

昆山提招英语模拟卷（三）

第二部分：阅读理解(共两节，满分 60 分)

第一节 阅读理解(共 19 小题;每小题 2.5 分，满分 47.5 分)

A

Times are hard and the price of just about everything we need and care for our rescued animals, has been skyrocketing.

As you can imagine, with over 4,000 mouths to feed, hay (草料) is one of our biggest expenses and we are finding it very hard to make ends meet this winter.

If you could help, every donation towards providing hay for the animals, however small, will be so gratefully received.

Donation/Order helpline:01603 736200

Time: 9 A. M. — 9 P. M.(7 Days)

• Info: Hillside Animal Shelter was founded in 1995 to help and campaign for animals in need, particularly those suffering every day in the intensive factory farming industry. We are home to 2,500 rescued horses and donkeys, 750 cows, 300 pigs, 850 sheep and goats, and lots of other animals including dogs and deer...

Please help us to feed and care for our many rescued animals by making a donation TODAY or buying cards or gifts at www.Hillside.org.uk.

Items	Price
Hillside Notepad & Pen Set	\$5
Coasters (杯垫) -choose HORSE or COW.	\$4
Shelter Scene Greeting Cards	\$8
Hillside Toy Donkeys	\$7

21. What makes it extra difficult to run Hillside Animal Shelter?

- A. Small donations. B. Rising hay prices.
 C. High medical expenses. D. Skyrocketing price of animals.

22. What can you possibly get with \$10 at www.Hillside.org.uk?

- A. Coasters and Hillside Toy Donkeys.
 B. Coasters and Hillside Notepad & Pen Set.
 C. Hillside Toy Donkeys and Hillside Notepad & Pen Set.
 D. Hillside Toy Donkeys and Shelter Scene Greeting Cards,

23. What might be the purpose of this passage?

- A. To seek support for shelter operation.
 B. To raise awareness of animal sheltering.
 C. To encourage donations for Hillside website.
 D. To promote Hillside Animal Shelter' products.

B

Soon, you're going to have to move out!" cried my neighbor upon seeing the largest tomato plant known to mankind, or at least known in my neighborhood.

One tiny 9-inch plant, bought for \$1.25 in the spring, has already taken over much of my rose bed, covering much of other plants, and is well on its way to the front door.

Roses require a good deal of care, and if it weren't for the pleasure they give, it wouldn't be worth the work. As it is, I have a garden full of sweet-smelling roses for most of the year. Bushes must be pruned (剪枝) in early spring, leaving ugly woody branches until the new growth appears a few weeks later. It was the space available in the garden that led me into planting just one little tomato plant. A big mistake.

Soil conditions made just perfect for roses turn out to be even more perfect for tomatoes. The daily watering coupled with full sun and regular fertilizing (施肥) have turned the little plant into a tall bush. The cage I placed around it as the plant grew has long disappeared under the thick leaves.

Now the task I face in harvesting the fruit is twofold. First, I have to find the red ones among the leaves, which means I almost have to stand on my head, and once found I have to reach down and under, pick the tomatoes and withdraw (缩回) my full fist without dropping the prize so dearly won. I found two full-blown white roses completely hidden as I picked tomatoes in June. But they were weak and the leaves already yellow for lack of light.

Here I am faced with a painful small decision: To tear up a wonderful and productive tomato plant that offers up between ten and twenty ripe sweet tomatoes each day or say goodbye to several expensive and treasured roses. Like Scarlett in *Gone With the Wind*, I'll think about that tomorrow.

24. What are the requirements for the healthy growth of rose?

- A. Frequent pruning and fertilizing.
- B. A lot of care and the right soil.
- C. Tomato plants grown alongside.
- D. Cages placed around the roots.

25. The writer planted the tomato plant because _____.

- A. there was room for it in the garden
- B. the soil was just right for it
- C. it cost only \$1.25
- D. the roses' branches needed to be covered

26. This year the writer's roses were _____.

- A. removed from the rose bed
- B. largely hidden under the tomato plant
- C. mostly damaged by too much sunlight
- D. picked along with the tomatoes

27. By saying "the prize so dearly won" in Paragraph 5, the writer wants to _____.

- A. express her liking for the roses
- B. show the hardship of growing the roses
- C. show the difficulty in picking the tomatoes
- D. express her care for the tomatoes

C

Ten years ago, when asked about popular activities for fun, many people would say going to KTV or amusement parks. However, young people now spend their free time at health clubs, or getting tuina (推拿), or even foot massage to experience traditional Chinese medicine (TCM) practices, such as acupuncture (针灸).

A survey in 2023 by *China Youth Daily* showed that 93.3% of 1,000 young people have tried TCM. A TCM doctor named Ma Huifang said that many young people are coming to her for health problems like neck and back pain, and dry eyes, which used to be seniors' problems. These issues are becoming common in young people because of bad lifestyles and too much stress. When choosing between Western medicine and TCM, young people like TCM better because it works well for their health problems. Some people say TCM is not scientific enough, but Ma thinks TCM is more **accurate** because it treats people based on their own needs.

TCM is becoming a big part of young people's lives. They are learning TCM skills to help themselves and others. Jin Ying, a 25-year-old student at Minzu University of China, is an enthusiast of TCM. She learned acupuncture and tuina at Beijing University of Chinese Medicine. She even helped her roommate with insomnia (失眠) using ear seeds from a therapy called auricular acupoint therapy.

Jin also follows the Five Elements theory in her daily life. In winter, she saves energy by not sweating too much. For her, learning TCM is about living a new way of life and understanding Chinese culture. "TCM helps young people learn about our national heritage and see it as a treasure of our culture," Jin says.

28. How has young people changed their free time activity in the past few years?

- A. They have stopped going to health clubs.
- B. They only enjoy western medicine for the treatment.
- C. They now prefer going to KTV and amusement parks.
- D. They now spend more time joining healthy activities.

29. Why do young people prefer TCM therapies according to Ma Huifang?

- A. They are useful for treatments.
- B. They change their bad lifestyles.
- C. They deal with too much stress.
- D. They are cheaper than other methods.

30. What does the underlined word "accurate" in paragraph 2 probably mean?

- A. Useful.
- B. Advanced.
- C. Personalized.
- D. Special.

31. Why does the writer mention Jin Ying?

- A. To show Jin Ying's skills.
- B. To prove the acceptance of TCM.
- C. To praise Jin Ying's kindness.
- D. To explain the progress of TCM.

