2022 北京石景山高三一模

英　　语

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

Up until I was eight years old. I was an only child in my family and life was sweet. Then along came Grant, my little brother, and everything changed.

As Grant got older, he ___1___ the habit of attaching himself to me and I found him totally ___2___. By the time I became a teenager, he was my ___3___ , following me around, copying my every move, and generally being a pest.

However, ___4___ my annoyance, I began to enjoy him as time went by. He was a funny little guy, and I found his hero-worship pleasant. As we got older, we established boundaries and alliances (联盟), becoming more ___5___ of each other. Grant ___6___ asking to go along on dates with me, and I no longer made fun of him in front of his peers. He cheered me on at my soccer games, and I ___7___ to coach his baseball team.

I wondered if the transition happened because he became less annoying and more of a buddy or because I became more ___8___ , more able to share, more receptive to the unconditional love he offered. Looking back, I have come to the conclusion that maybe it was a/an ___9___ of both.

Today, Grant and I are a team. I know that we will always be close, if not in age or distance, then in the ____10____ shared by brothers.

1. A. developed	B. changed	C. maintained	D. broke
2. A. reliable	B. annoying	C. unique	D. disappointing
3. A. angel	B. guide	C. shadow	D. enemy
4. A. besides	B. despite	C. beyond	D. for
5. A. considerate	B. critical	C. envious	D. respectful
6. A. missed	B. suggested	C. stopped	D. enjoyed
7. A. hesitated	B. happened	C. pretended	D. volunteered
8. A. creative	B. ambitious	C. independent	D. patient
9. A. innovation	B. combination	C. limitation	D. expectation
10. A. hope	B. courage	C. love	D. pride

第二节 语法填空(共 10 小题；每小题 1.5 分，共 15 分)

A

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。

“It’s so cute!” “I want one!” Since such posts spread on social media, the 2022 Beijing Winter Olympics mascot Bing Dwen Dwen ____11____ (become) a star across the globe. The lovable panda wears a full-body “shell” ____12____ (make) out of ice, which looks like an astronaut suit. With the popularity of the Olympic mascot, it has served ____13____ an ambassador for winter sports, bringing joy to those ____14____ participated in and watched the Olympic Winter Games.

B

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。

Usually, joy and happiness ____15____ (understand) to be the same thing. In fact, they're very different. Joy is an emotion that occurs within us when we develop an appreciation or thankfulness for the contents of life, such as nature, ____16____ (free), relationships with people, or through having faith in something ____17____ (large) than ourselves. Happiness is an emotion that is aroused in us when we buy a new car or get a promotion at work. It depends on our circumstances satisfying our desires.

C

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 economic achievements of the Tang Dynasty promoted the development of Chinese medicine. The Tang government ____18____ (take) the lead in completing the editing work of the world's first herbal medicine book, *Tang Bencao*. The book ____19____ (contain) 850 kinds of drugs and a drug map, further ____20____ (improve) the scale of Chinese medicine.

第二部分：阅读理解(共两节，38 分)

第一节(共 11 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



Paragliding is a kind of flying, but instead of the wing being made of metal, wood or plastic, it is made of nylon or polyester. The wing is attached to a harness by lines where a pilot sits, similar to a parachute.

Is it safe?

Paragliding, is as safe as sailing and deep-sea diving. The big advantage is that it's probably the slowest form of aviation, so if you do crash, you'll hit the ground quite gently! It's a very relaxing sport as you're mostly sitting down. Yet, you'll probably experience pain in some muscles you didn't know you had while learning, but many of those will be due to the walk up the training hill to launch.

Where do I learn?

There are lots of schools, mainly based inland by appropriate hills or mountains, and there are also schools on the coast near spectacular cliffs. These are very attractive, though the prospect of landing in the sea seems to discourage beginners! It takes seven days to get your basic license; then you're free to fly independently at sites across the country.

What do I need?

Pilots normally wear warm clothes in case they get very high up, and a helmet in case they stumble on landing. In terms of gear, schools supply basic training, canopies, harnesses, etc. However, you'll probably want to buy your own more sophisticated equipment, which you'll be able to choose much better once you've tried some out on your course.

Who can do it?

There's no upper age limit provided your instructor judges you capable, but the youngest is 14. Anybody with good eyesight and good balance is a potential paraglider pilot.

Flying a paraglider is a great sport. We hope to see you in the air with us this season!

21. Which would be the best heading for Paragraph 1?

A. What is paragliding?
B. Who invented paragliding?
C. How is paragliding special?
D. Why is paragliding popular?

22. According to the passage, paragliding is_____ .

A. exciting but tiring
B. safe and relaxing
C. attractive but expensive
D. fast and challenging

23 What can we know from the passage?

A. Fit people of any age can take up paragliding.
B. Most paragliding schools are situated by the sea.
C. Pilots need to buy basic equipment on their training course.
D. Learners can fly on their own after at least a week's training.

B

I remember driving to Palm Springs from San Diego two Thanksgivings ago. None of us pictured an icy blizzard (暴风雪)on our California vacation, but one hour into the drive, the first snowflake fell. My eyes lit up. I'd missed snow. Seeing it land on a prickly cactus made my tears well up. How I longed for cold Minnesota, my hometown.

As the altitude rose, the storm got fierce. It wasn't long before we had no choice but to pull over. As our car slid to a stop, I looked into the distance. A line of cars as long as the Mississippi River were lined up.

Just then, a car came from behind, suddenly changing the direction to avoid hitting our car. The driver, an old man, slammed on the brakes and his car drifted across the path. It didn't take us too long to realize his car was awfully near the edge of the mountain and slowly creeping more and more towards the side of the cliff.

Suddenly, 10 people who were sitting in their cars leapt out. From the car window, I watched an inspiring scene. Four people took the chains that protected their tires off their cars and put them on the old man's tires. One person shoveled the snow out from his tires and tried to break the ice with his boot. Just as the old man's car and all his belongings were about to be lost off the edge of the cliff, people stepped up and let their kind hearts override the snowstorm.

Though it was minus 30 degrees centigrade, my heart was as warm as ever. This act of kindness just reminded me how thankful I am for people and moments like these.

24. Why did the author cry when he saw the snow?

A He felt a little homesick.
B. He disliked the bad weather.
C. He was surprised to see the snow.
D. He was anxious about the traffic delay.

25. What happened to the old man's car?

A. Its braking system failed.
B. It was about to drop from the cliff.
C. It ran into the author's car.
D. It lost control due to the sudden speeding.

26. Which of the following can best describe the people involved?

A. Reliable and modest.

B. Kind and easy-going.

C. Brave and cooperative.

D. Enthusiastic and ambitious.

C

Psychologists tell us our self-image defines what we believe we can and cannot do. Each of us over the years has built up belief about ourselves: Unconsciously, our pictures of who we are have been formed by past experiences. Our successes and failures, what others have told us and what we think people believe about us all help form impressions of what we think we are. Because self-image is so important in our growth, it is important to examine our concepts of self in order to reach our full potential.

