2026北京海淀高三二模

英　　语

学校:_____姓名：_____班级：_____考号：_____

一、完形填空

My comfort zone is cozy and predictable. However, I stepped out of it when my friend begged me to go to a Zumba class.

I showed up in yoga pants and was awed by the other participants who were ___1___ like Olympic gymnasts. I stood in the back row, hoping to blend in. I did not.

The instructor hit play on a speaker and the dancing began. The room exploded into coordinated ___2___. Arms flew. Hips swayed. Feet pounded. And I? I ___3___.

I was always a beat behind every move: when the class moved right, I moved left; when they spun gracefully, I tripped over my dignity. At one point, I was doing something that looked less like Zumba and more like a confused octopus trying to escape a net.

But then something ___4___.

Around song four, I caught sight of myself in the mirror. I looked ridiculous. And yet… I was smiling. No one was ___5___ me. The woman next to me who had been flawlessly ___6___ every move even gave me a thumbs-up. It was the oddest form of ___7___ I had received, but it worked.

I ___8___. I laughed. I even pulled off a move that involved dramatic arm waves! By the end of the class, I was sweating, but I had survived. More than that, I had fun.

Leaving the studio, I realized something: the comfort zone is ___9___ what it sounds like: comfortable. But it's also where your confidence goes to nap forever. You don't grow there. You don't learn there.

So, yes, the first time I stepped out of my comfort zone, I also stepped into a version of myself that was ___10___, sillier, and somehow just a little more fabulous.

1．A．marching　　B．dancing　　C．competing　　D．stretching

2．A．chaos　　B．applause　　C．laughter　　D．violence

3．A．hid　　B．quit　　C．panicked　　D．wandered

4．A．faded　　B．failed　　C．evolved　　D．shifted

5．A．blaming　　B．joining　　C．judging　　D．noticing

6．A．creating　　B．nailing　　C．monitoring　　D．observing

7．A．agreement　　B．commitment　　C．entertainment　　D．encouragement

8．A．stood out　　B．loosened up　　C．showed off　　D．backed down

9．A．rarely　　B．exactly　　C．roughly　　D．usually

10．A．braver　　B．calmer　　C．healthier　　D．luckier

二、语法填空

阅读下面短文，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。请在答题卡指定区域作答。

In 2019, I began my Chinese language journey. From the very first lesson, I found it both challenging and exciting. I ___11___ (fascinate) by the delicacy of the characters and the rhythmic nature of the tones. Soon, my interest extended far ___12___ the language itself. I discovered that learning the language was a gateway to a vast cultural heritage, and I ___13___ (eager) began my exploration. Since then, my curiosity as a language learner ___14___ (grow) into a lasting passion that continues to shape my path.

阅读下面短文，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。请在答题卡指定区域作答。

Scientists have been studying a hidden weapon beneath the ocean to tackle climate change. Seagrass, ___15___ occupies less than 0.2% of the ocean floor, is responsible for storing 10% of the ocean's carbon. Unfortunately, these vital ecosystems ___16___ (disappear) at an alarming rate right now due to human activity. If they're destroyed, they not only stop absorbing carbon but also release centuries of stored carbon, further ___17___ (worsen) global warming. Protecting seagrass is a critical strategy in our fight against climate change.

阅读下面短文，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。请在答题卡指定区域作答。

Most people change habits by focusing on outcomes — what they want to achieve. The alternative is identity-based habits — focusing on ___18___ you wish to become. For example, when ___19___ (offer) a snack, instead of saying "I'm trying to quit snacks", say "I'm not a snack person". The first suggests you still see yourself as a snack lover; the second reflects an identity change. Every action votes for the person you want to become. As votes build up, so does ___20___ (evident) of your new identity.

三、阅读理解

If you love reading at night, a good book light is essential. Yet with countless options out there, finding the right product can feel overwhelming. After testing four models, here's what we've found.**Study Buddy — Double Arm Rechargeable Book Light**

Ideal for serious readers, this double-headed light stands out for its great value and practical functions. It offers three brightness and three colour settings for nine total possible combos. Its rechargeable battery lasts up to 85 hours, but it is a bit heavy. Overall: Best for dedicated readers who prioritize battery life.**Page Pal — Clip-On**

Book Light

This affordable clip-on light delivers reliable quality without unnecessary features. It has two brightness modes. The only downside? Its batteries are not rechargeable and need replacing after about 25 hours of use. Overall: Best for occasional readers on a budget.**Tiny Torch — LED Neck Reading Light**

This creative neck-worn light works perfectly for reading and doubles as an emergency flashlight or camping light. It features three brightness levels, three colour settings and a rechargeable battery. The only downside is that it can be a bit pricey. Overall: Best for outdoor and multi-purpose use.**Eco-Ray — Solar Book Light**

Perfect for eco-conscious readers, this clip-on light uses solar power to recharge, plus a backup USB charging option. It has two brightness levels and one warm colour setting, great for eye protection at night. Its battery lasts up to 50 hours per charge, but requires direct sunlight for full solar charging. Overall: Best for environmentally conscious readers.

If you want more details, feel free to ask.

21．What can we learn about the book lights?

A．Study Buddy is double-armed.　　B．Page Pal is camping friendly.

