2021 北京门头沟高三一模

英　　语

1.本试卷共 I 页，共 100 分，考试时长 90 分钟、

2.请将条形码粘贴在答题卡相应位置处。

3.试卷所有答案必须填涂或书写在答题卡上，在试卷上作答无效。请使用 2B 铅笔填涂，用黑色字迹签字笔或钢笔作答。

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。

Old Bernard Baruch.81 years old, is still ambitious. His only reference to the past was that, with great pride in eyes. he___1___to rank first in shooting. What makes this man still___2___? The answer is his strong___3___ to keep being productive.

Two of the hardest things to___4___ in this world are to get wealth by honest efforts and, having gained it, to learn how to use it in a proper way. Recently I walked into the locker room(休息室)of a well-known golf club. A dozen middle-aged men were seated at tables drinking heavily and talking ___5___. Day after day these same men hung out there and each of them had been a man of affairs and wealth,___6___ in business and respected in society. However, it seemed that they are too content to be aggressive. They knew that their productivity had ___7___ gradually. When a fruit tree doesn't bear its fruit, it is dying. In this way it resembles(类似)man.

What is the ___8___of a long and happy existence in the world? I think I found it long ago in a passage. The words were few, but had a lasting___9___on me: "In the sweat of the face shall you eat the bread." The words have been and will always be a great ____10____ to me. At the end of the road I want to feel that I have fought a good fight and lived to the full.

1. A. managed	B. seemed	C. expected	D. meant
2. A. careful	B. innocent	C. energetic	D. normal
3. A. reason	B. duty	C. action	D. desire
4. A. receive	B. achieve	C. throw	D. refuse
5. A. aimlessly	B. helplessly	C. fearlessly	D. hopelessly
6. A. interested	B. strict	C. successful	D. absorbed
7. A. disappointed	B. changed	C. improved	D. increased
8. A. trend	B. idea	C. sense	D. secret
9. A. mood	B. influence	C. impression	D. focus
10. A. honor	B. comfort	C. approach	D. inspiration

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一个适当的词，在给出提示词的空白处用括号内所给词的正确形式填空。

Today, there is a trend that the youngsters haven't enough sleep during the night. Lack of sleep among children and teenagers in China ___11___(get) worse in the past ten years, with more than 80 percent getting insufficient sleep on school days, a report ___12___(publish)on Monday said. Chinese youngsters slept an average of 7.8 hours a night on school days last year, 20 minutes___13___(little) than in 2009，according to the report from the Chinese Academy of Sciences 'Institute of Psychology.

B

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一个适当的词，在给出提示词的空白处用括号内所给词的正确形式填空。

Why was the ox chosen to be one of the 12 Chinese zodiac signs(生肖)? Centuries ago, most people ___14___(earn)their living through farming. Today, the phrase "the spirit of ox" still refers to overcoming anything___15___ may present itself as an obstacle(障碍). The spirit ___16___(praise) highly and many people follow it as their work principle. When someone achieves a great accomplishment(成就)through hard work，people often use "niu", meaning "awesome"___17___ (describe) him or her.

C

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一个适当的词，在给出提示词的空白处用括号内所给词的正确形式填空。

Nowadays, there exists a common phenomenon. A man walks ___18___ the sidewalk, a smartphone in hand and completely absorbed in the digital world. Just as ___19___computers achieved before, smartphones are now changing our life. I am truly grateful for the convenience brought by it. But meanwhile I feel deeply anxious. To stay informed, I constantly update my WeChat.

That's why I often find___20___(me)absent-minded.

第二部分;阅读理解(共两节，38 分)馆一节(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 spa town of Cheltenham sits on the edge of the Cotswolds, in the county of Gloucester. Below is a look at four fabulous attractions that make Cheltenham such a terrific place to visit.

Cheltenham Festival

The festival is an annual, four-day feast of racing and, on the last day, features the famous Cheltenham Gold Cup Steeplechase. It's a dramatic race of around 3 miles and 2.5 furlongs. and the horses have to clear 22 fences. Anything can happen. In 2020,this last day of the festival drew in a crowd of 68,859.

Pittville Park

If you visit Pitville Park, you'll find it divided into two main parts by the Evesham Road. The eastern side is home to the children's play area and is where people can view wildlife. Meanwhile, on the western side of the road, you'll find the larger area of the park and small areas of woodland. There's also a lower lake at which you can fish

during fishing season. That's not the only activity, however. There's a skate park, tennis courts and a small children's play area.

Holst Birthplace Museum

Cheltenham was the birthplace of the 19"century English composer Gustav Holst, and visitors can visit the home in which he was born. You'll receive a taste of what Victorian life was like, as the home boasts a working Victorian kitchen, scullery, and nursery. The museum also allows you to discover the composer's life and times by allowing you into his music room. Here is where he composed *The Planets*.

Sudeley Castle

This private castle, which is surrounded by views of the Cotswolds, holds the claim to fame of being the only castle in England to have a queen buried in the grounds. The castle has witnessed all sorts of drama throughout its history and is one of the most interesting Tudor castles you'll ever visit.

If you would like more information on Cheltenham Town, please visit the website: www.ctladiesyouth.co.uk.

