to use this note-taking method? Why or why not?

---

五、文段表达 (10分)

39. 从下面两个题目中任选一题, 根据中文和英文提示, 完成一篇不少于 50 词的文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出你的校名和姓名。

题目①

39. 实践类作业 (project-based homework) 形式多样, 如制作海报、撰写调查报告、制作手抄报、表演戏剧等。



学校正在为“实践类作业设置方案”征询建议。假如你是李华，请你在学校网站给张老师留言，推荐一个你最喜欢的实践类作业，请简单描述实践过程并陈述理由。

提示词语: poster, survey report, draw, interview, interesting, helpful

提示问题:

- What's your favorite project-based homework?

Please describe it.

- Why do you like it?

Dear Ms. Zhang,

*There are different kinds of project-based homework.*

---

---

---

---

---

---

---

---

---

---

*Yours,*

*Li Hua*

题目②

40. 北京 2022 年冬奥会成功举办，我们见证了赛场上运动员的奋力拼搏，也见证了场外无数工作人员的辛勤付出。

某英文网站正在开展以“拼搏、付出”为主题的征文活动。假如你是李华，请用英语写一篇短文投稿，谈谈你生活中努力拼搏的一次经历，主要内容包括你努力拼搏的事情和经过，以及你的感受。

提示词语: decide, keep, succeed, proud

提示问题:

- What did you do?
- How did you feel?

---

---

---

---

---

---

---

---

---

---



# 参考答案

单项填空 (每题 0.5 分, 共 6 分)

从下面各题所给的 A、B、C、D 四个选项中, 选择可以填入空白处的最佳选项。

1. My sister and I like skating. \_\_\_\_\_ often go skating in winter.

- A. I                                      B. We                                      C. They                                      D. You

【1 题答案】

【答案】B

【解析】

【详解】句意: 我的姐姐和我都喜欢滑冰。我们经常冬天去滑冰。

考查代词。I 我; we 我们; they 他们; you 你。根据“My sister and I”可知表达的是我和姐姐, 是第一人称的复数概念, 用人称代词“we”。故选 B。

2. — Where do you usually do your homework?

— \_\_\_\_\_ school.

- A. Of                                      B. On                                      C. At                                      D. To

【2 题答案】

【答案】C

【解析】

【详解】句意: ——你通常在哪里做作业? ——在学校。

考查介词辨析。Of……的; On 在……上; At 在; To 到。at school“在学校”, 固定短语, 故选 C。

3. — What's that noise, Sam?

— My little brother \_\_\_\_\_ with his toy car now.

- A. plays                                      B. played                                      C. will play                                      D. is playing

【3 题答案】

【答案】D

【解析】

【详解】句意: ——萨姆, 那个噪音是什么? ——我的弟弟现在正在和他玩具车玩耍。

考查动词的时态。根据“now”可知句子表达现在正在做的事, 是现在进行时, 动词用“is playing”。故选 D。

4 The teacher is glad to see that Tony is \_\_\_\_\_ than before.

- A. careful                                      B. more careful                                      C. most careful                                      D. the most careful

【4 题答案】

【答案】B

【解析】

【详解】句意: 老师很高兴看到托尼比以前细心了。

考查形容词比较级。根据“than before”可知, 此处需用比较级, 故选 B。

5. Get up early, \_\_\_\_\_ you can't catch the first bus.

- A. and                                      B. so                                      C. or                                      D. but

【5 题答案】



【答案】C

【解析】

【详解】句意：早点起床，否则你赶不上第一趟车。

考查连词。and 和，然后；so 因此；or 否则；but 但是。句子是“祈使句+and/or+陈述句”的结构，根据“you can't catch the first bus”可知表达与前文相反的情况，表达“否则，不然的话”用连词“or”。故选 C。

6. —\_\_\_\_\_ you give me a hand? I can't move the box by myself.

—No problem.

A. Could                      B. Should                      C. Must                      D. Need

【6 题答案】

【答案】A

【解析】

【详解】句意：——你能帮我一下吗？我自己搬不动这个箱子。——没问题。

本题考查情态动词。could 能，should 应该，must 必须，need 需要。根据 I can't move the box by myself 可知，我自己搬不动这个箱子，因此请求别人帮助，Could you do sth? 你能做某事吗？表示委婉地请求。故选 A。

7. —\_\_\_\_\_ is the boy over there?

