

昆山提招英语模拟卷（二）

第一部分 阅读

第一节 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，并在答题纸上将该项涂黑。

A

Three Apps to Learn French for Kids and Teens

Are you trying to get your child or your teenager to learn French? Using French Apps might be one of the best ways to introduce your kids to the French language. Every kid loves messing around with all sorts of buttons and electronic devices.

Study Cat

Made for kids between the ages of 6 and 8, Study Cat is an app that helps children learn French. With bright colors and big buttons, kids can practice their pronunciation, reading and grammar. In the games, French is spoken at a proper speed. There is a free 7-day trial where you can decide if your child benefits from the app.

Boukili

Boukili is an app for children over the age of 4. This app is entirely free and consists of various illustrated children's books. There are also over 120 games. One of the best aspects of this app is that it allows parents to track their children's reading progress. If you struggle to get your child to want to read books in paper format, this app may just be your solution.

Mondly Kids

Mondly Kids is a fairly well-known language learning app and thankfully there is a version for kids. Mondly Kids is fun, including cartoons. The lessons are 10 minutes long so your child hopefully won't lose their concentration. The app also includes daily review sessions which help your children to memorize vocabulary a bit more easily.

21. What's the purpose of the 7-day trial of Study Cat?

- A. To test the app's functions.
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22. What might be an edge of Boukili?

- A. It restricts game time.
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B

For former Chinese women's soccer player Zhao Lina, her story began not under stadium lights but in the dusty schoolyard of Jinshajiang Road Primary School in Shanghai's Putuo District.

Now 33, she still remembers joining the school soccer team in first grade — the tallest among all her teammates. The coach lined everyone up by height, and Zhao stood at the end of the line. Impressed by her height, the coach decided she should be a goalkeeper. But she never imagined one day she would step onto the international stage.

In the beginning, her only fan was her father. A decade later, she stood on the world stage at the 2015 FIFA Women's World Cup, wearing the red jersey of China. She then felt the pure joy of playing, with the thunderous cheers from the packed stadium forever unforgettable.

One of her most unforgettable matches came in 2022, when China made a stunning 3-2 comeback against South Korea to reclaim the AFC Women's Asian Cup after 16 years. It was the perfect high point and a year later, Zhao announced her retirement, closing an 18-year career.

After retiring from Team China in 2023, former goalkeeper Zhao Lina never truly walked away from the soccer field. Instead, she found a new mission — bringing soccer to children in China's rural areas. Through her soccer charity program, Zhao plans to visit 100 remote schools, build fields, donate equipment, organize leagues and train local physical education teachers to coach. In the 10 months since her retirement, she has already helped build four soccer fields and deliver equipment to 40 schools.

Alongside her charity work, Zhao has also stepped into journalism. She served as a reporter for the 2023 FIFA Women's World Cup in Australia and New Zealand.

"Life isn't a straight line," she reflects. "Even athletes have peaks and declines. But when the next rise comes — if you've prepared enough and give your all — you'll surpass your last peak. That's what life and soccer have taught me."

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- A. By comparing her early and later life.
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27. Which saying best describes Zhao Lina's story?
- A. Every ending leads to a new beginning.
 - B. Life begins at the end of comfort zone.
 - C. Time and tide wait for no man.
 - D. Failure is the mother of success.

C

What comes to mind when you hear the phrase “dress for success”? Perhaps it's a no-brainer for you — wearing a nice suit so others will take you more seriously. But the truth is more complex (复杂的) and important. How we present ourselves doesn't just change how others see us. It also changes how we see ourselves — and that can influence how we act.

A recent study shows this point well. When people believe that they look better, they act more kindly. They even donate twice as much to the poor as those who do not feel the same way. The researchers find that when people feel good about their appearance, they believe more people will notice them. This encourages them toward more generous (慷慨的) and helpful social behavior.

This new finding mirrors what scientists call the “halo effect”: it is common for people to believe that those who look good also have other positive qualities. In this way, they are more likely to be treated kindly or trusted. However, the new discovery is that this effect also works inwardly. When we feel we look good, we don't just benefit from others' positive opinions. We start to behave in ways that strengthen them. This change can begin early, as research shows even children are kinder to those who are “nice-looking”.

In short, our self-image and our generosity are closely connected. This can create a positive feedback loop (反

馈循环): feeling good about our appearance builds up our confidence, which shapes our behavior in a positive way. In turn, the positive feedback from others strengthens our positive self-image. Therefore, dressing for success is not just about being seen by others. It is about becoming the kind of person who encourages kindness — both in yourself and in others.

28. Why does the author mention wearing a nice suit in Paragraph 1?

- A. To stress the importance of good behavior.
- B. To show the features of a formal lifestyle.
- C. To suggest a way of achieving success.
- D. To lead to more effects of dressing well.

29. How does feeling good about appearance affect a person according to the study?

- A. It promotes kind social acts.
- B. It improves job performance.
- C. It shapes one's character.
- D. It causes self-centered behavior.

30. What is the new discovery about the “halo effect”?

- A. Its effect is self-directed.
- B. Its power works on others.
- C. Its basis is others' kindness.
- D. Its influence is always strong.

31. What is the best title for the passage?

- A. Dress for Confidence: Feel Good.
- B. Dress for Confidence: Impress Others.
- C. Dress for Success: Gain Respect.
- D. Dress for Success: Encourage Kindness.

D

Besides its known benefits for mental health and connecting with nature, the hobby of birdwatching may have another surprising advantage: It can cause helpful physical changes in the human brain. A recent brain science study from McGill University shows that the deep mental effort needed for this activity has a real effect on our brain's structure.

The research compared brain scans and thinking tests between expert birdwatchers, who could name hundreds of birds by sight and sound, and beginners. When doing bird identification (识别) tasks, the experts were not only faster and more correct, but their brains also showed much higher activity in specific areas. These areas are linked to advanced visual processing (seeing fine details), strong and focused attention (ignoring distractions), and working memory (holding and comparing information). Importantly, brain structure scans showed that these key areas were thicker and had better connections in the expert group.

These findings suggest that the specialized, demanding practice of birding — which needs quickly putting together small visual clues, sounds, and learned knowledge — does not just use the brain but actively strengthen and improve its wiring, like exercise builds muscle. This is important for brain health as we age. The study found that the

normal loss of brain tissue and function with age was much less obvious in the expert birdwatchers. Researchers think that such long-term, complex mental activity helps build a “cognitive reserve (认知保护)”, making the brain stronger and better at dealing with damage over time.

“Our work shows that doing a challenging, skill-based hobby for life is linked to a protective effect for the brain,” explained lead scientist Dr. Robert Zatorre. The idea likely applies to other activities needing deep focus and learning, like playing music or learning a language. So, spending time watching and identifying birds is much more than a relaxing pastime. It is an active investment in long-term brain health, building a stronger and more agile mind that can better handle the natural changes that come with getting older.