C．Tiny Torch is solar-powered.　　D．Eco-Ray is reasonably priced.

22．What do all the four book lights have in common?

A．They are fully rechargeable.　　B．They feature various color settings.

C．They are rather light in weight.　　D．They have adjustable brightness levels.

23．What is the purpose of the passage?

A．To evaluate product quality.　　B．To describe product functions.

C．To provide product reviews.　　D．To compare customer feedback.

For much of my career, my colleagues only saw what I call my “resting science face”. It conveys the part of me that’s driven to spend hours obsessing over a conference talk or stay up all night for a research grant (拨款). They didn’t see the side of me that loves funny TV shows, cracks jokes, and laughs out loud. As a woman and mother, I felt I needed to prove I was serious about the job, in case others view me as too distracted by my personal life.

My serious face worked. I landed a job at a great university. But I felt I had to split myself in two — the serious scientist in public, the goofball (搞笑的人) in private. Only later did I realize how much stronger my science, and my relationships, could have been if I’d let both sides show sooner.

The first crack in my public persona came when I participated in a local live storytelling show. I described an embarrassing moment from a solo trip to Thailand. To my surprise, when people laughed, it didn’t feel bad or shameful. It felt like a warm hug.

This reminded me that I might also experiment with being silly at work, too. So, when the semester began, I delivered a lecture dressed in a funny costume. I began kicking off lab meetings by asking my students what brings them joy or makes them laugh. Surprisingly, I found that injecting fun and humor into my work life didn't make me less credible. Instead, students seemed to find me more approachable.

But perhaps most importantly, humor has helped me be resilient. Last winter, my grant for an environmental project was abruptly terminated. After the shock and immediate grief wore off, I turned to my goofy side, writing satires and making joke T-shirts. That's not to say I was living in denial. But making jokes and sharing laughter helped me stay present.

In the end, I have come to realize that being myself at work is not a weakness, but rather a strength. So that's why, even as I reimagine my research plans, I'll be putting on a colorful outfit, calling up some friends, and cracking jokes. Now, more than ever, it's time to laugh.

24．Why did the author choose to maintain her "resting science face" at first?

A．To help her find a job at a great university.　　B．To hide her self-doubt in scientific research.

C．To avoid being distracted by her personal life.　D．To show her commitment and professionalism.

25．What inspired the author to show her humorous side at work?

A．A trip to another country.　　B．A lecture at the start of a term.

C．A local live show in public.　　D．A lab meeting with her students.

26．The incident of the author losing her grant shows that _____.

A．jokes enabled her to escape from reality　B．a playful attitude helped her pull through

C．her funny behavior led to the funding cut　D．humor was an instant cure for her sorrow

27．What can we learn from this passage?

A．Humor is the shock absorber of life.　　B．Be who you are and the rest will follow.

C．A wise man adapts to circumstances.　　D．Laugh and the world will laugh with you.

Artists enjoy calling their work "original". For good reason too, as artists, we want to distinguish ourselves and convey a genuine message to the world. But there are hardly any truly original ideas in the art world. Everything has been invented, reinvented, and re-reinvented over again.

Recently, I have been reflecting on how I get ideas for my work as a professional photographer. Some of my images can be traced back directly to what inspired them, while some others are more "unique". Nevertheless, I cannot genuinely classify any piece of my output as truly original, since every image ultimately represents a synthesized fusion of previous visual influences, external conceptual inputs from others, and a diverse range of personal life experiences.

This personal realization prompts a deeper and more universal inquiry into the nature of originality. If we go by the principle that all ideas are a hodgepodge of other ideas, a natural question arises. Is it possible to trace back and find the original ideas? The first original thought must have been by the first man. Ever since, it has all been one big fake. This definition will take us exactly nowhere, and the debate will end right here. So, let's stop hunting for an original idea, whatever it may mean. Just think how some fashion brands manage to produce two new couture collections each year. Fashion has mastered the art of showing old as new, and new as old.

The approach to originality that I suggest is that all ideas are a byproduct of other ideas, and what truly matters is the intention you hold behind those ideas. If you take inspiration from Rodin's work and see people in a similarly monumental way, there is meaning in the work and you are creating something authentic, something that is authentic and true to you. But, if your intention is to copy Rodin's work because it made him a famous sculptor, your work will have very little meaning and authenticity.

The point I am trying to make about authenticity is that it doesn't have to be authentic to anybody else but you. If we take out the obvious instances where one artist copied another artist to make money off the idea, we are left with a world of trillions of thoughts and ideas, each ready to inspire you to create something that is authentic to you, something that speaks to you. Even if you take pictures only because they "look beautiful", they already mean something to you: they mean beauty.

28．What can be inferred about the writer's photographing experience?

A．He considers his works truly original.　B．He insists on pursuing original creation.

C．He traces all photos to direct sources.　D．He admits combining various influences.

29．What does the underlined word "hodgepodge" in Paragraph 3 most probably mean?

A．Mixture.　B．Share.　C．Revision.　D．Repetition.

30．What might the author agree with?

A．Authenticity stems from originality.　B．There is no such thing as authenticity.

C．Authenticity is defined by intentions.　D．Originality rests on objective standards.

