2026 北京房山高三二模

英　　语

学校:_____姓名：_____班级：_____考号：_____

一、完形填空

Last summer, as I got ready to move to a new city for a job, I stood in front of my crowded bookshelf. A wave of memories washed over me. Each book was a(n) ___1___ friend. A practical question kept echoing in my mind: "Will I ever read these again?" The thought of ___2___ them seemed too cold, and simply storing them seemed like a waste. I wanted the stories to live on. So I decided to find them new homes. I made a simple but detailed poster for our community board, ___3___ my books, with sections like "Classic Literature," "Heartwarming Stories," and "Young Adult Adventures," and even added little notes about who might ___4___ each one.

The ___5___ came quickly. The first call came from a teenage girl, and her voice was full of excitement. "Do you still have *Pride and Prejudice?"* she asked ___6___. When she arrived, her eyes scanned the piles of books and stopped at the novels. A warm smile spread across her face as she picked up the book she wanted. "Thank you so much!" she said, and ___7___ a handmade bookmark to me. "I made this," she added. That small, kind gesture turned my earlier hesitation into quiet happiness. My books weren't just being taken away; they were becoming someone else's ___8___.

Later, as I looked at my emptier shelves, I felt surprisingly light and ___9___. The physical weight of the books was gone, but in its place was a deep sense of warmth. The bookmark wasn't just a gift; it was real human ___10___ — a reminder that stories could spark new journeys in others. Letting go, I realized, wasn't really an ending. It was part of a beautiful, ongoing cycle. And the best joy was becoming a small link in that chain of sharing.

1．A．lost	B．distant	C．old	D．funny
2．A．hiding	B．selling	C．lending	D．adapting
3．A．ranking	B．categorizing	C．beautifying	D．collecting
4．A．enjoy	B．recognize	C．recommend	D．evaluate
5．A．challenge	B．preparation	C．response	D．decision
6．A．confidently	B．formally	C．cautiously	D．eagerly
7．A．presented	B．dropped	C．posted	D．returned
8．A．dreams	B．profits	C．rewards	D．treasures
9．A．calm	B．curious	C．content	D．free
10．A．care	B．connection	C．generosity	D．trust

二、语法填空

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 个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

Most people hope to receive birthday gifts. But Jimmy Teng does things differently. The 74-year-old man 11 (sell) ice creams for the past 17 years in Singapore. Every year, on 22 March — his birthday — he 12 (offer) free ice creams. This year, he plans to give away 800 ice creams. “People are quite 13 (stress) recently and I want to help,” he said. “Sharing makes me feel happy.” He enjoys talking with his customers, and many of them become his friends.

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 个恰当的单词， 在给出提示词的空白处用括号内所给词的正确形式填空。

Harmony has many different meanings. In relation to music, it refers to individual notes coming together 14 (form) a pleasant sound. When flavours are harmonious, it means a meal is pleasing to the palate (味觉). Harmony is all about finding the right balance in different situations in order to obtain peace and happiness. A saying like “Harmony is most precious” highlights the importance of harmony in the 15 (life) of Chinese people. Harmony is great wisdom, which not only embodies 16 (we) highest value, but also reflects the basic principles of how to act and how to treat others.

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 个恰当的单词， 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 growing body of research suggests that blue spaces may benefit well-being. For starters, 17 (spend) time in blue spaces encourages movement — 18 you’re walking around a lake or swimming in it — and physical activity is vital for a healthier body and brain. When people exercise in or near water, they tend to do so for longer than those working out in green or urban settings, 19 (potential) because they perceive time differently. Studies suggest that, under the right conditions, blue spaces can also reduce noise in urban areas, help improve air quality, and cool down hot climates — all of 20 contribute to physical health.

三、阅读理解

East Auckland Tourism is inviting locals and visitors to step off the beaten path and into some of the region’s most spectacular and surprising landscapes this spring.

Timed to match up with the spring school holidays, it’s a specially designed programme of more than 20 guided and self-guided walks, from secret beaches and scenic wetlands to historic sites and colorful gardens across east Auckland. With walks for all ages and fitness levels, plus both free and ticketed options, East Auckland Walkfest provides the perfect mix of outdoor adventure, cultural discovery, and family-friendly fun.

Walkfest invites people to lace up their walking shoes and experience east Auckland as they’ve never seen it

before. It's described as more than just a walking event — it's a celebration of the region's landscapes, culture, and people.

With a variety of trails to choose from, it's a chance to explore coastlines, countryside and cultural landmarks in fresh and exciting ways.

What's on the trail

·**Guided Ranger Walks —** explore amazing regional parks and reserves while learning about the unique plants, animals, and hidden natural wonders.

