2021 北京西城高三（上）期末

英　语

第一部分：知识运用（共两节，30 分）

第一节 完形填空（共 10 小题；每小题 1.5 分，共 15 分）

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

Past the breakers, about 50 feet from shore, two brothers were fighting for their lives. They had been swept out to sea in a strong current, their mouths barely able to stay above the ___1___. Thick fog made it difficult for beachgoers to see the guys, but the screams were unmistakable. And every second counted.

___2___, four surfers in wet suits were nearby. Narayan Weibel, Spenser Stratton, Adrian York and Taj Ortiz-Beck, all 16, were on their surfboards riding up and down the coast on five-foot waves when they heard the ___3___. They turned and saw two bobbing (摆动) heads and four flailing (扑打) arms. “We looked at each other and knew these guys were about to drown (淹死),” Weibel told the reporter.

Weibel, Stratton, and Ortiz-Beck paddled (用桨划) toward the swimmers while York headed to shore to find someone to call 911. He then dived back in to ___4___ his friends.

As the surfers drew close, the brothers were ___5___. Ortiz-Beck pulled up alongside the one brother. Grabbing him under his arms, he pulled him up onto his board. Stratton and Weibel, meanwhile, were trying to help the other. He was large, 250 to 300 pounds, and he was panicked. “Calm down—we ___6___ you!” Weibel shouted.

York arrived ___7___ to help get the guy on top of the second board. They then paddled several minutes through a wild current to the medical help waiting onshore. The brothers were scared but ___8___.

“When we get a call like this one, it’s usually too ___9___ by the time we get there,” says Dillon Cleavenger, the lifeguard, “I can’t say enough about what these boys did. They were willing and prepared to ____10____ their lives.”

1. A. board	B. water	C. ship	D. shore
2. A. Luckily	B. Surprisingly	C. Surely	D. Gradually
3. A. news	B. stories	C. words	D. cries
4. A. invite	B. guide	C. help	D. greet
5. A. striking	B. struggling	C. strengthening	D. stretching
6. A. met	B. got	C. knew	D. followed
7. A. in fear	B. in turn	C. in time	D. in advance
8. A. proud	B. strong	C. satisfied	D. fine
9. A. late	B. busy	C. far	D. difficult
10. A. save	B. change	C. risk	D. share

第二节 语法填空（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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

It was my first night out in that city, and when I saw the last bus home disappearing round the corner, I knew I had a problem. It was cold and I couldn't afford a taxi, ____11____ I didn't want to bother my host family by asking them to pick me up. So I set off on foot, ____12____ (tell) myself it would only take me an hour or so. Four hours later, I was still walking. I was soaked (湿透的) through and my hands were frozen. When I eventually reached the house, the family said how ____13____ (worry) they'd been, and asked why I hadn't phoned. By then I wished I had.

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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

The United Nations Children's Fund, also known as UNICEF, is a United Nations organization based in New York. It offers help needed by children all over the world.

UNICEF ____14____ (found) on 11 December, 1946 to provide food and healthcare to children in countries damaged in World War II. Since 1953, UNICEF ____15____ (take) up an extended mission to help children in the developing world, including those living with disease or disabilities, and those affected by rapid modernization and environmental ____16____ (problem). Now, UNICEF has been working ____17____ (improve) the lives of children and their families across 190 countries and territories.

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 个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

Online eating shows, or Mukbang, originated in South Korea and have gained ___18___ (popular) globally. Many hosts of such shows become popular for their ability to eat large amounts of food. But these shows have also received criticism ____19____ their waste of food. On Aug. 12, CCTV exposed several Chinese hosts who were pretending to eat large amounts of food while on camera, but actually later threw it away. To discourage this practice, many video and livestreaming platforms, including Douyin, Kuaishou and Bilibili, have removed videos ____20____ show food waste, and have promoted messages to "stop food waste and eat reasonably".

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

◆ **What Are We Talking About?**

It's called the Mozzy Watch. It is a stylish and comfortable band that instantly brings peace of mind, for it keeps those annoying mosquitoes away. It is made of a hardened ceramic material, so it is very tough and almost unbreakable. But how this device protects you against annoying insects is truly amazing…

◆ _____

Mozzy Watch uses ultrasonic sounds to repel (驱除) mosquitoes and flies! These ultrasonic frequencies are completely harmless to humans and pets. At first, we were skeptical about how this device could work without the use of chemicals. So, we decided to test it and the results were amazing. Everyone on our team experienced wonderful results after using Mozzy Watch.

◆ **Key Mozzy Watch Features, Facts, and Benefits:**

□ Completely safe Everyone can use this device: kids, pregnant women and even pets. It uses no chemicals and the ultrasonic sounds it produces have been proven safe.

□ Comfortable Mozzy Watch is lightweight and stylish.

□ Rechargeable with long battery life It can be charged using a normal USB charger and the battery can last up to one week.

□ Improves quality of sleep No more annoying buzzing mosquito sounds around your ears.

◆ **How Much Does the Mozzy Watch Cost?**

The Mozzy Watch is just $79.90, which is more than worth it, considering how much you save on the long run.

But it gets even better! If you click on any of the promotional discount coupons below, you'll get it for $49 AND FREE SHIPPING WORLDWIDE!

◆ **How Do I Get the Mozzy Watch?**

Now that you know about this amazing new product, order one from the official supplier's website here: https://top.com/mozzywatch

Enjoy peace of mind free from annoying mosquitoes and insects!

