2024 北京海淀高三（上）期末

英　　语

2024. 01

本试卷共 10 页, 100 分。考试时长 90 分钟。考生务必将答案答在答题纸上, 在试卷上作答无效。考试结束后, 将本试卷和答题纸一并交回。

第一部分　知识运用 (共两节, 30 分)

第一节 (共 10 小题; 每小题 1. 5 分, 共 15 分)

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

Back in 2008, I was teaching Concepts of Fitness in a high school. At the end of one class, I chatted with David Gale, a senior high jumper, about how to improve his ____1____ and how motivation played an important role in one's achievement. He, out of the blue, asked me what would happen if he broke the school record.

Not ____2____ of his passion and determination, I paused for a moment, but then promised that I would paint his name on the wall of our classroom. He was very excited and suggested that I go purchase the paint.

Nothing more was mentioned about the ____3____ until two weeks later, the young warrior ran into the classroom with a huge smile on his face. "I did it! I broke the record!" he shouted as I was still gathering information to ____4____ what I had promised him. I joined in with the high-fives and fist bumps ____5____ him.

The next day, it was done! G-A-L-E. Huge blue letters with white edges, the school colors. I could see his excitement even surpassed the success itself. Actually, his coach said the wall was part of the ____6____ to break the record.

What happened next was totally amazing. Many students, even from other classes, saw the name on the wall and ____7____ how they, too, could be considered for the wall. With the enormous ____8____, I had to add more names to the wall, and more than 100 names appeared there in the following 10 years.

Many folks admitted they would not have ____9____ what they did if the wall hadn't been part of the reward. More importantly, all those who stepped far beyond their comfort zone helped set the ____10____ higher.

1. A. health	B. performance	C. talent	D. knowledge
2. A. proud	B. afraid	C. certain	D. fond
3. A. promise	B. record	C. suggestion	D. news
4. A. describe	B. recall	C. explain	D. picture
5. A. encouraging	B. admiring	C. congratulating	D. greeting
6. A. excitement	B. confidence	C. creativity	D. motivation
7. A. inquired	B. expected	C. insisted	D. doubted
8. A. effort	B. experience	C. stress	D. response
9. A. adjusted	B. achieved	C. examined	D. displayed
10. A. pace	B. stage	C. bar	D. tone

第二节 (共 10 小题; 每小题 1. 5 分, 共 15 分)

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

A

语法填空

When Mark was driving to the martial arts gym where he trains and volunteers, he saw ____11____ looked like a police pursuit. Soon Mark realized the officer did not have control of the situation. Jumping out of his car, Mark identified himself and spelled out his intention ____12____ (make) it two-on-one in the officer's favor. Then, with the officer ____13____ (struggle) to control the man's upper body, Mark put his weight on the man's legs. But the suspect managed to roll to his right, onto his stomach. Mark immediately ____14____ (apply) a martial move to control his shoulder and upper body. A few seconds later, the suspect gave out. The officer secured a handcuff and the threat was over.

B

语法填空

Glass recycling has become such a big industry that the amount of glass ____15____ (recycle) is not meeting the demand for new glass to be produced. Some states in U. S. have attempted to resolve this situation in hopes of encouraging the ____16____ (produce) of glass over plastic by offering monetary incentives (奖励) for glass. For example, California has a special program ____17____ you can earn five cents for most glass bottles as well as plastic ones and aluminum cans less than 24 ounces. For items over 24 ounces, you can earn 10 cents each.

C

语法填空

In the States, tourism is clearly not an environmentally "clean" industry. People do not just show up, spend ___18___ (they) money and leave. Instead, they show up, and if they have more money than the locals do, they move in and tell a friend. So more people are attracted ____19____ this place and more homes are built for them. But these homes are often pricing out the locals. The hospitality industry does create jobs, but many of these jobs don't pay a lot. The taxes that come from tourism ____20____ (use) to fix the problems that tourism causes in the first place.

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, 并在答题纸上将该项涂黑。

A

Dear Colleague,

I am writing with information about BAC University Summer Term's four exciting programs for high school students. These programs provide the opportunity to study at a world-renowned university, strengthen English-language skills and enjoy summer in Boston. Here is a brief overview of our programs:

High School Honors is a six-week residential or online program in which students take BAC University undergraduate courses and earn up to 8 transferable college credits. Students must be entering Grades 10-12 in fall

2024.

Academic Immersion (AIM) is a three-week non-credit residential program for students to focus intensively on a single academic topic. This summer we are offering three AIM tracks: Introduction to Experimental Psychology, Introduction to Medicine, and Creative Writing. All three tracks combine classroom work with hands-on experiential learning activities. Students must be entering Grade 11 or Grade 12 in fall 2024.

Summer Challenge is a two-week residential or online program in which students take two non-credit seminars of their choice and experience college life. Students must be entering Grade 12 in fall 2024.

Summer Preview is a one-week non-credit residential program in which students explore one subject of interest while previewing the college experience. Students must be entering Grade 9 or Grade10 in fall 2024.

Our Summer Term's programs provide students with rigorous and collaborative college life experiences that enable them to gain a strong sense of their personal and academic potential. Every year, our students form strong friendships as they undertake challenging coursework and participate in social events.

I have enclosed a poster and a program brochure. I hope you will share this information with your students. Please feel free to contact us via email at *summerhs@bac.edu* if you have any questions about our programs.

Warmly,

Amanda Nelson

Associate Director

BAC University Summer Term

21. A Grade 11 student in fall 2024 who prefers online programs could choose _____.

A. High School Honors B. Academic Immersion C. Summer Challenge D. Summer Preview

22. According to the passage, students can _____.

A. get at least 8 transferable credits in High School Honors

B. gain both knowledge and practical experience in AIM

C. earn credits from the courses in Summer Challenge

D. engage in in-depth research in Summer Preview

23. What's Amanda Nelson's purpose in writing the letter?

A. To evaluate a summer camp. B. To promote pre-college programs.

C. To recommend university courses. D. To introduce college learning projects.

B

In early 2018, I was training for the London Marathon—the first and only marathon I would ever run in my life. I had treated myself to an expensive fitness watch that tracked my time, pace and splits.