The most dangerous myths are the ones we don't see. Human exceptionalism — the belief that humans are fundamentally superior to the rest of nature — is one of those myths. This worldview is not hidden because it's obscure — it's hidden because it's everywhere, taken for granted, and rarely questioned. But what struck me most is just how thoroughly this belief has infiltrated (渗透) science — an institution meant to challenge our biases, not reinforce them.

Take research on self-awareness. For decades, we believed only humans and certain primate species could recognize themselves in mirrors, a supposed benchmark of self-awareness. But the mirror test is biased toward vision.

Dogs experience the world primarily via scent. They pass the smell-based mirror test with ease — demonstrating self-awareness in their dominant sense. When we measure the world with a human-oriented ruler, other species inevitably come up short.

Many treat human exceptionalism as a natural conclusion. But recent studies in developmental and cross-cultural psychology suggest otherwise. Beliefs in human exceptionalism aren't an inevitably biological outcome — they instead reflect a cultural worldview.

Across repeated studies, when presented with moral dilemmas — such as saving one human or multiple animals — adults overwhelmingly favored humans, even when the trade-off involved 100 dogs or pigs. Children, however, often chose to save multiple animals over one human, valuing human and nonhuman lives far more similarly. This suggests that the human-centred moral frameworks commonly held by adults are not the biological default, but emerge over time through cultural learning — particularly as children become increasingly exposed to the ways other forms of life are used and valued in our society.

Research across human cultures also reveals that human exceptionalism is far from universal. Many Indigenous (土著的) and non-Western knowledge systems reject such natural hierarchies. They recognize other animals, plants, rivers, forests, and mountains as kin: sentient, agentive beings embedded in a shared moral and ecological world. Within these frameworks, the notion that humans are separate or superior simply doesn't hold.

While writing my last book, I was introduced to various alternative cosmologies (宇宙观) that reject the ideology of human exceptionalism. These worldviews model ways of living in greater balance with the rest of the natural world. Some today maintain that humans are the most evolutionarily "successful" species. Success, in this view, is measured by ecological dominance. But in reality, the most resilient ecosystems are built on interdependence. We've constructed our scientific models around struggle and individualism, even though life on earth is held together by relationships and co-evolution.

The real insight comes from humility. Seeing ourselves clearly — not as rulers, but as participants in a larger web — is one of the most urgent scientific and moral challenges of our time.

31．The author mentions the mirror test to show that _____.

A．good science requires repeated tests　　B．faulty scientific standards deepen bias

C．human tests often favor visual senses　　D．cognitive tests are invalid for non-primates

32．What leads to the belief of human exceptionalism?

A．Human nature.　　B．Knowledge system.

C．Living area.　　D．Cultural exposure.

33．The author mainly suggests _____.

A．reevaluating human-nature relationship B．exploring interdependence across species

C．acknowledging the limitation of science D．rejecting the idea of evolutionary success

34．Which would be the best title for the passage?

A．Are Humans a Successful Species? B．Putting Humans First Is Not Natural

C．What Makes Humans Exceptional? D．Human Exceptionalism: A Global View

Something annoying about learning: the things that make learning feel productive are usually the things that slow it down. Cramming feels great. You sit down, you grind through the material, and by the end of the session, you feel like you've got it. And then two weeks later — gone. ___35___

The fix is one of the most well-supported findings in learning science: spaced repetition. Instead of bunching all your practice together in one session, you spread it out over time. In the 1880s, Hermann Ebbinghaus discovered what is now called the forgetting curve. Without any review, you lose most of what you learn within a day.

___36___ Your brain is doing exactly what it's supposed to do — filtering. You encounter an enormous amount of information every day, and your brain has to decide what matters and what doesn't. If you only see something once and never come back to it, your brain reasonably concludes it's not that important. ___37___ When you encounter the same material again, your brain essentially says, "Oh, this keeps coming back. Must be important." And it invests more resources in holding onto it. Each time you successfully recall something after a gap, you reset the forgetting curve.

So how long should you wait between sessions? The optimal gap is roughly 10-20% of the time you want to remember the material. For instance, you can space your practice 3-5 days apart if you are studying for a test in a month. ___38___ You're not trying to prevent forgetting; you're trying to practice retrieving after some forgetting has occurred. As long as you get it right, the exact intervals are less critical.

You don't need to overcomplicate this. Start with something simple and build from there. ___39___ It's that you're willing to do the thing that feels harder in the moment because you understand it produces better results in the long run. That's true for spacing. Honestly, it's true for most of learning.

A．Spacing delivers a fairly different signal.

B．That sounds terrible, but this isn't a design flaw.

C．This isn't a failure of effort but a failure of strategy.

D．Despite this, the science of the brain tells a different story.

E．The most important thing isn't the specific strategy you use.

F．Forgetting establishes necessary conditions for stronger re-learning.

G．But here's what matters more than any specific schedule: the principle.

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。

Fast fashion has made it easy for consumers to purchase new clothing frequently and at low cost. But today many people are now seeking something better: clothes that last, are made with intention, and carry real meaning. This is why craftsmanship is coming back.