·**Ghost Walk at Howick Historical Village —** step back in time and into the shadows with a blend of history, atmosphere, and tales.

·**Garden and Sculptural Trail** — wander through creative landscapes and create nature- inspired artworks.

·**Self-guided Adventures —** follow detailed maps to discover beaches, bush tracks, and heritage sites at your own pace.

For those planning a family day out,seeking connection with nature,or wanting to dive into local history,Walkfest provides free and paid options to suit every budget and interest. For the complete programme and booking details for guided walks, please visit us online for more information.

21．According to the passage, East Auckland Walkfest _____.

A．is intended primarily for locals

B．is suitable for people of different ages

C．features traditional festivals ofthe region

D．involves family-friendly walking competitons

22．Which activity can be included in East Auckland Walkfest?

A．Learning to tell stories at regional parks.

B．Visiting the unique reserves with free guides.

C．Creating artworks on Garden and Sculptural Trail.

D．Exploring secret beaches on Guided Ranger Walks.

23．Where can you get the full programme of Walkfest?

A．On the official website.　　B．From the park staff.

C．In the local daily newspaper.　　D．At the tourist center.

I was sixteen years old, and like many other teenage boys, I was in a band. So when we found out we'd been invited to play at a charitable event in a nursing home, we were very excited — it felt like our first real stage.

On the day of the concert, we turned up early. As we headed backstage, still buzzing with excitement, the

director of the nursing home came over to talk to us. “Some in the audience are suffering from physical or mental illnesses. These people have very few chances to see live entertainment of any kind. Just play your regular show, and you’ll do fine.”

Soon it was time for the show. The auditorium was packed. But the silence that filled the room felt heavy, almost unnerving. Then we started playing our first few songs. We played probably the best show we had ever put on. As each song finished, there was a short pause. This was the time when the audience would normally applaud. Unfortunately, we were getting little applause.

A sinking feeling settled in my chest. We unplugged our instruments and went backstage. Seeing this, the director ran backstage and asked us what was wrong.

“Well, it seemed that the audience didn’t like the performances,” I replied, trying to hide my disappointment.

“They like all of you. But maybe the songs are not quite the style they like.” On hearing this, we realized the problem. A spark of hope flickered. So I advised the director to give us a 10-minute break. We then had a heated discussion about what to play.

Returning to the stage, we played seven songs for the elderly residents. Most of the music was gentle, and some of the songs were familiar to them. This time, the atmosphere shifted — some of them even stood up and danced to the music. With every cheer, the knot in my stomach loosened a little more. Finally, we finished our performance.

What happened next shocked me more than anything. I went back to pack up, not knowing what to expect, only to find that at least ten people had gathered around the stage. Several people told us we were the best band to play for them in years. I stood there speechless, something warm and unexpected swelling in my chest.

After that show, I made up my mind to have a career in music. I did play a few more shows with different bands over the years, and some crowds roared louder than that night. But no matter how much the audience cheered, I never felt as good as I did on that particular night — I learned that music is not about applause, but about truly touching someone.

24．Why did the band feel disappointed after their first few songs?

A．They failed to play their best songs.

B．The audience left the auditorium quietly.

C．The director blamed them for their performance.

D．They received hardly any applause from the audience.

25．What can we learn from the passage?

A．The director asked the band to play louder.

B．The band adjusted their song style to suit the elderly.

C．The band made some mistakes during the performance.

D．The elderly showed great interest in various live shows.

26．What does the underlined sentence in Paragraph 7 probably indicate?

A．The author was surprised and thankful.

B．The author expected praise from the director.

C．The author began to feel relieved and confident.

D．The author understood the meaning of the songs.

27．What can we conclude from this passage?

A．Teamwork helps solve problems.

B．True success lies in reaching others.

C．First impression cannot always be trusted.

D．One's potential cannot always be underrated.

From a blackbird's song to the rumble of a passing train,sounds are produced by vibrations (振动) moving through the air, ground, or water in invisible waves. When those soundwaves enter your ear, they make tiny membranes, bones, and hair cells inside vibrate, which triggers electrical signals that your brain interprets as sound.

But when that sound is extremely loud or frequent,it can actually harm the human body. "You can be exposed to so much sound that it destroys your hearing," says Erica Walker, an epidemiologist at Brown University. As volume increases, the length of time during which you're exposed to it should decrease.

It's one thing to leave a concert with ringing ears or to be surprised by a sudden loud noise, but how does that actually affect your health? "When that stress response is stimulated, you start to breathe faster. Your heart rate starts to increase," says Walker.