Changing our self-image is possible: Some psychologists suggest we begin to change our self-image by mentally picturing ourselves performing well at some task. Since we presently react to things based on our present images, it's suggested that we replace those with better ones. In many experiments, people were asked to sit quietly for a few minutes each day and imagine themselves doing well. For instance, subjects would sit and imagine themselves throwing darts at a bull's-eye on a target. Over a period of weeks, their dart game improved. This has been done with people who wanted to play chess better, throw a ball more accurately increase their salesmanship or musical talents, and improve many other skills. In most cases, remarkable improvement is made.

The point of changing self-image is not to develop an image of ourselves that is not real. To try to become something we really aren't is just as wrong as living the unrealistic, inferior image we may have. The aim is to find the real self, to bring our mental images of ourselves in line with our true potential. However, it is generally accepted among psychologists that most of us fail to do justice to ourselves. We're usually better than we think we are.

Another important part of changing self-image is to not think about past mistakes.Don't let failures do harm. Our errors or humiliation over mistakes are necessary steps in learning. It is all right to make mistakes. But when they have taught us what we did wrong, we should forget them and not dwell on them. Sometimes we keep remembering our failures or mistakes and feel guilty or embarrassed about them. We let them take over, and then we develop a fear.

It is important to have realistic expectations of ourselves. Some of our dissatisfaction might come from expecting too much of ourselves. If we demand constant perfection in everything we do, we can be disappointed and our poor self- image will continue. If our goal is to reach perfection, we are doomed from the start.

27. Which situation agrees with the idea of the passage?

A. To outshine his colleagues, Joe sets an idealistic goal.

B. To get along with her classmates, Doris always humbles herself.

C. To become a star player, Alex repeatedly plays back his faults in his mind.

D. To win a speech contest, Tina visualizes herself speaking more confidently.

28. What is the purpose of Paragraph 3?

A. To confirm the effect of changing self-image.

B. To clarify the principle of changing self-image.

C. To propose a new view on changing self-image.

D. To stress the importance of changing self-image.

29. According to the author, how should we regard our past mistakes?

A. They are part of our growth.

B. They are warnings for future.

C. They are tools for overcoming fear.

D. They are barriers to our development.

30. Which of the following would be the best title of the passage?

A. We Are What We Do

B. Be the Best We Can Be

C. We Are What We Think We Are

D. What We Are Decides What We Think

D

When it comes to lowering our carbon emissions (排放), it seems that nothing is simple. Electric vehicles (EVs) act as an example of potential greenwash. “They seem very attractive at first sight,” writes The Next Web in a report. “When we look more closely, it becomes clear that they have a substantial carbon footprint.”

The rare earth metals and costly minerals included as essential ingredients in EV batteries are not renewable. What’s more, their extraction (提炼) is often anything but green.

So the question is: is it worth it? Just how much emission reduction can EVs justify? Luckily, a life cycle assessment has been done to give us some answers.

“A life cycle analysis of emissions considers three phases,” writes The Next Web. “the manufacturing phase, the use phase, and the recycling phase.” In the manufacturing phase, the battery is to blame. “Emissions from manufacturing EV batteries were estimated to be 3.2 tons of carbon dioxide (CO2), 1/4 of those from an electric car, 13 tons of CO2. Those were bigger than emissions from gas cars, 10.5 tons of CO2.” If the vehicle life is assumed to be 150,000 kilometers, emissions from the manufacturing phase of an electric car are higher than gas cars.”

In the use phase, the source of electricity the consumer is using to power their car comes into play in a major way. “To understand how the emissions of electric car vary with a country’s renewable electricity share, consider Australia and New Zealand,” continues the report. “In 2018, Australia’s share of renewables in electricity was about 21%. In contrast, the number in New Zealand’s was about 84%. Electric car emissions in Australia and New Zealand are estimated at about 170g and 25g of CO2 per km respectively. As a consumer, our car is only as green as our country’s energy mix.”

Finally, in the recycling phase, we look at vehicle dismantling(拆除), vehicle recycling, battery recycling, and material recovery. “The estimated emissions in this phase, based on a study, are about 1.8 tons for a gas car and 2.4 tons for an electric car. This difference is mostly due to the emissions from battery recycling, which is 0.7 tons,” shows in the report. “While electric cars cause more greenhouse gas emissions than gas cars do, it's important to note the recycled batteries can be used in subsequent batteries. This could have significant emissions reduction benefits in the future. For complete life cycle emissions, the study shows that EV emissions are 18% lower than gas cars.”

So here’s the takeaway: EVs are greener. Maybe they’re not as green as we thought. There’s certainly room for improvement. But the real challenge lies in speeding the global energy transition toward greener energy-production.

31. Why is a life cycle analysis of emissions made?

A. To illustrate the advantages of EVs.

B. To show how gas cars outperform EVs.

C. To weigh the environmental impact of EVs.

D. To examine the energy sources of gas cars and EVs.

32. How does the author support the underlined statement in Paragraph 5?

A. By giving instructions.

B. By highlighting features.

C. By making comparisons.

D. By analyzing cause and effect.

33. According to the passage, what contributes to EVs' beating gas cars?

A. Recycling of batteries.　　B. Overall driving distance.

C. Manufacturing technology.　　D. Government's energy policy.

34. Which of the following statements does the author support?

A. EVs are worthy of the praise they have received.

B. EVs are not successful for their environmental downsides.

C. EVs will no longer be widely accepted for their emissions.

D. EVs are not truly green until their energy sources become green.

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，并在答题卡上将该项涂黑。选项中有两 项为多余选项。

Move to the Music

Music helps us exercise, but why does it have this effect? ____35____ The first is simple: Music distracts us. When we listen to a song we like, our brain pays attention to the music. For example, after we exercise for 20 minutes, our body might be tired. But we may not feel this immediately while listening to music. So we exercise a little longer.

Music also motivates us. When we hear dance music, for example, we naturally start to move to the beat. An upbeat song also puts us in a good mood, so we feel happier. This gives us energy and helps us exercise longer. ____36____ Songs in the range of 120-140 beats per minute(BPM)are the best, says sports psychologist Dr. Costas Karageorghis.

____37____. Its leading researcher Fritz put 61 people in small groups. They all then exercised twice. One time, each group worked out while listening to music for six minutes. Another time, they exercised for six minutes on special Jymmin machines. The name Jymmin is a combination of "jamming" and "gym." Using these machines, each group made music as they moved. The exercisers became the composers and the machines became their instruments. In the end, 53 of the 61 people said the same thing: They felt less tired when they exercised on the Jymmin machines. ____38____

How does Fritz explain this? Maybe people did better on the Jymmin machines because they had more control, he says. People created the beat. They could make it go faster or slower. Also, the activity was social. Each group was making music together and having fun. Fritz believes that Jymmin exercise may have other advantages, too. ____39____ For example, it may be even a good way to treat depression.

