2024 北京顺义高三一模英语

（第二次统练）

第一部分 知识运用 第一节 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

1.（15 分） Earlier in the day，I had prepared for the unlikely event of a flood.It had been raining heavily that week，and authorities had issued a flood warning，though not for where I was.（1）_____，Id placed sandbags outside my garden door just in case.

As I was about to fall asleep in my basement bedroom，I suddenly heard the sound of rushing water.When I swung my legs off the bed，I was （2）_____by the sensation of cold water touching my knees and rising fast.

Shaking in the darkness，I grabbed my phone and turned on the （3）_____.As I stepped out of my bedroom，water was shooting through the gaps of the garden door.The water must have gone over the sandbags.All around me，my things began to float（漂） and the water was now up to my waist.I began to （4）_____and started to walk to my only （5）_____：the door that leads upstairs.

I struggled to the door and tried to pull it open，but the force of the （6）_____wouldn't let me do so.I looked around and grabbed a broom（扫帚） floating behind me to open the door.I managed to make a gap of about a foot，just wide enough to（7）_____myself through.

Finally，I （8）_____outside.I came so close to death that day.But rather than trapped in that，I prefer to （9）_____what my mother told me afterward："Don't remember the day when you lost everything.Remember the day you （10）_____."

（1）	A.Instead	B.Still	C.Meanwhile	D.Therefore
（2）	A.amused	B.moved	C.shocked	D.confused
（3）	A.radio	B.heater	C.recorder	D.flashlight
（4）	A.panic	B.excite	C.swim	D.return
（5）	A.trap	B.escape	C.shelter	D.entrance
（6）	A.air	B.sand	C.wind	D.water
（7）	A.wet	B.check	C.force	D.live
（8）	A.made it	B.forgot it	C.beat it	D.left it
（9）	A.reward	B.refuse	C.recall	D.recreate
（10）	A.survived	B.changed	C.started	D.recovered

第二节 阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

2.（15 分）

A

Davyon Johnson，an 11﹣year﹣old boy，was honored by his community after saving two lives in one day.On Dec.9，a choking student tripped into the classroom （1）_____Davyon was.Davyon did the Heimlich immediately and saved him.Hours later，on his way home，Davyon spotted a house on fire.Everybody（2）_____（run）out except for an elderly lady.As the woman struggled（3）_____（move） using her walker，Davyon raced up the steps and helped her escape the burning building.

B

Cats are second only to dogs as the most common pets in the world.（4）_____（compare） with dogs，cats might seem cold，but they can form strong emotional bonds with their owners.Studies have shown that cat﹣owning seniors often exhibit lower levels of（5）_____（lonely），anxiety，and depression.（6）_____（own） a cat invites several costs，for food，litter，medications，toys and care.However，cats do not need regular bathing （7）_____they have health problems that make it necessary.

C

Soil （8）_____（find） nearly everywhere.And it seems unlikely that we would ever lose all the soil on Earth.However，（9）_____we may lose is the deep and rich agricultural soil because of over﹣farming，a lack of plant cover off﹣season and a collection of salt from watering and fertilization（施肥）.（10）_____proper measures，some experts warn.there could be serious agricultural soil problems before the end of this century.

第二部分 阅读理解 第一节 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

3.（6分） Have you considered contributing your skills and expertise virtually towards achieving sustainable human development efforts？Through the Online Volunteering service of the United Nations Volunteers（UNV）programme，you can connect with UN agencies，governments，public institutions and civil society organizations﹣from any device，anywhere in the world.While extending your network，you can also get first﹣hand practical experience.

Requirements：

•To sign up on the Unified Volunteering Platform and apply for Online Volunteer assignments，you must be at least 18 years of age.

•There is no particular background required to become an Online Volunteer.Each Online Volunteer assignment is different and has its own requirements，set by the host organization.

•As an Online Volunteer，you can only support organizations remotely in assignments up to 20 hours per week for a maximum of 12 weeks for each assignment.

Criteria and service rules：

•Online Volunteers are not under contract with the UNV programme or the engaging organization.

•Online Volunteers do not receive any kind of financial benefits.

•For each Online Volunteering assignment，a maximum of 25 Online Volunteers can be engaged.

Procedures：

•Volunteers find assignments of their interest and apply.

•Organizations select the volunteers they want to engage.

•Volunteers and organizations work together online.

•Volunteers and organizations provide feedback on their cooperation.

•Organizations issue an electronic certificate of appreciation to their volunteers.

（1）Through the UNV programme，one can _____.

A.travel around the world

B.improve their network skills

C.set up civil society organizations

D.work on sustainable development

（2）Which is a requirement for the applicants？

A.Being no less than 18 years.

B.Finishing 25 online assignments.

C.Working at least 20 hours a week.

D.Having some practical experience.

（3）When working in the UNV programme，volunteers will _____.

A.sign a contract with an organization

B.find tasks of their interest and apply

C.get a paper certificate of appreciation

D.receive some kind of financial benefits

4.（8 分） Up to the age of ten，I did not mind at all the fact that my elder sister was different.The child psychologist had termed it as"Asperger Syndrome"，a disease that affects how a person socializes with others.

It was only at the age of ten that I started to become aware of my social life and self‐image that I had carefully shaped.My sister，on the other hand，was socially awkward.She would mumble（咕哝） to herself and repeat the words she had just said under her breath.She，however，was academically capable，and hence we attended the same primary school.Despite this，I never，ever acknowledged in public that she was my sister.

Being in primary six，about to graduate，my sister and her classmates had to put up a performance，whether in a group，or individually.Due to her inability to integrate，my sister was the only one left without a group."Ill sing，"my sister told my parents，somewhat confidently.Hearing that，I was taken aback.How could my sister sing in front of the school？She would embarrass me，one way or another."No!"I remember protesting.My parents shot me a look.