32. What did the brain scans of expert birdwatchers show compared to beginners?

- A. Their brains were less active in some certain areas.
- B. Their brains were smaller in size but more efficient.
- C. They used different senses when identifying birds.
- D. Their certain brain areas were better connected.

33. Why does the author mention “like exercise builds muscle” in paragraph 3?

- A. To explain how the brain strengthens by birdwatching.
- B. To show how birdwatching benefits people’s muscles.
- C. To prove that birdwatching is physically tiring.
- D. To compare birdwatching with physical activities.

34. What does the underlined word “agile” in the last paragraph probably mean?

- | | |
|------------|-------------|
| A. Sharp. | B. Anxious. |
| C. Strict. | D. Solid. |

35. What is the best title for the text?

- A. What to Expect from Birdwatching.
- B. Effective Ways of Keeping Brain Healthy.
- C. How Birdwatching Reshapes the Brain.
- D. Birdwatching — A Challenging Hobby.

第二节 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，并在答题纸上将该项涂黑。选项中有两项为多余选项。

How to Build a Slow-Down Routine

In today's fast-paced world, taking time to relax and recharge is crucial for your mental and physical well-being.

____36____ Check out some ideas for how you can add healthy habits to your daily life.

Get outside

Spending time outside provides fresh air and vitamin D on those sunny days. So, whether that means taking the dog for a walk or eating outside with your family, find opportunities to spend some extra time outdoors. ____37____ Simply being outdoors has been proven to help boost our moods.

____38____ Technology has its benefits, but for many people, a break is welcome. If you have been on your laptop all day, take a break for at least an hour or two. Use this opportunity to engage in other hobbies you enjoy. Taking time away from our screens is proven to help decrease levels of stress and anxiety.

Spend time with loved ones

____39____ Be intentional with finding ways to connect with family and friends after a long day. This could mean planning a monthly dinner after work or getting together for a group event or exercise class you both enjoy.

Get quality sleep

The Sleep Foundation recommends at least 7 hours of quality sleep each night to feel fully recharged for the next day. Find some ways to create a healthy nighttime routine that can help you to relax for a good night's sleep.

____40____ This will help you better cope with stressors that arise throughout the day.

- A. Arrange breaks regularly.
- B. Disconnect from technology.
- C. It allows you to focus on what truly matters.
- D. It lets you wake up feeling rested and recharged.
- E. Spend more time on your favourite outdoor activities.
- F. Connection is a great way to relax and recharge after a busy day.
- G. Even when the weather changes, try to make time for outdoor activities.

第二部分 语言运用

第一节 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，并在答题纸上将该项涂黑。

Last summer, I returned to my grandmother's home in my childhood town. The woman who once moved with endless ____41____ now seemed aged, her steps carefully ____42____. Her hands, which had once worked with purpose, now shook while she held her tea. I saw the ____43____, yet it never weakened her role as our family's heart. She had simply learned to move at a ____44____ pace (节奏).

One afternoon, I was ____45____ the roses in her garden, growing impatient with how much there was to do. I wanted to finish quickly. My grandmother's eyes, ____46____, stayed on the flowers. "I used to rush through all this," she said softly. "Now I find ____47____ in watching them grow, letting time ____48____ as it will." Her voice held no regret, only peaceful ____49____, as if she had discovered a new way to love life.

In the following days, we shared ____50____ moments — small tasks and quiet talks. I had always ____51____ to finish things, but watching her, I saw a new way of being. Each moment was intentional; in her stillness lay a warmth I had never ____52____ before.

As I prepared to leave, she smiled. "Love isn't always about ____53____ actions," she said. "It's in the little things — how plants ____54____, or how we sit together." I finally understood: True love lies in the patience and ____55____ we give one another.

- | | | | |
|-------------------|----------------|------------------|----------------|
| 41. A. happiness | B. energy | C. courage | D. expectation |
| 42. A. challenged | B. recorded | C. measured | D. observed |
| 43. A. function | B. trick | C. course | D. change |
| 44. A. different | B. strange | C. familiar | D. fixed |
| 45. A. tending to | B. showing up | C. holding up | D. pulling up |
| 46. A. otherwise | B. therefore | C. moreover | D. however |
| 47. A. future | B. distance | C. comfort | D. secret |
| 48. A. pass | B. pause | C. predict | D. interpret |
| 49. A. excitement | B. loneliness | C. determination | D. acceptance |
| 50. A. fancy | B. tense | C. complex | D. simple |
| 51. A. refused | B. rushed | C. hesitated | D. planned |
| 52. A. believed | B. appreciated | C. noticed | D. required |
| 53. A. generous | B. silent | C. grand | D. reliable |

54. A. grow B. die C. change D. vary
55. A. promise B. presence C. hope D. wealth

第二节 选一个适当的单词或括号内单词的正确形式，并将答案写在答题纸上相应题号的横线上。

56. A good example to illustrate this point is the discovery of *qinghaosu* in 1972, which was intended as _____ effective treatment for malaria. (用适当的词填空)
57. Governors of Sichuan Province are preparing an application _____ (include) Sanxingdui Ruins on the World Cultural Heritage List. (所给词的适当形式填空)
58. The older people we respect are those who gain _____ (wise) after experiencing many difficulties in their lives. (所给词的适当形式填空)
59. When students have their phones on them, they will always want to check new messages during lessons, _____ (cause) them to lose concentration. (所给词的适当形式填空)
60. Some people hunt animals for food. Whale meat _____ (eat) in some parts of the world, such as Japan and Norway. (所给词的适当形式填空)
61. People tend to connect factories with pictures of clouds of dirty smoke and _____ (responsible) businessmen eager to make huge profits. (所给词的适当形式填空)
62. Plates moving underground can cause an earthquake, _____ is a sudden shaking of the earth's surface. (用适当的词填空)
63. My brother went to bed last night feeling upset and helpless, _____ all his homework unfinished and his desk in a mess. (用适当的词填空)
64. Though seriously _____ (affect) by the sudden bad news, she tried her best to calm down and finish the work on time. (所给词的适当形式填空)
65. Picture yourselves _____ the hero in a Chinese martial-arts (武术) novel and there are two paths to improve your powers — *zhengxiu* and *xiexiu*. Which one will you choose? (用适当的词填空)

第三节 阅读下面句子，根据中文提示或首字母填入恰当的单词，并将答案写在答题纸上相应题号的横线上，每空一词。注意：答题时请写出包含首字母的完整单词。

66. The course provides students with wide v _____ of practical skills needed for future careers. (根据首字母单词拼写)
67. When we are getting along with others, sincerity is the secret _____ (秘诀) for winning true friendship. (根据汉语提示单词拼写)