21. Which would be the best heading for Paragraph 2?

A. Why Do We Need Mozzy Watch?

B. Who Are Suitable To Wear Mozzy Watch?

C. How Does Mozzy Watch Work To Protect You?

D. How Did Our Team Do the Test On Mozzy Watch?

22. How does the author promote Mozzy Watch to consumers?

A. By describing its stylish design in detail.

B. By highlighting its unique technical features.

C. By offering feedback from thousands of users.

D. By giving special buy-one-get-one-free discounts.

23. On what kind of website would you probably find this article?

A. Health. B. Opinion. C. Entertainment. D. Sports.

B

Kajal moved to the United States in February 2017. Having previously volunteered for two years as an assistant yoga teacher in her home country, Kajal was enthusiastic about volunteering and began looking for volunteer opportunities that match her interests on VolunteerMatch. "I enjoy volunteering and it's a way to make an impact in my new community," says Kajal.

Kajal was drawn to a volunteer opportunity with the Meridian International Center to review applications on

behalf of the Young Leaders of the Americas Initiative (YLAI). Kajal had previous experience, and the position also afforded her the opportunity to work remotely. After connecting with the opportunity on VolunteerMatch and successfully completing the application process, Kajal got to work. Her role involved reviewing applications from potential candidates for a four-week fellowship in the U.S. She was responsible for describing the business ideas presented by these candidates, assessing the social impact of their businesses, and determining the strength of candidates to carry out their plans.

With almost 4,000 applicants in 2017, Meridian International Center considers volunteers like Kajal to be integral (必要的) members of the team. With help from volunteers, 250 candidates have now been selected to take part in the program and will travel to the U.S. this fall.

Kajal says that this volunteer opportunity super-charged her existing skills, while helping her build new ones such as time management, business analysis, decision-making, planning, and presenting.

She is now looking for her next volunteer opportunity and reflects positively on her experience with Meridian International Center, "A new country brings in a lot of new experiences and volunteering helped me to settle into a new environment," adds Kajal. "By helping others, I felt needed in society. Not only did it improve my self-esteem (自尊), other people benefited too. Volunteering is a great opportunity to improve yourself, others, and the whole society".

24. Why did Kajal look for a volunteering opportunity in the U.S.?

A. She wanted to do something for her new community.

B. She needed a chance to meet new people.

C. She wanted to remember her yoga class.

D. She needed to improve her social skills.

25. One of Kajal's jobs in YLAI is _____.

A. raising the candidates' self-esteem

B. building the candidates' existing skills

C. helping the candidates do some volunteer work

D. judging the social impact of candidates' businesses

26. How does Kajal feel about her experience with Meridian International Center?

A. Rewarding. B. Tiring. C. Relaxing. D. Challenging.

C

Hundreds of people die at sea every year due to ship and airplane accidents. Emergency teams have little time to rescue those in the water because the probability of finding a person alive fall dramatically after six hours. Beyond tides and challenging weather conditions, unsteady coastal currents often make search and rescue operations extremely difficult.

New insight into coastal flows gained by an international research team led by George Haller, Professor of Nonlinear Dynamics at ETH Zurich, promises to enhance the search and rescue techniques currently in use. Using tools from dynamical systems theory and ocean data, the team has developed an algorithm (算法) to predict where objects and people floating in water will go. "Our work has a clear potential to save lives," says Mattia Serra, the first author of a study recently published in Nature Communications.

In today's rescue operations at sea, complicated models of ocean dynamics and weather forecasting are used to predict the path of floating objects. For fast-changing coastal waters, however, such predictions are often inaccurate due to uncertain boundaries and missing data. As a result, a search may be launched in the wrong location, causing a loss of precious time.

Haller's research team obtained mathematical results predicting that objects floating on the ocean's surface should gather along a few special curves (曲线) which they call TRansient Attracting Profiles (TRAPs). These curves can't be seen with our eyes but can be tracked from instant ocean surface current data using recent mathematical methods developed by the ETH team. This enables quick and precise planning of search paths that are less sensitive to uncertainties in the time and place of the accident.

In cooperation with a team from MIT, the ETH team tested their new, TRAP-based search algorithm in two separate ocean experiments near Martha's Vineyard, which is on the northeastern coast of the United States. Working from the same real-time data available to the Coast Guard, the team successfully identified TRAPs in the region in real time. They found that buoys and manikins (浮标和人体模型) thrown in the water indeed quickly gathered along these emerging curves. "Of several competing approaches tested in this project, this was the only algorithm that consistently found the right location," says Haller.

"Our results are rapidly obtained, easy to interpret and cheap to perform," points out Serra. Haller stresses: "Our hope is that this method will become a standard part of the tool kit of coast guards everywhere."

27. In a search and rescue operation, _____.

A. the survival rate drops to almost zero after six hours

B. the use of dynamics leads to the wrong location

C. weather conditions are a determining factor

D. changing currents present a challenge

28. What is the distinct feature of the new algorithm?

A. It relies on ocean dynamics.

B. It tracks the path of the curves.

C. It stops the uncertainties of the accident.

D. It figures out how tides change over time.

29. Paragraph 5 mainly talks about _____.

A. the collection of data

B. the testing of the algorithm

C. the identification of the TRAPs

D. the cooperation of two research teams

30. What is the best title for the passage?

A. Why Success Rates of Rescue Operations have Fallen

B. Why Algorithms are Popular in Rescue Operations

C. How Mathematics Can Save Lives at Sea

D. How Coastal Waters Affect Saving Lives

D

Recently the term "climate anxiety" has been used to better describe our growing concerns about climate change. While there is evidence that climate anxiety can be identified and reliably measured, what's less clear is how it relates to mental illness. Mental health providers across the world are noting the presence of climate anxiety

in their patients; however, the degree to which it is influencing mental illness is not yet clear, though evidence addressing this question is slowly growing.

