2026 全国 II 卷高考真题

英　　语

注意事项：

1．答卷前，考生务必将自己的姓名、准考证号填写在答题卡上，并将自己的姓名、准考证号、座位号填写在本试卷上。

2．回答选择题时，选出每小题答案后，用 2B 铅笔把答题卡上对应题目的答案标号涂黑;如需改动，用橡皮擦干净后，再选涂其他答案标号。涂写在本试卷上无效。

3．作答非选择题时，将答案书写在答题卡上，书写在本试卷上无效。

4．考试结束后，将本试卷和答题卡一并交回。

第一部分 听力(共两节，满分 30 分)

第一节(共 5 小题;每小题 1.5 分，满分 7.5 分)

听下面 5 段录音。每段录音后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段录音后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. Why is Rose going downtown?

A. To host a party.　　B. To pick up Kevin.　　C. To buy a gift.

2. What is Larry unhappy about regarding the swimming class?

A. The slow progress.　　B. The cold water.　　C. The poor facilities.

3. What will the speakers have for dinner?

A. Carrots.　　B. Beans.　　C. Potatoes.

4. What does the woman suggest the man do?

A. Tidy up his office.　　B. Work from home.　　C. Get some relaxation.

5. What do we know about Judy?

A. She is quiet.　　B. She is polite.　　C. She is humorous.

第二节(共 15 小题;每小题 1.5 分，满分 22.5 分)

听下面 5 段录音。每段录音后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段录音前，你将有时间阅读各个小题，每小题 5 秒钟;听完后，每小题都有 5 秒钟的作答时间。每段录音播放两遍。

听下面一段对话，回答以下小题。

6. What does the man want to do?

A. Book a ticket.　　B. Confirm a seat.　　C. Reschedule a flight.

7. When will the man leave for Swansea?

A. On June 15th. B. On June 17th. C. On June 18th.

听下面一段对话，回答以下小题。

8. Who is the woman probably?

A. A sports journalist. B. A private doctor. C. A fitness trainer.

9. How did Alex feel before climbing?

A. Deeply regretful. B. Quite embarrassed. C. Fairly nervous.

10. What will Alex do this afternoon?

A. Take a good rest. B. Do strength training. C. Go climbing again.

听下面一段对话，回答以下小题。

11. What are the speakers mainly talking about?

A. Bob’s career plan. B. A job opening. C. Student loans.

12. What advice does the woman give Bob?

A. Aim high. B. Be creative. C. Think twice.

13. What is Bob’s final decision?

A. To set up his own business.

B. To pursue further education.

C. To accept the job offer.

听下面一段对话，回答以下小题。

14. Who broke the toy house?

A. Sophia. B. Henry. C. Sally.

15. Why do the speakers worry about rebuilding the toy house?

A. They are short of time.

B. Some parts are missing.

C. The directions are confusing.

16. What will the speakers probably do?

A. Fix the windows and doors.

B. Order a new toy house.

C. Ask someone for help.

听下面一段独白，回答以下小题。

17. What was the group’s first stop in Melbourne?

A. Town Hall. B. Eureka Tower. C. Chinatown.

18. Where did the group meet a famous writer?

A. At the State Library. B. In the Botanical Gardens. C. On Swanton Street.

19. How long does the group's trip last?

A. Two days. B. Three days. C. Four days.

20. What is the group going to do next?

A. Go for lunch. B. Return to school. C. Write a review.

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

The Best Chinese Restaurants Around D.C.

The D.C. area is home to many outstanding Chinese restaurants, but diners willing to travel outside the city limits will also be rewarded.

Panda Gourmet

This not-so-hidden-anymore fine restaurant for Sichuan cuisine is inside the Days Inn off New York Avenue. Dandan noodles and mapo tofu are sure bets. Panda Gourmet offers online ordering for takeout, and delivery is now an option. Open from 11:00 a.m. to 9:45 p.m. Closed on Tuesday.

2700 New York Ave NE, Washington, DC 20002

Shanghai Taste

Shanghai Taste offers arguably the best soup dumplings in the area. It also serves a variety of chef's specials, beef with rice cakes, and more. The restaurant is open from 11:00 a.m. to 9:00 p.m. Tuesday through Sunday, offering call-in orders and pickups.

1121 Nelson St, Rockville, MD 20850

Gourmet Inspirations

The spacious dining room is regularly filled with customers enjoying dumplings and a variety of noodle and rice dishes. Customers can also place pickup orders online for lunch or dinner until 8:00 p.m. six days a week. Closed on Tuesday.

2646 University Blvd W, Silver Spring, MD 20902

Queen's English

This nice Cantonese restaurant in Columbia Heights quickly became a destination for chef Henji Cheung's Hong

Kong-style cooking and co-owner Sarah Thompson's natural wine list that earned her a Michelin nod. Reserve a spot indoors, at its chef's counter, or covered dog-friendly patio (露台), with creative wine tastings in the mix. Dinner hours: Tuesday through Thursday 5:30 p.m. — 9:00 p.m. (last seating); Friday and Saturday 5:00 p.m. — 9:30 p.m. (last seating). Closed on Sunday and Monday.

3410 11th St NW, Washington, DC 20010

21. What service is available only at Panda Gourmet?

A. Call-in orders.　　B. Free packing.

C. Takeout delivery.　　D. Online pickup orders.

22. Which restaurant can you go to for beef with rice cakes?

A. Panda Gourmet.　　B. Shanghai Taste.

C. Gourmet Inspirations.　　D. Queen's English.

23. What do we know about the Cantonese restaurant in Columbia Heights?

A. It is open only on weekdays.　　B. It adopts a no-pet policy.

C. It takes no reservations.　　D. It serves only dinner.

B

Roland Reisley turned 101 years old in May and is in remarkable health. But that's not the thing he prides himself on. "I am the last original client of Frank Lloyd Wright, still living in the home he designed for me," Reisley said, sitting in the bright open living room of the home designed by the famous architect.