At the end of my final training run—an exhausting 21 miles (34km) —I threw myself down on the floor the moment I got home, only to see my watch had failed me. Twenty-one miles briefly flashed on the screen before it went blank and disappeared for ever. I screamed in pain. That tragic image of me crying on my living room floor pretty much sums up my relationship with exercise tracking technology.

It can be a total joy to watch your data change on running apps as you get stronger and faster. I once got a kick out of it, but at some point it became a stick I used to punish myself. I would watch my pace, compare it with other people's or criticize myself for not doing it 30 seconds faster. I never really recognized exercise tracking as a problem. It seemed to me that tracking was the route to self-improvement, and the point was to improve, wasn't it? The point was to be better.

In the past year, the concept of "being better" has taken on a different meaning. My mental health dropped, and things that were once easy such as brushing my teeth became unimaginably difficult. Being better stopped meaning getting faster or stronger. It meant taking care of myself and feeling some joy in a day. Once I started getting better, I reflected on what in my life made me happy and what did not. So, I stopped tracking my runs and simply deleted years' worth of data that was once very important to me and now meant nothing.

What has become very clear to me since I quit tracking my runs is that I genuinely love doing them. I run around my local park with a silly little smile on my face. I love it so much. But I do not love running quickly. I do not like races. I do not want to be pushed to be faster. Things I notice about my runs now include: how my legs feel and how my mind feels afterwards-clear and focused. I notice dogs, the smell of the wild plants along the canal and the sunshine (OK, wind and rain) on my face.

I am better. Or sometimes I am worse. But either way I'm slowly plodding along, and that's good enough.

24. The author cried after the final training run because she _____.

A. had to stop working out
B. became physically worn out
C. lost the data on the watch
D. felt a sharp pain in the legs

25. The author used to view exercise tracking as _____.

A. a fun hobby for enjoyment
B. a strong need for recognition
C. a method of escaping punishment
D. a way of being a better runner

26. What does "being better" mean to the author now?

A. Getting pleasure out of winning races.
B. Being more focused on her life goal.
C. Freeing herself from demanding tasks.
D. Improving her overall well-being.

27. What can we conclude from this passage?

A. Adjustment brings happiness.
B. Passion is the key to success.
C. Sports contribute to happiness.
D. Success equals self-improvement.

C

As higher education leaders dive deeper into the conversation on Digital Transformation and Education 4.0, they are also learning how to incorporate the Digital Twins realm concept into their curricula, because Digital Twin technology can serve the university of the future.

A Digital Twin is a virtual representation of a real object or system which is updated from real-time data and uses machine learning, simulation (模拟), and reasoning to help decision-making. In other words, a Digital Twin can create a highly complex virtual model which is the exact replica of a physical thing. Connected sensors on a smart campus can collect data in real time. This data is used to create a map onto the virtual model, thus creating a Digital Twin of a campus. When school administrators look at the Digital Twin, they can see crucial information about how the real campus is doing.

The applications for Digital Twin technology do not stop there. Students and faculty can benefit from using the technology as well. For example, hybrid classrooms have become more and more common nowadays. Digital technologies have accelerated the transition into the university of the future. Digital Twin technology, one of the trending technologies related to Industry 4.0, helps faculty create simulation models based on course requirements.

Digital Twin technology makes the ultimate immersive learning experience possible. By using a Digital Twin, students can learn highly engaging tasks which can be too dangerous, complex, or expensive for the classroom. Rather than hands-on laboratory dissection of a physical frog to learn animal science or having to wait for available

human organs in the health science lah, medical students can use the virtual twin of an animal or human organs for their study.

The complexity of chemistry or microbiology requires students to be totally engaged. By using Digital Twins in a Virtual Reality simulated learning experience, faculty can achieve a maximum level of engagement helping each student learn abstract concepts in their own unique way and much faster. By running simulations, students can better explore system behavior under different conditions, understand failure and develop an understanding of system sensibilities as well as how changes in the system parameters (参数) and external disruptions make an impact on the results.

Some universities, such as Stanford and Copenhagen School of Marine Engineering, have incorporated Digital Twin technology into their teaching curricula, applying it to disciplines like architecture and engineering as they believe they are the reality of the industry. Overall, this enhances student motivation, accelerates understanding, and improves the overall learning experience. Moreover, the industry encourages universities to incorporate educational Digital Twins in automation to give students the initial understanding of tools and skills they will need in their future.

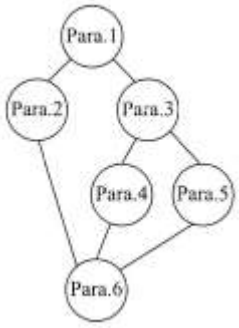
28. It can be learned from Paragraph 2 that Digital Twins _____.

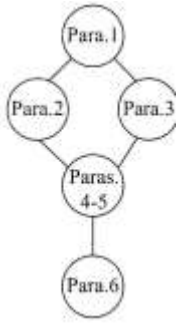
A. remain a concept
B. are virtual copies of real objects
C. represent future education
D. can operate campuses remotely

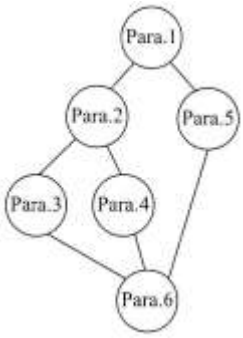
29. Which of the following statements might the author agree with?

