2021 北京延庆高三一模

英　　语

本试卷共 11 页，共 100 分。考试时长 90 分钟。考生务必将答案写在答题卡上，在试卷上作答无效。

第一部分：知识运用（共两节，30 分）

第一节 完形填空（共 10 小题；每小题 1.5 分，共 15 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。

"I Got Him!"

It was the homecoming parade in Rockwall, Texas, and cheerleader Tyra Winters in her uniform, was riding atop one of the school's floats(花车). As it slowly made its way down the street, the 17-year-old enthusiastically ___1___ at the crowd, all the while soaking in the music, laughter, and applause.

All of a sudden, a horrible ___2___ came. Looking down, Winters saw a two-year-old on the sidewalk gasping for air, his mother ___3___ for help in panic. The boy had been sucking on a piece of candy when it ___4___ down the back of his mouth, lodging in his throat and blocking his windpipe.

"There was no coughing；there was no ___5___ ," his mother, Nicole cried. No one seemed to know how to help.

Except for Winters. With dreams of becoming a surgeon, she had learned the Heimlich maneuver（海姆利克氏急救法）. Knowing that every second ___6___, she leaped off the moving float and ran to the child.

By the time she got to the boy, his face had turned purple. "I got him!" she yelled to Nicole as she ___7___ the boy from her. Winters positioned him against her and gave a good three back slaps.

Soon, the boy coughed up the piece of ___8___, gasped, and began breathing again. Without another word, Winters handed the boy back to his mother and hurried back to her float before it could leave her behind.

It all happened so ___9___, Nicole never had time to thank the teen. Winters' heroic actions left Nicole ___10___. "I don't really have any words," she said, "'thank you' doesn't seem good enough."

1. A. laughed	B. waved	C. shouted	D. stared
2. A. noise	B. ring	C. whistle	D. scream
3. A. begging	B. applying	C. waiting	D. preparing
4. A. ran	B. slid	C. fell	D. jumped
5.A. gasping	B. crying	C. breathing	D. speaking
6. A. faded	B. continued	C. approached	D. counted
7. A. grabbed	B. moved	C. drew	D. separated
8. A. nut	B. blood	C. candy	D. biscuit
9. A. quickly	B. quietly	C. gradually	D. obviously
10. A. hopeless	B. speechless	C. helpless	D. emotionless

第二节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

A

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。

Did you ever run off and forget your drink? That's ___11___ happened to 11-year old Frank Epperson in 1905. He'd been mixing drink mix with a stick, and ___12___ (leave) the cup and stick out on the porch all night. And it got cold. In the morning, Frank found a ___13___ (freeze) block of sweet drink- with a handy stick to hold it. He thought that was pretty cool so he made more. Soon, everyone enjoyed his ice pops. At first Frank called them Epsicles, but later they got a different name—popsicles.

B

阅读短文，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。

The robotic lunar mission ended ___14___ (successful) early on December 18th. Chang'e 5's reentry capsule, ___15___ (carry) rocks and soils from the moon, landed on the grassland in northern China. It is reported that Chang'e 5 mission is China's most complicated and challenging space adventure, which ___16___ (make) China the third nation in the world to bring back lunar samples—right after the U.S. and the former Soviet Union. The mission's results will contribute to deepening mankinds' understanding of the origin of the moon and ___17___ (develop) of the solar system.

C

阅读短文，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。

Pixar is one of the world's most famous and successful film ___18___ (studio). Its latest animated film, *Soul*, ___19___ (release) last November. *Soul* tells the story of Joe Gardner, an aspiring jazz musician living in New York. One day, after an accident, Gardner ends up in the Great Before—a place ___20___ souls must "find their spark" before entering a human body. When Gardner is given the job of mentoring a soul called 22, he tries to find his way back to Earth.

第二部分：阅读理解（共两节，38 分）

第一节（共 14 小题；每小题 2 分，共 28 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

The simplest smartphone ever



The Jitterbug® Smart2 from GreatCall® is the simplest phone with a simple menu, large screen and particular health and safety services.

Easy Everything you want to do, from texting and taking pictures, to emailing and getting directions, is organized in a single list on one screen with large legible letters. Plus, voice typing makes writing emails and texts effortless.

Smart Turn your Jitterbug Smart2 into a personal safety device with GreatCall's 55tar® Urgent Response Service and particular health apps.

Affordable GreatCall has a variety of plans with data starting as low as $17.48 per month. Compared to other cell phone companies, you could save over $300 per year.







Why the Jitterbug Smart2 is your best choice for a new smartphone:

No long-term contracts	Keep your current phone number	100% U.S.-based customer service and technical support	No hidden monthly fees	Affordable, flexible plans
To order or learn more, call 1-800-410-2629			Or visit greatcall.com/Smart	

25% off of $149.99 MSRP is only valid(有效的) for new lines of service. Offer valid 11/12/2020 through 1/2/2021. Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a GreatCall device and a one-time setup fee of $35. $300 savings calculation based on market leaders' lowest available monthly published fees. JITTERBUG are trademarks of Best Buy and its attached companies. © 2020 Best Buy. All rights reserved.

21. What makes writing emails and texts easy according to the passage?

A. The simple menu. B. The large screen.

C. The single list. D. The speech input.

22. When can you get the discount when buying Jitterbug Smart2?

A. November 11st, 2020. B. January 10th, 2020.

C. January 1st, 2021. D. February 10th, 2021.

23. What is the purpose of this passage?

A. To advertise a smartphone. B. To recommend health apps.

C. To introduce a safety device. D. To compare wireless networks.

B

My first year living in Los Angeles, I was a birthday-party clown. I struggled a lot with my identity because, though I viewed myself as a filmmaker, everyone in my life viewed me as this ridiculous day job.

Once I was told, "Tomorrow you're going to be Batman." Now, keep in mind that at the time I had a giant mustache. I know a clown with a mustache is a huge red flag for parents. But I hadn't wanted to alter my physical appearance for that job, because that would have been me subconsciously admitting I was more of a clown than an artist.

The next day, I went to the party in a huge public park, and I left my car parked far enough away so that the kids couldn't see Batman pulling up in a PT Cruiser. Walking to the party, I started to regret my choice not to shave. "Gosh, this party is not going to go well." Sure enough, once I got close enough for them to actually start making out the features of my face, the entire party broke out in laughter. I was so embarrassed that I wanted to turn around and run back to my Batmobile. But then the laughter kind of changed into cheering and applause. Feeling kind of warm and fuzzy inside, I wondered, "Is this what encouragement and support feel like? It's so new."

Then I decided to make an entrance for these kids. I was still about 20 yards away from the party when I started running. My cape was billowing in the wind, and mustache or not, in that moment, I was Batman. I ran into the party, and the kids were all high-fiving me. The dad was saying, "I told you, son. I told you Batman has a mustache." Then he took me over

to this huge birthday cake with a frosting Batman drawn on it, and the Batman has a mustache. I just stared at it in disbelief and learnt that instead of just admitting that the cake was messed up, the parents said, “Batman has a mustache. He just shaves it for his movies.”

That year, I struggled a lot with my identity; was I a filmmaker, or was I a clown? But that day, at least, there was no doubt in my mind what I was. I may not have been the hero that they ordered, and I certainly was not the hero they expected. But that day, I was the hero that they needed.