The house where Reisley has lived for 73 years is located in the woods of Westchester County, New York, just 30 miles north of Manhattan. It's one of 47 that make up the peaceful mid-20th-century modern village of Usonia.

Back in 1951, Reisley was just 26, newly married and ready to put down roots. He and his wife began looking for a place in Manhattan. But what they liked, they couldn't afford on his sound engineer's salary and what they could, they didn't like. Then they heard about Usonia. On their first trip out, they were greeted with such enthusiasm from the 10 families who'd already established homes there that they decided to join.

The house has signature Wright features. It is made with local materials, has a flat roof, wood paneling, concrete floors and custom-made furniture. Over the decades, Reisley has opened his doors to visitors. The house is now listed on the National Register of Historic Places. Reisley said he's tried his best to be a good steward (管家) not just of the Wright creation he lives in, but all others as well. He co-founded the Frank Lloyd Wright Building Conservancy, an organization engaged in the preservation of all of Wright's remaining buildings. Reisley believes that his devotion to the home and the community are what have kept him in such good health all of these years.

24. How does Reisley feel about having Wright as his house designer?

A. Honored. B. Amused. C. Stressed. D. Inspired.

25. What made Reisley finally decide to settle down in Usonia?

A. Its natural environment. B. Its large-sized houses.

C. The convenience of its location. D. The warmth of its residents.

26. What can we learn about Reisley's house?

A. It is older than its owner. B. It uses local materials.

C. It has a pointed roof. D. It is put up for sale.

27. What can be inferred about Reisley from the last paragraph?

A. He is very attached to Wright buildings.

B. He is devoted to health education.

C. He is an expert in home decoration.

D. He is passionate about tourism.

C

The peak of Mount Qomolangma, 8,849 meters above sea level. Chimborazo, 6,263 m; Mont Blanc, 4,806 m; Pradidali hut, at the foot of the Pala group in the Dolomites, 2,278 m. It is common practice to provide the elevation (高度) of a place. Simple readings are now readily available on our phones and wearables. But elevation is necessarily relative: only the choice of a reference point allows us to express numerically the height of an object or a location.

The idea of sea level as a reference point for elevations has by now been around for so long as to go essentially unnoticed-we mention it without even considering what it means. That the concept has a history is easily ignored. We tend to forget that sea level is a product of technically and culturally determined assumptions. In this book, I tell a story of these assumptions.

Appropriately, the book took shape during a summer spent between sea and mountains. A month after visiting the French Riviera and enjoying the sandy beaches of Nice and Menton, I went hiking with friends in the Pala group. Resting on a pass near the Pradidali hut, we began discussing the readings offered by our altimeters (测高仪). Why did they vary ever so slightly from one instrument to the next? This sense of uncertainty led me to think about the meaning of zero. This is how I began my search for the conceptual history of sea level.

In this book I examine three crucial stages in the history of mean sea level. These stages mirror the development of human conceptions of the sea. Since I began thinking about this project in August 2011, the issue of sea-level rise and the need to place <u>it</u> historically have only become more urgent: between then and the end of 2022 the global sea rose by almost 5 centimeters, about half of the overall rise recorded by satellites since 1993.

28. What does the author point out at the beginning of the text?

A. Some mountains are getting higher.　　B. Data on wearables are misleading.

C. The concept of elevation is relative.　　D. The reference point is hard to locate.

29. What is paragraph 3 mainly about?

A. How the altimeter was invented.　　B. What initiated the author's research.

C. Why the digital readings varied.　　D. Where the author spent his holiday.

30. What does the underlined word "it" refer to in the last paragraph?

A. The book.　　B. The project.　　C. The issue.　　D. The development.

31. What can be the title of the book mentioned in the text?

A. *The Altimeter: A Must-Have*　　B. *Sea Level: A History*

C. *Meaning of Zero: Nothing or Everything*　　D. *Mountains to Seas: Ups and Downs*

D

The Barcelona subway pulls into the station, the doors slide open and passengers pour out to go about their daily business. Little do they know that as they do so, a burst of energy is sent up to street level to help charge an electric car.

Barcelona has put together a package of clean energy technologies to help public transportation go greener, while also doing its part to tackle climate change and aid Europe's difficult shift to the privately owned electric vehicle market.

Sixteen stations of Barcelona's subway system are part of its new MetroCharge project, whereby the energy from the underground trains' brakes (刹车) is used to power the trains and the stations themselves, while the remainder is sent snaking through cables (电缆) to the surface to power plug-in stations for privately owned vehicles.

Bernardo Espinoza, an engineer who takes the subway every day, owns an electric car. "I am pleasantly surprised, because I am always looking for where to plug it in," Espinoza said before catching the subway in a working-class area of southern Barcelona. "And if it is from energy from the trains' brakes, then even better."

Regenerative brakes have been in trains for decades and are also used in some cars. They consist of an electric motor which collects energy used in the braking action that would be lost as heat by conventional brakes. That energy can be immediately used to accelerate (加速) the vehicle or, in the case of the Barcelona subway system, sent along cables to supply electricity for the station or for electric car chargers.

Alvaro Luna, a professor of electrical engineering, said that the system is innovative in so far as it allows for recycled energy to be redirected to specific local uses — in this case powering electric cars parked nearby. That, he said, boosts efficiency.

32. Why does Barcelona launch the MetroCharge project?

A. To fuel the city's economy.
B. To enhance passengers' experience.
C. To promote green transportation.
D. To raise the quality of electric cars.

33. What is Espinoza's concern?

A. How to cut his travel expenses.
B. Where to get a parking space.
C. How to avoid rush-hour traffic.
D. Where to find a charging point.

34. What aspect of regenerative brakes is discussed in paragraph 5?

A. Their operating conditions.
B. Their conventional standard.
C. Their potential risks.
D. Their working mechanism.

35. What did Luna say about the system?

A. It uses reclaimed energy creatively.
B. It improves workers' efficiency.
C. It prioritizes the safety of trains.
D. It generates jobs for the locals.