D

At my first lesson in Chinese calligraphy, my teacher told me plainly: “Now I will teach you how to write your name. And to make it beautiful.” I felt my breath catch. I was curious.

Growing up in Singapore, I had an unusual relationship with my Chinese name. My parents are ethnically Chinese, so they asked fortune tellers to decide my name, aiming for maximum luck. As a result, I ended up with a nonsense and embarrassing name: Chen Yiwen, meaning, roughly, “old”, “barley (薏米)” and “warm”.

When I arrived in America for college at 18, I put on an American accent and abandoned my Chinese name. When I moved to Hong Kong in 2021, after 14 years in the States, I decided to learn calligraphy. Why not get back in touch with my heritage? I thought.

In calligraphy, the idea is to copy the old masters’ techniques, thereby refining your own. Every week, though, my teacher would give uncomfortably on-the-nose assessments of my person. “You need to be braver,” he once observed. “Have confidence. Try to produce a bold stroke(笔画).” For years, I had prided myself on presenting an image of confidence, but my writing betrayed me.

I was trying to make sense of this practice. You must visualize the word as it is to be written and leave a trace of yourself in it. As a bodily practice, calligraphy could go beyond its own cultural restrictions. Could it help me go beyond mine? My teacher once said to me, “When you look at the word, you see the body. Though a word on the page is two-dimensional, it contains multitudes, conveying the force you’ve applied, the energy of your grip, the arch of your spine.” I had been learning calligraphy to get in touch with my cultural roots, but what I was really seeking was a return to myself. Now I have sensed that the pleasure out of calligraphy allows me to know myself more fully.

During a recent lesson, my teacher pointed at the word I had just finished, telling me: “This word is much better. I can see the choices you made, your calculations, your flow. Trust yourself. This word is yours.” He might as well have said, “This word is you.”

32. What did the author initially think of her name “Chen Yiwen”?

- A. It was lucky so she gladly accepted it. B. She felt proud of its symbolic meaning.
C. She understood the intention but still disliked it. D. Its strange pronunciation made her embarrassed.

33. The author decided to learn calligraphy to _____.

- A. pick up a new hobby B. reconnect with her origin
C. gain insights into a new culture D. fit in with local community

34. From the teacher’s words, the author learns that calligraphy _____.

- A. reflects the creator’s spirits B. comes from creative energy
C. highlights the design of strokes D. depends on continuous practice

35. What does the author intend to tell us?

- A. Appreciate what our culture offers. B. Find beauty from your inner self.
C. A great teacher leads you to truth. D. We are the sum of what we create.

第二节(共 5 小题;每小题 2.5 分, 满分 12.5 分)

阅读下面短文, 从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Making friends as an adult can be tough, but it isn't impossible. _____ 40 _____

According to psychologist and friendship expert Dr Marisa G Franco, there is a necessary element for starting a friendship: continuous unplanned interactions (being in the same place and the same time, again and again). When we're younger and at school or university, this is much easier as we're automatically placed within a wide network of people who are all going through the same thing. _____ 41 _____ Unless we make the effort to put ourselves in situations where we'll be among others, we probably won't meet anyone new. So, your first step should be going to places where you can meet people.

_____ 42 _____ You also have to make the effort to engage with them. Introduce yourself and try to strike up a conversation. _____ 43 _____ This is fine: just keep at it until you find someone that you click with. Interestingly, a study by Cornell University found that most people underestimate how much people like them when they meet new people. So even if you feel a bit awkward, chances are that other people won't see you in this way.

Once you've built up a friendly connection with someone, you need to give that relationship time to develop. Keep showing up and be intentional about the effort you put in with that person, while having enough confidence in the relationship to not be too demanding of them. _____ 44 _____

- A. Friends, like books, should be few but good.
- B. Sometimes it will go well, sometimes it won't.
- C. But as we get older, we have less time to just hang out.
- D. It's not enough to just be in the room with these folks, though.
- E. Nevertheless, making friends with right people is full of benefits.
- F. Unfortunately, though, there's no way around the time and effort it takes.
- G. Over time, your shared experiences will bring the two of you closer together.

第三部分 语言运用(共四节, 满分 45 分)

第一节(共 15 小题;每小题 1 分, 满分 15 分)

阅读下面短文, 从从每题所给的 A、B、C、D 四个选项中选出最佳选项。

The stage lights dimmed (变昏暗), and I took a quick look from behind the heavy black curtains into the audience. Blinded by the lights, I quickly 45. It seems that a great number of eyes were looking at me. I took a deep 46 as the music of my dance began to play. I entered the stage and began my 47, the graduation test of the classical Indian dance.

After a decade of learning, I was finally ready to take on the most difficult act. The test is the most important 48 in a dancer's life as it pays respect to all the factors in one's life that 49 the dance form: one's culture and family.

The performance is undertaken only by the most 50 and determined students. It is a difficult process that requires much 51. For more than six months, I spent two to three hours every day 52 these dances. Many times, I 53 myself to my physical and mental breaking point, but still I would not stop. I could not give up. There was always so much more to do and so much more to 54

I discovered a lot about myself in those tiring hours. I learned that I was far too stubborn to give up, and I was too proud to prove myself wrong after I had set an unrealistic goal. Even with physical pain and mental stress, I forced myself to meet my 55. Even when I was at the end of my limit, there was always something 56 me on, forcing me not to give up.

Fortunately, I made it. What I had done 57 the success. It was in those hours that I learned what a dancer 58 is. Those time was evidence that I could achieve something I 59 out to do.

- | | | | |
|--------------------|------------------|----------------|-----------------|
| 45. A. pulled back | B. set off | C. reached out | D. broke away |
| 46. A. sleep | B. thought | C. breath | D. sorrow |
| 47. A. career | B. understanding | C. response | D. performance |
| 48. A. routine | B. lesson | C. accident | D. event |
| 49. A. develop | B. purchase | C. introduce | D. promote |
| 50. A. focused | B. beautiful | C. intelligent | D. considerate |
| 51. A. talent | B. strength | C. devotion | D. cooperation |
| 52. A. recording | B. practicing | C. discussing | D. designing |
| 53. A. applied | B. addicted | C. treated | D. pushed |
| 54. A. forget | B. design | C. learn | D. research |
| 55. A. explanation | B. expectation | C. expense | D. impression |
| 56. A. driving | B. competing | C. benefiting | D. representing |
| 57. A. increased | B. deserved | C. expanded | D. exposed |
| 58. A. completely | B. mainly | C. truly | D. distantly |
| 59. A. put | B. carry | C. turn | D. set |

第二节(共 10 小题;每小题 1 分, 满分 10 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。

According to one legend, dumplings first appeared during the Han Dynasty. 60 (rough) 1800 years ago, the story goes, a physician named Zhang Zhongjing returned to his hometown, during a cold winter. He found his fellow villagers with frostbitten ears and created a new dish to help them warm up. The ingredients he chose 61 (consist) of mutton, herbs, and spices, 62 effects were to drive away cold. The doctor wrapped them 63 dough and folded the pieces to look like tiny ears. Dumplings 64 (continue) to take off and diversify since then. Typically 65 (fill) with meat or vegetables, the simple bites are distinguished by their pleated (起褶皱的), wheat dough wrappers. They're often served for the Chinese New Year, though not because they look like crescent moons(新月).