No one knows she is your sister.It is fine，you do not need to tell anyone.I remember telling myself these exact lines as I sat in the hall，waiting for the performances to start.The curtains parted to reveal the only solo（独唱）—my sister.It took about a whole minute for her to state her name and class and by that time，whispers were heard in the audience.

"Why is she taking so long？"people around me asked.I shifted nervously in my seat.Finally，my sister started to sing.I was prepared for the worst.She opened her mouth，and I was transfixed‐she sang effortlessly.Her voice rang through the hall，beautiful in its power.I listened ever so carefully to the words that she had composed all by herself.

Guilt and shame filled my heart.Although she knew that I was embarrassed by her and was unwilling to attend her concert，my sister had forgiven me；she had never taken anything that I had done to her to heart.It was then that I resolved to love her unconditionally.

（1）How did the author feel about his sister's difference before 10？

A.He hardly accepted it.

B.He didn't care about it.

C.He was extremely awkward.

D.He was determined to help.

（2）Why did the author protest against his sister's decision？

A.To challenge his parents.

B.To follow other students.

C.To keep his sister's image.

D.To protect his self‐respect.

（3）What do we know about the author's sister？

A.She always got full marks in primary school.

B.She refused to form a group with other students.

C.She gave an excellent performance before graduation.

D.She delivered an inspiring speech in front of the school.

（4）What lesson did the author learn from his sister？

A.Take nothing to heart.

B.Love without condition.

C.Stick to one's own choice.

D.Learn from anyone around.

5.（6分） As biologist Nicola Foster and her colleagues guided a remote‐controlled monitor through the coral reefs（珊瑚礁） of the Indian Ocean's Chagos Archipelago，they saw corals full of color near the surface.But nearly 300 feet below，in the darker and colder waters of what oceanographers call the"twilight zone，"some corals had turned terrible white，leaving them vulnerable（脆弱的） to disease and death.

"It wasn't something we were expecting to see，"says Foster，who studies deeperwater coral ecosystems called mesophotic reefs.Mesophotic reefs would seem to be protected from rising sea‐surface temperatures that whiten higher‐up corals.But this team's 2019 observations show the deepest instance of bleaching（变白） ever recorded‐suggesting similar reefs are more vulnerable than previously believed.

Bleaching often happens when warming water boosts corals to remove the colorful algae（水藻） that live in their tissues and help to sustain them.Although surface waters weren't typically warm when Foster and her team took their measurements，the twilight zone waters neared 84 degrees Fahrenheit（华氏度）‐far above the 68‐to 75‐degree range in which mesophotic corals are used to.

The researchers realized that bleaching is related to the timing of the Indian Ocean Dipole.This phenomenon shifts the region's surface winds and ocean currents，says study co‐author Phil Hosegood.Wind and waves shake

the upper ocean，keeping it relatively warm and uniform in temperature.But the 2019 dipole deepened this well‐mixed upper layer；the thermocline（the slice of ocean that separates warm upper waters from the cold depths）had become deeper than normal.Then，those corals were exposed to temperatures that are normally found at the surface.

This observation suggests mesophotic reefs elsewhere could also be bleaching.Fortunately，the corals in this study had largely recovered their color by 2022，Foster notes.But each bleaching stresses the corals and，if extended，can starve them.Future Indian Ocean Dipole patterns are likely to be more severe，Hosegood says，noting that data suggest"that these natural cycles are becoming increased with climate change."

（1）What are the first two paragraphs mainly about？

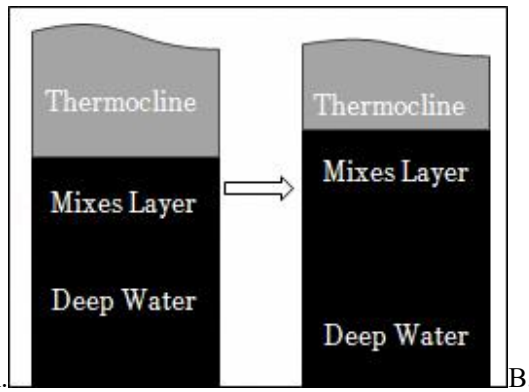
A.Corals in twilight zone become vulnerable because of bleaching.

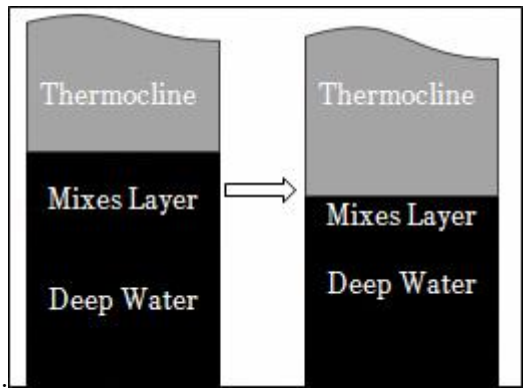
B.Corals normally found at the surface were found in twilight zone.

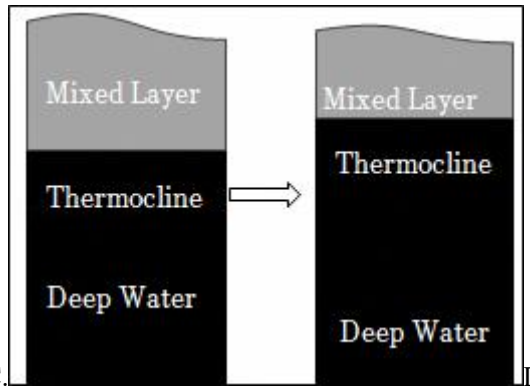
C.Mesophotic reefs are much more vulnerable than higher‐up reefs.