— He is my brother.

A. Where                      B. When                      C. What                      D. Who

【7 题答案】

【答案】D

【解析】

【详解】句意：——那里的那个男孩子是谁？——他是我的哥哥。

考查特殊疑问句。where 在哪里；when 什么时间；what 什么；who 谁。根据“He is my brother”可知问句询问的是“是谁”，用疑问词“who”。故选 D。

8. —Lily, what do you usually do after school?

—I \_\_\_\_\_ exercise with my friends.

A. do                      B. did                      C. will do                      D. was doing

【8 题答案】

【答案】A

【解析】

【详解】句意：——莉莉，放学后你通常做什么？——我和我的朋友一起锻炼。

考查一般现在时。根据“what do you usually do after school”可知，时态是一般现在时，主语是 I，动词用原形，故选 A。

9. I \_\_\_\_\_ on the computer when Frank called me last night.

A. work                      B. will work                      C. was working                      D. am working

【9 题答案】

【答案】C

【解析】

【详解】句意：弗兰克昨晚打电话给我时，我正在用电脑工作。

考查过去进行时。work 工作,动词原形; will work 一般将来时; was working 过去进行时; am working 现在进行时。

根据题干中“when Frank called me last night”可知此处表示当某件事情发生的时候,另一件事情正在进行,when 引导的从句用一般过去时,主句用过去进行时。故选 C。

10. He used to be quite shy, but he \_\_\_\_\_ a lot since he joined the acting club.

- A. changes                      B. will change                      C. has changed                      D. was changing

【10 题答案】

【答案】C

【解析】

【详解】句意：他过去很害羞,但是自从加入了表演俱乐部他变了许多。

考查动词的时态。根据“since he joined the acting club”可知句子是现在完成时,表达动作从过去开始持续到现在且已完成,对现在造成了影响,表达“改变”动词用“has changed”。故选 C。

11. The Beijing-Zhangjiakou high-speed railway \_\_\_\_\_ in 2019.

- A. builds                      B. is built                      C. was built                      D. built

【11 题答案】

【答案】C

【解析】

【详解】句意：北京—张家口高铁建成于 2019 年。

考查一般过去时的被动语态。build 建造,过去分词是 built,根据主语 The Beijing-Zhangjiakou high-speed railway 和动词 build 是被动关系,所以用被动语态,排除 A 和 D,由“in 2019”可知,时态是一般过去时,排除 B,故选 C。

12. —Do you know \_\_\_\_\_ ?

—Next Sunday morning.

- A. when will he visit us                      B. when did he visit us  
C. when he will visit us                      D. when he visited us

【12 题答案】

【答案】C

【解析】

【详解】句意：——你知道他将什么时间过来拜访我们么?——下个周日的早上。

考查宾语从句。动词“know”后是宾语从句,用陈述句的语序“连接词+主语+谓语动词”,A 和 B 的语序错误,排除 A 和 B 选项。根据“Next Sunday morning”可知此句的动作是将来发生的,用一般将来时态,从句动词用“will visit”。D 选项时态错误。故选 C。

## 二、完形填空 (每题 1 分,共 8 分)

阅读下面的短文,掌握其大意,然后从短文后各题所给的 A、B、C、D 四个选项中,选择最佳选项。

### Little Brother, Big Help



Jared's mom asked him to bring his little brother, Max, to the basketball court where Jared planned to meet his friends. Jared didn't want to bring Max, but he had no choice.

To Jared's relief, a few of his friends had brought their little brothers and sisters too, so at least Max would have some kids to play with during the 13. Then, Jared noticed the gate to the basketball court was locked.

For a few minutes, everyone waited 14, trying to find out what to do. Then, from around the corner came Mr. Giles. He ran to the boys quickly and said apologetically. "Sorry, I'm behind schedule today, guys. I had a flat tire." He took out a bunch of keys from his belt and reached over to 15 the gate. But instead, Mr. Giles accidentally dropped the keys on the other side of the fence.

