



## 第一部分

本部分共 36 题，共 50 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 1 分，共 12 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。

- Notes are important for students. \_\_\_\_\_ can help us to remember and think.  
A. It                      B. I                      C. They                      D. You
- My father is so busy with his work that he often gets home late \_\_\_\_\_ night.  
A. at                      B. on                      C. in                      D. with
- Hurry up, \_\_\_\_\_ we may miss the early bus!  
A. so                      B. if                      C. or                      D. but
- \_\_\_\_\_ I practice my speech here?  
— Yes, you can. And wish you a great success!  
A. Should                      B. Must                      C. Can                      D. Need
- Which one is \_\_\_\_\_, Taishan Mountain or Huangshan Mountain?  
— Maybe it's Huangshan Mountain.  
A. high                      B. higher                      C. highest                      D. the highest
- \_\_\_\_\_ have you been in Beijing?  
— For ten years! I like it here because of the old buildings and welcoming people.  
A. How often                      B. How long                      C. How soon                      D. How many
- Sarah usually takes a walk and \_\_\_\_\_ to music after finishing her homework.  
A. listen                      B. listens                      C. is listening                      D. will listen
- Our team \_\_\_\_\_ the science project and worked out a plan last week.  
A. discussed                      B. will discuss                      C. have discussed                      D. are discussing
- Mary is quite good at dancing. She \_\_\_\_\_ to dance since she was six years old.  
A. learns                      B. learned                      C. has learned                      D. will learn
- Look! Many children \_\_\_\_\_ on the frozen lake in the park.  
A. skate                      B. skated                      C. were skating                      D. are skating
- It's reported that more trees \_\_\_\_\_ in this city next year.  
A. plant                      B. is planted                      C. was planted                      D. will be planted
- Do you remember \_\_\_\_\_?  
— At the New Year's party two years ago.  
A. where we first meet                      B. where we first met  
C. where do we first meet                      D. where did we first meet

## 二、完形填空 (每题 1 分, 共 10 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。

This year, my mother participated in a competition and won a private plane trip for our family. We all looked forward to the flight. I never tried flying before, so I began to prepare a long time in advance. I even studied information about plane crashes and what to do in extreme (极端的) situations. I am used to fully preparing for everything. Packing several plastic bags, earphones, and a lighter, I felt 13 to face any situation.

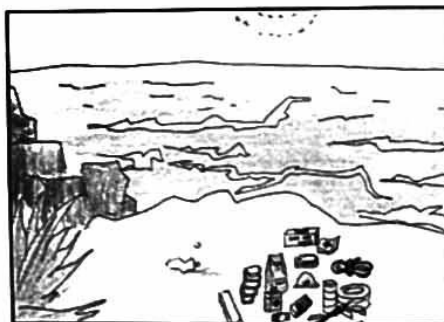
Finally, the day of the flight came. In two hours, we would fly over our city and make a small circle over the sea. My dream was about to come true.

As our aircraft gained speed, I was pushed to the back of the chair. It was so cool! I gazed out of the window and watched cars turn into tiny toy cars and houses become matchboxes. The islands 14 me as well. Everything was so beautiful and unusual.

Suddenly, the plane began to shake. We were told to fasten our seatbelts and not to worry. However, when the plane swung from side to side, I felt 15. It didn't look normal at all! I hoped I had been on my parents' side so that I could hold their hands. The last thing I remembered was a trolley (推车) rolling around.

When I recovered, all of my bones hurt terribly, and I found myself lying on a seashore. I couldn't understand why I was there. I kept looking for Mom and Dad until I 16. I was completely alone on an island.

I panicked a little and started to fumble (摸索) in my pocket. Most luckily, the lighter was still there. Trying to remember what I had learned before the flight, I gradually 17 down. I picked branches (树枝) and built a torch with my lighter to prepare for the 18. I still felt thirsty and hungry, so I turned deeper into the forest and found orange trees with juicy fruit. The oranges turned out to be sour, but I had no 19.