For years now, mental health clinicians have seen climate anxiety influencing presentations of mental illness in a variety of ways, some extreme. Recent studies are starting to look at links between climate anxiety and mental illness in larger samples to help better understand the directionality of their relationship. In a U.S. survey of more than 340 people published in 2018, climate concerns were associated with depressive symptoms (症状). Ecological coping, which includes pro-environmental behaviors such as reducing energy consumption, appeared to be protective against depression, indicating that climate concerns and the poor coping skills used to address them could be causing depressive symptoms.

So who might be more at risk of mental illness secondary to the uncertainties around climate change? Unsurprisingly, climate anxiety appears higher in individuals with more concern about environmental issues at baseline and those already experiencing direct effects of climate change. Climatologists also face increased risk given their in-depth knowledge on the issue coupled with the upsetting task of trying to convey it to individuals and governments that often deny or downplay it. People with high levels of neuroticism, a personality trait that increases susceptibility to mental illness, are also likely to be at high risk.

Some individuals report adaptive responses to climate anxiety like adopting pro-environmental behaviors and participating in collective action, while others are unable to respond behaviorally at all. It's not yet clear how these varying reactions manifest (呈现) on a population level and how they're influencing humanity's response to climate change. However, a recent survey of nearly 200 people found that, while climate anxiety was associated with an emotional response to climate change, it was not correlated with a behavioral response.

If this is true for humanity as a whole, we must urgently help motivate the anxious among us. Doing so successfully will require many approaches, such as delivering cognitive-behavioral therapy (认知行为疗法) to the most severely affected and demonstrating to entire populations that change is possible by better publicizing productive efforts by organizations to reduce their carbon footprints. We can't let climate anxiety stop us from responding to climate change, because now, more than ever, we need action, not inaction.

31. What can be learned from the first two paragraphs?

A. Mental illness may increase the risk of climate anxiety.

B. Reducing energy consumption can help treat depression.

C. Failure to handle climate anxiety may cause depressive symptoms.

D. The influence of climate anxiety on mental illness can be measured.

32. The underlined phrase "secondary to" in Paragraph 3 probably means _____.

A. as a result of

B. less important than

C. as serious as

D. regardless of

33. Which of the following might be effective in helping the anxious overcome climate anxiety?

A. Publicizing the latest research on climate anxiety.

B. Funding studies into cognitive-behavioral therapies.

C. Delivering speeches to anxious people on a regular basis.

D. Informing the public of practical ways to live a greener life.

34. What is the purpose of this passage?

A. To reveal consequences of climate anxiety.

B. To show new findings about climate anxiety.

C. To compare climate anxiety and mental illness.

D. To demand care for those experiencing climate anxiety.

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。选项中有两项为多余选项。

Have you ever been labeled a "perfectionist"? Or do you consider yourself to be one? It's attractive to see perfectionism as a positive quality—it shows that we pay close attention to detail and get things right! And, it is often viewed as a strength that helps people to produce high-quality work. ____35____ It can damage self-esteem, cause relationship problems, and, in extreme cases, it may even lead to serious health problems. If you think that you have a problem with perfectionism, the following strategies can help you to lessen its negative effects.

Set realistic goals. ____36____ Instead, learn to think about your most important life and career goals. Then, break them down into smaller steps. Not only will this make it easier to reach your objectives, but you'll also experience the thrill of achieving them.

____37____ If you're feeling anxious or unhappy about a task, they may be telling you that you're trying to achieve the impossible. And adjust your targets accordingly! Perfectionists are often likely to start negative self-talk. If you catch yourself doing this, stop! Try using thought awareness to question your negative thoughts and add some positivity!

Focus on the bigger picture. Perfectionism can cause "tunnel vision"—when you focus on one small part of something but ignore the rest. You might, for instance, focus on getting a minor part of a presentation right, like the special effects, instead of concentrating on the meaning that you are trying to deliver. Remember to keep your focus on the bigger picture. ____38____

Relax and go with the flow. The pursuit of perfection can make it extremely difficult to relax. And perfectionists prefer to maintain focus and to stick to their carefully laid plans. But relaxation isn't just necessary for a healthy life. It can also improve your productivity and well-being. And you'll be better at keeping perfectionism under control if you're feeling rested, clear-headed and happy. ____39____ Get outside, be open to new experiences and new people, make use of relaxation techniques, and recognize when you need to switch off.

Most of all, don't allow perfectionism or fear of failure to stop you from experiencing new things. Be open to new ways of thinking, new people, and new experiences. You might just find that letting go actually boosts your well-being, your relationships, and your performance.

A. Listen to your emotions.

B. So, take regular breaks at work.

C. Seek advice from qualified health professionals.

D. Your failings will seem less significant and you'll reduce the urge to be perfect.

E. However, when perfectionism gets out of control, it can do more harm than good.

F. Perfectionists often set objectives so high that there's little hope of ever achieving them.

G. If you're afraid to make mistakes, it's difficult to generate new ideas and seize opportunities.

第三部分：书面表达（共两节，32 分）

第一节 阅读表达（共 4 小题；第 1、2 题各 2 分，第 3 题 3 分，第 4 题 5 分， 共 12 分）。

阅读下面短文，根据题目要求回答问题。

Two hundred years ago, a device began to dominate the world of work—the clock. With its arrival, people were paid on the basis of how many hours they worked, rather than their material output, and were required by the owner to turn up for a set shift.