One visible expression of this shift is the renewed interest in repairing garments. From patching worn spots to adding personal embroidery (刺绣), people are doing it for fun or making their own style. With visible mending, they are not hiding the damage, but showing the story. This hands-on engagement fosters a deeper connection between individuals and their clothing. People no longer just want to wear clothes — they want to be part of them.

The appreciation for craftsmanship is not limited to personal practices, but extends to a broader cultural reevaluation of fashion traditions. Techniques and styles once dismissed as outdated are now increasingly valued for their detail, history, and authenticity. In contrast to the uniformity promoted by fast fashion, many consumers are turning toward garments that carry culture, family stories, and time-honored skills. You see them in handmade jackets and detailed weaving.

Sustainability is another major driver of the revival. Fast fashion generates enormous waste and environmental harm, while handcrafted pieces frequently use natural and recycled materials. Many are made to order, eliminating excess production, and most can be repaired and passed down rather than thrown away. Choosing handmade is gentler on the planet and better to the people making the clothes. While big retailers still push out the most clothes, smaller brands are changing the game — not by volume, but by values. They focus on quality over quantity, working with skilled local makers and using materials that last. To avoid waste, many of them slow down production, skip the constant trend-chasing, and even offer pre-orders, which is gaining popularity for letting people wear something real.

In a world full of quick, disposable goods, the comeback of craftsmanship represents not a passing trend, but a fundamental shift toward meaning, responsibility, and lasting value in fashion.

40．What kind of clothes are many people looking for today?

_____

41．Apart from personal interest, what other factors contribute to the comeback of craftsmanship?

_____

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

- **Many smaller fashion brands slow down production and even offer pre-orders to gain popularity.**

_____

43．How will you apply craftsmanship in another field besides fashion? **(In about 40 words)**

_____

四、书信写作

44．假设你是红星中学高三学生李华。世卫组织(WHO)面向全球青少年发起以“携手同行，共护健康”(Together for Well-Being)为主题的倡议征集活动。你的外国好友 Jim 打算参加，为此发来邮件，就倡议内容询问你的建议。请你用英文给他回复，内容包括：

1．提出的建议；

2．建议的理由。

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	D	A	C	D	C	B	D	B	B	A
题号	21	22	23	24	25	26	27	28	29	30
答案	A	D	C	D	C	B	B	D	A	C
题号	31	32	33	34	35	36	37	38	39	40
答案	B	D	A	B	C	B	A	G	E	M
题号	41	42	43							
答案	A		I							

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

【导语】文章主要讲述了作者走出舒适区，在尊巴课上收获自信与快乐的故事。

【详解】1．考查动词。句意：我穿着瑜伽裤出现，被其他像奥林匹克体操运动员一样做拉伸动作的参与者所震撼。A. marching 行进；B. dancing 跳舞；C. competing 竞争；D. stretching 拉伸。根据后文“like Olympic gymnasts”可知，此处指其他人在课前先做热身拉伸。

2．考查名词。句意：房间里爆发出了协调一致的混乱。A. chaos 混乱；B. applause 掌声；C. laughter 笑声；D. violence 暴力。根据后文“Arms flew. Hips swayed. Feet pounded.”可知，音乐响起后大家开始跳舞，动作很多但整体协调，形成一种有组织的混乱场面。

3．考查动词。句意：而我呢？我惊慌失措。A. hid 隐藏；B. quit 退出；C. panicked 惊慌；D. wandered 徘徊。根据后文“I was always a beat behind every move”可知，作者总是比别人慢一拍，所以感到惊慌失措。

4．考查动词。句意：但随后情况发生了变化。A. faded 褪色；B. failed 失败；C. evolved 进化；D. shifted 转变。根据后文“I looked ridiculous. And yet… I was smiling.”可知，作者开始跳得很糟糕，从第四首歌开始看到自己在镜子中的样子并笑了，说明情况发生了变化。

5．考查动词。句意：没有人评判我。A. blaming 责备；B. joining 加入；C. judging 评判；D. noticing 注意到。根据后文“The woman next to me who had been flawlessly _ every move even gave me a thumbs-up.”可知，旁边的人给了作者鼓励，说明没有人嘲笑或评判她。

6．考查动词。句意：我旁边那位完美地完成每一个动作的女士甚至给我竖起了大拇指。A. creating 创造；B. nailing 钉住，完美完成；C. monitoring 监控；D. observing 观察。根据后文“every move”可知，此处指完美地完成每一个动作，“nail”在口语中意为“完美地完成/搞定”。

7．考查名词。句意：这是我得到过的最奇怪的鼓励形式，但它奏效了。A. agreement 同意；B. commitment 承诺；C. entertainment 娱乐；D. encouragement 鼓励。根据前文“gave me a thumbs-up”可知，旁边的人给作者竖起了大拇指，这是一种鼓励。

8．考查动词短语。句意：我放松了下来。A. stood out 突出；B. loosened up 放松；C. showed off 炫耀；D.

backed down 让步。根据后文“I laughed. I even pulled off a move that involved dramatic arm waves!”可知，作者得到鼓励后开始放松，甚至大笑并完成了一个动作。

