2026 北京房山高三一模

英　　语

本试卷共 10 页，满分 100 分，考试时长 90 分钟。考生务必将答案填涂或书写在答题卡上，在试卷上作答无效。考试结束后，将试卷和答题卡一并交回。

第一部分　知识运用（共两节，30 分）

第一节（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。

As a child, I really loved to read and spent every spare moment with a book. But in recent years, I've found my ___1___ pulled into endless scrolling (滚屏) on my phone — through short videos and social media. As a writer, I've found that this not only ___2___ my work, but also saddens me.

So, a year ago, I made a(n) ___3___: every time I came across an unfamiliar word — whether in a novel, an article, or an overheard conversation — I would look it up and write it down in a vocabulary notebook. Each week, I would spend a few minutes ___4___ my growing list, working to commit each word firmly to memory.

Honestly, it's not an easy habit to ___5___, and it's often really inconvenient. For example, when reading on the subway, I have to stop and look up a word while trying not to elbow the stranger standing next to me.

That list now covers almost 20 pages, and this tiny habit has quietly changed me. Every time I look up and record a word, I feel a slight but clear sense of ___6___, as if a rarely used part of my brain is being activated and forming new connections.

___7___, I have started using words like "enthusiastic" and "demonstrate" in my speech, and it has made my mind much sharper. I notice that I'm using less of that small set of overused adjectives, and searching more for ___8___, powerful words instead. There's nothing more satisfying than finally ___9___ the exact word you've been searching for.

In an era when our devices constantly draw away our attention, the habit has renewed my love of reading and has given me back something I feared I'd lost — the _____10_____ of exercising a mind that, after years of mindless scrolling, is finally waking up again.

1. A. dignity	B. focus	C. patience	D. curiosity
2. A. replaces	B. reduces	C. threatens	D. simplifies
3. A. promise	B. judgement	C. assumption	D. prediction
4. A. sharing	B. evaluating	C. expanding	D. reviewing

5. A. give up	B. pick up	C. keep up	D. mess up
6. A. duty	B. growth	C. relief	D. purpose
7. A. Fortunately	B. Instantly	C. Formally	D. Amazingly
8. A. precise	B. original	C. complex	D. ordinary
9. A. explaining	B. collecting	C. discovering	D. interpreting
10. A. courage	B. pleasure	C. confidence	D. ambition

第二节（共 10 小题；每小题 1.5 分，共 15 分）

A

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

Xu Beihong was born in 1895 in Yixing, Jiangsu Province. His father, a local portrait painter, ____11____ (teach) him art. Xu's early experiences of hardship and loss became the basis of the realism in his art. His experiences drove his desire ____12____ (create) a new form of national art that combined traditional Chinese painting techniques with Western composition, to reflect a modern China. His talent and hard work led to a new style of Chinese painting and an approach to art still ____13____ (take) by art institutions across China today.

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 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。

Personality is the characteristic patterns of thoughts, feelings and behaviour ____14____ make a person unique. Understanding personality allows us to predict ____15____ people will respond to certain situations and the sorts of things they prefer and value. For example, a neurotic person feels worried more frequently than others, while an agreeable person in general feels more content. An outgoing person may jump for joy when ____16____ (face) new experiences, while a shy person may feel embarrassed in front of a large group of people.

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 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。

China launched the ____17____ (construct) of a new large astronomical observation project, the Xue-shan-mu-chang 15-meter SubMillimeter Telescope (XSMT), on September 20, 2025. Situated on the Qinghai-Tibet Plateau, this project aims to enhance the country's ____18____ (capability) in exploring the cold, hidden universe by establishing a high-precision facility that ____19____ (address) a notable gap in its existing astronomical infrastructure. As scheduled, the project ____20____ (complete) in 2027.

第二部分　阅读理解（共两节，38 分）

第一节（共 14 小题；每小题 2 分，共 28 分）

阅读下列短文，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

A

Duration: 10 weeks

Dates: 6/15/26-8/21/26

Are you passionate about wildlife and conservation? Join us for an immersive and educational summer internship (实习)! This unique opportunity will provide you with hands-on experience in wildlife care and conservation. While this program does not guarantee you a position at our zoo at the end of your internship, many of our former interns have successfully embarked on professional careers within wildlife care and conservation.

Key Duties:

•Assist wildlife care specialists in daily care routines, including feeding, cleaning, and habitat maintenance.

•Participate in the creation and application of strategies to promote species-specific natural behaviors.

•Learn about various wildlife species and their specific care requirements.

•Collaborate with the wildlife care team to ensure the health and safety of wildlife we care for.

•Gain insight into conservation initiatives and participate in educational programs.

•Attend educational courses to enhance knowledge of wildlife care and conservation.

Qualifications:

•Enthusiasm for wildlife conservation and wildlife welfare.

•Pursuing a degree in biology, zoology, wildlife management, or a related field (preferred, but not required).

•Strong communication skills and ability to work as part of a team.

•Ability to perform tasks that involve lifting, bending, and working outdoors in various weather conditions.

•Prior experience with animals or volunteering in animal-related organizations (preferred, but not required).

Benefits:

•Paid internship with an allowance to help cover living expenses.

•Opportunity to learn from experienced professionals in the field.

•Networking opportunities with fellow interns and wildlife care professionals.

Application Process:

•Submit a resume, cover letter, and any relevant coursework or experience. Cover letter should include why you are interested in this internship, how this internship aligns with your future career goals, and any relevant experience.