24. Why did “I” keep my mustache?

A. I struggled a lot for being a filmmaker.

B. I wanted to be a Batman in a birthday party.

C. I knew that a clown should wear a mustache.

D. I hadn’t wanted to change my appearance for the job.

25. How did “I” enter the party?

A. I ran fast.

B. I high-fived.

C. I drove the car.

D. I walked slowly.

26. How did “I” feel at the end of the party?

A. Satisfied.

B. Astonished.

C. Disappointed.

D. Ashamed.

C

While many people aren’t getting enough calcium, new research cautions that some people may have the opposite problem: They could be getting too much. Americans spend more than $1 billion a year on calcium supplements in hopes of delaying osteoporosis, the brittle bone disease that cripples many elderly women and some men. Yet recent studies link calcium supplements to a higher risk of heart attacks. Last month, the U.S. Preventive Services Task Force issued a draft recommendation against taking calcium and vitamin D, saying there wasn't enough evidence of benefit to justify the risk.

For generations of Americans who grew up encouraged to drink milk to maintain strong bones, the reports raised troubling questions: Is calcium not so important after all? Are the supplements unsafe? And how much is too much? “It's gotten very confusing but it doesn't need to be,” says Ethel Siris, director of the Toni Stabile Osteoporosis Center in New York. How much calcium people need varies by age and gender. “Adults generally need 1,000 mg daily, rising to 1,200 mg for women over 50 and men over 70, according to guidelines issued in 2010. Children need 1,300 mg daily during the peak growing years of 9 to 18.”

People also need sufficient levels of vitamin D to absorb the calcium. The IOM recommends 600 international units a day for most adults, and 800 daily after age 70, although many physicians recommend more. It is difficult to take in that much vitamin D from food sources, so experts say many people should take vitamin D in supplement form.

Getting adequate calcium from food is easier. For example, 8 ounces of milk or 6 ounces of yogurt has 300 mg of calcium, and one cup of spinach has 270 mg.

But studies linking calcium supplements to heart attack have made experts more cautious of excess calcium than before. A study of 24,000 Germans published in the journal *Heart* last month, found that those who got their calcium exclusively from supplements were more than twice as likely to have a heart attack as those who took no supplements.

Exactly how calcium supplements might contribute to heart attacks baffles cardiologists. “Nobody has associated the calcium in your bloodstream with calcification in your arteries,” says Nieca Goldberg, medical director of the Joan H. Tisch

Center. Still, she says she now urges patients get their recommended calcium from food than from supplements to avoid possible problems.

Osteoporosis experts also urge patients not to take more than the recommended amount of calcium. “People should definitely stop taking two big calcium supplements a day,” says Dr. Dawson-Hughes. Even if the risks remain unclear, taking more than the body can absorb doesn't benefit bones, “so it’s not worth any risk.” She adds.

27. According to the new studies, taking much calcium might _____.

A. delay aging　　B. build muscles

C. cause heart problems　　D. cure bone diseases

28. What is Ethel Siris’ opinion on taking calcium supplements?

A. Taking calcium supplements is unsafe.

B. Adults need more calcium than children.

C. Age and gender determine taking calcium.

D. It is much safer to take calcium from food.

29. What does the underlined word “baffle” in Paragraph 6 mean?

A. Interest　　B. Puzzle

C. Amaze　　D. Frighten

30. What can we learn from the passage?

A. It is helpful to take two calcium supplements a day.

B. It is important to maintain strong bones for women.

C. It is unnecessary to take too much calcium supplement.

D. It is best to take calcium and vitamin D from supplement.

D

Neurotech—new, potentially revolutionary technology—promises to transform our lives. With all the global challenges of today, we need revolutionary technology to help the world cope.

There are different types of neurotech—some is invasive, some isn’t. Invasive brain-computer interfaces involve placing microelectrodes or other kinds of neurotech materials directly onto the brain or even embedding them into the neural tissue. Such technology has already improved the quality of life and abilities of people with different illnesses or impairments, from epilepsy to Parkinson’s Disease to chronic pain. There is also noninvasive neurotech that can be used for similar applications. For example, researchers have developed wearables to infer a person’s intended speech or movement. These are already quite impressive, but there is also neurotech that really pushes the envelope. Not only can it sense or read neurodata but it can also modulate—invasively and noninvasively. This research is still in early stages, but it’s advancing rapidly.

As neurotech becomes more commonplace, we must consider the risks it might present, the morals around it, and the necessary regulation. We have to anticipate and deal with the implications related to the development and use of this technology. Any neurotech applications should consider potential consequences for the autonomy, privacy, responsibility, consent, integrity and dignity of a person.

What if someone were to face employment discrimination because the algorithms（算法） that power a neurotech application used for hiring misinterpret his or her neurodata? What if a criminal gets a hold of the previous or current neurodata of the secretary of defense and steals top secret information? Concerns increase when we are not just monitoring someone’s neurodata but also interpreting it, decoding the person’s thoughts—with implications for accuracy and mental privacy.

One tricky aspect is that most of the neurodata generated by the nervous systems is unconscious. It means it is very possible to unknowingly or unintentionally provide neurotech with information that one otherwise wouldn't. So, in some applications of neurotech, the presumption of privacy within one's own mind may simply no longer be a certainty.

As new, emerging technology, neurotech challenges corporations, researchers and individuals to reaffirm our commitment to responsible innovation, it's essential to enforce guardrails so that they lead to beneficial long-term outcomes—on company, national and international levels. We need to ensure that researchers and manufacturers of neurotech as well as policymakers and consumers approach it responsibly. Let's act now to avoid any future risks as neurotech matures—for the benefit of humanity.

31. The first two paragraphs mainly _____.

A. state the quality of neurotech　　B. stress the necessity of neurotech

C. compare the functions of neurotech　　D. present the technology of neurotech

32. What can be inferred from the passage?

A. Noninvasive neurotech is much better than invasive one.

B. Messages within one's mind can be safer with neurotech.

C. It brings more risks to privacy to have neurodata anyalyzed.

D Proper rules have already been made to deal with neurodata.

33. According to the passage, companies, policy makers and consumers should _____.

A. interpret all neurodata to improve accuracy

B. use neurotechnology in a responsible way

C. help develop more noninvasive applications

D. avoid neurotech for the benefit of mankind

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

A. Neurotech Has Long-term Benefits

B. Neurotech Meet Moral Challenges

C. Neurotech Transform Human lives

D. Neurotech Become Commonplace

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。

Can you move 11 minutes a day? You'll live longer if you do

There is no denying that 2020 has reduced activity levels. Between the Zoom meetings, Netflix binges and virtual cocktail hours, increased sitting is a pandemic-driven reality for many.____35____ But there is good news! Despite all that sedentary time, with as little as 11 minutes of movement a day, you can increase your life span, a recent study has found.____36____ It's true; past studies, including a popular study from 2016, had originally put the daily exercise target at 60 to 75 minutes for mortality benefits. However, that study was based on self-reported data, which this latest study, published in the *British Journal of Sports Medicine*, found to be flawed due to people misremembering their actual activity levels.