If this happens once or twice it might not be that big of a deal, but over time, constant stimulation of your body's stress response, or long-term noise exposure, can make you more likely to develop serious health problems. According to one estimate, long-term noise exposure leads to 48,000 new cases of heart disease in Europe each year and affects the quantity and quality of sleep for 6.5million people. Noise can raise your blood pressure and heart rate even while you sleep.

But there can also be a psychological aspect, especially if people feel like they have no control over the noise they are exposed to. This can lead to mental health harms, such as increased anxiety and depression, says Walker.

When it comes to sleep, noises don't have to be nearly as loud to cause problems. According to Jackson, sounds as low as 30 to 40dB can cause a person to toss and turn or wake up. However, sounds in this range are only associated with modest health effects. It's really when you see night noises in the range of 40 to 55 dB or more that negative

health effects are observed.

To keep noises from ruining your sleep studies suggest playing white noise through the night can help mask other sounds. Experts also suggest modifying your bedroom to safeguard against nighttime noise. “Add soft surfaces that help block or lessen noise, such as wall decorations, acoustic tiles, or a thicker bedroom door,” says Jackson.

However, the best way to fight back against noise pollution is to focus on the source. We need to think about how to change that going forward.

28．What can be inferred about noise exposure from the passage?

A．It is a major cause of heart disease in Europe.

B．The body’s stress response fades with repeated noise.

C．A sudden loud noise does more harm than a constant one.

D．Its risk depends on the loudness and how long the noise lasts.

29．What can we leam from this passage?

A．Even low-level sounds may lead to health problems.

B．Noise pollution mainly causes psychological disorders.

C．Poor sleep quality can result in more severe hearing loss.

D．High blood pressure is the most common noise-related condition.

30．What is the main purpose of this passage?

A．To analyze how noise affects sleep quality.

B．To suggest practical ways to reduce noise pollution in daily life.

C．To explain how sound is produced and how the human ear hears it.

D．To illustrate the health consequences of noise and the responses to it.

Over the last decade, millions of people around the world have become aware of the camera trap. The candid images and videos that camera traps produce have been featured in countless documentaries, are widely shared on social media, and have been the focus of hugely popular citizen science projects. Less well known is the fact that the camera trap has a long history that extends back more than 100 years. Over this time, they have gone from being an experimental technology, used by just a handful of people, to a commercialized technology being used by many thousands of photographers, hobbyists, hunters and biologists.

The modern camera trap is simply a digital camera connected to an infrared sensor which can “see” warm objects that are moving, like animals. When an animal moves past the sensor, it causes the camera to fire, recording an image or video to the memory card for later access. Camera traps can be left in the field to continuously watch an area of habitat for weeks or even months, recording the rarest events which occur in nature.

This can include everything from a big cat patrolling its territory to the raiding of a bird's nest by a hunter that targets baby birds. Camera traps are "wildlife friendly", in that they cause little or no disturbance to wildlife. At the same time,they produce permanent and provable records of animals.

Camera traps provide data on species location, population sizes and how species are interacting. They also help us to understand how humans interact with other forms of wildlife.

The development of networked camera traps, capable of sending images over phone or satellite networks in near real-time, has provided a new tool to protect wildlife from illegal hunting. New software tools and statistical models are also making it much easier and faster to obtain high-quality information from the thousands of images that camera traps can quickly generate. This is improving our understanding of human impacts on wildlife, and helping land managers make better decisions at both small and large scales.

Despite the great potential of camera traps,there are a number of significant challenges involved in working with them. Small animals are less likely to trigger the cameras, and it can be difficult to identify similar-looking species or specific individuals from a photo or video. One of the main challenges is processing the millions of images generated by cameras.

"People are facing major bottlenecks when it comes to turning images or videos into structured data," says Zachary, a wildlife ecologist. The key to addressing this challenge lies in building open and collaborative platforms, and efforts are already underway. Then, the potential goes far beyond that. With such platforms, conservation efforts will follow.

31．What do you know about camera traps from the passage?

A．They are used primarily by professional biologists.

B．They cause more disturbance than traditional methods.

C．They have gained much public attention in recent years.

D．They were originally designed for wildlife documentaries.

32．What docs the word "raiding" underlined in Paragraph 3 probably mean?

A．Attacking secretly.　　B．Guarding quietly.

C．Repairing carefully.　　D．Removing completely.

33．According to the text, networked camera traps can _____.

A．help form statistical models more easily and quickly

B．get more complex information from the evolving images

C．process camera data smoothly through satellite networks

D．help fight against illegal hunting with near real-time images

34．As for overcoming the challenge of processing images,the author is _____.

A．optimistic　　B．critical

C．cautious　　D．worried

Your conduct in the interview should convey professionalism and assurance. Make eye contact with the interviewer and smile warmly as you enter the room to create a good first impression. ___35___

During an interview, the ability to listen actively is crucial. ___36___ Give the interviewer your full attention and try not to talk over them during the conversation. This kind of focused listening allows you to make a lasting impression by showing respect and genuine interest in the conversation.