The clock's authoritarian rule may at last be weakening. Working remotely has brought a greater degree of freedom. A survey across six countries found that flexible working was viewed very positively, improving both people's work-life balance and productivity. Flexible workers even scored more highly on a sense of "belonging" to their organization than those on a nine-to-five schedule.

It is hardly surprising that workers prefer flexibility. Working a rigid eight-hour schedule is incredibly restricting. Those are also the hours when most shops are open, when doctors and dentists will take appointments, and when repairmen are willing to visit. Parents on a conventional routine may be able to take their children to school in the morning but are unlikely to be able to pick them up in the afternoon. Many families find themselves constantly struggling with schedules and giving up precious holiday time to deal with domestic emergencies.

On reflection, it is not too shocking that home-workers feel they are more productive. After all, few people have the ability to concentrate solidly for eight hours at a stretch. There are points in the day where people want to stare out of the window or go for a walk; these may be moments when they find inspiration or recharge themselves for the next task. When they do this in an office, they risk the boss's disapproval; at home, they can work when they are most motivated.

Of course, working remotely carries dangers: people may lose all separation between work and home life, and are likely to be stressed. To inject some human contact, companies may embrace a mixed model in which workers go into the office for part of the week. But overall, office-workers' freedom from time restrictions is to be welcomed. The clock was a cruel master and many people will be happy to escape its dominion.

40. What decided the workers' pay after the clock appeared?

41. Please paraphrase the underlined sentence in your own words.

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

Working remotely is viewed positively because it brings lots of benefits and it is perfect.

43. As a student, what do you think of remote learning? (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 曾经在你校读书，想了解学校有哪些变化，发来邮件询问相关信息。请你给他写一封邮件，内容包括：

1. 学校的变化；

2. 你的感受。

注意: 1.词数 100 左右；

2.开头和结尾已给出，不计入总词数。

_____

_____

_____

参考答案

第一部分：知识运用

第一节 完形填空

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

【分析】这是一篇记叙文。本文讲述四位冲浪少年冒险勇救落水两兄弟的故事。

【1 题详解】

考查名词词义辨析。句意：他们被一股强劲的洋流卷到了海里，他们的嘴几乎无法露出水面。A. board 板；B. water 水；C. ship 船；D. shore 海岸。根据前文“They had been swept out to sea in a strong current”可知，因为被一股强劲的洋流卷到了海里，所以此处表示他们无法露出水面。故选 B。

【2 题详解】

考查副词词义辨析。句意：幸运地是，附近有四个穿着潜水衣的冲浪者。A. Luckily 幸运地；B. Surprisingly 令人惊讶地；C. Surely 肯定地；D. Gradually 逐渐地。根据后文“They turned and saw two bobbing (摆动) heads and four flailing (扑打) arms.”可知，因为这四个冲浪者看到了这对兄弟，所以此处需用副词 luckily，表示幸运地。故选 A。

【3 题详解】

考查名词词义辨析。句意：16 岁的 Narayan Weibel，Spencer Stratton， Adrian York 和 Taj ortizi - beck 听到哭喊声时，正踩着冲浪板在 5 英尺高的海浪上沿着海岸上下行驶。A. news 新闻；B. stories 故事；C. words 单词；D. cries 哭喊声。根据前文“but the screams were unmistakable.”可知，此处指听到了这对兄弟的哭喊声。故选 D。

【4 题详解】

考查动词词义辨析。句意：然后他又跳回去帮助他的朋友们。A. invite 邀请；B. guide 指导；C. help 帮助；D. greet 迎接。根据前文“York headed to shore to find someone to call 911.”可知，York 先找人拨打 911，然后又回去帮助朋友们救那对兄弟。故选 C。

【5 题详解】

考查动词词义辨析。句意：当冲浪者靠近时，兄弟俩正在挣扎。A. striking 攻击，击打；B. struggling 挣扎；C. strengthening 加强，巩固；D. stretching 伸展，延伸。根据前文“They turned and saw two bobbing (摆动) heads and four flailing (扑打) arms. ”可知，这对兄弟正在挣扎。故选 B。

【6 题详解】

考查动词词义辨析。句意：冷静点——我们“抓住”你了!A. met 遇到；B. got 抓住；C. knew 知道；D. followed 跟随。根据前文“He was large, 250 to 300 pounds, and he was panicked.”可知，Stratton 和 Weibel 告诉另一个兄弟冷静，由此可知，此处指“抓住”他了。故选 B。

【7 题详解】

考查固定短语词义辨析。句意：约克及时赶到，帮他爬上了第二块冲浪板。A. in fear 害怕；B. in turn 轮流，依次；C. in time 及时；D. in advance 提前。根据后文“to help get the guy on top of the second board. ”可知，此处表示及时赶到，帮助另一个兄弟爬上了冲浪板。故选 C。

【8 题详解】

考查形容词词义辨析。句意：兄弟俩很害怕，但身体无恙。A. proud 骄傲的；B. strong 强壮的；C. satisfied 满足的；D. fine 身体好的。 根据转折连词 but 可知，这对兄弟受到了惊吓，但身体无恙。故选 D。