A. Experts say there are two main reasons.

B. This also helps relax our body and brain.

C. Music with a quick and steady beat is good for exercising,

D. He wants to find out if it can help with more serious conditions.

E. He expects to take advantage of it to tap into people's potential.

F. A new study suggests this is only part of the explanation, however.

G. When they exercise and make music　working out seems to be easier.

第三部分：书面表达（共两节，32 分）

第一节（共 4 小题；第 12 题每小题 2 分，第 3 题 3 分，第 4 题 5 分，共 12 分）

阅读下面短文，根据短文内容在答题卡相应题号后的横线上写下相关信息，完成对该问题的回答。

Revenge Sleep Procrastination

According to the sleep expert Dorothy Chambers, “revenge sleep procrastination” refers to a phenomenon in which we delay going to sleep to do other unimportant things that we haven’t had time to do in the day, and reflects a very poor work and life balance.

The researchers surveyed 2,012 adults and found that over three quarters admit doing a form of revenge sleep procrastination, using their phones right up until falling asleep. Then the researchers selected some social media apps to test how seriously they affect sleep quality. Each participant was asked to wear a smartwatch to record how long it took to fall asleep, and provide feedback on how tired they felt the next morning. The result revealed that the average time taken to fall asleep was over 45 minutes and an increasing tiredness was reported by over half of the participants. It showed that revenge sleep procrastination impacted sleep quality a lot, which can lead to adverse implications on physical and mental health.

So why does it happen? According to the researchers, it’s largely down to the blue light emitted from phone screens. It stimulates the brain and reduces natural melatonin(褪黑素) production, increasing tiredness, and in turn increasing the amount of time spent falling asleep.

The researchers pointed that social media apps encourage the release of “pleasure chemicals”, giving us energy and a “happy” feeling. This could be why many of us choose them as our means of revenge sleep procrastination, even though we know they do have negative effects on our health.

To solve this problem, Dorothy recommended that we shouldn’t use any electronics for at least two hours before sleeping to avoid sleep deprivation. Instead, we should try reading a book or taking deep breaths.

40. What is revenge sleep procrastination?

41. What is the effect of revenge sleep procrastination?

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

For some procrastinators, their sleep trouble results from the blue light, pleasure chemicals and their unawareness of the bad effects of using social media apps before bed.

43. If you preferred using social media apps before bed what would you do to fight such a type of sleep revenge procrastination besides the practice mentioned in the passage?*(In about 40 words)*

第二节(20 分)

44. 假设你是红星中学高三学生李华。2022 年 4 月神舟十三号(Shenzhou-13 manned spaceship)即将返航，你校电视台英文频道向学生征集以“航天”为主题 原创短视频。你打算邀请留学生 Jim 一起完成作品。请你给他写邮件，内容包括：

1 .征集要求；

2 .作品初步想法；

3 .询问意向。

注意：1.词数 100 左右；

2.开头和结尾已给出，不计入总词数。

提示词： 神舟十三号：Shenzhou- 13 manned spaceship 航天：aerospace

Dear Jim,

_____

_____

Yours,

Li Hua

参考答案

第一部分：知识运用（共两节，30 分）

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However, ___4___ my annoyance, I began to enjoy him as time went by. He was a funny little guy, and I found his hero-worship pleasant. As we got older, we established boundaries and alliances (联盟), becoming more ___5___ of each other. Grant ___6___ asking to go along on dates with me, and I no longer made fun of him in front of his peers. He cheered me on at my soccer games, and I ___7___ to coach his baseball team.

I wondered if the transition happened because he became less annoying and more of a buddy or because I became more ___8___ more able to share, more receptive to the unconditional love he offered. Looking back, I have come to the conclusion that maybe it was a/an ___9___ of both.

Today, Grant and I are a team. I know that we will always be close, if not in age or distance, then in the ___10___ shared by brothers.

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8. A. creative	B. ambitious	C. independent	D. patient
9. A. innovation	B. combination	C. limitation	D. expectation
10. A. hope	B. courage	C. love	D. pride

【1~10 题答案】

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

【解析】

【导语】本文为一篇夹叙夹议文。文章叙述了作者和弟弟在成长中的陪伴过程，并表明了他对于兄弟关系的转变的看法。

【1 题详解】

考查动词词义辨析。句意：随着格兰特渐渐长大，他养成了依恋我的习惯，我觉得他非常烦人。A. developed 发展；B. changed 改变；C. maintained 维持；D. broke 打破。根据下文“following me around, copying my every move, and generally being a pest”可知，随着格兰特逐渐长大，他发展出依恋作者的习惯。故选 A 项。

【2 题详解】

考查形容词词义辨析。句意同上。A. reliable 可靠的；B. annoying 令人心烦的；C. unique 独特的；D. disappointing 令人失望的。根据下文“___4___ my annoyance”可知，当格兰特逐渐长大，作者开始厌烦他。故选 B 项。

【3 题详解】

考查名词词义辨析。句意：到我十几岁的时候，他就成了我的影子，跟在我后面，模仿我的一举一动，是个讨厌鬼。A. angel 天使；B. guide 导游；C. shadow 影子；D. enemy 敌人。根据空后“following me around, copying my every move, and generally being a pest.”可知，格兰特在作者十几岁时成为了他的影子。故选 C 项。

【4 题详解】

考查介词词义辨析。句意：然而，随着时间的推移，尽管我很烦恼，我开始喜欢他。A. besides 除……之外；B. despite 尽管；C. beyond 超出；D. for 为了。根据空后“I began to enjoy him as time went by.”可知，尽管作者很烦恼，却开始喜欢他。故选 B 项。

【5 题详解】

考查形容词词义辨析。句意：随着年龄的增长，我们建立了界限和联盟，变得更加体谅彼此。A. considerate 体贴的；B. critical 重要的；C. envious 嫉妒的；D. respectful 尊敬的。根据下文“Grant __6__ asking to go along on dates with me, and I no longer made fun of him in front of his peers. He cheered me on at my soccer games”可知，随着年龄的增长，作者兄弟俩开始更加体谅彼此。故选 A 项。

【6 题详解】

考查动词词义辨析。句意：格兰特不再要求和我一起去约会，我也不再在他的同学面前取笑他。A. missed 错过；B. suggested 建议；C. stopped 停止；D. enjoyed 享受。根据“and I no longer made fun of him in front of his peers.”可知，格兰特不再要求和作者一起去约会。故选 C 项。

【7 题详解】

考查动词词义辨析。句意：他在我的足球比赛中为我加油，而我自愿当他的棒球队的教练。A. hesitated 犹豫；B. happened 发生；C. pretended 假装；D. volunteered 自愿做。根据上文“He cheered me on at my soccer games”可知，作者主动自愿去当他棒球队的教练。故选 D 项。

【8 题详解】

考查形容词词义辨析。句意：我在想，这一转变之所以发生，是因为他变得不那么烦人，更像个好朋友，还是因为我变得更有耐心，更能分享，更能接受他给予的无条件的爱。A. creative 有创造力的；B. ambitious 有野心的；C. independent 独立自主的；D. patient 耐心的。根据空后“more able to share, more receptive to the unconditional love he offered”可知，作者思考是否这一转变是由于自己更有耐心了，更能分享和接受兄弟的爱。故选 D 项。

【9 题详解】

考查名词词义辨析。句意：回顾过去，我得出的结论是，也许这是两者的结合。A. innovation 创新；B. combination 结合；C. limitation 限制；D. expectation 期待。根据空后“of both”可知，作者最终得出结论，两人关系的转变是两方相互的转变的结合。故选 B 项。

【10 题详解】

考查名词词义辨析。句意：我知道，我们将永远是亲密 ，如果不是在年龄或距离上，那么是因为兄弟之间互相分享的爱。A. hope 希望；B. courage 勇气；C. love 爱；D. pride 骄傲。根据上文“the unconditional love he offered”及空后“shared by brothers”可知，作者和弟弟之间的爱使得他们保持亲密。故选 C 项。

第二节 语法填空(共 10 小题；每小题 1.5 分，共 15 分)

A

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。

"It's so cute!" "I want one!" Since such posts spread on social media, the 2022 Beijing Winter Olympics mascot Bing Dwen Dwen ____11____ (become) a star across the globe. The lovable panda wears a full-body "shell" ____12____ (make) out of ice, which looks like an astronaut suit. With the popularity of the Olympic mascot, it has served ____13____ an ambassador for winter sports, bringing joy to those ____14____ participated in and watched the Olympic Winter Games.

