2025 全国 II 卷高考真题

英　　语

本试卷共 150 分，共 12 页。考试结束后，将本试题和答题卡一并交回。

注意事项：

1. 答题前，考生先将自己的姓名、准考证号码填写清楚，将条形码准确粘贴在条形码区域内。

2. 选择题必须使用 2B 铅笔填涂;非选择题必须使用 0. 5 毫米黑色字迹的签字笔书写，字体工整，笔记清楚。

3. 请按照题号顺序在答题卡各题目的答题区域内作答，超出答题区域书写的答案无效;在草稿纸、试卷上答题无效。

4. 作图可先使用铅笔画出，确定后必须用黑色字迹的签字笔描黑。

5. 保持卡面清洁，不要折叠、不要弄破、弄皱，不准使用涂改液、修正带、刮纸刀。

第一部分 听力(共两节，满分 30 分)

做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

第一节(共 5 小题;每小题 1. 5 分，满分 7. 5 分)

听下面 5 段对话。每段对话后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

例: How much is the shirt?

A. £19. 15.　　B. £9. 18.　　C. £9. 15.

答案是 C.

1. How will the woman probably get to Baxley?

A. On foot.　　B. By taxi.　　C. By bus.

2. What is the man going to do?

A. Have some dessert.　　B. Pay the bill.　　C. Cancel the trip.

3. What are the speakers talking about?

A. Buying a computer.　　B. Doing research.　　C. Saving money.

4. What is the man’s major?

A. Psychology.　　B. Biology.　　C. English.

5. What does Linda suggest?

A. Buying a sports watch.　　B. Borrowing Mary’s watch.　　C. Getting the watch repaired.

第二节(共 15 小题;每小题 1. 5 分，满分 22. 5 分)

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前，你将有时间阅读各个小题，每小题 5 秒钟;听完后，各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料，回答第 6、7 题。

6. Why does Peter make the call?

A. To arrange a visit. B. To extend an invitation. C. To confirm an appointment.

7. Where will the speakers meet on Tuesday evening?

A. At the theatre. B. At a snack bar. C. At Delia's office.

听第 7 段材料，回答第 8、9 题。

8. What does Sam say about his daughter?

A. She dislikes doing homework. B. She overuses her smartphone. C. She feels lonely at school.

9. What is Sam's attitude towards the school policies?

A. Supportive. B. Uncertain. C. Disapproving.

听第 8 段材料，回答第 10 至 12 题。

10. What is the probable relationship between the speakers?

A. Tourist and guide. B. Husband and wife. C. Trainer and trainee.

11. Who came up with the idea of going rock climbing?

A. Billy. B. Karen. C. Max.

12. What is Jessie's plan for tomorrow?

A. Going horseback riding. B. Playing table tennis. C. Rowing on the lake.

听第 9 段材料，回答第 13 至 16 题。

13. What did Frank do before coming to Susanna?

A. He went to a tech fair. B. He signed a contract. C. He had a job interview.

14. What does Frank hope to get?

A. A promotion. B. A vacation. C. A bonus.

15. When will Frank know the result from his company?

A. Wednesday. B. Thursday. C. Friday.

16. Who is Susanna?

A. Frank's client. B. Frank's lawyer. C. Frank's boss.

听第 10 段材料，回答第 17 至 20 题。

17. Who is the Mini Camp intended for?

A. Four-year-olds. B. Five-year-olds. C. Six-year-olds.

18. Which activity does the Older Summer Camp organize?

A. Museum visits. B. Bowling games. C. Family gatherings.

19. What is a requirement for joining the field trips?

A. Camping experience. B. Parental permission. C. Swimming skills.

20. What will the speaker do next?

A. Collect fees. B. Answer questions. C. Show a short video.

第二部分 阅读(共两节，满分 50 分)

第一节(共 15 小题;每小题 2. 5 分，满分 37. 5 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。

A

English Market Towns to Visit in the UK

English market towns come in many shapes and sizes. Each has a personality shaped by the goods and services produced and traded for centuries. But each town has more to do than shop.

Hereford, Herefordshire

Hereford has remained a lively market town since 1189. Skirting the town square, you'll find lovely shops, eateries, and the Black and White House Museum. The Hereford Cathedral is the most impressive building in town. It's also home to an ancient library. One of the four original copies of the Magna Carta is displayed there.

Ludlow, Shropshire

Ludlow is known as the Foodie Center of England. Butcher shops, greengrocers, bakeries, and cheese shops line the town square. Bordering the square, the Ludlow Castle is a "must explore" medieval stronghold. The three-day Ludlow Food Festival is held each September.

Shrewsbury, Shropshire

Getting to Shrewsbury Town Center from London is challenging but worth the anxiety. The River Severn has a significant turn through town, almost making an island of Shrewsbury Town Center. The shape creates a perfect market where goods could be shipped and received using the river as a highway. Flowers are everywhere-hanging baskets, window boxes, and planters-just what you imagine in an attractive English market town.

Mevagissey, Cornwall

Even if you haven't been to the small fishing village Mevagissey, you've probably seen it in a movie or British TV show. The working harbor (港口) took shape in 1774. Fishermen go out to sea daily and sell their fish in harbor-side markets. Don't leave the harbor without a traditional Cornish pie. It's delicious.

1. Where can you find an original copy of the Magna Carta?

A. In the Ludlow Castle.　　B. In the Foodie Center of England.

C. In the Hereford Cathedral.　　D. In the Black and White House Museum.

2. What is a feature of Shrewsbury Town Center?

A. It's situated near a big island.　　B. It's almost surrounded by water.

C. It's known for its flower festival.　　D. It's easily accessible from London.

3. What does the author suggest visitors do in Mevagissey?

A. Try the Cornish pie.　　B. Watch a British TV show.

C. Go fishing in the sea.　　D. Take pictures of the harbor.

B

Kathy Ho teaches high school inside Lucile Packard Children's Hospital Stanford (LPCH). "Sometimes I don't like saying that I'm a teacher," says Ho. "People get in their minds an idea of what teachers do, but that's not really what it is here."