21. Pitville Park is unique in its_____

A. game areas. B. horse racing. C. beautiful views. D. children's performances.

22. Which of the following will a music fan be interested in?

A. Pitville Park. B. Sudeley Castle. C. Cheltenham Festival. D. Holst Birthplace Museum.

23. Where is this article probably from?

A. A diary. B. A novel. C. A website. D. A magazine.

B

What comes to mind when you think of kung fu? If your mind is filled with images of Shaolin monks, Bruce Lee, or Kung Fu Panda, you wouldn't be wrong. But for Laurence J. Brahm, an American documentary filmmaker, the first thing that springs to mind is the concept of non-violence.

As Brahm explained, if you break down the character "wu" it consists of two characters: one is "ge" meaning dagger-axe; the other is"zhi" meaning to stop. So, the meaning of martial arts in Chinese is not the art of fighting, a concept that many people take for granted. On the contrary, he said, kung fu is the art of stopping fighting.

Brahm's relationship with kung fu dates back to the 1970s when he was a karate student in Hawaii. "My master always told me that if you want to fully understand karate, you have to go to Shaolin in China. That's where the origin is, "Brahm said. In 1981,he managed to visit the Shaolin Temple, situated at the foot of the Songshan Mountain in Central China, for the very first time. He left the mountain, a little disappointed at not finding the martial-arts spirit he expected. But his passion for kung fu and his desire to find out more were stronger than ever before.

Over the years he trained in many different styles, such as tai chi, Wing Chun, Jeet Kune Do to understand all of them. "Martial arts can help us connect our body, connect our neural system, connect our blood flow, and also help connect us into our environment to increase our awareness. Martial arts is moving meditation (冥想)," Brahm said, his eyes bright and intense.

But to him, kung fu's charm and values are far more than that. He combined the knowledge from many masters and scholars with his own experience as a practitioner and tutor to extract 12 key principles and values of the martial arts: perseverance, roots, loyalty, respect, harmony, change, balance, centering, emptiness, flow, pragmatism, non-violence.

"Kung fu, in my eves, is a mirror of Chinese culture." Brahm said "The traditional values of kung fu, actually, are in the minds of all Chinese people."

24. What does Paragraph 2 really want to tell us?

A. The character "ge" means "to stop".

B. Kung fu is the "art of non-violence".

C. The character "wu" consists of two characters.

D. Martial arts in Chinese means the "art of fighting".

25. How did Brahm manage to get the idea of kung fu's values?

A. He visited the Shaolin Temple in 1981.

B. He trained in many different styles over the years.

C. His master told him about it when he was in Hawaii.

D. He joined his knowledge and his experience together.

26. According to the passage, which word can best describe Brahm?

A. Determined. B. Energetic. C. Confident. D. Friendly.

C

People eat more when they are glued to the television, and the more entertaining the program is, the more they eat, according to a new research.

It seems that distracted(分心的)brains do not notice what the mouth is doing, said Dr. Alan Hirsch, neurological director of the Smell and Taste Treatment and Research Foundation in Chicago.

Hirsch explored the impact of smell, taste and eating behaviors while watching TV by measuring potato chip consumption. Forty-five volunteers ate as many chips as they wanted every six minutes while they watched monologues by late-night talk show hosts David Letterman and Jay Leno. They were still given chips to eat when the television was off. Hirsch found people ate an average of 44 percent more chips while watching Letterman and 42 percent more while viewing Leno, than when they did not watch TV.

If you concentrate on how the food tastes, you'll eat less because you'll feel full faster, "Hirsch said in an interview at the Endocrine Society's annual meeting in Toronto. So if that's the case, let's look at the opposite. What if you're distracted? If you're distracted, in theory, then you'd eat more."

Through his research at the foundation, Hirsch has helped people overcome the loss of sense of smell and sense of taste. which typically results in weight gain because the brain does not know when it should stop eating.

The ventromedial nucleus(腹内侧核)in the hypothalamus(下 丘脑)， where the so-called satiety(饱腹感)center is located. tells the body whether it is hungry or full. It is inhibited or tricked, the result can be changes in eating patterns, he said.

People who cook spaghetti all day don't feel like eating spaghetti at the end of the day, "said Hirsch," By being exposed to a smell all day long it's tricking the hypothalamus."

Volunteers were asked to concentrate on the sensory characteristics of the food such as taste and smell. Researchers say these sensory clues, in addition to inner body changes. mark satiety.

But when distracted. a person does not pay attention to either the body's sensations of feeling full, or to the sensory characteristics of the food.

Many studies have linked being fat to watching television and that link is likely due to inactivity, Hirsch said.

But perhaps entertaining shows are also contributing.

"If you want to lose weight, turn off the television or watch something boring," he said.