【9 题详解】

考查形容词词义辨析。句意：当我们接到这样的电话时，通常我们赶到的时候已经太晚了。A. late 晚的，迟的；B. busy 忙碌的；C. far 远的；D. difficult 困难的。根据副词 usually 和后文“I can’t say enough about what these boys did.”可知，救援队员到时，一般都太晚了。故选 A。

【10 题详解】

考查动词词义辨析。句意：他们愿意并且准备冒生命危险。A. save 救；B. change 改变；C. risk 冒险；D. share 分享。根据前文描述这个四个 16 岁的冲浪者救了兄弟俩的名，所以此处指他们是要冒生命危险的。故选 C。

第二节 语法填空

A

【答案】11. but　12. telling　13. worried

【分析】这是一篇记叙文。本文讲述了作者一个外出晚上，没有坐上回家的公交车，没钱打车，最后步行回家的故事。

【11 题详解】

考查连词。句意：天气很冷，我又打不起出租车，但我不想让寄宿家庭来接我，免得打扰他们。根据空前句意“天气很冷，我又打不起出租车”和空后句意“我不想让寄宿家庭来接我，免得打扰他们。”可知，此处前后表示转折关系需用连词 but。故填 but。

【12 题详解】

考查非谓语动词。句意：所以我就步行出发了，告诉自己只需要一个小时左右。分析句子结构可知，本句已有谓语动词 set off，且空处没有连词，所以空处需要非谓语动词作状语，动词 tell 与逻辑主语 I 之间是主动关系，所以空处需用现在分词 telling 作状语。故填 telling。

【13 题详解】

考查形容词。句意：当我终于到家时，那家人说他们非常担心，并问我为什么没有打电话。分析句子结构可知，疑问词副词 how 后需接形容词或副词引导宾语从句，此处作表语，需用形容词，由 they 可知，此处需用形容词 worried“着急的”作表语。故填 worried。

B

【答案】14. was founded　15. has taken　16. problems　17. to improve

【分析】这是一篇说明文。文章介绍了联合国儿童基金会自成立以来的发展变化以及对帮助世界上有需要的儿童做出的贡献。

【14 题详解】

考查时态语态和主谓一致。句意：联合国儿童基金会成立于 1946 年 12 月 11 日，目的是向二战中受损国家的儿童提供食品和保健。分析句子可知，主语 UNICEF 为组织机构，做单数讲，且在过去被创建，因此谓语动词用一般过去时的被动语态，注意主谓一致。故填 was founded。

【15 题详解】

考查时态和主谓一致。句意：自 1953 年以来，儿童基金会承担了一项长期任务，那就是帮助发展中世界的儿童，包括那些患有疾病或残疾的儿童，以及那些受快速现代化和环境问题影响的儿童。分析句子可知，主语 UNICEF 为组织机构，做单数讲，且承担任务是从过去一直持续到现在，还可根据时间状语 Since 1953，可断定谓语动词用现在完成时，注意主谓一致。故填 has taken。

【16 题详解】

考查名词的数。句意：自 1953 年以来，儿童基金会承担了一项长期任务，那就是帮助发展中世界的儿童，包括那些患有疾病或残疾的儿童，以及那些受快速现代化和环境问题影响的儿童。分析句子可知，环境问题有很多，用复数形式。故填 problems。

【17 题详解】

考查非谓语动词。句意：现在，联合国儿童基金会一直致力于改善 190 个国家和地区的儿童及其家庭的生活。分析句子可知，句子谓语动词为 has been working，因此 improve 做非谓语，且联合国儿童基金会一直工作是为了改善儿童和他们的生活，所以用动词不定式做目的状语。故填 to improve。

C

【答案】18. popularity　　19. for　　20. that/which

【分析】本文是一篇说明文。介绍了“吃播”节目，最初来源于韩国的大胃王，后风靡全球；但 8 月 12 日，央视点名批评了部分中国吃播，指出他们存在食物浪费的情况；为了阻止这种行为的发生，抖音、快手、哔哩哔哩将含有食物浪费情况的视频都下架了。

【18 题详解】

考查名词。句意：“吃播”起源于韩国的“大胃王”，现已风靡全球。分析句子结构可知，设空处需填名词，作 gain 的宾语，根据所给提示词 popular，其名词形式为 popularity，受欢迎，普及，流行，不可数名词，故填 popularity。

【19 题详解】

考查介词。句意：但这些节目也因浪费食物而受到批评。分析句子结构可知，这里需填介词，与 their waste of food 共同构成原因状语，for 表示理由或者原因，意为“因为，由于”，符合题意。故填 for。

【20 题详解】

考查定语从句。句意：为了阻止这种行为，抖音、快手、哔哩哔哩等许多视频和直播平台都删除了显示食物浪费的视频，并发布了制止食物浪费、合理饮食的信息。分析句子结构可知，设空处引导定语从句，先行词是 videos，在从句中作主语，指物，故填 that/which。

第二部分：阅读理解

第一节

A

【答案】21. C　　22. B　　23. A

【分析】这是一篇应用文。本文主要介绍了一款名为 Mozzy Watch 的产品，它有驱蚊功效，并介绍了它的作用、技术原理、价格和购买方式。

【21 题详解】

主旨大意题。根据第二段关键句“Mozzy Watch uses ultrasonic sounds to repel (驱除) mosquitoes and flies! These ultrasonic frequencies are completely harmless to humans and pets.”（Mozzy Watch 使用超声波驱除蚊子和苍蝇！这些超声波频率对人类和宠物是完全无害的。）可知，第二段介绍了 Mozzy Watch 如何驱除蚊子和苍蝇并保护人类免受伤害的。“How Does Mozzy Watch Work To Protect You?”意为“Mozzy Watch 是如何保护你的？”能够概括段落主旨。故选 C 项。

