水林

能力提升卷(一)



英 语

(本试卷满分150分,建议用时:120分钟)

第一部分 听力(共两节,满分30分)

第一节 (共5小题;每小题1.5分,满分7.5分)

听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

- **1.**Where does the conversation probably take place?
 - A. At the bus station.
 - B. In the office.
 - C. At the airport.
- 2. What does the man think of the traffic in Taiwan?
 - A. Acceptable.
 - B. Crazy.
 - C. Good.
- 3. What will the man like to eat tonight?
 - A. Chicken and pork.
 - B. Chicken.
 - C. Pork.
- 4. When is the best time to climb Mount Tai?
 - A. May.
 - B. July.
 - C. November.
- **5.** What is the probable relationship between the speakers?
 - A. Classmates.
 - B. Colleagues.
 - C. Couples.

第二节 (共15 小题;每小题1.5 分,满分22.5 分)

听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第6段材料,回答第6,7题。

- **6.**Why does the man want to change his job?
 - A. To get promoted.
 - B. To make more money.
 - C. To challenge himself.
- 7. How do you feel about the man?
 - A. He is an ambitious man.
 - B. He is a changeable man.
 - C. He is a disabled man.

听第7段材料,回答第8,9题。

- **8.**Which place are the speakers going to?
 - A. The bookstore.
 - B. The cinema.
 - C. The restaurant.
- **9.**What are the speakers going to do before going to their destination?
 - A. Go shopping.
 - B. Buy some books.
 - C. Eat something.

听第 8 段材料,回答第 10 至 12 题。 10.What will the woman do during the summer holidays? A. Watch TV.

- B. Study at home.
- C. Go to Hangzhou.
- 11. How long will the man stay in Hangzhou?
 - A. Three weeks.
 - B. Four weeks.
 - C. Five weeks.
- 12. What do we know about the woman?
 - A. She is working hard at her study.
 - B. She is expecting to travel to Hangzhou.
 - C. She is willing to study during holidays.

听第9段材料,回答第13至16题。

- **13.**Where does the woman want to go?
 - A. The bus stop.
 - B. The shopping mall.
 - C. The People's Hospital.
- **14.**How long will it take to go there by taxi?
 - A. About 10 minutes.
 - B. About 20 minutes.
 - C. About 45 minutes.
- **15.** Which bus will directly take the woman to her destination?
 - A. Bus No. 7.
 - B. Bus No. 10.
 - C. Bus No. 11.
- **16.**What vehicles does the woman finally decide to take?
 - A. A taxi.
- B. A bus.
- C. A subway.

听第10段材料,回答第17至20题。

- 17. How many places will they visit?
 - A. 5.
- B. 4.
- C. 3.
- **18.**Who may take part in this trip?
 - A. Teachers.
 - B. Students.
 - C. The locals.
- **19.**How will they go to Windsor?
 - A. On foot.
 - B. By bus.
 - C. By underground.
- **20.**What does the speaker mainly talk about?
 - A. A travelling arrangement.
 - B. A university.
 - C. Some sights.

第二部分 阅读理解(共两节,满分40分)

第一节 (共15小题;每小题2分,满分30分)

阅读下列短文,从每题所给的 A、B、C 和 D 四个选项中,选出最佳选项。

Δ

In reality you're sitting in an armchair but in your mind you're in the depths of a faraway forbidden forest or perhaps in a cute little café in a side street with the Eiffel Tower on the distant skyline. Literature gives you the safety of travelling within the comforts of your own home, with a cup of tea in your hand and a cat sitting on your lap. I would like to take you on a journey to enjoy the beauty and the culture of Great Britain.

1. Pride and Prejudice by Jane Austen

Jane Austen's romantic novel centres around the

Bennet family during the 19th century and the importance of marriage and societal expectations. The style of the novel is ridiculous and the author uses exaggerated (夸张的) characters to make fun of the society.

Setting: Longbourn (a fictional town) in Hertfordshire

Author: English

Compare your imagination with the real thing and visit Chatsworth House in Derbyshire.

2. Angus, thongs and full frontal snogging by

Louise Rennison

The book presents the troubles of teenage girls: boys, boobs and being popular. It's a funny read and very relatable.

Setting: Brighton

Author: English

3. Sherlock Holmes stories by Sir Arthur

Conan Doyle

One of the most famous detectives of all time, Sherlock Holmes, uses his high intelligence and observation skills to solve mysteries.

Setting: London

Author: Scottish

Are you a good enough detective to understand who Sherlock Holmes is? If not, visit "The Real Sherlock Holmes Walking Tour" in Edinburgh.

4. Oliver Twist by Charles Dickens

"Please, Sir, I want some more." The novel follows Oliver's life as an orphan in London and the characters he meets while living on the streets.

Setting: London

Author: English

21. What is the topic of *Pride and Prejudice*?

A. Love story.

B. Children's growth.

C. Thinking skills.

D. Life's hardship.

22. What does the author advise to do to know about

Sherlock Holmes?

A. To read Sherlock Holmes stories.

B. To take a tour in Edinburgh.

C. To chat with the author.

D. To be a good detective.

23.What is the passage intended for?

A. Inviting readers to join in the travelling.

B. Showing some ways to know Great Britain better.

C. Introducing some good books about Great Britain.

D. Comparing different understandings on some

authors.

В

Last year, I went through every high school senior's

nightmare: I was refused from all the colleges I applied to. It's not that I was a bad student. I had a narrow

vision, applying only to some key schools. So when I

got refused, I got into a panic. I thought there was only

one path to success, and I wasn't on it. While all my

friends were picking out twin extra-long sheets, I was

left wondering what kind of future I could have.

When my panic faded, I signed in the community

college. I wasn't excited. I thought community college classrooms with incompetent teachers that taught their students to sleep. I was so wrong. My art history professor was so poetic, her lectures felt spoken word. My classmates were intelligent and came from all walks of life—some still figuring things out like me.

I decided to give myself a year of experiment. Aside from general education, I took a range of classes. I know it seems like a random kinds of classes, but it allowed me to know what I like and don't like. I used to have this idea that I had to rush in order to achieve a certain level of success by a certain age, but a year of community college has taught me to slow down, and to recognize that things take time to adjust. I still hope to transfer to a four-year university next year, but I'll be going about it as a more mature person.

Being around students from all walks of life has made me realize that I'm not late in the game at all.

There's more than one way to get where you want to be.

- **24.** What future do the author's friends have?
 - A. They have extra sheets.
 - B. They have other choices.
 - C. The future for them is clear.
 - D. The way to their success is long.
- **25.**Why was the author depressed at first?
 - A. His art history professor was expressive.
 - B. He didn't like study with students from all walks of life.
 - C. He thought the teachers in the community college have little ability.
 - D. He learned students in the community college always slept in class.

- **26.** What can we learn about the author from Paragraph 3?
 - A. He changed his idea.
 - B. He chose all kinds of classes.
 - C. He decided to make an experiment.
 - D. He would attend a four-year university next year.
- **27.**What can be a suitable title for the text?
 - A. Community College Changed My Mind
 - B. Students Experienced Some Nightmare
 - C. I Learned in the Community College
 - D. I Met Some People from All Walks of Life

C

If you were a superhero, what would your superpower be? Would you want to fly or be invisible? Or, perhaps, you'd rather have the power to read minds? Wouldn't that be cool?