27. When Hirsch conducted the research, he_____

A. evaluated the degree of the volunteers' loss of taste.

B. measured the amount of the chips the volunteers ate.

C. analyzed the volunteers' preference on TV programs.

D. counted the minutes the volunteers spent on TV programs.

28. According to the research, when will you feel full faster?.

A. When we are distracted.

B. When we focus on how the food tastes.

C. When we are watching entertaining programs.

D. When the brain doesn't know when it should stop eating.

29. Why does the author mention "People who cooks paghetti all day don't feel like eating it at the end of the day"?

A. It tells us that eating spaghetti is inhabited.

B. It indicates that spaghetti doesn't taste good at the end of the day.

C. It tells us that people who cook spaghetti don' like eating spaghetti.

D. It shows that smell is "telling" the hypothalamus that the body is full.

30. What is the main purpose of the article?

A. To prove that being fat is linked to inactivity.

B. To reveal the relationship between TV programs and eating behaviors.

C. to explain why watching television makes people eat more and gain weight.

D. To find how sensory characteristics of the food affects people's feelings of eating.

D

Our electronic devices today store an awful lot of personal information. We use the devices to read and send e-mails, check bank balances, and even pay our bills over the internet. We want to be assured that if our devices are stolen. our personal information stored inside them will remain safe from the thief who physically possesses the device.

To deal with this problem. Apple has come out with a new iPhone that uses biometric(生物识别的)information to lock itself up. The phone has a fingerprint scanner that will lock or unlock the phone. Your fingerprint becomes the key, and this makes it nearly impossible for others to use your phone without your immediate permission- or does it?

At first look, one would think that this type of security would be welcome in the high-tech community where privacy is valued. Instead, some people are even more worried about their privacy. According to revealed documents, the US National Security Agency is able to slip into smartphones, while the agency can also legally force companies to turn over customers' personal information. If this is true, the fingerprint scanner on your smartphone might become a tool for the authorities to collect your fingerprint data.

Another problem with using biometrics to secure devices is that people don't know how secure the systems actually are. Germany's Chaos Computer Club claimed to have slipped into a biometrically secured iPhone within days of the device's release to the public. If this is the case, people who are using this type of security are much

more vulnerable than they are led to believe. Although most security systems are hacked by someone eventually, the speed at which biometric security was hacked was very upset to some.

Regardless of how a device is secured, the debate is still attributes to the trade-off between privacy and security. Governments sometimes need to look at large amounts of information in order to defeat terrorist secret plans, and necessarily, some of the data come from you and me. When we use iPhones and other devices, we lose the ability to safeguard information that we would rather keep private, and we are forced to put trust in others.

It will always be difficult to strike a balance between privacy and security with growing changing technology. Nevertheless, one thing is crystal clear: we all have to sacrifice some of our privacy in order to have security for the public.

31. Why do people want to be assured that their electronic devices won't be stolen?

A. Because people depend too much on it .

B. Because electronic devices are necessary in the workplace .

C. Because electronic devices are getting more and more expensive.

D. Because there is too much personal information in their electronic devices.

32. The example of the US National Security Agency aims to tell us _____

A. The biometric devices are fully safe.

B. Companies keep users' personal information safe.

C. The biometric devices will be the popular way to ensure our privacy.

D. The authorities may drive companies to turn in users' fingerprint data.

33. The underline word in Paragraph 4 means_____

A. stable. B. insecure. C. reliable. D. difficult.

34. From the last paragraph we can learn that____

A. the government will eventually know everything about us.

B. It is impossible to know who can be trusted in this technological world.

C. It is necessary to give up a certain amount of privacy for the sake of security.

D. Very few people are willing to use fingerprint security on their new phones.

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。

Healthy eating, like many things, doesn't have to be an all-or-nothing enterprise. If you're looking to eat healthier, here are a few simple things you can do that don't involve an extreme diet.

Figure out the problem.

It's important to know what you're trying to fix. You would just first of all get to the root of the problem and see what the main obstacles are.___35___ If you decide that you spend too much time mindlessly snacking, maybe it's because your meals aren't filling enough, or you need more nutritionally-balanced snacks around.

Start small,

Make one or two changes to your daily routine and see how that goes. If it's doable and sustainable, try adding another change and see how that feels. ___36___If the habit you are developing is customized(定制)to you，to your lifestyle，to how you feel and to your reality, it will be easy for you to repeat it and to make it a habit.

_____37_____

We have become increasingly dependent upon processed and convenient restaurant meals. Our taste buds(味蕾)can come to long for these high-fat， high-salt food. Cooking more often can often improve your dietary quality and decrease your reliance upon these foods.

Add some fibre.

Many of us feel "full and energized" after a high-fibre meal or snack. Remember that fibre fills us up on few calories.___38___High-fibre diets have been linked to a range of health benefits, including protecting against disease. We should choose whole grains, and add chia seeds to things like cereal or yogurt to boost their fibre content.

Use smaller plates.

Using smaller plates at meal time is an easy thing to do that can bring us big benefits.___39___ Make sure that half your plate is covered in fruits or veggies.

Make a commitment to focus on life-long behaviour change using strategies that are healthy, enjoyable and therefore sustainable.