9．考查副词。句意：离开工作室时，我意识到了一件事：舒适区正如其名：舒适。A. rarely 很少地；B. exactly 确切地，恰好；C. roughly 大致地；D. usually 通常。根据后文“what it sounds like: comfortable”可知，作者在反思舒适区的本质，强调“正是、恰好”的含义。

10．考查形容词比较级。句意：所以，是的，我第一次走出舒适区时，也走进了一个更勇敢、更傻气、而且莫名更迷人的自己。A. braver 更勇敢的；B. calmer 更平静的；C. healthier 更健康的；D. luckier 更幸运的。根据前文“I stepped out of my comfort zone”可知，作者经历了挑战但最终获得了成长，走出舒适区，应是变得更勇敢。

11．was fascinated　　12．beyond　　13．eagerly　　14．has grown

【导语】文章讲述作者学习中文并爱上中国文化的经历。

【详解】11．考查时态和语态。句意：我被汉字的精妙和音调的韵律感所吸引。空处作谓语，句子描述过去的事情，应用一般过去时，主语 I 和动词 fascinate 之间是被动关系，应用一般过去时的被动语态，主语是 I，be 动词用 was。

12．考查介词。句意：很快，我的兴趣就远远超出了语言本身。此处指兴趣超出了语言本身，应用介词 beyond 表示“超出”，far beyond 表示“远远超出”。

13．考查副词。句意：我发现学习这门语言是通往广阔文化遗产的一扇大门，于是我急切地开始了我的探索。空处修饰动词 began，应用副词 eagerly 作状语，表示“急切地”。

14．考查时态和主谓一致。句意：从那时起，我作为一名语言学习者的好奇心已经成长为一种持久的热情，并继续塑造着我的人生道路。空处作谓语，结合“Since then”可知，句子应用现在完成时，主语 curiosity 是单数，助动词用 has。

15．which　　16．are disappearing　　17．worsening

【导语】本文介绍科学家研究海底海草这一应对气候变化的“隐藏武器”，强调保护海草是应对气候变化的关键策略。

【详解】15．考查定语从句。句意：海草仅占洋底面积的不足 0.2%，却负责储存海洋中 10%的碳。先行词为 seagrass，指代事物，且引导非限制性定语从句，从句中缺少主语，用 which 引导。

16．考查现在进行时。句意：遗憾的是，这些重要的生态系统目前正因人类活动以惊人的速度消失。根据时间状语 right now 可知，句子需用现在进行时，主语 these vital ecosystems 为复数，be 动词用 are，disappear 的现在分词为 disappearing。

17．考查非谓语动词。句意：如果它们被破坏，不仅会停止吸收碳，还会释放储存了几个世纪的碳，进一步加剧全球变暖。此处为现在分词作自然而然的结果状语，主语 they 与 worsen 之间为主动关系。

18．who　　19．offered　　20．evidence

【导语】本文介绍两种习惯养成方式，指出基于身份定位改变习惯更有效，日常行动积累能逐步夯实新身份，助力习惯养成。

【详解】18．考查宾语从句。句意：另一种方式则是基于个人身份的习惯——专注于你希望成为什么样的人。引导宾语从句，从句缺少表语，指人用 who。

19．考查非谓语动词。句意：例如，当有人给你提供零食时，不要说“我正在努力戒掉零食”，而应该说“我不是喜欢吃零食的人”。此处为状语从句省略，逻辑主语 you 和 offer 是被动关系，填过去分词。

20．考查名词。句意：随着选票的不断累积，关于你新身份的证据也逐渐显现出来。作主语，用名词 evidence，不可数。

21．A　　22．D　　23．C

【导语】文章主要测评四款读书灯的功能、优缺点及适用人群。

【详解】21．细节理解题。 根据 Study Buddy — Double Arm Rechargeable Book Light 部分中“Ideal for serious readers, this double-headed light stands out for its great value and practical functions.(这款双头灯以其极高的性价比和实用功能脱颖而出，非常适合认真的读者。)”可知，Study Buddy 是双臂设计的书灯。

22．细节理解题。 根据四款书灯的描述：Study Buddy — Double Arm Rechargeable Book Light 部分中“three brightness and three colour settings(三种亮度和三种颜色设置)”；Page Pal — Clip-On Book Light 部分中“two brightness modes(两种亮度模式)”；Tiny Torch — LED Neck Reading Light 部分中“three brightness levels, three colour settings(三种亮度级别，三种颜色设置)”；Eco-Ray — Solar Book Light 部分中“two brightness levels(两种亮度级别)”可知，四款书灯的共同特点是都有可调节的亮度级别。

23．推理判断题。 通读全文，尤其是根据文章第一段中“After testing four models, here’s what we’ve found.(实测四款产品后，以下是我们的测评结果。)”，然后分别对四款书灯进行了功能介绍、优缺点分析和适用人群推荐可知，属于典型的产品评测文章。

24．D　　25．C　　26．B　　27．B

【导语】作者曾为职场形象刻意保持严肃，一次现场故事分享后开始展露幽默天性，不仅拉近师生距离，还帮自己抗压自愈，最终领悟职场做真我就是自身优势。

【详解】24．细节理解题。根据第一段“As a woman and mother, I felt I needed to prove I was serious about the job, in case others view me as too distracted by my personal life.(作为一名女性和母亲，我觉得自己有必要证明自己对待这份工作的态度是认真的，以免别人认为我过于被个人生活所分心)”可知，作者一开始选择保持她“平静的科学家形象”是为了彰显她的敬业精神和专业素养。