68. The athlete suffered a serious i _____ during the match and had to give up the game completely. (根据首字母单词拼写)

69. The thick fog slowly lifted, and the beautiful mountain scenery began to r _____ itself in front of us. (根据首字母单词拼写)

70. As is often the case, attracting foreign investment is of great significance for a country's _____ (经济) recovery. (根据汉语提示单词拼写)

71. It suddenly o _____ to me that I had left my key in the classroom when I was about to open the door. (根据首字母单词拼写)

72. According to the competition rules, participants are required to finish a given task within a(n) _____ (有限的) time. (根据汉语提示单词拼写)

73. I was too busy to cook last night, so I simply made a bowl of _____ (速食) noodles and ate it quickly. (根据汉语提示单词拼写)

74. The heat in summer was so u _____ that few people wanted to go out and walk in the sunlight. (根据首字母单词拼写)

75. _____ (示意) to the driver to stop, he stood by the road and waved his hands gently. (根据汉语提示单词拼写)

第三部分 写作

76. 假设你是李华，你校英文报正在就“自然灾害的预防与应对”这一话题征文，请你以 How to Survive an Earthquake 为题写一篇短文，内容包括：

1. 地震的日常预防；
2. 地震发生时与灾后的自救。

注意：

1. 写作词数 80 左右；
2. 请按如下格式在答题卡的相应位置作答。

How to Survive an Earthquake

昆山提招英语模拟卷（二）

参考答案

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【答案】21. C 22. B 23. A

【解析】

【导语】这是一篇应用文。主要介绍了三款适合儿童和青少年学习法语的应用程序。

【21 题详解】

细节理解题。根据 Study Cat 中 “There is a free 7-day trial where you can decide if your child benefits from the app.(有一个免费的 7 天试用期，您可以在在此期间决定您的孩子是否从这款应用中受益。)” 可知，Study Cat 这款应用的 7 天试用是为了让家长判断孩子是否适用，做出合理选择。故选 C 项。

【22 题详解】

细节理解题。根据 Boukili 中 “One of the best aspects of this app is that it allows parents to track their children’s reading progress.(这款应用最出色的一点是它允许家长跟踪孩子的阅读进度。)” 可知，Boukili 这款应用的突出特点是家长可追踪孩子阅读进度，属于家长监管功能，是其优势。故选 B 项。

【23 题详解】

细节理解题。根据 Study Cat 中 “With bright colors and big buttons, kids can practice their pronunciation, reading and grammar. In the games, French is spoken at a proper speed.(它色彩鲜艳，按钮大且多，孩子们可以练习发音、阅读和语法。在游戏中，法语以适当的语速进行交流。)”、Boukili 中 “This app is entirely free and consists of various illustrated children’s books. There are also over 120 games.(这款应用完全免费，包含各种插图的儿童书籍。还有超过 120 个游戏。)” 以及 Mondly Kids 中 “Mondly Kids is fun, including cartoons. The lessons are 10 minutes long so your child hopefully won’t lose their concentration.(Mondly Kids 版很有趣，包括卡通内容。这些课程时长为 10 分钟，这样您的孩子应该就不会分心了。)” 可知，这三款应用程序的共同之处是均以趣味方式帮助孩子学法语。故选 A 项。

B

For former Chinese women’s soccer player Zhao Lina, her story began not under stadium lights but in the dusty schoolyard of Jinshajiang Road Primary School in Shanghai’s Putuo District.

Now 33, she still remembers joining the school soccer team in first grade — the tallest among all her teammates. The coach lined everyone up by height, and Zhao stood at the end of the line. Impressed by her height, the coach decided she should be a goalkeeper. But she never imagined one day she would step onto the international stage.

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Women's World Cup, wearing the red jersey of China. She then felt the pure joy of playing, with the thunderous cheers from the packed stadium forever unforgettable.

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After retiring from Team China in 2023, former goalkeeper Zhao Lina never truly walked away from the soccer field. Instead, she found a new mission — bringing soccer to children in China's rural areas. Through her soccer charity program, Zhao plans to visit 100 remote schools, build fields, donate equipment, organize leagues and train local physical education teachers to coach. In the 10 months since her retirement, she has already helped build four soccer fields and deliver equipment to 40 schools.

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"Life isn't a straight line," she reflects. "Even athletes have peaks and declines. But when the next rise comes — if you've prepared enough and give your all — you'll surpass your last peak. That's what life and soccer have taught me."

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【答案】24. D 25. B 26. C 27. A

【解析】

【导语】本文主要讲述了前中国女足门将赵丽娜从校园起步、登上国际赛场、退役后投身乡村足球公益和新闻事业的人生历程，展现了她“每一段结束都是新的开始”的人生态度。

【24 题详解】

细节理解题。根据第二段 “The coach lined everyone up by height, and Zhao stood at the end of the line. Impressed by her height, the coach decided she should be a goalkeeper. (教练按身高排队，赵丽娜站在队伍最后。教练对她的身高印象深刻，决定让她当守门员。)” 可知，她是因为身高被选为守门员的。

【25 题详解】

细节理解题。根据第五段 “Instead, she found a new mission — bringing soccer to children in China's rural areas. Through her soccer charity program, Zhao plans to visit 100 remote schools, build fields, donate equipment, organize leagues and train local physical education teachers to coach. (她找到了新使命——把足球带给中国农村的孩子。通过她的足球慈善项目，赵丽娜计划走访 100 所偏远学校，建造球场，捐赠装备，组织联赛并培训当地体育老师执教。)” 可知，她的慈善工作旨在改善农村地区的足球条件。

【26 题详解】

推理判断题。通读全文可知，文章从赵丽娜一年级加入校队讲起，依次叙述了她的成长、2015 年世界杯、2022 年亚洲杯、2023 年退役及退役后的公益和新闻工作，是按照时间顺序展开的。

【27 题详解】

推理判断题。根据最后一段 ““Life isn't a straight line,” she reflects. “Even athletes have peaks and declines. But when the next rise comes — if you've prepared enough and give your all — you'll surpass your last peak. That's what life and soccer have taught me.”. (“人生并非一条直线，”她沉思道。“即便是运动员，也会经历巅峰期与低谷期。但当下一次攀登来临之际——只要你准备充分并全力以赴——你定能超越上一次的巅峰。这就是生活和足球带给我的启示。”)” 可知，她的故事体现了每一个结束都是新的开始。

C

What comes to mind when you hear the phrase “dress for success”? Perhaps it's a no-brainer for you —

wearing a nice suit so others will take you more seriously. But the truth is more complex (复杂的) and important. How we present ourselves doesn't just change how others see us. It also changes how we see ourselves — and that can influence how we act.