A. Cook more at home.

B. Rely on restaurant meals.

C. It's about building new habits.

D. Then, you can look at the cause.

E. You can turn to your friends for help if necessary.

F. It slows digestion，lowers cholesterol(胆固醇)and stabilizes blood sugars.

G. This will help to control portion(食物的一份)sizes so that you can be a more mindful eater.

第三部分 书面表达(共两节，32 分)

第一节(12 分)

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。

EACH DECEMBER, the Oxford English Dictionary(OED)nominates(提名)a word describe the year which had just passed. In 2019, the OED needed two words: climate; emergency. For 2020, there was another kind of emergency-COVID-19- but this time he OED needed forty words to describe it. Yes, 2020 has been a very unusual year that hasn't been easy to describe.

Two of the obvious words the OED has suggested have been “pandemic” and “lockdown”. The former appeared, of course, because COVID-19 has spread around the world, and the latter because the life-threatening disease has brought most of human activity across the globe to a standstill. Businesses have been closed, travel stopped, and people have had to stay in their homes for weeks or even months on end.

2020 has undeniably been a bad year but I would like to describe it in a more positive way, so I nominate “cooperation” and “hope” as my words of the year.

As the pandemic began to spread, there was a great deal of cooperation between countries and international health organizations. They shared information about the virus and how it could be contained. And countries shared medical supplies and equipment with other countries which needed them. China took a leading role in this effort by

sending masks and protective clothing to Canada, the United States and Europe, as well as to countries in the Middle East and Africa. Without this cooperation, the pandemic, bad as it has been, could have been much worse.

And that brings me to my second word: hope. Even though COVID-19 is still around and will continue to affect our daily lives for at least a little longer, we are beginning to see the light at the end of the tunnel. Vaccines have been developed against the coronavirus and, with a little "hope", we will get to see the world begin to return to normal.

2020 is over; 2021 awaits us. With "cooperation" and "hope", it should make for a wonderful year.

40. Why has the OED suggested "lockdown"?

41. What does the author mean by "we are beginning to see the light at the end of the tunnel" in Paragraph 5?

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

2020 is viewed as a bad year because of the spread of the pandemic and it is viewed totally negative.

43. Which word would you nominate to describe 2020 except the words mentioned in this article? And why? (about 40 words)

第二节 (20 分)

44. 假如你是红星中学高三学生李华，你的英国朋友 Jim 在做关于"中学生运动情况"的调查，想了解你的运动情况。请你给他回复邮件，内容包括：

1.你喜欢的一项运动；

2.这项运动给你带来的益处；

3.关于运动的建议。

注意:1.词数 100 左右；

2.开头和结尾已给出，不计入词数。

Dear Jim,

_____

_____

Yours

Li Hua

参考答案

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)

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

【解析】

【分析】本文是一篇夹叙夹议文。文章作者举例 Bernard Baruch 在晚年时期仍那么上进，让作者明白了一个人无论何时何地都得有进取心，只有通过自己的不懈努力，才能有意义地生存在这个世界上。

【1 题详解】

考查动词词义辨析。句意：他设法成为射击第一名。A. managed 管理；B. seemed 看起来；C. expected 期望；D. meant 意味着。根据“His only reference to the past was that, with great pride in eyes.”可知，81 岁老人 Bernard Baruch 设法在射击方面排名第一。故选 A。

【2 题详解】

考查形容词词义辨析。句意：是什么让这个人依然精力充沛? A. careful 仔细的；B. innocent 无辜的；C. energetic 精力充沛的；D. normal 正常的。根据“The answer is his strong___3___ to keep being productive.”可知，为什么 Bernard Baruch 现在 81 岁了还这么精力充沛。故选 C。

【3 题详解】

考查名词词义辨析。句意：答案是他渴望保持高效率。A. reason 原因；B. duty 责任；C. action 行动；D. desire 要求。根据“to keep being productive.”可知，他精力充沛是因为他想要一直保持高效率的强烈要求。故选 D。

【4 题详解】

考查动词词义辨析。句意：这个世界上最难实现的两件事，一是通过诚实的努力获得财富，二是获得财富后，要学会如何正确地使用财富。A. receive 接受；B. achieve 获得；C. throw 扔；D. refuse 拒绝。根据“in this world are to get wealth by honest efforts and, having gained it, to learn how to use it in a proper way.”可知，这两件事是世界上最难实现的。故选 B。

5 题详解】

考查副词词义辨析。句意：十几个中年男人坐在桌边，豪饮，漫无目的地说着话。A. aimlessly 无目的地；B. helplessly 无助地；C. fearlessly 勇敢地；D. hopelessly 绝望地。根据“A dozen middle-aged men were seated at tables drinking heavily”可知，这些中年男人漫无目的地说着话。故选 A。

【6 题详解】

考查形容词词义辨析。句意：这些人日复一日地在那里闲逛，每个人都是有事业和财富的人，在商业上成功，在社会上受人尊敬。A. interested 感兴趣的；B. strict 严格的；C. successful 成功的；D. absorbed 全神贯注的。根据“and respected in society.”可知，这些人在商业上很成功。故选 C。

【7 题详解】

考查动词词义辨析。句意：他们知道他们的生产力逐渐失望了。A. disappointed 失望；B. changed 改变；C.

improved 提高；D. increased 增加。根据“When a fruit tree doesn’t bear its fruit, it is dying. In this way it resembles(类似)man.”可知，他们的生产力在不断地下降，让人感到失望。故选 A。