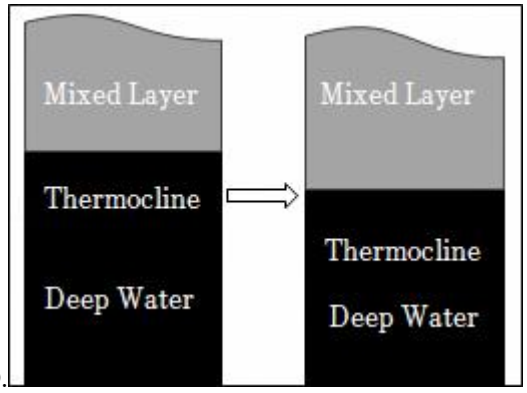
D.Mesophotic reefs and higher‐up reefs need different temperature.

（2）According to the passage，which group of pictures can describe the changes caused by the Indian Ocean Dipole？

A. 

B. 

C. 

D. 

（3）Regarding the future of mesophotic reefs，Hosegood probably feels _____.

A.excited

B.worried

C.curious

D.hopeful

6.（8分） For decades，scientists thought of the brain as the most closely guarded organ.Locked safely behind

a biological barrier，away from the disorder of the rest of the body，it was broadly free of destruction of germs（病菌） and the battles started by the immune system.

Then，20﹣odd years ago，some researchers began to ask a question：is the brain really so separate？The answer，according to a growing body of evidence，is no﹣and has important effects on both science and health care.

The list of brain conditions that have been associated with changes elsewhere in the body is long and growing.Changes in the make﹣up of the microorganisms resident in the gut（肠道），for example，have been linked to disorders like Parkinson's disease.Some researchers think that certain infections could provoke Alzheimer's disease and some could lead to emotional disorder in babies.

The effect is two﹣way.There is a lengthening list of symptoms（症状） not typically viewed as disorders of the nervous system in which the brain and the neural processes that connect it to the body play a large part.For example，the development of a fever is influenced by a population of neurons（神经元） that control body temperature and appetite.The effect of brain on body is underlined by the finding that stimulating a particular brain region in mice can 'remind' the body of previous inflammation（炎症）﹣and reproduce them.

These findings and others mark a complete shift in our view of the interconnectedness of brain and body，and could help us both understand and treat illness.If some brain conditions start outside the brain，then perhaps cures for them could also reach in from outside.Treatments that take effect through the digestive system，heart or other organs，for instance，would be much easier and less striking to give than those that must cross the blood﹣brain barrier，the brain's first line of defence.

In the opposite direction，the effects of our emotions or mood on our capacity to recover from illness could also be used.There is an opening work under way testing whether stimulating certain areas of the brain that respond to reward and produce feelings of positivity could enhance recovery from conditions such as heart attacks.Perhaps even more exciting is the possibility that making changes to our behaviour﹣to reduce stress，say﹣could have similar benefits.

For neuroscientists，it's time to look beyond the brain.And clinicians treating the body mustn't assume the brain is above getting involved﹣its activity could be influencing a wide range of conditions，from mild infections to long﹣time fatness.

（1）The author writes paragraph 1 mainly to _____.

A.evaluate an argument

B.present an assumption

C.summarize the structure

D.provide the background

（2）What does the underlined word "provoke" mean in Paragraph 3？

A.Delay.

B.Cure.

C.Cause.

D.Disturb.

（3）What can we learn from the passage？

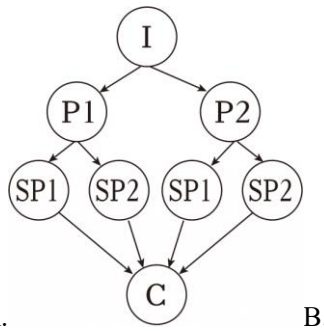
A.Treatments that cross brain－blood barrier are less used.

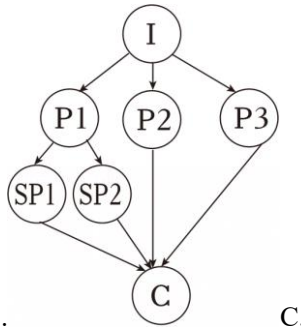
B.Previous diseases could cause the production of new ones.

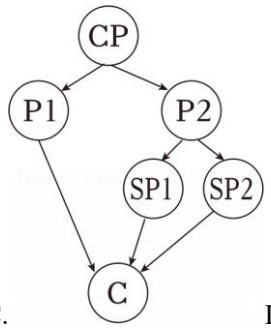
C.Emotions could affect the capacity to fight against diseases.

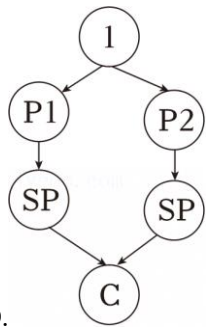
D.Treatment of the brain takes priority over other treatments.

（4）Which of the following shows the development of ideas in the passage？

A. 

B. 

C. 

D. 

I：Introduction P：Point Sp：Sub－point（次要点）C：Conclusion

第二节 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。

7.（10分） When fighting sugar dependence，avoiding added sugar in the diet is key，which sounds simple－right？It certainly does，but things become a bit more complicated once we introduce alternative sweeteners into the mix.

（1）_____Many people think that if they replace the sugar in their diet with alternative sweeteners，they'll be good to go，but this isn't necessarily the case.

Alternative sweeteners are everywhere.（2）_____For example，Stevia is a popular sugar substitute（代替者） because it is up to 200 times sweeter than sugar and provides fewer calories.Monk fruit is another example that is free from calories，sweeter than table sugar，and gained from the juice of monk fruit.（3）_____Sugar alcohols provide fewer calories than regular sugar because they are not fully absorbed by the body.

Now that we know some of the common types of alternative sweeteners，let's take a deeper dive into the problem with them.Research in animals has shown that removing calories from foods that taste sweet can interrupt the ability to control energy intake.（4）_____If we consume high amounts of alternative sweeteners，it may heighten our preference for sweetness，resulting in the overuse of sugar－sweetened foods and drinks.