Taking a more objective approach, scientists at the Norwegian School of Sports Medicine based their research on the use of activity monitors to track exercise versus sedentary time. The results showed that participants who exercised 35 minutes per day saw the biggest statistical difference on life span. Yet just 11 minutes of moderate exercise — equivalent to a brisk walk — still had a noticeable positive impact. ____37____

Here is a way to consider—4 sets of a 3-minute body-weight exercise sequence. Depending on the exercises you use, you may go at a slightly different pace during each round, making it about 11 minutes. When selecting your exercises, try to pick a sequence of movements that will equate to a full-body workout of moderate effort. ____38____ Ideally, do a combo, determining the number of repetitions for each exercise based on your fitness level and maintaining a three-minute sequence for the time frame.

See how easy it is to fit in 11 minutes of daily exercise? You can do it. ____39____ Although no one can give you a do-over of 2020, you can make up for lost time by adding a little more to your life span.

A. In fact you owe it to yourself after getting through this past year.

B. And studies have revealed the great health risks of prolonged sitting.

C. The simplest way is with a walk outside or on the treadmill at your local gym.

D. A lower barrier makes it easier to get even the most inactive among us moving.

E. You might wonder about the hour-per-day measurement you've been hearing about for years.

F. What's more, both time frames were positively impactful, regardless of the amount of sitting.

G. Avoid doing only upper-body movements unless you do lower-body movements the next day.

第三部分：书面表达（共两节，32 分）

第一节 阅读表达（共 4 小题；第 1、2 题各 2 分，第 3 题 3 分，第 4 题 5 分， 共 12 分）

阅读下面短文，根据题目要求回答问题。

Two-drink limit at Wetherspoon’s for parents of rowdy children

The pub chain JD Wetherspoon has insisted families are welcome but on the premises despite advising staff to make them agree a limit of two alcoholic drinks per person for parents with children in town.

The two-drink limit came to light after a member of staff at a Wetherspoon’s pub in Gravesend, Kent, put up a poster detailing its policy.

“As part of our licensing it is our responsibility to ensure that we are protecting children from harm,” read the poster at The Robert Pocock pub.

“Therefore adults in charge of children will be allowed to have one alcoholic drink and a further alcoholic drink with a sit-down meal.”

It is a crime for anybody in charge of a child under the age of seven to be drunk in a public place under the 1902 Licensing Act. A person convicted of this offence can be subject to a fine or up to one month in prison.

“It’s been around eight or 10 years.... It’s a guideline, not a policy,” said Eddie Gershon.

But while the poster stressed the need to “protect children from harm”， Mr Gershon suggested the rule had been adopted to “prevent unruly behavior” among young guests. Asked whether children were welcome in Wetherspoon’s pubs, Mr Gershon replied，“Yes, we’d be a fool to say otherwise. We have a kids’ menu, coloured pencils for kids—children in pubs is a massive part of what Wetherspoon’s does.”

However, he warned that parents believed to be “using the pub as a nursery might be asked to leave. Mr Gershon added that “it is just good manners” for parents to stop their children from misbehaving and being unruly in public places.

On its website the pub operator states: “Families are welcome to dine in the majority of our pubs; however, permitted hours for customers aged under 18 years may vary from pub to pub.”

It adds: “Some of our pubs may request that all members of a party with an under-18 present order a main meal, if alcoholic is ordered.”

40 Who does the Two-drink policy apply to?

41. What is the result of disobeying the 1902 Licensing Act?

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

To protect children and those under 18 years, the pub chain JD limits the drinks but is open to those customers at any time.

43. In daily life, how do your parents keep you away from alcohol and why? (about 40 words)

第二节 应用文写作（20 分）

44. 假设你是红星中学高三学生李华。 为迎接北京 2022 年冬奥会，你们学校下个月将要举办“迎冬奥 做贡献”主题活动。请你给交换生 Jim 写一封邮件，邀请他参加此次活动，内容包括：

1.活动目的；

2.具体安排；

3.发出邀请。

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

本试卷共 11 页，共 100 分。考试时长 90 分钟。考生务必将答案写在答题卡上，在试卷上作答无效。

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"I Got Him!"

It was the homecoming parade in Rockwall, Texas, and cheerleader Tyra Winters in her uniform, was riding atop one of the school's floats(花车). As it slowly made its way down the street, the 17-year-old enthusiastically ___1___ at the crowd, all the while soaking in the music, laughter, and applause.

All of a sudden, a horrible ___2___ came. Looking down, Winters saw a two-year-old on the sidewalk gasping for air, his mother ___3___ for help in panic. The boy had been sucking on a piece of candy when it ___4___ down the back of his mouth, lodging in his throat and blocking his windpipe.

"There was no coughing；there was no ___5___ ," his mother, Nicole cried. No one seemed to know how to help.

Except for Winters. With dreams of becoming a surgeon, she had learned the Heimlich maneuver（海姆利克氏急救法）. Knowing that every second ___6___, she leaped off the moving float and ran to the child.

By the time she got to the boy, his face had turned purple. "I got him!" she yelled to Nicole as she ___7___ the boy from her. Winters positioned him against her and gave a good three back slaps.

Soon, the boy coughed up the piece of ___8___, gasped, and began breathing again. Without another word, Winters handed the boy back to his mother and hurried back to her float before it could leave her behind.

It all happened so ___9___, Nicole never had time to thank the teen. Winters' heroic actions left Nicole _____10_____. "I don't really have any words," she said, "'thank you' doesn't seem good enough."

1. A. laughed	B. waved	C. shouted	D. stared
2. A. noise	B. ring	C. whistle	D. scream
3. A. begging	B. applying	C. waiting	D. preparing
4. A. ran	B. slid	C. fell	D. jumped
5. A. gasping	B. crying	C. breathing	D. speaking
6. A. faded	B. continued	C. approached	D. counted
7. A. grabbed	B. moved	C. drew	D. separated
8. A. nut	B. blood	C. candy	D. biscuit
9. A. quickly	B. quietly	C. gradually	D. obviously
10. A. hopeless	B. speechless	C. helpless	D. emotionless

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

【解析】

【分析】这是一篇记叙文，讲述了一名 17 岁的啦啦队队长在游行时从彩车上跳下来救助一名因糖果堵住气管的男孩的英勇故事。

【1 题详解】

考查动词词义辨析。句意：当花车缓慢地经过街道时，这位 17 岁的女孩热情地朝人群挥手，当时所有人都沉浸在音乐、笑声和掌声里。A. laughed 笑；B. waved 挥手；C. shouted 大叫；D. stared 凝视。分析句子可知这位 17 岁的啦啦队队长 cheerleader，“riding atop of the schools floats 坐在花车的顶上”，应该是朝人群挥手示意。故选 B。

【2 题详解】

考查名词词义辨析。句意：突然，传来一阵可怕的尖叫声。A. noise 噪音；B. ring 戒指；C. whistle 哨子；D. scream 尖叫。后文“his mother…for help in panic 他的妈妈慌张地求救”可知嘈杂的人群中这位妈妈要求救需要大声呼喊，故有尖叫声。故选 D。