"Here" is room 386, where each year, about 500 LPCH patients also become students. The hospital school is free of parents, doctors, and medical procedures. It's a place of learning. About half of Ho's students stay for a

week or less; others are there for more than a year. Most of Ho's students will recover, which means that preparing them to return to school is an increasingly important component of care.

Still, in room 386, academics don't come first. Physical health and mental health are the priority. "If you're scared about something and thinking only about that, there's no way you're going to be able to learn," Ho says. "I'm a coach, an adviser, and a comforter, and that's what it means to be a hospital teacher."

There are up to 30 students at any given time in Ho's class. She generally works with their regular teachers to get lessons and tests being used at their home schools. Some teachers don't give the kids any assignments; they express sympathy instead. "I feel like it is a disservice to the kids," Ho says. "They think their teachers don't care about their schoolwork."

Ho recognizes the psychological benefit of helping kids keep up with their peers (同龄人) outside the hospital. "I actually think the medicine is only a small piece for some problems," says Julie Good, director of pain management services at LPCH. "It's about problem-solving around what it means to have a full life. Those kids have dreams. School can keep those dreams alive by giving kids a way to learn and grow."

4. Who does Ho teach at LPCH?

A. Sick children.　　B. Young nurses.

C. Medical students.　　D. Patients' parents.

5. What is a characteristic of Ho's job?

A. Prioritizing academics.　　B. Encouraging innovation.

C. Treating various diseases.　　D. Playing multiple roles.

6. What does the underlined word "it" refer to in paragraph 4?

A. Offering regular lessons.　　B. Paying extra attention.

C. Assigning no schoolwork.　　D. Showing no sympathy.

7. How does the hospital school benefit the students according to Good?

A. It eases peer pressure.　　B. It helps them live in hope.

C. It frees them from aches.　　D. It entertains them with stories.

C

When Sonja Detrinidad opened her online shop selling houseplants, she didn't have high hopes for it. But the opposite happened: She was flooded, shipping out 1,200 orders in June of 2020 alone. In the past year, Detrinidad sent out more than 70,000 plants. Her success is just one example of increased time at home leading to an explosion in the houseplant industry.

"Plants are in fashion right now," says Dr. Melinda Knuth, a researcher from the University of Florida. "People who live in plant-rich environments report a higher life satisfaction rating, " she says. "Adding more nature to our environment can change our mood and how we think." Plants can improve our state of mind in a few ways but the biggest is by decreasing our level of cortisol, the stress hormone (激素) in our body.

"Students who are around plants perform better academically than students who are in a classroom without plants," says Knuth. "This productivity also translates into the workplace for adults. Our study showed that there was a 30% decrease in sick leave for people who were in plant-rich workplaces."

If you're among the groups of people who are enjoying the mental and physical health benefits of surrounding yourself with plants, don't beat yourself up if one (or a few!) doesn't make it. "Doctors practice medicine and

lawyers practice law and you should allow yourself the practice it takes to sustain a plant. Tending to plants is an exercise in patience and learning. Be invested in taking care of it, but if it dies, go get another one," Detrinidad says.

8. How was Detrinidad's business when it started?

A. It faced tough competition.
B. It suffered a great loss.
C. It got lots of financial support.
D. It went surprisingly well.

9. What is one of Knuth's findings about plants?

A. They appeal more to students.
B. They purify the environment.
C. They raise the cortisol level.
D. They enhance productivity.

10. What does Detrinidad try to explain by mentioning doctors and lawyers?

A. The necessity of social skills.
B. The meaning of sustainability.
C. The importance of repeated efforts.
D. The value of professional opinions.

11. What can be a suitable title for the text?

A. Time to Replace Houseplants
B. Plants Boost Your Mood
C. Tips on Choosing Houseplants
D. Plants Brighten Your Home

D

Does your soul die a little every time you throw away unused food? Mine does. Maybe that feeling comes from growing up in South Africa, where the phrase "there are children starving in Africa" was more of an uncomfortable reminder of fact than a prayer at dinner time.

Food waste is a growing concern in the restaurant, supermarket, and supply chain industries. From technological solutions to educational campaigns, food producers and sellers are looking for ways to use more of what we're already growing. But last month, one popular New York City restaurant tried a different way: It changed its menu to exclusively (专门) offer food that would otherwise be thrown away.

For two weeks in March, Greenwich Village's Blue Hill restaurant was renamed wastED, and served items like fried skate cartilage, a juice pulp burger, and a dumpster diver's vegetable salad. Each dish was tailor-made to raise awareness regarding food waste.

A study by the Food Waste Alliance determined that the average restaurant generates 33 pounds of food waste for every $1,000 in revenue (收入), and of that waste only 15.7% is donated or recycled. Up to 84.3% is simply thrown out. Restaurants like Silo in the UK have experimented with zero-waste systems, but wastED took the concept to its logical conclusion.

It should be noted that none of the items on wastED's menu was technically made from garbage. Instead, all the ingredients (配料) used were examples of meat cuts and produce that most restaurants would never consider serving. Things like kale ribs, fish collars, rejected sweet potatoes, and cucumber butts were all re-appropriated and, with the help of a number of good chefs, turned into excellent cuisine.

Though wastED received enthusiastic reviews, it was designed from the start as a short-lived experiment; Blue Hill has since returned to its regular menu. Nevertheless, it serves as a reminder that there are many ways to address problems of sustainability, and that you can make an amazing meal out of almost anything.