【11~14 题答案】

【答案】11. has become

12. made 13. as

14. who

【解析】

【导语】本文为一篇说明文，描述了 2022 北京冬奥会吉祥物冰墩墩在全球走红的现象。

【详解】1.考查动词时态。句意：自从这些帖子在社交媒体上传播后，2022 年北京冬奥会吉祥物冰墩墩成为了全球的明星。此处缺乏谓语，根据 Since such posts spread on social media 可知，本句为现在完成时，主语 Bing Dwen Dwen 为单数形式，谓语单数形式。故填 has become。

2.考查非谓语动词。句意：这只可爱的熊猫全身都穿着冰做的"壳"，看起来像宇航服。本句已有谓语 wears 且无连词，make 用非谓语形式，空处修饰名词 shell 作定语，shell 与 make 之间构成被动关系，此处用过去分词作后置定语。故填 made。

3.考查介词。句意：随着奥运会吉祥物的流行，它已经成为冬季运动的大使，给那些参加和观看冬季奥运会的人带来欢乐。分析句子可知，serve as 意思为：担任……，空处缺少介词 as。故填 as。

4.考查定语从句。句意：随着奥运会吉祥物的流行，它已经成为冬季运动的大使，给那些参加和观看冬季奥运会的人带来欢乐。分析句子可知，____4____participated in and watched the Olympic Winter Games 为定语从句，修饰先行词 those，先行词作从句的主语，指代人，用关系代词 who。故填 who。

B

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。

Usually, joy and happiness ____15____ (understand) to be the same thing. In fact, they're very different. Joy is an emotion that occurs within us when we develop an appreciation or thankfulness for the contents of life, such as nature, ____16____ (free), relationships with people, or through having faith in something ____17____ (large) than ourselves. Happiness is an emotion that is aroused in us when we buy a new car or get a promotion at work. It depends on our circumstances satisfying our desires.

【15~17 题答案】

【答案】15. are understood

16. freedom

17. larger

【解析】

【导语】本文为一篇说明文，介绍了快乐和幸福的区别。

【15 题详解】

考查动词时态和语态。句意：通常，快乐和幸福被理解为同一件事。分析句子可知，空处缺少句子的谓语，joy and happiness 为两个主语，与 understand 构成逻辑上的被动关系，且根据 Usually 及句意可知，本句用一般现在时的被动语态。故填：are understood。

【16 题详解】

考查名词。句意：当我们对生活的内容（如自然、自由、人际关系）心存感激或对比我们自身更大的事物有信心时，快乐就会在我们内心产生。分析句子可知，空处与 nature，relationships 并列，用名词。free 对应的名词为 freedom，此处为不可数名词。故填：freedom。

【17 题详解】

考查形容词比较级。句意同上。分析空处可知，修饰不定代词 something，放在其后用形容词，且根据空后的 than 可知，此处用 large 的比较级 larger。故填：larger。

C

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 economic achievements of the Tang Dynasty promoted the development of Chinese medicine. The Tang government ____18____ (take) the lead in completing the editing work of the world's first herbal medicine book, *Tang Bencao*. The book ____19____ (contain) 850 kinds of drugs and a drug map, further ____20____ (improve) the scale of Chinese medicine.

【18~20 题答案】

【答案】18. took

19. contains

20. improving

【解析】

【导语】本文为一篇说明文，介绍了唐朝中医药的发展和《唐本草》这本书的内容和意义。

【18 题详解】

考查动词时态。句意：唐朝政府率先完成了世界上第一本中草药书《唐本草》的编辑工作。根据句意可知，本句描述过去发生的事情，用一般过去时，take the lead 固定短语，译为：率先、领先，此处 take 用过去式 took。故填：took。

19 题详解】

考查动词时态。句意：该书收录了 850 种药物和一张药物地图，进一步提高了中医药的规模。 空处作句子的谓语，且表示客观事实，用一般现在时，主语 book 为单数。故填：contains。

【20 题详解】

考查非谓语动词。句意同上。分析句子可知，空处作句子的状语，且表示主动关系，用现在分词 improving（提高）作结果状语。故填：improving。

第二部分：阅读理解(共两节，38 分)

第一节(共 11 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



Paragliding is a kind of flying, but instead of the wing being made of metal, wood or plastic, it is made of nylon or polyester. The wing is attached to a harness by lines where a pilot sits, similar to a parachute.

Is it safe?

Paragliding, is as safe as sailing and deep-sea diving. The big advantage is that it's probably the slowest form of aviation, so if you do crash, you'll hit the ground quite gently! It's a very relaxing sport as you're mostly sitting down. Yet, you'll probably experience pain in some muscles you didn't know you had while learning, but many of those will be due to the walk up the training hill to launch.

Where do I learn?

There are lots of schools, mainly based inland by appropriate hills or mountains, and there are also schools on the coast near spectacular cliffs. These are very attractive, though the prospect of landing in the sea seems to discourage beginners! It takes seven days to get your basic license; then you're free to fly independently at sites across the country.

What do I need?

Pilots normally wear warm clothes in case they get very high up, and a helmet in case they stumble on landing. In terms of gear, schools supply basic training, canopies, harnesses, etc. However, you'll probably want to buy your own more sophisticated equipment, which you'll be able to choose much better once you've tried some out on your course.

Who can do it?

There's no upper age limit provided your instructor judges you capable, but the youngest is 14. Anybody with good eyesight and good balance is a potential paraglider pilot.

Flying a paraglider is a great sport. We hope to see you in the air with us this season!