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。

Ways to Teach Kids Work Ethic Early

Ever watched your child try to get out of doing housework by making excuses? If only the effort they put into avoiding responsibility could be redirected into, well, actual responsibility. In fact, building work ethic (道德) in kids doesn't require military-style drills. Here are four simple and practical ways.

● Make housework part of the family routine.

Involve your child in the daily running of the house: tidying toys, feeding the dog, watering the plants. ____36____ When the tasks become as routine as brushing teeth, kids internalise that helping with housework is simply part of life.

● ____37____

You can't expect your child to tackle their tasks with enthusiasm while you're complaining about loading the dishwasher. If your child sees you enjoying your work and taking pride in a job well done, they're far more likely to do the same.

● Build determination through goals.

____38____ Sometimes you have to help them find their "thing." Set small, achievable goals together with them and celebrate progress, not perfection. The trick is to let them struggle a bit — resist the urge to help fix things the moment they experience a setback.

● Treat mistakes as opportunities.

Few things strike fear into a child's heart like the prospect of failing. The best way is to normalise mistakes as a

natural part of learning. When kids mess up, don't jump in with a rescue mission. ____39____

Teaching kids work ethic is to gently and consistently push them toward responsibility, determination, and pride in their efforts. ____40____ No worry. Those habits you're building now are setting your child up for a lifetime of resilience (韧性) and satisfaction.

A. The key is consistency.

B. Help kids develop analytical skills.

C. Model the work ethic you want to see.

D. Instead, encourage them to do differently next time.

E. Sometimes, a cleaner living room is the best reward.

F. Progress can be slow, and you'll wonder if it's all sinking in.

G. Not every child is born with the willpower of a marathon runner.

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。

I never thought I could be a writer. I didn't come from a family connected to the ____41____ world, which I perceived as a major ____42____. After my undergraduate degree, convinced that writing wasn't for me, I ____43____ to study teaching.

Then came an afternoon that ____44____ everything. I was teaching poetry, encouraging students to write about their ____45____. And then, at the end of the lesson, one child asked me a question: "Have you always wanted to be a ____46____, Miss?" I explained that when I was his age, I actually wanted to be a writer, but I didn't think I quite had what it ____47____. The boy replied with a ____48____ look, "Well, you are telling us to live our dreams when you haven't even done it yourself. Have you even ____49____?"

I was struck speechless — he was ____50____. Who was I to ____51____ them on bravery and risk when I had never taken myself for my own ____52____ seriously?

On the basis of that ____53____, I applied to go back to university and study creative writing. There were times when I found myself wondering if I should pack it all in, but the boy's words kept ringing in my ears: I knew I needed nothing else to succeed but a bit of ____54____ and hard work. I ____55____ to find a way out of my shame and into a pattern of work that I loved.

41. A. medical	B. artistic	C. scientific	D. literary
42. A. subject	B. problem	C. event	D. breakthrough
43. A. stepped aside	B. got up	C. went off	D. turned back

44. A. changed	B. ruined	C. revealed	D. interrupted
45. A. hobbies	B. families	C. dreams	D. lessons
46. A. writer	B. teacher	C. reporter	D. publisher
47. A. kept	B. left	C. held	D. took
48. A. satisfied	B. guilty	C. grateful	D. disapproving
49. A. tried	B. noticed	C. asked	D. waited
50. A. rude	B. right	C. shy	D. silent
51. A. examine	B. congratulate	C. lecture	D. consult
52. A. values	B. imagination	C. inspiration	D. desires
53. A. cooperation	B. conversation	C. administration	D. explanation
54. A. self-belief	B. know-how	C. brainstorming	D. teamwork
55. A. remembered	B. agreed	C. managed	D. hesitated

第二节(共 10 小题;每小题 1.5 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。

My first time doing tai chi

For the first 15 minutes of my tai chi (太极) class, we remain ____56____ (entire) in one spot to warm up. Angela, a tai chi ____57____ (instruct) with twenty-eight years of experience, says that a successful hour of tai chi is an hour with no negative thoughts. “Your mind ____58____ body go together. That’s all that matters.”

Although not a morning person, I begin my lesson with Angela and about twenty others at a Sydney community centre courtyard at 7 am. “Put your ____59____ (foot) parallel (平行), and use your *dan tian* to hold up your body,” she says.

In tai chi, the *dan tian* is your *qi* core and *qi* in Chinese means life force. Now, I ____60____ (suppose) to feel the weight on my legs and sink my *dan tian*.

We move on to tai chi positions, of ____61____ there are forty-two in the style that Angela teaches. Today, we will only be doing the first nine. The movements have ____62____ (describe) names like “holding the bowl” and “grabbing the bird’s tail.”

During most of the class, we follow Angela and concentrate on making tiny, isolated (单独) movements. Then, Angela gets us to try the nine movements on our own. I keep my eyes ____63____ a woman to my right and try to copy her movements, but unfortunately I soon lose focus.

At the end of the lesson, I feel wide awake, despite it still ____64____ (be) early at 8 am. It’s time for my *dan tian* ____65____ (meet) another life force: coffee.

第四部分 写作(共两节，满分 40 分)

第一节(满分 15 分)

66. 假定你是李华，外教 Kate 计划将你们班的英语作文汇编成册。请给 Kate 写封邮件，内容包括：

(1)建议配图。

(2)自荐承担画图工作。

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 Kate,

It's a great idea to make a collection of our English essays.

_____

_____

_____

_____

_____

Yours,

Li Hua

第二节(满分 25 分)

67. 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。

As far as I can remember, I've always been a night owl. Even in middle school I would stay up very late. I would feel completely at ease doing my homework in bed, with light music on. I found comfort in keeping myself awake when everyone else had gone to bed, and I loved the silence of the night. My parents urged me to get out of this so-called unhealthy habit, but their repeated requests fell on deaf ears.