The other interesting thing about alternative sweeteners is that our brains don't recognize them as "fake（假的）"sugar.（5）_____Whenever a food tastes sweet，a message is sent to the brain that communicates we are tasting a sweet food－which can further feed into the sugar dependence cycle.

So what do I recommend？In order to fully put a definite end to sugar dependence，reducing your intake of alternative sweeteners should be the goal.

A.The taste profile of alternative sweeteners varies.

B.We can't forget about the ever－so－popular sugar alcohols.

C.There are countless alternative sweeteners on the market.

D.Our brain senses something sweet and thinks it is real sugar.

E.They may help reduce the calorie content of good－tasting foods and drinks.

F.Artificial sweeteners may also cause one's body to prefer sweeter﹣tasting foods.

G.Alternative sweeteners are referred to as"low﹣calorie"or"no﹣calorie"sweeteners.

第三部分 书面表达 第一节 阅读下面短文，根据题目要求用英文回答问题。

8.（12 分） Uncertainty is all around us，never more so than today.Whether it concerns your health or relationships，much of what lies ahead in life remains uncertain.

We're all different in how much uncertainty we can tolerate in life.Some people seem to enjoy taking risks and living unpredictable lives，while others find the randomness of life deeply annoying.But all of us have a limit.If you feel controlled by uncertainty and worry，it's important to know that you're not alone；many of us are in the same boat.

To cope with all this uncertainty，many of us use worrying as a tool for trying to predict the future and avoid unpleasant surprises.Worrying can make it seem like you have some control over uncertain circumstances.You may also believe that it will help you find a solution to your problems or prepare you for the worst.Unfortunately，long﹣term worrying just robs you of enjoyment in the present and weakens your energy.But there are healthier ways to cope with uncertainty.

Identify your uncertainty trigger（诱发因素）.A lot of uncertainty tends to be self﹣generated.However，some can be generated by external sources，such as reading media stories that focus on bad news，or simply communicating with anxious friends.By recognizing your triggers，you can take action to avoid or reduce your exposure to them.

Shift your attention.Focus on solvable worries，taking action on those aspects of a problem that you can control，or simply go back to what you were doing.When the feelings of uncertainty return，refocus your mind on the present moment and your own breathing.

（1）How are people different in tolerating uncertainty in life？

（2）Why do many people use worrying as a tool to deal with uncertainty？

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

Knowing the triggers of your uncertainty，you can learn to expose yourself to them.

（4）What are you most uncertain about right now？How will you deal with it？（In about 40 words）

第二节 写作

9.（20 分）假设你是红星中学高三学生李华。你的英国好友 Jim 发来邮件就学生借助应用程序完成作业的现象与你交流。请你用英文给他回复，内容包括：

（1）你的使用情况；

（2）你的看法。

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：应用程序 app

Dear Jim，

Yours，

Li Hua

参考答案

第一部分 知识运用 第一节 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

1.【分析】本文是一篇记叙文。主要讲述了作者成功地从洪水中逃脱的故事。

【解答】（1）考查副词及语境理解。A.Instead 相反；B.Still 尽管如此；C.Meanwhile 同时；D.Therefore 因此。句意：尽管如此，我还是在花园门外放了沙袋以防万一。根据上句 It had been raining heavily that week，and authorities had issued a flood warning，though not for where I was.（那个星期雨下得很大，当局发布了洪水警报，尽管不是针对我所在的地方。）和下句 I'd placed sandbags outside my garden door just in case.（我在花园门外放了沙袋以防万一。）可知前后句是转折关系。故答案为B。

（2）考查形容词及语境理解。A.amused 愉快的；B.moved 感动的；C.shocked 惊讶的；D.confused 困惑的。句意：当我把腿从床上拿下来时，我被冷水接触膝盖并迅速上升的感觉震惊了。根据下句 Shaking in the darkness，I grabbed my phone and turned on the （3）可知我在黑暗中颤抖着，抓起手机打开闪光灯。说明我被冷水接触膝盖并迅速上升的感觉震惊了。故答案为C。

（3）考查名词及语境理解。A.radio 收音机；B.heater 加热器；C.recorder 录音机；D.flashlight 手电筒。句意：我在黑暗中颤抖着，抓起手机打开闪光灯。根据上句 Shaking in the darkness 可知我在黑暗中颤抖着，说明我抓起手机打开闪光灯。故答案为D。

（4）考查动词及语境理解。A.panic 恐慌；B.excite 使兴奋；C.swim 游泳；D.return 回来。句意：我开始恐慌，开始走向我唯一的出口：通往楼上的门。根据上句 All around me，my things began to float（漂） and the water was now up to my waist.可知在我周围，我的东西开始漂浮起来，水现在已经到了我的腰部。说明我开始恐慌，故答案为A。

（5）考查名词及语境理解。A.trap 陷阱；B.escape 逃跑；C.shelter 避难所；D.entrance 入口。句意：我开始恐慌，开始走向我唯一的逃脱的出口：通往楼上的门。根据下句 the door that leads upstairs.可知通往楼上的门。说明这是我唯一的逃脱的出口。故答案为B。

（6）考查名词及语境理解。A.air 空气；B.sand 沙；C.wind 风；D.water 水。句意：我挣扎着走到门口，试图拉开门，但水的力量不允许我这样做。根据下句 I looked around and grabbed a broom（扫帚） floating behind me to open the door.可知我环顾四周，抓起飘在我身后的扫帚打开了门。说明水的力量不允许我把门拉开。故答案为D。

（7）考查动词及语境理解。A.wet 弄湿；B.check 检查；C.force 强迫；D.live 居住。句意：我设法制造了一个大约一英尺的缺口，宽度刚好能让我自己穿过去。根据上句 I managed to make a gap of about a foot 可知我设法制造了一个大约一英尺的缺口，说明宽度刚好能让我自己穿过去。故答案为C。