12. What can be inferred about the author's early life?

A. He witnessed food shortage.
B. He enjoyed the local cuisine.

C. He donated food to Africans.
D. He helped to cook at home.

13. Why did Blue Hill carry out the experiment?

A. To customize dishes for guests.
B. To make the public aware of food waste.
C. To test a food processing method.
D. To improve the UK's zero-waste systems.

14. What is paragraph 5 mainly about?

A. Why the ingredients were used.
B. Which dishes were best liked.
C. What the dishes were made of.
D. Where the ingredients were bought.

15. What can we learn about wastED?

A. It has ended as planned.
B. It is creating new jobs.
C. It has regained popularity.
D. It is criticized by top chefs.

第二节(共 5 小题;每小题 2. 5 分，满分 12. 5 分)

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Unexpected Benefits of Volunteering as a Family

Are you looking for a way to bring your family together? Hoping to find a hobby that can be shared by both the little ones and adults? ___16___ You may know the "feel-good" emotions that come with helping others, but there are even more unexpected ways volunteering will positively affect the whole family.

●You'll feel like you have more time.

People often feel they are too busy to volunteer. Yet, research has found that giving your time to community causes actually makes you feel like you have more of it. ___17___

●You can live longer if you volunteer regularly.

___18___ Washington University found that adults 55 and older who volunteered had better memory and maintained overall health longer than others their age. Volunteers are also more likely to look after their own health and are more focused on adding physical activity into their lives.

● ___19___

Volunteering during teenage years has been linked to some major positive effects such as improved grades and increased self-confidence. These effects aren't just short-term but have been proved to affect a teen's well-being in the years to come.

●You'll have more time with family.

Families who volunteer together have the unique experience of working toward a common goal. ___20___ Everyone brings something unique to the table and can connect with each other in a new way. And, there are tasks for every age and ability, so all your children can feel proud of their work.

A. Helping the community lowers rates of depression.
B. Volunteering as a family may be just the thing you need.
C. Volunteering has a lifelong effect on kids and teenagers.
D. Volunteering can be the first step in breaking down prejudice.
E. For adults, volunteering can provide significant physical health benefits.
F. You may even learn that your kid has a talent you didn't know about before.

G. Volunteering makes you feel capable and inspires you to make the most of each day.

第三部分 语言运用(共两节，满分 30 分)

第一节(共 15 小题;每小题 1 分，满分 15 分)

阅读下面短文，从每题所给的 A、B、C、D 四个选项中选出最佳选项。

Evelyn Donohue is a 65-year-old grandma. She only started to ___21___ seven years ago after having a ___22___ call. She'd been struggling with eating disorders and health issues, which ___23___ led her to getting surgery. After that experience, she knew that she needed to make a ___24___. Determined to turn her life around, Ms Donohue began to work out and follow a ___25___ lifestyle, before discovering a ___26___ for weightlifting.

Since setting out on the journey, the ___27___ lover has not only managed to ___28___ an impressive set of muscles — but also a huge following on social media.

The well-liked grandma regularly posts workout content, explaining there's no ___29___ others can't look this good. She said it was all down to some key aspects.

"Hold on: Consider failure as a ___30___ to success and never give up. Stick to your plan," she said. "___31___ others: Lift others up on your journey. Success is sweeter when ___32___." She previously explained that "you do not need to have an amazing body to exercise... the ___33___ is to feel good, not look good."

Ms Donohue used to be laughed at for being too old to work out, but she has proved the ___34___ wrong in the best possible way and has indeed become an ___35___ or many social media users.

21. A. write	B. travel	C. exercise	D. recover
22. A. goodwill	B. timeout	C. long-distance	D. wake-up
23. A. normally	B. ultimately	C. suddenly	D. automatically
24. A. change	B. fortune	C. wish	D. deal
25. A. risky	B. traditional	C. comfortable	D. healthy
26. A. demand	B. secret	C. passion	D. cure
27. A. peace	B. fitness	C. fun	D. nature
28. A. grow	B. control	C. activate	D. relax
29. A. need	B. choice	C. reason	D. difference
30. A. green light	B. road block	C. passing mark	D. stepping stone
31. A. Help	B. Consult	C. Follow	D. Forgive
32. A. accepted	B. shared	C. expected	D. celebrated
33. A. goal	B. case	C. duty	D. cost
34. A. instructors	B. admirers	C. beginners	D. doubters
35. A. authority	B. excuse	C. inspiration	D. option

第二节(共 10 小题;每小题 15 分，满分 15 分)

阅读下面短文，在空白处填入 1 个适当的单词或括号内单词的正确形式。

I was born and raised in Cleveland, Ohio in the United States. Yet now, I live in the countryside of Zhejiang, China with my Chinese husband and his family, ____36____ bamboo and tea bushes (灌木) grow wild in the mountains, chickens are always free-range, and ____37____ (center) heating doesn't exist.

Nothing in my life before prepared me ____38____ this one-and to be sure, the first time I came here I never

imagined I would ever feel comfortable in this area. But it's amazing how you can adapt ____39____ learn in a new environment. Over time, I've found ____40____ (I) feeling extremely at home here. And in the process, I've experienced things that really surprise me at times. The "sunshine scent (香味)" of freshly sunned clothes ____41____ (be) one of them.

Growing up, my family and our neighbors never used clotheslines to dry clothing, denying me the chance ____42____ (discover) one of the great wonders of sunshine — the sweet "sunshine scent" after sunning clothes for an entire day. The sun-dried clothes smell especially pleasant where I live, thanks to the ____43____ (absent) of smog and plenty of blue sky ____44____ (afternoon) with lots of fresh air.

If you've never experienced the "sunshine scent" from a sheet or shirt ____45____ (leave) to sun for a day, well, you're missing out on one of life's wonders.