21. Which would be the best heading for Paragraph 1?

A. What is paragliding? B. Who invented paragliding?

C. How is paragliding special? D. Why is paragliding popular?

22. According to the passage, paragliding is_____ .

A. exciting but tiring B. safe and relaxing

C. attractive but expensive D. fast and challenging

23. What can we know from the passage?

A. Fit people of any age can take up paragliding.

B. Most paragliding schools are situated by the sea.

C. Pilots need to buy basic equipment on their training course.

D. Learners can fly on their own after at least a week's training.

【21~23 题答案】

【答案】21. A 22. B 23. D

【解析】

【导语】本文为一篇应用文。文章介绍了什么是滑翔伞及学习滑翔伞的一些信息。

【21 题详解】

主旨大意题。根据文章第一段“Paragliding is a kind of flying, but instead of the wing being made of metal, wood or plastic, it is made of nylon or polyester.The wing is attached to a harness by lines where a pilot sits, similar to a parachute.(滑翔伞是一种飞行，但它的机翼不是由金属、木材或塑料制成的，而是由尼龙或聚酯制成的。机翼通过绳索连接到安全带上，飞行员坐在那里，类似于降落伞)”可知，本段主要描述了什么是滑翔伞。故选 A 项。

【22 题详解】

细节理解题。根据 Is it safe?内容“Paragliding, is as safe as sailing and deep-sea diving.(滑翔伞，就像航海和深海潜水一样安全)”及“It’s a very relaxing sport as you’re mostly sitting down.(这是一项非常放松的运动，因为你大部分时间都是坐着的)”可知，滑翔伞是一项安全放松的运动。故选 B 项。

【23 题详解】

细节理解题。根据 Where do I learn?内容“It takes seven days to get your basic license; then you’re free to fly independently at sites across the country.(获得基本驾照需要 7 天时间；然后你就可以在全国各地独立飞行了)”可知，经过至少一周的训练，学习者可以独立飞行。故选 D 项。

B

I remember driving to Palm Springs from San Diego two Thanksgivings ago. None of us pictured an icy blizzard (暴风雪)on our California vacation, but one hour into the drive, the first snowflake fell. My eyes lit up. I’d missed snow. Seeing it land on a prickly cactus made my tears well up. How I longed for cold Minnesota, my hometown.

As the altitude rose, the storm got fierce. It wasn’t long before we had no choice but to pull over. As our car slid to a stop, I looked into the distance. A line of cars as long as the Mississippi River were lined up.

Just then, a car came from behind, suddenly changing the direction to avoid hitting our car. The driver, an old man, slammed on the brakes and his car drifted across the path. It didn’t take us too long to realize his car was awfully near the edge of the mountain and slowly creeping more and more towards the side of the cliff.

Suddenly, 10 people who were sitting in their cars leapt out. From the car window, I watched an inspiring scene. Four people took the chains that protected their tires off their cars and put them on the old man’s tires. One person shoveled the snow out from his tires and tried to break the ice with his boot. Just as the old man’s car and all his belongings were about to be lost off the edge of the cliff, people stepped up and let their kind hearts override the snowstorm.

Though it was minus 30 degrees centigrade, my heart was as warm as ever. This act of kindness just reminded me how thankful I am for people and moments like these.

24. Why did the author cry when he saw the snow?

A. He felt a little homesick.

B. He disliked the bad weather.

C. He was surprised to see the snow.

D. He was anxious about the traffic delay.

25. What happened to the old man's car?

A. Its braking system failed.

B. It was about to drop from the cliff.

C. It ran into the author’s car.

D. It lost control due to the sudden speeding.

26. Which of the following can best describe the people involved?

A. Reliable and modest.

B. Kind and easy-going.

C. Brave and cooperative.

D. Enthusiastic and ambitious.

【24~26 题答案】

【答案】24. A　25. B　26. C

【解析】

【导语】这是一篇记叙文。讲述了作者在开车从圣地亚哥到棕榈泉的路上偶遇暴风雪，目睹一群人冒着危险及时止住了一位老人快要滑下悬崖的车，见证了人们的勇敢和善良。

【24 题详解】

细节理解题。根据第一段的“Seeing it land on a prickly cactus made my tears well up. How I longed for cold Minnesota, my hometown.（看到它落在多刺的仙人掌上，我热泪盈眶。我多么渴望寒冷的明尼苏达州——我的家乡）”可知，作者看到雪花落泪是因为思念自己的家乡。故选 A。

【25 题详解】

细节理解题。根据第三段的“It didn’t take us too long to realize his car was awfully near the edge of the mountain and slowly creeping more and more towards the side of the cliff.（没过多久，我们就意识到他的车非常接近山的边缘，慢慢地越来越靠近悬崖的一边）”和第四段的”Just as the old man’s car and all his belongings were about to be lost off the edge of the cliff（就在老人的车和他所有的财产即将从悬崖边上消失的时候）”可知，老人的车快要从悬崖边掉下去了。故选 B。

【26 题详解】

推理判断题。根据最后一段的“Four people took the chains that protected their tires off their cars and put them on the old man’s tires. One person shoveled the snow out from his tires and tried to break the ice with his boot. Just as the old man’s car and all his belongings were about to be lost off the edge of the cliff, people stepped up and let their kind hearts override the snowstorm.（四个人把保护轮胎的链子从车上取下来，戴在老人的轮胎上。一个人铲掉轮胎上的雪，试图用靴子把冰撬开。就在老人的车和他所有的财产即将从悬崖边上消失的时候，人们站出来，让他们的善良的心战胜了暴风雪）”可知，人们冒着暴风雪和有可能被老人的车拖下悬崖的危险，分工配合，及时止住快要掉下悬崖的车。由此推知，他们是勇敢并且有合作精神的。故选 C。

C

Psychologists tell us our self-image defines what we believe we can and cannot do. Each of us over the years has built up belief about ourselves: Unconsciously, our pictures of who we are have been formed by past experiences. Our successes and failures, what others have told us and what we think people believe about us all help form impressions of what we think we are. Because self-image is so important in our growth, it is important to examine our concepts of self in order to reach our full potential.

Changing our self-image is possible: Some psychologists suggest we begin to change our self-image by mentally picturing ourselves performing well at some task. Since we presently react to things based on our present images, it’s suggested that we replace those with better ones. In many experiments, people were asked to sit quietly for a few minutes each day and imagine themselves doing well. For instance, subjects would sit and imagine themselves throwing darts at a bull’s-eye on a target. Over a period of weeks, their dart game improved. This has been done with people who wanted to play chess better, throw a ball more accurately increase their salesmanship or musical talents, and improve many other skills. In most cases, remarkable improvement is made.

The point of changing self-image is not to develop an image of ourselves that is not real. To try to become something we really aren't is just as wrong as living the unrealistic, inferior image we may have. The aim is to find the real self, to bring our mental images of ourselves in line with our true potential. However, it is generally accepted among psychologists that most of us fail to do justice to ourselves. We're usually better than we think we are.

Another important part of changing self-image is to not think about past mistakes.Don't let failures do harm. Our errors or humiliation over mistakes are necessary steps in learning. It is all right to make mistakes. But when they have taught us what we did wrong, we should forget them and not dwell on them. Sometimes we keep remembering our failures or mistakes and feel guilty or embarrassed about them. We let them take over, and then we develop a fear.

It is important to have realistic expectations of ourselves. Some of our dissatisfaction might come from expecting too much of ourselves. If we demand constant perfection in everything we do, we can be disappointed and our poor self- image will continue. If our goal is to reach perfection, we are doomed from the start.