【22 题详解】

推理判断题。根据第二段关键句“Mozzy Watch uses ultrasonic sounds to repel (驱除) mosquitoes and flies! These ultrasonic frequencies are completely harmless to humans and pets.”（Mozzy Watch 使用超声波驱除蚊子和苍蝇！这些超声波频率对人类和宠物是完全无害的。）可知，第二段介绍了 Mozzy Watch 使用超声波驱除蚊子和苍蝇，并对人类和宠物是完全无害的。根据第三段主旨句“Key Mozzy Watch Features, Facts, and Benefits”（Mozzy Watch 的主要特色、事实和优势）可知，作者在这段介绍了 Mozzy Watch 的特色和优势，包括文中提到的 Completely safe（完全安全）、Comfortable（舒适的）和 Improves quality of sleep（改善睡眠质量）等。由此可知，作者是通过突出其独特的技术特色来向消费者推销 Mozzy Watch 的。故选 B 项。

【23 题详解】

推理判断题。浏览文章，根据第一段关键句“It’s called the Mozzy Watch. It is a stylish and comfortable band that instantly brings peace of mind, for it keeps those annoying mosquitoes away.”（它叫 Mozzy Watch。这是一个时尚和舒适的手环，戴上它能够立即带来大脑的平静，因为它可以让那些讨厌的蚊子远离。）可知，本文主要介绍了一款名为 Mozzy Watch 的产品，它有驱蚊功效，且对人类的身体完全无害。这款产品和人的健康有关，由此可知，你可能会在健康网站上找到这篇文章。故选 A 项。

B

【答案】24. A　　25. D　　26. A

【分析】这是一篇记叙文，作者讲述了自己在美国当志愿者的经历，并总结出自己在此过程中的收获。

【24 题详解】

细节理解题。根据文章第一段最后一句，““I enjoy volunteering and it’s a way to make an impact in my new community,” says Kajal.”（我喜欢做志愿者工作，它也是一种让我在我的新环境做出贡献的方式），可知，作者搬到美国后做志愿者工作，有两个原因，一是，自己喜欢；二是，想为自己新的社区做贡献。故选 A。

【25 题详解】

细节理解题。根据文章第二段倒数第一句，“She was responsible for describing the business ideas presented by these candidates, assessing the social impact of their businesses, and determining the strength of candidates to carry out their plans.”（她也要负责描述这些候选人呈现出的事业理想，评估他们的事业对社会的影响，并判断这些候选人执行他们计划的能力），可知，D 项，“评判候选人的事业的社会影响”，属于其中任务之一。故选 D。

【26 题详解】

观点态度题。根据文章最后一段最后一句，“By helping others, I felt needed in society. Not only did it improve my self-esteem (自尊), other people benefited too. Volunteering is a great opportunity to improve yourself, others, and the whole society.”（通过帮助其他人，我感觉到了在社会中被需要。它不仅提高了我的自尊，而且其他人也受益很多，志愿者工作是一次提升自己，他人以及整个社会的机会），可知，作者通过这次志愿者经历，收获很多。故选 A。

C

【答案】27. D　　28. B　　29. B　　30. C

【分析】这是一篇说明文。文章主要讲述通过使用数学方法在海上挽救生命。

【27 题详解】

细节理解题。根据第一段“Beyond tides and challenging weather conditions, unsteady coastal currents often make search and rescue operations extremely difficult. ”（除了潮汐和天气条件的挑战外，不稳定的水流经常使搜寻和营救措施变得极其困难。）可知，在搜寻和营救中，变化的水流呈现出挑战。故选 D 项。

【28 题详解】

细节理解题。根据第四段“These curves can’t be seen with our eyes but can be tracked from instant ocean surface current data using recent mathematical methods developed by the ETH team. ”（这些曲线不能被眼睛看到。但是通过使用由 ETM 小组发展的数学方法，能瞬间从海洋表面的水流数据追踪到这些曲线。）可知，新算法能追踪到曲线的路径，故选 B 项。

【29 题详解】

段落大意题。根据第五段“the ETH team tested their new, TRAP-based search algorithm”（ETM 小组基于 TRAP 的搜寻算法，来测试他们的新算法，。）可知，第五段主要讲述算法的测试，故选 B 项。

【30 题详解】

标题判断题。第一段“Hundreds of people die at sea every year due to ship and airplane accidents.”（每年成百上千的人由于船或飞机事故死在海中。）交代了文章的背景。根据第二段“the team has developed an algorithm to predict where objects and people floating in water will go.”（这个小组发展了算法，用于预测将要沉入水中的人和物。）及“recent mathematical methods… enables quick and precise planning of search paths”（最近的数学方法使搜寻路径变得快且精准。）可知，数学算法可以在海上精准地探测到人和物体，故文章主要讲述如何通过使用数学方法在海上挽救生命。故选 C 项。