25．细节理解题。根据第二段“But I felt I had to split myself in two — the serious scientist in public, the goofball (搞笑的人) in private. Only later did I realize how much stronger my science, and my relationships, could

have been if I'd let both sides show sooner.(但我总觉得自己不得不人格分裂、两面生活 —— 在公众面前是不苟言笑的科研学者，私下里却是个随性搞笑的人。后来我才意识到，如果我能早点坦然展现真实的两面，我的科研事业和人际关系本可以经营得更加顺遂融洽。)"和第三段"The first crack in my public persona came when I participated in a local live storytelling show.(我的公众形象首次出现裂痕是在我参加当地的一场现场讲故事活动时)"可知，一场在当地举行的现场表演促使这位作者在工作中展现出自己幽默的一面。

26．细节理解题。根据倒数第二段"After the shock and immediate grief wore off, I turned to my goofy side, writing satires and making joke T-shirts. That's not to say I was living in denial. But making jokes and sharing laughter helped me stay present.(在最初的震惊和悲痛逐渐消退之后，我开始展现自己幽默的一面，创作讽刺作品，制作印有笑话图案的 T 恤。这并不是说我当时在逃避现实。但通过讲笑话和分享欢笑，帮助我保持了当下的状态)"可知，作者失去资助金的这件事表明，一种轻松幽默的态度帮助她度过了难关。

27．细节理解题。根据最后一段"In the end, I have come to realize that being myself at work is not a weakness, but rather a strength.(最终，我意识到在工作中保持真实的自我并非是一种弱点，而恰恰是一种优点)"可知，故事告诉我们坚持做真实的自己。

28．D　　29．A　　30．C

【导语】文章探讨艺术原创本质，主张创作真实源于内心初衷。

【详解】28．推理判断题。根据第二段中"Nevertheless, I cannot genuinely classify any piece of my output as truly original, since every image ultimately represents a synthesized fusion of previous visual influences, external conceptual inputs from others, and a diverse range of personal life experiences. (然而，我无法真正将我任何一件作品归类为真正的原创，因为每张图像最终都代表了先前视觉影响、他人外部概念输入以及各种个人生活经验的综合融合。)"可知，作者承认自己的作品融合了各类影响因素。

29．词句猜测题。根据第三段中"If we go by the principle that all ideas are a hodgepodge of other ideas, a natural question arises. (如果我们遵循所有想法都是其他想法的 hodgepodge 这一原则，一个自然的问题就出现了。)"，结合下文"The first original thought must have been by the first man. Ever since, it has all been one big fake. (第一个原创想法一定是第一个人的。自那以后，一切都成了一个大的仿制品。)"以及第四段中"The approach to originality that I suggest is that all ideas are a byproduct of other ideas, and what truly matters is the intention you hold behind those ideas. (我提出的关于原创性的方法是：所有想法都是其他想法的副产品，真正重要的是你在这些想法背后所持有的意图。)"可知，作者认为所有的想法都是其他想法的副产品，是其他想法的混合，"hodgepodge"意为"混合物、大杂烩"，与 mixture 同义。

30．推理判断题。根据第四段中"The approach to originality that I suggest is that all ideas are a byproduct of other ideas, and what truly matters is the intention you hold behind those ideas. (我提出的关于原创性的方法是：所有想法都是其他想法的副产品，真正重要的是你在这些想法背后所持有的意图。)"以及"But, if your

intention is to copy Rodin's work because it made him a famous sculptor, your work will have very little meaning and authenticity.(但是，如果你的意图是复制罗丹的作品，因为那让他成为了著名的雕塑家，那么你的作品将几乎没有意义和真实性。)"可知，作者认为真实性是由意图决定的。

31．B　　32．D　　33．A　　34．B

【导语】文章主要批判了"人类例外论"这一根深蒂固的观念，指出其并非生物本能而是文化习得，并呼吁人类应重新审视与自然的关系。

【详解】31．推理判断题。根据第二段中"For decades, we believed only humans and certain primate species could recognize themselves in mirrors, a supposed benchmark of self-awareness. But the mirror test is biased toward vision. Dogs experience the world primarily via scent. They pass the smell-based mirror test with ease — demonstrating self-awareness in their dominant sense. When we measure the world with a human-oriented ruler, other species inevitably come up short. (几十年来，我们认为只有人类和某些灵长类动物能在镜子中认出自己，这被认为是自我意识的基准。但镜子测试偏向于视觉。狗主要通过嗅觉体验世界。它们轻松通过了基于气味的镜子测试——在它们的主导感觉中展示了自我意识。当我们用人类导向的标尺来衡量世界时，其他物种不可避免地显得不足)"可知，作者提到镜子测试是为了说明有缺陷的科学标准加深了偏见。