第四部分 写作(共两节，满分 40 分)

第一节(满分 15 分)

46. 假定你是校英文报编辑李华，外教 Chris 上个月答应写一篇介绍加拿大体育运动的文章。请给 Chris 写一封邮件，内容包括：

(1)询问进展；

(2)提醒交稿时间。

注意：

(1)写作词数应为 80 个左右；

(2)请按如下格式在答题卡的相应位置作答。

Dear Chris,

_____

_____

_____

_____

_____

_____

Best wishes,

Li Hua

第二节(满分 25 分)

47. 阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

"What is your name? " is a question most frequently asked when people meet for the first time. But for me, it was the first challenge I encountered as an international student in Ireland.

The pronunciation system of the Chinese language is quite different from that of English. For native speakers of English, some Chinese words are rather difficult to pronounce. My given name *Qiuyu* (秋雨), for instance, happened to be a great challenge for many of them. Every time I gave a self-introduction, I had to explain how to pronounce my name at least five times, yet they still could not say it the way I did.

Once in a lecture, the professor tried repeating my name after me over and over in front of thirty classmates. I really did not know whether I should continue correcting him or simply drop the matter. I feared that my classmates

might grow tired of my efforts or even lose patience with me. After all, I did care about how others would think of me. I realized that if I didn't stop, the entire lecture would be ruined. "It's okay, professor," I shrugged (耸肩). The awkward moment ended with the class erupting into laughter. I forced a smile, unsure how to respond further.

After that incident, I stopped acting as a "Chinese teacher." Instead of correcting others when they were struggling to pronounce my name, I just smiled and nodded approvingly. This approach spared me the discomfort of having to over-explain. However, I soon found that by doing so, I might be losing something more important: the opportunity to share a small part of my cultural identity.

注意：

(1) 续写词数应为 150 个左右；

(2) 请按如下格式在答题卡的相应位置作答。

In a class discussion, I was invited to explain the meaning of my name.

Many of my classmates got interested and came up to me after class.

参考答案

第二部分 阅读(共两节，满分 50 分)

第一节(共 15 小题;每小题 2. 5 分，满分 37. 5 分)

【答案】1. C　2. B　3. A

【导语】本文是一篇应用文。主要介绍了英国值得一游的四个市场小镇及其特色和亮点。

【1 题详解】

细节理解题。根据 Hereford, Herefordshire 部分中“The Hereford Cathedral is the most impressive building in town. It’s also home to an ancient library. One of the four original copies of the Magna Carta is displayed there. (赫里福德大教堂是镇上最令人印象深刻的建筑。它还拥有一座古老的图书馆，《大宪章》的四份原始副本之一便陈列于此)”可知，在赫里福德大教堂可以找到《大宪章》的原始副本。故选 C 项。

【2 题详解】

细节理解题。根据 Shrewsbury, Shropshire 部分中“The River Severn has a significant turn through town, almost making an island of Shrewsbury Town Center. The shape creates a perfect market where goods could be shipped and received using the river as a highway. (塞文河在流经小镇时出现一个明显的转弯，几乎将什鲁斯伯里镇中心变成一座孤岛。这种地形造就了一个绝佳的集市，在这里，人们可以借助这条河流作为运输通道来收发货物)”可知，什鲁斯伯里镇中心几乎被水包围。故选 B 项。

【3 题详解】

细节理解题。根据 Mevagissey, Cornwall 部分中“Don’t leave the harbor without a traditional Comish pie. It’s delicious. (离开港口前一定要尝尝传统的康沃尔馅饼。它很美味)”可知，作者建议游客在梅瓦吉西一定要尝尝康沃尔馅饼。故选 A 项。

【答案】4. A　5. D　6. C　7. B

【导语】本文是一篇记叙文，主要讲述了 Kathy Ho 在斯坦福露西尔·帕卡德儿童医院（LPCH）担任教师的工作情况，介绍了医院学校学生的情况、她工作的特点以及医院学校对学生的益处。

【4 题详解】

细节理解题。根据文章第二段中“‘‘Here” is room 386, where each year, about 500 LPCH patients also become students. The hospital school is free of parents, doctors, and medical procedures. It’s a place of learning. About half of Ho’s students stay for a week or less; others are there for more than a year. Most of Ho’s students will recover, which means that preparing them to return to school is an increasingly important component of care. (“这里”指的是 386 室，每年约有 500 名露西尔·帕卡德儿童医院（LPCH）的患者在这里成为学生。这所医院学校里没有家长、医生，也没有医疗程序。它是一个学习的地方。Ho 老师的学生中，约有一半只待一周或更短时间，其他人则会待一年以上。大多数学生最终会康复，这意味着，帮助他们做好重返学校的准备正成为护理工作中日益重要的组成部分)”可知，Ho 在露西尔·帕卡德儿童医院（LPCH）教生病的孩子。故选 A。

【5 题详解】

细节理解题。根据文章第三段中“I’m a coach, an adviser, and a comforter, and that’s what it means to be a

hospital teacher. (我是一名教练、一名顾问和一名安慰者，这就是作为一名医院教师的意义)”可知，Ho 工作的一个特点是扮演多种角色。故选 D。

【6 题详解】

词句猜测题。根据文章第四段划线词所在句“Some teachers don’t give the kids any assignments; they express sympathy instead. “I feel like it is a disservice to the kids,” Ho says. (一些老师不给孩子们布置任何作业，而是表达同情。Ho 说：“我觉得这对孩子们是一种伤害”)” 可推知，其中的“it”指的是不给孩子们布置作业这件事。故选 C。

【7 题详解】

推理判断题。根据文章最后一段中 Julie Good 所说的“It’s about problem-solving around what it means to have a full life. Those kids have dreams. School can keep those dreams alive by giving kids a way to learn and grow. (这关乎围绕“何为充实人生”展开的问题解决。那些孩子拥有梦想，而学校能通过为他们提供学习与成长的途径，让这些梦想得以延续)”可推知，Good 认为医院学校通过让孩子保持学习和成长，帮助他们维系梦想，即帮助他们生活在希望中。故选 B。