There was a long silence. Then Max said, "I can get them." No one noticed him until he 16 himself, this time more loudly.

When he finally heard Max, Jared asked, "How can you possibly help?"

Max simply answered, "Watch what I can do." He 17 to the ground and squirmed (来回扭动) under the gate. Within a minute, he was on the 18 side. He grabbed the keys and passed them through to Jared, who returned them to Mr. Giles. In seconds, Mr. Giles had the gate unlocked. The boys ran to the basketball court, calling out their 19 to Mr. Giles as they moved quickly toward the net.

Mr. Giles responded, "Don't thank me. Max is the one who 20 the day. He was the only one small enough to squeeze under that gate." After that, Jared never again thinks of his brother as an inconvenience.

- |                    |               |            |             |
|--------------------|---------------|------------|-------------|
| 13. A. show        | B. break      | C. game    | D. meet     |
| 14. A. regretfully | B. helplessly | C. happily | D. bravely  |
| 15. A. open        | B. close      | C. lock    | D. unlock   |
| 16. A. repeated    | B. accepted   | C. invited | D. ordered  |
| 17. A. returned    | B. dropped    | C. knocked | D. faced    |
| 18. A. bright      | B. left       | C. upper   | D. opposite |
| 19. A. thanks      | B. numbers    | C. names   | D. scores   |
| 20. A. planned     | B. designed   | C. saved   | D. wasted   |

**【13~20 题答案】**


**【答案】** 13. C 14. B 15. D 16. A 17. B 18. D 19. A 20. C

**【解析】**

**【导语】** 本文讲述杰瑞德和朋友去篮球场打球，不想带着他的小弟弟马克斯一起去，但是他没有选择。后来他的弟弟帮吉尔斯先生捡到了钥匙，最终才打开篮球场的大门。最后杰瑞德觉得弟弟不再是麻烦了。

**【13 题详解】**

句意：让杰瑞德放松的是，他的一些朋友也带了小弟弟和小妹妹，因此在他篮球比赛的时候，至少马克思可以和一些孩子一起玩。



show 显示，展示；break 打破；game 游戏、运动；meet 见面。根据前文“the basketball”可知表示在杰瑞德和朋友打篮球的时候，小弟弟可以和其他小孩一起玩，用名词“game”。故选 C。

【14 题详解】

句意：等了几分钟，每个人都很无助，努力试图想弄清楚接下来怎么办。

regretfully 后悔地；helplessly 无助地；happily 开心地；bravely 勇敢地。根据“the gate to the basketball court was locked”及“trying to find out what to do”可知找不到问题的解决办法，所以很无助，用副词“helplessly”。故选 B。

【15 题详解】

句意：他从腰带处拿出一串钥匙，伸出去打开大门。

open 打开（门，窗）；close 关闭；lock 锁；unlock 打开锁。根据“the gate to the basketball court was locked”及“a bunch of keys”可知，句子表达用钥匙开锁，用动词“unlock”。故选 D。

【16 题详解】

句意：没有人注意到他，直到他又一次更大声音地重复他说的话。

repeated 重复；accepted 接受；invited 邀请；ordered 预订。根据“I can get them”及“this time more loudly”，可知表达马克斯大声重复之前说的话，用动词“repeated”。故选 A。

【17 题详解】

句意：他卧倒在地，在门的下面来回扭动。

returned 回归；dropped 下降，下跌；knocked 敲击；faced 面对。根据“to the ground and squirmed under the gate”可知，句子表达卧倒在地，用动词“dropped”。故选 B。

【18 题详解】

句意：一分钟之后，他在另一边。

bright 光明的；left 左边的；upper 上面；opposite 对面的。根据“Mr. Giles accidentally dropped the keys on the other side of the fence”及“grabbed the key”可知，前文讲述钥匙掉到了栅栏的另一边，马克斯是到了对面去捡钥匙，用形容词“opposite”。故选 D。

【19 题详解】

句意：男孩子们跑到篮球场，当他们快速朝球网跑去的时候，大声对吉尔斯先生说着感谢。

thanks 感谢；numbers 数字；names 名字；scores 结果。根据“Mr. Giles had the gate unlocked”可知吉尔斯先生打开了门，所以表达男孩子对他表达感谢，用名词“thanks”。故选 A。