•Finalist candidates will be contacted in May to arrange an interview.

Applications Open: April 3, 2026

Application Deadline: April 17, 2026

Don't miss this chance to contribute to the well-being of wildlife while gaining invaluable experience in the world of wildlife care and conservation.

21. What can the internship provide for interns?

A. Close collaboration with charity organizations.

B. Arranged accommodation for the summer.

C. Attendance at related learning programs.

D. A future full-time job at the zoo.

22. What do interns need to do during the program?

A. Pursue a degree in the related fields.

B. Help with daily wildlife care routines.

C. Draft and assess a conservation initiative.

D. Perfect the strategies to promote natural behaviors.

23. The main purpose of the passage is to _____

A. promote a wildlife internship

B. explain conservation theories

C. share former interns' experiences

D. introduce requirements for zoo work

B

For as long as I can remember, I have been doing gymnastics. I started gymnastics at a very young age. I was only three years old when my mother first put me in a mommy-and-me class. My mom never expected me to love it as much as I did, or even continue it for twelve years and become competitive in it. We went to competitions all over the state of Florida. Occasionally we would compete out of state.

My favorite event in gymnastics was the balance beam. I loved the challenge of flipping on a four-inch piece of wood. I was always referred to as "beam queen" because I had a natural talent for it. Doing skills on the balance beam always came easy to me, and my love for this event showed when I scored well in competitions.

Although I am no longer able to do gymnastics because of a defect that was found in my spine, I still love it as much as I would if I were still doing it. It was really tough trying to accept the fact that my life of gymnastics, after eleven years, was over. But after all the sad moments, I picked up a new hobby — volleyball. It helped me pass the time. Yet words cannot explain how much I love gymnastics or how I would give anything for my back to be healed and to go back to the gym. The good news is that I haven't lost all of my skills. Whenever I visit the gym, I still like

to flip around and see what I can do. I don't know why I loved the sport so much. I just did. I mean it could have been for many reasons.

Some challenges came with the sport though. For instance, I had a tough schedule to keep. I trained for four hours a day, five days a week, three hundred and sixty-five days a year, and when you threw school and homework in there, it got pretty complicated. I was constantly tired from going to bed late because of the gym and having to wake up early for school. I barely even got to rest on the weekends because that's when all the competitions were. As I look back on it now, I really miss the late nights and the busy schedule.

From this sport, I have learned so many things that will help me later in life. I will never forget the memories that were made. Gymnastics will always be a part of me.

24. What can we learn about the author's childhood?

A. She learned gymnastics from her mom.

B. She competed frequently outside Florida.

C. She developed an enthusiasm for gymnastics.

D. She dreamed of participating in international competitions.

25. Knowing she could no longer do gymnastics, the author _____.

A. stayed away from gyms and lost interest in sports

B. started a new hobby but still missed doing gymnastics

C. felt relieved to be free from the tiring training schedule

D. forgot gymnastics quickly and devoted herself to volleyball

26. What can we conclude from this passage?

A. Everything comes to those who wait.

B. When one door closes, another opens.

C. True passion leaves a lasting mark on one's life.

D. Success in sports demands hard work and determination.

C

Much remains a mystery about how we look at the world. People constantly move their eyes to fix their gazes on items of interest, making about two to four eye movements every second for some 150,000 motions daily, but it remains uncertain how we choose what to focus on.

To investigate how much gaze might vary between people, the researchers had more than 100 adult volunteers seated at computers look at 700 pictures depicting everyday scenes with a variety of items. At the same time, cameras, pointed at the eyes of those participants, helped track their gazes to deduce what they were looking at in each picture.

The scientists found that certain types of details, such as faces, text, food, moving objects or touched items, attracted the gazes of some observers more than others. For example, the fraction of a person's eye movements directed toward faces varied from 17% to 43% among the volunteers. In other words, "the individual tendency to look at faces or text can vary more than twofold from one person to the next," said study lead author Benjamin de Haas, a neuroscientist at Justus-Liebig University Giessen in Germany.

Such trends also proved to be highly consistent — even when volunteers were called back for follow-up sessions two weeks afterward. "This implies the way we look at images is personal. What you see can be different from what I'm seeing, even if we look at exactly the same images," de Haas said.

"Often times, the human is treated as a passive device whose attention can be captured by the image," said vision scientist Mary Hayhoe at the University of Texas at Austin. This work emphasizes that "in reality, humans are active seekers of information."

The researchers suggested these differences in gaze might have some genetic foundations. For example, they noted that two recent studies from the United States and Sweden found that identical twins had far more similar patterns of eye movements than fraternal (异卵的) twins did.

The scientists now plan to explore what impact these differences may or may not have in the real world. "Let's say your eyes have a particular tendency to be attracted by text," de Haas said. "Does that mean you're more easily distracted when driving past a billboard?"

These findings suggest that eye-tracking might help reveal new ways to diagnose disorders such as autism, in which people tend to gaze at faces and social cues differently, the researchers said. "The earlier one can pick up on the fact that children are autistic, the earlier one can start them on therapy and training programs, which can prove really important," Hayhoe said.