Fast forward to my first year of college. I still loved the night and would stay up until unruly hours for no apparent reason, chatting online and watching videos. When I finally started to study, I would race through the assigned work, often well past midnight. My roommates would tell me to go to bed and get up early the following morning to do it instead. Get up early to do my homework? No way! I would never do that.

Then, one day last term, I did exactly that. Bent over my laptop while sitting on the bed in the corner of my room, I suddenly felt a pounding headache, and had to lie down. Unable to keep my eyes open, I decided I had no choice but to finish my homework the next morning. I woke up at 6am. Hardly had I written half a page when I felt a sharp pain in my chest.

At the school clinic, a doctor, with a serious expression on his face, handed me a medical report. “You’re 20, but your heart is 40!” he said. A cold wave went through me. I realized that years of living as a late-night person had turned my heart into an overworked engine.

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。

Struck by the doctor’s warning, I knew I had to make a change.

_____

_____

_____

_____

_____

Slowly but surely, my efforts to adjust to the new routine paid off.

_____

_____

_____

_____

_____

参考答案

第一部分 听力(共两节，满分 30 分)

第一节(共 5 小题;每小题 1.5 分，满分 7.5 分)

听下面 5 段录音。每段录音后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段录音后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. 【答案】C

【原文】M: We're going to the park for a picnic. Would you like to come, Rose?

W: I'd love to, but I have to go downtown to get Kevin a birthday present. He invited me to his party.

2. 【答案】A

【原文】W: Larry, how is your swimming class going?

M: Well, believe it or not, we haven't touched the water so far. It's just the same body-building exercises every day.

W: No hurry, it'll be fine.

3. 【答案】B

【原文】M: What's for dinner tonight?

W: Baked beans.

M: Not beans again. I remember we've got some carrots and potatoes left.

W: We ate them up yesterday.

4. 【答案】C

【原文】W: You are always working in the office and at home. You should go to parks or to theatres.

M: I have no time for parks or theatres, honey.

5. 【答案】A

【原文】M: Do you know Helen and Judy in the IT department?

W: Sure, we studied in the same university. Helen is lively and talkative, while Judy is just the opposite.

第二节(共 15 小题;每小题 1.5 分，满分 22.5 分)

听下面 5 段录音。每段录音后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段录音前，你将有时间阅读各个小题，每小题 5 秒钟;听完后，每小题都有 5 秒钟的作答时间。每段录音播放两遍。

【答案】6. C　　7. B

【原文】W: Good morning, sir. Can I help you?

M: Yes, I've booked a ticket for June 22nd to Swansea. I'd like to see if there's an earlier flight available.

W: What date do you have in mind?

M: I'd prefer the 18th, if possible.

W: I'm sorry. There are no departures for the 18th. We have a flight leaving on the 15th and the 17th. Will either of these days work for you?

M: The 17th would work better for me. Thank you.

【答案】8. A　　9. C　　10. B

【原文】W: Congratulations, Alex. You've just set a record in rock climbing. How do you feel now?

M: Honestly, I feel great. It's exactly what I'd hoped for.

W: Tell us about your state of mind before you started.

M: Well, my heart was racing for a few moments. I mean, it's a huge wall above you with a glass-smooth surface and no hand-holds.

W: Are you going to climb more today?

M: Probably not, but I'll do some strength training this afternoon. There will be more challenges ahead.

【答案】11. A　　12. C　　13. A

【原文】W: How was your interview, Bob?

M: It was bad. I didn't get the job.

W: Oh no, I'm sorry to hear that.

M: You know what, I think I've changed my mind. I want to try something different. Maybe I don't have to work for someone else. I might start my own business.

W: Oh? What kind of business?

M: What about opening a small restaurant?

W: Well, but are you prepared both mentally and financially?

M: I can start from what I have, and I think I'm ready to do it.

W: It's easier said than done, Bob. You should give it more thought.

M: Understood. I'll choose a good location for my restaurant, and I'll do some careful research to get off to a solid start.

【答案】14. B　　15. A　　16. C

【详解】M: Sally, are you busy now? I need some help.

W: Sure, Henry. What can I do?

M: I broke Sophia's toy house yesterday. I need to rebuild it for her.

W: Does she know?

M: Yeah…she was really upset. I told her I'd finish rebuilding it before she gets back from school. I'm not sure I can get it done in just two hours.

W: Don't worry, honey. Just putting together some wood pieces shouldn't be that difficult.

M: It's more complicated than that. We need to put in all those windows and doors too.

W: Why don't we just build a simpler one without those small parts?

M: No, we can't. I've promised Sophia a toy house just like the old one.

W: Well, you're right, but it will take us forever to build it. Maybe we should find Sophia's grandpa to help us.

M: Good idea.

【答案】17. B　　18. A　　19. B　　20. B

【原文】Okay, now let's briefly review what we have done in the past few days. We set off on Monday morning and arrived in Melbourne after a two-hour bus ride, we started with a guided tour of Eureka Tower. After lunch, we walked along Collins Street, taking in the view of Town Hall. We then took a walk through Chinatown to the State Library. Unexpectedly, we also met Markus Zusak, the author of *The Book Thief*, at the library on Tuesday morning. We enjoyed the beauty of the botanical gardens, followed by a tour of the Victoria Parliament House in the afternoon. Today is Wednesday. We spent most of the morning on Swanston Street studying the historic architecture. Now we've finished lunch. It's time to head back to school, and you can enjoy the views through the bus windows on the way. A big thank you to my fellow teachers and parent volunteers for your wonderful help. The students had a great time and learned a lot.