Traditionally, if you want to wish someone good fortune in China, you feed dumplings with a coin hidden inside and anyone 66 gets this coin will be lucky in the coming year. Making dumplings together with the whole family creates a lively atmosphere, 67 everyone is actively engaged, laughing, and sharing stories. Today, Jiaozi is still 68 must in winter in most parts of northern China, especially during the Spring Festival. No words can precisely describe Chinese people's affection for dumplings, as the food has already become a symbol of home and 69 (warm).

第三节 单词拼写(共 10 小题;每小题 1 分, 满分 10 分)

70. During the course, he a a good knowledge of gardening. (根据首字母单词拼写)

71. I'd like to take this o to thank my workmates for their support. (根据首字母单词拼写)

72. It won't be long before he (恢复) from the operation. (根据汉语提示单词拼写)

73. This was an a moment when the teacher went into the wrong classroom. (根据首字母单词拼写)

74. — What's up, honey? You seem to look sad.

— Sorry, nothing serious. I'll just had an (争辩) with my boss this afternoon. (根据汉语提示单词拼写)

75. She has shown enthusiasm in the (履行) of her duties. (根据汉语提示单词拼写)

76. Through healthy discussion, you will surely address their (担心). (根据汉语提示单词拼写)

77. We (寻找) an answer to the problem but failed. (根据汉语提示单词拼写)

78. I am lucky to have so many (善意的) and wise friends. (根据汉语提示单词拼写)

79. In Sanhe Ancient Town, gray (屋顶), red pillars and white walls make up beautiful scenery for visitors. (根据汉语提示单词拼写)

第四节 短语填空(共 10 小题;每小题 1 分, 满分 10 分)

短语填空

get into shape; contribute to; live up to; guard against; make it; make the most of;
make a difference; see eye to eye with sb. on sth.; back down; bring out

80. Although they often disagree on politics, Jane and her best friend surprisingly _____ the importance of mental health.
81. The art show at the gallery truly _____ the hidden talents of the local artists, showcasing a diverse range of styles and techniques that amazed the audience.
82. Recognizing that he only had a limited time in the city, Alex _____ his trip by visiting every major tourist attraction and trying out local food at every corner.
83. The captain of the team encouraged his players to never _____, even in the face of a challenging opponent.
84. Despite facing many challenges, Sarah worked tirelessly to ensure she would _____ her parents' expectations and make them proud.
85. Regular volunteering at the local community center _____ Sarah's sense of responsibility and has also helped her build strong bonds with her neighbors.
86. For John, _____ not only requires much more exercise, but also a break away from his bad living habits.
87. With years of hard work and strong determination, she finally _____ to the top of her career, which reminded us all that efforts would indeed pay off.
88. For years, through organizing a series of beach clean-ups, Emily and her friends _____ in their community, inspiring others to take action against plastic pollution.
89. _____ potential safety threats to citizens is the responsibility of the police force.

推理判断题。根据第一段“Times are hard and the price of just about everything we need and care for our rescued animals, has been skyrocketing.”（时势艰难，我们需要的几乎所有东西和照顾我们获救的动物的价格都在飙升。）以及根据第三段“If you could help, every donation towards providing ha y for the animals, however small, will be so gratefully received.”（如果你能帮忙，每一笔为动物提供快乐的捐款，无论多么小，都会被感激地接受。）以及下文的具体说明可知，短文的目的是为动物庇护所的运作寻求支持。故选 A。

B

阅读理解。

阅读下列短文，从每题所给的四个选项（A、B、C 和 D）中，选出最佳选项。

Soon, you're going to have to move out!” cried my neighbor upon seeing the largest tomato plant known to mankind, or at least known in my neighborhood.

One tiny 9-inch plant, bought for \$1.25 in the spring, has already taken over much of my rose bed, covering much of other plants, and is well on its way to the front door.

Roses require a good deal of care, and if it weren't for the pleasure they give, it wouldn't be worth the work. As it is, I have a garden full of sweet-smelling roses for most of the year. Bushes must be pruned (剪枝) in early spring, leaving ugly woody branches until the new growth appears a few weeks later. It was the space available in the garden that led me into planting just one little tomato plant. A big mistake.

Soil conditions made just perfect for roses turn out to be even more perfect for tomatoes. The daily watering coupled with full sun and regular fertilizing (施肥) have turned the little plant into a tall bush. The cage I placed around it as the plant grew has long disappeared under the thick leaves.

Now the task I face in harvesting the fruit is twofold. First, I have to find the red ones among the leaves, which means I almost have to stand on my head, and once found I have to reach down and under, pick the tomatoes and withdraw (缩回) my full fist without dropping the prize so dearly won. I found two full-blown white roses completely hidden as I picked tomatoes in June. But they were weak and the leaves already yellow for lack of light.

Here I am faced with a painful small decision: To tear up a wonderful and productive tomato plant that offers up between ten and twenty ripe sweet tomatoes each day or say goodbye to several expensive and treasured roses. Like Scarlett in *Gone With the Wind*, I'll think about that tomorrow.

24. What are the requirements for the healthy growth of rose?

- A. Frequent pruning and fertilizing.
- B. A lot of care and the right soil.
- C. Tomato plants grown alongside.
- D. Cages placed around the roots.