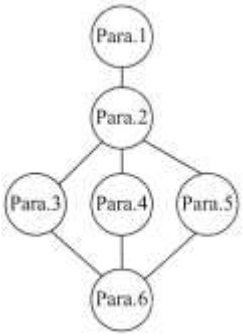
A. Education 4.0 facilitates the development of Digital Twins.
B. New technology poses potential threats to college teachers.
C. Digital Twin technology in higher education is on the horizon.
D. Virtual classrooms have grown in popularity under Industry 4.0.

30. Which of the following shows the structure of the passage?

A. 

B. 

C. 

D. 

D

The idea that we need to eat meat to get enough protein and iron, a false assumption of some Paleo diet (原始饮食) advocates, is a common misconception. It ignores the abundance of protein and iron in many plant-based foods such as nuts and seeds. Likewise, while we typically associate omega-3 fatty acids with fish, fish themselves incorporate these into their tissue by eating seaweed, which we can consume directly without the concerns of exposure to microplastics in fish flesh.

Indeed, a whole-food, plant-based diet can provide all essential nutrients except for vitamin B12, made by bacteria in soil and ingested by animals, thereby incorporated into their tissue, milk, and eggs. While modern sanitation allows humans to consume clean produce unpolluted by dirt, we can easily and cheaply obtain oral B12

supplements.

Evidently, significantly reducing our consumption of meat would carry vast benefits. Cardiovascular disease remains the leading cause of death around the world. Eating highly processed foods and red meat has been repeatedly demonstrated to promote underlying mechanisms of cancer and cardiovascular disease, such as inflammation (炎症) and damage to the lining of blood vessels (血管).

Mounting evidence points to the benefits of a whole-food, plant-based diet. Studies from 2017found that a vegetarian diet is associated with a 25 percent relative risk reduction for coronary heart disease and an 8 percent relative risk reduction for cancer, with a vegan diet related to a 15 percent relative risk reduction for cancer. The World Health Organization has classified processed meat as carcinogenic (致癌的), and (unprocessed) red meat as probably carcinogenic to humans.

In addition to harming ourselves, eating meat harms others. Factory farming practices often entail unspeakable cruelty to animals, and working conditions for human laborers are often unsafe and inhumane as well. Overcrowding of livestock and workers promotes the spread of disease among both people and animals, putting us all at risk for future pandemics. The overuse of "routine" antibiotics (抗生素) to accelerate animal growth and precautiously treat the infections anticipated as a result of living in unclean and overcrowded conditions can promote antibiotic resistance.

While large-scale, well-coordinated national and international action is undoubtedly needed to fight unscrupulous factory farming practices-and to ensure the availability of nutritious and healthy food for all citizens, those with greater influence, such as physicians, educators and policy makers, should consider the importance of acting as role models for healthy behaviors themselves as well as advocating for policies that ensure better nutritional access and education for others.

All of these should not be excuses for individuals to resist implementing change in their own lives and communities. Societies change when enough individuals within them alter their behavior, and it is up to each of us to act as a change agent in whatever capacity we can. We would all be well served to pull this lever in our own lives as well.

31. The author writes the first two paragraphs mainly to _____.

A. show the concerns of Paleo diet advocates

B. compare the differences between two diets

C. highlight the importance of nutrition intake

D. point out a misunderstanding in nutrition source

32. Which of the following logic chains is reasonable according to the passage?

A. vitamin B12 in soil → animal tissue → clean produce → oral B12 supplements in humans

B. processed food → inflammation → damage to blood vessels → heart diseases

C. a vegetarian diet → reduction of heart diseases → lower risk of cancers → a vegan diet

D. overcrowded conditions → spread of diseases → overuse of antibiotics → antibiotic resistance

33. What does the underlined word "unscrupulous" in Paragraph 6 probably mean?

A. Illegal. B. Unfair. C. Immoral. D. Unnecessary.

34. Which of the following would be the best title for the passage?

A. A Meatless Diet Is Better for You B. Food Problems Call for Joint Efforts

C. Say No to Processed Meat Consumption D. Eatable Greens or Not? That Is a Question

第二节 (共 5 小题; 每小题 2 分, 共 10 分)

根据短文内容, 从短文后的七个选项中选出能填入空白处的最佳选项, 并在答题纸上将该项涂黑。选项中有两项为多余选项。

We humans are comparison creatures. ____35____ This quality may have evolved as a means of helping us fit into the social hierarchy (等级) of the cultures we inhabited. Regardless of the reasons, social comparison plays a significant role in how we view and evaluate ourselves, and how we interact with our world.

It used to be that our primary reference of comparison was our local communities, primarily neighbors and co-workers. Because we tend to gather around those similar to ourselves in terms of educational level, work income, and shared interests, the range of differences when we compared ourselves to others was fairly small. Unfortunately, with the emergence of the Internet, we can now compare ourselves to literally anyone in the world. ____36____ What had in previous generations been a small gap in our comparisons has now become so large and unattainable.

____37____ When so many people that are easily discoverable on the Internet seem to be so successful. famous, influential and beautiful, given our preference to compare, it is difficult not to have it influence how we view ourselves. Sadly, these comparisons usually result in our feeling inadequate and “less than”.

These harmful comparisons also damage our emotional lives. When we feel lacking, we experience a variety of unpleasant and unhealthy emotions. We feel jealousy and envy for what others have and what we lack. ____38____

It’s one thing to realize that you compare yourself to others. It’s another thing to recognize that social comparison is often corrosive (逐步侵蚀的) to you in so many ways psychologically and emotionally. It’s an entirely other thing to stop yourself from comparing yourself to others. ____39____

A. We are constantly measuring ourselves against other people.

B. Yet it is possible, and it is worth the effort for your mental health.

C. Thus, we are now exposed to groups that are quite different from us.

D. We believe that there is something wrong with us compared to others.

E. We can even feel bitterness and anger at others for the unfairness of it all.

F. Comparing ourselves to others has the potential to increase our life experience.

G. This new level of comparison has huge implications for our psychological lives.

第三部分 书面表达 (共两节, 32 分)

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

阅读下面短文, 根据题目要求用英文回答问题。

Egocentrism is the inability to accurately understand any perspective other than one’s own. To those who are egocentric, there are two types of opinions: “mine and the wrong ones”.