Reading minds is not as far-fetched as you might think. In fact, researchers at the Massachusetts Institute of Technology have developed a wearable device that can actually express a person's thoughts and allow them to talk to a computer—without anyone else hearing.

The device, called AlterEgo, allows a person to control a computer and ask it questions without ever saying one word. When the individual wearing the device thinks of a word or a phrase but does not speak it, AlterEgo picks up the neuromuscular(神经肌肉) signals in that person's jaw and face. AlterEgo sends those signals to a computer, which is programed to associate them with specific words.

The device is fairly accurate. In a 10-person trial,
AlterEgo had a 92 percent transcription(转录)
accuracy. Researchers say that number will increase
over time. "Our idea was: Could we have a computing

挑

platform that's more internal, that combines human and machine in some ways and that feels like an internal extension of our own cognition?" Arnav Kapur, a graduate student at the MIT Media Lab said.

effect could what this have communication? AlterEgo can change the way humans interact with computers, allowing us to silently connect with AI assistants such as Amazon's Alexa, Google's Assistant or Apple's Siri without anyone knowing. If a person is having a conversation and wants to look up a bit of information, they don't have to take out their digital device; instead they can just think of the question. AlterEgo will answer without interrupting the conversation. The device can also help people communicate with their voice in noisy situations, such as on a factory floor or on the deck of an aircraft carrier.

- 28. Why are the questions raised in Paragraph 1?
 - A. To ask readers for their opinions.
 - B. To lead into the topic of the passage.
 - C. To inspire readers' imagination.
 - D. To show the author's curiosity.
- 29. What does the underlined word "them" in Paragraph 3 refer to?
 - A. Questions.
 - B. Computers.
 - C. Signals.
 - D. Devices.
- **30.**What's the researchers' attitude toward AlterEgo?
 - A. Positive.
 - B. Worried.
 - C. Respectful.
 - D. Unconcerned.

- **31.** What influence will AlterEgo have on people's communication?
 - A. People can apply AI assistants skillfully.
 - B. People will make a good mind-reader.
 - C. People no longer need mobile phones.
 - D. People can communicate more smoothly.

D

The Dutch—famous for their experimental, creative designs—are once again challenging the architectural limit. The southern city Eindhoven in the Netherlands plans to build the world's first 3D-printed housing complex next year. Backed by the city council(议院), Eindhoven Technical University and several construction companies, they all hope to construct their first three-bedroom, single-floor home by mid-2019.

As currently imagined, the housing complex will feature five homes of varying shapes and sizes to be built over the next five years. The concrete houses, according to a city press release, will follow all regular building regulations, and "will meet the demands of current-day occupants concerning comfort, design, quality and pricing". Private investors believe this effort could "revolutionize the building industry", speeding up construction and allowing more room for customization.

"Everything is possible, "project manager Rudy Van Gorp told AFP, showing off that pool-like homes can even be built around natural objects like trees and maybe even bodies of water. We can exactly fit the design to the area, he said, "We are guests in nature."

The benefits of Project Milestone are seemingly endless. 3D printing also helps solve the issue of decreasing skilled workers in the country. As per basic supply and demand, the fewer available makers, the higher their prices. "In a few years we will not have enough craftsmen like masons (泥瓦匠), for example," Van Gorp explained. "By introducing robotic skill into the construction industry, we can make homes more affordable in the future."

The technique is still currently quite expensive—more than traditional methods, for sure. But Van Gorp expects rates to drop as 3D technology improves, eventually balancing out (perhaps even one day costing less than a professional). "This is just the beginning," Van Gorp said. "It's revolutionary technology and a new way of building that will develop over time."

- **32.** What can we infer about the concrete houses?
 - A. It is of high quality.
 - B. It has many advantages.
 - C. It observes the basic building rules.
 - D. It changes the traditional building style.
- **33.** Why does Van Gorp say "We are guests in nature."?
 - A. We can keep nature's balance.
 - B. Nature can offer us rich resources.
 - C. There are many natural objects around us.
 - D. We can design our house by the surroundings.
- **34.**What is the main idea of Paragraph 4?
 - A. The advantage of the robotic skill.
 - B. The benefits of the Project Milestone.
 - C. The future of the home in a few years.
 - D. The situation of the skilled workers in the future.
- **35.** What's the Van Gorp's attitude towards the 3D technique?
 - A. Objective.
 - B. Indifferent.
 - C. Optimistic.
 - D. Disapproving.

第二节 (共5小题;每小题2分,满分10分)

根据短文内容,从短文后的选项中选出能填入空白处的最佳选项,选项中有两项为多余选项。

The Things to Be Grateful for in Life

We often spend a lot of time complaining about the things we don't have or thinking about the things we want to have in future, and forget those things we have now. If you feel down, you should remind yourself that things will certainly get better soon. __36__.

Your family.

Your friends.

Even if you have only one, be grateful for him or her. ____38__. Be thankful for your friends and try to remind them how much you care as often as possible.

39

We often forget our health until we are sick. Whether you have a headache or something more serious, you can't accomplish your tasks and you can't focus on anything else. If you are a healthy person, be thankful for it each day, and make sure you lead a healthy lifestyle.

The past failures and mistakes.

- I think every person should be grateful for their past failures and mistakes. Every failed relationship or missed job opportunity made you a better person.
- __________. Of course, if you learn from them, just don't dwell(细想) too much on your past.
- A. Your health
- B. Your lifestyle

- C. All these things help to make your life a bit easier
- D. Even if you have a difficult relationship with your parents
- E. One of the best ways is to make a list of all the things you are grateful for
- F. Sometimes mistakes are great since they help you become better and improve your life
- G. Personally, I can say that one good friend is always better than a few so-called friends

第三部分 语言知识运用(共两节,满分45分)

(共20小题;每小题1.5分,满分30分)

阅读下面短文,从短文后各题所给的 A、B、C 和 D 四个选项中, 选出可以填入空白处的最佳选项。

My best friend growing up was my grandpa Chilly. When I was 7, I started working at his Chevron station pumping gas. As I got 41 , he taught me how to 42 the oil and do inspections. Papa Chilly taught me about hard work and honesty. As the owner of his 43 , he didn't sit behind a desk 44 people what to do. He did all the 45 lifting himself. He also taught me to think like an 46 . He'd say, "No matter what you do, work for yourself." That was an 47 . He wanted me to hold myself important **48** for my progress and my **49** in life. Papa Chilly came to all of my games. 50 I signed a letter of intent(意向) on Nov. 14, 2002, to play basketball for near by Wake Forest on a full scholarship, he was 51 . The next day, Papa Chilly left us forever during an 52 . He was 61. 53 that day now still saddens me. The day after his 54 was the first game of my senior year. I played and 55 61 points in his honor. In June 2005, I was 56 in the first round of the NBA draft by the New Orleans Hornets-a comes true. All I could think was how 58

Papa Chilly would have been. In 2017, after I was **59** by the Houston Rockets, I bought a new house. My family spends so much time together there, on holidays when all of my relatives come to town.