25. The writer planted the tomato plant because _____.

- A. there was room for it in the garden
- B. the soil was just right for it
- C. it cost only \$1.25
- D. the roses' branches needed to be covered

26. This year the writer's roses were _____.

- A. removed from the rose bed
- B. largely hidden under the tomato plant
- C. mostly damaged by too much sunlight
- D. picked along with the tomatoes

27. By saying “the prize so dearly won” in Paragraph 5, the writer wants to _____.

- A. express her liking for the roses
- B. show the hardship of growing the roses
- C. show the difficulty in picking the tomatoes
- D. express her care for the tomatoes

【答案】24. B 25. A 26. B 27. C

【解析】

【导语】本文是一篇记叙文。文章讲述了作者种西红柿的经历。作者在春天偶然栽种的一棵西红柿长成后个头非常大，影响到了园中的玫瑰花，作者在享受西红柿美味的同时，又难以割舍珍贵的玫瑰花，面对两种选择，作者举棋不定。

【24 题详解】

细节理解题。根据第三段中的“Roses require a good deal of care, and if it weren't for the pleasure they give, it wouldn't be worth the work. (玫瑰需要精心呵护，如果不是为了它带来的乐趣，它就不值得花那么多功夫)”和第四段中的“Soil conditions made just perfect for roses turn out to be even more perfect for tomatoes. (正好适

A. The Advantages Digital Learning Brings

B. Reading on Paper vs. Reading on Screens

C. How Reading on Paper Shapes Students

D. The Importance of Online Learning at Home

【答案】36. B 37. C 38. D 39. B

【解析】

【导语】本文是一篇说明文。文章主要比较纸质书和电子书的不同之处。

【36 题详解】

细节理解题。根据第二段 “Anne Mangen, a literacy professor at the University of Stavanger in Norway, says reading on paper is calm and attracts our attention, unlike the reading on a screen. (挪威斯塔万格大学的文学教授安妮·曼根表示, 与在屏幕上阅读不同, 在纸上阅读很平静, 而且能吸引我们的注意力。)” 可知, 纸质书更能让我们静下心来阅读。故选 B。

【37 题详解】

细节理解题。根据第三段 “A study by Lauren Singer Trakhman found that students understood the main ideas whether they read on paper or a screen, but they missed small details on screens. Reading on screens might make us read faster but not as deeply. (劳伦·辛格·特拉克曼的一项研究发现, 无论是在纸上阅读还是在屏幕上阅读, 学生都能理解主要思想, 但他们会错过屏幕上的一些小细节。)” 可知, 屏幕阅读速度快, 但不利于深度思考。故选 C。

【38 题详解】

推理判断题。根据最后一段 “Singer Trakhman says she uses her Kindle for fun but turns to paper for serious reading. (辛格·特拉克曼说, 她用 Kindle 是为了娱乐, 但在严肃的阅读中, 她会转向纸质书。)” 可知, 她习惯用纸质书阅读严肃读物。阅读挑战性的文学读物属于严肃阅读, 所以可以推断在读挑战性的文学时, 她倾向于用纸质书。故选 D。

【39 题详解】

主旨大意题。根据第一段 “With digital learning gaining popularity, some students choose to learn from home using computers and the internet. They used websites and digital books instead of paper ones. (随着数字化学习的普及, 一些学生选择使用电脑和互联网在家学习。他们使用网站和电子书, 而不是纸质书。)” 及全文可知, 文章主要比较纸质书和电子书的不同之处, 所以 B 项 “Reading on Paper vs. Reading on Screens (纸质阅读 vs. 屏幕阅读)” 作本文标题最佳。故选 B。

第二节(共 5 小题;每小题 2.5 分, 满分 12.5 分)

阅读下面短文, 从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Making friends as an adult can be tough, but it isn't impossible. 40

According to psychologist and friendship expert Dr Marisa G Franco, there is a necessary element for starting a friendship: continuous unplanned interactions (being in the same place and the same time, again and again). When we're younger and at school or university, this is much easier as we're automatically placed within a wide network of people who are all going through the same thing. 41 Unless we make the effort to put ourselves in situations where we'll be among others, we probably won't meet anyone new. So, your first step should be going to places where you can meet people.

42 You also have to make the effort to engage with them. Introduce yourself and try to strike up a conversation. 43 This is fine: just keep at it until you find someone that you click with. Interestingly, a study by Cornell University found that most people underestimate how much people like them when they meet new people. So even if you feel a bit awkward, chances are that other people won't see you in this way.

Once you've built up a friendly connection with someone, you need to give that relationship time to develop. Keep showing up and be intentional about the effort you put in with that person, while having enough confidence in the relationship to not be too demanding of them. 44

A. Friends, like books, should be few but good.

B. Sometimes it will go well, sometimes it won't.

C. But as we get older, we have less time to just hang out.

D. It's not enough to just be in the room with these folks, though.

E. Nevertheless, making friends with right people is full of benefits.

F. Unfortunately, though, there's no way around the time and effort it takes.

G. Over time, your shared experiences will bring the two of you closer together.

【答案】40. F 41. C 42. D 43. B 44. G

【解析】

【导语】本文是说明文。讲述了成年人是可以交到朋友的, 但是需要花费时间和精力。

【40 题详解】

根据前文 “Making friends as an adult can be tough, but it isn't impossible.(作为一个成年人交朋友可能很难,但也不是不可能)” 以及后文 “Once you've built up a friendly connection with someone, you need to give that relationship time to develop.(一旦你和某人建立了友好的关系,你需要给这种关系发展的时间)” 可知,本文讲述成年人交朋友可能很难,但也不是不可能,但是需要时间,所以 F 项 “Unfortunately, though, there's no way around the time and effort it takes.(然而,不幸的是,没有办法避免花费时间和精力)” 和前文构成转折关系,且符合本文主题。故选 F 项。

【41 题详解】

根据前文 “According to psychologist and friendship expert Dr Marisa G Franco, there is a necessary element for starting a friendship: continuous unplanned interactions (being in the same place and the same time, again and again). When we're younger and at school or university, this is much easier as we're automatically placed within a wide network of people who are all going through the same thing.(根据心理学家和友谊专家玛丽莎·G·弗朗哥博士的说法,开始一段友谊有一个必要的因素:持续的、计划外的互动(一次又一次地在同一个地点、同一个时间)。当我们年轻的时候,在学校或大学里,这要容易得多,因为我们被自动地置于一个广泛的人际网络中,这些人都在经历同样的事情)” 可知,本段在讲述了发展友谊的必要因素,年轻的时候很容易实现这个因素,所以 C 项 “But as we get older, we have less time to just hang out.(但随着年龄的增长,我们闲逛的时间越来越少)” 和前文构成转折关系,符合文意。故选 C 项。