【答案】8. D　9. D　10. C　11. B

【导语】本文是一篇说明文。文章主要通过 Detrinidad 的创业经历和专家研究，说明室内植物对人们心理健康和工作效率的积极影响，以及近年来居家趋势推动了室内植物产业的发展。

【8 题详解】

细节理解题。根据第一段中的“When Sonja Detrinidad opened her online shop selling houseplants, she didn’t have high hopes for it. But the opposite happened: She was flooded, shipping out 1,200 orders in June of 2020 alone. (当 Sonja Detrinidad 开设她的网店售卖室内植物时，她并没有抱太大的期望。但结果却恰恰相反：订单如潮水般涌来，仅在 2020 年 6 月就寄出了 1200 份订单)”可知，Sonja Detrinidad 刚开始开网店卖室内植物时，并没有抱太大希望，但实际情况是订单很多，生意出奇地好。故选 D。

【9 题详解】

细节理解题。根据第三段中的“‘Students who are around plants perform better academically than students who are in a classroom without plants,” says Knuth. “This productivity also translates into the workplace for adults. Our study showed that there was a 30% decrease in sick leave for people who were in plant-rich workplaces.”(Knuth 表示：“身处植物周围的学生，其学业表现比在没有植物的教室里的学生更出色。这种效率提升同样适用于成年人的工作场合。我们的研究显示，在植物丰富的工作环境中，人们的病假率降低了 30%。”)”可知，Knuth 的研究发现，接触植物的学生学业表现更好，成年人在植物丰富的工作环境中生产率提高，病假率降低，因此，“植物能提升生产率”是她的发现之一。故选 D。

【10 题详解】

推理判断题。根据最后一段中的“‘Doctors practice medicine and lawyers practice law and you should allow yourself the practice it takes to sustain a plant. Tending to plants is an exercise in patience and learning. Be invested in taking care of it, but if it dies, go get another one,” Detrinidad says. (Detrinidad 说：“医生需要不断实践医术，律师需要持续精进法律实务，而养护植物同样需要给自己练习的机会。照料植物是一种培养耐心和学习的过程。要用心呵护它，但如果它枯萎了，就再养一株新的。”)”可知，Detrinidad 通过类比医生和律

师需要不断实践来强调“照顾植物需要反复尝试”。她认为养植物失败是正常的，重要的是持续努力。由此推断，她提到医生和律师是为了解释“重复努力的重要性”。故选 C。

【11 题详解】

主旨大意题。文章第一段以 Detrinidad 的成功为例引出室内植物行业的兴起，第二段至第三段通过 Knuth 的研究说明植物能通过降低皮质醇水平改善心情、提升生产率，第四段鼓励人们尝试养植物。全文核心围绕“植物对情绪和健康的积极影响”展开。选项 B“Plants Boost Your Mood (植物改善你的情绪)”最能概括文章主旨，适合作为文章的标题。故选 B。

【答案】12. A　13. B　14. C　15. A

【导语】本文是一篇说明文。文章介绍了食物浪费问题，并以纽约一家餐厅的短期实验项目“wastED”为例，该餐厅通过创意改造本该被丢弃的食材制作菜品，以此提高人们对可持续饮食的关注。

【12 题详解】

推理判断题。根据文章第一段中“Maybe that feeling comes from growing up in South Africa where the phrase “there are children starving in Africa” was more of an uncomfortable reminder of fact than a prayer at dinner time. (这种感觉或许源于在南非的成长经历 —— 在那里，“非洲还有孩子在挨饿” 这句话与其说是晚餐时的祈祷，不如说是对现实令人不安的提醒)” 可知，作者在南非长大，那里有孩子挨饿是事实，由此可推断作者早年目睹了食物短缺的情况。故选 A。

【13 题详解】

细节理解题。根据文章第三段中“Each dish was tailor-made to raise awareness regarding food waste. (每道菜都是量身定制的，以提高人们对食物浪费的认识)”可知，Blue Hill 餐厅进行这个实验，将菜单改为只提供原本会被扔掉的食物，是为了提高公众对食物浪费的认识。故选 B。

【14 题详解】

主旨大意题。根据文章第五段“It should be noted that none of the items on wastED’s menu was technically made from garbage. Instead, all the ingredients (配料) used were examples of meat cuts and produce that most restaurants would never consider serving. Things like kale ribs, fish collars, rejected sweet potatoes, and cucumber butts were all re-appropriated and, with the help of a number of good chefs, turned into excellent cuisine. (值得注意的是，从技术上讲，wastED 的菜单上没有一项是由垃圾制成的。相反，所有使用的食材都是大多数餐馆永远不会考虑供应的肉类部位和农产品。羽衣甘蓝茎、鱼颈肉、被挑拣的红薯和黄瓜蒂等东西都被重新利用，在许多优秀厨师的助力下，变成了美味的菜肴)”可知，本段主要介绍了 wastED 菜单上的菜品所用的配料，如羽衣甘蓝茎、鱼颈肉、被挑拣的红薯和黄瓜蒂等，所以本段主要讲的是这些菜肴是由什么做成的。故选 C。

【15 题详解】

推理判断题。根据文章最后一段中“Though wastED received enthusiastic reviews, it was designed from the start as a short-lived experiment; Blue Hill has since returned to its regular menu. (尽管 wastED 餐厅收获了热烈的评价，但它从一开始就被设计为短期实验项目；此后，Blue Hill 餐厅已回归常规菜单)”可知，wastED 从一开始就被设计为短期实验，现在餐厅已恢复常规菜单，从而推断，实验项目“wastED”已经按计划结束了。故选 A。