Egocentrism is very unpleasant. Suffering from it, people often find themselves in a situation of conflict or

loneliness because they do not recognize the rights of others to their personal feelings, desires, and interests. They also fail to look at circumstances from the other person's side.

Humanity must overcome it to see a holistic (全面的) picture of the world and objectively assess situations. It is essential to be a fair-minded individual since egocentrism is a quality that is not easy to live with, making it hard for us to interact with people and move forward.

Actually, overcoming this disturbing quality has always been my pursuit. The main goal in my life is based on the search for inner balance, harmony, positivity, and the right attitude to life cases. Thus, I will be able to improve my life and help other people in the practice of this aspect. Moreover, I often remind myself to accept differences and remember that a correct attitude to different personalities, their preferences, and interests leads to success in any tasks.

The formation and development of a fair mind can be practiced almost everywhere. For example, in a grocery store, we need to put ourselves in the place of the seller's and should not immediately take offense and argue when we are given an unripe banana or burnt bread. It is important to remember that a seller is not obliged to play along at all; this is the same person with his unique nature.

Not everyone agrees with everyone else, but if you absolutely refuse to consider another person's perspective, that's when egocentrism becomes a serious concern. So why not try to correct this behavior and be more fair-minded?

40. What is egocentrism?

_____

41. Why does egocentrism often lead to conflicts?

_____

42. Please decide which part is false in the following statement, then underline it and explain why.
Egocentrism becomes a problem when someone doesn't agree with others.

_____

43. Please share one of your own experiences about your practicing being fair-minded. (*In about 40 words*)

_____

第二节 (20 分)

44. 假设你是红星中学学生会主席李华。你校将在春节期间举行中外学生联欢会。请你用英文写一封邮件通知交换生，内容包括：

1. 目的与安排；

2. 报名方式。

注意: 1. 词数 100 左右；

2. 开头和结尾已给出, 不计入总词数。

Dear friends,

_____

_____

_____

_____

_____

Sincerely,

Li Hua

参考答案

第一部分 知识运用 (共两节, 30 分)

第一节 (共 10 小题; 每小题 1. 5 分, 共 15 分)

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

【导语】本文是记叙文。作者在一所高中教健身概念，一次在与一名高级跳高运动员 David Gale 的交谈中，作者承诺他如果他打破学校记录，作者会将他的名字写在墙上，随后 David Gale 打破了记录，作者也信守承诺将他的名字写在墙上。随后更多学生以将自己的名字写在墙上为动力取得了很多成就。

【1 题详解】

考查名词词义辨析。句意：一节课结束时，我与一位高级跳高运动员大卫·盖尔（David Gale）聊了聊如何提高他的表现并且聊了动机如何在一个人的成就中发挥重要作用。A. health 健康；B. performance 表演；表现；C. talent 天赋；D. knowledge 知识。由上文“Back in 2008, I was teaching Concepts of Fitness in a high school.”可知，作者在一所高中教健身概念，应该是和这位高级跳高运动员讨论如何提高他的表现。故选 B。

【2 题详解】

考查形容词词义辨析。句意：我不确定他的热情和决心，停顿了一会儿，但随后答应我会把他的名字写在我们教室的墙上。A. proud 骄傲的；B. afraid 害怕的；C. certain 确定的；D. fond 喜欢的。由下文“I paused for a moment,”可知，作者停顿了一会是因为不确定这名学生想打破学校记录的这种热情和决心有多大，故选 C。

【3 题详解】

考查名词词义辨析。句意：关于这个承诺，没有再多说什么，直到两周后，这位年轻的战士脸上带着灿烂的笑容跑进了教室。A. promise 承诺；B. record 记录；C. suggestion 建议；D. news 新闻。上文“I paused for a moment, but then promised that I would paint his name on the wall of our classroom”提到作者答应将 David Gale 的名字写在墙上，由此可知，此处指关于这个承诺，没有再多说什么，promise 是同词复现，故选 A。

【4 题详解】

考查动词词义辨析。句意：“我做到了！我打破了纪录！”当我仍在收集信息以回忆我对他的承诺时，他喊道。A. describe 描写；B. recall 回想；C. explain 解释；D. picture 设想。第二段中“I paused for a moment, but then promised that I would paint his name on the wall of our classroom.”提到之前作者答应这名学生如果他打破了学校记录作者会把他的名字写在墙上，所以当他说自己打破记录时，作者在回想自己对他说过的这一承诺，故选 B。

【5 题详解】

考查动词词义辨析。句意：我和他一起击掌庆祝。A. encouraging 鼓励；B. admiring 钦佩；C. congratulating 祝贺；D. greeting 打招呼。由上文“‘I did it! I broke the record!’”和“I joined in with the high-fives and fist bumps”可知，当 David Gale 说自己打破学校记录时，作者和他击掌祝贺他打破记录，故选 C。

【6题详解】

考查名词词义辨析。句意：事实上，他的教练说，这面墙是打破纪录的动力之一。A. excitement 兴奋；B. confidence 自信；C. creativity 创造力；D. motivation 动机。由第一段提到的“how motivation played an important role in one’s achievement”和下文“Many folks admitted they would not have_____what they did if the wall hadn’t been part of the reward.”可知，这面墙给了很多人鼓励，是他们取得成功的动力，由此可知，此处指这面墙是 David Gale 打破学校记录的动力之一，故选 D。

【7题详解】

考查动词词义辨析。句意：许多学生，甚至是其他班级的学生，看到墙上的名字，询问如何也可以考虑将他们列入墙上。A. inquired 询问；B. expected 期待；C. insisted 坚持；D. doubted 怀疑。由上文“Many students, even from other classes, saw the name on the wall”可知，其他班级的学生看到墙上的姓名后，询问该如何能将自己的名词也写在墙上，故选 A。