A recent study shows this point well. When people believe that they look better, they act more kindly. They even donate twice as much to the poor as those who do not feel the same way. The researchers find that when people feel good about their appearance, they believe more people will notice them. This encourages them toward more generous (慷慨的) and helpful social behavior.

This new finding mirrors what scientists call the “halo effect”: it is common for people to believe that those who look good also have other positive qualities. In this way, they are more likely to be treated kindly or trusted. However, the new discovery is that this effect also works inwardly. When we feel we look good, we don't just benefit from others' positive opinions. We start to behave in ways that strengthen them. This change can begin early, as research shows even children are kinder to those who are “nice-looking”.

In short, our self-image and our generosity are closely connected. This can create a positive feedback loop (反馈循环): feeling good about our appearance builds up our confidence, which shapes our behavior in a positive way. In turn, the positive feedback from others strengthens our positive self-image. Therefore, dressing for success is not just about being seen by others. It is about becoming the kind of person who encourages kindness — both in yourself and in others.

28. Why does the author mention wearing a nice suit in Paragraph 1?

- | | |
|---|--|
| A. To stress the importance of good behavior. | B. To show the features of a formal lifestyle. |
| C. To suggest a way of achieving success. | D. To lead to more effects of dressing well. |

29. How does feeling good about appearance affect a person according to the study?

- | | |
|----------------------------------|--------------------------------------|
| A. It promotes kind social acts. | B. It improves job performance. |
| C. It shapes one's character. | D. It causes self-centered behavior. |

30. What is the new discovery about the “halo effect”?

- | | |
|-----------------------------------|------------------------------------|
| A. Its effect is self-directed. | B. Its power works on others. |
| C. Its basis is others' kindness. | D. Its influence is always strong. |

31. What is the best title for the passage?

- | | |
|-------------------------------------|---|
| A. Dress for Confidence: Feel Good. | B. Dress for Confidence: Impress Others. |
| C. Dress for Success: Gain Respect. | D. Dress for Success: Encourage Kindness. |

【答案】28. D 29. A 30. A 31. D

【解析】

【导语】文章探讨“为成功着装”的深层意义：良好形象不仅影响他人看法，还通过内心作用让人更友善慷慨，形成积极循环，真正意义在于激发自身与他人的善意。

【28 题详解】

推理判断题。根据第一段 “What comes to mind when you hear the phrase “dress for success”? Perhaps it’s a no-brainer for you — wearing a nice suit so others will take you more seriously. But the truth is more complex (复杂的) and important. How we present ourselves doesn’t just change how others see us. It also changes how we see ourselves — and that can influence how we act.(当你听到“穿着得体以求成功”这句话时，脑海中会浮现出什么画面呢？对于你来说，这可能是个显而易见的道理——穿上一套得体的西装，以便让别人更重视你。但事实却要复杂得多，也更为重要。我们如何展现自己不仅会影响别人对我们的看法，还会改变我们对自己的看法——而这又会影响我们的行为方式)”可知，作者在第1段中提及穿一套漂亮的西装是为了以此引入一个新的话题。

【29 题详解】

细节理解题。根据第二段 “When people believe that they look better, they act more kindly. They even donate twice as much to the poor as those who do not feel the same way. The researchers find that when people feel good about their appearance, they believe more people will notice them. This encourages them toward more generous (慷慨的) and helpful social behavior.(当人们认为自己外表更出众时，他们的行为也会变得更加友善。他们甚至向贫困者捐赠的金额是那些没有这种想法的人的两倍。研究人员发现，当人们对自己的外表感到满意时，他们就会认为会有更多的人注意到自己。这促使他们展现出更慷慨和乐于助人的社交行为)”可知，根据最近的研究，对自己外貌感到满意会促进友善的社交行为。

【30 题详解】

细节理解题。根据第三段 “However, the new discovery is that this effect also works inwardly. When we feel we look good, we don’t just benefit from others’ positive opinions. We start to behave in ways that strengthen them. This change can begin early, as research shows even children are kinder to those who are “nice-looking”.(然而，新的发现是，这种效应在内心层面也同样起作用。当我们觉得自己外表出众时，我们不仅会受益于他人对我们的正面评价。我们还会开始以更能强化这种感觉的方式行事。这种变化可能在很早的时候就开始了，因为研究表明，就连儿童也会更友善地对待那些“长相出众”的人)”可知，“光环效应”的新发现是其影响是自我导向的。

【31 题详解】

主旨大意题。根据第一段 “But the truth is more complex (复杂的) and important. How we present ourselves

doesn't just change how others see us. It also changes how we see ourselves — and that can influence how we act.(但事实却要复杂得多，也更为重要。我们如何展现自己不仅会影响别人对我们的看法，还会改变我们对自己的看法——而这又会影响我们的行为方式)”结合文章探讨“为成功着装”的深层意义：良好形象不仅影响他人看法，还通过内心作用让人更友善慷慨，形成积极循环，真正意义在于激发自身与他人的善意。可知，D选项“穿着得体：鼓励友善”最符合文章标题。

D

Besides its known benefits for mental health and connecting with nature, the hobby of birdwatching may have another surprising advantage: It can cause helpful physical changes in the human brain. A recent brain science study from McGill University shows that the deep mental effort needed for this activity has a real effect on our brain's structure.

The research compared brain scans and thinking tests between expert birdwatchers, who could name hundreds of birds by sight and sound, and beginners. When doing bird identification (识别) tasks, the experts were not only faster and more correct, but their brains also showed much higher activity in specific areas. These areas are linked to advanced visual processing (seeing fine details), strong and focused attention (ignoring distractions), and working memory (holding and comparing information). Importantly, brain structure scans showed that these key areas were thicker and had better connections in the expert group.

These findings suggest that the specialized, demanding practice of birding — which needs quickly putting together small visual clues, sounds, and learned knowledge — does not just use the brain but actively strengthen and improve its wiring, like exercise builds muscle. This is important for brain health as we age. The study found that the normal loss of brain tissue and function with age was much less obvious in the expert birdwatchers. Researchers think that such long-term, complex mental activity helps build a “cognitive reserve (认知保护)”, making the brain stronger and better at dealing with damage over time.

“Our work shows that doing a challenging, skill-based hobby for life is linked to a protective effect for the brain,” explained lead scientist Dr. Robert Zatorre. The idea likely applies to other activities needing deep focus and learning, like playing music or learning a language. So, spending time watching and identifying birds is much more than a relaxing pastime. It is an active investment in long-term brain health, building a stronger and more agile mind that can better handle the natural changes that come with getting older.

32. What did the brain scans of expert birdwatchers show compared to beginners?

- A. Their brains were less active in some certain areas.
- B. Their brains were smaller in size but more efficient.