27. Which situation agrees with the idea of the passage?

A. To outshine his colleagues, Joe sets an idealistic goal.

B. To get along with her classmates, Doris always humbles herself.

C. To become a star player, Alex repeatedly plays back his faults in his mind.

D. To win a speech contest, Tina visualizes herself speaking more confidently.

28. What is the purpose of Paragraph 3?

A. To confirm the effect of changing self-image.

B. To clarify the principle of changing self-image.

C. To propose a new view on changing self-image.

D. To stress the importance of changing self-image.

29. According to the author, how should we regard our past mistakes?

A. They are part of our growth.

B. They are warnings for future.

C. They are tools for overcoming fear.

D. They are barriers to our development.

30. Which of the following would be the best title of the passage?

A. We Are What We Do

B. Be the Best We Can Be

C. We Are What We Think We Are

D. What We Are Decides What We Think

【27~30 题答案】

【答案】27. D　28. B　29. A　30. C

【解析】

【导语】本文为一篇议论文，文章论述了自我形象的重要性，并介绍了几种改变自我形象的方法。

【27 题详解】

推理判断题。根据文章第二段关键句"Some psychologists suggest we begin to change our self-image by mentally picturing ourselves performing well at some task. Since we presently react to things based on our present images, it's suggested that we replace those with better ones."（一些心理学家建议，我们可以通过在心理上想象自己在某些任务中的出色表现来开始改变自我形象。因为我们现在对事物的反应是基于我们现在的图像，所以有人建议我们用更好的

图像来代替那些图像。）可知，D 选项“为了赢得演讲比赛，蒂娜想象自己说话更自信。”符合本段描述的改变自我形象的方法。故选 D 项。

【28 题详解】

推理判断题。根据文章第三段关键句“The point of changing self-image is not to develop an image of ourselves that is not real.”（改变自我形象的关键不是建立一个不真实的自我形象。）及“The aim is to find the real self, to bring our mental images of ourselves in line with our true potential.”（我们的目标是找到真正的自我，使我们心中的自我形象符合我们真正的潜力。）及全段内容可知，文章第三段的目的是为了阐明改变自我形象的原则。故选 B 项。

【29 题详解】

细节理解题。根据文章第四段关键句“Our errors or humiliation over mistakes are necessary steps in learning.It is all right to make mistakes. But when they have taught us what we did wrong, we should forget them and not dwell on them.”（我们的错误或对错误的羞辱是学习的必要步骤。犯错误是正常的。但是当他们告诉我们我们做错了什么，我们应该忘记它们，而不是停留在它们上面。）可知，对于过去的错误，我们应该接受，它们是我们成长的一部分。故选 A 项。

【30 题详解】

主旨大意题。根据文章第一段关键句“Each of us over the years has built up belief about ourselves: Unconsciously, our pictures of who we are have been formed by past experiences. Our successes and failures, what others have told us and what we think people believe about us all help form impressions of what we think we are.”（多年来，我们每个人都建立了对自己的信念：在不知不觉中，我们对自己的印象是由过去的经历形成的。我们的成功和失败，别人告诉我们的，以及我们认为别人对我们的看法，都有助于形成我们认为自己是什么的印象。）及下文描述改变自我形象的几种方法，可知，本文论述了自我形象的重要性，且表明自我形象可以通过自己的认知改变，同时介绍了几种改变自我形象的方式，C 选项“We Are What We Think We Are”（我们认为自己是什么，我们就是什么）适合作为本文最佳标题。故选 C 项。

D

When it comes to lowering our carbon emissions (排放), it seems that nothing is simple. Electric vehicles (EVs) act as an example of potential greenwash. “They seem very attractive at first sight,” writes The Next Web in a report. “When we look more closely, it becomes clear that they have a substantial carbon footprint.”

The rare earth metals and costly minerals included as essential ingredients in EV batteries are not renewable. What’s more, their extraction (提炼) is often anything but green.

So the question is: is it worth it? Just how much emission reduction can EVs justify? Luckily, a life cycle assessment has been done to give us some answers.

“A life cycle analysis of emissions considers three phases,” writes The Next Web. “the manufacturing phase, the use phase, and the recycling phase.” In the manufacturing phase, the battery is to blame. “Emissions from manufacturing EV batteries were estimated to be 3.2 tons of carbon dioxide (CO2), 1/4 of those from an electric car, 13 tons of CO2. Those were bigger than emissions from gas cars, 10.5 tons of CO2.” If the vehicle life is assumed to be 150,000 kilometers, emissions from the manufacturing phase of an electric car are higher than gas cars.”

In the use phase, the source of electricity the consumer is using to power their car comes into play in a major way. “To understand how the emissions of electric car vary with a country’s renewable electricity share, consider Australia and New Zealand,” continues the report. “In 2018, Australia’s share of renewables in electricity was about 21%. In contrast, the

number in New Zealand's was about 84%. Electric car emissions in Australia and New Zealand are estimated at about 170g and 25g of CO2 per km respectively. As a consumer, our car is only as green as our country's energy mix."

Finally, in the recycling phase, we look at vehicle dismantling(拆除), vehicle recycling, battery recycling, and material recovery. "The estimated emissions in this phase, based on a study, are about 1.8 tons for a gas car and 2.4 tons for an electric car. This difference is mostly due to the emissions from battery recycling, which is 0.7 tons," shows in the report. "While electric cars cause more greenhouse gas emissions than gas cars do, it's important to note the recycled batteries can be used in subsequent batteries. This could have significant emissions reduction benefits in the future. For complete life cycle emissions, the study shows that EV emissions are 18% lower than gas cars."

So here's the takeaway: EVs are greener. Maybe they're not as green as we thought. There's certainly room for improvement. But the real challenge lies in speeding the global energy transition toward greener energy-production.

31. Why is a life cycle analysis of emissions made?

A. To illustrate the advantages of EVs.

B. To show how gas cars outperform EVs.

C. To weigh the environmental impact of EVs.

D. To examine the energy sources of gas cars and EVs.

32. How does the author support the underlined statement in Paragraph 5?

A. By giving instructions.　　B. By highlighting features.

C. By making comparisons.　　D. By analyzing cause and effect.

33. According to the passage, what contributes to EVs' beating gas cars?

A Recycling of batteries.　　B. Overall driving distance.