【20 题详解】

句意：马克斯才是拯救了这一天的那个人。

planned 计划；designed 设计；saved 救；wasted 浪费。根据“He was the only one small enough to squeeze under that gate”可知，马克斯帮助他们捡了钥匙才能打开门，所以他才是拯救那一天的那个人，用动词“saved”。故选 C。

三、阅读理解（每题 2 分，共 26 分）

阅读下列短文，根据短文内容，从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项。

A

Cool Technologies at Beijing 2022 Winter Olympics





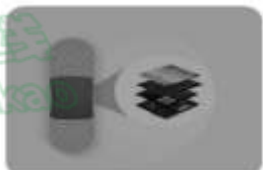
## Driverless minibus

Walk inside Shougang Industrial Park, you can see different kinds of driverless cars. When you feel tired, you can get in a driverless minibus. When you feel hungry, you can buy food from a driverless car store.



## Inspection robot

The robot can recognize people within five meters. It will automatically walk over to a person who is not wearing a mask and advise him or her to wear one. Also, the robot has a contactless hand disinfection device on its head.



## Smart Band-Aid

People can wear this thermometer (体温计) on their arms. It looks like a bandage. Users can check their body temperature through an app on their smart phones. If someone gets a fever, the thermometer will report it.



## Disinfection robot

In Wukesong Sports Center, there is a robot named Xiaobai. While working, the robot sprays a fog of disinfectant (消毒剂) through its head fan. One robot can cover 1,000 square meters and work for four to five hours on a single battery charge.

21. \_\_\_\_\_ can advise people to wear their masks.

- A. Driverless minibus  
C. Smart Band-Aid

- B. Inspection robot  
D. Disinfection robot

22. How can people check their body temperature?

- A. Through an app on the phones.  
C. Through a battery in the robot.

- B. By getting in a driverless minibus.  
D. By wearing a bandage on their arms.

23. What can Disinfection robot do?

- A. Recognize people who get a high fever.  
B. Buy food for workers in Wukesong Sports Center.  
C. Spray a fog of disinfectant through its head fan.  
D. Sweep 1000 square meters a day in Shougang Park.

【21~23 题答案】

【答案】21. B 22. A 23. C

【解析】

【导语】本文讲述 2022 年北京冬季奥运会上的一些新科技及其用途。

【21 题详解】

【21题详解】  
细节理解题。根据表格“Inspection robot”及“It will automatically walk over to a person who is not wearing a mask and advise him or her to wear one”可知，监控机器人可以建议人戴上口罩。故选 B。

【22题详解】

细节理解题。根据表格“Users can check their body temperature through an app on their smart phones”可知，人们可以通过手机上的应用程序监测自己的体温。故选 A。

【23题详解】

细节理解题。根据“the robot sprays a fog of disinfectant through its head fan”可知，消毒机器人可以通过头顶的风扇喷洒消毒剂。故选 C。

B



I couldn't wait to show my new sneakers to my friends at the rehearsal (排练) for the fourth-grade play. I had cleaned yards for three weeks to save the money to buy them, and I was really proud of them.

When practice started, our director, Mrs. Rodriguez, asked us to remove our shoes first. So I put my sneakers carefully in my red backpack and zipped it up before joining the group.

After rehearsal, I unzipped my backpack and found my sneakers were gone! I dashed across the stage.

“Mrs. Rodriguez!” I shouted. “Someone stole my sneakers! I put them right in my backpack when you told us to take off our shoes, and now they're gone!”

Mrs. Rodriguez raised her voice so everyone could hear. She asked the students to look around for my missing sneakers.

Everyone searched for the sneakers, but they weren't anywhere. Then, I noticed Sasha James opening up her backpack and looking inside. There, right on the top, were my sneakers!

“Those are my sneakers, Sasha! Why did you steal them?” I said angrily.

“I didn't! I promise! I don't know how they got in my backpack,” said Sasha.

All of a sudden, my face turned red as I realized what had happened. Sasha's backpack was exactly the same color as mine. I had put my sneakers in her backpack by mistake.