That night, the campfire kept me warm. And thanks to the oranges, I almost didn't feel hungry. Meanwhile, I couldn't stop thinking about my parents. They sat together, and the life vests (救生衣) were kept on their side, so hopefully they could 20.

The morning came, and another day passed, but there was not a single ship sailing by. 21 began to appear in my head. What if they couldn't find me at all? I felt like crying. Just then, I heard the sound of a boat. Two rescuers came up with flashlights.

Later my parents told me that during the flight the wing of the plane was torn off. They 22 to land safely, but I was blown to the island by waves. Fortunately, it turned out to be an unusual adventure. I understood one thing from the whole experience—things just happen, so it never hurts to be fully prepared.

13. A. free

B. satisfied

C. ready

D. careful

14. A. impressed

B. changed

C. troubled

D. confused

15. A. awed

B. regretful

C. special

D. terrified





- |                     |               |               |                |
|---------------------|---------------|---------------|----------------|
| 16. A. imagined     | B. questioned | C. realized   | D. appreciated |
| 17. A. lay          | B. calmed     | C. broke      | D. sank        |
| 18. A. accident     | B. escape     | C. journey    | D. night       |
| 19. A. doubt        | B. idea       | C. reason     | D. choice      |
| 20. A. survive      | B. meet       | C. understand | D. communicate |
| 21. A. Expectations | B. Plans      | C. Fears      | D. Memories    |
| 22. A. dreamed      | B. managed    | C. decided    | D. preferred   |

### 三、阅读理解 (每题 2 分, 共 28 分)

(一) 信息匹配。下面材料分别介绍了四项不同的善举。请根据对三位同学的描述, 为他们推荐最适合的活动。

A

Studies show that teens who display more acts of kindness, like sharing and helping, are happier, more well-liked, and more successful in school.

<p><b>A. Donating Things to People in Need</b></p> <p>Donating things helps both yourselves and others. For example, you can plant a vegetable garden, do regular duties and then give the vegetables to people in need, or make a meal and give it to an elderly neighbor or a friend. Besides, gathering gently used toys and books and then donating them to kids in a children's home is also a good way.</p> 	<p><b>B. Writing Thank-You Notes</b></p> <p>You could write thank-you notes for people who work hard to make our lives better. They may be your grandparents, school teachers, or family friends. Besides, you can write letters to thank police officers, firefighters, or local leaders in the community for the work they do. Giving Thank-you notes does have something to do with sharing and helping.</p> 
<p><b>C. Making a Gift for Someone</b></p> <p>If you are good at creating small gifts, you can give them away to others. Gifts could be simple crafts (手工) you make or pictures you draw. A homemade card or a painting can brighten someone's day. It matters a lot for you to create some colorful paper flower bookmarks and homemade gifts we can give away.</p> 	<p><b>D. Spreading Some Cheer</b></p> <p>Spreading cheer to others can often become a second nature. Visiting and spending time with someone who finds it hard to leave their neighborhood or even get out of the house helps a lot. Volunteering at an old people's home is also meaningful. Such a small act can have a big effect on others as well as lead you to a positive life.</p> 

23. Mary is a warm-hearted girl and gets along well with the old. She thinks staying with the old is also helpful. \_\_\_\_\_
24. John is a plant lover and he has a vegetable garden. His parents sometimes teach him to make food with the vegetables he grows. \_\_\_\_\_
25. Alice often spends her free time making DIY crafts such as paper cuts and bookmarks. She loves to share her crafts with others. \_\_\_\_\_

(二) 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。

### B

There is a new girl at the bus stop today. Everyone stares at her but no one talks to her. On the school bus, friends sit together as usual while the new girl sits alone. In school, Miss Smith surprises Mira and her classmates by introducing a new student in their class—the new girl!

Everyone stares at the newcomer and comments on her foreign appearance. Miss Smith reminds them to be kind and helpful towards Zenie—that's the name of the new girl.