【8题详解】

考查名词词义辨析。句意：由于反响巨大，我不得不在墙上添加更多的名字，在接下来的十年里，墙上出现了 100 多个名字。A. fort 堡垒；B. experience 经验；C. stress 压力；D. response 回复；反响。由下文“I had to add more names to the wall, and more than 100 names appeared there in the following 10 years.”可知，墙上有了更多名字，这说明更多人愿意将自己的名字写在墙上，即这件事反响很大，故选 D。

【9题详解】

考查动词词义辨析。句意：许多人承认，如果没有这面墙作为奖励，他们就不会取得今天的成就。A. adjusted 调整；B. achieved 实现；C. examined 检查；D. displayed 展示。由下文“what they did if the wall hadn’t been part of the reward”和上文提到的 David Gale 了打破学校记录后作者将他的名字写在墙上，由此可知，取得成就的人可以将名字写在墙上，故此处指没有这面墙作为奖励，那些名字写在墙上的人就不会取得今天的成就，故选 B。

【10题详解】

考查名词词义辨析。句意：更重要的是，所有走出舒适区的人都提高了标准。A. pace 步伐；B. stage 舞台；C. bar 酒吧，障碍，限制；D. tone 语气。由上文“More importantly, all those who stepped far beyond their comfort zone helped set the”以及上文提到的许多人以这面墙作为奖励，取得了很多成就可知，这些取得成就的人走出舒适区，设立了更高的标准，取得了成就，set the bar 固定搭配，意为“设定标准或期望”，故选 C。

第二节 (共 10 小题; 每小题 1. 5 分, 共 15 分)

【答案】11. what

12. to make

13. struggling

14. applied

【导语】这是一篇记叙文。主要讲述了马克在开车途中遇到警察在追捕犯人，于是帮助警察制服嫌疑人的故事。

【11题详解】

考查宾语从句。句意：当马克开车去他训练和做志愿者的武术馆时，他看到了警察看起来像是在追捕什么。引导宾语从句，从句缺少主语，指事情应用 what。故填 what。

【12 题详解】

考查非谓语动词。句意：马克从车里跳了出来，表明了自己的身份，并阐明了他要以二对一的方式帮助警察的意图。短语 intention to do sth.表示“做某事的意图”。故填 to make。

【13 题详解】

考查非谓语动词。句意：然后，当警察努力控制那名男子的上半身时，马克把他的体重压在了那名男子的腿上。此处为 with 的复合结构，officer 与 struggle 构成主动关系，故用现在分词作宾补。故填 struggling。

【14 题详解】

考查时态。句意：马克立即用一个武术动作来控制他的肩膀和上半身。结合上文可知，事情发生在过去，用一般过去时。故填 applied。

【答案】15. recycled

16. production

17. where

【导语】这是一篇说明文。文章主要说明了玻璃回收已经成为一个巨大的产业，以至于回收的玻璃数量无法满足新玻璃的生产需求。美国的一些州试图解决这一问题，希望通过提供金钱奖励来鼓励玻璃的生产，而不是塑料。

【15 题详解】

考查非谓语动词。句意：玻璃回收已经成为一个巨大的产业，以至于回收的玻璃数量无法满足新玻璃的生产需求。分析句子结构可知 recycle 与逻辑主语 glass 构成被动关系，故用过去分词作定语。故填 recycled。

【16 题详解】

考查名词。句意：美国的一些州试图解决这一问题，希望通过提供金钱奖励来鼓励玻璃的生产，而不是塑料。作动词的宾语，应用名词 production，不可数。故填 production。

【17 题详解】

考查定语从句。句意：例如，加州有一个特殊的计划，你可以赚 5 美分，大多数玻璃瓶，塑料和铝罐少于 24 盎司。定语从句修饰先行词 program，在从句作地点状语，故填 where。

【答案】18. their

19. to　20. are used

【导语】这是一篇说明文。文章主要介绍了美国旅游业的特点以及问题。

【18 题详解】

考查代词。句意：人们不会只是出现，花完钱就离开。修饰名词 money 应用形容词性物主代词 their。故填 their。

【19 题详解】

考查固定短语。句意：所以越来越多的人被吸引到这个地方，越来越多的房子为他们建造。短语 be attracted to 表示“被吸引”。故填 to。

【20 题详解】

考查时态语态。句意：来自旅游业的税收首先用于解决旅游业造成的问题。主语与与谓语构成被动关系，且陈述事实用一般现在时，主语为 The taxes，谓语用复数。故填 are used。

第二部分 阅读理解 (共两节, 38 分)

第一节 (共 14 小题; 每小题 2 分, 共 28 分)

【答案】21. A　22. B　23. B

【导语】这是一篇应用文。文章是一封 Amanda Nelson 写给同学的信，信中介绍了 BAC 大学夏季学期为高中生开设的四个的项目的情况。

【21 题详解】

细节理解题。根据第二段“High School Honors is a six-week residential or online program in which students take BAC University undergraduate courses and earn up to 8 transferable college credits.(高中荣誉课程是一个为期六周的住宿或在线课程，学生参加 BAC 大学的本科课程，并获得多达 8 个可转换的大学学分)”可知，2024 年秋季，喜欢在线课程的 11 年级学生可以选择高中荣誉课程。故选 A。

【22 题详解】

细节理解题。根据第三段“This summer we are offering three AIM tracks: Introduction to Experimental Psychology, Introduction to Medicine, and Creative Writing. All three tracks combine classroom work with hands-on experiential learning activities.(今年夏天，我们提供三个 AIM 课程：实验心理学导论，医学导论和创意写作。所有三个轨道结合课堂工作与实践体验式学习活动)”可知，学生可以在 AIM 中获得知识和实践经验。故选 B。