“I'm really sorry, Sasha. I put my sneakers in your backpack by accident. I must not have been paying attention. I shouldn't have accused (指责) you of stealing.”

“It's okay.” Sasha said, “They're really amazing sneakers. If they were mine, I would be upset about losing them, too.”

That's the last time I'll ever say something about someone without checking first!

24. How did the writer get the money to buy the sneakers?

- A. By acting in the fourth-grade play.
- B. By practicing at the rehearsal.
- C. By stealing from Mrs. Rodriguez.
- D. By cleaning yards for three weeks.

25. Why did the writer's face turn red?

- A. Because Sasha's backpack was the same color as hers.
- B. Because Sasha broke her promise and stole her backpack.

C. Because she put her sneakers in Sasha's backpack by mistake.

D. Because she took Sasha's backpack home after the rehearsal.

26. What lesson does the writer learn from the story?

A. Always take care of your backpack when you go out.

B. Don't say things about people until you check them.

C. Don't bring your sneakers to school when you practice.

D. Other kids will take your things if you leave them around.

【24~26 题答案】

【答案】24. D 25. C 26. B

【解析】

【分析】本文讲述作者因为萨沙拿了自己的运动鞋而生气，后来发现是因为两个人的包颜色相同，自己把鞋子放错了。由此告诉读者要在检查之后才能对别人下结论。

【24 题详解】

细节理解题。根据第一段“I had cleaned yards for three weeks to save the money to buy them”可知，作者打扫院子三个星期攒钱买了运动鞋。故选 D。

【25 题详解】

推理判断题。根据倒数第四段“my face turned red as I realized what had happened. Sasha's backpack was exactly the same color as mine. I had put my sneakers in her backpack by mistake”可知，萨沙的背包和我的背包颜色相同，我错误地把我的鞋子放进了她的包里，我意识到这一点，所以脸红了。故选 C。

【26 题详解】

主旨大意题。根据最后一段“That's the last time I'll ever say something about someone without checking first”可知，作者明白要在检查之后才能对别人下结论。故选 B。

C


What's the Secret of Our Height?



Have you ever wanted to be taller? Perhaps we all have wished for this, whether we're trying to see over a crowd of people or dreaming of becoming a basketball player. Height is mainly a result of genetics (遗传), though other factors like nutrition and healthcare can also influence our height.

According to World Data, the average height for Chinese men is 1.71 meters, while for women it's 1.59 meters. But what stops us from growing to three meters or even taller? The answer is evolution (进化), according to a study from Harvard University.

“Height is not just about height. It's about the biological growth of an organism,” biologist Terence D. Capellini from Harvard University told Popular Science. Over millions of years, natural selection has influenced the way our organs (器官) grow and therefore the way our bodies grow too. In general, the genes that are responsible for organ growth are quite active



in infants (婴儿), causing them to grow rapidly. But as children get older, the genes slacken. Eventually, as they enter late adolescence, the genes turn off and teenagers reach their adult height.

According to the study, about 70 to 80 percent of our height is mainly determined by the growth genes. The other factors are some environmental factors like proper nutrition and modern healthcare. An example of an environmental factor is when a child doesn't get the nutrition he or she needs, the child is less likely to reach the average height.

Many people would like to be taller than they are, but is that necessarily good for them?

Robert Wadlow from the US was the tallest man in history. He was 2.71 meters tall. But he suffered from several related health problems. For example, he needed leg braces (支架) to help him walk. He died at the age of 22 from an infection that was caused by a brace that didn't fit him properly. Being very tall can cause high blood pressure in the legs. It can also put too much stress on the heart, according to *The Guardian*.

It seems that beyond having tall parents, the only way to increase your height is to eat a healthy and balanced diet, according to *Forbes*.

