2019 北京朝阳高三二模

英　　语　　2019.5

本试卷共 10 页，共 120 分。考试时长 100 分钟。考生务必将答案答在答题卡上，在试卷上作答无效。考试结束后，将本试卷和答题卡一并交回。

第一部分：知识运用（共两节，45 分）

第一节 语法填空（共 10 小题；每小题 1.5 分, 共 15 分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

A

My trip to Paris was so memorable. First of all, the hotel was fantastic. It overlooked the Seine, the famous river I __1__ (read) about in so many poems. We listened to the laughter of the children and watched the river run by __2__ (slow) below. Next, Montmartre was a wonderful place for painters. The air was filled with the sounds of happy people and the smell of paint. __3__ I enjoyed most were the cafes. There I had a cup of coffee and watched people on the street. Everyone had a sense of style.

B

Football is a popular sport with fans all over the world. There is, however, an indoor version of the game __4__ (know) as “table football”. It was invented in 1921 and people __5__ (get) great pleasure from it since then. The game is played on a special table. Players control their “team” by turning sticks, to which the “players” are attached. As in real football, __6__ (point) will be awarded when putting the ball in the other players’ goal. Table football requires using hands and eyes together excellently, which is really exciting.

C

Shark attacks can be deadly, but they are not common. Each year, sharks usually kill fewer than 10 people worldwide, and about 100 people __7__ (injure). You are more likely to be attacked in parts of the sea __8__ tourists throw in food to bring in sharks. However, people are dangerous to sharks, too. 60 million sharks are killed __9__ food and medicine every year. As a result, some kinds of sharks may die out completely. __10__ (protect) these wonderful animals, some countries have made programs to help them survive.

第二节 完形填空（共 20 小题；每小题 1.5 分，共 30 分）

阅读下面短文，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

The sandwich man

Michael rises every morning at 4:00, in good and bad weather, and walks into his sandwich shop. By 5:50, he’s making the rounds of the shelters on Centre Streets. He __11__ out 200 sandwiches to the homeless, before beginning his workday.

It started 20 years ago when Michael came across a homeless man named John. He began to help him __12__ effort then. Day after day, he brought John some food and, when it was really __13__, a resting place in his car while he worked. Once he asked John if he wanted to get cleaned up. It was a(n) __14__ offer, because Michael thought John would refuse. __15__, John said, "Are you going to wash me?" Michael knew that he was looking at a __16__ of his promise. It was at the moment that Michael __17__ to help the homeless.

Michael began his work. He received no sponsorship, saying, "I'm not getting media __18__. I just want to do some good in my way. There are days when it's snowing, and I have a hard time leaving my warm bed and the __19__ of my family to go downtown with sandwiches. But I've __20__."

Michael makes 200 sandwiches every day for the past 20 years. "I don't simply __21__ the sandwiches on a table for the homeless to pick up. I shake their hands and __22__ them a good day," says Michael. Once Mayor (市长) Koch came to make the rounds with him. They __23__ the media, and it seemed like it was just the two of them. But of all Michael's __24__, working side by side with the Mayor was not as important as working next to someone else…

A man had __25__ from the sandwich takers, and Michael thought about him from time to time. He hoped the man had moved on to a more __26__ environment. One day, the man came back, greeting Michael and __27__ sandwiches of his own to hand out. He said Michael's daily food, warm handshakes and wishes had given him the __28__ he badly needed. After achieving some success, he decided to do the same thing as Michael.

The moment needed no __29__. The two men worked silently, side by side, handing out their sandwiches. It was another day on Centre Streets, but a day with just a little more __30__.

11. A. picks	B. sets	C. gives	D. finds
12. A. with	B. around	C. from	D. over
13. A. sunny	B. warm	C. cloudy	D. cold
14. A. silly	B. empty	C. crazy	D. free
15. A. Fortunately	B. Disappointedly	C. Surprisingly	D. Thankfully
16. A. test	B. gift	C. trick	D. view
17. A. demanded	B. agreed	C. pretended	D. determined
18. A. benefit	B. attention	C. sympathy	D. information
19. A. comfort	B. wealth	C. value	D. honor
20. A. suffered	B. hesitated	C. managed	D. wondered
21. A. check	B. lay	C. match	D. cover
22. A. witness	B. predict	C. follow	D. wish