【3 题详解】

考查动词词义辨析。句意：Winters 看到人行道上一个两岁　男孩在尽力呼吸，他的妈妈惊慌地请求帮助。A. begging 乞求；B. applying 应用；C. waiting 等待；D. preparing 准备。后文“a piece of candy…lodging in his throat and locking his windpipe”“一块糖果……掉到他的喉咙里，堵住了气管”可知这个男孩难以呼吸，故他的妈妈呼救。故选 A。

【4 题详解】

考查动词词义辨析。句意：这个男孩之前吸吮一块糖果，当时糖果从嘴巴后侧滑落进入喉咙，堵住了气管。A. ran 跑；B. slide 滑；C. fell 落下；D. jumped 跳。分析句子可知吃糖果的时候，只有从嘴巴后侧滑进去，才会到喉咙。故选 B。

【5 题详解】

考查动词词义辨析。句意：“不咳嗽、也没有呼吸，”他妈妈 Nicole 哭着说道。A. grasping 抓住；B. crying 哭泣；C. breathing 呼吸；D. speaking 说。前文说男孩子“grasping for air 努力、尽力呼吸”可知堵住气管的他很难呼吸成功，几乎不能呼吸。故选 C。

【6 题详解】

考查动词词义辨析。句意：知道每一秒钟都十分重要，她跳下彩车，跑向那个孩子。A. faded 消逝；B. continued 继续；C. approached 接近；D. counted 重要、有价值。根据前文可知男孩呼吸困难，而“Winters had learned the Heimlich maneuver 学过海姆利克氏急救法”，故她知道对于呼吸困难的急救而言，每一秒钟都只举足轻重的。故选 D。

【7 题详解】

考查动词词义辨析。句意：“我来抓住他！”当她从 Nicole 那里夺过男孩时她朝 Nicole 大声喊道。A. grabbed 夺取；B. moved 移动；C. drew 拖、拉；D. separated 分开。分析前后文可知最初男孩的母亲在照顾他，Winters 肯定是从妈妈 Nicole 那里把小孩抢夺过去，然后试图抢救。故选 A。

【8 题详解】

考查名词词义辨析。句意：很快，那个男孩就咳出了那块糖果，抓住，然后重新开始呼吸。A. nut 坚果；B. blood 血液；C. candy 糖果；D. biscuit 饼干。由前文可知男孩是被糖果卡住气管的，故咳出来也应该是糖果。故选 C。

【9 题详解】

考查副词词义辨析。句意：这一切如此的快，Nicole 都没来得及感谢这位少年。A. quickly 快速地；B. quietly 安静地；C. gradually 逐渐地；D. obviously 显然地。由后文“never had time to thank the teen 没时间感谢这位少年”可推断出是救治速度很快，Winters 救回男孩后就快速离开了。故选 A。

【10 题详解】

考查形容词词义辨析。句意：Winters 的英勇壮举使 Nicole 一时语塞，不知道说啥。A. hopeless 无希望的；B. speechless 一时语塞的；C. helpless 无助的；D. emotionless 没有情感的。后文“I don’t really have any words 我真没什么可说的”可知 Nicole 一时语塞了。故选 B。

第二节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

A

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。

Did you ever run off and forget your drink? That's ___11___ happened to 11-year old Frank Epperson in 1905. He'd been mixing drink mix with a stick, and ___12___ (leave) the cup and stick out on the porch all night. And it got cold. In the morning, Frank found a ___13___ (freeze) block of sweet drink- with a handy stick to hold it. He thought that was pretty cool so he made more. Soon, everyone enjoyed his ice pops. At first Frank called them Epsicles, but later they got a different name—popsicles.

【答案】11. what　12. left　13. frozen

【解析】

【分析】这是一篇记叙文。文章讲述了冰棒的由来。1905 年 11 岁的弗兰克·埃珀森把用棍子搅拌饮料后把它放在门廊上一整晚，然后饮料变成了冰棒，这种冰棒受到了大家的欢迎。

【11 题详解】

考查表语从句。句意：1905 年 11 岁的弗兰克·埃珀森就是这样。在表语从句中缺少主语，且是指事情，所以应用 what 引导。故填 what。

【12 题详解】

考查一般过去时。句意：他一直在用棍子搅拌饮料，把杯子放在门廊上一整晚。根据“in 1905”可知，此处描述过去的事情，且发生在他一直在用棍子搅拌饮料之后，所以应用一般过去时。故填 left。

【13 题详解】

考查形容词。句意：第二天早上，弗兰克发现了一块冰冻的甜饮料，里面有一根手杖。根据“Soon, everyone enjoyed his ice pops.”(很快，每个人都喜欢他的冰激凌。)可知，此处是指冰冻的甜饮料，应用形容词 frozen 表示“冰冻的”修饰名词 block。故填 frozen。

B

阅读短文，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。

The robotic lunar mission ended ___14___ (successful) early on December 18th. Chang’e 5’s reentry capsule, ___15___ (carry) rocks and soils from the moon, landed on the grassland in northern China. It is reported that Chang’e 5 mission is China’s most complicated and challenging space adventure, which ___16___ (make) China the third nation in the world to bring back lunar samples—right after the U.S. and the former Soviet Union. The mission’s results will contribute to deepening mankinds’ understanding of the origin of the moon and ___17___ (develop) of the solar system.

【答案】14. successfully

15. carrying

16. has made

17. development

【解析】

【分析】本文是一篇说明文，旨在介绍嫦娥 5 号航天任务。

【14 题详解】

考查副词。句意：机器人登月任务早在 12 月 18 号就成功结束。分析句子可知 successful“成功的”在句中修饰动词 ended“结束”，应该用其副词形式。故填 successfully。

【15 题详解】

考查现在分词。句意：嫦娥 5 号的返回舱，承载着从月球而来的石头和土壤，在中国北部的草原着陆。分析句意可知主语 Chang’e 5’s reentry capsule“嫦娥 5 号的返回舱”与 carry“携带”是主谓关系，但此句已有谓语动词 landed“着陆”，故 carry 用现在分词表示主动进行的动作。故填 carrying。

【16 题详解】

考查时态。句意：据报道，嫦娥 5 号的任务是中国航天之旅最复杂而具有挑战性的，这也使得中国成为紧接在美国和前苏联后的第三个带回月球样本的国家。分析句子可知，此空为非限定性定语从句的谓语部分。且中国是过去到现在为止第三个带回月球标本的，故 make“使得”用现在完成时。故填 has made。

【17 题详解】

考查名词。句意：此次任务的成果将有助于深化人类对月球起源和太阳系发展的理解。分析句子可知空格处填 develop“发展”的名词，表示太阳系的发展历史，且与前文的名词短语 the origin of the moon “月球的起源”形成并列结构。故填 development。

C

阅读短文，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。

Pixar is one of the world’s most famous and successful film ____18____ (studio). Its latest animated film, *Soul*, ____19____ (release) last November. *Soul* tells the story of Joe Gardner, an aspiring jazz musician living in New York. One day, after an accident, Gardner ends up in the Great Before—a place ____20____ souls must “find their spark” before entering a human body. When Gardner is given the job of mentoring a soul called 22, he tries to find his way back to Earth.