【42 题详解】

根据前文 “So, your first step should be going to places where you can meet people.(所以,你的第一步应该是去那些你可以遇见别人的地方)” 以及后文 “You also have to make the effort to engage with them.(你还必须努力与他们接触)” 可知, D 项 “It's not enough to just be in the room with these folks, though.(然而,仅仅和这些人在一起是不够的)” 承接上文,并引出下文,符合文意。故选 D 项。

【43 题详解】

根据前文 “Introduce yourself and try to strike up a conversation.(自我介绍一下,试着开始一段对话)” 以及后文 “This is fine: just keep at it until you find someone that you click with.(这很好:只要坚持下去,直到你找到一个你喜欢的人)” 可知, B 项 “Sometimes it will go well, sometimes it won't.(有时会顺利,有时则不然)” 是对前文的进一步说明,而后文又是对本句的进一步说明,符合文意。故选 B 项。

【44 题详解】

设空位于段尾,是对前文的总结,根据前文 “Keep showing up and be intentional about the effort you put in with that person, while having enough confidence in the relationship to not be too demanding of them.(不断出现,有意识地为对方付出努力,同时对这段关系有足够的信心,不要对他们要求太高)” 可知, G 项 “Over time, your shared experiences will bring the two of you closer together.(随着时间的推移,你们共同的经历会让你们走得更近)” 是对前文的总结,符合文意。故选 G 项。

第三部分 语言运用(共四节, 满分 45 分)

第一节(共 15 小题;每小题 1 分, 满分 15 分)

阅读下面短文,从从每题所给的 A、B、C、D 四个选项中选出最佳选项。

The stage lights dimmed (变昏暗), and I took a quick look from behind the heavy black curtains into the audience. Blinded by the lights, I quickly 45. It seems that a great number of eyes were looking at me. I took a deep 46 as the music of my dance began to play. I entered the stage and began my 47, the graduation test of the classical Indian dance.

After a decade of learning, I was finally ready to take on the most difficult act. The test is the most important 48 in a dancer's life as it pays respect to all the factors in one's life that 49 the dance form: one's culture and family.

The performance is undertaken only by the most 50 and determined students. It is a difficult process that requires much 51. For more than six months, I spent two to three hours every day 52 these dances. Many times, I 53 myself to my physical and mental breaking point, but still I would not stop. I could not give up. There was always so much more to do and so much more to 54.

I discovered a lot about myself in those tiring hours. I learned that I was far too stubborn to give up, and I was too proud to prove myself wrong after I had set an unrealistic goal. Even with physical pain and mental stress, I forced myself to meet my 55. Even when I was at the end of my limit, there was always something 56 me on, forcing me not to give up.

Fortunately, I made it. What I had done 57 the success. It was in those hours that I learned what a dancer 58 is. Those time was evidence that I could achieve something I 59 out to do.

45. A. pulled back B. set off C. reached out D. broke away

46. A. sleep	B. thought	C. breath	D. sorrow
47. A. career	B. understanding	C. response	D. performance
48. A. routine	B. lesson	C. accident	D. event
49. A. develop	B. purchase	C. introduce	D. promote
50. A. focused	B. beautiful	C. intelligent	D. considerate
51. A. talent	B. strength	C. devotion	D. cooperation
52. A. recording	B. practicing	C. discussing	D. designing
53. A. applied	B. addicted	C. treated	D. pushed
54. A. forget	B. design	C. learn	D. research
55. A. explanation	B. expectation	C. expense	D. impression
56. A. driving	B. competing	C. benefiting	D. representing
57. A. increased	B. deserved	C. expanded	D. exposed
58. A. completely	B. mainly	C. truly	D. distantly
59. A. put	B. carry	C. turn	D. set

【答案】 45. A 46. C 47. D 48. D 49. A 50. A 51. C 52. B 53. D 54. C
55. B 56. A 57. B 58. C 59. D

【解析】

【导语】这是一篇记叙文。主要叙述了作者从小开始学习印度古典舞蹈，十年之后参加舞蹈毕业考试。成功之后，作者对以前的学习过程进行了反思。作者认为只有最专注、最有毅力的学生，承受身心的压力才能获得成功，也知道了什么是真正的舞者。

【45 题详解】

考查动词短语辨析。句意：被灯光照得睁不开眼，我迅速往后退。A. pulled back 撤回；B. set off 出发；C. reached out 伸出；D. broke away 脱离。根据上文“Blinded by the lights”可知，灯光太强，作者睁不开眼，迅速往后退。故选 A。

【46 题详解】

考查名词词义辨析。句意：当我的舞曲开始响起时，我深吸了一口气。A. sleep 睡觉；B. thought 想法；C. breath 呼吸；D. sorrow 悲伤。根据上文“It seems that a great number of eyes were looking at me”可知，作者感觉有好多人在观看，所以很紧张，于是“深呼吸（breath）”来缓解紧张。故选 C。

【47 题详解】

考查名词词义辨析。句意：我进入了舞台，开始了我的表演，印度古典舞蹈的毕业考试。A. career 事业；B. understanding 理解；C. response 反应；D. performance 表演。根据后文“the graduation test of the classical Indian dance”可知，作者要开始表演了。故选 D。

【48 题详解】

考查名词词义辨析。句意：这个测试是一个舞者生命中最重要的事件，因为它尊重一个人生命中发展舞蹈形式的所有因素：一个人的文化和家庭。A. routine 常规；B. lesson 课；C. accident 事故；D. event 事件，大事。结合后文“in a dancer's life as it pays respect to all the factors in one's life”可知，这个比赛因为尊重一个人生命中发展舞蹈形式的所有因素，所以是一个舞者生命中最重要的事件（event）。故选 D。

【49 题详解】

考查动词词义辨析。句意：这个测试是一个舞者生命中最重要的事件，因为它尊重一个人生命中发展舞蹈形式的所有因素：一个人的文化和家庭。A. develop 发展；B. purchase 购买；C. introduce 介绍；D. promote 促进。根据后文“the dance form:one's culture and family”可知，这个测试是舞者一生中最重要的事情，因为它尊重于一个人一生中发展（develop）舞蹈形式的所有因素：一个人的文化和家庭。故选 A。

【50 题详解】

考查形容词词义辨析。句意：只有最专注、最坚定的学生才会参加演出。A. focused 专心的；B. beautiful 美丽的；C. intelligent 聪明的；D. considerate 体贴的。结合文章第二段第一句中“the most difficult act”可知，这次表演只有最专注的（focused）和最有决心的学生才能参加。故选 A。