Mira recalls being in Zenie's shoes before when she first came to this school in England, ignored (忽视) and left out. With empathy, she smiles at Zenie who returns the smile immediately. They become best friends soon.

One day, Miss Smith tells the students that a culture festival will be held in their school. She assigns (布置任务) them a performance to introduce “something I'm proud of” which excites everyone except for Zenie.

“Mira, what should I do?” she asks anxiously.

“Don't worry, Zenie! You can talk about your family, festivals, or your hometown.”

“But they might laugh at me!” Zenie expresses her concern.

“When you speak, just focus on the people who are kind to you,” Mira advises her.

On the day of the festival, excitement fills the school. But Mira can't find Zenie and she hopes that Zenie hasn't skipped school on this special day. Soon it is time to start.

Veena sings a song in French, her mother tongue. Other children share stories about British festivals and traditions, delicious food and famous people.

When it's Mira's turn, she proudly presents a slide show about the small town called Orcha where she was born.

Suddenly, someone with big earrings walks in—it's Zenie! The children can hardly recognize her with her costume and make-up! Mira notices that Zenie is nervous but as soon as she starts talking about Mizoram, one of India's twenty-nine states, everyone listens carefully. She then shows them a traditional Mizo dance called Chheihlam while Miss Smith turns on the music.



Some children laugh at first but Zenie ignores them and continues to move gracefully, enjoying herself so much that nothing can stop her. Miss Smith joins in and even some children start dancing along while others like Mira clap to the rhythm of the music. Everyone is having fun!

26. How does Zenie feel when Miss Smith assigns them a performance?  
A. Lonely.                      B. Lucky.                      C. Surprised.                      D. Worried.

27. What does Zenie do on the festival?  
A. She sings a song in French.  
B. She shows a traditional Mizo dance.



- C. She shares stories about British food.  
 D. She presents a slide show about Orcha.
28. Zenie's story mainly tells us that \_\_\_\_\_.
- A. we should be confident of our friendship  
 B. encouragement from our teachers is important  
 C. music and stories can bring people a lot of fun  
 D. we don't need to care too much about others' judgement

### C

Humans spend about one third of their lives sleeping. By the time you're 15, you will have slept for 5 years! But why do we do it? Sleep has puzzled people for a long time. Why do we lie down and sleep for hours every night? Now scientists are beginning to answer some of those questions. They've discovered that brains and bodies don't just shut down at night.



What makes you fall asleep? The trigger (触发器) is a body clock or a time-keeper. At around the same time every day, this clock releases a special "night" signal chemical. It tells the whole body to slow down and get ready for sleep. The heavy feeling that you really need to close your eyes is triggered by a build-up of old nerve (神经) messenger chemicals. When the message gets too much, the brain senses that it's time for a tidy-up. Time to sleep! While you're asleep, your body will break down the old message and clear it away, ready for a new day.

As you slip into sleep, your heart slows down and you breathe more slowly. Your eyes shut, and your brain ignores the most sounds and surroundings around you. And in the morning, it feels like the night takes no time at all. But your brain does not shut down at night. In fact, it gets quite active. It's got important jobs to do. You cycle through stages of light, deep, and REM (rapid eye movement) sleep every 90 minutes, over and over, all-night long. At the beginning of the night, you do more slow-wave sleeping, while the brain is cleaning the house. Toward morning, you get more REM sleep, that's when the most vivid dreams happen.

Your brain gets a good workout at night — and your body is not idle either. Sleep is your body's time to repair and grow. At night, your body releases chemicals that help create new bits of skin, muscle, and other parts of you. Sleep is also when your body makes the hormones that help you grow. Your immune (免疫) system also gets super busy at night, clearing away germs and making more germ-fighting antibodies (抗体).

Scientists still have many questions about sleep. They'd like to know why some people need more sleep than others, and how some animals get by with a lot less sleep. They'd like to find ways to help people sleep better. But they know one thing for sure: getting enough sleep is the most important thing you can do to stay healthy and smart. Think of sleep like a free magic potion that arrives every night. It makes you strong, helps you grow, and fights germs! It makes you smarter, happier, and more creative! To get some, just lie down.