41.A. stronger

B. smarter

C. healthier

D. older

42.A. produce

B. add

C. check

D. waste

43.A. station

B. office

C. hospital

- D. airport
- **44**.A. persuading
- B. telling

C. affecting

D. encouraging

45.A. easy

B. heavy

C. major

D. safe

46.A. organizer

B. editor

C. owner

D. announcer

47.A. report

B. lesson

C. model

D. promise

- 48.A. reasonable
- B. available

C. reliable

- D. responsible
- 49.A. opportunities
- B. expectations

C. choices

D. aspects

50.A. When

B. After

C. Until

D. Since

51.A. lost

B. disappointed

C. confused

D. thrilled

- **52**.A. experiment
- B. event

C. accident

- D. idea
- **53.**A. Thinking about
- B. Dreaming of
- C. Referring to
- D. Going on

54.A. funeral

B. operation

- C. performance
- D. anniversary

55.A. learned

B. scored

C. hurt

D. trained

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写作(共两节,满分35分)
第四部分
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第一节 短文改错(共10小题:每小题1分,满分10分)

I like sports so much. When I was a little boy, my father often took us to watch the basketball match. Gradually, sports has become part of my life. While I started to go to school, I join the basketball team. I had much time to practice with my friends. Now, though high school life is extreme busy and I have to learn so

Sports meeting is my favorite because I can take part many activities, such as football, basketball or high jump. I am a person with a great energy, and I enjoy

many subject, I still keep taking exercise everyday.

第二节 书面表达(满分25分)

take exercise.

假如你是李华,你校即将举行"校园募捐"活动, 其目的是给贫困地区的孩子提供生活和学习用品。 请你用英语给你的英国朋友 Mary 写信,邀请她来参 加此次活动。内容应包括:

- 1. 活动的情况;
- 2. 活动的意义:
- 3. 表达愿望。

注意:1. 词数 100 左右;

2. 可适当增加细节,以使行文连贯。

Dear Mary.

How are you doing these days?

Yours,

Li Hua

B. required **56.**A. stopped C. ordered D. picked **57.**A. belief B. dream

D. faith C. duty

58.A. proud B. kind

C. fine D. smart

59.A. decorated B. offered

C. signed

60.A. gradually B. immediately

D. printed

C. frequently D. especially

第二节 (共 10 小题;每小题 1.5 分,满分 15 分)

阅读下面短文,在空白处填入1个适当的单词或 括号内单词的正确形式。

Failing to open curtains fully makes people more likely to get sick, 61 new study suggests. It found sunlight kills disease-causing bacteria 62 live in dust, while darker conditions let them thrive(繁殖). The findings were published in the journal *Microbiome*.

Researchers **63** (warn) the problem also affects windowless offices. Study leader Dr. Ashkaan Fahimipour said, "Humans spend most of their time indoors, where dust carries bacteria 64 (make) us sick."

"Therefore, it's important 65 (understand) how the buildings we live influence dust eco-systems and how this could **66** (serious) affect our health."

His team at the University of Oregon chose 11 small rooms and allowed in 67 (difference) levels of sunlight. After 90 days, dark rooms had double the number of bacteria able to reproduce. Fahimipour added, "We hope that with 68 (far) understanding we could design access to daylight in 69 (building) such as schools, offices, hospitals and homes ways that reduce the risk of dust-borne infections."

驴

能力提升卷(二)



英 语

(本试卷满分150分,建议用时:120分钟)

第一部分 听力(共两节,满分30分)

第一节 (共5小题;每小题1.5分,满分7.5分)

听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

- 1. How much will the man pay?
 - A. 700 yuan.
 - B. 140 yuan.
 - C. 560 yuan.
- **2.**What is the man?
 - A. An office worker.
 - B. A furniture designer.
 - C. A sales manager.
- **3.**Who is looking for a job?
 - A. Ted.
- B. Betty.
- C. Mary.
- 4. How will the man go to London?
 - A. By bus.
- B. By plane.
- C. By train.
- **5.**What do the speakers mainly talk about?
 - A. Signing up for exams.
 - B. Taking crash courses.
 - C. Choosing universities.

第二节 (共15 小题;每小题1.5分,满分22.5分)

听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第6段材料,回答第6,7题。

- **6.**Where does the conversation probably take place?
 - A. On the phone.
 - B. In the office.
 - C. In the street.
- 7. When does the man expect to get those plans if they are available?
 - A. On Friday afternoon.
 - B. On Thursday afternoon.
 - C. On Wednesday afternoon.

听第7段材料,回答第8至10题。

- 8. Why does Jim call 911?
 - A. His friend fell down.
 - B. The man has no pulse.
 - C. The woman has no breathing.
- **9.**What is the woman's attitude toward this accident?
 - A. Concerned.
 - B. Indifferent.
 - C. Scared.
- **10.**What is the woman doing when Jim is calling 911?
 - A. Sending an ambulance.
 - B. Helping to move the man.
 - C. Performing CPR.

听第8段材料,回答第11至13题。

- **11.**What does the man think of making home-made meals?
 - A. Unacceptable.
 - B. Reasonable.
 - C. Impractical.

- **12.** What will the woman do to save more money?
 - A. Spend less on books.
 - B. Spend less on shirts.
 - C. Retire earlier.
- **13.** What is the probable relationship between the speakers?
 - A. Teacher and student.
 - B. Husband and wife.
 - C. Boss and employee.

听第9段材料,回答第14至17题。

- 14. Why are the speakers going to Riverside Mall?
 - A. For the big sale.
 - B. For their son's birthday.
 - C. For entertainment.
- 15. What will the speakers buy for Tim's birthday?
 - A. A bike.
 - B. Some clothes.
 - C. Some underwear.
- **16.**What does the man agree to buy for the woman?
 - A. Sporting goods.
- B. Shirts.
- C. Shoes.
- 17. What will the speakers probably do next?
 - A. Go to Riverside Mall.
 - B. Eat their breakfast.
 - C. Buy some shoes.

听第10段材料,回答第18至20题。

- **18.** How many stations does Cable TV offer?
 - A. Seven to ten.
 - B. Forty.
 - C. Up to a hundred.
- **19.**What does Cable TV stations offer?
 - A. Movie news.
 - B. Financial news.
 - C. Sports news.

- **20.** What is the effect of too much TV exposure?
 - A. Students read for pleasure.
 - B. Students are physically fit.
 - C. Students leave their homework undone.

第二部分 阅读理解(共两节,满分40分)

第一节 (共15小题;每小题2分,满分30分)

阅读下列短文,从每题所给的 A、B、C 和 D 四个 选项中,选出最佳选项。

A

SeaWorld Orlando

SeaWorld Orlando takes families below the surface and above their expectations. No visit to SeaWorld would be complete without watching one of the park's signature animal shows. Witness the interaction between otters(水獭) and trainers at the Sea Lion and Otter Stadium. SeaWorld Orlando is a treat for visitors of all ages, kids and adults alike.