【51 题详解】

考查名词词义辨析。句意：这是一个艰辛的过程，需要投入很多。A. talent 才能；B. strength 力量；C. devotion 努力，投入；D. cooperation 合作。结合第二段第一句中“the most difficult act”可知，这次表演是一段艰辛的过程，需要投入很多。故选 C。

【52 题详解】

考查动词词义辨析。句意：在六个多月的时间里，我每天花两到三个小时练习这些舞蹈。A. recording 记录；B. practicing 练习；C. discussing 讨论；D. designing 设计。结合上文“I spent two to three hours every day”可知，作者为了参加比赛，在过去的六个多月的时间里，每天都会花两到三个小时练习（practice）舞蹈。

故选 B。

【53 题详解】

考查动词词义辨析。句意：很多次，我把自己推向身体和精神的极限，但我仍然不会停止。A. applied 申请；B. addicted 沉迷于；C. treated 治疗；D. pushed 推。结合空格所在句后半句“but still I would not stop”和下文“I could not give up”可知，但是“我”仍然不会停止，不会放弃。说明很多次，“我”都会把自己推向（push）身体和精神崩溃的极限。故选 D。

【54 题详解】

考查动词词义辨析。句意：总有那么多的事情要做，那么多的东西要学。A. forget 忘记；B. design 设计；C. learn 学习；D. research 研究。结合上文“‘There was always so much more to do and so much more to’”可知，此处指总有那么多事情要做，还有那么多东西要学（learn）。故选 C。

【55 题详解】

考查名词词义辨析。句意：即使有身体上的疼痛和精神上的压力，我也强迫自己满足我的期望。A. explanation 解释；B. expectation 期望；C. expense 费用；D. impression 印象。结合上文中“‘Even with physical pain and mental stress’”可知，在面临身体上的疼痛和精神上的压力的情况下，“我”还是要强迫自己去达到“我”的期望（expectation）。故选 B。

【56 题详解】

考查动词词义辨析。句意：即使当我处在我的极限时，总有一些东西驱使我，强迫我不放弃。A. driving 驱使；B. competing 竞争；C. benefiting 有益于；D. representing 代表。根据后文“‘forcing me not to give up’”可知，有东西驱使作者不放弃。故选 A。

【57 题详解】

考查动词词义辨析。句意：我所做的值得拥有这次成功。A. increased 增加；B. deserved 值得，应得；C. expanded 扩大；D. exposed 暴露。结合上文作者为了比赛每天练习，面临身体上的疼痛和精神上的压力最后终于取得成功和后文的“‘the success’”可知，作者所付出的一切值得（deserve）拥有这次成功。故选 B。

【58 题详解】

考查副词词义辨析。句意：正是在那几个小时里，我明白了真正的舞者是什么。A. completely 完全地；B. mainly 主要地；C. truly 真正地；D. distantly 远离地。结合上文“‘It was in those hours that I learned what a dancer’”可推知，正是那几个小时让作者学会了什么是真正的舞者。故选 C。

【59 题详解】

考查动词词义辨析。句意：那些时间证明了我可以实现我设定的目标。A. put 放置；B. carry 搬运；C. turn 转向；D. set 设置。根据上文“‘I could achieve something I’”可知，此处指作者可以实现自己设定的目标。短语 set out to do 表示“着手做某事，开始去做”。故选 D。

第二节(共 10 小题;每小题 1 分, 满分 10 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。

According to one legend, dumplings first appeared during the Han Dynasty. 60 (rough) 1800 years ago, the story goes, a physician named Zhang Zhongjing returned to his hometown, during a cold winter. He found his fellow villagers with frostbitten ears and created a new dish to help them warm up. The ingredients he chose 61 (consist) of mutton, herbs, and spices, 62 effects were to drive away cold. The doctor wrapped them 63 dough and folded the pieces to look like tiny ears. Dumplings 64 (continue) to take off and diversify since then. Typically 65 (fill) with meat or vegetables, the simple bites are distinguished by their pleated (起褶皱的), wheat dough wrappers. They're often served for the Chinese New Year, though not because they look like crescent moons(新月).

Traditionally, if you want to wish someone good fortune in China, you feed dumplings with a coin hidden inside and anyone 66 gets this coin will be lucky in the coming year. Making dumplings together with the whole family creates a lively atmosphere, 67 everyone is actively engaged, laughing, and sharing stories. Today, Jiaozi is still 68 must in winter in most parts of northern China, especially during the Spring Festival. No words can precisely describe Chinese people's affection for dumplings, as the food has already become a symbol of home and 69 (warm).

【答案】 60. Roughly

61. consisted

62. whose 63. in

64. have continued###have been continuing

65. filled 66. who

67. where 68. a

69. warmth

【解析】

【导语】本文是一篇说明文，讲述了饺子起源的传说，介绍了饺子的制作材料、外形特点、蕴含的美好寓意以及在中国文化中的重要地位，尤其在北方冬季和春节时的特殊意义，它已成为家与温暖的象征。

【60 题详解】

考查副词。句意：大约 1800 年前，传说一位名叫张仲景的医生在一个寒冷的冬天回到了他的家乡。此处修饰时间状语 1800 years ago，应用副词 roughly，意为“大约，大致”，句首单词首字母大写。故填 Roughly。

【61 题详解】

考查动词时态。句意：他选用的食材包括羊肉、草药和香料，这些食材的功效是驱寒。空处为主句谓语，根据上下文可知，此处描述过去发生的事情，应用一般过去时，consist 的过去式为 consisted。故填 consisted。

【62 题详解】

考查定语从句。句意：他选用的食材包括羊肉、草药和香料，这些食材的功效是驱寒。此处为非限制性定语从句，先行词是 mutton, herbs, and spices，与 effects 之间是所属关系，所以用关系代词 whose 引导，在从句中作定语，意为“……的”。故填 whose。

【63 题详解】

考查介词。句意：医生把它们包在面团里，把面片折叠起来，看起来像小耳朵。wrap...in...为固定搭配，意为“把……包在……里”。故填 in。

【64 题详解】

考查动词时态。句意：从那时起，饺子不断流行并多样化。根据时间状语 since then 可知，此处强调从过去持续到现在的动作，应用现在完成时或现在完成进行时，现在完成时结构为“have/has +过去分词”，现在完成进行时结构为“have/has been +现在分词”，主语 Dumplings 是复数，助动词用 have。故填 have continued/ have been continuing。