- C. They used different senses when identifying birds.
- D. Their certain brain areas were better connected.
33. Why does the author mention “like exercise builds muscle” in paragraph 3?
- A. To explain how the brain strengthens by birdwatching.
- B. To show how birdwatching benefits people’s muscles.
- C. To prove that birdwatching is physically tiring.
- D. To compare birdwatching with physical activities.
34. What does the underlined word “agile” in the last paragraph probably mean?
- A. Sharp. B. Anxious.
- C. Strict. D. Solid.
35. What is the best title for the text?
- A. What to Expect from Birdwatching.
- B. Effective Ways of Keeping Brain Healthy.
- C. How Birdwatching Reshapes the Brain.
- D. Birdwatching — A Challenging Hobby.

【答案】32. D 33. A 34. A 35. C

【解析】

【导语】本文主要介绍了观鸟这一爱好对大脑的积极影响。研究表明，观鸟不仅能锻炼视觉处理、注意力和工作记忆等脑区，还能使这些脑区的结构更厚、连接更好，从而构建“认知储备”，减缓大脑老化，是对长期脑健康的主动投资。

【32 题详解】

细节理解题。根据第二段 “When doing bird identification (识别) tasks, the experts were not only faster and more correct, but their brains also showed much higher activity in specific areas. These areas are linked to advanced visual processing (seeing fine details), strong and focused attention (ignoring distractions), and working memory (holding and comparing information). Importantly, brain structure scans showed that these key areas were thicker and had better connections in the expert group. (在执行鸟类识别任务时，专家不仅反应更快、准确率更高，其大脑特定区域的活动水平也显著增强。这些功能区域与高级视觉处理（识别精细细节）、强而集中的注意力（忽略干扰因素）以及工作记忆（存储和比较信息）密切相关。值得注意的是，脑结构扫描显示，在专家组中这些关键区域的厚度更大且神经连接更为紧密。）” 可知，与初学者相比，专家观鸟者的特定脑区连接更好。

【33 题详解】

推理判断题。根据第三段 “These findings suggest that the specialized, demanding practice of birding...does not just use the brain but actively strengthen and improve its wiring, like exercise builds muscle. (这些发现表明，观鸟这种需要快速整合视觉线索、声音和已有知识的专门且高要求的练习，不仅在使用大脑，还在主动加强和改善其连接，就像锻炼能增长肌肉一样。)” 可知，作者用“锻炼增长肌肉”来类比，是为了解释观鸟如何强化大脑。

【34 题详解】

词句猜测题。根据最后一段 “It is an active investment in long-term brain health, building a stronger and more agile mind that can better handle the natural changes that come with getting older. (这是对长期脑健康的主动投资，能塑造一个更强壮、更 agile 的大脑，更好地应对衰老带来的自然变化。)” 可知，agile 与 stronger 并列，修饰 mind，且后文说能更好地应对变化，说明该词意为“敏锐的、灵活的”，与 sharp 意思相近。

【35 题详解】

主旨大意题。通读全文可知，文章围绕观鸟对大脑结构和功能的积极改变展开，从脑区活动增强、结构变厚到构建认知储备、减缓老化，核心在于观鸟如何重塑大脑，所以 C 选项“观鸟如何重塑大脑”适合作标题。

第二节 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，并在答题纸上将该项涂黑。选项中有两项为多余选项。

How to Build a Slow-Down Routine

In today's fast-paced world, taking time to relax and recharge is crucial for your mental and physical well-being.

36 Check out some ideas for how you can add healthy habits to your daily life.

Get outside

Spending time outside provides fresh air and vitamin D on those sunny days. So, whether that means taking the dog for a walk or eating outside with your family, find opportunities to spend some extra time outdoors. 37 Simply being outdoors has been proven to help boost our moods.

38 Technology has its benefits, but for many people, a break is welcome. If you have been on your laptop all day, take a break for at least an hour or two. Use this opportunity to engage in other hobbies you enjoy. Taking time away from our screens is proven to help decrease levels of stress and anxiety.

Spend time with loved ones

39 Be intentional with finding ways to connect with family and friends after a long day. This could mean planning a monthly dinner after work or getting together for a group event or exercise class you both enjoy.

Get quality sleep

The Sleep Foundation recommends at least 7 hours of quality sleep each night to feel fully recharged for the

next day. Find some ways to create a healthy nighttime routine that can help you to relax for a good night's sleep.

_____40_____ This will help you better cope with stressors that arise throughout the day.

- A. Arrange breaks regularly.
- B. Disconnect from technology.
- C. It allows you to focus on what truly matters.
- D. It lets you wake up feeling rested and recharged.
- E. Spend more time on your favourite outdoor activities.
- F. Connection is a great way to relax and recharge after a busy day.
- G. Even when the weather changes, try to make time for outdoor activities.

【答案】 36. C 37. G 38. B 39. F 40. D

【解析】

【导语】 本文是一篇说明文。文章介绍了一些如何将健康习惯融入日常生活的建议。

【36 题详解】

上文 “In today's fast-paced world, taking time to relax and recharge is crucial for your mental and physical well-being. (在当今快节奏的世界中，抽出时间放松和充电对身心健康至关重要)” 和下文 “Check out some ideas for how you can add healthy habits to your daily life. (看看一些关于如何将健康习惯融入日常生活的建议。)” ，C 项 “它让你能够专注于真正重要的事情。” 承接上文，说明放松和充电的意义，引出下文的一些建议，承上启下，符合语境。故选 C。

【37 题详解】

上文 “Spending time outside provides fresh air and vitamin D on those sunny days. So, whether that means taking the dog for a walk or eating outside with your family, find opportunities to spend some extra time outdoors. (在阳光明媚的日子里，花时间在户外可以提供新鲜空气和维生素 D。所以，无论是带狗散步还是和家人一起在外面吃饭，都要找机会多花些时间在户外。)” 说明在阳光明媚的日子里，要多进行户外活动，下文 “Simply being outdoors has been proven to help boost our moods. (仅仅是在户外就被证明有助于改善我们的情绪。)” 说明在户外就有助于改善我们的情绪，G 项 “即使天气变化，也要尽量抽出时间进行户外活动。” 承接上文，说明无论天气如何，都要尽量抽出时间进行户外活动，引出下文，说明户外活动的好处，符合语境。故选 G。

【38 题详解】

下文 “Technology has its benefits, but for many people, a break is welcome. If you have been on your laptop all day, take a break for at least an hour or two. Use this opportunity to engage in other hobbies you enjoy. Taking time away from our screens is proven to help decrease levels of stress and anxiety. (科技有其好处，但对很多人来说，休息一