23. A. ignored B. blamed C. confirmed D. handled

24. A. situations B. memories C. schedules D. professions

25. A. escaped B. volunteered C. disappeared D. survived

26. A. competitive B. complex C. familiar D. stable

27. A. carrying B. seeking C. occupying D. treating

28. A. responsibility B. permission C. encouragement D. achievement

29. A. purpose B. dialogue C. relief D. doubt

30. A. luck B. fun C. pride D. hope

第二部分：阅读理解（共两节，40 分）

第一节（共 15 小题；每小题 2 分，共 30 分）

阅读下列短文，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

A

What's on your food label(标签)?

Nowadays we all know it's best to eat healthily, limiting our intake of fat, sugar and salt. We at Fineways Supermarkets have reduced the levels of these in 1000 products and are doing so for a further 950 this year. Besides, we have introduced a new labelling system to help you make informed choices as you purchase food, in order to suggest a healthy way of life.

When you buy food, you need to know exactly what you will be eating. We would rather the customer decides after reading the nutritional information on the packet. So our new food labels provide an at-a-glance breakdown of the nutritional value of each product.

Our easy-to-read labels explain simply what is in your food. They show you:

- how much sugar, fat and salt are in each serving
- how many calories one serving contains
- the percentages of your guideline daily amounts (GDAs) for each of these.

What are Guideline Daily Amounts?

GDAs are a guide to the total amount of calories, sugar, fat, salt and other elements we should eat in a day. According to experts, GDAs for a typical adult are:

Calories	2000 kcal
Sugar	90 g
Fat	70 g
Salt	6 g

Please note that children and active adults have different nutritional requirements. For more information please visit www.foodlabels.com/health.

Numbers count

Here is an example of our new labelling:

Chicken salad sandwich pack		
Calories	256 kcal	13% GDA
Sugar	3.1 g	4% GDA
Fat	4.8 g	7% GDA
Salt	1.1 g	19% GDA

Knowing the information about each product you buy means that you can mix healthy foods with less healthy treats, while still keeping within the recommended daily amounts.

So be informed about your shopping with Fineways' new health-conscious labels!

31. What is the advantage of Fineways' new food labels?

A. They provide extra nutritional information.

B. They warn customers about unhealthy foods.

C. They show different customers' nutritional needs.

D. They remind customers of the harm of unbalanced nutrition.

32. According to the passage, the new labelling system can help to _____.

A. reduce the amount of food you take

B. follow GDAs by mixing various foods

C. make your choice of more delicious food

D. satisfy the growing demands for nutrition

33. Where is the passage most probably taken from?

A. A dinner menu.

B. A research report.

C. A fashion magazine.

D. An advice brochure.

B

Open water swimming

I had only swum in open water a few times, and always in gentle lakes, so I wasn't prepared for how rough Lake Windermere appeared on a cold day. A swimmer told me the water felt colder than it had been measured, and that the water was a bit rough. But I, along with 10,000 others, was about to complete the challenge.

Most of the people taking part were doing a one-mile race, and 10 races were planned over the weekend. There seemed to be a mix of open-water enthusiasts alongside complete beginners—which is precisely the aim of the swims, to get as many people as possible completing their own challenge. The oldest woman competing was 77, taking part in the two-mile race, alongside a man who last year had swum in every one-mile race.

I had chosen the third one-mile race of the day. There were over 600 people in my race. We were taken through an acclimatization area, a children's paddling pool-sized part of the lake where we moved in to feel how cold the water was. "Not too bad" was everyone's thought! Then we headed out towards the middle of the lake.

We'd been warned that the first 100 metres would be really rough. However, somewhere near the 750m mark I was still waiting for the calm; it felt more like swimming in the sea than a lake. I tried to focus on my breathing and technique,

and just keep going. As I approached the 400m-to-go mark my lower right leg became painful. I recalled overhearing people talking about how they kept swimming through the pain, so I tried. But it didn't work. I began to feel the entire leg tight and painful. I didn't want to stop, so I bent my right knee and just kicked with the left leg.