【答案】18. studios

19. was released

20. where

【解析】

【分析】本文是一篇说明文。文章主要介绍了由世界上最著名的电影制片厂皮克斯最新出品的动画电影《心灵奇旅》。

【18 题详解】

考查名词的数。句意：皮克斯是世界上最著名和最成功的电影制片厂之一。one of + the +形容词最高级 + 复数名词。故填 studios。

【19 题详解】

考查时态和语态。句意：它的最新动画电影《心灵奇旅》于去年 11 月上映。根据句中时间状语 last November 可知，用一般过去时。主语 Its latest animated film, Soul 与 release 之间为被动关系，所以用被动语态。故填 was released。

【20 题详解】

考查定语从句。句意：一天，在一场意外之后，加德纳来到了“伟大的之前”——一个灵魂在进入人体之前必须“找到他们的火花”的地方。句中先行词为 place，在定语从句中作地点状语，所以用关系副词 where 引导。故填 where。

第二部分：阅读理解（共两节，38 分）

第一节（共 14 小题；每小题 2 分，共 28 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

The simplest smartphone ever



The Jitterbug® Smart2 from GreatCall® is the simplest phone with a simple menu, large screen and particular health and safety services.

Easy Everything you want to do, from texting and taking pictures, to emailing and getting directions, is organized in a single list on one screen with large legible letters. Plus, voice typing makes writing emails and texts effortless.

Smart Turn your Jitterbug Smart2 into a personal safety device with GreatCall’s 5Star® Urgent Response Service and particular health apps.

Affordable GreatCall has a variety of plans with data starting as low as $17.48 per month. Compared to other cell phone companies, you could save over $300 per year.







Why the Jitterbug Smart2 is your best choice for a new smartphone:

No long-term contracts	Keep your current phone number	100% U.S.-based customer service and technical support	No hidden monthly fees	Affordable, flexible plans
To order or learn more, call 1-800-410-2629			Or visit greatcall.com/Smart	

25% off of $149.99 MSRP is only valid(有效的) for new lines of service. Offer valid 11/12/2020 through 1/2/2021. Monthly fees do not include government taxes or assessment surcharges and are subject to change. Plans and services may require purchase of a GreatCall device and a one-time setup fee of $35. $300 savings calculation based on market leaders’ lowest available monthly published fees. JITTERBUG are trademarks of Best Buy and its attached companies. © 2020 Best Buy. All rights reserved.

21. What makes writing emails and texts easy according to the passage?

A. The simple menu.　　B. The large screen.

C. The single list.　　D. The speech input.

22. When can you get the discount when buying Jitterbug Smart2?

A. November 11st, 2020.　　B. January 10th, 2020.

C. January 1st, 2021.　　D. February 10th, 2021.

23. What is the purpose of this passage?

A. To advertise a smartphone.　　B. To recommend health apps.

C. To introduce a safety device.　　D. To compare wireless networks.

【答案】21. D　22. C　23. A

【解析】

【分析】这是一篇应用文。文章是一则手机广告，并且介绍了这款手机的几个优点，其中包括使用简便，智能，便宜等。

【21 题详解】

细节理解题。第二段最后一句提到“Plus, voice typing makes writing emails and texts effortless.”（此外，语音打字让写邮件和短信变得毫不费力）由此可知，语音输入使得写邮件和短信变得更简单，故选 D。

【22 题详解】

细节理解题。最后一段第一句提到“25% off of $149.99 MSRP is only valid(有效的) for new lines of service. Offer valid 11/12/2020 through 1/2/2021.”（建议零售价 149.99 美元的 25%折扣只适用于新服务线路。有效期 11/12/2020 至 1/2/2021）再结合选项可知，可以在 2021 年 1 月 1 日使用折扣购买手机。故选 C。

【23 题详解】

推理判断题。根据文章标题“The simplest smartphone ever”（史上最简单的智能手机）可知，本文介绍一款智能手机，后文中又介绍了手机的优点以及价格方面的折扣，由此判断是为这款手机进行广告宣传。故选 A。

【点睛】

B

My first year living in Los Angeles, I was a birthday-party clown. I struggled a lot with my identity because, though I viewed myself as a filmmaker, everyone in my life viewed me as this ridiculous day job.

Once I was told, “Tomorrow you’re going to be Batman.” Now, keep in mind that at the time I had a giant mustache. I know a clown with a mustache is a huge red flag for parents. But I hadn’t wanted to alter my physical appearance for that job, because that would have been me subconsciously admitting I was more of a clown than an artist.

The next day, I went to the party in a huge public park, and I left my car parked far enough away so that the kids couldn’t see Batman pulling up in a PT Cruiser. Walking to the party, I started to regret my choice not to shave. “Gosh, this party is not going to go well.” Sure enough, once I got close enough for them to actually start making out the features of my face, the entire party broke out in laughter. I was so embarrassed that I wanted to turn around and run back to my Batmobile. But then the laughter kind of changed into cheering and applause. Feeling kind of warm and fuzzy inside, I wondered, “Is this what encouragement and support feel like? It’s so new.”

Then I decided to make an entrance for these kids. I was still about 20 yards away from the party when I started running. My cape was billowing in the wind, and mustache or not, in that moment, I was Batman. I ran into the party, and the kids were all high-fiving me. The dad was saying, “I told you, son. I told you Batman has a mustache.” Then he took me over to this huge birthday cake with a frosting Batman drawn on it, and the Batman has a mustache. I just stared at it in disbelief

and learnt that instead of just admitting that the cake was messed up, the parents said, “Batman has a mustache. He just shaves it for his movies.”

That year, I struggled a lot with my identity; was I a filmmaker, or was I a clown? But that day, at least, there was no doubt in my mind what I was. I may not have been the hero that they ordered, and I certainly was not the hero they expected. But that day, I was the hero that they needed.

24. Why did “I” keep my mustache?

A. I struggled a lot for being a filmmaker.

B. I wanted to be a Batman in a birthday party.

C. I knew that a clown should wear a mustache.

D. I hadn’t wanted to change my appearance for the job.

25. How did “I” enter the party?

A I ran fast.　　B. I high-fived.

C. I drove the car.　　D. I walked slowly.

26. How did “I” feel at the end of the party?

A Satisfied.　　B. Astonished.

C. Disappointed.　　D. Ashamed.

【答案】24. D　25. A　26. A

【解析】

【详解】本文是一篇记叙文。作者是一名在生日聚会上表演的小丑。有一次，作者需要扮演成蝙蝠侠，他却决定以不刮胡子的形象示众。

1 细节理解题。根据第二段“I know a clown with a mustache is a huge red flag for parents. But I hadn’t wanted to alter my physical appearance for that job, because that would have been me subconsciously admitting I was more of a clown than an artist.(我知道有胡子的小丑对于父母来说是一种鼓舞。但我不想为了扮演蝙蝠侠而改变我的外形，因为那对我来说就是承认与其说我是艺术家，倒不如说是我是小丑)”可知，作者保留了胡子，因为他不想为了这份工作而改变自己的外貌。故选 D。

2 细节理解题。根据第四段中的“I ran into the party, and the kids were all high-fiving me.(我跑进派对，孩子们都跟我击掌)”可知，作者跑着进入派对。故选 A。

3 推理判断题。根据最后一段最后一句“But that day, I was the hero that they needed.(但是那天，我是他们需要的英雄)”可推知，作者对自己的表现是满意的。A. Aatisfied.满意的；B. Astonished. 吃惊的；C. Disappointed.失望的；D. ashamed.可耻的。故选 A。

C

While many people aren’t getting enough calcium, new research cautions that some people may have the opposite problem: They could be getting too much. Americans spend more than

$1 billion a year on calcium supplements in hopes of delaying osteoporosis, the brittle bone disease that cripples many elderly women and some men. Yet recent studies link calcium supplements to a higher risk of heart attacks. Last month, the U.S. Preventive Services Task Force issued a draft recommendation against taking calcium and vitamin D, saying there wasn't enough evidence of benefit to justify the risk.