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】21. C　　22. B　　23. D

【导语】本文主要介绍华盛顿特区及周边四家知名中餐馆的菜品、订餐方式、营业时间与详细地址信息。

【21 题详解】

细节理解题。根据 Panda Gourmet 部分中的“Panda Gourmet offers online ordering for takeout, and delivery is now an option.(熊猫美食家餐厅支持线上点外卖，如今也可以配送。)”可知，该店独有外卖配送服务。

【22 题详解】

细节理解题。根据 Shanghai Taste 部分中的“It also serves a variety of chef's specials, beef with rice cakes, and more.(这家店还供应多款主厨特色菜、年糕牛肉以及其他菜品。)”可知，想要吃年糕牛肉可以去 Shanghai Taste。

【23 题详解】

细节理解题。根据 Queen's English 部分中的“Dinner hours: Tuesday through Thursday 5:30 p.m. — 9:00 p.m.

(last seating); Friday and Saturday 5:00 p.m. — 9:30 pm (last seating). Closed on Sunday and Monday.(晚餐营业时间：周二至周四下午 5 点 30 分到晚上 9 点；周五、周六下午 5 点到晚上 9 点 30 分；周日、周一歇业。)”可知，这家餐厅只供应晚餐。

【答案】24. A　　25. D　　26. B　　27. A

【导语】主要讲述百岁老人赖斯利住在赖特为他设计的老宅中，守护建筑并投身赖特建筑保护事业的故事。

【24 题详解】

推理判断题。根据第一段中的“But that’s not the thing he prides himself on. “I am the last original client of Frank Lloyd Wright, still living in the home he designed for me,” Reisley said, sitting in the bright open living room of the home designed by the famous architect. (但这并不是他引以为傲的事。赖斯利坐在这位知名建筑师设计的房子明亮开阔的客厅里说道：“我是弗兰克·劳埃德·赖特最后一位在世的原始业主，仍然住在他为我设计的房子里。”)”可知，莱斯利以此为荣，内心倍感荣幸。

【25 题详解】

细节理解题。根据第三段中的“Then they heard about Usonia. On their first trip out, they were greeted with such enthusiasm from the 10 families who’d already established homes there that they decided to join.(后来他们听说了尤索尼亚。他们第一次前去时，已经定居在那里的十户人家热情地接待了他们，于是他们决定搬来定居。)”可知，当地居民的热情温暖打动了他，促使他定居于尤索尼亚。

【26 题详解】

细节理解题。根据第四段中的“The house has signature Wright features. It is made with local materials, has a flat roof, wood paneling, concrete floors and custom-made furniture.(这座房子有着赖特标志性风格，采用本地材料建造，平顶、木镶板、水泥地面以及定制家具。)”可知，关于莱斯利的房子，我们能了解到它使用了当地材料。

【27 题详解】

推理判断题。根据最后一段中的“Reisley said he’s tried his best to be a good steward (管家) not just of the Wright creation he lives in, but all others as well. He co-founded the Frank Lloyd Wright Building Conservancy, an organization engaged in the preservation of all of Wright’s remaining buildings.(赖斯利说他尽力好好守护自己居住的赖特建筑，也守护其余所有赖特作品；他联合创立保护协会，专门留存赖特现存建筑。)”可知，赖斯利深深眷恋、珍视所有赖特设计的建筑，由此推断出赖斯利对赖特的建筑怀有深厚感情。

【答案】28. C　　29. B　　30. C　　31. B

【导语】文章主要探讨了海拔高度的相对性，以及海平面作为参考点的历史演变。作者通过个人经历引出对海平面概念的思考，并介绍了其著作中关于平均海平面历史的研究。

【28 题详解】

细节理解题。根据第一段“But elevation is necessarily relative: only the choice of a reference point allows us to express numerically the height of an object or a location. (但海拔必定是相对的：只有选择一个参考点，我们才能用数字表达一个物体或位置的高度。)”可知，作者在文章开头指出海拔的概念是相对的。

【29 题详解】

主旨大意题。根据第三段“Resting on a pass near the Pradidali hut, we began discussing the readings offered by our altimeters (测高仪). Why did they vary ever so slightly from one instrument to the next? This sense of uncertainty led me to think about the meaning of zero. This is how I began my search for the conceptual history of sea level. (在 Pradidali 小屋附近的山口休息时，我们开始讨论测高仪上的读数。为什么不同仪器之间的读数略有差异？这种不确定性让我开始思考零的含义。这就是我开始探究海平面概念史的原因。)”可推知，本段主要讲述了作者研究工作的起因。

【30 题详解】

词义猜测题。根据最后一段“Since I began thinking about this project in August 2011, the issue of sea-level rise and the need to place it historically have only become more urgent: between then and the end of 2022 the global sea rose by almost 5 centimeters, about half of the overall rise recorded by satellites since 1993.(自从我在 2011 年 8 月开始思考这个项目以来，海平面上升的问题以及将它置于历史背景下的必要性变得愈发紧迫：从那时到 2022 年底，全球海平面上升了近 5 厘米，约占自 1993 年以来卫星记录的总体上升幅度的一半。)”可知，划线词“it”指代前文提到的“the issue of sea-level rise”中的“the issue”，即海平面上升的问题。

【31 题详解】

推理判断题。通读全文，根据第二段“That the concept has a history is easily ignored. We tend to forget that sea level is a product of technically and culturally determined assumptions. In this book, I tell a story of these assumptions.(这个概念有一段历史很容易被忽视。我们往往忘记海平面是技术和文化决定的假设的产物。在这本书中，我讲述了这些假设的故事。)”以及第四段“In this book I examine three crucial stages in the history of mean sea level.(在这本书中，我考察了平均海平面历史的三个关键阶段。)”可推知，该书主要探讨海平面的历史。因此，这本书最合适的标题是“海平面：一段历史”。

【答案】32. C　　33. D　　34. D　　35. A

【导语】文章主要介绍了巴塞罗那推出的地铁能量回收项目，利用列车刹车余能为电车充电桩供电，实现绿色交通与能源高效利用。

【32 题详解】

细节理解题。根据第二段中的“Barcelona has put together a package of clean energy technologies to help public transportation go greener, while also doing its part to tackle climate change and aid Europe’s difficult shift to the

privately owned electric vehicle market.(巴塞罗那整合了一整套清洁能源技术，助力公共交通走向绿色环保，同时为应对气候变化出力，并助力欧洲艰难转向私人电动汽车市场。)”可知，该项目目的是推广绿色交通。