Finally I saw the finishing post, and I just concentrated on getting there—still one-legged. My finishing time was 38 minutes 25 seconds but that didn't matter—the atmosphere was fantastic and everyone felt a sense of achievement, whatever their time. I'm hooked, and want to give it another go. I've already signed up for my next open-water swim.

34. How did the author feel before the race?

A. Scared of the most challenging race.

B. Disappointed by the difficult conditions.

C. Concerned about the other swimmers in the race.

D. Determined to be as tough as the people around her.

35. Why does the author mention the two people in Paragraph 2?

A. To stress the importance of the race.

B. To praise the experienced swimmers.

C. To show the wide range of the participants.

D. To introduce the various events of the race.

36. The author suggests in Paragraph 4 that _____.

A. the race would cause breathing problems

B. the race became harder than she had expected

C. it was really necessary to prepare for tough swims

D. it would have been easier if she had taken others' advice

37. What does the author talk about in the last paragraph?

A. Her confidence in her own ability.

B. Her pride in having swum so quickly.

C. Her eagerness to repeat the experience.

D. Her surprise at having managed to finish.

C

The Alexander technique

Until earlier this year, I didn't know anything about the Alexander technique—and saw no reason to think I should. One day, the backache I regularly suffered was more painful. I was brought up to think that the preferred way of dealing with aches is to do nothing and hope they'll go away, but I eventually went to the doctor. After examining me, he said, "You actually have bad posture (姿势). Go off and learn the Alexander technique." Three months later I could walk straighter and sit better.

The Alexander technique is a way of learning how you can get rid of harmful tension in your body. The teaching focuses on the neck, head and back. It trains you to use your body less severely and carry out the movements that we do all the time with less effort. There is little effort in the lessons themselves, which sets apart the Alexander technique from yoga or pilates, which are exercise-based. A typical lesson involves standing in front of a chair and learning to sit and stand with minimum effort. You spend some time lying on a bench with your knees bent to straighten the spine (脊椎) and relax your body while the teacher moves your arms and legs to train you to move them correctly.

The technique helps to break the bad habits accumulated over years. Try folding your arms the opposite way to normal. This is an example of a habit the body has formed which can be hard to break. Many of us carry our heads too far back. The head weighs four to six kilos, so any inappropriate posture can cause problems for the body. The technique teaches you to let go of the muscles holding the head back, allowing it to go back to its natural place on the top of our spines.

So who was Alexander and how did he come up with the technique? Frederick Alexander, an Australian actor born in 1869, found in his youth that he had vocal (声音的) problems during performances. He analyzed himself and realized his posture was bad. He worked on improving it, with excellent results. He brought his technique to London and opened a teacher-training school, which is still successful today.

So if you're walking along the road one day with shoulders bent forward, feeling weighed down by your troubles, give a thought to the Alexander technique. It will help you walk tall again.

38. What does the author suggest in Paragraph 1?

A. She felt no better after the treatment.

B. She got bored with the Alexander technique.

C. She was sceptical about the doctor's method.

D. She was unwilling to seek treatment for her backache.

39. What is the principle of the Alexander technique?

A. Physical tension shouldn't be completely relieved.

B. The technique shouldn't be combined with other exercises.

C. The practice of the technique shouldn't be attempted alone.

D. Familiar physical actions shouldn't be done with much effort.

40. What can we learn about Frederick Alexander?

A. He managed to recover his vocal powers.

B. He was eager to make a name for himself.

C. He developed a form of exercise for actors.

D. He had to leave home to develop his technique.

41. What is the main idea of the passage?

A. The occurrence of back pain is widespread.

B. Alexander improved the technique to treat body pain.

C. The Alexander technique helps overcome posture problems.

D. People with back pain are victims of inappropriate postures.

D

Don't put it off, do it now!

Why do we spend so much time not doing the work we should do, or putting off small jobs that have piled up to create a big problem? Procrastinating, as putting things off like this is called, is in our character we have naturally since birth; we avoid dull or difficult jobs until it's too late to do anything else.

"We often put things off although we know it will make life more stressful," says Dr. Steel, an authority on the science of motivation. "If these tasks were fun, we'd just do them now. We put off what is difficult or unpleasant, such as the paperwork that needs doing before leaving the office or cleaning the bits of your home that people can't see. But the fact is, the less people procrastinate, the more money they have, the better relationships they have, and the healthier they are." This is obvious when you look at the couples who don't argue about whether anyone has cleaned the kitchen, and the people who simply go for a run instead of endlessly rescheduling it in their heads.