Sea Life Orlando

Uncover the secrets of the ocean at Sea Life in Orlando, FL! This amazing center is filled with a variety of colorful creatures that are sure to touch off your imagination. For an additional cost, guests can also choose to participate in a VIP experience to learn how to feed these creatures!

Gulf of Mexico Deep Sea Fishing

Your journey will take place on board the Super Queen, the largest fishing boat on Florida's west coast. The boat's personnel will help you determine if your catch is large enough to keep. You will enjoy four full hours of fishing time. On the way back to the mainland, kick back and talk with fellow passengers about the "big one" that you caught on this fishing trip!

Monumental Hotel Orlando

The Monumental Hotel Orlando provides you with high-quality accommodations and easy access to the

many exciting attractions that make Orlando a top vacation destination. Start your morning off with the ease and convenience of their on and in-room coffee maker. If you feel like staying in for the night, take advantage of the TV with Pay Per View.

- **21.**Which of the following provides unique performances presented by sea creatures?
 - A. Sea Life Orlando.
 - B. SeaWorld Orlando.
 - C. Monumental Hotel Orlando.
 - D. Gulf of Mexico Deep Sea Fishing.
- **22.**What will you do on the Gulf of Mexico Deep Sea Fishing tour?
 - A. Drive the Super Queen.
 - B. Decide which fish to keep.
 - C. Enjoy fishing for four hours.
 - D. Kick back fellow passengers.
- 23. What does Monumental Hotel Orlando provide?
 - A. Exciting Pay Per Day TV.
 - B. Convenient iron coffee makers.
 - C. Free high-quality accommodations.
 - D. Easy approach to thrilling attractions.

B

She may no longer be a part of *The Great British Bake Off*, but you can't keep Mary Berry away from what she enjoys doing most—taking the nation's favourite recipes and giving them her own unique twist. In her brand-new series, Classic Mary Berry, she promises that every single dish presented has been personally tested at home by her own family—and only those that received a thumbs-up(赞许) from everyone made the cut.

It would certainly take a brave person to suggest

Mary had got it wrong. Having started cooking in her twenties, she now has more than 70 cookery books to her name. So what can viewers expect from the new show? "This is food you can cook at home, each focusing on a different style of food, dishes with simple techniques and tips on what you can prepare ahead," Mary says. "Classic me!"

It wasn't until she was 75 that she found fame, following the launch(推出) of *Bake Off* in 2010. Her chemistry with baker Paul Hollywood and presenters Sue Perkins and Mel Giedroyc quickly turned the show into the most popular series on TV. But in 2017, when it moved to Channel 4, Mary decided she would remain with the BBC.

Mary, who has children and four grandchildren, lives with Paul, her husband, for 51 years, in Buckinghamshire, where they grow much of what they eat in their own garden. But while Paul is on hand to help tend to the fruit and veg, Mary insists that the kitchen remains her kingdom. Although Mary turns 83 next month, there is no suggestion of her slowing down and even less of retiring. "We all do things that we enjoy," she explains. "I find cooking is very relaxing. I cook something and everyone goes, 'Isn't that delicious? Can we have it again?' I find that so rewarding. I hope I inspire people to enjoy family cooking. Life is all about sharing. If we are good at something, let us pass it on. That is the pleasure I get."

- **24.** What do we know about *Bake Off*?
 - A. It sold cookery books.
 - B. It remained with the BBC.
 - C. It was launched by the BBC.
 - D. It was hosted on Channel 4 initially.

- A. Deciding to stay with the BBC.
- B. Helping to launch Bake Off in 2010.
- C. Teaching her colleagues chemistry on TV.
- D. Creating an inviting atmosphere on the show.
- **26.**What can we infer from Paragraph 4?
 - A. Mary enjoys working with her family in their own garden.
 - B. Mary is quite confident that her cooking will be well received.
 - C. Mary receives some suggestions that she slow down or retire.
 - D. Mary doesn't want to be disturbed when cooking in the kitchen.
- 27. What can be a suitable title for the text?
 - A. Passing on the Cooking Pleasure
 - B. Creating Her Own Unique Style
 - C. Refusing to Slow Down or Retire
 - D. Making the Kitchen Her Kingdom

 \mathbf{C}

Sodankyla, a town just north of the Arctic Circle, boasts an average annual temperature a little below freezing. People there eagerly wait for the brief spell in July when the area enjoys something similar to summer. This year they may have wished for a bit less of it. On July 18th thermometers showed 32.1 °C, which is 12 °C warmer than typical for the month and the highest since records began in 1908. But Sodankyla is not the only place that is burning.

Wildfires have killed at least 80 people near Athens. Japan has declared its heatwave to be a natural disaster. On the night of July 7th, the temperature in downtown Los Angeles did not drop

below 26. 1 $^{\circ}$ C. That seems positively <u>nippy</u> compared with Quriyat in Oman, which recorded a 24-hour minimum temperature of 42.6 $^{\circ}$ C a few days earlier.

Heatwaves bring problems, especially in the developing world. Studies have linked rising temperatures to violent crime and civil conflict. And heat can kill on its own. In 2003 more than 70 000 Europeans may have died as a direct result of an infernal (地狱似的) summer. No consequence of global warming is as self-evident as higher temperatures. Earth is roughly 1 °C hotter today than it was. If this so-called thermodynamic (热力学的) effect were all there was to it, temperatures now considered unusually hot would become more typical and those regarded as uncommonly cold, uncommoner still.

The effects could be disastrous. But at least people can learn from past mistakes. If only the world could take in a similar lesson about the importance of stopping climate change in the first place.

- 28. What can we infer about the temperature in Sodankyla?
 - A. Its temperature in summer was fairly cool.
 - B. Its high temperature always sets a new record.
 - C. Its high temperature led to fire emergencies.
 - D. Its annual temperature is a little above zero on average.
- **29.** Which of the following best explains "nippy" underlined in Paragraph 2?
 - A. Hot.
- B. Cold.
- C. Dry.
- D. Wet.
- **30.**What result will heatwave lead to?
 - A. Causing violent crime and civil conflict in the developed world.

- B. Leading people to kill themselves as a direct result of a hot summer.
- C. Making temperatures now considered abnormally hot more common.
- D. Resulting in temperatures regarded as uncommonly cold more frequent.
- **31.**What is the main idea of the text?
 - A. Wildfires have become a natural disaster.
 - B. Global warming has become a disastrous issue.
 - C. Rising temperatures is linked to social problems.
 - D. Sodankyla is not the only place that is burning.

D

Adding a baby to a family can also add stress to a career. Now, a new study backs that up with some astonishing numbers: After science, technology, engineering, and mathematics (STEM) professionals become parents, 43% of women and 23% of men switch fields, change over to part-time work, or leave the workforce entirely.

The results are based on the career paths of 629 men and 212 women who were full-time STEM workers in 2003 and became first-time parents in 2006, as compared with more than 3 000 STEM workers without children. By 2010, 78% of new fathers were still working in STEM, the vast majority full time. For new mothers, 68% were still in STEM, but only 57% worked full time.

For professionals without children, on the other hand, 84% of men and 76% of women were predicted to still be working in STEM full time in 2010. For the new parents across all fields, 16% of women were working part-time and 15% had left the workforce, as compared with just 2% and 3% for men. These obvious

differences make clear that mothers still face particular career challenges.