【23 题详解】

推理判断题。根据第一段“I am writing with information about BAC University Summer Term’s four exciting programs for high school students. These programs provide the opportunity to study at a world-renowned university, strengthen English-language skills and enjoy summer in Boston.(我写信给你的是关于 BAC 大学夏季学期为高中生开设的四个令人兴奋的项目的信息。这些项目提供了在世界知名大学学习的机会，加强英语技能，并在波士顿享受夏天)”根据第二段“High School Honors is a six-week residential or online program in which students take BAC University undergraduate courses and earn up to 8 transferable college credits.(高中荣誉课程是一个为期六周的住宿或在线课程，学生参加 BAC 大学的本科课程，并获得多达 8 个可转换的大学学分)”结合文章是一封 Amanda Nelson 写给同学的信，信中介绍了 BAC 大学夏季学期为高中生开设的四个的项目的情况。可推知，阿曼达·纳尔逊写这封信的目的是推广大学预科课程。故选 B。

【答案】24. C　25. D　26. D　27. A

【导语】这是一篇记叙文。文章主要讲述了作者曾经执着于通过运动跟踪数据来让自己变得更好，但这也导致作者变得不再快乐，于是作者删除了手表上的运动数据，开始专注于跑步时的感受，如今作者感到更加快乐了。

【24 题详解】

细节理解题。根据第二段“At the end of my final training run—an exhausting 21 miles (34km) —I threw myself down on the floor the moment I got home, only to see my watch had failed me. Twenty-one miles briefly flashed on

the screen before it went blank and disappeared for ever. I screamed in pain. That tragic image of me crying on my living room floor pretty much sums up my relationship with exercise tracking technology.(在最后一次训练结束时——一段令人筋疲力尽的 21 英里（34 公里）长跑——我一回到家就一头倒在地上，结果发现手表坏了。21 英里在屏幕上闪了一下，然后就消失了，永远消失了。我痛苦地尖叫起来。我在客厅地板上哭泣的悲惨画面基本上概括了我与运动追踪技术的关系)”可知，作者在最后一次训练后哭了，因为她丢失了手表上的数据。故选 C。

【25 题详解】

细节理解题。根据第三段“It can be a total joy to watch your data change on running apps as you get stronger and faster. I once got a kick out of it, but at some point it became a stick I used to punish myself. I would watch my pace, compare it with other people's or criticize myself for not doing it 30 seconds faster. I never really recognized exercise tracking as a problem. It seemed to me that tracking was the route to self-improvement, and the point was to improve, wasn't it? The point was to be better. (当你变得更强壮、更快时，看着你的数据在运行的应用程序上发生变化，这可能是一种完全的快乐。我曾经很喜欢它，但在某种程度上，它成了我用来惩罚自己的棍子。我会观察自己的速度，和别人比较，或者批评自己没有快 30 秒。我从未真正意识到运动追踪是个问题。在我看来，跟踪是自我提升的途径，而重点是提高，不是吗？关键是要变得更好)”可知，作者曾将运动跟踪视为成为更好的跑步者的一种方式。故选 D。

【26 题详解】

细节理解题。根据倒数第二段“Things I notice about my runs now include: how my legs feel and how my mind feels afterwards-clear and focused. I notice dogs, the smell of the wild plants along the canal and the sunshine (OK, wind and rain) on my face.(我现在跑步时注意到的事情包括：我的腿感觉如何，以及跑步后我的思维感觉如何——清晰而专注。我注意到狗，运河边野生植物的气味和我脸上的阳光（好吧，风雨）)”可知，“变得更好”现在对作者来说意味着改善她的整体幸福感。故选 D。

【27 题详解】

推理判断题。通读全文，并根据第四段“In the past year, the concept of "being better" has taken on a different meaning. My mental health dropped, and things that were once easy such as brushing my teeth became unimaginably difficult. Being better stopped meaning getting faster or stronger. It meant taking care of myself and feeling some joy in a day. Once I started getting better, I reflected on what in my life made me happy and what did not. So, I stopped tracking my runs and simply deleted years' worth of data that was once very important to me and now meant nothing.(在过去的一年里，“变得更好”的概念有了不同的含义。我的心理健康状况下降了，以前很容易的事情，比如刷牙，变得难以想象地困难。变得更好不再意味着变得更快或更强。这意味着要照顾好自己，在一天中感受一些快乐。一旦我开始好转，我就会反思生活中什么让我快乐，什么让我不快乐。所以，我不再跟踪我的跑步，只是删除了多年来对我非常重要的数据，而现在这些数据对我来说毫无意义)”可知，文章主要讲述了作者曾经执着于通过运动跟踪数据来让自己变得更好，但这也导致作者变得不再快乐，于是作者删除了手表上的运动数据，开始专注于跑步时的感受，如今作者感到更加快乐了。由此推知，我们可从文章得知调整带来快乐。故选 A。

【答案】28.B　29. C　30. A

【导语】本文是说明文。高等教育领导者深入探讨数字化转型和教育 4.0，因为数字孪生技术可以服务未来的大学。文章主要介绍了数字孪生技术的含义，在高等教育中的应用以及对老师和学生的好处。

【28 题详解】

细节理解题。根据第一段中“A Digital Twin is a virtual representation of a real object or system which is updated from real-time data and uses machine learning, simulation (模拟), and reasoning to help decision-making. In other words, a Digital Twin can create a highly complex virtual model which is the exact replica of a physical thing.(数字孪生是真实对象或系统的虚拟表示，它根据实时数据进行更新，并使用机器学习、模拟（模拟）和推理来帮助决策。换句话说，数字孪生可以创建一个高度复杂的虚拟模型，它是物理事物的精确复制品。)”可知，从第 2 段可以看出，数字孪生是真实物体的虚拟副本，故选 B。