32．细节理解题。根据第四段中"This suggests that the human-centred moral frameworks commonly held by adults are not the biological default, but emerge over time through cultural learning — particularly as children become increasingly exposed to the ways other forms of life are used and valued in our society. (这表明，成年人普遍持有的以人类为中心的道德框架并非生物学上的默认设置，而是随着时间的推移通过文化学习而出现的——特别是随着孩子们越来越多地接触到其他生命形式在我们社会中是如何被使用和评价的方式)"可知，人类例外论的信念源于文化接触。

33．推理判断题。通读全文，作者批判了"人类例外论"这一观念，指出其并非自然结论而是文化习得，并通过镜子测试、儿童道德实验、不同文化知识体系等例证说明人类并不比自然界的其他部分更优越。结合最后一段的呼吁"Seeing ourselves clearly — not as rulers, but as participants in a larger web (清楚地看待自己——不是作为统治者，而是作为更大网络中的参与者)"可知，作者主要建议重新评估人与自然的关系。

34．主旨大意题。通读全文，结合第一段"Human exceptionalism — the belief that humans are fundamentally superior to the rest of nature — is one of those myths. (人类例外论——认为人类从根本上优于自然界的其他部分——是这些神话之一)"以及第二段"When we measure the world with a human-oriented ruler, other species inevitably come up short. (当我们用人类导向的标尺来衡量世界时，其他物种不可避免地显得不足)"和第四段中"This suggests that the human-centred moral frameworks commonly held by adults are not the biological default, but emerge over time through cultural learning (这表明，成年人普遍持有的以人类为中心的道德框架并非生物学上的默认设置，而是随着时间的推移通过文化学习而出现的)"和第五段"Research across human

cultures also reveals that human exceptionalism is far from universal. (跨越人类文化的研究也表明，人类例外论远非普遍现象)”可知，文章通过多个角度论证“人类优先”并非自然的、生物性的结论，而是文化习得的结果。因此“Putting Humans First Is Not Natural(人类优先并非自然)”能概括文章内容，适合作文章标题。

35．C　　36．B　　37．A　　38．G　　39．E

【导语】文章指出死记硬背效率低下，介绍间隔重复学习法，解释大脑遗忘筛选机制，说明合理间隔复习能强化记忆，强调学习重在遵循原理而非纠结固定时间表。

【详解】35．根据上文“Something annoying about learning: the things that make learning feel productive are usually the things that slow it down. Cramming feels great. You sit down, you grind through the material, and by the end of the session, you feel like you’ve got it. And then two weeks later — gone.(学习过程中存在一个令人烦恼的现象：那些让人觉得学习有成效的事情往往恰恰会拖慢学习进度。临时抱佛脚的感觉很棒。你坐下来，埋头苦学相关内容，到学习结束时，你会觉得自己掌握了这些知识。然而，两周之后——全都没了)”可知，第一段提到突击学习短期感觉有效，但两周后知识全部遗忘，后文引出间隔重复的正确学习策略，C 选项“这不是努力的失败，而是策略的失败”承接上文问题，引出下文解决方案。

36．根据后文“Your brain is doing exactly what it’s supposed to do — filtering. You encounter an enormous amount of information every day, and your brain has to decide what matters and what doesn’t. If you only see something once and never come back to it, your brain reasonably concludes it’s not that important.(你的大脑正在正常地发挥其功能——进行筛选。每天你都会接触到大量的信息，而你的大脑必须决定哪些信息重要，哪些不重要。如果你只看到某件事一次，然后就不再去关注它，那么你的大脑会合理地得出结论：这件事其实并不那么重要)”以及前文提到不复习一天内就会遗忘大部分知识可知，遗忘是大脑正常的过滤功能，B 选项“这听起来很糟糕，但这不是设计缺陷”承接上文遗忘现象，引出下文对遗忘合理性的解释。

37．根据上文“Your brain is doing exactly what it’s supposed to do — filtering. You encounter an enormous amount of information every day, and your brain has to decide what matters and what doesn’t. If you only see something once and never come back to it, your brain reasonably concludes it’s not that important.(你的大脑正在正常地发挥其功能——进行筛选。每天你都会接触到大量的信息，而你的大脑必须决定哪些信息重要，哪些不重要。如果你只看到某件事一次，然后就不再去关注它，那么你的大脑会合理地得出结论：这件事其实并不那么重要)”以及后文“When you encounter the same material again, your brain essentially says, “Oh, this keeps coming back. Must be important.” And it invests more resources in holding onto it. Each time you successfully recall something after a gap, you reset the forgetting curve.(当你再次接触到同样的内容时，你的大脑会这样想：“哦，这个总是反复出现。肯定很重要。”于是它会投入更多资源来记住它。每次在间隔一段时间后成功回忆起某件事，你都会重新调整遗忘曲线)”可知，前文提到只接触一次的内容，大脑会判定为不重要；后文提到再次接触同一内容，大脑会判定为重要，A 选项“间隔复习传递了相当不同的信号”衔接前