27. What can we learn about the eye-tracking experiment?

A. Humans are passive receivers of images.

B. The way humans look at images varies greatly.

C. The pictures used were mainly about abstract items.

D. Gaze patterns differed when retested after two weeks.

28. Why does the author mention Mary Hayhoe in Paragraph 5?

A. To explain the experiment process.　　B. To introduce the research purpose.

C. To illustrate a practical approach.　　D. To correct a common belief.

29. Recent studies from the United States and Sweden suggest that _____.

A. genes may affect how people direct their eyes

B. people's eyes have a tendency to be attracted by text

C. shared living environments make identical twins' gaze patterns more similar

D. fraternal twins have more similar gaze patterns than those of the general population

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

A. The Universal Language of Sight

B. The Mystery of Rapid Eye Movements

C. The Unique Gaze: We See Things Differently

D. The Powerful Eye-tracking: We Detect Autism Early

D

For years, businesses have used different psychological strategies in their advertising to sell products and services. Understanding the psychological factors that motivate people to buy something can help a business sell more of their goods. Businesses use advertising to send a message saying that their product will do more than provide something practical or useful. The message is that the product can help you be a better person or lead a better life as well.

One common strategy used in advertising is to appeal to people's need to imitate or copy someone they admire. This type of advertisement shows a celebrity using a product with the hope that viewers want to look like the celebrity, have the celebrity's lifestyle, or have the celebrity's influence, and that purchasing the product will help the buyer achieve these things. For example, a popular actor has been paid to advertise, amongst other things, a car in Germany, clothes in Italy, and coffee in a number of countries. He does not need to be an expert driver, be a fashion designer, or know anything about coffee to make these advertisements successful.

Where they are permitted, advertisements for vacation products often rely on appealing to an association with fun and pleasure. The advertisers focus the consumers' attention on the fun that the characters are seen to be experiencing in their advertisement. These advertisements are aimed at potential vacationers and try to influence the consumer to identify their particular products with the people having fun. This is called "peripheral route advertising" whereas "central route advertising" places the emphasis on the product by stating facts about the product and highlighting the use of the product in the advertisement.

The main thing about relying on imitation or aspiration as an advertising strategy is that the consumer must see some advantage in imitating the person in the advertisement. No one will copy behavior just for the sake of it. They do it for enjoyment, self-esteem, or some other benefit. For imitation to work, it must be connected to some stronger appeal. One interesting aspect of imitation is that its effects attenuate with the age of the target audience. Advertisements that rely on imitation are most effective when aimed at teens and preteens and are less effective with

young adults.

In the face of various advertisements, we consumers should not blindly imitate the person we admire, but choose the right products which fit our genuine needs instead of the wants they create. This critical choice is the basis of wise consumption.

31. What can be inferred from advertisements featuring celebrities?

A. They work by satisfying consumers' psychological needs.

B. The celebrities in the ads are professional in the products.

C. The success of an ad depends heavily on the fame of the celebrity.

D. They ensure their products will offer something practical or useful.

32. Which advertisement is an example of "peripheral route advertising"?

A. An assistant is comparing smartphone prices with a chart.

B. An expert is explaining the effectiveness of a medicine.

C. A family is having a wonderful time at the beach.

D. A celebrity is introducing the functions of a car.

33. What does the word "attenuate" underlined in Paragraph 4 most probably mean?

A. Last. B. Improve. C. Emerge. D. Decrease.

34. Which of the following may the author agree with?

A. Peripheral route ads are more influential than central route ads.

B. Consumers should be critical of emotional wants shaped by ads.

C. Advertisers use psychological factors to improve consumers' lives.

D. The psychological strategies used in ads are harmful to consumers.

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。

Positive, everyday actions can make a difference to your brain health. ____35____ Adopting even a single one can meaningfully improve how you feel. These tips are designed to help you build resilience, find balance, and prioritize what you value most.

____36____ Immediately after a workout, people tend to report feeling better emotionally, and their performance on tests of working memory and other cognitive functions improves. But the real benefits come from exercising consistently over time: People who do so have a lower risk of developing depression and dementia. Scientists think that moving your body leads to extra blood flow and chemicals released in the brain, which can help build new

connections between neurons.

Just as we can train our body for brain health, we can also train our mind to manage emotions. It's common to feel worried. ____37____ Research shows that directly dealing with the things that make us anxious can help break a pattern of fear and avoidance. Try to focus on your values instead of those uneasy feelings. You can ask yourself: Was all the time I spent worrying about this problem worth it? How did I navigate my worries and what was the most important thing I learned? Write down your observations so that you can refer back to them if excessive worry resurfaces.

Beyond managing internal feelings, our social connections also play a critical role. Experts think that loneliness can trigger the body's stress response, which increases inflammation. Over time, chronic stress and inflammation can damage brain cells and the connections between them. Simply reaching out to a friend or family member for even a short call can combat loneliness and provide a powerful benefit. ____38____

In addition, challenging your mind through new activities can keep your brain engaged and growing. ____39____ This practice may have short-term and long-term benefits for your brain.

A. You can learn a practical skill or try something artistic.

B. In such moments, a good approach is to face your fears directly.

C. Physical activity is one of the best things you can do for your brain.

D. However, these emotional reactions will not disappear on their own.

E. Developing these tried-and-true practices can help you feel sharp and focused.

F. Writing down your reflections can help you recognize patterns in your thinking.

G. Staying socially connected can help protect the brain from these negative effects.

第三部分　书面表达（共两节，32 分）

第一节（共 4 小题；第 40、41 题各 2 分，第 42 题 3 分，第 43 题 5 分，共 12 分）

阅读下面短文，根据题目要求用英文回答问题。请在答题卡指定区域作答。

Sustainable travel is about travelling in a way that's sensitive to the climate and nature emergencies while ensuring that the wellbeing of the places we visit gain long-term benefit from our travelling there. Being a sustainable traveller is not about making grand, one-off gestures. It's about having a state of mind, an ongoing attitude to conscious adventure that influences all aspects of how we holiday.