Of course, there are the rest of us, who feel the small jobs piling up around us daily. "We've evolved to respond to the moment, and not to set our sights too far in an uncertain world," Dr. Steel adds. "We are not set up to appreciate long-term rewards, whether it's the benefit of a four-year degree, doing exercise or dieting. We usually feel the cost now and the reward comes much later." According to Dr. Steel, we have two decision-making systems. They are the limbic, which is responsible for the short term, and the prefrontal cortex, which deals with the future. We bounce between long-term goals and short-term temptations, so we need goals that will translate our plans for the limbic system.

Let's take the example of students' writing essays. They should set themselves targets and word counts per day. These are thus turned from seemingly endless tasks into something concrete with measured progress. Dr. Steel recommends such techniques, or "pre-commitments", adding that leaving you a month before the "deadline" makes it more likely a task will

be completed. The benefit is that you'll avoid the embarrassment of not following up on something people are expecting you to do—telling everyone you are going to take up jogging makes you more likely to do so.

Overcoming procrastination finally comes down to planning, which, if you're not careful, becomes procrastination in itself. But it is worth making sure you have everything in place. "Successful people don't pretend they don't procrastinate," Dr. Steel says. "People who pretend they have willpower are less successful." Instead, plan for procrastination: make your work environment a temple of productivity by cutting out what stops you paying your attention, so you can really focus on moving forward.

42. What does the author say about procrastination in Paragraph 1?

A. It is something many people can't help.

B. It is an excuse people often use in public.

C. It is caused by the technology in people's life.

D. It is more common when people have small jobs to do.

43. In paragraph 3, Dr. Steel believes that people who procrastinate should _____.

A. attempt to overcome their natural tendencies

B. take the advice of others in the same situation

C. be aware that their problem is relatively small

D. find out more about the way they make decisions

44. Why does Dr. Steel recommend making "pre-commitments" in Paragraph 4?

A. They are an alternative to impossible goals.

B. They make challenges feel more manageable.

C. They are an effective way of impressing others.

D. They allow people to achieve their aims sooner.

45. What does the author do by saying the underlined sentence?

A. Encourage the reader to develop plans effectively.

B. Advise the reader to deal with complex tasks quickly.

C. Warn the reader against spending too long getting organized.

D. Remind the reader to take the time to focus properly on a task.

第二节（共 5 小题；每小题 2 分，共 10 分）

根据短文内容，从短文后的七个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。

Films and computer games

In just a few decades the gaming industry has become much bigger than the film business. What is called “interactive entertainment” makes more money than Hollywood cinema. Is there any way of making films more appealing to people who like to play computer games?

Making a film out of a best-selling computer game can guarantee a large audience. ___46___ Nowadays films are made with similar ones. They have attractive action scenes relying on fantasy effects as well. Gaming markets consist of science-fiction games, and film-makers have also set films in science-fiction worlds. ___47___ Any attempt to borrow more than the setting from a game is certain to fail.

Why do gamers feel disappointed by films based on their favorite games? One of the reasons is technical. Now everything can be computer-produced. ___48___ However, filming a scene from 20 different cameras would cost a fortune, so it simply isn’t done in the film version—leaving the gamers feeling that the film didn’t look as real as the computer game.

___49___ In a film the director doesn’t show you some things to keep you have the feeling of excitement or anxiety. For example, you wouldn’t be interested in watching the film if you knew the identity of the murderer. But this is not true for computer games. When you play a game, you have to do certain tasks to continue to the new level. ___50___ You are always in control as a player, while in the cinema you never control the action. You just sit and watch.

There can be some interaction between films and computer games on different levels. For all the similarities between technologies and special effects, we shouldn’t forget that a story and a game are fundamentally different.