For generations of Americans who grew up encouraged to drink milk to maintain strong bones, the reports raised troubling questions: Is calcium not so important after all? Are the supplements unsafe? And how much is too much? “It's

gotten very confusing but it doesn't need to be," says Ethel Siris, director of the Toni Stabile Osteoporosis Center in New York. How much calcium people need varies by age and gender. "Adults generally need 1,000 mg daily, rising to 1,200 mg for women over 50 and men over 70, according to guidelines issued in 2010. Children need 1,300 mg daily during the peak growing years of 9 to 18."

People also need sufficient levels of vitamin D to absorb the calcium. The IOM recommends 600 international units a day for most adults, and 800 daily after age 70, although many physicians recommend more. It is difficult to take in that much vitamin D from food sources, so experts say many people should take vitamin D in supplement form.

Getting adequate calcium from food is easier. For example, 8 ounces of milk or 6 ounces of yogurt has 300 mg of calcium, and one cup of spinach has 270 mg.

But studies linking calcium supplements to heart attack have made experts more cautious of excess calcium than before. A study of 24,000 Germans published in the journal *Heart* last month, found that those who got their calcium exclusively from supplements were more than twice as likely to have a heart attack as those who took no supplements.

Exactly how calcium supplements might contribute to heart attacks baffles cardiologists. "Nobody has associated the calcium in your bloodstream with calcification in your arteries," says Nieca Goldberg, medical director of the Joan H. Tisch Center. Still, she says she now urges patients get their recommended calcium from food than from supplements to avoid possible problems.

Osteoporosis experts also urge patients not to take more than the recommended amount of calcium. "People should definitely stop taking two big calcium supplements a day," says Dr. Dawson-Hughes. Even if the risks remain unclear, taking more than the body can absorb doesn't benefit bones, "so it's not worth any risk." She adds.

27. According to the new studies, taking much calcium might _____.

A. delay aging　　B. build muscles

C. cause heart problems　　D. cure bone diseases

28. What is Ethel Siris' opinion on taking calcium supplements?

A. Taking calcium supplements is unsafe.

B. Adults need more calcium than children.

C. Age and gender determine taking calcium.

D. It is much safer to take calcium from food.

29. What does the underlined word "baffle" in Paragraph 6 mean?

A. Interest　　B. Puzzle

C. Amaze　　D. Frighten

30. What can we learn from the passage?

A. It is helpful to take two calcium supplements a day.

B. It is important to maintain strong bones for women.

C. It is unnecessary to take too much calcium supplement.

D. It is best to take calcium and vitamin D from supplement.

【答案】27. C　28. C　29. B　30. C

【解析】

【分析】这是一篇说明文。作者介绍如今大多数人喜欢从补充物上过多的摄取钙以为对身体有好处。实际上相关研究证明没有好处，反而可能有害处。

【27题详解】

细节理解题。第一段倒数第二句“Yet recent studies link calcium supplements to a higher risk of heart attacks.”（最近的研究表明额外补钙与较高的心脏病风险有联系。）即摄入过多的钙可能会导致心脏病。故选 C。

【28 题详解】

细节理解题。第二段第四至五行“How much calcium people need varies by age and gender.”（人们所需钙的摄入量因年龄和性别不同而有所不同。）可知，Ethel Siris 认为性别和年龄是决定每个人所需钙的摄入量的决定因素。故选 C。

【29 题详解】

词句猜测题。第六段二三句““Nobody has associated the calcium in your bloodstream with calcification in your arteries,” says Nieca Goldberg, medical director of the Joan H. Tisch Center. Still, she says she now urges patients get their recommended calcium from food than from supplements to avoid possible problems.”（Joan H. Tisch 中心的主任医师 Nieca Goldberg 认为虽然还没有人将血液中的钙和人体动脉的钙化联系在一起，她还是劝她的病人从食物中摄取钙，而不是从补充物上摄取，以防可能出现的问题。）也就是说她虽然不确定血液中钙的含量对心血管疾病有害，但也不敢下定论说完全没有害，故可推断对于这个问题像她这样的心脏病专家也是迷惑的。可推测 baffle 意思与 puzzle 相似，意为“使迷惑”。故选 B。

【30 题详解】

推理判断题。最后一段倒数第二句“Even if the risks remain unclear, taking more than the body can absorb doesn't benefit bones”（虽然风险还不确定，摄取比身体能够吸收的量还要多的钙对骨头没什么益处。）故摄入过量即使没有危害，也是没什么必要的。故选 C。

【点睛】

D

Neurotech—new, potentially revolutionary technology—promises to transform our lives. With all the global challenges of today, we need revolutionary technology to help the world cope.

There are different types of neurotech—some is invasive, some isn’t. Invasive brain-computer interfaces involve placing microelectrodes or other kinds of neurotech materials directly onto the brain or even embedding them into the neural tissue. Such technology has already improved the quality of life and abilities of people with different illnesses or impairments, from epilepsy to Parkinson’s Disease to chronic pain. There is also noninvasive neurotech that can be used for similar applications. For example, researchers have developed wearables to infer a person’s intended speech or movement. These are already quite impressive, but there is also neurotech that really pushes the envelope. Not only can it sense or read neurodata but it can also modulate—invasively and noninvasively. This research is still in early stages, but it’s advancing rapidly.

As neurotech becomes more commonplace, we must consider the risks it might present, the morals around it, and the necessary regulation. We have to anticipate and deal with the implications related to the development and use of this technology. Any neurotech applications should consider potential consequences for the autonomy, privacy, responsibility, consent, integrity and dignity of a person.

What if someone were to face employment discrimination because the algorithms（算法） that power a neurotech application used for hiring misinterpret his or her neurodata? What if a criminal gets a hold of the previous or current neurodata of the secretary of defense and steals top secret information? Concerns increase when we are not just monitoring someone’s neurodata but also interpreting it, decoding the person’s thoughts—with implications for accuracy and mental privacy.

One tricky aspect is that most of the neurodata generated by the nervous systems is unconscious. It means it is very possible to unknowingly or unintentionally provide neurotech with information that one otherwise wouldn't. So, in some applications of neurotech, the presumption of privacy within one's own mind may simply no longer be a certainty.

As new, emerging technology, neurotech challenges corporations, researchers and individuals to reaffirm our commitment to responsible innovation, it's essential to enforce guardrails so that they lead to beneficial long-term outcomes—on company, national and international levels. We need to ensure that researchers and manufacturers of neurotech as well as policymakers and consumers approach it responsibly. Let's act now to avoid any future risks as neurotech matures—for the benefit of humanity.