"The researchers have considered causes including societal expectations, women's preferences, parenthood and unfriendly working environments. This new study suggests that parenthood does indeed play a role, but it probably acts in concert with other contributors (因素)," says Donna Ginther, a professor at the University of Kansas. "Contained in these data is what type of company you're working for and the climate within different fields," she says. In other words, someone who tolerates a negative work climate before they have children may decide, when they become a parent, that the compromise is no longer worth it. But that doesn't mean that parenthood is the root cause; it's the straw that broke the camel's back.

- **32.** What does the author think of the findings of the study?
 - A. Surprising.
- B. Frightening.
- C. Uncommon.
- D. Unacceptable.
- **33.**How did the researchers get the results?
 - A. They compared the career paths of 629 men and 212 women.
 - B. They compared the career paths of full-time workers and first-time parents.
 - C. They compared the career paths of first-time parents and those without children.
 - D. They compared the career paths of new fathers and new mothers.
- **34.** What conclusion can we draw from Paragraph 3?
 - A. New parents across all fields in STEM are less motivated.
 - B. Professionals without children are more popular in STEM.

- C. Clear differences in STEM suggest mothers are treated with prejudice.
- D. Female workers in STEM need to deal with more challenges in work.

35.What does Donna think of parenthood?

- A. It is the root cause of the situation.
- B. It is better than unfriendly working environments.
- C. It helps people to tolerate a negative work climate.
- D. It is what makes the situation eventually unbearable.

第二节 (共5小题;每小题2分,满分10分)

根据短文内容,从短文后的选项中选出能填入 空白处的最佳选项,选项中有两项为多余选项。

I stopped making poor excuses

Six months ago, I was asked to volunteer at a boring social event. Rather than saying what I felt, I said "OK".

37 , after many waves of anxiety.

Now if someone asks me to do something I have zero interest in, I'm polite but honest. The phrase, "Sorry, that's not really for me," slips out my mouth faster than some lame excuse.

38

I thought friends who had the confidence to say they'd rather stay at home were strange, or just plain rude.

______. When I stopped people-pleasing, no one cared. I declined my good friend's invitation for coffee

and she said, "Maybe another time." It was so painfully simple that I wanted to cry.

I have a lot more "me" time

I'd like to learn Spanish and travel. _____40__. Yet, my people-pleasing ways distinctly cut into my free time to follow these desires.

Learning how to say "no" has added several extra hours to my days and days to my weeks. I no longer have to back-burner (推迟) my plans to please my friends. Saying "no" has set me free.

- A. That didn't happen
- B. My friends didn't mind
- C. These aren't huge goals
- D. But I have no "me" time
- E. I didn't care about my friends' thoughts
- F. I told the organizers I had a bad cold eventually
- G. It turns out I was mostly alone in those thoughts

第三部分 语言知识运用(共两节,满分45分)

第一节 (共 20 小题;每小题 1.5 分,满分 30 分)

阅读下面短文,从短文后各题所给的 A、B、C 和 D 四个选项中,选出可以填入空白处的最佳选项。

I had a severe back _____44__ when I was ____45__ in the gym. When I was doing the training, I ____46__ in a way that my feet bent back over my head, with my chest on the ground. When I was diagnosed, I found my mom had it, and that my grandmother had ____47__ had two spinal(脊柱的) surgeries without being diagnosed. It's

unfortunately genetic. The solution was to have the B. discussion **51.**A. expectation surgery, which was definitely not an easy C. competition D. operation for me. But after I began to **50** this and **52**.A. lessons B. pills C. books made a choice to go through the surgery on the brain. D. food **53.**A. So B. Or else things got better. The time after the 51 was really tough. I took C. And D. But about 30 to 40 different 52 per day to get through it. B. bring down **54.**A. pass out 53 I would end up in a lot of pain or 54 on the C. give out D. turn down ground. But my hard work 55 off. Gradually, I am **55.**A. went B. paid able to walk and even begin to live a 56 life now. C. put D. laid Sometimes you have to make a choice—to let the **56.**A. happy B. successful 57 in your life defeat you or to 58 it. It's not D. normal C. good and there's a price, but I've made the choice to 59 **57.**A. opportunity B. possibility that everything is possible. 60 C. difficulty D. coincidence 41.A. significant B. common 58.A. attack B. overcome D. valuable C. reasonable C. strike D. hit **42**.A. talk B. study **59.**A. easy B. obvious C. walk D. see C. accurate D. simple 43.A. faded B. began 60.A. decide B. perform C. improved D. changed C. debate D. show **44.**A. injury B. illness 第二节 (共10小题;每小题1.5分,满分15分) C. ache D. ruin 阅读下面短文,在空白处填入1个适当的单词或 45.A. playing B. watching 括号内单词的正确形式。 C. practicing D. sliding A cultural variety show titled Shang Xin Le Gu **46.**A. ran B. played Gong is taking China by storm. **61** (translate) as C. danced D. landed There Is Something New in the Forbidden City, the **47**.A. previously B. later unique broadcast has been going on air every Friday C. eventually D. afterwards night since November 9 on Beijing TV and video **48.**A. back B. leg streaming on iQivi. com. C. brain D. foot This is not the first time that the Forbidden City, **49**.A. task B. project or Palace Museum, 62 (appear) in a TV C. decision D. recognition 50.A. accept B. receive program. Previous efforts sought to introduce the C. deliver D. achieve historical site 63 audiences through documentaries(纪录片) such as Masters in the Forbidden City, ____64 __ followed cultural relic repairers at the Palace Museum and was the first broadcast on China Central Television in 2016.

However, the new show is being publicly raised for its light-hearted way of bringing the museum much ____65__ (close) to ordinary people. Produced by the Palace Museum ____66__ (it) and Beijing TV, it is co-produced by the Hwachain Cultural Company.

Zhu Yong, Director of the Film and Television

Department at the Institute of Gugong Studies, a research institute attached to the Palace Museum, is

____67___ chief screenwriter for the show. He said the show hopes ___68__ (present) the museum's cultural ____69__ (treasure), which were accumulated over nearly 600 years, to young audiences in a lively and ____70__ (fashion) way.

第四部分 写作(共两节,满分35分)

第一节 短文改错 (共10小题;每小题1分,满分10分)

假定英语课上老师要求同桌之间交换修改作文,请你修改你同桌写的以下作文。文中共有10处语言错误,每句中最多有两处。每处错误仅涉及一个单词的增加、删除或修改。

增加:在缺词处加一个漏字符号(∧),并在其下 面写出该加的词。

删除:把多余的词用斜线(\)划掉。

修改:在错的词下画一横线,并在该词下面写出 修改后的词。

注意: 1. 每处错误及其修改均仅限一词;

2. 只允许修改 10 处,多者(从第 11 处起) 不计分。

My choices of books were quite different from before. At present, I read books from classical literature

to society science. I have not only gained lots of inspiration from these books but also had the better understanding of me as well as this world. The best part is I have come to notice more links between seemingly unrelated fields.

Writing have now become an essential part of reading for me, which has also become my tool to communicating with myself and this world. I write to summarize, to review and to reflect upon the reading material.