（8）考查动词短语及语境理解。A.made it 成功；B.forgot it 忘记；C.beat it 走开；D.left it 别管它。句意：最后，我成功地来到外面。根据上句 I managed to make a gap of about a foot，just wide enough to（7） myself through.可知我设法制造了一个大约一英尺的缺口，宽度刚好能让我自己穿过去。说明我成功地来到外面。故答案为A。

（9）考查动词及语境理解。A.reward 奖励；B.refuse 拒绝；C.recall 回忆；D.recreate 再创造。句意：但

比起深陷其中，我更愿意回忆母亲后来告诉我的话："不要记得你失去一切的那一天。记住你活下来的那一天。"根据空后 what my mother told me afterward："Don't remember the day when you lost everything.Remember the day you （10）."可知我更愿意回忆母亲后来告诉我的话："不要记得你失去一切的那一天。记住你活下来的那一天。"故答案为C。

（10）考查动词及语境理解。A.survived 存活；B.changed 改变；C.started 开始；D.recovered 康复。句意：但比起深陷其中，我更愿意回忆母亲后来告诉我的话："不要记得你失去一切的那一天。记住你活下来的那一天。"根据上句 Don't remember the day when you lost everything 可知不要记得你失去一切的那一天。说明要记住你活下来的那一天。故答案为A。

【点评】完形填空题的解题步骤：

1.通读全文，理解大意。重视首句信息，跳过空格，浏览全文，从整体上感知全文，理解文章大意，这是解题的基础。

2.瞻前顾后，避难就易。在理解文章大意的情况下，结合各选项的意义和用法，遵循先易后难的原则，先解决那些自己有把握的问题。对少数难题，暂时跳过，或许在上文中难以判断的题在下文中就有暗示或者明显的提示，或许一个在前面不能解答的题在填出了另一空后会令你豁然开朗。

3.复读全文，解决残敌。借助已经补全的空格，对全文有了更清楚的理解，可以集中解决所遗留的少数疑难问题。

4.再次复读，弥补疏漏，全部做好后，务必要结合自己选择的答案重新阅读短文内容，确保全文文意连贯。

第二节 阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写1个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

2.【分析】A：11岁的男孩戴维•约翰逊在一天之内救了两个人的性命，受到了社区的表彰。

B：猫是仅次于狗的世界上最常见的宠物。

C：一些专家警告说，在本世纪末之前可能会出现严重的农业土壤问题。

【解答】（1）考查定语从句。句意：12月9日，一名窒息的学生绊倒在戴维恩所在的教室里。戴维恩立即做了海姆利克氏操作法，救了他。分析句子结构可知，where 代替先行词 the classroom 在定语从句中作表语。故填 where。

（2）考查一般过去时。句意：除了一位老太太外，所有人都跑了出来。根据空前主语 Everybody 可知本空应填谓语动词，根据上句 spotted 是一般过去时，因此本空应填一般过去时。故填 ran。

（3）考查动词不定式作宾语。句意：当这位女士用她的助行器艰难地移动时，戴维恩跑上台阶，帮助她逃离了燃烧的大楼。struggle to do sth 努力做某事。故填 to move。

（4）考查过去分词作状语。句意：与狗相比，猫可能看起来很冷，但它们能与主人建立起牢固的情感纽带。根据主语 cats 与 compare 构成被动关系，因此本空应填过去分词作状语，位于句首，应该大写。故填 Compared。

（5）考查名词。句意：研究表明，养猫的老年人通常表现出较低的孤独感、焦虑和抑郁水平。根据空前介词 of 可知本空应填名词，loneliness 是不可数名词，故填 loneliness。

（6）考查动名词作主语。句意：养一只猫需要几项费用，包括食物、垃圾、药物、玩具和护理。根据空后谓语动词 invites 可知本空应填动名词作主语，位于句首，应该大写。故填 Owning。

（7）考查连词。句意：然而，猫不需要定期洗澡，除非它们有健康问题需要洗澡。根据前后句的关系，可知本句应该是条件状语从句。故填 unless。

（8）考查一般现在时的被动语态。句意：几乎到处都有土壤。根据空前主语 Soil 与 find 构成被动关系，描述的是事实，因此本空应填一般现在时的被动语态，故填 is found。

（9）考查连词。句意：然而，我们可能失去的是深厚而肥沃的农业土壤，因为过度耕作、淡季缺乏植物覆盖以及浇水和施肥产生的盐分。分析句子结构可知，空后 is 是系动词，因此本空引导的是主语从句，在主语从句中 we may lose 缺少宾语，故填 what。

（10）考查介词。句意：一些专家警告说，如果没有适当的措施，在本世纪末之前可能会出现严重的农业土壤问题。结合句意表示"没有"（without），故填 Without。

【点评】语法填空考查学生英语综合知识的运用，做题时要首先明确短文大意，从词汇和语法等方面综合考虑，结合上下文语境填写正确答案。

第二部分 阅读理解 第一节 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

3.【分析】本文是一篇应用文，主要介绍了招聘志愿者的相关信息。

【解答】（1）细节理解题。根据第一段 Have you considered contributing your skills and expertise virtually towards achieving sustainable human development efforts？Through the Online Volunteering service of the United Nations Volunteers（UNV） programme，you can connect with UN agencies，governments，public institutions and civil society organizations﹣from any device，anywhere in the world.（你是否考虑过为实现可持续的人类发展努力贡献你的技能和专业知识？通过联合国志愿人员方案的在线志愿服务，你可以从世界任何地方的任何设备与联合国机构、政府、公共机构和民间社会组织建立联系。）可知通过志愿人员方案，人们可以致力于可持续发展。故选 D。

（2）细节理解题。根据 Requirements：部分•To sign up on the Unified Volunteering Platform and apply for Online Volunteer assignments，you must be at least 18 years of age.（•注册统一志愿平台并申请在线志愿任务，您必须年满 18 周岁。）可知对申请人的要求是不少于 18 岁。故选 A。