下是受欢迎的。如果你一整天都在用笔记本电脑，至少休息一两个小时。利用这个机会参与你喜欢的其他爱好。事实证明，远离屏幕有助于降低压力和焦虑水平。) ”说明本段主要讲述的是要远离科技产品，B项“断开与科技的联系。”符合语境，适合作为本段标题。故选B。

【39 题详解】

上文“Spend time with loved ones (花时间和亲人在一起)”说明本段主要讲述的是要花时间和亲人在一起，下文“Be intentional with finding ways to connect with family and friends after a long day. This could mean planning a monthly dinner after work or getting together for a group event or exercise class you both enjoy. (在漫长的一天之后，要有意识地寻找与家人和朋友联系的方式。这可能意味着下班后计划每月一次的晚餐，或者一起参加你们都喜欢的团体活动或健身课程。)”说明要有意识与家人和朋友联系，F项“在忙碌的一天之后，联系是放松和充电的好方法。”承接上文，说明花时间和亲人在一起的意义，引出下文，说明如何与家人和朋友联系，符合语境。故选F。

【40 题详解】

上文“The Sleep Foundation recommends at least 7 hours of quality sleep each night to feel fully recharged for the next day. Find some ways to create a healthy nighttime routine that can help you to relax for a good night’s sleep. (睡眠基金会建议每晚至少睡7个小时的高质量睡眠，以便第二天能充分充电。找到一些方法来建立一个健康的夜间习惯，帮助你放松，睡个好觉。)”和下文“This will help you better cope with stressors that arise throughout the day. (这将帮助你更好地应对一天中出现的压力。)” ，因此空格处应描述优质睡眠带来的直接好处。D项“它能让你醒来时感到休息充分、精力恢复。”与“睡眠”直接相关，且与后文的“应对压力”形成因果链条。故选D。

第二部分 语言运用

第一节 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，并在答题纸上将该项涂黑。

Last summer, I returned to my grandmother’s home in my childhood town. The woman who once moved with endless ____41____ now seemed aged, her steps carefully ____42____. Her hands, which had once worked with purpose, now shook while she held her tea. I saw the ____43____, yet it never weakened her role as our family’s heart. She had simply learned to move at a ____44____ pace (节奏).

One afternoon, I was ____45____ the roses in her garden, growing impatient with how much there was to do. I wanted to finish quickly. My grandmother’s eyes, ____46____, stayed on the flowers. “I used to rush through all this,” she said softly. “Now I find ____47____ in watching them grow, letting time ____48____ as it will.” Her voice held no regret, only peaceful ____49____, as if she had discovered a new way to love life.

In the following days, we shared _____50_____ moments — small tasks and quiet talks. I had always _____51_____ to finish things, but watching her, I saw a new way of being. Each moment was intentional; in her stillness lay a warmth I had never _____52_____ before.

As I prepared to leave, she smiled. “Love isn’t always about _____53_____ actions,” she said. “It’s in the little things — how plants _____54_____, or how we sit together.” I finally understood: True love lies in the patience and _____55_____ we give one another.

- | | | | |
|-------------------|----------------|------------------|----------------|
| 41. A. happiness | B. energy | C. courage | D. expectation |
| 42. A. challenged | B. recorded | C. measured | D. observed |
| 43. A. function | B. trick | C. course | D. change |
| 44. A. different | B. strange | C. familiar | D. fixed |
| 45. A. tending to | B. showing up | C. holding up | D. pulling up |
| 46. A. otherwise | B. therefore | C. moreover | D. however |
| 47. A. future | B. distance | C. comfort | D. secret |
| 48. A. pass | B. pause | C. predict | D. interpret |
| 49. A. excitement | B. loneliness | C. determination | D. acceptance |
| 50. A. fancy | B. tense | C. complex | D. simple |
| 51. A. refused | B. rushed | C. hesitated | D. planned |
| 52. A. believed | B. appreciated | C. noticed | D. required |
| 53. A. generous | B. silent | C. grand | D. reliable |
| 54. A. grow | B. die | C. change | D. vary |
| 55. A. promise | B. presence | C. hope | D. wealth |

【答案】41. B 42. C 43. D 44. A 45. A 46. D 47. C 48. A 49. D 50. D 51. B 52. C 53. C 54. A 55. B

【解析】

【导语】文章讲述了作者回到祖母家，目睹了祖母的衰老，在与祖母相处的过程中，作者领悟到真正的爱在于给予彼此的耐心和陪伴。

【41 题详解】

考查名词。句意：曾经那个精力充沛的女人现在看起来老了，她的步伐小心翼翼。A. happiness 幸福；B. energy 精力；C. courage 勇气；D. expectation 期望。根据后文 “now seemed aged” 可知，祖母现在看起来老了，所以曾经是精力充沛的。

【42 题详解】

考查动词。句意：曾经那个精力充沛的女人现在看起来老了，她的步伐小心翼翼。A. challenged 挑战；B. recorded 记录；C. measured 测量，估量；D. observed 观察。根据前文 “now seemed aged” 可知，祖母现在看起来老了，所以步伐是小心翼翼的，这里的 measured 表示每走一步都要斟酌一下，所以是小心翼翼的，符合语境。

【43 题详解】

考查名词。句意：我看到了变化，但这从未削弱她作为我们家庭核心的角色。A. function 功能；B. trick 诡计；C. course 过程；D. change 变化。根据前文 “The woman who once moved with boundless ____ now seemed aged” 可知，祖母曾经精力充沛，现在看起来老了，所以作者看到了祖母的变化。

【44 题详解】

考查名词。句意：她只是学会了以不同的速度前进。A. different 不同的；B. strange 奇怪的；C. familiar 熟悉的；D. fixed 固定。根据前文 “now seemed aged, her steps carefully ____” 可知，祖母现在年纪大了，步伐小心翼翼，所以是以不同的速度前进。

【45 题详解】

考查动词短语。句意：一天下午，我在她的花园里照料玫瑰，对要做的事情太多感到不耐烦。A. tending to 照料；B. showing up 出现；C. holding up 举起；D. pulling up 拉起。根据后文 “the roses in her garden” 可知，作者在花园里照料玫瑰。

【46 题详解】

考查副词。句意：然而，祖母的眼睛却一直盯着花儿。A. otherwise 否则；B. therefore 因此；C. moreover 此外；D. however 然而。根据前文 “I was ____ the roses in her garden, growing impatient with how much there was to do” 以及后文 “stayed on the flowers” 可知，作者对要做的事情太多感到不耐烦，而祖母的眼睛却一直盯着花儿，前后是转折关系。

【47 题详解】

考查名词。句意：现在我发现看着它们成长是一种安慰，让时间顺其自然。A. future 未来；B. distance 距离；C. comfort 安慰；D. secret 秘密。根据后文 “as if she had discovered a new way to love life” 可知，祖母发现了一种新的热爱生活的方式，所以看着花儿成长对她来说是一种安慰。