A. Cameras matter in another sense, too.

B. The success of a game usually lies in the use of special effects.

C. You can’t influence what happens at all in the computer games.

D. Computer games may show the action from a number of views easily.

E. The game has a good chance of being as successful as the film on which it is based.

F. You must be able to have access to all the information in order to decide what to do next.

G. However, the difficulty for film producers appears to be knowing where and when to stop.

第三部分：书面表达（共两节，35 分）

第一节 （15 分）

假设你是红星中学学生会主席李华。下个月学校将到所在社区开展“美化家园”和“社区讲堂”两次志愿者活动。你班交换生 Jim 打算参加其中的一项活动，发来邮件咨询。请你给 Jim 回复一封邮件，内容包括：

1. 推荐一项活动；

2. 简述可做的事情；

3. 表达愿望。

注意：1. 词数不少于 50；

2. 邮件的开头和结尾已给出，不计入总词数。

Dear Jim,

_____

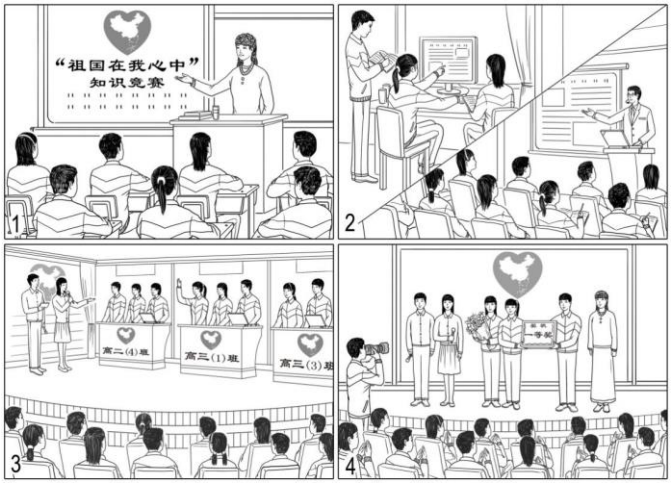
Yours,

Li Hua

（请务必将作文写在答题卡指定区域内）

第二节 （20 分）

假设你是红星中学高三（1）班学生李华。为迎接建国 70 周年，上个月学校组织了“祖国在我心中”主题知识竞赛。请根据以下四幅图的先后顺序，介绍你和同学们参加活动的完整过程，并以“A Significant Event”为题，给校刊“英语角”投稿。词数不少于 60。



A Significant Event

_____**（请务必将作文写在答题卡指定区域内）**

2019 北京市朝阳区高三二模英语

参考答案

第一部分：知识运用（共两节，45 分）

第一节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

1. had read　2. slowly　3. What　4. known　5. have got

6. points　7. are injured　8. where　9. for　10. To protect

第二节 完形填空（共 20 小题；每小题 1.5 分，共 30 分）

11—15 CADBC　16—20 ADBAC　21—25 BDABC　26—30 DACBD

第二部分：阅读理解（共两节，40 分）

第一节（共 15 小题；每小题 2 分，共 30 分）

31—35 ABDDC　36—40 BCDDA　41—45 CAABC

第二节（共 5 小题；每小题 2 分，共 10 分）

46—50 BGDAF

第三部分：书面表达（共两节，35 分）

第一节（15 分）

一、评分原则：

1．本题总分为 15 分，按 4 个档次给分。

2．评分时，先根据文章的内容和语言质量初步确定其档次，然后以该档次的要求来衡量，确定或调整档次，最后给分。

3．评分时应考虑：内容是否完整，条理是否清楚，交际是否得体，语言是否准确。

4．拼写、标点符号或书写影响内容表达时，应视其影响程度予以考虑。英、美拼写及词汇用法均可接受。

5．词数少于 50，从总分中减去 1 分。

二、各档次的给分范围和要求：

第一档 （13 分－15 分）	完全完成了试题规定的任务。 ·内容完整，条理清楚； ·交际得体，表达时充分考虑到了交际的需求；体现出较强的语言运用能力。 完全达到了预期的写作目的。
第二档 （9 分－12 分）	基本完成了试题规定的任务。 ·内容、条理和交际等方面基本符合要求； ·所用语法和词汇满足了任务的要求； ·语法或用词方面有一些错误，但不影响理解。 基本达到了预期的写作目的。
第三档 （4 分－8 分）	未恰当完成试题规定的任务。 ·内容不完整； ·所用词汇有限，语法或用词方面的错误影响了对写作内容的理解。 未能清楚地传达信息。
第四档 （1 分－3 分）	未完成试题规定的任务。 ·写了少量相关信息； ·语法或用词方面错误较多，严重影响了对所写内容的理解。
0 分	未传达任何信息；所写内容与要求无关。

三、Possible version 1:

Dear Jim,

I'm glad you're interested in the voluntary activity next month. I suggest you take part in the activity of beautifying our community.