31. The first two paragraphs mainly _____.

A. state the quality of neurotech　　B. stress the necessity of neurotech

C. compare the functions of neurotech　　D. present the technology of neurotech

32. What can be inferred from the passage?

A. Noninvasive neurotech is much better than invasive one.

B. Messages within one's mind can be safer with neurotech.

C. It brings more risks to privacy to have neurodata anyalyzed.

D. Proper rules have already been made to deal with neurodata.

33. According to the passage, companies, policy makers and consumers should _____.

A. interpret all neurodata to improve accuracy

B. use neurotechnology in a responsible way

C. help develop more noninvasive applications

D avoid neurotech for the benefit of mankind

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

A. Neurotech Has Long-term Benefits

B. Neurotech Meet Moral Challenges

C. Neurotech Transform Human lives

D. Neurotech Become Commonplace

【答案】31. D　32. C　33. B　34. B

【解析】

【分析】本文是一篇说明文。文章介绍了神经技术的定义和它面临的道德挑战。

【31 题详解】

主旨大意题。根据第一段"Neurotech—new, potentially revolutionary technology—promises to transform our lives.（神经科技——一项潜在革命性的新技术——承诺改变我们的生活。）"以及第二段"There are different types of neurotech—some is invasive, some isn't.（有不同类型的神经科技——有些是侵入性的，有些不是。）"可知，前两段主要介绍了神经技术。故选 D。

【32 题详解】

推理判断题。根据第三段"Any neurotech applications should consider potential consequences for the autonomy, privacy, responsibility, consent, integrity and dignity of a person.（任何神经技术应用都应该考虑对个人的自主性、隐私、责任、同意、正直和尊严的潜在后果。）"可知，对神经数据进行分析会给隐私带来更多风险。故选 C。

【33 题详解】

细节理解题。根据最后一段“We need to ensure that researchers and manufacturers of neurotech as well as policymakers and consumers approach it responsibly.（我们需要确保神经科技的研究人员和制造商，以及政策制定者和消费者负责任地对待它。）”可知，公司、政策制定者和消费者应该以负责任的方式使用神经技术。故选 B。

【34 题详解】

主旨大意题。根据第三段“As neurotech becomes more commonplace, we must consider the risks it might present, the morals around it, and the necessary regulation.（随着神经科技变得越来越普遍，我们必须考虑它可能带来的风险、围绕它的道德以及必要的监管。）”以及下文都在讲述神经科技保证消费者的精神隐私的问题，可知，本文主要介绍的是神经科技面临道德挑战的主题。故选 B。

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。

Can you move 11 minutes a day? You'll live longer if you do

There is no denying that 2020 has reduced activity levels. Between the Zoom meetings, Netflix binges and virtual cocktail hours, increased sitting is a pandemic-driven reality for many.____35____ But there is good news! Despite all that sedentary time, with as little as 11 minutes of movement a day, you can increase your life span, a recent study has found.____36____ It's true; past studies, including a popular study from 2016, had originally put the daily exercise target at 60 to 75 minutes for mortality benefits. However, that study was based on self-reported data, which this latest study, published in the *British Journal of Sports Medicine*, found to be flawed due to people misremembering their actual activity levels.

Taking a more objective approach, scientists at the Norwegian School of Sports Medicine based their research on the use of activity monitors to track exercise versus sedentary time. The results showed that participants who exercised 35 minutes per day saw the biggest statistical difference on life span. Yet just 11 minutes of moderate exercise — equivalent to a brisk walk — still had a noticeable positive impact. ____37____

Here is a way to consider—4 sets of a 3-minute body-weight exercise sequence. Depending on the exercises you use, you may go at a slightly different pace during each round, making it about 11 minutes. When selecting your exercises, try to pick a sequence of movements that will equate to a full-body workout of moderate effort. ____38____ Ideally, do a combo, determining the number of repetitions for each exercise based on your fitness level and maintaining a three-minute sequence for the time frame.

See how easy it is to fit in 11 minutes of daily exercise? You can do it. ____39____ Although no one can give you a do-over of 2020, you can make up for lost time by adding a little more to your life span.

A. In fact, you owe it to yourself after getting through this past year.

B. And studies have revealed the great health risks of prolonged sitting.

C. The simplest way is with a walk outside or on the treadmill at your local gym.

D. A lower barrier makes it easier to get even the most inactive among us moving.

E. You might wonder about the hour-per-day measurement you've been hearing about for years.

F. What's more, both time frames were positively impactful, regardless of the amount of sitting.

G. Avoid doing only upper-body movements unless you do lower-body movements the next day.

【答案】35. B　36. E　37. F　38. G　39. A

【解析】

【分析】这是一篇说明文。文章主要说明了疫情导致了人们久坐，从而危害健康，主要就每天锻炼 11 分钟可以延长寿命　研究展开了说明。

【35 题详解】

根据上文“There is no denying that 2020 has reduced activity levels. Between the Zoom meetings, Netflix binges and virtual cocktail hours, increased sitting is a pandemic-driven reality for many.(不可否认，2020 年的活动水平有所下降。对许多人来说，在 Zoom 会议、Netflix 狂欢和虚拟鸡尾酒时间之间，久坐是一个受流行病驱动的现实)”可知，上文提到疫情导致了人们久坐，可知本句应当承接上文说明久坐对人们的影响，故 B 选项“研究表明长时间坐着对健康有很大的危害”符合语境，故选 B。

【36 题详解】

根据上文“But there is good news! Despite all that sedentary time, with as little as 11 minutes of movement a day, you can increase your life span, a recent study has found.(但也有好消息！最近的一项研究发现，尽管久坐不动，每天只需运动 11 分钟，你仍然可以延长寿命)”以及后文“It's true; past studies, including a popular study from 2016, had originally put the daily exercise target at 60 to 75 minutes for mortality benefits.(这是真的；过去的研究，包括 2016 年的一项流行研究，最初把每天锻炼的目标定为 60 至 75 分钟，以降低死亡率)”可知，上文提到了每天运动很短时间仍然可以延长寿命，后文则提到了每天锻炼一小时可以降低死亡率，故 E 选项“你可能想知道你已经听了很多年的每天一小时的运动”符合语境，故选 E。

【37 题详解】

根据上文“Taking a more objective approach, scientists at the Norwegian School of Sports Medicine based their research on the use of activity monitors to track exercise versus sedentary time. The results showed that participants who exercised 35 minutes per day saw the biggest statistical difference on life span. Yet just 11 minutes of moderate exercise — equivalent to a brisk walk — still had a noticeable positive impact.(挪威运动医学院的科学家采取了更客观的方法，他们的研究基于使用活动监测器来跟踪锻炼和久坐时间。结果显示，每天锻炼 35 分钟的参与者在寿命方面的统计差异最大。然而，仅仅 11 分钟的适度锻炼——相当于快走——仍然有显著的积极影响)”可知，上文提到了每天锻炼 35 和 11 分钟两个时间段，本句为本段最后一句，应承接上文说明这两个时间段的作用。故 F 选项“更重要的是，无论坐的时间长短，这两个时间段都具有积极的影响”符合语境，故选 F。