第二节(共 5 小题;每小题 2. 5 分，满分 12. 5 分)

【答案】16. B　17. G　18. E　19. C　20. F

【导语】本文是一篇说明文。文章主要介绍家庭共同参与志愿活动带来的意外好处，包括感觉时间更充裕、促进身体健康、对青少年产生长远积极影响以及增进家庭互动等。

【16 题详解】

根据上文“Are you looking for a way to bring your family together? Hoping to find a hobby that can be shared by both the little ones and adults? (你在寻找让家人团聚的方法吗？希望找到一个大人和小孩都能参与的爱好吗)”可知，此处以提问方式引出家庭共同活动的需求，空格处需给出解决方案。B 选项“Volunteering as a family may be just the thing you need. (全家一起做志愿者可能正是你需要的)”中的“Volunteering as a family”直接回应“bring your family together”和“shared hobby”，引出下文对家庭志愿活动好处的具体说明，符合语境。故选 B 项。

【17 题详解】

根据段落主题句“You'll feel like you have more time. (你会觉得自己有更多时间)”及上文“Yet, research has found that giving your time to community causes actually makes you feel like you have more of it. (然而，研究发现，把时间投入到社区事业中实际上会让你觉得自己拥有更多时间)”可推知，设空处需解释“感觉时间更多”的原因。G 选项“Volunteering makes you feel capable and inspires you to make the most of each day. (志愿活动让你感觉有能力，并激励你充分利用每一天)”中的“makes you feel capable”和“inspires you to make the most of each day”从心理层面解释了为何志愿活动会让人产生时间更充裕的感觉，与“feel like you have more time”形成因果关联。故选 G 项。

【18 题详解】

根据下文“Washington University found that adults 55 and older who volunteered had better memory and maintained overall health longer than others their age. (华盛顿大学研究发现，55 岁及以上的成年人中，参与志愿服务的人群比同龄人拥有更优的记忆力，且能更长久地维持整体健康状态)”可知，本段聚焦志愿活动对成年人身体健康的益处。E 选项“For adults, volunteering can provide significant physical health benefits. (对成年人来说，志愿活动可以带来显著的身体健康益处)”中的“For adults”对应“adults 55 and older”，“physical health benefits”概括了“better memory”和“maintained overall health”，与本段的主题吻合。故选 E 项。

【19 题详解】

根据下文“Volunteering during teenage years has been linked to some major positive effects such as improved grades and increased self-confidence. These effects aren't just short-term but have been proved to affect teen's well-being in the years to come. (青少年时期参与志愿服务已被证实与一些重要的积极影响相关，例如成绩提升和自信心增强。这些影响并非只是短期的，而是已被证明会在未来数年持续影响青少年的身心健康)”可知，本段主题为志愿活动对青少年的长期影响。C 选项“Volunteering has a lifelong effect on kids and teenagers. (志愿活动对儿童和青少年有终身影响)”中的“lifelong effect”对应“affect teen's well-being in the years to come”，“on kids and teenagers”覆盖段落讨论的年龄群体，符合段落主旨。故选 C 项。

【20 题详解】

根据上文“Families who volunteer together have the unique experience of working toward a common goal. (一起做志愿者的家庭有朝着共同目标努力的独特经历)”及下文“Everyone brings something unique to the table and can connect with each other in a new way. (每个人都能带来独特的东西，并能以新的方式相互联系)”可推知，设空处需补充家庭志愿活动中成员间的具体互动。F 选项“You may even learn that your kid has talent you didn't know about before. (你甚至可能会发现你的孩子有你以前不知道的天赋)”中的“learn that your kid has talent”体现“Everyone brings something unique”，且“in a new way”对应“发现孩子未知天赋”的新颖体验，衔接上下文。故选 F 项。

第三部分 语言运用(共两节，满分 30 分)

第一节(共 15 小题;每小题 1 分，满分 15 分)

【答案】21. C　22. D　23. B　24. A　25. D　26. C　27. B　28. A　29. C　30. D　31. A　32. B　33. A　34. D　35. C

【导语】本文是一篇记叙文。文章主要讲述了一位 65 岁的老奶奶坚持健身，积极健康改变自己的生活，消除网络质疑的故事。

【21 题详解】

考查动词词义辨析。句意：七年前，在接到一个警醒电话后，她才开始锻炼身体。A. write 写作；B. travel 旅行；C. exercise 锻炼；D. recover 康复。根据下文的“　　Determined to turn her life around, Ms Donohue began to work out...”可知，此处指老奶奶开始锻炼身体。故选 C。

【22 题详解】

考查名词词义辨析。句意：七年前，在接到一个警醒电话后，她才开始锻炼身体。A. goodwill 善意、友好；B. timeout 超时；C. long-distance 长途；D. wake-up 唤醒。结合语境，再根据后文“She'd been struggling with eating disorders and health issues”可推知，此处指这是一次“警醒”老奶奶的经历。故选 D。

【23 题详解】

考查副词词义辨析。句意：她一直在与饮食失调和健康问题作斗争，最终导致她接受了手术。A. normally 通常；B. ultimately 最终；C. suddenly 突然；D. automatically 自动地。根据上文“She'd been struggling with eating disorders and health issues”以及下文“led her to getting surgery”可推知，此处指健康问题最终导致手术。故选 B。

【24 题详解】

考查名词词义辨析。句意：在那次经历之后，她知道她需要做出改变。A. change 改变；B. fortune 幸运；C. wish 愿望；D. deal 交易。根据上文“led her to getting surgery”及后文“turn her life around”可推知，此处指她经历过手术后领悟到了自己需要改变。故选 A。