【65 题详解】

考查非谓语动词。句意：这些简单的食物通常包着肉或蔬菜，其特点是有褶皱的小麦面团外皮。分析句子结构可知，句中已有谓语动词 are distinguished，所以此处应用非谓语动词，Dumplings 与 fill 之间是被动关系，所以用过去分词 filled 作状语。故填 filled。

【66 题详解】

考查定语从句。句意：传统上，在中国如果你想祝某人好运，你就包一个藏有硬币的饺子，吃到这个硬币的人在来年就会幸运。此处为定语从句，先行词是 anyone，指人，在从句中作主语，所以用关系代词 who 引导。故填 who。

【67 题详解】

考查定语从句。句意：和全家人一起包饺子营造了一种热闹的氛围，在这种氛围中每个人都积极参与，欢声笑语，分享故事。此处为非限制性定语从句，先行词是 atmosphere，在从句中作地点状语，相当于 in the atmosphere，所以用关系副词 where 引导。故填 where。

【68 题详解】

考查冠词。句意：如今，饺子在中国北方大部分地区的冬季，尤其是春节期间，仍然是一道必吃的食物。此处表示泛指“一道必吃的食物”，must 作名词时，意为“必须做（或看、买等）的事”，是以辅音音素开头的单词，所以用不定冠词 a。故填 a。

【69 题详解】

考查名词。句意：没有言语能够准确描述中国人对饺子的喜爱，因为这种食物已经成为家与温暖的象征。根据 and 前的 home 可知，此处应用名词 warmth，与 home 并列作 of 的宾语，warmth 意为“温暖”，是不可数名词。故填 warmth。

第三节 单词拼写(共 10 小题;每小题 1 分, 满分 10 分)

70. During the course, he a _____ a good knowledge of gardening. (根据首字母单词拼写)

【答案】acquired##quired

【解析】

【详解】考查动词。句意：在这个课程中，他掌握了扎实的园艺知识。空处作谓语，结合“a good knowledge of gardening”和首字母提示可推知，动词 acquire “学会，习得”符合题意，表示“掌握了扎实的园艺知识”，且结合“During the course”可知，行为应该发生在过去，时态宜用一般过去时。故填 acquired。

71. I'd like to take this o _____ to thank my workmates for their support. (根据首字母单词拼写)

【答案】opportunity##ppportunity

【解析】

【详解】考查名词。句意：我想借此机会感谢我的同事们对我的支持。根据句意及首字母提示可知，此处

使用名词 opportunity “机会”，可数名词，由空前 this 可知，应用名词单数形式。故填 opportunity。

72. It won't be long before he _____ (恢复) from the operation. (根据汉语提示单词拼写)

【答案】recovers

【解析】

【详解】考查动词时态。句意：用不了多久他就会从手术中恢复过来。It won't be long before...是固定句型，意为“不久之后就……”，before 引导的时间状语从句用一般现在时表将来，主语 he 是第三人称单数，所以“恢复”用 recovers，在从句中作谓语。故填 recovers。

73. This was an a _____ moment when the teacher went into the wrong classroom. (根据首字母单词拼写)

【答案】awkward

【解析】

【详解】考查形容词。句意：老师走错教室，这是一个尴尬的时刻。awkward 是形容词，意为“使人尴尬的”，在句中作定语。故填 awkward。

74. — What's up, honey? You seem to look sad.

— Sorry, nothing serious. I'll just had an _____ (争辩) with my boss this afternoon. (根据汉语提示单词拼写)

【答案】argument

【解析】

【详解】考查名词。句意：——怎么了，亲爱的？你好像很伤心。——抱歉，没什么严重的。我只是今天下午和我的老板发生了一次争辩。根据空前 an 及中文提示“争辩”可知，空处应为名词单数 argument 作 had 的宾语。故填 argument。

75. She has shown enthusiasm in the _____ (履行) of her duties. (根据汉语提示单词拼写)

【答案】performance

【解析】

【详解】考查名词。句意：她在履行职责时表现出了热情。performance 作名词，意为“履行，执行”，in the performance of...表示“在……的履行过程中”，在句中作介词 in 的宾语。故填 performance。

76. Through healthy discussion, you will surely address their _____ (担心). (根据汉语提示单词拼写)

【答案】concerns

【解析】

【详解】考查名词。句意：通过建设性的讨论，你一定能解决他们的担忧。形容词性物主代词 their 后接名词形式，在句中作宾语。名词“担心”英文为 concern。根据 their 可知，用复数形式。故填 concerns。

77. We _____ (寻找) an answer to the problem but failed. (根据汉语提示单词拼写)

【答案】sought

【解析】

【详解】考查动词。句意：我们寻找这个问题的答案，但是失败了。根据汉语提示“寻找”可知，此处用动词 seek，由后半句 failed 可知，句子时态为一般过去时，使用动词过去式 sought，在句中作谓语。故填 sought。

78. I am lucky to have so many _____ (善意的) and wise friends. (根据汉语提示单词拼写)

【答案】well-meaning

【解析】

【详解】考查形容词。句意：我很幸运能有这么多善意的、睿智的朋友。“善意的”应用形容词 well-meaning，作修饰 friends 的定语。故填 well-meaning。

79. In Sanhe Ancient Town, gray _____ (屋顶), red pillars and white walls make up beautiful scenery for visitors. (根据汉语提示单词拼写)

【答案】roofs

【解析】

【详解】考查名词。句意：在三河古镇，灰顶、红柱、白墙为游客构成了美丽的风景。空处被形容词 gray 修饰，名词 roof “屋顶”符合题意，为可数名词，和下文 pillars、walls 并列作主语，roof 用复数形式。故填 roofs。

第四节 短语填空(共 10 小题;每小题 1 分, 满分 10 分)

短语填空

get into shape; contribute to; live up to; guard against; make it; make the most of; make a difference; see eye to eye with sb. on sth.; back down; bring out
--

80. Although they often disagree on politics, Jane and her best friend surprisingly _____ the importance of mental health.
81. The art show at the gallery truly _____ the hidden talents of the local artists, showcasing a diverse range of styles and techniques that amazed the audience.
82. Recognizing that he only had a limited time in the city, Alex _____ his trip by visiting every major tourist attraction and trying out local food at every corner.
83. The captain of the team encouraged his players to never _____, even in the face of a challenging opponent.
84. Despite facing many challenges, Sarah worked tirelessly to ensure she would _____ her parents' expectations and make them proud.
85. Regular volunteering at the local community center _____ Sarah's sense of responsibility and has also helped her build strong bonds with her neighbors.
86. For John, _____ not only requires much more exercise, but also a break away from his bad living habits.
87. With years of hard work and strong determination, she finally _____ to the top of her career, which reminded us all that efforts would indeed pay off.
88. For years, through organizing a series of beach clean-ups, Emily and her friends _____ in their community, inspiring others to take action against plastic pollution.
89. _____ potential safety threats to citizens is the responsibility of the police force.