【8 题详解】

考查名词词义辨析。句意：在这个世界上幸福长寿的秘诀是什么?A. trend 趋势；B. idea 想法；C. sense 感觉；D. secret 秘密。根据“a long and happy existence in the world”可知，长久又快乐地生存在这个世界上的秘诀。故选 D。

【9 题详解】

考查名词词义辨析。句意：这句话虽不长，但却对我产生了深远的影响：“你要汗流满面才能吃到面包。”A. mood 心情；B. influence 影响；C. impression 印象；D. focus 关注。根据“The words have been and will always be a great 10 to me.”可知，这句话对作者产生了深远的影响。故选 B。

【10 题详解】

考查名词词义辨析。句意：这句话一直并将永远激励着我。A. honor 荣誉；B. comfort 安慰；C. approach 方法；D. inspiration 灵感。根据“At the end of the road I want to feel that I have fought a good fight and lived to the full.”可知，这句话一直并将永远激励着作者。故选 D。

第二节 语法填空(共 10 小题:每小题 1.5 分，共 15 分)

【答案】11. has got

12. published

13. less

【解析】

【分析】本文是一篇说明文。研究报告显示青少年在晚上没有足够的睡眠已经成为一种趋势。

【11 题详解】

考查时态。句意：本周一发布的一份报告显示，在过去十年中，我国儿童和青少年睡眠不足问题日益严重，超过 80%的儿童和青少年在校期间睡眠不足。根据句中时间状语 in the past ten years 可知，用一般现在时。句中主语为 Lack of sleep，不可数，所以谓语动词用 has。故填 has got。

【12 题详解】

考查非谓语动词。句意：本周一发布的一份报告显示，在过去十年中，我国儿童和青少年睡眠不足问题日益严重，超过 80%的儿童和青少年在校期间睡眠不足。名词 report 与 publish 之间为被动关系，所以用过去分词作定语。故填 published。

【13 题详解】

考查短语。句意：中国科学院心理研究所的一份报告显示，去年，中国青少年在校期间每晚的平均睡眠时间为 7. 8 小时，比 2009 年减少了 20 分钟。less than 少于。故填 less。

【答案】14. earned

15. that 16. is praised

17. to describe

【解析】

这是一篇说明文。文章对“牛”的精神和内涵进行了介绍。

【14 题详解】

考查一般过去时。句意：几个世纪以前，大多数人靠务农为生。根据 Centuries ago 可知，此处应用一般过去时。故填 earned。

【15 题详解】

考查定语从句。句意：今天，“牛精神”仍然是指克服任何可能出现的障碍。定语从句“may present itself as an obstacle”中缺少主语，且先行词 anything 为不定代词，所以只能用关系代词 that。故填 that。

【16 题详解】

考查被动语态和一般现在时。句意：这种精神受到高度赞扬，许多人把它作为他们的工作原则。动词 praise 意为“表扬”，和主语 spirit 构成被动关系。此处描述客观事实，应用一般现在时。故填 is praised。

【17 题详解】

考查 to do 不定式。句意：当某人通过努力工作取得了巨大成就时，人们经常使用“牛”（意思是“令人敬畏的”）来描述他或她。表示用“牛”来描述他或她，应用 to do 不定式表目的。故填 to describe。

【答案】18. on/along

19. what　　20. myself

【解析】

这是一篇说明文。智能手机正在改变我们的生活，带来许多便捷，但是也让“我”感到焦虑。

【18 题详解】

考查介词。句意：一名男子走在人行道上，手里拿着智能手机，完全沉浸在数字世界中。表示“走在人行道上”可用介词 on 或者 along。故填 on/along。

【19 题详解】

考查宾语从句。句意：就像以前的电脑一样，智能手机正在改变我们的生活。宾语从句“computers achieved before”中缺少 achieved 的宾语，且指事物，所以应用 what。故填 what。

【20 题详解】

考查反身代词。句意：那就是我经常发现自己心不在焉的原因。主语和宾语都是“我”，所以应用反身代词作宾语。故填 myself。

第二部分;阅读理解(共两节，38 分)馆一节(共 14 小题;每小题 2 分，共 28 分)

【答案】21. A　　22. D　　23. C

【解析】

【分析】这是一篇应用文。文章主要介绍了温泉小镇切尔滕纳姆的四个绝佳景点。

【21 题详解】

细节理解题。根据“**Pittville Park**”部分的“If you visit Pitville Park, you'll find it divided into two main parts by the Evesham Road. The eastern side is home to the children's play area and is where people can view wildlife. Meanwhile, on the western side of the road, you'll find the larger area of the park and small areas of woodland.（如果你参观皮特维尔公园，你会发现它被伊夫舍姆路分成两个主要部分。东侧是儿童游乐区，人们可以在这里观赏野生动物。同时，在路的西侧，你会发现公园的大片区域和小片的林地）”可知，皮特维尔公园的游戏