【48 题详解】

考查动词。句意：现在我发现看着它们成长是一种安慰，让时间顺其自然。A. pass 逝去；B. pause 暂停；C. predict 预测；D. interpret 解释。根据后文 “as it will” 可知，祖母让时间顺其自然地流逝。

【49 题详解】

考查名词。句意：她的声音中没有遗憾，只有平静的接受，仿佛她发现了一种新的热爱生活的方式。A. excitement 兴奋；B. loneliness 孤独；C. determination 决心；D. acceptance 接受。根据前文 “Her voice held no regret” 以及后文 “as if she had discovered a new way to love life” 可知，祖母没有遗憾，平静地接受了生活的变化，发现了一种新的热爱生活的方式。

【50 题详解】

考查形容词。句意：在接下来的日子里，我们分享了简单的时刻——小任务和安静的谈话。A. fancy 花哨的；B. tense 紧张的；C. complex 复杂的；D. simple 简单的。根据后文 “small tasks and quiet talks” 可知，作者和祖母分享的是简单的时刻。

【51 题详解】

考查动词。句意：我总是急于完成事情，但看着她，我看到了一种新的生活方式。A. refused 拒绝；B. rushed 匆忙；C. hesitated 犹豫；D. planned 计划。根据前文 “I wanted to finish quickly” 可知，作者总是急于完成事情。

【52 题详解】

考查动词。句意：每一刻都是有意的；在她的静止中，有一种我从未注意到的温暖。A. believed 相信；B. appreciated 欣赏；C. noticed 注意到；D. required 要求。根据前文 “I had always ____ to finish things, but watching her, I saw a new way of being” 可知，作者总是急于完成事情，没有注意到祖母静止中的温暖。

【53 题详解】

考查形容词。句意：她说：“爱并不总是关于宏大的行动。” A. generous 慷慨的；B. silent 沉默的；C. grand 宏大的；D. reliable 可靠的。根据后文 “It’s in the little things” 可知，爱并不总是关于宏大的行动，而是在小事中。

【54 题详解】

考查动词。句意：“它在于小事之中——植物如何生长，或者我们如何坐在一起。” A. grow 生长；B. die 死亡；C. change 改变；D. vary 变化。根据前文 “watching them grow” 可知，此处指植物如何生长。

【55 题详解】

考查名词。句意：我终于明白了：真正的爱在于我们给予彼此的耐心和陪伴。A. promise 承诺；B. presence 存在；C. hope 希望；D. wealth 财富。根据前文 “It’s in the little things — how plants ____, or how we sit together” 可知，真正的爱在于小事中，在于给予彼此的耐心和陪伴。此处 presence 表示“存在”，即有别人的陪伴。

第二节 选一个适当的单词或括号内单词的正确形式，并将答案写在答题纸上相应题号的横线上。

56. A good example to illustrate this point is the discovery of *qinghaosu* in 1972, which was intended as

_____ effective treatment for malaria. (用适当的词填空)

【答案】 an

【解析】

【详解】考查冠词。句意：说明这一点的一个好例子是 1972 年青蒿素的发现，它原本是作为一种有效的疟疾治疗方法。treatment 为可数名词单数，此处表泛指“一种有效的治疗方法”，应填冠词，effective 以元音音素开头，需用不定冠词 an。

57. Governors of Sichuan Province are preparing an application _____ (include) Sanxingdui Ruins on the World Cultural Heritage List. (所给词的适当形式填空)

【答案】 to include

【解析】

【详解】句意：四川省政府官员正在准备将三星堆遗址列入世界文化遗产名录的申请。根据“application”可知，此处应用动词不定式作后置定语，修饰名词 application，application to do sth 表示“做某事的申请”。

58. The older people we respect are those who gain _____ (wise) after experiencing many difficulties in their lives. (所给词的适当形式填空)

【答案】 wisdom

【解析】

【详解】句意：我们尊敬的年长者是那些在经历了生活中许多困难后获得智慧的人。设空处应填名词作动词 gain 的宾语，所给词 wise 为形容词，需变为名词 wisdom，不可数。

59. When students have their phones on them, they will always want to check new messages during lessons, _____ (cause) them to lose concentration. (所给词的适当形式填空)

【答案】 causing

【解析】

【详解】句意：当学生带着手机时，他们总想在上课期间查看新消息，这会导致他们注意力分散。此处 cause 与上文句子构成主动关系，用现在分词作状语。

60. Some people hunt animals for food. Whale meat _____ (eat) in some parts of the world, such as Japan and Norway. (所给词的适当形式填空)

【答案】 is eaten

【解析】

【详解】句意：有些人为了食物而猎杀动物。在世界某些地区，如日本和挪威，人们食用鲸肉。主语
第 24 页 / 共 29 页

Whale meat 与谓语构成被动关系，陈述事实故用一般现在时的被动语态，且主语为第三人称单数，所以谓语的动词为 is eaten。

61. People tend to connect factories with pictures of clouds of dirty smoke and _____ (responsible) businessmen eager to make huge profits. (所给词的适当形式填空)

【答案】irresponsible

【解析】

【详解】考查形容词。句意：人们往往把工厂与肮脏的烟雾和不负责任的商人渴望赚取巨额利润的图片联系在一起。修饰后文名词 businessmen，表示“不负责任的”应用形容词 irresponsible，作定语。故填 irresponsible。

62. Plates moving underground can cause an earthquake, _____ is a sudden shaking of the earth's surface.

(用适当的词填空)

【答案】which

【解析】

【详解】句意：地下板块移动会引发地震，地震是地球表面突发的震动。逗号后是非限制性定语从句，修饰先行词 an earthquake，指物，从句本身缺少主语，应用关系代词 which 引导。

63. My brother went to bed last night feeling upset and helpless, _____ all his homework unfinished and his desk in a mess. (用适当的词填空)

【答案】with

【解析】

【详解】句意：我弟弟昨晚睡觉时心烦意乱、满心无助，因为他所有的作业都没做完，书桌也一团乱。这里为“with + 宾语 + 宾语补足语”复合结构，在句中作状语：本结构里 with 后接了两个并列宾语 all his homework 和 his desk，分别对应宾语补足语 unfinished(过去分词表被动状态)和 in a mess(介词短语表状态)。

64. Though seriously _____ (affect) by the sudden bad news, she tried her best to calm down and finish the work on time. (所给词的适当形式填空)

【答案】affected

【解析】

【详解】句意：尽管突如其来的坏消息让她受到严重影响，她还是尽全力平复情绪，按时完成了工作。本句主句主语是 she，动词 affect 和 she 是被动关系，从句应用被动语态。此处 Though 引导的让步状语从句中，从句的主语和主句主语一致，且从句中包含 be 动词，可以省略从句的主语和 be 动词，因此空格需要