【29 题详解】

推理判断题。根据第一段“As higher education leaders dive deeper into the conversation on Digital Transformation and Education 4.0, they are also learning how to incorporate the Digital Twins realm concept into their curricula, because Digital Twin technology can serve the university of the future.(随着高等教育领导者深入探讨数字化转型和教育 4.0，他们也在学习如何将数字孪生领域概念纳入他们的课程，因为数字孪生技术可以服务未来的大学。)”和第二段中“Students and faculty can benefit from using the technology as well. (学生和教师也可以从使用该技术中受益。)”可知，高等教育领导者深入探讨数字化转型和教育 4.0，因为数字孪生技术可以服务未来的大学，学生和教可以从使用该技术中受益，由此可推知，作者可能同意“高等教育即将使用数字孪生技术”这个观点。故选 C。

【30 题详解】

推理判断题。文章第一段总领全文，指出高等教育领导者深入探讨数字化转型和教育 4.0，因为数字孪生技术可以服务未来的大学。第二段介绍了数字孪生技术的含义及在校园中的应用——用于在虚拟模型上创建地图，从而创建校园的数字孪生。第三段介绍了数字孪生技术使学生和教师受益。接着第四段和第五段分别从这两方面介绍如何使学生和老师受益，即第四段介绍了数字孪生技术如何使学生受益，即使学生终极沉浸式学习体验成为可能。第五段介绍了数字技术使教师受益——教师可以实现最大程度的参与，帮助每个学生以自己独特的方式更快地学习抽象概念。最后一段总结全文，总结了数字孪生技术的好处。由此可知，文章的结构是第一段总起，第二段和第三段是并列关系，分别介绍了数字孪生技术的含义和应用以及好处。第四段和第五段是并列关系，从两个方面介绍了数字孪生技术的好处，是第三段的两个分观点，最后一段总结全文。故选 A。

【答案】31. D　32. D　33. C　34. A

【导语】本文是说明文。需要吃肉才能获得足够的蛋白质和铁这是错误的观点，实际上，植物性饮食可以提供人们所需的营养。文章主要介绍了无肉饮食对人们更好。

【31 题详解】

推理判断题。根据第一段中“The idea that we need to eat meat to get enough protein and iron, a false assumption of some Paleo diet (原始饮食) advocates, is a common misconception. It ignores the abundance of protein and iron in many plant-based foods such as nuts and seeds. (我们需要吃肉才能获得足够的蛋白质和铁，这是一些原始饮食倡导者的错误假设，是一种常见的误解。它忽略了许多植物性食品（如坚果和种子）中

丰富的蛋白质和铁。)”和第二段中“Indeed, a whole-food, plant-based diet can provide all essential nutrients except for vitamin B12, made by bacteria in soil and ingested by animals, thereby incorporated into their tissue, milk, and eggs.(事实上，全食物、植物性饮食可以提供除维生素 B12 之外的所有必需营养素，维生素 B12 由土壤中的细菌产生并被动物摄入，从而融入其组织、牛奶和鸡蛋中。)”可知，第一段作者指出了营养来源的一个误区——需要吃肉才能获得足够的蛋白质和铁，接着第二段作者指出植物性饮食可以提供除维生素 B12 之外的所有必需营养素这样一个事实，从而解释了人们所认为的营养来源的误区，由此可推知，作者写前两段主要是为了指出营养来源的一个误区，故选 D。

【32 题详解】

细节理解题。根据倒数第三段中“Overcrowding of livestock and workers promotes the spread of disease among both people and animals, putting us all at risk for future pandemics. The overuse of “routine” antibiotics (抗生素) to accelerate animal growth and precautiously treat the infections anticipated as a result of living in unclean and overcrowded conditions can promote antibiotic resistance.(牲畜和工人的过度拥挤会促进疾病在人和动物之间的传播，使我们所有人都面临未来流行病的风险。过度使用“常规”抗生素来加速动物生长并谨慎治疗因生活在不清洁和过度拥挤的环境中而导致的感染可能会促进抗生素耐药性。)”可知，过度拥挤的条件促进疾病的传播，这导致过度使用抗生素来治疗，而过度使用抗生素会促进抗生素耐药性，故选 D。

【33 题详解】

词句猜测题。根据划线单词上文“Factory farming practices often entail unspeakable cruelty to animals, and working conditions for human laborers are often unsafe and inhumane as well.(工厂化养殖方式往往对动物造成难以言表的残忍，而人类劳工的工作条件也往往不安全和不人道。)”和划线单词前面的“fight(打击)”可知，工厂养殖化方式对动物造成难以言表的残忍，而人类劳工的工作条件也往往不安全和不人道，由此可知，需要采取大规模、协调一致的国家和国际行动来打击不道德的工厂化养殖做法，划线单词 unscrupulous 与上文“inhumane”意思一样，意为“不道德的”，与 C 项“Immoral.(不道德的)”意思一样，故选 C。

【34 题详解】

主旨大意题。通读全文，尤其根据第一段中“The idea that we need to eat meat to get enough protein and iron, a false assumption of some Paleo diet (原始饮食) advocates, is a common misconception. It ignores the abundance of protein and iron in many plant-based foods such as nuts and seeds. (我们需要吃肉才能获得足够的蛋白质和铁，这是一些原始饮食倡导者的错误假设，是一种常见的误解。它忽略了许多植物性食品（如坚果和种子）中丰富的蛋白质和铁。)”和第二段中“Indeed, a whole-food, plant-based diet can provide all essential nutrients except for vitamin B12, made by bacteria in soil and ingested by animals, thereby incorporated into their tissue, milk, and eggs.(事实上，全食物、植物性饮食可以提供除维生素 B12 之外的所有必需营养素，维生素 B12 由土壤中的细菌产生并被动物摄入，从而融入其组织、牛奶和鸡蛋中。)”，第三段中“Evidently, significantly reducing our consumption of meat would carry vast benefits.(显然，大幅减少肉类消费会带来巨大的好处。)”和第四段中“Mounting evidence points to the benefits of a whole-food, plant-based diet. (越来越多的证据表明全食物、植物性饮食的好处。)”可知，文章主要介绍了需要吃肉才能获得足够的蛋白质和铁这是错误的观点，实际上无肉饮食对人们更好，A 项“无肉饮食对你更好”适合作文章标题，故选 A。