Gradual, both reading and writing have grown up into a part of my daily life.

第二节 书面表达(满分25分)

假如你是李华,你的英国朋友 Peter 来信说他发现在当今社会许多人在追求身体健康的同时,也开始关注心理健康这个方面,他想向你咨询高中生怎样才能拥有健康的心理等相关问题。请给他回复一封邮件。

注意:1. 词数 100 左右;

Dear Peter

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5III	

Li Hua

能力提升卷(三)



语

(本试卷满分150分,建议用时:120分钟)

听力(共两节,满分30分) 第一部分

第一节 (共5小题;每小题1.5分,满分7.5分)

听下面5段对话。每段对话后有一个小题,从题 中所给的 A、B、C 三个选项中选出最佳选项。听完每 段对话后,你都有10秒钟的时间来回答有关小题和 弥 阅读下一小题。每段对话仅读一遍。

- **1.**What is the man doing?
 - A. Studying black holes.
 - B. Looking at a picture of black holes.
 - C. Gathering evidence about black holes.
- **2.**What are the two speakers mainly talking about?
 - A. Weekend activities.
- B. A movie.
 - C. A trip.
 - **3.**Why does the woman collect purses?
 - A. She likes their sizes.
 - B. She likes their designs.
 - C. She likes their decorations.
- **4.**What makes this curtain different?
- A. It helps block out sunshine.
 - B. It can change its color.
 - C. It helps make the air indoors fresh.
- **5.**What does the man like about the restaurant?
 - A. The service.
 - B. The environment.
 - C. The taste of dishes.

(共15小题;每小题1.5分,满分22.5分)

听下面5段对话或独白。每段对话或独白后有 几个小题,从题中所给的A、B、C 三个选项中选出最 佳选项。听每段对话或独白前,你将有时间阅读各

个小题,每小题5秒钟;听完后,各小题将给出5秒钟 的作答时间。每段对话或独白读两遍。

听第6段材料,回答第6,7题。

- **6.**Where does the man pick up his luggage?
 - A. Chicago.
 - B. Los Angeles.
 - C. Atlanta.
- **7.**From where does the man's flight leave?
 - A. From gate 20A.
 - B. From gate 26E.
 - C. From gate 15A.

听第7段材料,回答第8,9题。

- 8. What will the woman have to pay for?
 - A. Gas.
 - B. Heat.
 - C. Hot water.
- **9.**What time will the speakers meet?
 - A. At 6:00 p.m.
 - B. At 6:30 p. m.
 - C. At 6:50 p.m.

听第8段材料,回答第10至12题。

- 10. What's the probable relationship between the two
 - speakers?
 - A. Interviewer and interviewee.
 - B. Teacher and student.
 - C. Brother and sister.
- **11.**Where did the woman know about the company?
 - A. She read it in the newspaper.
 - B. Her brother told her about it.
 - C. She learned it from her mother.

- **12.** Where is the woman's brother working for?
 - A. A magazine.
 - B. A wedding ceremony.
 - C. His mother's company.

听第9段材料,回答第13至16题。

- **13.**What kind of room did the man book?
 - A. A single room.
 - B. A double room.
 - C. A room for three.
- **14.** How many nights will the man stay?
 - A. One.
- B. Two.
- C. Three.
- **15.**When will the man check out?
 - A. Any time before Tuesday morning.
 - B. Any time after Tuesday noon.
 - C. Any time before Tuesday noon.
- **16.**Where can the man find the rules?
 - A. On the card.
 - B. On the back of his door.
 - C. On the windows.

听第 10 段材料,回答第 17 至 20 题。

- **17.**Why have pandas survived?
 - A. They can change their diets.
 - B. They can change their fur.
 - C. They can defeat their enemies.
- **18.**What did pandas used to eat?
 - A. Meat.
- B. Bamboo.
- C. Nuts.
- **19.**What makes it harder for panda babies to live?
 - A. The loss of homes.
 - B. Lack of food.
 - C. Low nutrition in milk.
- **20.** What does the speaker think of pandas' present situation?
 - A. Worried.
 - B. Hopeful.
 - C. Uncertain.

第二部分 阅读理解(共两节,满分40分)

第一节 (共15小题;每小题2分,满分30分)

阅读下列短文,从每题所给的 A、B、C 和 D 四个选项中,选出最佳选项。

Α

Regular heaters are hard to move around and consume a lot of energy, so the heating cost quickly goes up. Luckily, the Eco Heat S Portable Heater can solve this problem.

What Makes It Amazing?

Its main features compete with each other in terms of originality and smart design. It is not only useful for heating but also a stylish object to have nearby.

Stay Warm While Saving Money on Your Heating Bill

It makes little sense to pay for heating in rooms you and your family are not using all the time. It provides heating only where you need it, thus using the minimum amount of electricity needed and saving you money in the process.

Easy to carry

With its simple and light design, it will fit perfectly anywhere. You can also take it with you while traveling.

What About Safety?

First, it shows off a fire proof design, meaning it resists fire pretty well. It also features overheat protection which turns off the device immediately after detecting an unsafe temperature from within. And that's not all: this space heater has an automatic turn-off function that activates whenever it tips over.

How Does It Work?

You turn it on, push a few buttons, set the temperature you want and you're good to go. It rises the temperature up in mere seconds and quickly sends the heat. It gives off heat at an angle of 70°, covering a

wide area for you and the people nearby. It also comes with three adjustable heating levels: Warm, Hot and Natural Wind.

- **21.**What is the advantage of the Eco Heat S Portable Heater?
 - A. It is hard to move around.
 - B. It consumes a lot of energy.
 - C. It has simple and heavy design.
 - D. It helps consumers save heating bill.
- **22.**Which is incorrect about the safety of the Eco Heat S Portable Heater?
 - A. It can resist fire pretty well.
 - B. It can feature overheat protection.
 - C. It has an automatic turn-off function.
 - D. It shuts the device with an outer high temperature.
- **23.**How does the Eco Heat S Portable Heater work?
 - A. It sends out heat at an angle of 70°.
 - B. It automatically sets the temperature.
 - C. It comes with three settled heating levels.
 - D. It rises the temperature up for a long time.

В

The traditional Chinese Longtaitou Festival, or Dragon-Head-Raising Festival, falls on the second day of the second lunar month every year, and recognizes the start of spring and farming. This year it falls on March 8.

Ancient people believed that after this day, rainfall increases because the rain-bringing Dragon King has awakened from his winter sleep. A well-known phrase goes, "Er yue er, long tai tou," meaning, "On the second day of the second month, the dragon lifts his head."

The festival celebrates ancient agricultural Chinese culture. Some traditional celebration activities still keep on. The most famous tradition is getting a haircut. Someone believe that going to the barber on this day gets rid of bad luck, while others believe getting a haircut during the first month of the lunar calendar brings bad luck.

Another saying warns that cutting your hair in the first month will cause your uncle to die. Although today few pay attention to it, it was once tradition to line up outside barber shops on the day of *Longtaitou*, having avoided haircuts for the previous month.