To begin with, consider packing less: travelling lighter can reduce the chances of having to dispose of items and it's more fuel efficient. It also makes it much easier to travel around. A useful device for packing economically is to consider the three Rs: reduce, reuse and recycle.

Transport accounts for at least 70% of a holiday's carbon emissions. Therefore, the most effective way to reduce

the carbon emissions of travelling is to reduce the travel distance and choose transportation that burns less, or ideally no fossil fuel.

There's a steep difference in terms of the amount of carbon dioxide emitted by aeroplanes compared with most land-based vehicles. There are concerted efforts to decarbonise air travel using alternative fuels and methods of propulsion, such as via electricity and hydrogen.

There are other factors that will affect your carbon emissions when you're at the destination, including your choice of hotel and the food you eat. For example, the average carbon footprint of a night in a typical hotel in the UK is about 31.1kg CO_2, according to the Hotel Carbon Measurement Initiative, so choosing a hotel that has lower than average carbon emissions can make a significant difference to your holiday's carbon footprint. In fact, many eco-certified accommodations do much more than reducing their carbon emissions. They also reduce the amount of waste they send to landfill and cut down on the use of chemicals and water. When it comes to food, feasting on local, seasonal food not only conveys a sense of place better than any travel brochure, but is also much better for the environment.

40. According to the passage, what is being a sustainable traveller about?

_____

41. Why is packing less considered more eco-friendly?

_____

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

▶***Since accommodation is a source of emissions, staying at a typical hotel can make a significant difference to your holiday's carbon footprint.***

_____

43. In addition to sustainable travel, how can you live a sustainable life? (In about 40 words)

_____

第二节（20 分）

44. 假设你是红星中学高三学生李华。你的英国好友 Jim 正在策划一次以“Art Meets Tech”为主题的校园科技艺术节，为此发来邮件，就活动内容询问你的建议。请你用英文给他回复，内容包括：

1. 提出的建议；

2. 建议的理由。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear Jim,

Yours,

Li Hua

参考答案

第一部分　知识运用（共两节，30 分）

第一节（共 10 小题；每小题 1.5 分，共 15 分）

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

【导语】本文是一篇记叙文。主要讲述的是作者因沉迷手机分散精力，于是坚持积累生词，最终收获成长与思考乐趣的经历。

【1 题详解】

考查名词词义辨析。句意：但近年来，我发现我的注意力被吸引到手机上无休止的刷屏中——刷短视频和社交媒体。A. dignity 尊严；B. focus 注意力；C. patience 耐心；D. curiosity 好奇心。根据后文“In an era when our devices constantly draw away our attention”可知，电子设备会分散人的注意力，作者正是注意力被手机刷屏夺走。故选 B 项。

【2 题详解】

考查动词词义辨析。句意：作为一名作家，我发现这不仅危及我的工作，也让我感到难过。A. replaces 取代；B. reduces 减少，降低；C. threatens 威胁；D. simplifies 简化。根据前文“endless scrolling on my phone”和后文“saddens me”可知，沉迷手机对作者的工作构成威胁、影响创作。故选 C 项。

【3 题详解】

考查名词词义辨析。句意：所以，一年前，我许下一个承诺：每次遇到不认识的单词——无论是在小说、文章中，还是无意中听到的对话里——我都会查出来并记在词汇本上。A. promise 承诺；B. judgement 判断；C. assumption 假设；D. prediction 预测。根据后文“every time I came across an unfamiliar word — whether in a novel, an article, or an overheard conversation — I would look it up and write it down in a vocabulary notebook.”可知，这是作者给自己定下的、要坚持执行的计划，属于一种承诺。故选 A 项。

【4 题详解】

考查动词词义辨析。句意：每周，我都会花几分钟复习不断变长的单词表，努力把每个单词牢牢记住。A. sharing 分享；B. evaluating 评估；C. expanding 扩大；D. reviewing 复习。根据后文“working to commit each word firmly to memory.”可知，记住单词的前提是对记录下来的词汇进行复习回顾。故选 D 项。

【5 题详解】

考查动词短语辨析。句意：老实说，这并不是一个容易坚持的习惯，而且常常很不方便。A. give up 放弃；B. pick up 捡起；C. keep up 保持，坚持；D. mess up 搞砸。根据后文“For example, when reading on the subway, I have to stop and look up a word while trying not to elbow the stranger standing next to me.”可知，随时随地查单词非常不便，因此这个习惯很难持续坚持。故选 C 项。

【6 题详解】

考查名词词义辨析。句意：每次我查阅并记录一个单词时，我都有一种细微但清晰的成长感，仿佛大脑中很少使用的部分被激活并形成新的连接。A. duty 责任；B. growth 成长；C. relief 宽慰；D. purpose 目的。根据后文“a rarely used part of my brain is being activated and forming new connections”以及“made my mind much sharper”可知，学习生词让大脑得到锻炼，作者明显感受到自身的成长。故选 B 项。