【33 题详解】

细节理解题。根据第四段中的“‘I am pleasantly surprised, because I am always looking for where to plug it in,’ Espinoza said before catching the subway in a working-class area of southern Barcelona. (埃斯皮诺萨在巴塞罗那南部一处工人街区搭乘地铁前说道：“我又惊喜又开心，我总在四处找地方给车充电。”)”可知，埃斯皮诺萨一直发愁找不到充电桩。

【34 题详解】

主旨大意题。根据第五段中的“They consist of an electric motor which collects energy used in the braking action that would be lost as heat by conventional brakes. That energy can be immediately used to accelerate the vehicle or, in the case of the Barcelona subway system, sent along cables to supply electricity for the station or for electric car chargers.(它们由一个电动机构成，该电动机会收集刹车动作中产生的能量——这些能量在传统刹车系统中会以热量的形式散失掉。这些能量可以立即用于加速车辆，或者在巴塞罗那地铁系统的情况下，通过电缆输送，为车站或电动汽车充电桩供电。)”可知，本段介绍了再生刹车的工作原理。

【35 题详解】

细节理解题。根据第六段中的“Alvaro Luna, a professor of electrical engineering, said that the system is innovative in so far as it allows for recycled energy to be redirected to specific local uses — in this case powering electric cars parked nearby. (电气工程教授阿尔瓦罗·卢纳表示，这套系统颇具创新性，原因在于它能将回收的电能重新调配，用于当地特定用途——本案例中就是为停在附近的电动汽车供电。)”可知，卢纳认为该系统创新性地利用了回收能源。

第二节(共 5 小题;每小题 2.5 分，满分 12.5 分)

【答案】36. A　　37. C　　38. G　　39. D　　40. F

【导语】文章介绍了四种从小培养孩子劳动品质的实用方法。

【36 题详解】

根据空前“Involve your child in the daily running of the house: tidying toys, feeding the dog, watering the plants.(让孩子参与家庭日常事务：整理玩具、喂狗、浇花。)”以及空后“When the tasks become as routine as brushing teeth, kids internalise that helping with housework is simply part of life.(当做家务变得像刷牙一样常规化，孩子就会从内心认同做家务是生活的一部分。)”可知，前文给出具体家务内容，后文强调把家务固化成日常习惯，能让孩子形成观念，想要实现这个转变，核心要素就是持之以恒。A 选项“The key is consistency.(关键在于持之以恒。)”，句中 consistency 对应后文 routine，点明坚持常态化做家务是养成习惯的核心逻辑。

【37 题详解】

分析文章结构，该空为本段小标题，其余小标题均为简洁祈使句；根据本段后文“You can’t expect your child to tackle their tasks with enthusiasm while you’re complaining about loading the dishwasher. If your child sees you enjoying your work and taking pride in a job well done, they’re far more likely to do the same.(你不能指望孩子满怀热情地处理自己的任务，而你自己却在抱怨把洗碗机里的碗碟摆好。如果你的孩子看到你享受工作、并为自己出色完成的事情感到自豪，他们就更有可能也这样做。)”可知，整段核心是家长自身行为会被孩子模仿，家长要做好榜样。C 选项“Model the work ethic you want to see.(树立你希望孩子拥有的劳动榜样。)”概括本段内容，适合做小标题。

【38 题详解】

本段小标题是“Build determination through goals.(借助目标培养意志力。)”；根据空后“Sometimes you have to help them find their “thing.” Set small, achievable goals together with them and celebrate progress, not perfection. The trick is to let them struggle a bit — resist the urge to help fix things the moment they experience a setback.(有时你需要帮孩子找到适合自己的事。和他们一起设定容易达成的小目标，看重进步而非完美。诀窍是让他们适当经历磨砺，不要一遇到挫折就立刻帮忙解决问题。)”可知，后文提出需要借助外力、设定小目标来锻炼意志力，反向说明孩子天生意志力参差不齐，不是所有人天生意志力都很强。G 选项“Not every child is born with the willpower of a marathon runner.(并非每个孩子生来都拥有马拉松运动员那般强大的意志力。)”解释了为什么需要靠目标培养毅力，前后因果通顺，且与本段主题一致。

【39 题详解】

根据空前“When kids mess up, don’t jump in with a rescue mission.(孩子搞砸事情时，不要立刻出手包揽补救。)”可知，建议家长孩子出现问题不要立刻出手包揽补救，后文需要给出对应的正向替代方案。D 选项“Instead, encourage them to do differently next time.(取而代之，鼓励他们下次换一种方式处理。)”中 instead 承接前文不插手的做法，给出引导孩子自主修正错误的具体方式，符合语境。

【40 题详解】

根据空后“No worry. Those habits you’re building now are setting your child up for a lifetime of resilience (韧性) and satisfaction.(不必担心。你当下正在培养的这些习惯，会让孩子终身拥有抗挫折能力与成就感。)”可知，No worry 是安慰语气，说明空格处必然是家长会产生的顾虑。F 选项“Progress can be slow, and you’ll wonder if it’s all sinking in.(进步速度可能很慢，你会疑惑孩子究竟有没有真正听进去、学进去。)”提出家长的焦虑疑惑，后文紧接着进行安抚解释，符合语境。

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】41. D　42. B　43. C　44. A　45. C　46. B　47. D　48. D　49. A　50. B　51.