You can help to pick up garbage and clean up small advertisements together with our schoolmates, which will make the community cleaner and tidier. You can also help to grow plants and flowers to beautify the community environment. With our efforts the appearance of the community will be greatly improved and it'll take on a new look.

Through the activity you'll contribute to our community and I'm sure you'll have a sense of belonging as a community member. I hope you'll have a pleasant experience.

Yours,

Li Hua

Possible version 2:

Dear Jim,

I'm glad you're interested in the voluntary activity next month. I advise you to be a volunteer of the community lecture room.

You can teach the community residents some daily spoken English and talk about the differences between western and Chinese cultures, which will develop their knowledge and broaden their horizons. You can also introduce some popular APPs, such as Booking, to make their life more convenient.

I'm sure you'll be able to fully integrate into the community life through the activity and have a sense of belonging as a community member. I hope you'll have a pleasant experience.

Yours,

Li Hua

第二节（20 分）

一、评分原则：

1．本题总分为 20 分，按 5 个档次给分。

2．评分时，先根据文章的内容和语言质量初步确定其档次，然后以该档次的要求来衡量，确定或调整档次，最后给分。

3．评分时应考虑：内容要点的完整性、上下文的连贯性、词汇和句式的多样性及语言的准确性。

4．拼写、标点符号或书写影响内容表达时，应视其影响程度予以考虑。英、美拼写及词汇用法均可接受。

5．词数少于 60，从总分中减去 1 分。

二、各档次的给分范围和要求：

第一档 （18 分－20 分）	完全完成了试题规定的任务。 ·覆盖了所有内容要点； ·运用了多样的句式和丰富的词汇； ·语法或用词方面有个别错误，但为尽可能表达丰富的内容所致；体现了较强的语言运用能力； ·有效地使用了语句间的连接成分，所写内容连贯、结构紧凑。 完全达到了预期的写作目的。

第二档 （15 分－17 分）	完全完成了试题规定的任务。 ·覆盖了所有内容要点； ·运用的句式和词汇能满足任务要求； ·语法和用词基本准确，少许错误主要为尽可能表达丰富的内容所致； ·使用了简单的语句间连接成分，所写内容连贯。 达到了预期的写作目的。
第三档 （12 分－14 分）	基本完成了试题规定的任务。 ·覆盖了内容要点； ·运用的句式和词汇基本满足任务要求； ·语法和用词方面有一些错误，但不影响理解。 基本达到了预期的写作目的。
第四档 （6 分－11 分）	未恰当完成试题规定的任务。 ·漏掉或未描述清楚内容要点； ·所用句式和词汇有限； ·语法或用词方面的错误影响了对所写内容的理解。 未能清楚地传达信息。
第五档 （1 分－5 分）	未完成试题规定的任务。 ·明显遗漏主要内容； ·句式单调、词汇贫乏； ·语法或用词方面错误较多，严重影响了对所写内容的理解。
0 分	未能传达任何信息；所写内容与要求无关。

三、内容要点：

1. 得到通知

2. 上网查资料/听专家讲解

3. 比赛

4. 获奖

四、One possible version:

A Significant Event

Last month, our school organized a knowledge contest entitled “Motherland in My Heart”, which proved to be a significant event.

After the teacher announced the news, everyone was eager to participate. As we knew the victory required careful preparation, we spent the following days working on it. We surfed the Internet about the changes in different aspects, including economy, culture, technology, and so on. We also invited an expert to deliver a lecture on the development of our country during the past 70 years. Having learnt about these achievements, we felt so proud of our country and became more motivated for the contest. Finally came the big day. The competition was fierce because every team was well-prepared. My classmates and I went to great lengths and we answered every question confidently. After a few rounds, our team finally won the top prize. Holding the trophy and flowers, we cheered for our success with great joy.

We not only felt satisfied with our team effort, but also learned much more about the significant changes in China.