C. Manufacturing technology.　　D. Government's energy policy.

34. Which of the following statements does the author support?

A. EVs are worthy of the praise they have received.

B. EVs are not successful for their environmental downsides.

C. EVs will no longer be widely accepted for their emissions.

D. EVs are not truly green until their energy sources become green.

【31~34 题答案】

【答案】31. C　32. C　33. A　34. D

【解析】

【导语】本文为一篇说明文。电动车更环保，但是只有电动汽车实现能源方面的绿色，才能实现真正的绿色。

【31 题详解】

细节理解题。根据文章第一、二段内容及第三段"So the question is: is it worth it? Just how much emission reduction can EVs justify? Luckily, a life cycle assessment has been done to give us some answers."（所以问题是：这值得吗？ 电动汽车到底能减排多少呢？幸运的是，一个生命周期评估已经完成，给了我们一些答案。）可知，对排放进行生命周期分析是为了衡量电动汽车对环境的影响。故选 C 项。

【32 题详解】

推理判断题。根据文章第五段内容"In 2018, Australia's share of renewables in electricity was about 21%. In contrast, the number in New Zealand's was about 84%. Electric car emissions in Australia and New Zealand are estimated at about 170g and 25g of CO2 per km respectively."（在 2018 年，澳大利亚可再生能源在电力中的份额约为 21%。相比之下，新西

兰的这一数字约为 84%。据估计，澳大利亚和新西兰的电动汽车每公里排放的二氧化碳分别为 170 克和 25 克。）可知，作者通过作比较的方法来支持陈述“作为消费者，我们的汽车是否环保取决于我们国家的能源组合。”这一观点。故选 C 项。

【33 题详解】

细节理解题。根据文章倒数第二段内容“While electric cars cause more greenhouse gas emissions than gas cars do, it's important to note the recycled batteries can be used in subsequent batteries. This could have significant emissions reduction benefits in the future. For complete life cycle emissions, the study shows that EV emissions are 18% lower than gas cars.”（虽然电动汽车比汽油汽车排放更多的温室气体，但需要注意的是，回收电池可以用于后续电池。这可能在未来产生显著的减排效益。研究表明，在整个生命周期的排放中，电动汽车的排放量比汽油汽车低 18%。）可知，电动汽车打败汽油汽车的原因是其电池的回收。故选 A 项。

【34 题详解】

推理判断题。根据文章最后一段“So here’s the takeaway: EVs are greener. Maybe they’re not as green as we thought. There’s certainly room for improvement. But the real challenge lies in speeding the global energy transition toward greener energy-production.”（所以结论是：电动汽车更环保。也许它们没有我们想的那么环保。当然还有改进的余地。但真正的挑战在于加快全球能源向绿色能源生产的转变。）可知，实现了能源方面的绿色，电动汽车才是真正绿色的。故选 D 项。

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，并在答题卡上将该项涂黑。选项中有两 项为多余选项。

Move to the Music

Music helps us exercise, but why does it have this effect? ____35____ The first is simple: Music distracts us. When we listen to a song we like, our brain pays attention to the music. For example, after we exercise for 20 minutes, our body might be tired. But we may not feel this immediately while listening to music. So we exercise a little longer.

Music also motivates us. When we hear dance music, for example, we naturally start to move to the beat. An upbeat song also puts us in a good mood, so we feel happier. This gives us energy and helps us exercise longer. ____36____ Songs in the range of 120-140 beats per minute(BPM)are the best, says sports psychologist Dr. Costas Karageorghis.

____37____. Its leading researcher Fritz put 61 people in small groups. They all then exercised twice. One time, each group worked out while listening to music for six minutes. Another time, they exercised for six minutes on special Jymmin machines. The name Jymmin is a combination of “jamming" and “gym.” Using these machines, each group made music as they moved. The exercisers became the composers and the machines became their instruments. In the end, 53 of the 61 people said the same thing: They felt less tired when they exercised on the Jymmin machines. ____38____

How does Fritz explain this? Maybe people did better on the Jymmin machines because they had more control, he says. People created the beat. They could make it go faster or slower. Also, the activity was social. Each group was making music together and having fun. Fritz believes that Jymmin exercise may have other advantages, too. ____39____ For example, it may be even a good way to treat depression.

A. Experts say there are two main reasons.

B. This also helps relax our body and brain.

C. Music with a quick and steady beat is good for exercising,

D. He wants to find out if it can help with more serious conditions.

E. He expects to take advantage of it to tap into people's potential.

F. A new study suggests this is only part of the explanation, however.

G. When they exercise and make music, working out seems to be easier.

【35~39 题答案】

【答案】35. A　36. C　37. F　38. G　39. D

【解析】

【导语】本文为一篇说明文，介绍了音乐能帮助我们锻炼背后的原因及其运用。

【35 题详解】

空前"but why does it have this effect?(但是它为什么有这种效果呢)"提出问题，结合下一句"The first is simple(第一个很简单)"可知，A 选项"Experts say there are two main reasons.(专家说有两个主要原因)"回答上一句的问题，且下一句的 the first 表示"第一种原因"，承上启下，符合语境。故选 A 项。

36 题详解】

空处前文"When we hear dance music, for example, we naturally start to move to the beat.(例如，当我们听到舞曲时，我们自然地开始随着节拍移动)"表示我们会跟随音乐节奏移动我们的身体；空后"Songs in the range of 120-140 beats per minute (BPM) are the best(每分钟 120-140 拍的歌曲是最好的)"说明了最适宜的节奏拍数；C 选项"Music with a quick and steady beat is good for exercising.(节奏快而稳定的音乐对锻炼很有好处)"符合本段内容，且与下一句逻辑相符。故选 C 项。

【37 题详解】

根据文章第一、二段描述的两种原因并结合空处下文"Its leading researcher Fritz put 61 people in small groups. They all then exercised twice.(其首席研究员弗里茨将 61 人分成小组。然后他们都做了两次运动)"及实验内容可知，本段通过实验引出另外一个原因；F 选项"A new study suggests this is only part of the explanation, however.(然而，一项新的研究表明，这只是部分原因)"承上启下，符合语境。故选 F 项。

【38 题详解】

本段描述了一种实验，空前一句"In the end, 53 of the 61 people said the same thing: They felt less tired when they exercised on the Jymmin machines.(最后，61 人中有 53 人说了同样的话：在 Jymmin 机器上锻炼时，他们感觉不那么累了)"描述实验结果；G 选项"When they exercise and make music, working out seems to be easier.(当他们锻炼并演奏音乐时，锻炼似乎更容易了)"与实验结果一致，符合语境。故选 G 项。

【39 题详解】

空前"Fritz believes that Jymmin exercise may have other advantages, too.(弗里茨认为，Jymmin 运动可能还有其它好处)"可知，下文描述 Jymmin 运动的其余好处，空后"For example, it may be even a good way to treat depression."表示，它可以应用于治疗抑郁症；D 选项"He wants to find out if it can help with more serious conditions.(他想知道它是否对更严重的情况有帮助)"符合上下文语境，且 more serious conditions 与下文 depresssion 对应。故选 D 项。

第三部分：书面表达（共两节，32 分）

第一节（共 4 小题；第 12 题每小题 2 分，第 3 题 3 分，第 4 题 5 分，共 12 分）

阅读下面短文，根据短文内容在答题卡相应题号后的横线上写下相关信息，完成对该问题的回答。

Revenge Sleep Procrastination

According to the sleep expert Dorothy Chambers, “revenge sleep procrastination” refers to a phenomenon in which we delay going to sleep to do other unimportant things that we haven’t had time to do in the day, and reflects a very poor work and life balance.

The researchers surveyed 2,012 adults and found that over three quarters admit doing a form of revenge sleep procrastination, using their phones right up until falling asleep. Then the researchers selected some social media apps to test how seriously they affect sleep quality. Each participant was asked to wear a smartwatch to record how long it took to fall asleep, and provide feedback on how tired they felt the next morning. The result revealed that the average time taken to fall asleep was over 45 minutes and an increasing tiredness was reported by over half of the participants. It showed that revenge sleep procrastination impacted sleep quality a lot, which can lead to adverse implications on physical and mental health.