People eat tofu balls in East China's Fujian province during the festival, and often make tofu and vegetable balls to pray for family and business. Fried beans are the traditional festival fare for people in parts of Shandong province.

Eating chengyao cakes, which are made with sticky rice, during the festival is tradition in Suzhou, East China's Jiangsu province, according to the saying, "If you eat chengyao on Longtaitou, your waist won't hurt all year."

Meanwhile other foods, like dumplings, spring rolls and popcorn, are named after dragon body parts to mark the day. Noodles are dragon's beard (long xu), dumplings are dragon's ears (long er), spring rolls are dragon's scales (long lin), and popcorn dragon seeds (long zi).

- **24.** What are the customs and habits about Longtaitou Festival?
 - A. It means the end of agricultural work.
 - B. Its rainfall decreases in the following days.
 - C. It is also called Dragon-Head-Raising Festival.
 - D. It always falls on the second day in February every year.
- 25. What can people do in different places during the festival?
 - A. They all eat chengyao cakes in Jiangsu.
 - B. They make the traditional fried beans in Shandong.

佐

- C. They always eat dumplings, spring rolls and popcorn.
- D. They make tofu and vegetable balls to pray for gods in Fujian.
- **26.** What are you probably advised to do during the festival in China?
 - A. Have your hair cut.
 - B. Eat some dragon body parts.
 - C. Avoid haircuts to remove bad luck.
 - D. Celebrate modern agricultural Chinese culture.
- **27.**What is the theme of the text?
 - A. The customs of Chinese Festival.
 - B. The cooking culture of Longtaitou Festival.
 - C. The culture and tradition of Chinese Festival.
 - D. The culture and tradition of Longtaitou Festival.

 \mathbf{C}

The Egyptian Chinese University in Cairo (ECU) started a two-day conference on Sunday to promote the traditional Chinese medicine in Egypt and integrate (使……完整) it into the Egyptian medical system.

Named "the International Conference of Traditional Chinese Medicine and Functional Medicine," the opening day of the conference was attended by representatives of the ECU, China's Shanghai Jiao Tong University and the Chinese Embassy in Egypt, as well as Egyptian and Chinese professors.

During the conference, Ashraf el-Shihy, ECU president and former higher education minister, and Bao Yong, president of health management and service innovation (创新) center of Shanghai Jiao Tong University, signed an agreement to establish Egypt Hospital of Traditional Chinese Medicine.

"The conference marks a new beginning for the continuous cooperation between the ECU, the only Chinese university in the Middle East and Africa, and Chinese scientific universities and institutions," the ECU president

told Xinhua on the sidelines of the conference.

"China has surely made much progress in the field of medicine and it has its unique philosophy and style in the field. So learning from the Chinese medicine and completing it into the Egyptian medical system is certainly a win-win situation," Shihy said.

He described cooperation between Egypt and China as "unprecedented(前所未有的)" noting that 50 ECU students are currently in a scholarship in China for field training and learning about the Chinese culture.

The conference will include 25 lectures and three 575 research papers on traditional Chinese medicine delivered by professors and experts from Shanghai Jiao Tong University, the Egyptian universities of Cairo, Ain Shams, Alexandria, Sohag and Assiut, in addition to Egypt's Military Medical Academy.

For his part, Bao of Shanghai Jiao Tong University said the two sides will offer master's and doctoral programs in the traditional Chinese medicine.

"The programs include sending Chinese experts to Egypt to train Egyptian professionals on traditional Chinese medicine and contribute to building a healthy community," Bao told Xinhua during the conference.

- **28.**What can we know about the conference?
 - A. No agreement was reached during it.
 - B. It promoted the traditional medicine in China.
 - C. It completed Chinese medicine into the Egyptian medical system.
 - D. Its opening day was attended by representatives from all over the world.
- **29.**What is the author's attitude to the program?
 - A. Optimistic.
 - B. Sympathetic.
 - C. Passive.
 - D. Doubtful.

30. What do the last two paragraphs mainly tell us?

- A. The programs will contribute to building a healthy community.
- B. The programs will volunteer to set up master's and doctoral courses.
- C. The programs is aimed at improving traditional Chinese medicine.
- D. The programs will send Egyptian experts to China to train professionals.
- **31.**What is the best title for this text?
 - A. The Medicinal Program

弥

- B. A Successful International Conference
- C. The Medicinal Cooperation between Egypt and China
- D. Traditional Chinese Medicine and Functional Medicine

D

The fact that the Belt and Road project was initiated (创始) by China, but serves development interests of other countries is a confirmation of President Xi Jinping's belief that the world can work together for the betterment of humanity, with shared prosperity, and that poverty elimination (消除) is possible and can be speeded up within developing countries. It is to realize common development and prosperity and build a community of shared future for mankind.

China's Belt and Road initiative is a great opportunity for Africa's development. According to the Report, poor infrastructure (基础设施) is outstanding as a key challenge to Africa's growth. The problem is created by lack of investment in infrastructure, and Africa needs an estimate of \$130-170 billion annually to overcome it. The building of roads, railways and waterways will increase continental connectivity to ease import and export. The One Belt One Road Initiative has significantly invested in improving

infrastructure in Africa, for example, in Kenya where China has invested \$ 14 billion to build a Standard Gauge Railway (SGR) that stretches 485 kms. It also gives developing countries an opportunity to have space in the global economy, create jobs and guarantee prosperity.

The Belt and Road initiative creates solutions to Africa's problems and promotes the China-Africa Cooperation (FOCAC), started in October 2000, with the aim of strengthening cooperation between China and African countries.

China and Africa have opportunities of cooperation and have always been a community of shared interests. According to the statistics by China Customs, in January 2018, the import and export value of China-Africa trade added up to US \$ 16.5 billion, with China's exports to Africa about US \$ 8.31 billion, while China's imports from Africa stood at US \$ 8.19 billion. China has remained Africa's largest trading partner for nine years as major cooperation programs have been on the increase. During the FOCAC meeting in December 2015, in Johannesburg, South Africa, President Xi Jinping ensured \$ 60 billion in form of aid and loans to the African continent.

In a study conducted in 2016, an average of 63 percent of Africans are highly impressed by China's economic and political relationship with Africa. Former Senegalese President Abdoulaye Wade, once put it that, "China which has fought its own battles to modernize, has a much greater sense of the personal urgency of development in Africa than many Western nations."

32.All of the following statements may be true except _____.

A. it originated from China

B. it only promoted China's development and prosperity

- C. it may serve development interests of other countries
- D. it can be speeded up within developing countries
- **33.**What does the underlined word "it" in Paragraph 2 mean?
 - A. The problem.
 - B. An estimate.
 - C. A key challenge.
 - D. A great opportunity.
- **34.** How has Africa benefited from China's Belt and Road initiative?
 - A. By providing all infrastructure.
 - B. By giving chances in the global economy and finding jobs.
 - C. By investing to improve some infrastructure.
 - D. By decreasing continental connectivity by easing import and export.
- **35.**From which can you probably find this passage?
 - A. A travel journal.
 - B. A news report.
 - C. A medical textbook.
 - D. A biology magazine.