【7 题详解】

考查副词词义辨析。句意：令人惊喜的是，我开始在讲话中使用像“enthusiastic”和“demonstrate”这样的词，这让我的思维变得敏锐得多。A. Fortunately 幸运地；B. Instantly 立刻；C. Formally 正式地；D. Amazingly 令人惊喜地。根据前文“this tiny habit has quietly changed me”以及后文“it has made my mind much sharper”可知，这个小小的习惯带来了出乎意料的积极改变，因此用“令人惊喜地”最符合语境。故选 D 项。

【8 题详解】

考查形容词词义辨析。句意：我注意到我不再使用那一小部分过度使用的形容词，而是更多地寻找准确、有力量的单词。A. precise 准确的；B. original 原创的；C. complex 复杂的；D. ordinary 普通的。根据后文“the exact word you’ve been searching for”可知，作者不再用笼统的词汇，而是追求精准恰当的表达。故选 A 项。

【9 题详解】

考查动词词义辨析。句意：没有什么比最终找到你一直在寻找的那个准确单词更令人满意的了。A. explaining 解释；B. collecting 收集；C. discovering 发现，找到；D. interpreting 诠释。根据前文“searching more for _____, powerful words instead.”可知，作者一直在主动搜寻合适的词，找到的那一刻就是发现心仪词汇的过程。故选 C 项。

【10 题详解】

考查名词词义辨析。句意：在这个电子设备不断分散我们注意力的时代，这个习惯重新唤起了我对阅读的热爱，也让我找回了曾担心已然失去的东西——在多年漫无目的地刷屏之后，终于再度苏醒的、思考带来的乐趣。A. courage 勇气；B. pleasure 乐趣；C. confidence 信心；D. ambition 抱负。根据前文“As a child, I really loved to read”和“There’s nothing more satisfying than finally _____ the exact word”可知，主动思考、用心用词带给作者内心的满足与快乐。故选 B 项。

第二节（共 10 小题；每小题 1.5 分，共 15 分）

【答案】11. taught　　12. to create　　13. taken

【导语】本文是一篇说明文。主要介绍徐悲鸿的艺术成长经历及其融合中西的绘画风格影响。

【11 题详解】

考查动词时态。句意：他的父亲是当地一位肖像画家，教他艺术。此处为谓语动词，描述过去发生的动作，应用一般过去时，所以谓语动词为 taught。故填 taught。

【12 题详解】

考查非谓语动词。句意：他的经历促使他渴望创造一种新的民族艺术形式，将中国传统绘画技法与西方构图相结合，以展现现代中国。此处为固定搭配 desire to do sth.，意为“做某事的渴望”，所以用动词不定式 to create。故填 to create。

【13 题详解】

考查非谓语动词。句意：他的天赋与勤奋开创了中国画新风格，也形成了如今中国各地艺术院校仍采用的艺术理念。此处为非谓语动词作定语，approach 与 take 为被动关系，所以用过去分词 taken。故填 taken。

【答案】14. that##which　　15. how　　16. facing

【导语】本文是一篇说明文。文章介绍了性格的定义，以及了解性格能帮助我们预判人们对不同情境的反应和其喜好与价值观。

【14 题详解】

考查定语从句。句意：性格是使一个人与众不同的、具有特征性的思维、情感和行为模式。_____make a person unique 是关系词引导的定语从句修饰先行词 the characteristic patterns of thoughts, feelings and behaviour，先行词是事物名词，所填关系词在该从句中作主语，关系代词 that 或 which 符合要求。故填 that/which。

【15 题详解】

考查宾语从句。句意：了解性格能让我们预测人们会对特定情境做出怎样的反应，以及他们喜欢和重视什么样的事物。predict 接宾语从句_____people will respond to certain situations and the sorts of things they prefer and value，该从句缺方式状语，空格处要用连接副词 how，表示“如何、怎样”。故填 how。

【16 题详解】

考查非谓语动词。句意：外向的人面对新体验时可能会欢呼雀跃，而害羞的人在一大群人面前可能会感到尴尬。face 与 person 之间是逻辑上的主动关系，要用现在分词形式 facing 作状语。故填 facing。

【答案】17. construction　　18. capabilities　　19. addresses　　20. will be completed

【导语】本文是一篇新闻报道。主要介绍中国新建雪山牧场 15 米亚毫米波望远镜项目的相关情况。

【17 题详解】

考查名词。句意：2025 年 9 月 20 日，中国启动新建大型天文观测项目雪山牧场 15 米亚毫米波望远镜的建设。此处作动词 launched 的宾语，用 construct 的名词形式 construction，意为“建设”。故填 construction。

【18 题详解】

考查名词复数。句意：该项目位于青藏高原，旨在提升国家探索寒冷隐秘宇宙的能力。此处表示“多种能力”，应用可数名词复数形式，所以用 capabilities。故填 capabilities。

【19 题详解】

考查动词时态。句意：通过建设高精度设施弥补现有天文基础设施的显著短板。此处为定语从句谓语动词，描述客观情况，应用一般现在时，关系代词 that 作从句主语，指代先行词 a high-precision facility，是第三人称单数，所以谓语动词为 addresses。故填 addresses。

【20 题详解】

考查动词时态和语态。句意：按计划该项目将于 2027 年完工。此处为谓语动词，根据时间状语“in 2027”可知，用一般将来时，主语 the project 与 complete 为被动关系，所以用 will be completed。故填 will be completed。