（3）细节理解题。根据 Procedures：部分•Volunteers find assignments of their interest and apply.（•志愿者找到他们感兴趣的任务并申请。）可知在志愿人员方案工作时，志愿人员会找到他们感兴趣的任务并提出申请。故选 B。

【点评】做这类题材阅读理解时要求考生对文章通读一遍，做题时结合原文和题目有针对性的找出相关语句进行仔细分析，结合选项选出正确答案。

4.【分析】本文是一篇记叙文。主要讲述了作者被姐姐无条件的爱所感动。

【解答】（1）推理判断题。根据文章第一段 Up to the age of ten，I did not mind at all the fact that my elder sister was different（十岁以前，我一点也不介意我姐姐与众不同）可知在 10 岁之前，作者不在乎他姐姐的不同。故答案为 B。

（2）推理判断题。根据文章第三段 Hearing that，I was taken aback.How could my sister sing in front of the

school？She would embarrass me，one way or another."No!"I remember protesting.My parents shot me a look.（听到这里，我吃了一惊。我姐姐怎么能在全校面前唱歌呢？无论如何她都会让我难堪。"不行！"我记得抗议过。我父母瞪了我一眼。）可知作者抗议他姐姐的目的是保护他的自尊。故答案为D。

（3）推理判断题。根据文章倒数第二段 Her voice rang through the hall，beautiful in its power.I listened ever so carefully to the words that she had composed all by herself.（她的声音响彻整个大厅，充满了美妙的力量。我非常认真地听她独自创作的歌词。）可知作者的姐姐在毕业前表演得非常出色。故答案为C。

（4）推理判断题。根据文章最后一段 Guilt and shame filled my heart.Although she knew that I was embarrassed by her and was unwilling to attend her concert，my sister had forgiven me；she had never taken anything that I had done to her to heart.It was then that I resolved to love her unconditionally.（内疚和羞愧充满了我的心。虽然她知道我被她弄得很尴尬，不愿意参加她的演唱会，但我姐姐已经原谅了我；她从未把我对她的所作所为放在心上。就在那时，我下定决心无条件地爱她。）可知作者从他姐姐身上学到了无条件的爱。故答案为B。

【点评】一、速读全文，了解大意知主题。

阅读能力一般指阅读速度和理解能力两个方面。阅读速度是阅读最基本的能力，考生必须在十分有限的时间内运用略读、扫读、跳读等技巧快速阅读，搜寻关键词、主题句，捕捉时空、顺序、情节、人物、观点，并且理清文章脉络，把握语篇实质。

二、看题干，带着问题读文章。

首先要掌握问题的类型，客观信息题可以从文章中直接找到答案；而主观判断题考查的是对文章的感情基调等，这类题必须经过对作者的态度、意图以及对整篇文章进行深一层的推理等。其次，了解试题题干以及各个选项所包含的信息，然后有针对性地对文章进行扫读，对有关信息进行快速定位。此法加强了阅读的针对性，提高了做题的准确率。

三、逻辑推理，做好深层理解题。

在实际阅读中，有时作者并未把意图说出来，阅读者要根据字面意思，通过语篇逻辑关系，研究细节的暗示，推敲作者的态度，理解文章的寓义。要求读者对文字的表面信息进行分析、挖掘和逻辑推理，不能就事论事，以偏概全。推理题在提问中常用的词有：infer，imply，suggest，indicate等。

四、猜词悟义，扫除阅读拦路虎。

猜词是应用英语的重要能力。它不但需要准确无误地理解上下文，而且要有较大的泛读量，掌握或认识较多的课外词汇。我们要学会"顺藤摸瓜"，通过构词，语法，定义，同位，对比，因果，常识，上下文等线索确定词义。

5.【分析】本文是一篇说明文。文章介绍了研究中生珊瑚礁的深水珊瑚生态系统的生物学家 Nicola Foster和她的同事在印度洋查戈斯群岛观察到珊瑚严重的白化现象，容易受到疾病和死亡的影响，珊瑚礁的未来是令人担忧的。

【解答】（1）段落大意题。根据第一段 As biologist Nicola Foster and her colleagues guided a remote‐controlled monitor through the coral reefs（珊瑚礁） of the Indian Ocean's Chagos Archipelago，they saw corals full of color near the surface.But nearly 300 feet below，in the darker and colder waters of what

oceanographers call the"twilight zone，"some corals had turned terrible white，leaving them vulnerable（脆弱的） to disease and death.（当生物学家 Nicola Foster 和她的同事引导遥控监测器穿过印度洋查戈斯群岛的珊瑚礁时，他们看到了地表附近五颜六色的珊瑚。但在近 300 英尺以下，在海洋学家所说的"黄昏区"的黑暗和寒冷的水域中，一些珊瑚变成了可怕的白色，容易受到疾病和死亡的影响。）以及第二段"It wasn't something we were expecting to see，"says Foster，who studies deeperwater coral ecosystems called mesophotic reefs.Mesophotic reefs would seem to be protected from rising sea﹣surface temperatures that whiten higher﹣up corals.But this team's 2019 observations show the deepest instance of bleaching（变白） ever recorded﹣suggesting similar reefs are more vulnerable than previously believed.（"这不是我们所期望的，"Foster 说，他研究被称为中生珊瑚礁的深水珊瑚生态系统。中生珊瑚礁似乎受到了保护，不受海水表面温度上升的影响，海水表面温度升高会使上层珊瑚变白。但该团队 2019 年的观测显示，这是有记录以来最严重的白化现象，表明类似的珊瑚礁比以前认为的更容易受到破坏。）可知，研究中生珊瑚礁的深水珊瑚生态系统的生物学家 Nicola Foster 和她的同事在印度洋查戈斯群岛观察到珊瑚严重的白化现象，容易受到疾病和死亡的影响。选项 A.Corals in twilight zone become vulnerable because of bleaching.（黄昏地带的珊瑚由于白化而变得脆弱。）符合题意。故选 A。