27. According to the passage, \_\_\_\_\_ stops humans from growing.

- A. healthcare                      B. nutrition                      C. lifestyle                      D. evolution

28. The word "slacken" in Paragraph 3 probably means "\_\_\_\_\_".

- A. turn off                      B. slow down                      C. give off                      D. break down

29. The writer probably agrees that \_\_\_\_\_.

- A. reaching the average height may put less stress on our heart  
B. humans' organs grow much more slowly than their height  
C. we have to become stronger if we want to grow much taller  
D. our height is also influenced by our daily food besides genes

【27~29 题答案】

【答案】27. D 28. B 29. D

【解析】

【导语】本文主要介绍了影响人类身高的因素是什么。

【27 题详解】

细节理解题。根据“The answer is evolution (进化), according to a study from Harvard University”可知，进化阻止了人类生长，故选 D。

【28 题详解】

词义猜测题。根据“Eventually, as they enter late adolescence, the genes turn off and teenagers reach their adult height”可知，随着年龄的增长，基因会变弱，所以 slacken 与 slow down 同义，故选 B。

【29 题详解】

细节理解题。根据“It seems that beyond having tall parents, the only way to increase your height is to eat a healthy and balanced diet”可知，除了基因的影响，健康的饮食也会促进身高的生长，故选 D。

D

Micro-habits are small habits which require the smallest motivation or effort to complete. The idea is that micro-habit will slowly build on top of itself and result in something great over time.

My middle school gym teacher introduced me to micro-habit in the form of weight lifting. He said, “Imagine weightlifting as stacking up pieces of paper. Every day you lift weights, just pretend like you're adding a piece of paper to a



pile On the first day, you start with one single piece of paper. After a month of weight lifting, you could have as many as 30 sheets of paper stacked up. After several years of keeping up with weight lifting, you are going to have a serious pile of

The idea has stuck with me ever since, and I have tried to develop a number of micro-habits. These micro-habits have shaped the way I live and have helped me do things I wouldn't have been able to do otherwise.

The first habit I started with was reading. I have never been a big reader but decided I wanted to start reading more to learn new things. At first, I began reading one page a night before bed. Just one page, that's it! Anyone can read a single page of a book. No matter what, I would read before bed every single night. What I found was reading the page of the book wasn't what was important, but rather forming the habit. It's nearly impossible to make an excuse not to take a minute for reading a page of a book. Thus, the habit begins to form. Sometimes it is a struggle, but remember—it's only one page. Finally, by adding only five minutes at a time, I am able to increase the total amount of reading from five minutes to forty-five minutes per night.

The beauty of micro-habits is that they're so simple, you can't say no to them or make any excuse not to follow through with them. As humans, we often overvalue what we think we can complete, but then we give up the moment reality. Micro-habits are all about preventing you from giving up due to something being too 'hard'. When practicing consistently, you can do something without even having to think about it. Micro-habits you probably already fixed into your daily life include brushing your teeth, taking a shower, making a morning cup of coffee, etc.

Pick something you want to do and improve on. Then find out the micro-habits you can start today to help you reach your goal, and eventually achieve your dream.

30. Why does the writer talk about weight lifting in Paragraph 2?

- A. To state the necessity of micro-habits.
- B. To state the importance of weightlifting.
- C. To further explain what micro-habits are.
- D. To further explain how to keep weight lifting.

31. What can you learn from the passage?

- A. Micro-habits gave the writer an excuse to read.
- B. With great efforts, people can form micro-habits.
- C. With smallest motivation, people can go to the top.
- D. Micro-habits helped the writer form the reading habits.

32. The fifth paragraph is mainly about \_\_\_\_\_.

- A. why micro-habits worked
- B. why micro-habits are beautified
- C. how the writer used micro-habits
- D. how the writer began his micro-habits

33. Which of the following would be the best title for the passage?

- A. Micro-habits Can Make Great Progress
- B. To Achieve Your Goal, Change Your Micro-habits
- C. Micro-habits Can Make a Big Difference
- D. To Develop More Skills, Build Your Micro-habits

【30~33 题答案】

【答案】30. C 31. D 32. A 33. C





【解析】

【导语】本文讲述微习惯只需要最小的努力就能完成，可以让人发生变化。

【30 题详解】

推理判断题。根据“Micro-habits are small habits which require the smallest motivation or effort to complete”及“My middle school gym teacher introduced me to micro-habit in the form of weight lifting”可知，讲述举重是为了进一步地解释微习惯的含义。故选 C。

【31 题详解】

推理判断题。根据“These micro-habits have shaped the way I live and have helped me do things I wouldn’t have been able to do otherwise”及“The first habit I started with was reading”可知，微习惯帮助作者形成了阅读的习惯。故选 D。