【答案】80. see eye to eye with each other on

81. brought out
82. made the most of
83. back down
84. live up to
85. has contributed to
86. getting into shape
87. made it
88. have made a difference
89. Guarding against

【解析】

【80 题详解】

考查固定短语和时态。句意：尽管她们在政治上经常有分歧，但简和她最好的朋友在心理健康的重要性上出乎意料地意见一致。根据“disagree on”以及“surprisingly”可知，此处表示“在某事上与某人意见一致”，see eye to eye with sb. on sth.为固定短语，句子描述一般情况，应用一般现在时，主语为复数，谓语动词用原形。故填 see eye to eye with each other on。

【81 题详解】

考查固定短语和时态。句意：美术馆的艺术展览真正展现了当地艺术家隐藏的才华，展示了令观众惊叹的多样风格与技法。根据“the hidden talents”可知，此处表示“使显现；激发”，bring out 为固定短语，句子描述过去发生的事情，应用一般过去时，bring 的过去式为 brought。故填 brought out。

【82 题详解】

考查固定短语和时态。句意：亚历克斯意识到自己在这座城市的时间有限，便充分利用他的旅程，参观了每一个主要景点，还在各个街角品尝当地美食。根据“limited time”以及“visiting every major tourist attraction”可知，此处表示“充分利用”，make the most of 为固定短语，句子描述过去发生的事情，应用一般过去时，make 的过去式为 made。故填 made the most of。

【83 题详解】

考查固定短语。句意：队长鼓励队员们即使面对强劲对手也绝不退缩。根据“in the face of a challenging opponent”可知，此处表示“放弃；退缩”，back down 为固定短语，不定式符号 to 后接动词原形(encourage sb to do)。故填 back down。

【84 题详解】

考查固定短语。句意：尽管面临许多挑战，萨拉不懈努力，确保自己不辜负父母的期望，让他们骄傲。根据“her parents' expectations”可知，此处表示“不辜负”，live up to 为固定短语，情态动词 would 后接动词原形。故填 live up to。

【85 题详解】

考查固定短语和时态。句意：定期在当地社区中心做志愿活动增强了萨拉的责任感，也帮她与邻居建立了紧密联系。根据“sense of responsibility”可知，此处表示“促成；有助于”，contribute to 为固定短语，结合“has also helped”可知，应用现在完成时，主语为单数，助动词用 has。故填 has contributed to。

【86 题详解】

考查固定短语和非谓语动词。句意：对约翰来说，强身健体不仅需要更多锻炼，还要改掉不良生活习惯。根据“exercise”以及“bad living habits”可知，此处表示“强身健体；保持体形”，get into shape 为固定短语，此处作主语，应用动名词形式。故填 getting into shape。

【87 题详解】

考查固定短语和时态。句意：凭借多年的努力和坚定的决心，她最终事业达到顶峰，这提醒我们努力终会有回报。根据“to the top of her career”可知，此处表示“获得成功；达到目标”，make it 为固定短语，句子描述过去发生的事情，应用一般过去时，make 的过去式为 made。故填 made it。

【88 题详解】

考查固定短语和时态。句意：多年来，埃米莉和她的朋友们通过组织一系列海滩清理活动，在社区里产生了积极影响，激励他人行动起来对抗塑料污染。根据“inspiring others to take action”可知，此处表示“有影响；起作用”，make a difference 为固定短语，结合“For years”可知，应用现在完成时，主语为复数，助动词用 have。故填 have made a difference。

【89 题详解】

考查固定短语和非谓语动词。句意：防范对公民潜在的安全威胁是警察部门的职责。根据“potential safety threats”可知，此处表示“防范；提防”，guard against 为固定短语，此处作主语，应用动名词形式，句首首字母大写。故填 Guarding against。

第四部分 应用文写作 (满分 15 分)

90. 假定你是李华，最近收到了你的美国朋友 Peter 的来信。他在信中说，他最近饱受青春痘的困扰，因为周围同学都很注重外貌，所以他时常焦虑、苦恼。请你给他写一封回信。内容包括：1. 表示安慰；2. 提出建议；3. 祝愿康复。

注意：

1. 词数 100 字左右；
2. 可适当增加细节，以使行文连贯。

Dear Peter,

Yours,
Li Hua

【答案】 Dear Peter,

I am sorry to hear about your acne troubles and the anxiety it's causing you. Remember, everyone's skin goes through changes, and it's nothing to be ashamed of.

I'd like to share a few tips with you. Firstly, don't let others' opinions define you. Focus on your inner qualities and remember that true beauty comes from within. Secondly, consider seeing a doctor if necessary, who can provide professional advice and treatment tailored to your skin type and condition. Last but not least, staying healthy with a balanced diet and regular exercise can also contribute to clearer skin.

I hope these tips ease your worries and your skin clears up soon. Stay positive!

Yours,
Li Hua

【解析】

【导语】 本篇书面表达属于应用文，要求考生以李华的身份给美国朋友 Peter 回信，针对他饱受青春痘困扰且因同学注重外貌而焦虑苦恼的情况，进行安慰、提出建议并表达祝愿。

【详解】 1. 词汇积累

困扰：trouble → perplex

羞愧的：ashamed → embarrassed

观点：opinion → perspective

有助于：contribute to → be conducive to

2. 句式拓展

同义句转换

原句: Secondly, consider seeing a doctor if necessary, who can provide professional advice and treatment tailored to your skin type and condition.

拓展句: Secondly, if it were possible, I would suggest you consider seeing a doctor who could provide professional advice and treatment tailored to your skin type and condition.

【点睛】【高分句型 1】Secondly, consider seeing a doctor if necessary, who can provide professional advice and treatment tailored to your skin type and condition.(运用 who 引导的非限制性定语从句)

【高分句型 3】Last but not least, staying healthy with a balanced diet and regular exercise can also contribute to clearer skin.(运用动名词短语“staying healthy...”作主语)