C　　52. D　　53. B　　54. A　　55. C

【导语】本文讲述了作者原本自认没有写作天赋，放弃文学选择从教，后来一位学生的提问点醒了她，最终重拾写作梦想、勇敢追梦的故事。

【41 题详解】

考查形容词。句意：我并非出身于和文学领域相关的家庭，我认为这是主要的问题。A. medical 医学的；B. artistic 艺术的；C. scientific 科学的；D. literary 文学的。根据上文“I never thought I could be a writer”可知，此处对应文学领域，指作者出身于一个与文学界没有关联的家庭。

【42 题详解】

考查名词。句意：我并非出身于和文学领域相关的家庭，我认为这是主要的问题。A. subject 科目；B. problem 问题、困境；C. event 事件；D. breakthrough 突破。根据上文“I didn’t come from a family connected to the _____ world”可知，作者觉得没有文学背景，对想当作家的自己来说是不利条件，是主要的问题。

【43 题详解】

考查动词短语。句意：本科毕业后，我认定写作不适合自己，于是转而学习师范专业。A. stepped aside 让位；B. got up 起床；C. went off 转向、动身去做；D. turned back 返回。根据上文“convinced that writing wasn’t for me”以及下文“study teaching”可推知，此处指放弃写作方向，选择学习师范专业。

【44 题详解】

考查动词。句意：后来有一个下午，彻底改变了一切。A. changed 改变；B. ruined 毁坏；C. revealed 揭示；D. interrupted 打断。结合语境，以及最后一段“I applied to go back to university and study creative writing”可知，下文学生的提问让作者的想法和人生选择发生了转变。

【45 题详解】

考查名词。句意：当时我正在讲授诗歌，鼓励学生写下自己的梦想。A. hobbies 爱好；B. families 家人；C. dreams 梦想；D. lessons 课程。根据下文“Well, you are telling us to live our dreams when you haven’t even done it yourself.”可知，此处指作者让学生写下自己的梦想。

【46 题详解】

考查名词。句意：孩子问道：“老师，你一直都想当一名老师吗？”A. writer 作家；B. teacher 教师；C. reporter 记者；D. publisher 出版商。根据上文“I was teaching poetry”可知，作者的身份是老师，所以孩子追问是否一直都想当老师。

【47 题详解】

考查动词。句意：我坦言年少时其实想当作家，但我觉得自己并不具备这份职业所需要的能力。A. kept 保持；B. left 离开；C. held 握住；D. took 拿。根据上文“After my undergraduate degree, convinced that writing wasn’t for me”可知，此处指作者觉得自己并不具备当作家的能力，固定搭配“what it takes”表示“做某

事或努力获得成功所需的必要素质、技能、能力或条件”。

【48 题详解】

考查形容词。句意：男孩带着不赞同的神情回道：“你一直教导我们要追逐梦想，可你自己却从未付诸行动。你真的尝试过吗？”A. satisfied 满意的；B. guilty 愧疚的；C. grateful 感激的；D. disapproving 不赞同的。根据下文“Well, you are telling us to live our dreams when you haven’t even done it yourself.”可知，此处指男孩发现老师劝别人追梦，自己却不敢尝试，因此露出了不赞同的神情。

【49 题详解】

考查动词。句意：男孩带着不赞同的神情回道：“你一直教导我们要追逐梦想，可你自己却从未付诸行动。你真的尝试过吗？”A. tried 尝试；B. noticed 注意；C. asked 询问；D. waited 等待。根据语境以及上文“you haven’t even done it yourself”以及“Have you even”可推知，此处指男孩质问作者是否尝试过实现写作梦想。

【50 题详解】

考查形容词。句意：我一时语塞——他说得对。A. rude 粗鲁的；B. right 正确的；C. shy 害羞的；D. silent 沉默的。根据上文“you haven’t even done it yourself”以及“I was struck speechless”可推知，此处指作者内心认可了男孩提出的观点。

【51 题详解】

考查动词。句意：我自己都从未认真看待过自己，也从未正视过心中的梦想，又有什么资格去告诫他们要勇敢、敢于冒险呢？A. examine 检查；B. congratulate 祝贺；C. lecture 告诫、说教；D. consult 咨询。根据上文“I was struck speechless — he was _____. ”以及下文“them on bravery and risk when I had never taken myself for my own”可推知，此处指作者认为自己没有资格告诫学生们，lecture sb. on sth.意为“就某事告诫/教训某人”。

【52 题详解】

考查名词。句意：我自己都从未认真看待过自己，也从未正视过心中的梦想，又有什么资格去告诫他们要勇敢、敢于冒险呢？A. values 价值观；B. imagination 想象力；C. inspiration 灵感；D. desires 渴望、心愿。根据上文“never taken myself for my own”可推知，此处指代作者当作家的梦想。

【53 题详解】

考查名词。句意：基于那次交谈，我申请重返大学学习创意写作。A. cooperation 合作；B. conversation 对话、交谈；C. administration 管理；D. explanation 解释。结合语境，再根据上文“one child asked me a question”可推知，此处指作者和小男孩的这次对话改变了她。

【54 题详解】

考查名词。句意：我也曾数次萌生放弃的念头，但男孩的话语始终在耳边回响：我明白，想要成功，我只

需拥有一点自信，并为之付出努力。A. self-belief 自信；B. know-how 专业技能；C. brainstorming 头脑风暴；D. teamwork 团队合作。结合语境可推知，作者此前缺乏自信，认为未出生在文学世家，所以不敢追梦，因此深知自信的重要性。

【55 题详解】

考查动词。句意：我设法走出内心的羞愧，投入到自己热爱的写作事业中。A. remembered 记得；B. agreed 同意；C. managed 设法做到；D. hesitated 犹豫。根据上文“I knew I needed nothing else to succeed but a bit of _____ and hard work.”以及下文“to find a way out of my shame and into a pattern of work that I loved”可推知，此处指作者设法走出自己的自卑愧疚，投入到热爱的事业中。“manage to do sth.” 意为“设法做成某事”。

第二节(共 10 小题;每小题 1.5 分，满分 15 分)

【答案】56. entirely　57. instructor　58. and　59. feet　60. am supposed

61. which　62. descriptive　63. on　64. being　65. to meet

【导语】文章主要讲述作者首次清晨跟随老师体验太极课程的经历与感悟。

【56 题详解】

考查副词。句意：太极课的前十五分钟，我们全程待在原地热身。本空修饰动词 remain，作状语，用副词 entirely“完全地，全程地”。

【57 题详解】

考查名词。句意：拥有二十八年经验的太极老师安吉拉说，一节圆满的太极课是无杂念的一课。本空为指代人 Angela 的同位语，用名词 instructor“教练，老师”。