后两种不同的大脑判断，符合逻辑。

38．根据上文“So how long should you wait between sessions? The optimal gap is roughly 10-20% of the time you want to remember the material. For instance, you can space your practice 3-5 days apart if you are studying for a test in a month.(那么，每次学习之间应该间隔多久呢？最佳间隔时间大约是您想要记住所学内容所需时间的 10%至 20%。例如，如果您要在一个月后参加考试，可以将练习安排在 3 至 5 天之后进行)”以及后文“You’re not trying to prevent forgetting; you’re trying to practice retrieving after some forgetting has occurred. As long as you get it right, the exact intervals are less critical.(你并非是为了防止遗忘而努力；而是为了在遗忘发生之后能够重新获取记忆。只要方法得当，具体的间隔时间就不太重要了)”可知，前文介绍了间隔复习的最优时间安排，后文指出具体间隔远没有原则重要，G 选项“但比任何具体日程更重要的是核心原则”转折引出下文对原则的解释，符合逻辑。

39．根据上文“You don’t need to overcomplicate this. Start with something simple and build from there.(你无需把这件事搞得过于复杂。先从简单的事情做起，然后逐步推进)”可知，前文指出间隔重复不需要复杂化，后文用“It’s that...”点明核心是什么，E 选项“最重要的不是你用的具体策略”对应后文的转折，构成“不是……而是……”的逻辑，符合语义。

40．Many people today are looking for clothes that last, are made with intention, and carry real meaning. / Garments that carry culture, family stories, and time-honored skills.

41．A broader cultural reevaluation and sustainability.

42．*Many smaller fashion brands slow down production and even offer pre-orders to* gain popularity.
According to the passage, Many smaller brands slow down production and even offer pre-orders to avoid waste.

43．I will apply craftsmanship in home decoration. I’ll pick natural materials like bamboo and stone. Then, I’ll use hand-carving and weaving techniques to make unique decorations, adding a natural and artistic touch to my home.

【导语】文章阐述匠心工艺回归时尚的原因、表现及深远意义。

【详解】40．考查细节理解。根据第一段中“But today many people are now seeking something better: clothes that last, are made with intention, and carry real meaning. (但如今许多人正在寻找更好的东西：耐穿的、用心制作的、承载真正意义的衣服。)”以及第三段中“In contrast to the uniformity promoted by fast fashion, many consumers are turning toward garments that carry culture, family stories, and time-honored skills. (与快时尚推崇的千篇一律不同，如今许多消费者转而选择承载文化底蕴、家族故事与传统精湛工艺的服饰。)”可知，如今许多人正在寻找耐穿、用心制作且具有真正意义的衣服，或者寻找承载文化、家庭故事和传统技艺的服装。

41．考查细节理解。根据第三段中“The appreciation for craftsmanship is not limited to personal practices, but extends to a broader cultural reevaluation of fashion traditions. (对手工艺的欣赏不仅限于个人实践，还扩展到

对时尚传统的更广泛的文化重新评估。)”以及第四段中“Sustainability is another major driver of the revival. (可持续性是这一复兴的另一个主要驱动因素。)”可知，除了个人兴趣，更广泛的文化重新评估和可持续性也是促进手工艺回归的因素。

42．考查细节理解。句意：许多小型时尚品牌放慢生产速度，甚至提供预订服务是为了获得人气。根据第四段中“To avoid waste, many of them slow down production, skip the constant trend-chasing, and even offer pre-orders, which is gaining popularity for letting people wear something real. (为了避免浪费，它们中的许多品牌放慢了生产速度，不再盲目追逐潮流，甚至提供预订服务——这种做法正越来越受欢迎，因为它让人们能够穿上真正有意义的衣物。)”可知，小型品牌这样做的主要目的是为了避免浪费，而不是为了获得人气。因此原句中的“to gain popularity”是错误的，应改为“to avoid waste”。

43．开放性题目。此题要求提出除时尚领域外在其他领域应用手工艺的方案，答案不唯一，合理即可。例如，我会将手工艺应用于家居装饰中。我会选用竹子、石头等天然材料，然后运用手工雕刻和编织技艺制作独特的装饰品，为家增添一份自然与艺术的气息。

44．Dear Jim,

I’m glad to hear you’re joining the WHO’s initiative. Here are my suggestions.

First, we can promote daily physical activities like jogging or group exercises. Regular exercise strengthens our bodies and boosts mental health, which is crucial for teenagers facing study pressure. Second, we should advocate for balanced diets. Many of us rely on junk food, but nutritious meals provide the energy we need to stay focused and healthy. Third, let’s emphasize the importance of emotional sharing. Talking to friends or family when we feel stressed helps us cope better and builds stronger connections.

These ideas are practical and easy for teenagers to follow. I hope they help you!

Yours,

Li Hua

【导语】题目要求考生以李华身份给 Jim 回复邮件，就世卫组织健康倡议提建议并说明理由。

【详解】1.词汇积累

高兴的：glad → delighted

提倡，支持：advocate for → support

增强，提升：boost → enhance

建议：suggestion → proposal

2.句式拓展

简单句变复合句

原句：These ideas are practical and easy for teenagers to follow.

拓展句：These ideas, which are practical and easy for teenagers to follow, can be effectively integrated into daily routines.

【点睛】[高分句型 1] Regular exercise strengthens our bodies and boosts mental health, which is crucial for teenagers facing study pressure. (运用了 which 引导的非限制性定语从句)

[高分句型 2] Talking to friends or family when we feel stressed helps us cope better and builds stronger connections. (运用了 when 引导的时间状语从句和动名词作主语)