第二节 (共5小题;每小题2分,满分10分)

根据短文内容,从短文后的选项中选出能填入 空白处的最佳选项。选项中有两项为多余选项。

Experts say there are plenty of things you can do to make it easier to get a better sleep. Try these tips to sleep soundly.

Create a great sleep environment. Make sure

your room is cool, dark and quiet. It's usually harder to sleep when your room is too warm, noisy or bright. That may mean investing in some heavy curtains or blackout shades. __38__ The National Sleep Foundation says the ideal temperature for sleep is between 60 and 67 degrees F (15 to 19 degrees C).

Watch what you eat and drink. Don't eat a big meal right before bedtime, but don't go to bed with your stomach growling. 39 However, drinking a glass of warm cow's milk or almond milk before bed can help ease you into slumber. Both milks contain tryptophan, an amino acid that interacts with melatonin to encourage sleep.

Reconsider your pet's sleeping habits. If you sleep with your dogs or cats, sometimes their snoring or cover-stealing can mess with your sleep. 40 But sleeping with your pet actually in the bed may not be such a great idea, according to a Mayo Clinic study. Maybe move your pet to his own bed or a crate so you can sleep more soundly or try these other tips to sleep better with your dog in the room.

- A. Set a bedtime habit.
- B. Make it easier to get a better sleep.
- C. Avoid any stressful or stimulating activities.
- D. Eat whatever you want and drink some water.
- E. Sleeping with them in the room can help you sleep better.
- F. Being stuffed or starving will make you too uncomfortable to fall asleep easily.
- G. You may also need a white-noise machine or an app for your phone if outside noises bother you.

第三部分 语言知识运用(共两节,满分45分) 第一节 (共20小题;每小题1.5分,满分30分)

阅读下面短文,从短文后各题所给的 A、B、C 和 D 四个选项中,选出可以填入空白处的最佳选项。

I'm not a musician. I haven't been dancing since birth, nor have I been playing the same sport for 10

years. I grew up 41 from activity to activity, trying nearly every sport under the sun. C. help D. occur I'd experience phases of being into something, 44.A. got B. covered whether it was magic tricks, or 42 a new language, C. drove D. left but it would always 43 as I moved onto a new 45.A. hobbies B. duties interest. This 44 me with nothing to show for my C. relationships D. ideas sometimes years-long **45** . I always felt 46.A. curious B. confident C. terrible D. terrified about this. I never got the **47** to carve out (雕刻) 47.A. reason B. chance skills in anything I took up. I felt like I 48 time C. way D. choice and money on these short activities. 49, I stopped **48.**A. spent B. took looking into new activities, because what's the point? C. saved D. wasted This is, I now realize, total bull(胡说). I did **49.**A. Eventually B. Suddenly musical theater as a kid, but 50 after entering high C. Obviously D. Hopefully school because I had too many other activities. Even **50.**A. rejected B. continued though I don't do theater anymore, those years I spent C. stopped D. feared learning how to project my voice 51 me to love **51.**A. ordered B. reminded public speaking. I then joined Model Congress and D. led C. allowed United Nations, which 52 me to take a political **52.**A. forced B. inspired science course. I tried my 53 at nearly every style D. caused C. commanded of dance, which instilled (灌输) in me a love for **53.**A. hand B. luck performing. Because of my 54 in dance, I had a D. approach C. experiment better foundation than other beginners, and was able to **54.**A. success B. interest learn the more 55 skills a little easier. C. background D. information We love the activities we do because they are **55.**A. attractive B. valuable vehicles of self expression. Our hobbies are a **56** C. ordinary D. advanced who we are. Old 57 can lead to new passions. **56.**A. signal B. reflection 58 is never a waste of time. Just because C. example D. promise something I like that won't 59 or obviously lead to **57.**A. roads B. people money and fame doesn't mean it's not worth anything. C. flames D. decisions It's never too late to 60 something new, if it makes **58.**A. Confidence B. Patience you happier. C. Interview D. Experience 41.A. starting B. walking **59.**A. actually B. immediately C. jumping D. traveling C. recently D. formally 42.A. giving up B. picking up **60.**A. gain B. lack D. confirm C. writing down D. passing down C. adjust

43.A. fade

B. last

ᆒ

第二节 (共10小题;每小题1.5分,满分15分)

阅读下面短文,在空白处填入1个适当的单词或括号内单词的正确形式。

Tang Yin(唐寅 1470 - 1524) was a leading poet, calligrapher (书法家) and painter of 61 Ming dynasty (1368 - 1644) in China. He was recognized 62 one of the four most outstanding scholars in Jiangnan. However, due to the law case in which he was involved in, he failed 63 (become) an official and had to earn his living by painting. After that, he devoted 64 (he) to painting. 65 (creative), he combined the painting styles of the north with the south. The painting, Thatched Cottage in the Western Mountains (《西山草堂图》), 66 (produce) by Tang for a scholar from Jiangsu province, Ding Qiande, to celebrate his purchase of a new residence. It gives an **67** (impress) of Ding's new home as an ideal scholar's cottage nestled in a landscape. (overlook) a stretch of water. Ding is shown reading inside his cottage with a 69 (consider) servant by his side as he waits for a visitor. This painting was once in the Qing royal collection and carries an inscription (题词) by the Qianlong emperor, 70 ruled from 1736 to 1795.

第四部分 写作(共两节,满分35分)

第一节 短文改错 (共10小题;每小题1分,满分10分)

假定英语课上老师要求同桌之间交换修改作 文,请你修改你同桌写的以下作文。文中共有 10 处 语言错误,每句中最多有两处。每处错误仅涉及一 个单词的增加、删除或修改。

增加:在缺词处加一个漏字符号(\ \),并在其下 面写出该加的词。

删除:把多余的词用斜线(\)划掉。

修改:在错的词下面画一横线,并在该词下面写 出修改后的词。

注意:1. 每处错误及其修改均仅限一词;

2. 只允许修改 10 处,多者(从第 11 处起)不 计分。

Paula, a 15-year-old German girl, is studying at the International Department of my school as exchange student. According to our school's rule, international exchange student are supposed to live with our Chinese homestay families. However, her homestay family had some urgent things to do, but she had to move out for three days. On the first day I waited hopeful for her at the bus station and then we went home together, talk all the way. She told me that she liked to try newer things, so at dinner I suggested that she try some preserved eggs, that I thought she would like. She said she liked them very much but would never ate them again. We acquired for more knowledge about each other's culture.

第二节 书面表达(满分25分)

假如你是高三学生李华,听说巴黎圣母院(Notre Dame in Paris)发生火灾。你给《21世纪英文报》写了一封邮件,呼吁人们保护文化遗产。内容如下:

- 1. 保护文化遗产的重要性;
- 2. 采取措施,呼吁大家积极响应。

注意:1. 词数 100 左右;

- 2. 可以适当增加细节,以使行文连贯;
- 3. 开头和结尾已经写好,不计人总词数。

参考词汇:文化遗产 cultural heritage sites Dear editor,

I'm a Senior 3 student.	I'm sorry to hear that the						
fire broke out at Notre Dame in Paris.							

If taking these suggestions , you'll find them useful. $\label{eq:Yours} \mbox{Yours sincerely}\,,$

Li Hua