D

【答案】31. C　　32. A　　33. D　　34. D

【分析】这是一篇说明文。文章主要介绍了一个新的研究发现，未能处理气候焦虑可能导致抑郁症状，并呼吁我们关心那些经历气候焦虑的人。

【31 题详解】

推理判断题。根据第二段关键句“In a U.S. survey of more than 340 people published in 2018, climate concerns were associated with depressive symptoms (症状). Ecological coping, which includes pro-environmental behaviors such as reducing energy consumption, appeared to be protective against depression, indicating that climate

concerns and the poor coping skills used to address them could be causing depressive symptoms.”（在美国 2018 年公布的一项针对 340 多人的调查中，对气候的担忧与抑郁症状有关。生态应对，包括减少能源消耗等有利于环境的行为，似乎对抑郁症有保护作用，这表明气候担忧和处理这些问题的不当方法可能导致抑郁症。）可知，对气候的担忧与抑郁症状有关，气候担忧和处理这些问题的不当方法可能导致抑郁症。由此可知，通过前两段的内容我们可以得知，未能处理气候焦虑可能导致抑郁症状。故选 C 项。

【32 题详解】

词义猜测题。上文介绍了未能处理气候焦虑可能导致抑郁症状，根据第三段关键句“Unsurprisingly, climate anxiety appears higher in individuals with more concern about environmental issues at baseline and those already experiencing direct effects of climate change.”（毋庸置疑，在基准状态下对环境问题更为关注的人和那些已经经历了气候变化直接影响的人中，气候焦虑似乎出现的比例更高。）可知，后文介绍的是由于气候变化，哪些人更容易患上气候焦虑。由此可知，画线短语所在句提出的问题是“由于气候变化的不确定性，谁更容易患上精神疾病呢？”“as a result of”意为“由于”，符合句意，能够表示画线短语的意思。故选 A 项。

【33 题详解】

细节理解题。根据最后一段关键句“If this is true for humanity as a whole, we must urgently help motivate the anxious among us. Doing so successfully will require many approaches, such as delivering cognitive-behavioral therapy (认知行为疗法) to the most severely affected and demonstrating to entire populations that change is possible by better publicizing productive efforts by organizations to reduce their carbon footprints.”（如果这对整个人类来说是真的，我们必须紧急地帮助激励我们中间焦虑的人。成功地做到这一点需要许多方法，例如向受影响最严重的人提供认知行为疗法，并向全体民众表明，通过各组织更好地宣传为减少碳足迹所作的富有成效的努力，改变是可能的。）可知，要想帮助我们中间气候焦虑的人，可以通过向全体民众宣传减少碳足迹的方式，改变是可能的。由此可知，可能有效帮助焦虑者克服气候焦虑的方法是让公众知道如何过上更环保的生活。故选 D 项。

【34 题详解】

推理判断题。文章主要介绍了一个新的研究发现，未能处理气候焦虑可能导致抑郁症状。根据最后一段关键句“If this is true for humanity as a whole, we must urgently help motivate the anxious among us.”（如果这对整个人类来说是真的，我们必须紧急地帮助激励我们中间焦虑的人。）可知，作者在文章中呼吁人们必须紧急地帮助我们中间有气候焦虑的人。由此可知，这篇文章的目的是呼吁我们关心那些经历气候焦虑的人。故选 D 项。

第二节根据短文内容

【答案】35. E　　36. F　　37. A　　38. D　　39. B

【分析】本文是说明文。文章介绍了几种减少完美主义带来的负面影响的办法。

【35 题详解】

根据下文“It can damage self-esteem, cause relationship problems, and, in extreme cases, it may even lead to serious health problems. (它会损害自尊，引起人际关系问题，在极端情况下，甚至可能导致严重的健康问题。)”可知，下文说的是完美主义面临的问题。E 项意为“然而，当完美主义失去控制时，弊大于利。”

选项内容能够引起下文，且与上文介绍的完美主义的优点形成转折关系。故选 E。

【36 题详解】

根据段落主旨句“Set realistic goals.(设定现实的目标。)”可知，本段讲述的是要想减少完美主义的负面影响，可以通过设定现实的目标。根据下文“Instead, learn to think about your most important life and career goals. (相反，学会思考你最重要的人生和职业目标。)”可知，下文说的是如何设定现实的目标。F 项意为“完美主义者往往把目标定得太高，以至于实现目标的希望渺茫。”选项内容符合段落主旨，说出了完美主义者在设定目标时出现的问题，下文针对这个问题给出了解决方法。故选 F。

【37 题详解】

空格处为段落主旨句。根据下文“If you’re feeling anxious or unhappy about a task, they may be telling you that you’re trying to achieve the impossible. And adjust your targets accordingly! (如果你对一项任务感到焦虑或不高兴，他们可能会告诉你，你正试图实现不可能的目标。在这种情况下要调整你的目标！)”可知，本段介绍了我们情绪的变化会告诉我们所制定的目标是否合理。A 项意为“倾听你的情绪。”选项内容能够概括段落主旨，告诉我们倾听情绪的重要性，下文中的“anxious or unhappy”是对选项中的“emotions”的举例。故选 A。

【38 题详解】

根据上文“Perfectionism can cause “tunnel vision”—when you focus on one small part of something but ignore the rest. (完美主义会导致“视野狭隘”——当你专注于某件事的一小部分时，却忽略了其余的部分。)”和“Remember to keep your focus on the bigger picture. (记住要把注意力放在大局上。)”可知，本段告诉我们要把注意力放在大局上，避免完美主义导致的“视野狭隘”。D 项意为“你的失败会显得不那么重要，你会减少追求完美的冲动。”选项内容能够承接上文，如果我们能够做到把注意力放在大局上，就会减少追求完美的冲动。故选 D。

【39 题详解】

根据上文“But relaxation isn’t just necessary for a healthy life. It can also improve your productivity and well-being. And you’ll be better at keeping perfectionism under control if you’re feeling rested, clear-headed and happy. (但放松不仅仅是健康生活所必需的。它还可以提高你的工作效率和健康。如果你感到精神振作、头脑清醒和快乐，你会更好地控制完美主义。)”可知，本段告诉我们放松有助于提高工作效率，可以让你更好地控制完美主义。B 项意为“所以，在工作中定时休息。”选项内容与上文为因果关系，正因为放松有助于提高工作效率，所以应该在工作中定时休息。故选 B。

第三部分：书面表达

第一节 阅读表达

【答案】40. The number of hours they worked.