29. After a night's sleep, it feels like the night takes no time at all in the next morning because \_\_\_\_\_.
- A. our brain works very hard all night long  
 B. our brain pays little attention to the outside world  
 C. our body gets important jobs done for the next day  
 D. our body breaks down the old message and clear it away
30. The word "idle" in Paragraph 4 probably means "\_\_\_\_\_".
- A. taking a rest  
 B. feeling tired  
 C. working hard  
 D. being similar
31. What can we learn from the passage?
- A. The most vivid dreams happen at the beginning of the night.  
 B. Both our brain and our body are busy when we are sleeping.  
 C. Our immune system gets stronger at night by repairing itself.  
 D. Our body tells the brain to sleep by giving off a special signal.
32. Which of the following would be the best title for the passage?
- A. Why Do Humans Need Sleep?  
 B. Sleep! The More the Better  
 C. How Much Sleep Is Enough?  
 D. Sleep! A Workout for Our Brain



## D

### What Is It That Makes Us Happy?

What is it that really makes us happy? The book *The Good Life*, by Robert Waldinger, MD, and Marc Schultz, Ph.D., draws on a research study that lasted for over 80 years, starting in 1938 with 724 participants. The authors wondered what things would predict health and happiness, and they designed a study that now includes 1,300 descendants (后代) of the original participants, which is the world's longest scientific study of happiness.

The researchers originally thought that physical features (特点) such as heart speed and blood pressure would be important. Beyond their expectation, it turned out that **satisfaction in relationships is the best predictor of a happy and healthy life**. People who were more socially connected had less risk of dying at any age and good relationships, instead, can be protective of our health.

Researchers also found out that loneliness is as dangerous to your health as smoking half a pack of cigarettes. **If you have had an upsetting day, and you are still thinking about it late at night, especially when you don't have someone to talk to, your body stays in a fight or flight mode (模式), which causes higher levels of stress and inflammation (炎症) and further harms our body systems. Good relationships keep us happier and healthier. Period.**

The encouraging news is that it is never too late and positive change is always possible. But for those who have been hurt in childhood, it might be harder to either maintain a close relationship or make new social bonds. The study shows that people who have been treated poorly by families and friends in their childhood often carry these unhappy memories into their adult life. And when they grow up, they tend to expect unconditional (无条件的) love and care from other people but sadly, they end up disappointed in most cases. Thus, they often believe that they will be happier, or

safer, without close connections. These habits might stay with them for a long time.

So, if we were one of those unfortunate people, what could we do? Perhaps the most powerful approach is to remain open to the possibility of people behaving differently than we expect. The key is to **take nothing for granted**. It will help a lot if you are grateful for what people do for you. For example, can you “catch” other people doing good? People are usually skilled at noticing when others are behaving badly, but not so skilled at noticing when people are being kind. The readier we are to be surprised by people, the more likely we are to value the relationship.

No matter what we have been through, to be happy and healthy, we need to find a way to cope with life, instead of pushing love away. Just as trees need water and sun to grow, relationships need our attention and patience as well. Recognizing others for who they are and meeting them where they are can go a long way toward deepening a connection.

33. What are Paragraph 2 and Paragraph 3 mainly about?

- A. The ways of doing the research.
- B. The conclusions of the research.
- C. The background of the research.
- D. The reasons for doing the research.



34. According to the passage, those who have been hurt in childhood \_\_\_\_\_.

- A. have high expectations for people around them
- B. find it difficult to treasure a few happy memories
- C. can easily receive love and care from other people
- D. believe it's never too late to make positive changes

35. By saying “take nothing for granted” in Paragraph 5, the author suggests that people should \_\_\_\_\_.

- A. study people's bad behaviors
- B. be ready to form a relationship
- C. appreciate others' kind behaviors
- D. behave beyond others' expectation

36. What is the writer's main purpose in writing this passage?

- A. To discuss the influence of early memories on people.
- B. To explain the connections between health and happiness.
- C. To encourage people to manage interpersonal relationships.
- D. To offer tips on avoiding being alone when people are upset.