___37___ Use polite language, speak clearly and concisely, and avoid any improper comments. Avoid restless movements or crossing your arms, which might convey discomfort or nervousness. Keep your mood upbeat and positive throughout.

During the interview, take time to think carefully before you respond. ___38___ Your responses should highlight your skills, achievements, and relevant experiences. Be sincere and genuine, but avoid sharing too much personal information that isn't directly related to the conversation.

You will have the chance to ask questions as the interview goes on. Prepare serious questions about the business, the position, and the work environment in advance. You can show that you're interested in the job and engaged by asking relevant questions. Your inquiries should center on learning more about the organization and the position itself.

Express gratitude for the interviewer's time and thoughtfulness at the end of the interview. ___39___ The impression you leave at the end can affect how you are remembered. So don't forget to send a personalized message or email within 24-48 hours to follow up.

The art of being an interviewee is more than just basic politeness. It is a reflection of your moral character, honesty, and dedication to greatness.

A．Your decision can influence the way you look and behave.

B．Taking a brief pause before speaking helps you respond more clearly.

C．Asking thoughtful questions can also show your curiosity about the role.

D．Showing that you are paying attention helps create a positive interaction.

E．Staying calm and respectful throughout the interview is equally important.

F．In fact, many small details of your behavior can shape the interviewer's impression.

G．Show your appreciation for the chance to interview and restate your interest in the job.

阅读下面短文，根据题目要求用英文回答问题。请在答题卡指定区域作答。

In recent years, wearable medical devices have revolutionized the field of healthcare, bringing a new level of

convenience and accuracy to healthcare monitoring. These small devices, ranging from smartwatches to fitness bands, have evolved beyond mere accessories.

These devices are designed to assist individuals in taking charge of their own health by providing real-time data on various health measurements. From heart rate and blood pressure to sleep patterns and activity levels, these devices offer comprehensive insights into our well-being. With advanced sensors and algorithms, users can access accurate and personalized information, which helps them form wise judgments about lifestyle and healthcare choices.

Preventive healthcare is a key benefit of wearable medical devices. Their role is to detect early warning signs and changes from normal health patterns, alerting users to potential health risks. For example, continuous monitoring of heart rate and electrocardiogram data can help identify irregularities that may indicate the onset of heart conditions. This early detection is crucial for taking action, which ultimately reduces the burden on healthcare systems. Wearable medical devices also make remote patient monitoring more flexible and effective. Patients can now receive medical-grade monitoring outside raditional healthcare settings, allowing for increased flexibility and independence. Equiped with biosensors and conectivity options, wearable devices transmit real-time data to healthcare providers. This enables personalized treatment plans and timely interventions, improving convenience for patients and optimizing healthcare resources, especially in rural or underserved areas.

Artificial intelligence and machine learning enhance the value of wearable medical devices. The integration of these intelligent technologies is driving the growth of personalized medicine and empowering both patients and healthcare professionals in their decision-making. The future of wearable devices in healthcare holds great promise.

40．What have wearable medical devices brought to healthcare monitoring in recent years?

_____

41．What can wearable medical devices do for preventive healthcare?

_____

42．Please decide which part is false in the following statement, then underline it and explain why.

The integration of artificial intelligence and machine learning is driving the growth of personalized medicine but it is still limited to assisting patients in their decision-making.

_____

43．In addition to healthcare, in what other aspect(s)can technology benefit you personally?(In **about 40 words)**

_____

四、书信写作

44．假设你是红星中学高三学生李华。你在“保护地球，守护家园”英语演讲比赛中荣获一等奖。备赛期间，外教 Jim 给予了你很多帮助。请你用英文给他写一封邮件，内容包括：

1. 表达感谢并说明原因；

2. 谈谈你的收获。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear Jim,

_____

_____

_____

_____

_____

Yours,

Li Hua

参考答案

题号	1	2	3	4	5	6	7	8	9	10
答案	C	B	B	A	C	D	A	D	C	B
题号	21	22	23	24	25	26	27	28	29	30
答案	B	C	A	D	B	C	B	D	A	D
题号	31	32	33	34	35	36	37	38	39	40
答案	C	A	D	A	F	D	E	B	G	T
题号	41	42	43							
答案	T									

1．C　2．B　3．B　4．A　5．C　6．D　7．A　8．D　9．C　10．B

【导语】文章主要讲述了作者搬家前将书送人并收获温暖与感悟的故事。

【详解】1．考查形容词。句意：每本书都是一位老朋友。A. lost 丢失的；B. distant 遥远的；C. old 老的；D. funny 有趣的。根据上文“A wave of memories washed over me.”可知，每本书都勾起了作者的回忆，书籍陪伴自己许久，就像老朋友一样。