41. People’s lives are greatly restricted by the fixed working hours.

42. Working remotely is viewed positively because it brings lots of benefits and it is perfect.

According to the passage, remote working also has its drawbacks, such as making people lose all separation between work and home life, and making people feel stressed.

43. 言之有理即可

【分析】本文是一篇说明文。文章介绍了自钟表发明之后，工人的工资由工作时间来决定。又详细说明了固定工作时间的缺点及远程工作时间的优缺点。

【40 题详解】

考查细节理解。根据第一段第二句中“With its arrival, people were paid on the basis of how many hours they worked（随着它的到来，人们的工资是根据他们的工作时间来支付的，）”可知，钟表出现之后，决定工人工资的是他们的工作时间，故答案为：The number of hours they worked.

【41 题详解】

考查细节理解。划线句子是一个主系表结构，意为“严格的八小时工作时间表是难以置信的限制。”可推断，工人的生活被这种固定的工作时间牢牢地限制住了，故答案为：People’s lives are greatly restricted by the fixed working hours.

【42 题详解】

考查推理判断。根据倒数第二段第一句“On reflection, it is not too shocking that home-workers feel they are more productive.（仔细想想，在家工作的人觉得自己的工作效率更高，这并不太令人震惊。）”及该段所述在家工作的好处可知，远程工作（在家工作）是非常受欢迎的一种工作方式，因为它带来了很多的益处；然而根据最后一段第一句话“Of course, working remotely carries dangers（当然，远程工作也有危险）”可知，远程工作也有弊端，因此它并不是完美（perfect）的，所以该陈述中错误的部分是：perfect。最后一段中“people may lose all separation between work and home life, and are likely to be stressed.（人们可能会失去工作和家庭生活之间的所有分离，并可能会感到压力。）”列举出了远程工作的缺点。所以陈述理由为：According to the passage, remote working also has its drawbacks, such as making people lose all separation between work and home life, and making people feel stressed.（根据文章，远程工作也有它的缺点，例如使人们失去工作和家庭生活的所有分离，使人们感到压力。）

【43 题详解】

考查语言表达。文章介绍了固定办公时间和灵活办公时间的优缺点，考生可以根据文章内容任选一方面来陈述远程学习的优点或缺点。只要言之有理即可。参考答案：In my opinion, students can greatly benefit from the remote learning. Firstly, you can learn more useful knowledge that you can not obtain from regular school teaching. Secondly, you can choose the time when you will study, which means that if you are in bad mental state, you can adjust your study time.

第二节

44. 【答案】Dear Jim,

I’m more than elated to inform you of some changes in our school at your request.

Renovated in 2019, the main buildings now have a modern feel, with dark orange walls and white borders. Meanwhile, the whole campus is bursting with vigor, full of recently-planted trees and flowers.

Hardware facilities have been upgraded, including new blackboards and computers in the classrooms. The school library, which has been under repair during the last three months, will reopen next week. It is said that the library will seat more students and the librarians have restocked the library shelves with large quantities of new books.

I am glad to witness these changes. They have provided us a better place to study and live. Frankly speaking, I

will have a hard time leaving after graduation.

All the best.

Yours,

Li Hua

【分析】本篇书面表达属于应用文，要求考生给英国好友 Jim 写封邮件，向他介绍学校的变化。

【详解】第一步：审题

体裁：应用文

时态：根据提示，时态主要为一般现在时，少量现在完成时。

结构：三步法

第一步写来信目的（略写）；第二步写学校变化（详写）；第三步表达自身感受（略写）。

要求：

1. 学校的变化；

2. 自己的感受。

第二步:列提纲 （重点词组）

more than elated, at your request, be bursting with, under repair, be full of, quantities of, be glad to do sth., provide sb. sth., frankly speaking.

第三步：连词成句

1. I'm more than elated to inform you of some changes in our school at your request.

2. The whole campus is bursting with vigor, full of recently-planted trees and flowers.

3. The school library, which has been under repair during the last three months, will reopen next week.

4. It is said that the library will seat more students and the librarians have restocked the library shelves with large quantities of new books.

5. Frankly speaking, I will have a hard time leaving after graduation.

根据提示及关键词（组）进行遣词造句，注意主谓一致和时态问题。

第四步：连句成篇（衔接词）

1.表并列补充关系：Meanwhile, including.

2.表转折对比关系：However, On the contrary, but, Although+clause(从句), In spite of+n/doing(供参考)

3.表因果关系：Because, As, So, Thus, Therefore, As a result（供参考）

连句成文，注意使用恰当的连词进行句子之间的衔接与过渡，确保文章句式的多样性。

【点睛】[高分句型 1] The school library, which has been under repair during the last three months, will reopen next week. （该句中的 which 引导非限制性定语从句，修饰 the school library）

[高分句型 2] It is said that the library will seat more students and the librarians have restocked the library shelves with large quantities of new books.（该句中 it 作形式主语，that 引导主语从句，其中，动词短语 restock…with…的用法非常地道）