区是独一无二的。故选 A 项。

【22 题详解】

推理判断题。根据“**Holst Birthplace Museum**”部分的“Cheltenham was the birthplace of the 19"century English composer Gustav Holst, and visitors can visit the home in which he was born…The museum also allows you to discover the composer's life and times by allowing you into his music room. Here is where he composed *The Planets*.（切尔滕纳姆是 19 世纪英国作曲家古斯塔夫·霍尔斯特的出生地，游客可以参观他的出生地……博物馆还可以让你走进他的音乐室，了解他的生平和时代。这就是他创作 The Planets 的地方）”可知，在这个博物馆，游客可以了解作曲家古斯塔夫·霍尔斯特的相关情况，所以可以推断，这个地方可能是音乐迷感兴趣的地方。故选 D 项。

【23 题详解】

推理判断题。根据最后一段“please visit the website: www.ctladiesyouth.co.uk.”（请访问以下网站：www.ctladiesyouth.co.uk）可知，文章出自网站。故选 C 项。

【答案】24. B　　25. D　　26. A

【解析】

【分析】这是一篇记叙文。文章讲述了一个美国纪录片导演 Brahm 对于中国武术的热爱与研究、对中国武术与众不同的理解与感悟，他认为中国武术不是打仗的艺术，而是终止打斗的艺术。

【24 题详解】

主旨大意题。根据第二段“So, the meaning of martial arts in Chinese is not the art of fighting, a concept that many people take for granted. On the contrary, he said, kung fu is the art of stopping fighting.(所以，武术在中国　意义并不是打斗的艺术，一个许多人认为理所当然的概念。相反，他说，功夫是停止打斗的艺术)”可知，Brahm 通过对汉字“武”的理解，得出结论：功夫是停止打斗的艺术。B 项“中国功夫是非暴力的艺术”，符合题意。故选 B 项。

【25 题详解】

细节理解题。根据倒数第二段“He combined the knowledge from many masters and scholars with his own experience as a practitioner and tutor to extract 12 key principles and values of the martial arts: perseverance, roots, loyalty, respect, harmony, change, balance, centering, emptiness, flow, pragmatism, non-violence.(他结合了许多大师和学者的知识和自己作为练习者和导师的经验，提炼出 12 个关键的原则和价值：坚持、根、忠诚、尊重、和谐、变化、平衡、定心、空、流动、实用主义、非暴力)”可知，他的中国武术观是融合了所学知识与自己亲身体验总结出来的。故选 D 项。

【26 题详解】

推理判断题。根据第三段 “In 1981,he managed to visit the Shaolin Temple, situated at the foot of the Songshan Mountain in Central China, for the very first time. He left the mountain, a little disappointed at not finding the martial-arts spirit he expected. But his passion for kung fu and his desire to find out more were stronger than ever before.(1981 年，他第一次设法到了位于中国中部嵩山脚下的少林寺。他离开了那座山，有点失望，因为没有找到他所期待的武术精神。但他对功夫的热情和探索更多的渴望比以往任何时候都要强烈) ”以及第四段 “Over the years he trained in many different styles, such as tai chi, Wing Chun, Jeet Kune Do to understand all of them. (多年

来，他训练了许多不同的风格，如太极，咏春，截拳道，以了解所有这些)”可知，Brahm从接触中国武术，毕生都在对其进行探索，实践，热情从未减退。故选A项。

【答案】27. B　　28. B　　29. D　　30. C

【解析】

【分析】这是一篇说明文。文章主要解释了看电视会让人吃得更多，体重增加及其产生的原因。

【27题详解】

细节理解题。根据第三段“Hirsch explored the impact of smell, taste and eating behaviors while watching TV by measuring potato chip consumption.（赫希博士通过测量薯片的摄入量，研究了看电视对嗅觉、味觉和饮食行为的影响。）”可知，当赫希进行这项研究时，他测量了志愿者吃薯片的量。故选B项。

【28题详解】

细节理解题。根据第四段“If you concentrate on how the food tastes, you'll eat less because you'll feel full faster（如果你把注意力集中在食物的味道上，你会吃得更少，因为你会更快地感到吃饱。）”可知，当我们把注意集中在食物的味道上时，我们会更容易感到吃饱。故选B项。

【29题详解】

细节理解题。结合第六段“The ventromedial nucleus(腹内侧核)in the hypothalamus(下丘脑), where the so-called satiety(饱腹感)center is located, tells the body whether it is hungry or full.（下丘脑腹内侧核，也就是所谓的饱腹中枢所在的位置，会告诉身体它是饿了还是饱了。）”和第七段“People who cook spaghetti all day don't feel like eating spaghetti at the end of the day, "said Hirsch," By being exposed to a smell all day long it's tricking the hypothalamus.”（赫希说：“那些整天做意大利面的人在一天结束后就不想再吃意大利面了，整天暴露在一种气味中会欺骗下丘脑。”）”可知，整天做意大利面的人在一天结束后就不想再吃意大利面，是因为气味“告诉”下丘脑，身体已经吃饱了。故选D项。

【30题详解】

推理判断题。根据第一段“People eat more when they are glued to the television, and the more entertaining the program is, the more they eat, according to a new research.（一项最新研究表明，人们在全神贯注看电视时吃得更多，而且节目越有趣，吃得越多。）”和下文内容可知，文章主要解释看电视会让人吃得更多，体重增加及其产生的原因。故选C项。