【58 题详解】

考查连词。句意：你的身心合一。本空连接并列名词 mind 和 body，用并列连词 and。

【59 题详解】

考查名词复数。句意：她说：“双脚平行站立，用丹田支撑身体。”foot 为可数名词，此处指双脚，用复数形式 feet 作宾语。

【60 题详解】

考查固定搭配和时态。句意：现在，我应该感受双腿受力，并将意念集中于丹田。固定搭配 be supposed to do“应该做某事”，主语为 I，描述现在的状态，用一般现在时，be 动词用 am。

【61 题详解】

考查定语从句。句意：我们继续学习太极招式，安吉拉教授的这种风格共有四十二式。逗号后为非限制性定语从句，先行词 positions，在从句中作介词 of 的宾语，用关系代词 which。

【62 题详解】

考查形容词。句意：这些招式有着形象生动的名字，如“捧碗”和“揽雀尾”。本空修饰名词 names，作定语，用形容词 descriptive“描绘性的，形象的”。

【63 题详解】

考查介词。句意：我盯着右边的一位女士，试图模仿她的动作，但不幸的是，我很快就走神了。固定搭配 keep one’s eyes on sb./sth.“紧盯某人/某物”，本空用介词 on。

【64 题详解】

考查非谓语动词。句意：课程结束时才早上八点，天色尚早，我却感觉十分清醒。despite 为介词，后接动名词作宾语，be 的动名词形式为 being。

【65 题详解】

考查非谓语动词。句意：是时候让我的丹田迎接另一股活力——咖啡。固定句型 It’s time for sth to do sth.“是某物做某事的时间了”，本空用不定式 to meet。

第四部分 写作(共两节，满分 40 分)

第一节(满分 15 分)

66. 【答案】Dear Kate,

It’s a great idea to make a collection of our English essays. This compilation will surely be a wonderful showcase of our English learning achievements. I have a suggestion that might enhance the overall quality of this collection — adding relevant pictures.

Pictures can play a vital role in making the essays more engaging. For example, if an essay is about a travel experience, a vivid picture of the described scenery can bring the story to life, helping readers better visualize the places and emotions.

I’m quite interested in contributing to this project. As I have been learning drawing for years and have a good command of various drawing techniques, I believe I can create pictures that perfectly match the themes of the essays.

Looking forward to your reply.

Yours,

Li Hua

【导语】本篇书面表达是李华给外教 Kate 写的邮件。外教 Kate 计划将班级英语作文汇编成册，李华在邮件中提出配图的建议，并自荐承担画图工作。

【详解】1. 词汇积累

帮助：help →assist

至关重要的：vital → crucial

增强：enhance → boost

各种各样的：various→ a variety of

2. 句式拓展

简单句变复合句

原句：Pictures can play a vital role in making the essays more engaging.

拓展句：Pictures, which are an important visual element, can play a vital role in making the essays more engaging.

【高分句型 1】I have a suggestion that might enhance the overall quality of this collection — adding relevant pictures.（运用了 that 引导定语从句）

【高分句型 2】As I have been learning drawing for years and have a good command of various drawing techniques, I believe I can create pictures that perfectly match the themes of the essays.（运用了 As 引导原因状语从句；省略引导词 that 的宾语从句；that 引导的定语从句）

第二节(满分 25 分)

67. 【答案】***Struck by the doctor's warning, I knew I had to make a change.*** That very night, I initiated my battle against my deep-rooted habits. I forcibly switched off my laptop and phone at 10 p.m., placing them completely out of reach. However, my rebellious biological clock refused to cooperate. I tossed and turned in the darkness, the silence of the room amplifying my anxiety. The urge to grab my phone and drown in videos was overwhelmingly tempting. Just as my willpower was about to crumble, the doctor's stern voice and that terrifying sharp pain in my chest echoed in my mind, anchoring me back to reality. I squeezed my eyes shut, practicing deep breathing until exhaustion finally claimed me.

Slowly but surely, my efforts to adjust to the new routine paid off. The mornings, which used to be my greatest enemy, gradually transformed into a welcoming friend. Instead of racing through assignments with a foggy brain at midnight, I found myself tackling them with a clear and focused mind in the golden sunlight. Not only did the heavy burden on my chest vanish, but an unprecedented sense of vitality also flowed through my veins. When I proudly showed my parents my improved medical report during the holiday, their relieved smiles were my best reward. I finally realized that true comfort isn't found in the unruly hours of the night, but in the vibrant rhythm of a disciplined life.

【导语】本文以人物为线索，讲述了作者长期熬夜导致心脏出现问题，医生警告后作者决定改变作息习惯，最终成功调整并恢复健康的故事。

【详解】1. 段落续写：

①由第一段首句提示可知，本段应描述作者开始改变熬夜习惯的具体行动和遇到的困难。

②由第二段首句提示可知，本段应描述改变带来的积极效果和作者的感悟。

2. 续写线索：

决定改变——晚上强制关机——失眠挣扎——坚持——努力得到了回报——得到父母认可——感悟

3. 词汇激活：

行为类：

关掉：switch off/turn off/shut off

处理: tackle/handle/deal with

消失：vanish/fade away

情绪类：

令人恐惧的：terrifying/hair-raising/horrifying

自豪地：proudly/with pride

欣慰的：relieved/gratified

【点睛】【高分句型 1】Just as my willpower was about to crumble, the doctor's stern voice and that terrifying sharp pain in my chest echoed in my mind, anchoring me back to reality.（运用了 as 引导的时间状语从句和现在分词短语作状语）

【高分句型 2】Not only did the heavy burden on my chest vanish, but an unprecedented sense of vitality also flowed through my veins.（运用了部分倒装句）