【25 题详解】

考查形容词词义辨析。句意：Donohue 女士决心改变生活，开始锻炼身体并遵循健康的生活方式，之后她发现了对举重的热爱。A. risky 有风险的；B. traditional 传统的；C. comfortable 舒适的；D. healthy 健康的。根据上文“Ms Donohue began to work out”可推知，此处指她选择健康的生活方式。故选 D。

【26 题详解】

考查名词词义辨析。句意：Donohue女士决心改变生活，开始锻炼身体并遵循健康的生活方式，之后她发现了对举重的热爱。A. demand要求；B. secret秘密；C. passion激情，热情；D. cure疗法、药物。根据上文“Ms Donohue began to work out and follow a ___5___ lifestyle”以及下文的“for weightlifting”可推知，此处指她积极锻炼身体，对举重产生了热情，a passion for sth.意为“对某事充满热情”。故选C。

【27题详解】

考查名词词义辨析。句意：自从踏上这段旅程以来，这位健身爱好者不仅产生了令人惊叹的肌肉，还在社交媒体上收获了庞大的粉丝群。A. peace和平；B. fitness健身；C. fun乐趣；D. nature自然。根据下文“workout content”可推知，此处指她是健身爱好者。故选B。

【28题详解】

考查动词词义辨析。句意：自从踏上这段旅程以来，这位健身爱好者不仅产生了令人惊叹的肌肉，还在社交媒体上收获了庞大的粉丝群。A. grow形成，产生；B. control控制；C. activate激活；D. relax放松。根据下文“an impressive set of muscles”可推知，此处指她练出肌肉，即产生肌肉。故选A。

【29题详解】

考查名词词义辨析。句意：这位受人喜爱的奶奶定期发布健身内容，并解释说其他人没理由不能看起来这么好。A. need需要；B. choice选择；C. reason理由；D. difference差异。根据上文“no”以及下文“others can’t look this good”可推知，此处指她认为自己可以做到，没有理由别人不能做到。故选C。

【30题详解】

考查名词短语辨析。句意：坚持下去：把失败当作通往成功的垫脚石，永不放弃。A. green light绿灯；B. road block路障；C. passing mark通过标志；D. stepping stone踏脚石。结合语境，再根据上文“The well-liked grandma regularly posts workout content, explaining there’s no ___9___ others can’t look this good.”和“failure as a”以及下文“to success”可推知，此处指失败是成功的垫脚石。故选D。

【31题详解】

考查动词词义辨析。句意：帮助他人：在你的旅程中激励他人。A. Help帮助；B. Consult咨询；C. Follow遵循；D. Forgive原谅。根据下文“Lift others up”可推知，此处指她提倡帮助他人。故选A。

【32题详解】

考查动词词义辨析。句意：分享成功更甜蜜。A. accepted接受；B. shared共享；C. expected期待；D. celebrated庆祝。根据上文“The well-liked grandma regularly posts workout content, explaining there’s no ___9___ others can’t look this good.”可知，这位受人喜爱的奶奶定期发布健身内容，并解释说其他人没理由不能看起来这么好，由此可知，此处指的是成功在分享时更甜蜜。故选B。

【33题详解】

考查名词词义辨析。句意：她此前曾解释道：“你无需拥有完美身材才能锻炼……锻炼的目标是让自己感觉良好，而非看起来好看。”A. goal目标；B. case案例；C. duty责任；D. cost成本。根据上文“you do not need to have an amazing body to exercise”以及下文“is to feel good, not look good.”可推知，此处指运动的目标是感觉良好。故选A。

【34题详解】

考查名词词义辨析。句意：Donohue女士曾因年纪太大不适合锻炼而遭人嘲笑，但她以最好的方式证明了怀疑者的错误，确实成为了许多社交媒体用户的灵感来源。A. instructors讲师；B. admirers管理员；C. beginners初学者；D. doubters持怀疑态度的人。根据上文“Ms Donohue used to be laughed at for being too old to work out, but she has proved the”以及下文“wrong in the best possible way”可推知，此处指Donohue女士用自己的方式证明怀疑者错了。故选D。

【35题详解】

考查名词词义辨析。句意：Donohue女士曾因年纪太大不适合锻炼而遭人嘲笑，但她以最好的方式证明了怀疑者的错误，确实成为了许多社交媒体用户的灵感来源。A. authority权威；B. excuse借口；C. inspiration灵感；D. option选项。根据语境以及下文“or many social media users”可知，一位65岁的老奶奶坚持健身，积极健康改变自己的生活，这对其他人来说就是励志的典范，由此可知，此处指她成为许多社交媒体用户的灵感来源。故选C。

第二节(共10小题;每小题15分，满分15分)

【答案】36. where　37. central　38. for　39. and　40. myself　41. is

42. to discover　43. absence　44. afternoons　45. left

【导语】本文是一篇记叙文。文章主要讲述了作者从美国到中国浙江农村生活的经历与感受。

【36题详解】

考查定语从句。句意：然而现在，我和我的中国丈夫和他的家人住在中国浙江的农村，在那里山上野生竹子和茶树丛生，鸡总是自由放养的，而且没有集中供暖。本空引导非限制性定语从句，修饰先行词the countryside of Zhejiang，China，关系词代替先行词在从句中作地点状语，应用关系副词where引导。故填where。

【37题详解】

考查形容词。句意同上。本空修饰名词heating，应用形容词central“中央的，中心的”，作定语。故填central。

【38题详解】

考查介词。句意：我生命中没有任何事情能让我为这一切做好准备——可以肯定的是，我第一次来到这里时，从未想过我会在这个地方感到舒适。prepare sb. for...“使某人为……做好准备”，固定搭配。故填for。