第二部分　阅读理解（共两节，38 分）

第一节（共 14 小题；每小题 2 分，共 28 分）

【答案】21. C　　22. B　　23. A

【导语】本文是一篇应用文。文章介绍某动物园野生动物保护相关暑期实习项目的详细信息，包括实习时长、主要职责、任职要求、福利及申请流程等，旨在招募符合要求的实习生。

【21 题详解】

细节理解题。根据 Key Duties 部分中的“Attend educational courses to enhance knowledge of wildlife care and conservation.(参加教育课程，提升野生动物饲养和保护方面的知识)”可知，该实习项目能为实习生提供参加相关学习课程的机会。故选 C。

【22 题详解】

细节理解题。根据 Key Duties 部分中的“Assist wildlife care specialists in daily care routines, including feeding, cleaning, and habitat maintenance.(协助野生动物饲养专家完成日常饲养工作，包括喂食、清洁和栖息地维护)”可知，实习生在项目期间需要帮忙处理野生动物的日常护理工作。故选 B。

【23 题详解】

推理判断题。根据文章开头“Are you passionate about wildlife and conservation? Join us for an immersive and educational summer internship!(你对野生动物和保护工作充满热情吗？加入我们的沉浸式教育暑期实习项目吧)”以及文末“Don’t miss this chance to contribute to the well-being of wildlife while gaining invaluable experience in the world of wildlife care and conservation.(不要错过这个为野生动物福祉贡献力量，同时在野生动物饲养和保护领域积累宝贵经验的机会)”可知，作者围绕野生动物保护暑期实习项目展开，介绍了项目各方面信息，目的是宣传并招募该实习项目的参与者。故选 A。

【答案】24. C　　25. B　　26. C

【导语】本文是一篇记叙文。主要讲述作者自幼练习体操，热爱体操，因脊柱问题无奈放弃后仍心怀热爱，体操也深刻影响了她的人生。

【24 题详解】

细节理解题。根据第一段中的“My mom never expected me to love it as much as I did, or even continue it for

twelve years and become competitive in it.(我妈妈从未想过我会如此热爱体操，更没想过我会坚持十二年并走上竞技之路。)”可知，作者在童年时期就对体操产生了极大的热情。故选 C 项。

【25 题详解】

细节理解题。根据第三段中的“But after all the sad moments, I picked up a new hobby — volleyball. It helped me pass the time. Yet words cannot explain how much I love gymnastics or how I would give anything for my back to be healed and to go back to the gym.(但在所有难过的时光过后，我培养了一个新爱好——排球。它帮我打发时间。然而，语言无法形容我有多热爱体操，我愿意付出一切换我的背部痊愈，回到体操馆。)”可知，作者开始了新的爱好，但仍然想念体操。故选 B 项。

【26 题详解】

推理判断题。通读全文，尤其是最后一段中的“I will never forget the memories that were made. Gymnastics will always be a part of me.(我永远不会忘记那些回忆。体操将永远是我生命的一部分。)”可知，作者对体操的真正热爱在她的生命中留下了永恒的印记。故选 C 项。

【答案】27. B　　28. D　　29. A　　30. C

【导语】本文是一篇说明文。主要介绍科学家通过眼动实验发现人们注视事物的方式存在显著个体差异，该差异或与基因相关，并有望用于疾病诊断。

【27 题详解】

细节理解题。根据第三段中的“In other words, “the individual tendency to look at faces or text can vary more than twofold from one person to the next,” said study lead author Benjamin de Haas, a neuroscientist at Justus-Liebig University Giessen in Germany. (换言之，德国吉森尤斯图斯-李比希大学的神经科学家、该研究的主要作者本杰明·德·哈斯表示：“人与人之间关注人脸或文字的个人倾向，差异可能超过两倍。”)”可知，人类观看图像的方式差异极大。故选 B 项。

【28 题详解】

推理判断题。根据第五段中的“‘Often times, the human is treated as a passive device whose attention can be captured by the image,” said vision scientist Mary Hayhoe at the University of Texas at Austin. This work emphasizes that “in reality, humans are active seekers of information.”(得克萨斯大学奥斯汀分校的视觉科学家玛丽·海霍表示：“很多时候，人类被当作一种被动的装置，其注意力会被图像轻易吸引。”而这项研究强调，“事实上，人类是主动的信息探寻者。”)”可知，作者提及 Mary Hayhoe 是为了纠正人们普遍认为人类被动接收图像信息的错误观点。故选 D 项。

【29 题详解】

细节理解题。根据第六段中的“The researchers suggested these differences in gaze might have some genetic foundations. For example, they noted that two recent studies from the United States and Sweden found that identical

twins had far more similar patterns of eye movements than fraternal twins did.(研究人员认为注视差异可能有一定基因基础。例如，美国和瑞典近期的两项研究发现，同卵双胞胎的眼球运动模式比异卵双胞胎相似得多。)”可知，基因可能影响人们注视的方向。故选 A 项。

【30 题详解】

主旨大意题。通读全文，尤其是第四段中的“‘This implies the way we look at images is personal. What you see can be different from what I’m seeing, even if we look at exactly the same images,” de Haas said. (德哈斯表示：“这意味着我们观看图像的方式是因人而异的。即使我们看着完全相同的画面，你所看到的内容也可能与我所看到的不同。”)”可知，文章围绕人们注视方式存在个体差异展开，核心说明每个人的注视都是独特的、看待事物的方式各不相同，因此“独特的注视：我们看待事物各不相同”最能概括全文核心，适合作为最佳标题。故选 C 项。