## 第二部分

本部分共 22 题，共 30 分。根据题目要求，完成相应任务。

四、选词填空（每题 0.5 分，共 8 分）

从下列方框中选择适当的词并用其正确形式填空，每一组中每个词只用一次，其中有一个为多余选项。

五、阅读表达（第 53 题至 56 题每题 2 分，第 57 题 4 分，共 12 分）

阅读短文，根据短文内容回答问题。

### Prizes Celebrate Unusual and Wild Science

The Ig Nobels, which were founded in 1991, were inspired by the Nobel Prizes, one of the world's most respectable awards. The Nobel Prizes in science honor research that benefits human beings. The Ig Nobels, on the other hand, "celebrate the unusual, honor the imaginative—and encourage people's interest in science, medicine, and technology".

The Ig Nobel Prizes came from the word "ignoble", which means "of low or dishonorable character". The name was coined by Marc Abrahams, an American physicist and humorist, who founded the scientific humor magazine *Annals of Improbable Research (AIR)*.

Organized by *AIR*, the Ig Nobel Prizes are awarded each year in early October at Harvard University's Sanders Theatre—around the time the winners of the Nobel Prizes are announced. They honor ten achievements that "first make people laugh, and then make them think".

The Ig Nobel Prize winners receive a cash award, a certificate (证书), and a traditional Nobel Prize-like medal made of cheap metal. The Ig Nobel Prizes are traditionally presented by actual Nobel Prize winners. The award ceremony includes mini operas, scientific demonstrations (演示), and the 24/7 lectures. During the 24/7 lectures, experts must explain their work twice: once in 24 seconds and the second in just seven words. Acceptance speeches are limited to 60 seconds.

This year's 10 winning projects included a toilet that uses AI (artificial intelligence) to scan people's poop (粪便) to look for signs of disease. One paper studied the feeling people get when they repeat a single word many, many, many, many, many times. In another award-winning project, scientists could use electrified chopsticks and drinking straws to change the taste of food and drinks. The method could help people on restricted diets get greater enjoyment from food.

As the name suggests, the research being honored might seem funny at first sight, but that doesn't mean it lacks scientific value. The Ig Nobel Prizes have become popular over the years and have attracted more scientists, researchers, and even ordinary people who have achieved something unusual or humorous.

53. When were the Ig Nobels founded?

54. Where are the Ig Nobel Prizes awarded?

55. What does the Ig Nobel Prize award ceremony include?

56. In one award-winning project, how could scientists change the taste of food and drinks?

57. What do you think of the Ig Nobel Prizes? Why? (Give at least two reasons)



六、文段表达 (10分)

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

**题目①**

假如你是李华, 你的英文笔友 Tony 对中国家庭的教育方式很感兴趣。他给你发来邮件, 询问你家有哪些家规, 以及你对它们的看法。请你用英文回复一封邮件, 介绍你的家规及你的看法。

**提示词语:** be allowed to, stay up, benefit, deal with

**提示问题:** ●What family rules do you have?

●What do you think of them?

*Dear Tony,*

*I have a lot to say about my family rules.* \_\_\_\_\_

\_\_\_\_\_

*I'm looking forward to hearing from you again.*



\_\_\_\_\_

*Yours,*

*Li Hua*

**题目②**

人的心中总有一片海, 海中的每一朵浪花都是每个人心里最温暖的画卷。

英文网站正在开展以“心海里的那朵浪花 (An Episode in My Heart)”为主题的征文活动。假如你是李华, 请你用英语写一篇短文投稿, 分享一次让你感到温暖的经历, 并谈谈你的收获。

**提示词语:** confident, make effort, encourage, challenge, hopeful

**提示问题:** ●What was the experience that made you feel warm?

Please describe it.

●What have you learnt from the experience?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_