（2）推理判断题。根据第四段中 Wind and waves shake the upper ocean，keeping it relatively warm and uniform in temperature.But the 2019 dipole deepened this well﹣mixed upper layer；the thermocline（the slice of ocean that separates warm upper waters from the cold depths） had become deeper than normal.（风和波浪震动着上层海洋，使其保持相对温暖和温度均匀。但 2019 年的偶极子加深了这种混合良好的上层温跃层（将温暖的上层水域与寒冷的深处分隔开来的一片海洋）变得比正常情况下更深。）可知，偶极子使混合良好的上层温跃层（Mixed Layer）变得更深，选项 D 所示图片符合题意，描述了印度洋偶极子引起的变化。故选 D。

（3）推理判断题。根据最后一段中 Fortunately，the corals in this study had largely recovered their color by 2022，Foster notes.But each bleaching stresses the corals and，if extended，can starve them.Future Indian Ocean Dipole patterns are likely to be more severe，Hosegood says，noting that data suggest"that these natural cycles are becoming increased with climate change."（福斯特指出，幸运的是，到 2022 年，这项研究中的珊瑚基本上已经恢复了颜色。但每次白化都会给珊瑚带来压力，如果持续下去，可能会使它们挨饿。Hosegood 说，未来的印度洋偶极子模式可能会更加严重，并指出数据表明"这些自然周期随着气候变化而增加。"）可知，按照 Hosegood 的话，中生珊瑚礁的未来是令人担忧的。选项 B.worried（令人担忧的。）符合题意。故选 B。

【点评】做这类题材阅读理解时要求考生对文章通读一遍，做题时结合原文和题目有针对性的找出相关语句进行仔细分析，结合选项选出正确答案。

6.【分析】本文为说明文。文章主要介绍了研究表明大脑和身体是有关联的。

【解答】（1）写作意图题。根据第一段 For decades，scientists thought of the brain as the most closely guarded organ.Locked safely behind a biological barrier，away from the disorder of the rest of the body，it was broadly free of destruction of germs（病菌） and the battles started by the immune system.（几十年来，科学

家们一直认为大脑是保护最严密的器官。它被安全地锁在生物屏障后面，远离身体其他部位的紊乱，基本上没有细菌的破坏和免疫系统引发的战斗。）和第二段 Then，20﹣odd years ago，some researchers began to ask a question：is the brain really so separate？The answer，according to a growing body of evidence，is no﹣and has important effects on both science and health care.（然后，20 多年前，一些研究人员开始问一个问题：大脑真的如此分离吗？根据越来越多的证据，答案是否定的，对科学和医疗保健都有重要影响。）可知。可知作者写第一段主要是为了提供这项研究的背景。故选 D。

（2）词义猜测题。根据第三段 Changes in the make﹣up of the microorganisms resident in the gut（肠道），for example，have been linked to disorders like Parkinson's disease.Some researchers think that certain infections could provoke Alzheimer's disease and some could lead to emotional disorder in babies.（例如，肠道中微生物组成的变化与帕金森病等疾病有关。一些研究人员认为，某些感染可能会引发阿尔茨海默病，有些可能会导致婴儿情绪障碍。）可知 "provoke" 意为"导致"，A.Delay 延误；B.Cure 治疗；C.Cause 导致；D.Disturb 打扰。故选 C。

（3）推理判断题。根据倒数第二段 In the opposite direction，the effects of our emotions or mood on our capacity to recover from illness could also be used.（相反，我们的情绪或情绪对我们从疾病中恢复能力的影响也可以被利用。）可知，情绪可能会影响对抗疾病的能力。故选 C。

（4）文章结构题。根据全文内容可知第一二段介绍话题，第三段第四段介绍与身体其他部位变化相关的大脑状况；第五段和第六段介绍大脑和身体的相互作用。最后一段是总结。故选 A。

【点评】做这类题材阅读理解时要求考生对文章通读一遍，做题时结合原文和题目有针对性的找出相关语句进行仔细分析，结合选项选出正确答案。

第二节 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。

7.【分析】这是一篇说明文，主要讲述了在对抗糖依赖时，避免在饮食中添加糖以及替代甜味剂。

【解答】（1）联系下文题。根据下文 Many people think that if they replace the sugar in their diet with alternative sweeteners，they'll be good to go，but this isn't necessarily the case.（许多人认为，如果他们用替代甜味剂代替饮食中的糖，那就很好了，但事实并非如此。）可知上文可能解释为什么许多人认为，如果他们用替代甜味剂代替饮食中的糖，那就很好了，所以选项 G"替代甜味剂被称为"低热量"或"无热量"甜味剂。"符合语境，故选 G。

（2）语境衔接题。根据上文 Alternative sweeteners are everywhere.（替代甜味剂无处不在。）结合下文的两个例子"Stevia"和"Monk fruit"可知此处说明市场上有很多替代甜味剂，所以选项 C"市场上有无数的替代甜味剂。"符合语境，故选 C。

（3）语境衔接题。根据上文的两个例子"Stevia"和"Monk fruit"，以及下文 Sugar alcohols provide fewer calories than regular sugar because they are not fully absorbed by the body.（糖醇提供的热量比普通糖少，因为它们不能被身体完全吸收。）可知又给出了另一个例子"Sugar alcohols"，所以选项 B"我们不能忘记一直很受欢迎的糖醇。"符合语境，故选 B。

（4）联系下文题。根据下文 If we consume high amounts of alternative sweeteners，it may heighten our preference for sweetness，resulting in the overuse of sugar﹣sweetened foods and drinks.（如果我们摄入大量

的替代甜味剂，可能会增加我们对甜味的偏好，导致过度使用含糖食品和饮料。） 可知此处说明人造甜味剂对人体的影响，所以选项 F"人造甜味剂也可能使人的身体更喜欢味道更甜的食物。"符合语境，故选 F。