【答案】31. A　　32. C　　33. D　　34. B

【导语】本文是一篇说明文。主要介绍商家广告中运用的心理策略、两种广告路径及模仿效应的年龄差异，倡导理性消费。

【31 题详解】

推理判断题。根据第二段中的“One common strategy used in advertising is to appeal to people’s need to imitate or copy someone they admire. This type of advertisement shows a celebrity using a product with the hope that viewers want to look like the celebrity, have the celebrity’s lifestyle, or have the celebrity’s influence, and that purchasing the product will help the buyer achieve these things.(广告中常用的一种策略是迎合人们模仿自己钦佩之人的需求。这类广告展示名人使用某产品，希望观众想要长得像这位名人、拥有其生活方式或影响力，而购买该产品能帮助消费者实现这些。)”可知，名人广告通过满足消费者的心理需求起作用。故选 A 项。

【32 题详解】

推理判断题。根据第三段中的“These advertisements are aimed at potential vacationers and try to influence the consumer to identify their particular products with the people having fun. This is called “peripheral route advertising” whereas “central route advertising” places the emphasis on the product by stating facts about the product and highlighting the use of the product in the advertisement. (这些广告针对潜在度假者，试图引导消费者将其特定产品与享受欢乐的人群联系起来。这种方式被称为“边缘路径广告”；与之相对，中心路径广告则通过在广告中陈述产品相关事实、突出产品用途，将重点放在产品本身。)”可知，边缘路径广告是把产品与快乐、愉悦等情感氛围关联起来，不侧重产品事实与功能；一家人在海滩度过美好时光的度假广告属于边缘路径广告。故选 C 项。

【33 题详解】

词句猜测题。根据第四段中的“One interesting aspect of imitation is that its effects attenuate with the age of the

target audience. Advertisements that rely on imitation are most effective when aimed at teens and preteens and are less effective with young adults.(模仿效应的一个有趣特点是，其效果会随着目标受众年龄的增长而衰减。依赖模仿的广告针对青少年和青春期前儿童效果最佳，对年轻成年人效果较差。)”可知，后文明确说明针对儿童、青少年效果最好，对年轻成年人效果更差，由此可判断随着年龄增长，模仿效应的效果在下降、减弱，因此 attenuate 意为“减弱、降低”。故选 D 项。

【34 题详解】

观点态度题。根据最后一段中的“In the face of various advertisements, we consumers should not blindly imitate the person we admire, but choose the right products which fit our genuine needs instead of the wants they create. This critical choice is the basis of wise consumption.(面对各类广告，消费者不应盲目模仿钦佩之人，而应选择符合自身真实需求而非广告制造的欲望的产品。这种批判性选择是理性消费的基础。)”可知，作者认为消费者应对广告塑造的情感欲望保持批判态度。故选 B 项。

第二节（共 5 小题；每小题 2 分，共 10 分）

【答案】35. E　　36. C　　37. B　　38. G　　39. A

【导语】本文是一篇说明文。主要介绍运动、管理情绪、保持社交和挑战新事物等日常行为对大脑健康的积极作用。

【35 题详解】

根据前文“Positive, everyday actions can make a difference to your brain health.(积极的日常行为会对你的大脑健康产生影响。)”以及后文“Adopting even a single one can meaningfully improve how you feel.(即使采用其中一种也能显著改善你的感受。)”可知，前文提出积极的日常行为有益大脑，后文说明践行这些行为的好处，E 选项“Developing these tried-and-true practices can help you feel sharp and focused.(养成这些经过验证的习惯能让你思维敏锐、注意力集中。)”承接前后文，符合语境。故选 E 项。

【36 题详解】

分析语篇可知，此处应为本段主旨句；根据空后的“Immediately after a workout, people tend to report feeling better emotionally, and their performance on tests of working memory and other cognitive functions improves.(锻炼后，人们通常会说情绪变好，工作记忆和其他认知功能测试的表现也会提升。)”可知，本段讲述体育锻炼对大脑的益处，C 选项“Physical activity is one of the best things you can do for your brain.(体育活动是你能为大脑做的最好的事情之一。)”能概括本段主题，适合作本段主题句。故选 C 项。

【37 题详解】

根据前文“It’s common to feel worried.(感到焦虑是很常见的。)”以及后文“Research shows that directly dealing with the things that make us anxious can help break a pattern of fear and avoidance.(研究表明，直接处理让我们焦虑的事情有助于打破恐惧和回避的模式。)”可知，前文提出焦虑情绪，后文建议直接面对焦虑，

B 选项“In such moments, a good approach is to face your fears directly.(在这种时候，一个好方法是直接面对你的恐惧。)”承接前后文，给出应对焦虑的方法，符合语境。故选 B 项。

【38 题详解】

根据前文“Simply reaching out to a friend or family member for even a short call can combat loneliness and provide a powerful benefit.(简单地联系朋友或家人，即使是短暂的通话也能缓解孤独，带来显著益处。)”可知，前文说明社交联系的好处，此空为断尾句，总结社交对大脑的保护作用，G 选项“Staying socially connected can help protect the brain from these negative effects.(保持社交联系有助于保护大脑免受这些负面影响。)”承接前文内容，符合语境。故选 G 项。