2．考查动词。句意：卖掉它们的想法似乎太冷漠，而单纯存放又像是一种浪费。A. hiding 隐藏；B. selling 卖；C. lending 借出；D. adapting 改编。根据下文“So I decided to find them new homes.”可知，作者决定给这些书找新家，说明作者不想卖掉这些书。

3．考查动词。句意：我为社区公告板做了一个简单但详细的海报，把我的书分类，有“经典文学”、“温馨故事”和“青少年冒险”等部分，甚至还添加了关于谁可能会喜欢每一本书的小注释。A. ranking 排名；B. categorizing 分类；C. beautifying 美化；D. collecting 收集。根据下文“with sections like “Classic Literature,” “Heartwarming Stories,” and “Young Adult Adventures,””可知，作者对书籍进行了分类。

4．考查动词。句意：我为社区公告板做了一个简单但详细的海报，把我的书分类，有“经典文学”、“温馨故事”和“青少年冒险”等部分，甚至还添加了关于谁可能会喜欢每一本书的小注释。A. enjoy 喜欢；B. recognize 认出；C. recommend 推荐；D. evaluate 评估。根据上文“I wanted the stories to live on. So I decided to find them new homes.”及“added little notes”可知，作者想让这些故事继续存在，给这些书找新家，标注适合人群，说明作者希望这些书能被喜欢它们的人得到。

5．考查名词。句意：回应来得很快。A. challenge 挑战；B. preparation 准备；C. response 回应；D. decision 决定。根据下文“The first call came from a teenage girl, and her voice was full of excitement.”可知，作者很快就接到了电话，说明有人对作者的海报做出了回应。

6．考查副词。句意：“你还有《傲慢与偏见》吗？”她急切地问道。A. confidently 自信地；B. formally 正式地；C. cautiously 谨慎地；D. eagerly 急切地。根据上文“her voice was full of excitement”可知，这个女孩的声音充满了兴奋，说明她十分急切地询问书籍。

7．考查动词。句意："非常感谢！"她说，并送给我一个手工制作的书签。A. presented 赠送，递交；B. dropped 掉落；C. posted 邮寄，张贴；D. returned 归还。根据下文"a handmade bookmark to me"和"The bookmark wasn't just a gift"可知，女孩拿到喜欢的书，把自制书签送给作者表感谢。

8．考查名词。句意：我的书不仅仅是被拿走了；它们成了别人的珍宝。A. dreams 梦想；B. profits 利润；C. rewards 奖励；D. treasures 珍宝。根据上文"Thank you so much!"以及"That small, kind gesture turned my earlier hesitation into quiet happiness."可知，这个女孩很感谢作者，说明对女孩来说这些书是珍宝。

9．考查形容词。句意：后来，当我看着空荡荡的书架时，我感到出奇地轻松和满足。A. calm 平静的；B. curious 好奇的；C. content 满足的；D. free 自由的。根据下文"The physical weight of the books was gone, but in its place was a deep sense of warmth."可知，作者通过赠书找到了书籍的新归宿，内心暖意满满，说明作者内心十分满足。

10．考查名词。句意：这枚书签不仅仅是一份礼物；它是人与人之间真正的联结——提醒人们故事可以在别人心中点燃新的旅程。A. care 关心；B. connection 联结，联系；C. generosity 慷慨；D. trust 信任。根据下文"a reminder that stories could spark new journeys in others"可知，书签提醒人们故事可以在别人心中点燃新的旅程，说明书签是人与人之间的一种联结。

11．has sold　　12．offers　　13．stressed

【导语】本文讲述新加坡 74 岁卖冰淇淋的老人 Jimmy Teng，连续 17 年在自己生日当天免费赠送冰淇淋的故事。

【详解】11．考查动词时态。句意：这位 74 岁的老人在新加坡卖冰淇淋已有 17 年。根据时间状语"for the past 17 years"可知，此处使用现在完成时，主语"the 74-year-old man"是单数，助动词用 has。

12．考查动词时态。句意：每年的 3 月 22 日——他的生日——他都会免费赠送冰淇淋。根据时间状语"Every year"可知，此处表示经常性的动作，使用一般现在时，主语为 he，谓语动词使用第三人称单数 offers。

13．考查形容词。句意：他说："最近大家压力都很大，我想帮点忙。分享让我感到快乐。"空处作表语，修饰主语 People，需填形容词 stressed"焦虑不安的，紧张的"。