【38 题详解】

根据上文“Here is a way to consider—4 sets of a 3-minute body-weight exercise sequence. Depending on the exercises you use, you may go at a slightly different pace during each round, making it about 11 minutes. When selecting your exercises, try to pick a sequence of movements that will equate to a full-body workout of moderate effort.(下面是一种三分钟的四组体重锻炼的方法。根据你所使用的练习，你可以在每一轮中以稍微不同的速度进行，大约 11 分钟。当选择你的运动时，试着选择一个运动顺序，这将等同于一个中等力度的全身锻炼)”可知，上文提到了选择运动顺序以及提到了全身锻炼，故本句承接上文继续就身体锻炼的顺序进行说明。故 G 选项“避免只做上半身的动作，除非第二天你做下半身的动作”符合语境，故选 G。

【39 题详解】

根据后文“Although no one can give you a do-over of 2020, you can make up for lost time by adding a little more to your life span.(虽然没有人能给你 2020 年重新来过的机会，但你可以通过延长一点寿命来弥补失去的时间)”可知，后文提到了可以通过延长寿命来弥补失去的时间，可推测本句是在解释过去的一年虽然无法重来，但仍然应该心存感激。故 A 选项“事实上，在度过了过去的一年之后，你应该感谢自己”符合语境，故选 A。

第三部分：书面表达（共两节，32 分）

第一节 阅读表达（共 4 小题；第 1、2 题各 2 分，第 3 题 3 分，第 4 题 5 分， 共 12 分）

阅读下面短文，根据题目要求回答问题。

Two-drink limit at Wetherspoon's for parents of rowdy children

The pub chain JD Wetherspoon has insisted families are welcome but on the premises despite advising staff to make them agree a limit of two alcoholic drinks per person for parents with children in town.

The two-drink limit came to light after a member of staff at a Wetherspoon's pub in Gravesend, Kent, put up a poster detailing its policy.

"As part of our licensing it is our responsibility to ensure that we are protecting children from harm," read the poster at The Robert Pocock pub.

"Therefore adults in charge of children will be allowed to have one alcoholic drink and a further alcoholic drink with a sit-down meal."

It is a crime for anybody in charge of a child under the age of seven to be drunk in a public place under the 1902 Licensing Act. A person convicted of this offence can be subject to a fine or up to one month in prison.

"It's been around eight or 10 years.... It's a guideline, not a policy," said Eddie Gershon.

But while the poster stressed the need to "protect children from harm", Mr Gershon suggested the rule had been adopted to "prevent unruly behavior" among young guests. Asked whether children were welcome in Wetherspoon's pubs, Mr Gershon replied，"Yes, we'd be a fool to say otherwise. We have a kids' menu, coloured pencils for kids—children in pubs is a massive part of what Wetherspoon's does."

However, he warned that parents believed to be "using the pub as a nursery might be asked to leave. Mr Gershon added that "it is just good manners" for parents to stop their children from misbehaving and being unruly in public places.

On its website the pub operator states: "Families are welcome to dine in the majority of our pubs; however, permitted hours for customers aged under 18 years may vary from pub to pub."

It adds: "Some of our pubs may request that all members of a party with an under-18 present order a main meal, if alcoholic is ordered."

40. Who does the Two-drink policy apply to?

41. What is the result of disobeying the 1902 Licensing Act?

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

To protect children and those under 18 years, the pub chain JD limits the drinks but is open to those customers at any time.

43. In daily life, how do your parents keep you away from alcohol and why? (about 40 words)

【答案】40. Those who have dine with children under the age of seven.

41. If you disobey the 1902 Licensing Act, you will be fined or up to one month in prison.

42. To protect children and those under 18 years, the pub chain JD limits the drinks but is open to those customers <u>at any time</u>.

43. 言之有理即可

【解析】

【分析】这是一篇说明文。介绍了一家酒吧为保护儿童免受伤害而规定限制带孩子的父母每人最多只能喝两杯酒。

【40 题详解】

考查细节理解。根据第四段"Therefore adults in charge of children will be allowed to have one alcoholic drink and a further alcoholic drink with a sit-down meal."和第五段"It is a crime for anybody in charge of a child under the age of seven to be drunk in a public place under the 1902 Licensing Act."(因此，负责照看孩子的成年人可以在坐下来吃饭时喝一杯

酒精饮料，再喝一杯。根据 1902 年的执照法，任何有 7 岁以下孩子的家长在公共场所醉酒都是犯罪行为)”可知，该规定适用于那些带着七岁以下孩子出来酒吧用餐的家长。故答案为 Those who have dine with children under the age of seven.

【41 题详解】

考查细节理解。根据第五段“…A person convicted of this offence can be subject to a fine or up to one month in prison.(被判犯有这一罪行的人可被罚款或监禁一个月)”可知，违反这一政策的人会判罚款或监禁一个月。故答案为 If someone disobeys the 1902 Licensing Act, he will be fined or be put in prison up to one month.

【42 题详解】

考查细节理解。根据倒数第二段“…“Families are welcome to dine in the majority of our pubs; however, permitted hours for customers aged under 18 years may vary from pub to pub.”(我们大多数酒吧都欢迎家庭用餐；然而，18 岁以下顾客的营业时间因酒吧而异)”可知，有 18 岁以下孩子在场时，营业时间是有限制的，并不是在任何时间都开门营业。所以 at any time 错误。故答案 To protect children and those under 18 years, the pub chain JD limits the drinks but is open to those customers at any time.

【43 题详解】

考查表达能力。可以表示父母耐心讲解饮酒的危害并以身作则，及时监督。故答案为 My parents patiently explained the bad effects on my well-being and life,and they set a good example to me,living a healthy life.

第二节 应用文写作（20 分）

44. 假设你是红星中学高三学生李华。 为迎接北京 2022 年冬奥会，你们学校下个月将要举办“迎冬奥 做贡献”主题活动。请你给交换生 Jim 写一封邮件，邀请他参加此次活动，内容包括：

1.活动目的；

2.具体安排；

3.发出邀请。

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

【答案】Dear Jim,

Having known that you are into the Winter Olympics to be held in Beijing, I am writing to invite you to participate in the relevant activity in our school.

In order to promote the Olympic spirit and get deeper insights into the winter sports, an activity themed on “Make a Contribution to the Winter Olympics” will be held next month, when a series of lectures will be open to everyone, such as lectures on how to communicate with people from different countries and ways to improve air quality. Additionally, there will be many competitions varying from skiing to skating so that you can choose whichever you are interested in.

Hopefully, you can come and enjoy the activity.

Yours,

Li Hua

【解析】

【分析】本篇书面表达属于应用文，要求考生交换生 Jim 写一封邮件，邀请他参加你们学校下个月将要举办“迎冬奥 做贡献”主题活动。

【详解】1.词汇积累

对……感兴趣：be interested in→be into/be crazy about

参加：join in/take part in→participant in

深入了解：make a better understanding of→get deeper insights into

范围从……到……：range from…to…= vary from…to…

2.句式拓展

简单句变复合句

原句：Hopefully, you can come and enjoy the activity.

拓展句：I sincerely hope that you can come and enjoy the activity.

【点睛】[高分句型 1] Having known that you are into the Winter Olympics to be held in Beijing, I am writing to invite you to participate in the relevant activity in our school. (运用了 that 引导的宾语从句)

[高分句型 2] Additionally, there will be many competitions varying from skiing to skating so that you can choose whichever you are interested in. (运用了 so that 引导的状语从句)