填 affect 的过去分词形式 affected。从句补充完整为：Though she was seriously affected by the sudden bad news。

65. Picture yourselves _____ the hero in a Chinese martial-arts (武术) novel and there are two paths to improve your powers — *zhengxiu* and *xiexiu*. Which one will you choose? (用适当的词填空)

【答案】as

【解析】

【详解】句意：想象你自己就是中国武侠小说里的英雄，有两条提升功力的路径——正修和邪修，你会选择哪一条？picture sb. as...意为“把……想象成……”。

第三节 阅读下面句子，根据中文提示或首字母填入恰当的单词，并将答案写在答题纸上相应题号的横线上，每空一词。注意：答题时请写出包含首字母的完整单词。

66. The course provides students with wide v _____ of practical skills needed for future careers. (根据首字母单词拼写)

【答案】varieties

【解析】

【详解】句意：这门课程为学生提供了未来职业发展所需的多种多样的实践技能。结合首字母 v 提示和空前 of practical skills needed for future careers 可知，这里指各种各样的实践技能，名词 variety 意为“种类”，前面没有表示数量的限定词，这里用名词复数 varieties，构成 varieties of，意为“各种各样的”。

67. When we are getting along with others, sincerity is the secret _____ (秘诀) for winning true friendship. (根据汉语提示单词拼写)

【答案】recipe

【解析】

【详解】句意：当我们与他人相处时，真诚是赢得真正友谊的秘诀。根据汉语提示可知，空处应填名词 recipe “秘诀”，在句中作表语，为可数名词，前面有 the secret 修饰，应用单数形式，特指赢得真正友谊的秘诀。

68. The athlete suffered a serious i _____ during the match and had to give up the game completely. (根据首字母单词拼写)

【答案】injury

【解析】

【详解】句意：这名运动员在比赛中受了重伤，不得不彻底退出比赛。根据 had to give up the game completely 和首字母提示可知，这里指受重伤，injury 意为“伤害”，前面有 a，这里用名词单数，作宾

语。

69. The thick fog slowly lifted, and the beautiful mountain scenery began to r_____ itself in front of us. (根据首字母单词拼写)

【答案】 reveal##eveal

【解析】

【详解】句意：浓雾慢慢散去，秀美的山景开始呈现在我们眼前。根据 The thick fog slowly lifted 和首字母提示可知，大雾消散后，原本被雾气遮挡的山景显露出来，用动词 reveal 表示“显露、呈现”。固定搭配 begin to do sth.表示“开始做某事”，to 后接动词原形。

70. As is often the case, attracting foreign investment is of great significance for a country's _____ (经济) recovery. (根据汉语提示单词拼写)

【答案】 economic

【解析】

【详解】句意：通常情况下，吸引外资对一个国家的经济复苏具有重要意义。“经济”修饰名词 recovery，用形容词 economic 作定语。

71. It suddenly o_____ to me that I had left my key in the classroom when I was about to open the door. (根据首字母单词拼写)

【答案】 occurred## ccurred

【解析】

【详解】句意：当我正要开门时，我突然想到我把钥匙落在教室里了。根据首字母和句意可知设空处应填动词 occur 作谓语，且根据从句中 had left 可知时态为一般过去时，构成固定句型 It occurred to me that...，意为“我突然想到……”。

72. According to the competition rules, participants are required to finish a given task within a(n) _____ (有限的) time. (根据汉语提示单词拼写)

【答案】 limited

【解析】

【详解】句意：根据比赛规则，参赛者被要求在有限的时间内完成指定任务。设空处应填形容词作定语修饰名词 time，再结合汉语提示“有限的”可知是 limited。

73. I was too busy to cook last night, so I simply made a bowl of _____ (速食) noodles and ate it quickly. (根据汉语提示单词拼写)

【答案】 instant

【解析】

【详解】句意：昨晚我太忙了没时间做饭，所以我干脆煮了一碗速食面，然后很快吃完了。结合汉语提示“速食”可知，此处应为形容词 **instant**，在句中作定语，修饰名词 **noodles**。

74. The heat in summer was so u_____ that few people wanted to go out and walk in the sunlight. (根据首字母单词拼写)

【答案】unbearable

【解析】

【详解】句意：夏天的热如此难以忍受，以至于很少有人想出去在阳光下行走。设空处应填形容词作表语，再结合首字母 **u** 和句意“难以忍受的”可知是 **unbearable**。

75. _____ (示意) to the driver to stop, he stood by the road and waved his hands gently. (根据汉语提示单词拼写)

【答案】Signalling

【解析】

【详解】句意：他向司机示意停车，站在路边轻轻挥手。根据汉语提示“示意”可知是 **signal**，在句中为非谓语动词作状语，主语 **he** 与 **signal** 之间为主动关系，应用现在分词 **signalling/signaling**，句首单词首字母大写。

第三部分 写作

76. 假设你是李华，你校英文报正在就“自然灾害的预防与应对”这一话题征文，请你以 **How to Survive an Earthquake** 为题写一篇短文，内容包括：

1. 地震的日常预防；
2. 地震发生时与灾后的自救。

注意：

1. 写作词数 80 左右；
2. 请按如下格式在答题卡的相应位置作答。

How to Survive an Earthquake

【答案】

How to Survive an Earthquake

Earthquakes are extremely destructive natural disasters, so it's essential for students to master earthquake survival skills.

In daily life, we should learn basic earthquake prevention knowledge and remember safe shelters. Meanwhile, preparing an emergency kit with food, water and first-aid supplies is highly recommended.

When an earthquake hits, stay calm. If indoors, hide under sturdy furniture and keep away from windows. Never rush downstairs blindly. After the earthquake, avoid dangerous falling objects and broken wires, follow rescuers' guidance and offer help to others when possible.

Full preparations and calm minds are the key to surviving earthquakes.

【解析】

【导语】本篇书面表达要求考生以 How to Survive an Earthquake 为题，围绕地震的日常预防、震中及灾后自救两大要点，为校英文报撰写一篇科普短文。

【详解】1. 词汇积累

破坏性的：destructive → damaging

必备的：essential → necessary

掌握：master → know well

牢固的：sturdy → strong

2. 句式拓展

简单句变复合句

原句：Meanwhile, preparing an emergency kit with food, water and first-aid supplies is highly recommended.

拓展句：It is highly recommended that we prepare an emergency kit with food, water and first-aid supplies.

【点睛】【高分句型 1】Earthquakes are extremely destructive natural disasters, so it's essential for students to master earthquake survival skills. (运用了 it 作形式主语，不定式作真正主语)

【高分句型 2】If indoors, hide under sturdy furniture and keep away from windows. (运用了状语从句的省略结构)