【答案】31. D　　32. A　　33. B　　34. C

【解析】

【分析】这是一篇说明文，介绍了苹果公司研制出的用生物信息识别锁，从而保护人的隐私，以及由此引发的关于隐私保护的讨论。

【31题详解】

细节理解题。根据文中第一段最后一句“We want to be assured that if our devices are stolen. our personal information stored inside them will remain safe from the thief who physically possesses the device.”（我们希望得到保证，如果我们的设备被盗，我们存储在其中的个人信息将不会被窃贼窃取）可知，人们想要确保他们的电子设备不会被偷，因为他们的电子设备里有太多的个人信息。故选D项。

【32 题详解】

推理判断题。根据文中第三段“According to revealed documents, the US National Security Agency is able to slip into smartphones, while the agency can also legally force companies to turn over customers' personal information. If this is true, the fingerprint scanner on your smartphone might become a tool for the authorities to collect your fingerprint data”（ 根据披露的文件，美国国家安全局可以潜入智能手机，同时该机构也可以合法地强制企业交出客户的个人信息。如果这是真的，你智能手机上的指纹扫描仪可能会成为当局收集你指纹数据的工具）可知，美国国家安全局的例子旨在告诉我们生物识别设备是完全安全的。故选 A 项。

【33 题详解】

词句猜测题。根据第四段中“Germany's Chaos Computer Club claimed to have slipped into a biometrically secured iPhone within days of the device's release to the public.”（德国 Chaos 电脑俱乐部声称，在 iPhone 向公众发布后的几天内，他们潜入了装有生物识别安全装置的 iPhone）可知，使用这种类型安全系统的人比他们认为的更容易受到攻击。所以可知，这种安全系统比人们想象的更不安全。由此可知画线词词义为“不安全的”，故选 B 项。

【34 题详解】

推理判断题。根据文中最后一段“It will always be difficult to strike a balance between privacy and security with growing changing technology. Nevertheless, one thing is crystal clear: we all have to sacrifice some of our privacy in order to have security for the public.”（随着技术的不断发展，在隐私和安全之间取得平衡总是很困难的。然而，有一件事是非常清楚的：我们都必须牺牲一些隐私，以确保公众的安全。）可知，为了安全起见，我们有必要放弃一定的隐私。故选 C 项。

第二节(共 5 小题; 每小题 2 分，共 10 分)

【答案】35. D　　36. C　　37. A　　38. F　　39. G

【解析】

【分析】本文是一篇说明文。文章介绍了拥有健康饮食的五种方法。

【35 题详解】

根据下文“If you decide that you spend too much time mindlessly snacking, maybe it's because your meals aren't filling enough, or you need more nutritionally-balanced snacks around.（如果你决定花太多时间盲目地吃零食，可能是因为你的三餐吃得不够饱，或者你需要更多营养均衡的零食。）”可知，下文是在为自己不健康的饮食找原因。D 选项“Then, you can look at the cause.”（然后，你可以看看原因。）符合题意，故选 D 项。

【36 题详解】

根据上文“If it's doable and sustainable, try adding another change and see how that feels.（如果这是可行的和可持续的，试着增加另一个改变，看看感觉如何。）”以及下文“If the habit you are developing is customized(定制)to you，to your lifestyle，to how you feel and to your reality, it will be easy for you to repeat it and to make it a habit.（如果你正在养成的习惯是为你、你的生活方式、你的感觉和你的现实量身定做的，那么你就很容易重复它并使它成为一种习惯。）”可知，增加的改变是养成一个新的习惯。C 选项“It's about building new habits.”（关于建立新的习惯。）符合题意，故选 C 项。

【37 题详解】

根据下文“Cooking more often can often improve your dietary quality and decrease your reliance upon these foods.（经常烹饪可以改善你的饮食质量，减少你对这些食物的依赖。）”可知，本段是讲养成一个健康的饮食的方法是多在家做饭。A 选项“Cook more at home.”（多在家做饭。）符合题意，故选 A 项。

【38 题详解】

根据前文“Remember that fibre fills us up on few calories.（记住，纤维能让我们在卡路里很少的情况下获得饱腹感。）”以及下文“High-fibre diets have been linked to a range of health benefits, including protecting against disease.（高纤维饮食与一系列健康益处有关，包括预防疾病。）”可猜测，划线处描写的是食用纤维的好处。F 选项“It slows digestion，lowers cholesterol(胆固醇)and stabilizes blood sugars.”（它可以减缓消化，降低胆固醇，稳定血糖。）符合题意，故选 F 项。

【39 题详解】

根据前文“Using smaller plates at meal time is an easy thing to do that can bring us big benefits.（在用餐时间使用较小的盘子是一件容易的事情，可以给我们带来很大的好处。）”可知，本段是讲述在用餐时间使用较小的盘子的好处。G 选项“This will help to control portion(食物的一份)sizes so that you can be a more mindful eater.”（这将有助于控制食物的份量，这样你就能成为一个更专注的食客。）符合题意，故选 G 项。

第三部分 书面表达(共两节，32 分)

第一节(12 分)

【答案】40. Because the life-threatening disease has brought most of human activities across the globe to a standstill.