【39题详解】

考查连词。句意：但令人惊讶的是，你是如何适应并在新环境中学习的。adapt和learn是并列关系，应用连词and连接。故填and。

【40题详解】

考查反身代词。句意：随着时间的推移，我发现自己在这里有了宾至如归的感觉。本空指代主语I，表示“我自己”，应用反身代词myself。故填myself。

【41题详解】

考查时态和主谓一致。句意：晒过的衣服的“阳光的味道”就是其中之一。本句描述的是一般事实，时态用一般现在时，且主语The “sunshine scent (香味)” of freshly sunned clothes为第三人称单数，be动词用is。

故填 is。

【42 题详解】

考查非谓语动词。句意：在我的成长过程中，我的家人和邻居从不使用晾衣绳晾晒衣物，这让我没有机会发现阳光的奇妙之处之一——将衣服晒了一整天后散发的甜美的“阳光的味道”。本句已有谓语 used，此处应用非谓语动词， chance to do sth.“做某事的机会”, 本空用 discover 的不定式，作定语。故填 to discover。

【43 题详解】

查名词。句意：我住的地方，晒干的衣服闻起来特别香，这要归功于没有烟雾，而且下午的天很蓝天、空气新鲜。本空作 thanks to 的宾语，应用名词 absence“缺乏，没有”，不可数名词。故填 absence。

【44 题详解】

考查名词的数。句意：我住的地方，晒干的衣服闻起来特别香，这要归功于没有烟雾，而且下午有很多蓝天和新鲜空气。afternoon“下午”是可数名词，此处指不止一个下午，应用复数形式 afternoons。故填 afternoons。

【45 题详解】

考查非谓语动词。句意：如果你从未体验过在阳光下晾晒了一整天的床单或衬衫散发的“阳光的味道”，那么你就错过了生活中的一大奇观。本句已有谓语 have experienced，此处应用非谓语动词，a sheet or shirt 和 leave“使处于某种状态”之间是逻辑动宾关系，应用过去分词，作后置定语。故填 left。

第四部分 写作(共两节，满分 40 分)

第一节(满分 15 分)

46. 【答案】One possible version:

Dear Chris,

Hope this email finds you well! Last month, you kindly agreed to write an article about sports in Canada, and we’re all looking forward to reading it.

I’m writing to politely inquire about the progress of the article. Would you mind letting me know how it’s going? Also, could I remind you that the deadline for submission is this Friday, June 14th? Your insights into Canadian sports will surely enrich our readers’understanding of global sports culture, which will be of benefit to us.

Thank you again for your support!

Best wishes,

Li Hua

【导语】本篇书面表达是一篇应用文。要求考生给外教 Chris 写一封邮件，询问他上个月答应写一篇介绍加拿大体育运动的文章的进展，并提醒交稿时间。

【详解】1. 词汇积累：

询问：inquire →ask

理解：understanding →comprehension

此外：also →besides

肯定地：surely →certainly

2.句式拓展：

简单句变复合句

原句：I’m writing to politely inquire about the progress of the article.

拓展句：As you know, I’m writing to politely inquire about the progress of the article.

【点睛】【高分句型 1】Would you mind letting me know how it’s going?（运用了 how 引导的宾语从句）

【高分句型 2】 Your insights into Canadian sports will surely enrich our readers’understanding of global sports culture, which will be of benefit to us.（运用了 which 引导的非限制性定语从句 ）

第二节(满分 25 分)

47.【答案】One possible version:

In a class discussion, I was invited to explain the meaning of my name. Standing up, I felt a mix of nervousness and excitement. “My name, *Qiuyu*, combines the characters for autumn and rain in Chinese,” I began, my voice steady. “Autumn represents harvest and maturity, while rain symbolizes nourishment and growth. Together, they embody a time of abundance and renewal.” As I spoke, I noticed the rapt attention of my classmates, their eyes reflecting curiosity and respect. It was a moment of connection, a bridge built between cultures through the simple act of sharing my name.

Many of my classmates got interested and came up to me after class. They surrounded me, their questions pouring out like a stream. “What other names have beautiful meanings in Chinese?” “Can you teach us how to write our names in Chinese characters?” I smiled, feeling a warmth spread through me. I took out a piece of paper and began to sketch out characters, explaining each stroke and its significance. Through this interaction, I realized that by embracing my cultural identity, I was not only preserving my heritage but also enriching the lives of those around me. It was a small yet meaningful step towards fostering cultural understanding and appreciation.

【导语】本文以人物为线索展开，主要讲述了作者作为国际学生在爱尔兰因中文名字发音难而遭遇挑战，之后在一次课堂讨论中分享名字含义，意识到分享文化身份重要性，并借此与同学增进文化理解的故事。

【详解】1.段落续写：

①由第一段首句内容“在课堂讨论中，我被邀请解释我名字的含义。”可知，第一段可描写作者在课堂讨论中解释自己名字的含义，并感受到同学们的专注和尊重，意识到这是一个文化交流的契机。

②由第二段首句内容“我的许多同学都很感兴趣，下课后都来找我。”可知，第二段可描写课后同学们对作者名字背后的文化产生浓厚兴趣，纷纷提问，作者通过教他们写中文名字，进一步加深了彼此的文化理解和欣赏。

2.续写线索：课堂受邀请解释名字的含义——作者阐释名字的寓意——同学们专注倾听——同学们对名字背后的文化感兴趣——作者教他们写中文名字——感悟文化桥接

3.词汇激活

行为类

①代表：represent/stand for

②解释：explain/illustrate

③保护：preserve/protect

情绪类

①紧张：nervousness/tension

②兴奋：excitement/thrill

【点睛】【高分句型 1】As I spoke, I noticed the rapt attention of my classmates, their eyes reflecting curiosity and respect.(运用了 as 引导的状语从句以及独立主格结构)

【高分句型 2】Through this interaction, I realized that by embracing my cultural identity, I was not only preserving my heritage but also enriching the lives of those around me.(运用了 that 引导的宾语从句和“not only...but also...”连接两个并列结构)