【39 题详解】

根据前文“In addition, challenging your mind through new activities can keep your brain engaged and growing.(此外，通过新活动挑战大脑能让它保持活跃和成长。)”可知，前文建议尝试新活动；A 选项“You can learn a practical skill or try something artistic.(你可以学习一项实用技能或尝试一些艺术相关的事情。)”承接前文，举例说明具体的新活动，下文“This practice may have short-term and long-term benefits for your brain.(这种做法可能对你的大脑有短期和长期的好处。)”中的“This practice”指代选项中的“learn a practical skill or try something artistic”。故选 A 项。

第三部分　书面表达（共两节，32 分）

第一节（共 4 小题；第 40、41 题各 2 分，第 42 题 3 分，第 43 题 5 分，共 12 分）

【答案】40. It’s about having a state of mind, an ongoing attitude to conscious adventure that influences all aspects of how we holiday.

41. Because travelling lighter can reduce the chances of having to dispose of items and it’s more fuel efficient.

42. ▶***Since accommodation is a source of emissions, staying at a typical hotel can make a significant difference to your holiday’s carbon footprint.*** Because a typical hotel has average carbon emissions, and only choosing a hotel with lower than average carbon emissions can make a significant difference to your holiday’s carbon footprint.

43. I can save water and electricity in daily life, sort rubbish strictly, use reusable bags instead of plastic ones, and choose to walk or cycle for short trips to live a low-carbon life.

【导语】这是一篇说明文。文章介绍了可持续旅行的含义，并从打包、交通、住宿和饮食等方面提出了实现可持续旅行的具体方法。

【40 题详解】

考查细节理解。根据第一段“Being a sustainable traveller is not about making grand, one-off gestures. It’s about having a state of mind, an ongoing attitude to conscious adventure that influences all aspects of how we holiday. (成为一名可持续旅行者并不在于做出宏大的、一次性的姿态，而在于拥有一种心态，一种持续的有意识探险的

态度，这种态度会影响我们度假的方方面面。)”可知，成为一名可持续旅行者关乎一种心态，一种持续的、有意识的探险态度，影响度假的各个方面。故答案为 It’s about having a state of mind, an ongoing attitude to conscious adventure that influences all aspects of how we holiday.。

【41 题详解】

考查细节理解。根据第二段“To begin with, consider packing less: travelling lighter can reduce the chances of having to dispose of items and it’s more fuel efficient. (首先，考虑少带行李：轻装旅行可以减少丢弃物品的可能性，而且更省油。)”可知，少带行李能减少丢弃物品的可能，并且更省油，因此更环保。故答案为 Because travelling lighter can reduce the chances of having to dispose of items and it’s more fuel efficient.。

【42 题详解】

考查细节理解。根据第五段“For example, the average carbon footprint of a night in a typical hotel in the UK is about 31.1kg CO2, according to the Hotel Carbon Measurement Initiative, so choosing a hotel that has lower than average carbon emissions can make a significant difference to your holiday’s carbon footprint. (例如，根据酒店碳计量倡议，英国一家普通酒店一晚的平均碳排放量约为 31.1 千克二氧化碳，因此选择碳排放量低于平均水平的酒店会对你假期的碳足迹产生重大影响。)”可知，原文明确指出是选择低于平均碳排放的酒店而非普通酒店，才能显著影响假期碳足迹。题干中“staying at a typical hotel”与原文表述矛盾。故 Since accommodation is a source of emissions, staying at a typical hotel can make a significant difference to your holiday’s carbon footprint.中“staying at a typical hotel”错误，应改为“choosing a hotel that has lower than average carbon emissions”。故答案为 Since accommodation is a source of emissions, staying at a typical hotel can make a significant difference to your holiday’s carbon footprint. Because a typical hotel has average carbon emissions, and only choosing a hotel with lower than average carbon emissions can make a significant difference to your holiday’s carbon footprint.。

【43 题详解】

考查开放性试题。结合节约资源、垃圾分类、减少浪费等绿色生活方式作答即可。故答案为 I can save water and electricity in daily life, sort rubbish strictly, use reusable bags instead of plastic ones, and choose to walk or cycle for short trips to live a low-carbon life.

第二节（20 分）

44. 【答案】One possible version:

Dear Jim,

Glad to hear you’re planning a campus tech & art festival themed “Art Meets Tech”. I’d like to offer some practical suggestions.

First, you can hold a digital painting show, where students create works with tablets and software. It clearly

shows how technology makes creation easier and more creative. Besides, a short video competition about traditional art would be great. Videos help spread classical beauty in a modern way.

These activities are popular among students and perfectly combine art and technology. I believe they will make your festival lively and impressive.

Yours,

Li Hua

【导语】本篇书面表达属于应用文。要求考生以红星中学高三学生李华的身份，给英国好友 Jim 写一封回信，就其策划的“Art Meets Tech”主题校园科技艺术节提出活动建议，并说明建议的理由。

【详解】1. 词汇积累

高兴的：glad → delighted

展示：show → demonstrate

传播：spread → circulate

受欢迎的：popular → well-received

2. 句式拓展

简单句变复合句

原句：I believe they will make your festival lively and impressive.

拓展句：I hold the belief that they will make your festival lively and impressive.

【点睛】【高分句型 1】First, you can hold a digital painting show, where students create works with tablets and software. (运用了 where 引导的定语从句)

【高分句型 2】It clearly shows how technology makes creation easier and more creative. (运用了 how 引导的宾语从句)