（5）联系上文题。根据上文 The other interesting thing about alternative sweeteners is that our brains don't recognize them as "fake（假的）"sugar. （替代甜味剂的另一个有趣之处在于，我们的大脑不会将其识别为"假"糖。）可知大脑会觉得那是真正的糖，所以选项 D"我们的大脑感觉到甜的东西，认为那是真正的糖。"符合语境，故选 D。

【点评】关于选句填空的做题步骤：

步骤一：快速浏览一遍备选答案，先确定哪个选项适合放在文章的什么位置。通常在以下位置：标题，句首，句中，句尾。不同位置的句子有不同的特征。

步骤二：快速浏览文章，确定文章体裁，抓住文章结构。

步骤三：分析篇章结构，找出各段的主题句或主旨大意。

步骤四：注意各选项中出现的句子衔接手段，寻找句中衔接标志词。

步骤五：区分相似项。

第三部分 书面表达 第一节 阅读下面短文，根据题目要求用英文回答问题。

8.【分析】本文是一篇说明文。文章主要介绍了在充满了不确定性的生活当中，我们应该怎样应对这种不确定性。不要让担忧剥夺了对当下的享受，削弱了自己能量，我们应该采取行动解决能解决的问题，过好当下。

【解答】（1）细节理解题。根据第二段中 We're all different in how much uncertainty we can tolerate in life.Some people seem to enjoy taking risks and living unpredictable lives，while others find the randomness of life deeply annoying.（在生活中，我们所能容忍的不确定性是不同的。有些人似乎喜欢冒险和过不可预测的生活，而另一些人则觉得生活的随机性非常烦人。）可知，人们在容忍生活中的不确定性方面是有所不同的。有些人喜欢冒险，而有些人喜欢按部就班地生活。故答案为 Some people seem to enjoy taking risks and living unpredictable lives，while others like to take things step﹣by﹣step.

（2）细节理解题。根据第三段中 To cope with all this uncertainty，many of us use worrying as a tool for trying to predict the future and avoid unpleasant surprises.Worrying can make it seem like you have some control over uncertain circumstances.You may also believe that it will help you find a solution to your problems or prepare you for the worst.（为了应对所有这些不确定性，我们中的许多人把担忧作为一种工具，试图预测未来，避免不愉快的意外。担心会让人觉得你对不确定的情况有一定的控制力。你也可能相信它会帮助你找到解决问题的方法，或者为最坏的情况做好准备。）可知，很多人把担忧作为一种应对不确定性的工具的原因是他们认为提前担忧可以增强对不确定情况的掌控力，为最坏的情况做好准备，避免意想不到的情况发生。故答案为 Because they believe that worrying in advance can increase their control over uncertain circumstances，prepare themselves for the worst，and avoid the unexpected.

（3）推理判断题。根据第四段最后一句话 By recognizing your triggers，you can take action to avoid or reduce your exposure to them.（通过识别你的诱因，你可以采取行动避免或减少与它们的接触。）可知，Knowing the triggers of your uncertainty，you can learn to expose yourself to them."了解你不确定的诱因，你

可以学会让自己暴露在它们面前。"这个说法中，后面是与文章所表达的意思不相符的。了解了不确定的诱因后，正确的做法是采取行动避免或减少与它们的接触。故答案为 Knowing the triggers of your uncertainty，you can learn to expose yourself to them；Knowing the triggers of your uncertainty，you can learn to take action to avoid or reduce your exposure to them.

（4）观点开放题。通读全文可知，文章主要介绍了在充满了不确定性的生活当中，我们应该怎样应对这种不确定性。不要让担忧剥夺了对当下的享受，削弱了自己能量，我们应该采取行动解决能解决的问题，过好当下。故答案为 What I am most uncertain about right now is whether I can successfully enter the university.After reading this article，I understand that a lot of uncertainty is often self‐generated，so I should focus on some solvable worries.What I can control at the moment is that I should focus on my subjects and try my best to review my lessons under the guidance of my teachers.

【点评】阅读表达，要求学生在阅读理解的基础上，根据短文后的题目，在文中找到相关的内容，并用简洁、准确的句子，将理解的内容，书面表达出来。做题时，注意表达的内容不要超出规定的字数。

第二节 写作

9.【分析】高分句型一：I do use apps to help with my assignment occasionally because they can be quite helpful in providing quick solutions.

译文：我偶尔会使用应用程序来帮助我完成任务，因为它们在提供快速解决方案方面非常有帮助。

分析：这句话使用了 because 引导的原因状语从句。

高分句型二：Assignment is aimed at the strengthening or extension of classroom learning，which requires engagement with the content and exploration of problem solving.

译文：作业旨在加强或扩展课堂学习，这需要参与解决问题的内容和探索。

分析：这句话使用了 which 引导的非限制性定语从句。

【解答】Dear Jim，

How's everything？I'd like to share my ideas about using apps to finish assignment.（写信目的）

I do use apps to help with my assignment occasionally because they can be quite helpful in providing quick solutions.【高分句型一】（使用情况）

However，I believe that while apps can be convenient，they should be used as tools and not as shortcuts for learning.Assignment is aimed at the strengthening or extension of classroom learning，which requires engagement with the content and exploration of problem solving.【高分句型二】Relying too much on apps may prevent us developing learning ability and well‐finished tasks may give teachers a wrong message that we have learned well.As efforts for true learning cannot be replaced，I think it is very essential to work independently and use apps critically and responsibly if necessary.（看法）

What's your opinion？（询问对方观点）

Yours，

Li Hua

【点评】这是一篇提纲类作文。需要注意紧扣文章主题，给出的要点都需要包括，缺一不可。写作时注意准确运用时态，上下文意思连贯，符合逻辑关系，不能出现文章脱节问题。尽量使用自己熟悉的单词

句式，同时也要注意使用高级词汇和高级句型使文章显得更有档次。同时注意要求的字数，不要太多也不要太少。