41. Vaccines have been developed against the coronavirus and, with a little “hope”, we will get to see the world begin to return to normal.

42. 2020 is viewed as a bad year because of the spread of the pandemic and it is viewed totally negative.

According to the passage, 2020 brings us not only pandemic but also cooperation and hope.

43. 略

【解析】

【分析】这是一篇议论文。每年牛津词典都会提名一个词汇来描述过去的一年，2020 年被它描述为“瘟疫”和“封锁”。而作者认为 2020 年虽然是糟糕的一年，但也带来了合作和希望，所以作者认为应该用“合作”和“希望”来描述 2020 年。

【40 题详解】

考查细节理解。根据第二段“the latter because the life-threatening disease has brought most of human activity across the globe to a standstill.”（后者是因为这种危及生命的疾病已经使全球大多数人类活动陷入停滞）可知，因为这种危及生命的疾病已经使全球范围内的大多数人类活动停滞不前，所以 OED 建议“封锁”。故答案为“Because the life-threatening disease has brought most of human activities across the globe to a standstill.”。

【41 题详解】

考查句意猜测。根据倒第二段 Vaccines have been developed against the coronavirus and, with a little “hope”, we will get to see the world begin to return to normal.（对抗冠状病毒的疫苗已经研制出来，只要有一点“希望”，我们就能看到世界开始恢复正常）可知，作者说“我们开始看到隧道尽头的曙光了”的意思是“对抗冠状病毒

的疫苗已经研制出来，只要有一点“希望”，我们就能看到世界开始恢复正常。”。故答案为 Vaccines have been developed against the coronavirus and, with a little “hope”, we will get to see the world begin to return to normal.。

【42 题详解】

考查细节理解。根据第三段 2020 has undeniably been a bad year, but I would like to describe it in a more positive way, so I nominate “cooperation” and “hope” as my words of the year.（毋庸置疑，2020 年是糟糕的一年，但我想用一种更积极的方式来描述它，所以我提名“合作”和“希望”作为我的年度词汇。）可知，虽然 2020 年是糟糕的一年，但它也带给了我们合作和希望。所以“it is viewed totally negative”是错误的。故答案为在“it is viewed totally negative”处画下划线，原因是“According to the passage, 2020 brings us not only pandemic but also cooperation and hope.”。

【43 题详解】

开放题。用一个词汇描述 2020 并给出原因，紧扣“希望”和“合作”的主题即可。

第二节 (20 分)

44. 【答案】Dear Jim,

How is everything going? Knowing you are conducting a survey of the sports that high school students do, I’m writing to tell you about what I do.

Actually, playing basketball is my favorite. I usually play basketball with my friends after school and take part in competitions.

I have benefited much from playing basketball. It helps me keep fit and provides me with a way to refresh myself during the stressful school days. In addition, I learn to be more courageous and persistent when facing challenges. It also teaches me closer cooperation is the key to success and brings me many friends with the same interest.

Therefore, I suggest everyone do physical exercise regularly and we’d better choose one that suits us and we really enjoy.

This is my experience and understanding of sports. What about yours? So looking forward to your sharing.

Yours,

Li Hua

【解析】

【分析】

本篇书面表达属于应用文，要求考生给英国朋友 Jim 写封邮件，向他介绍你的运动情况。

【详解】第一步：审题

体裁：应用文

时态：根据提示，时态主要为一般现在时，少量现在完成时。

结构：总分法总分法指把主题句作为总说，把支持句作为分说，并以这种方式安排所写内容。

要求：

1. 介绍你喜欢的一项运动；

2. 介绍这项运动给你带来的益处；

3. 提出关于运动的建议。

第二步：列提纲 （重点词组）

play basketball; take part in competitions; benefit much from playing basketball; keep fit; refresh myself during the stressful school days; more courageous and persistent; the key to success; many friends with the same interest; do physical exercise regularly

第三步：连词成句

1.Knowing you are conducting a survey of the sports that high school students do, I’m writing to tell you about what I do.

2.Actually, playing basketball is my favorite.

3.I usually play basketball with my friends after school and take part in competitions.

4.I have benefited much from playing basketball.

5.It helps me keep fit and provides me with a way to refresh myself during the stressful school days.

6.In addition, I learn to be more courageous and persistent when facing challenges.

7.It also teaches me closer cooperation is the key to success and brings me many friends with the same interest.

8.Therefore, I suggest everyone do physical exercise regularly and we’d better choose one that suits us and we really enjoy.

9.This is my experience and understanding of sports.

10.So looking forward to your sharing.

根据提示及关键词（组）进行遣词造句，注意主谓一致和时态问题。

第四步：连句成篇（衔接词）

1.表并列补充关系：In addition

2.表因果关系：Therefore

连句成文，注意使用恰当的连词进行句子之间的衔接与过渡，书写一定要规范清晰。

【点睛】[高分句型 1]Knowing you are conducting a survey of the sports that high school students do, I’m writing to tell you about what I do.（现在分词作状语）

[高分句型 2]Therefore, I suggest everyone do physical exercise regularly and we’d better choose one that suits us and we really enjoy.（suggest 后的宾语从句用了虚拟语气）