14．to form　　15．lives　　16．our

【导语】本文阐释了和谐在音乐、饮食以及为人处世中的不同含义，并指出"和为贵"体现了和谐在中国人生活中的重要地位。

【详解】14．考查非谓语动词。句意：在音乐层面，它指各个音符汇聚在一起形成悦耳的声响。come together 目的是发出悦耳声响，空处需填动词不定式 to form 作目的状语。

15．考查名词。句意：像"和为贵"这样的俗语，凸显了和谐在中国人生活中的重要性。根据"Chinese people"可知，此处指众多人的生活，空处需填名词复数 lives。

16．考查代词。句意：和谐是一种大智慧，它不仅体现了我们的最高价值理念，也彰显了立身行事、待人接物的基本准则。修饰名词 value 需用形容词性物主代词 our，作定语。

17．spending　　18．whether　　19．potentially　　20．which

【导语】本文介绍越来越多研究表明蓝色空间有益于人们的身心健康。

【详解】17．考查非谓语动词。句意：首先，在蓝色空间中度过时光能促进人们活动 ——无论你是在湖边散步还是在湖中游泳 —— 而体育锻炼对身心健康至关重要。空处作主语，需用动名词形式 spending。

18．考查状语从句。句意同上。whether...or...为固定句式，意为“无论…… 还是……”，引导让步状语。

19．考查副词。句意：人们在水中或水边锻炼时，往往比在绿地或城市环境中锻炼的时间更长，这可能是因为他们对时间的感知有所不同。空处修饰句子，需用副词 potentially，作状语。

20．考查定语从句。句意：研究表明，在适宜条件下，蓝色空间还能降低城市噪音、助力改善空气质量、缓解气候炎热 ——所有这些都对身体健康有益。空处引导定语从句，先行词是上文句子，在定语从句中作介词 of 的宾语，需用关系代词 which 引导。

21．B　　22．C　　23．A

【导语】本文是一则奥克兰东部春季徒步节宣传介绍。

【详解】21．细节理解题。根据第二段“With walks for all ages and fitness levels, plus both free and ticketed options, East Auckland Walkfest provides the perfect mix of outdoor adventure, cultural discovery, and family-friendly fun.(徒步路线适配各年龄段、不同体能人群，有免费项目也有购票项目，奥克兰东部徒步节完美融合户外探险、人文探索与亲子休闲乐趣。)”可知，East Auckland Walkfest 适合不同年龄人群。

22．细节理解题。根据 **What’s on the trail** 部分“**Garden and Sculptural Trail** — wander through creative landscapes and create nature-inspired artworks.(花园与雕塑步道：漫步创意景观园区，创作以自然为灵感的艺术作品。)”可知，在花园与雕塑步道可以创作自然主题艺术作品。

23．细节理解题。根据最后一段“For the complete programme and booking details for guided walks, please visit us online for more information.(如需完整活动安排和有向导徒步项目的预约详情，可登录官网查询更多信息。)”可知，在官方网站上可以查看完整活动安排与预约信息。

24．D　　25．B　　26．C　　27．B

【导语】文章讲述了作者回忆少年时乐队在养老院演出的经历并最终领悟到真正的音乐价值不在于喝彩，而在于触动、温暖他人。

【详解】24．细节理解题。根据第三段“Unfortunately, we were getting little applause.(不幸的是，我们几乎没有得到什么掌声。)”可知，乐队感到失望是因为几乎没得到观众掌声。

25．推理判断题。根据第六段“We then had a heated discussion about what to play.(随后我们热烈讨论了接下来该演奏什么曲目。)”和第七段“Returning to the stage, we played seven songs for the elderly residents. Most of

the music was gentle, and some of the songs were familiar to them.(重返舞台后，我们为养老院的老人们演唱了七首歌曲。曲风大多舒缓柔和，还有一些是他们耳熟能详的老歌。)”可知，乐队主动调整曲风，换成适合老人的舒缓老歌。

26．推理判断题。根据第七段“This time, the atmosphere shifted — some of them even stood up and danced to the music. With every cheer, the knot in my stomach loosened a little more.(这一次，现场气氛完全变了——有些老人甚至起身随着音乐起舞。每一次欢呼，我心中的郁结都随之释怀几分。)”可推知，作者渐渐释怀、重拾自信。

27．推理判断题。根据最后一段“I learned that music is not about applause, but about truly touching someone.(我明白了，音乐不在于掌声，而在于真正打动人心、温暖他人)”可知，我们从文章中总结出真正的成功在于触动他人。