【32 题详解】

段落大意题。根据“The beauty of micro-habits is that they’re so simple, you can’t say no to them or make any excuse not to follow through with them.”，微习惯的美妙之处在于它如此简单，你不能否定它或者找任何借口去拒绝它。可知这段主要讲述微习惯为什么会起作用。故选 A。

【33 题详解】

标题概括题。根据“Micro-habits are small habits which require the smallest motivation or effort to complete. The idea is that micro-habit will slowly build on top of itself and result in something great over time.”及“These micro-habits have shaped the way I live and have helped me do things I wouldn’t have been able to do otherwise.”，可知文章主要讲述微习惯可以让人有很大变化，可概括为“Micro-habits Can Make a Big Difference”。故选 C。

## 第二部分

本部分共 6 题，共 20 分。根据题目要求，完成相应任务。

### 四、阅读表达（每题 2 分，共 10 分）

阅读短文，根据短文内容回答问题。



When you take notes in your classes, are you confident that you’ll actually go back and look over them? Or do you just write out your notes in class and then completely forget all of the information you wrote down? A useful note-taking method can not only save you precious time and energy, but also help you better understand what you learn.

This well-known note-taking method is called the Cornell Note-taking System. It was first developed in the 1940s by education professor Walter Pauk at Cornell University to help students learn. According to Cornell Notes, each page is divided into three sections: the note-taking column, the cue column（提示栏）and summary space. It’s very easy. You just need to draw two lines on your note page, leaving a 2.5-inch margin on the left and a 2-inch margin on the bottom.

The note-taking column, which is the biggest space is used to write down notes while you are in class or reading an article. The key point is that you don’t write down what you hear word by word. It requires you to be very brief, using short phrases, symbols or keywords to replace long sentences.



To help with future review, you can write some related questions on the left. The next step is to cover the note-taking column with a sheet of paper or your hand. Then, by only looking at the questions for key words, try to repeat the content in your own words.

The summary space is designed to help you reflect on what you've learned. Questions may also be useful. For example, what's the significance of these facts? What principles are they based on? What's beyond them? You can also write down your own ideas and personal feelings. Don't forget to review from time to time so that you will remember the information more easily.

Practice makes perfect. After a few months of using this handy note-taking method, you are sure to become the note-taking star of your class. And even better, you'll finally be able to remember what you have learned.

34. Who first developed the Cornell Note-taking System?

---

35. What is the biggest space used to do?

---

36. How can you use the cue column?

---

37. Why is the summary space designed?

---

38. Would you like to use this note-taking method? Why or why not?

---

**【34~38 题答案】**

**【答案】** 34. Walter Pauk./It was Walter Pauk.

35. It is used to write down notes./The biggest space is used to write down notes.

36. Write down some related questions on the left column, cover the note-taking column and then repeat the content in your own words.

37. The summary space is designed to help you reflect on what you've learned./To help you reflect on what you've learned.

38. Yes, I would like to use it. Because this method can save my precious time and energy, help me better understand what I've learned and enable me to remember what I've learned.

**【解析】**

**【分析】** 本文讲述康奈尔笔记系统的使用方法，以及这种记笔记的方法的优势。

**【34 题详解】**

根据第二段“This well-known note-taking method is called the Cornell Note-taking System. It was first developed in the 1940s by education professor Walter Pauk”，可知，康奈尔笔记系统是沃尔特·波克开发的。故填 Walter Pauk./It was Walter Pauk.

**【35 题详解】**

根据第三段“The note-taking column, which is the biggest space is used to write down notes while you are in class or reading an article”可知最大空间被用来写笔记。故填 It is used to write down notes./The biggest space is used to write down notes.

**【36 题详解】**

根据第四段“To help with future review, you can write some related questions on the left. The next step is to cover the note-taking column with a sheet of paper or your hand. Then, by only looking at the questions for key words, try to repeat the



content in your own words”可知，可以写一些相关的问题在左边，用一张纸或你的手盖住笔记栏，看关键词的问题，努力用自己的话去重复内容。故填 Write down some related questions on the left column, cover the note-taking column and then repeat the content in your own words.