So why does it happen? According to the researchers, it’s largely down to the blue light emitted from phone screens. It stimulates the brain and reduces natural melatonin(褪黑素) production, increasing tiredness, and in turn increasing the amount of time spent falling asleep.

The researchers pointed that social media apps encourage the release of “pleasure chemicals”, giving us energy and a “happy” feeling. This could be why many of us choose them as our means of revenge sleep procrastination, even though we know they do have negative effects on our health.

To solve this problem, Dorothy recommended that we shouldn’t use any electronics for at least two hours before sleeping to avoid sleep deprivation. Instead, we should try reading a book or taking deep breaths.

40. What is revenge sleep procrastination?

41. What is the effect of revenge sleep procrastination?

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

For some procrastinators, their sleep trouble results from the blue light, pleasure chemicals and their unawareness of the bad effects of using social media apps before bed.

43. If you preferred using social media apps before bed, what would you do to fight such a type of sleep revenge procrastination besides the practice mentioned in the passage?*(In about 40 words)*

【40~43 题答案】

【答案】40. Revenge sleep procrastination refers to a phenomenon in which we delay going to sleep to do other unimportant things that we haven't had time to do in the day.

41. It causes a very poor work and life balance. And it impacts sleep quality a lot, which can lead to adverse implications on physical and mental health.

42. For some procrastinators, their sleep trouble results from the blue light, pleasure chemicals and <u>their unawareness of the bad effects</u> while they use social media apps before bed.

According to the passages, although the procrastinators already know using social media apps before bed has negative effects on their health, they can't help using them.

43. I would fight such type of procrastination in two ways. Planning time effectively could give me more control of my day, like prioritizing studying or other necessary stuff and sparing the time for entertainment. Plus, at bedtime, I would keep my phone in the living room to avoid addictive social media apps.

【解析】

【导语】本文为一篇说明文，介绍了什么是“报复性睡眠拖延症”，说明了其坏处及应对方法。

【40 题详解】

考查细节理解。根据文章第一段““revenge sleep procrastination” refers to a phenomenon in which we delay going to sleep to do other unimportant things that we haven’t had time to do in the day(“报复性睡眠拖延症”指的是我们为了去做白天没时间做的那些不重要的事情而推迟睡觉时间。)”可知，“报复性睡眠拖延症”是指我们推迟睡觉去做白天没时间做的其他不重要的事情。故答案为 Revenge sleep procrastination refers to a phenomenon in which we delay going to sleep to do other unimportant things that we haven't had time to do in the day.

【41 题详解】

考查细节理解。根据文章第一段““revenge sleep procrastination” refers to a phenomenon in which we delay going to sleep to do other unimportant things that we haven’t had time to do in the day, and reflects a very poor work and life balance.(“报复性睡眠拖延症”指的是我们为了去做白天没时间做的那些不重要的事情而推迟睡觉时间，这反映出工作和生活的平衡很差。)”及第二段“It showed that revenge sleep procrastination impacted sleep quality a lot, which can lead to adverse implications on physical and mental health.(结果表明，报复性睡眠拖延症严重影响了睡眠质量，可能对身心健康产生不良影响。)”可知，“报复性睡眠拖延症”导致工作和生活的平衡很差；严重影响睡眠质量；对身体和心理健康造成不利影响。 故答案为 It causes a very poor work and life balance. And it impacts sleep quality a lot, which can lead to adverse implications on physical and mental health.

【42 题详解】

考查细节理解。根据文章第四段“This could be why many of us choose them as our means of revenge sleep procrastination, even though we know they do have negative effects on our health.(这可能就是为什么我们很多人选择它们作为报复睡眠拖延症的手段，尽管我们知道它们确实对我们的健康有负面影响。)”可知，原句表述“their unawareness of the bad effects(他们没有意识到不良影响)”有误；事实上，尽管拖延症患者已经知道睡前使用社交媒体应用程序对他们的健康有负面影响，但他们还是忍不住使用它们。故答案为 For some procrastinators, their sleep trouble results from the blue light, pleasure chemicals and <u>their unawareness of the bad effects</u> of using social media apps before bed. According to the passages, although the procrastinators already know using social media apps before bed has negative effects on their health, they can’t help using them.

【43 题详解】

开放题。根据问句“If you preferred using social media apps before bed, what would you do to fight such a type of sleep revenge procrastination besides the practice mentioned in the passage?(如果你更喜欢在睡前使用社交媒体应用程序，除了文中提到的做法外，你还会做什么来对抗这种睡眠复仇拖延症呢？要求写出两种对抗“报复性睡眠拖延症”的方法。)”可知，为了对抗这种睡眠复仇拖延症，我们可以有效计划时间，让手机远离床。故答案为 I would fight such type of procrastination in two ways. Planning time effectively could give me more control of my day, like prioritizing studying or other necessary stuff and sparing the time for entertainment. Plus, at bedtime, I would keep my phone in the living room to avoid addictive social media apps.

第二节(20 分)

44. 假设你是红星中学高三学生李华。2022 年 4 月神舟十三号(Shenzhou-13 manned spaceship)即将返航，你校电视台英文频道向学生征集以“航天”为主题的原创短视频。你打算邀请留学生 Jim 一起完成作品。请你给他写邮件，内容包括：

1 .征集要求；

2 .作品初步想法；

3 .询问意向。

注意：1.词数 100 左右；

2.开头和结尾已给出，不计入总词数。

提示词： 神舟十三号：Shenzhou- 13 manned spaceship 航天：aerospace

Dear Jim,

_____

_____

_____

Yours,

Li Hua

【44 题答案】

【答案】Dear Jim,

To celebrate the return of Shenzhou-13 manned spaceship in April, 2022, I'd like to invite you to create a short video, concerning the honorable moment.

The theme of the innovative video is "aerospace" and the length of the video should be within 10 minutes. I'd love to shoot the video as follows.

First, it includes a brief introduction of the spaceship, as well as the astronauts who'll have successfully finished the task. Also, the space life can be mentioned as lots of audience may be fond of it. Finally, we will send our best wishes and pay tribute to the heroes.

I wonder if you have any special thoughts about my plan? Looking forward to you reply.

Yours,

Li Hua

【解析】

【导语】本篇书面表达属于应用文。要求考生写邮件，邀请留学生 Jim 一起完成以"航天"为主题的原创短视频作品，写明征集要求，作品初步想法并询问对方的意向。

【详解】1.词汇积累

关于：concerning→with regard to

任务：task→mission

喜欢/感兴趣：be fond of→show interest in

特别的：special→particular

2.句式拓展

简单句变复合句

原句：The theme of the innovative video is "aerospace" and the length of the video should be within 10 minutes.

拓展句：The theme of the innovative video, the length of which should be within 10 minutes, is "aerospace".

【点睛】[高分句型 1]First, it includes a brief introduction of the spaceship, as well as the astronauts who'll have successfully finished the task. （运用了 who 引导的限制性定语从句）

[高分句型 2]Also, the space life can be mentioned as lots of audience may be fond of it. （运用了 as 引导的状语从句）