28．D　　29．A　　30．D

【导语】文章主要阐述噪音的健康危害以及应对措施。

【详解】28．推理判断题。根据第二段“As volume increases, the length of time during which you’re exposed to it should decrease.(随着音量越大，人能承受的暴露时间就应越短。)”和第四段” According to one estimate, long-term noise exposure leads to 48,000 new cases of heart disease in Europe each year and affects the quantity and quality of sleep for 6.5million people.(据估算，在欧洲，长期噪音污染每年会新增 4.8 万例心脏病，还会影响 650 万人的睡眠时长与质量。)”可知，关于噪声暴露可以推断出其风险取决于音量大小和持续时长。

29．推理判断题。根据第六段“According to Jackson, sounds as low as 30 to 40dB can cause a person to toss and turn or wake up. However, sounds in this range are only associated with modest health effects. It’s really when you see night noises in the range of 40 to 55 dB or more that negative health effects are observed.(杰克逊认为，低至 30 至 40 分贝的声音就足以让人辗转难眠、甚至惊醒。不过，这个分贝区间的声音对健康的影响相对轻微。只有当夜间噪音达到 40 至 55 分贝甚至更高时，才会显现出明显的健康负面影响。)”可推知，从文中我们可以知道即使低音量也可能引发健康问题。

30．推理判断题。文章首先提出声音原理，接着重点阐述噪音对生理、心理、睡眠的健康危害，最后给出应对办法。由此可知，文章的写作目的是为了阐述噪音对健康的危害以及应对措施。

31．C　　32．A　　33．D　　34．A

【导语】文章介绍红外触发相机的百年发展历程、工作原理、优势与用途。

【详解】31．细节理解题。根据第一段“Over the last decade, millions of people around the world have become aware of the camera trap. The candid images and videos that camera traps produce have been featured in countless documentaries, are widely shared on social media, and have been the focus of hugely popular citizen science projects.(过去十年间，全球数百万人都了解了红外触发相机（相机陷阱）。它拍摄到的真实抓拍影像和视频

大量出现在各类纪录片中，在社交媒体上广为传播，也成了热门公众科学项目的核心)”可知，从文章中我们可以知道红外触发相机近些年获得大量公众关注。

32．词句猜测题。根据下文“This can include everything from a big cat patrolling its territory to the raiding of a bird’s nest by a hunter that targets baby birds.(这可能包括各种各样的行为，比如一只大型猫科动物在守护自己的领地，或者一名猎人 raiding 鸟巢以捕获幼鸟)”可知，捕食者偷袭、袭击鸟巢，捕食雏鸟。由此可知，raiding 意为“偷袭”。

33．细节理解题。根据第五段“The development of networked camera traps, capable of sending images over phone or satellite networks in near real-time, has provided a new tool to protect wildlife from illegal hunting.(联网红外相机能够通过手机或卫星网络近乎实时地传输影像，它的发展为保护野生动物、打击非法捕猎提供了新手段)”可知，联网的红外相机能借助实时影像打击非法捕猎。

34．推理判断题。根据最后一段“The key to addressing this challenge lies in building open and collaborative platforms, and efforts are already underway. Then, the potential goes far beyond that. With such platforms, conservation efforts will follow.(解决这一难题的关键，在于搭建开放共享的协作平台，而且相关工作已经在开展当中。不仅如此，它的潜在价值远不止于此。有了这类平台，野生动物保护工作也会随之推进开展)”可知，解决图片处理难题的相关工作已经开展，未来潜力巨大，作者态度乐观。

35．F　　36．D　　37．E　　38．B　　39．G

【导语】本文主要介绍参加面试时的全套礼仪与技巧。

35．上文“Make eye contact with the interviewer and smile warmly as you enter the room to create a good first impression.(走进房间时与面试官进行眼神交流并热情微笑，以此留下良好的第一印象。)”指出进门眼神交流、微笑打造第一印象。F 选项“事实上，你行为中的诸多小细节都会塑造面试官对你的印象”承接上文进门的举止细节，总起下文各类面试行为细节，符合语境。

36．上文“During an interview, the ability to listen actively is crucial.(面试过程中，积极倾听的能力至关重要。)”核心关键词是积极倾听；下文“Give the interviewer your full attention and try not to talk over them during the conversation.(全程专心关注面试官，交谈时尽量不要打断对方。)”讲专心倾听、不打断对方。D 选项“表现出你在认真倾听，有助于营造良好的互动氛围”，紧扣本段主题“积极倾听”，符合语境。

37．下文“Use polite language, speak clearly and concisely, and avoid any improper comments. Avoid restless movements or crossing your arms, which might convey discomfort or nervousness. Keep your mood upbeat and positive throughout.(使用礼貌用语，表达清晰简洁，避免做出不得体的评价。不要有焦躁不安的小动作，也不要交叉双臂，这些动作可能会显得拘谨或紧张。全程保持积极乐观的心态。)”讲述礼貌用语、肢体动作、情绪状态等全程举止礼仪。E 选项“面试全程保持从容沉稳、待人有礼同样重要”为本段总起句，引出下文语言、动作、情绪方面的礼仪要求。