**【37 题详解】**

根据倒数第二段“The summary space is designed to help you reflect on what you’ve learned”可知，摘要空间是为了帮助你反思你学过 内容。故填 The summary space is designed to help you reflect on what you’ve learned./To help you reflect on what you’ve learned.

**【38 题详解】**

根据第一段“A useful note-taking method can not only save you precious time and energy, but also help you better understand what you learn”及最后一段“And even better, you'll finally be able to remember what you have learned”可知，康奈尔笔记系统是一种对人非常有帮助的方法，不仅可以节省你宝贵的时间和经历，还能帮助能更好的弄懂你所学的东西，而且还能帮助你记住你学过的东西。故填 Yes, I would like to use it. Because this method can save my precious time and energy, help me better understand what I’ve learned and enable me to remember what I’ve learned.

**五、文段表达（10 分）**

39. 从下面两个题目中任选一题，根据中文和英文提示，完成一篇不少于 50 词的文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出你的校名和姓名。

**题目①**

39. 实践类作业 (project-based homework) 形式多样，如制作海报、撰写调查报告、制作手抄报、表演戏剧等。学校正在为“实践类作业设置方案”征询建议。假如你是李华，请你在学校网站给张老师留言，推荐一个你最喜欢的实践类作业，请简单描述实践过程并陈述理由。

提示词语： poster, survey report, draw, interview, interesting, helpful

提示问题：

- What’s your favorite project-based homework?

Please describe it.

- Why do you like it?

Dear Ms. Zhang,

*There are different kinds of project-based homework*

---

---

---

---

---

---

---

---

---

---

*Yours,  
Li Hua*



【39 题答案】

【答案】例文

Dear Ms. Zhang:

There are different kinds of project-based homework. My favorite project-based homework is a survey about lucky money. Last winter holiday, I interviewed my friends online about how they spent their lucky money. I found half of them used it to buy books or gave away to the poor children while some of them bought snacks or played online games. From then on, I learned to make good use of my lucky money.

I love that homework because it can help us find out the problems and solutions by ourselves instead of copying or repeating something boring.

Yours,  
Li Hua

【解析】

【详解】1. 题干解读：本文是一篇材料作文。介绍自己最喜欢的实践类作业。

2. 写作指导：本文采用一般现在时和一般过去时，人称采用第一人称和第三人称。第一段介绍自己最喜欢的实践类作业是什么；第二段介绍喜欢它的原因。写作时保持主谓一致性，做到无语法和标点错误。

题目②

40. 北京 2022 年冬奥会成功举办，我们见证了赛场上运动员的奋力拼搏，也见证了场外无数工作人员的辛勤付出。

某英文网站正在开展以“拼搏、付出”为主题的征文活动。假如你是李华，请用英语写一篇短文投稿，谈谈你生活中努力拼搏的一次经历，主要内容包括你努力拼搏的事情和经过，以及你的感受。

提示词语：decide, keep, succeed, proud

提示问题：

- What did you do?
- How did you feel?

---



---



---



---



---



---



---



---



---



---

【40 题答案】

【答案】例文：

I used to be very shy and afraid to give a speech in public. So I decided to start from talking to myself in front of a mirror every day when I came back from school. Besides, I took every chance to talk in public at school, such as sharing my opinions and answer questions in class. Sometimes, I made mistakes, but it didn't matter. I still kept trying. What's more, I tried to increase my confidence in different daily situations, such as buying ticket, ordering food and asking for directions.



Gradually, I wasn't shy anymore, and I became more confident. Now giving a speech in public is a piece of cake for me. I'm really proud of myself.

【详解】1. 题干解读：该题目属于记叙文写作。在写作时应根据题目要求讲述自己拼搏，让自己改变的经历以及自己的感受。

2. 写作指导：本文时态以一般过去时为主，人称以第一人称为主，个人努力拼搏的经历叙述完整，条理清晰。

北京中考  
BJ\_zkao



北京中考在线  
微信号：BJ\_zkao



北京  
中考

北京中考  
BJ\_zkao



北京中考在线  
微信号：BJ\_zkao



北京  
中考