38．上文“During the interview, take time to think carefully before you respond.(面试作答时，先花时间仔细思考再回应。)”指出作答前先认真思考。B 选项“开口前稍作停顿，能让你的回答条理更清晰”，承接“先思考再回答”，符合语境。

39．上文“Express gratitude for the interviewer’s time and thoughtfulness at the end of the interview.(面试结束时，感谢面试官抽出时间并悉心进行面试。)”指出要表达感谢；下文“The impression you leave at the end can affect how you are remembered. so don’t forget to send a personalized message or email within 24-48 hours to follow up.(面试结束时给人留下的印象，会影响面试官对你的整体观感。因此，别忘了在 24 至 48 小时内发送一条专属问候信息或邮件进行后续跟进。)”讲收尾印象和后续跟进。G 选项“珍惜面试机会、表达感激之情，同时重申你对该岗位的意向”，承接结尾感谢面试官的语境，贴合面试收尾环节的行为要求。

40．They have brought a new level of convenience and accuracy to healthcare monitoring.　　41．They detect early health warning signs and alert users to potential health risks.　　42．**The integration of artificial intelligence and machine learning is driving the growth of personalized medicine** but it is still limited to assisting patients in their decision-making**.**

Because The integration of AI and machine learning empowers both patients and healthcare professionals to make decisions, not only patients.　　43．(open). Technology enriches my daily study and life. It offers abundant learning resources online, helps me review lessons efficiently, and allows me to keep in touch with friends conveniently anytime.

【导语】本文介绍可穿戴医疗设备给医疗健康监测带来了变革。

【详解】40．考查细节理解。根据第一段“In recent years, wearable medical devices have revolutionized the field of healthcare, bringing a new level of convenience and accuracy to healthcare monitoring.(近年来，可穿戴医疗设备彻底改变了医疗健康领域，为健康监测带来了更高的便捷度与精准度。)”可知，它们为健康监测带来了更高程度的便捷性与精准度。

41．考查细节理解。根据第三段“Preventive healthcare is a key benefit of wearable medical devices. Their role is to detect early warning signs and changes from normal health patterns, alerting users to potential health risks.(预防性医疗是可穿戴医疗设备的一大核心优势。其作用是察觉健康预警信号以及身体常态的异常变化，提醒用户留意潜在的健康风险。)”可知，它们能够及早发现健康预警信号，并提醒用户注意潜在的健康风险。

42．考查细节理解。根据最后一段“Artificial intelligence and machine learning enhance the value of wearable medical devices. The integration of these intelligent technologies is driving the growth of personalized medicine and empowering both patients and healthcare professionals in their decision-making.(人工智能和机器学习提升了可穿戴医疗设备的价值。这些智能技术的融合推动了个性化医疗的发展，同时助力患者和医护人员更好地做出相关决策。)”可知，人工智能与机器学习的融合，既助力患者也助力医护专业人员进行决策，而不

只是服务于患者一方。故表述错误的地方是“but it is still limited to assisting patients in their decision-making”，理由是：The integration of AI and machine learning empowers both patients and healthcare professionals to make decisions, not only patients.

43．考查开放性试题。可以参考的答案是: 科技丰富了我的日常学习与生活。它在网上提供海量学习资源，帮我高效复习功课，还能让我随时随地便捷地和朋友保持联系。（开放性试题，答案合理即可）

44．Dear Jim,

I am writing to express my sincere thanks to you. I’m delighted to inform you that I won the first prize in the English speech contest.

During my preparation, you offered me great help. Not only did you polish my speech draft, but you also patiently corrected my pronunciation and taught me some speaking skills. Thanks to your guidance, I performed confidently in the contest.

Personally, I have gained plenty from this experience. I have improved my oral English and learned how to express myself logically. Again, thank you for your generous help.

Yours,

Li Hua

【导语】题目要求考生给外教 Jim 写一封邮件，对他在备赛期间提供的帮助表示感谢。

【详解】1.词汇积累

表达：express→convey

帮助：help→assistance

指导：guidance→instruction

获得：gain→obtain

2.句式拓展

简单句变复合句

原句：Thanks to your guidance, I performed confidently in the contest.

拓展句：Since you have guided me patiently, I performed confidently in the contest.

【点睛】[高分句型 1]

I’m delighted to inform you that I won the first prize in the English speech contest.（运用了 that 引导的宾语从句）

[高分句型 2]

Not only did you polish my speech draft, but you also patiently corrected my pronunciation and taught me some speaking skills.（运用了部分倒装）