第二节 (共 5 小题; 每小题 2 分, 共 10 分)

【答案】35. A　36. C　37. G　38. E　39. B

【导语】这是一篇说明文。文章主要说明了人类生来喜爱比较，但互联网让人们比较的范围变得更大，对人们的生活也产生了一定影响。

【35 题详解】

根据上文“We humans are comparison creatures.(我们人类是比较动物)”以及后文“This quality may have evolved as a means of helping us fit into the social hierarchy (等级) of the cultures we inhabited.(这种品质可能是作为一种帮助我们融入我们所居住的文化的社会等级制度的手段而进化的)”可知，上文提到了人类是比较动物，且后文提到比较这种品质，可知本句主要对比较动物进行展开说明，说明人类爱和别人比较。故 A 选项“我们总是拿自己和别人比较”符合语境，故选 A。

【36 题详解】

根据上文“Unfortunately, with the emergence of the Internet, we can now compare ourselves to literally anyone in the world.(不幸的是，随着互联网的出现，我们现在可以将自己与世界上的任何人进行比较)”以及后文“What had in previous generations been a small gap in our comparisons has now become so large and unattainable.(在我们的比较中，前几代人的小差距现在变得如此之大，难以企及)”可知，上文提到了互联网让我们可以和世界上的任何人进行比较，且后文提到了前几代人的小差距现在变得如此之大，说明互联网导致比较的群体发生了变化，C 选项“因此，我们现在接触到的群体与我们完全不同”符合语境，故选 C。

【37 题详解】

根据后文内容“When so many people that are easily discoverable on the Internet seem to be so successful. famous, influential and beautiful, given our preference to compare, it is difficult not to have it influence how we view ourselves. Sadly, these comparisons usually result in our feeling inadequate and “less than”.(当这么多在互联网上很容易被发现的人看起来很成功的时候。名气、影响力和美貌，考虑到我们喜欢攀比，很难不影响我们对自己的看法。可悲的是，这些比较通常会导致我们感觉不足和“不如”)”可知，后文提到了互联网的比较影响了我们对自己的看法，导致我们感觉不足和“不如”，说明这种比较对我们的心理产生了影响。故 G 选项“这种新的比较水平对我们的心理生活有着巨大的影响”符合语境，故选 G。

【38 题详解】

根据上文“These harmful comparisons also damage our emotional lives. When we feel lacking, we experience a variety of unpleasant and unhealthy emotions. We feel jealousy and envy for what others have and what we lack.(这些有害的比较也会损害我们的情感生活。当我们感到匮乏时，我们会经历各种不愉快和不健康的情绪。我们对别人所拥有的和我们所缺乏的感到嫉妒和羡慕)”可知，本段的主旨是有害的比较会损害情感生活，本句为本段最后一句，故承接上文，主要说明对别人的比较产生的一些负面情绪。故 E 选项“我们甚至会对别人的不公平感到痛苦和愤怒”符合语境，故选 E。

【39 题详解】

根据上文“It’s one thing to realize that you compare yourself to others. It’s another thing to recognize that social

comparison is often corrosive (逐步侵蚀的) to you in so many ways psychologically and emotionally. It's an entirely other thing to stop yourself from comparing yourself to others.(意识到你和别人比较是一回事。认识到社会比较通常在心理和情感上对你有多方面的腐蚀性是另一回事。阻止自己和别人比较完全是另一回事)”可知，上文提到了阻止自己和别人进行比较是另一回事，本句为本段最后一句，故说明阻止自己和别人比较所带来的影响，故 B 选项“但这是可能的，而且为了你的心理健康，这是值得的”符合语境，故选 B。

第三部分 书面表达 (共两节, 32 分)

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

【答案】40. It is the inability to accurately understand any perspective other than one's own.

41. Because people (suffering from it) do not recognize the rights of others to their personal feelings, desires, and interests.

42. Egocentrism becomes a problem *when someone doesn't agree with others*. Egocentrism becomes a problem if/when you absolutely refuse to consider another person's perspective.

43. When in Grade 10, I had a debate with my parents over the curfew. Initially, I screamed for more freedom. However, upon attempting to see the matter from their perspective, I fully understood their concerns about my safety. From then on, I never return home later than nine o'clock.

【导语】这是一篇说明文。文章主要解释了什么是自我中心主义、特点以及如何克服这种问题。

【40 题详解】

考查细节理解。根据第一段“Egocentrism is the inability to accurately understand any perspective other than one's own.(自我中心主义是不能准确地理解除了自己以外的任何观点)”可知，自我中心主义是不能准确地理解除自己外任何人的观点。故答案为 It is the inability to accurately understand any perspective other than one's own.

【41 题详解】

考查细节理解。根据第二段“Suffering from it, people often find themselves in a situation of conflict or loneliness because they do not recognize the rights of others to their personal feelings, desires, and interests.(有这种情况的人经常发现自己处于冲突或孤独的境地，因为他们不承认他人对自己的个人感受、欲望和利益的权利)”可知，自我中心主义经常导致冲突是因为他们不承认别人对个人感情、欲望和利益的权利。故答案为 Because people (suffering from it) do not recognize the rights of others to their personal feelings, desires, and interests.

【42 题详解】

考查细节理解。根据最后一段“Not everyone agrees with everyone else, but if you absolutely refuse to consider another person's perspective, that's when egocentrism becomes a serious concern.(不是每个人都同意其他人的观点，但如果你绝对拒绝考虑别人的观点，那就是自我中心主义成为一个严重问题的时候)”可知，错误的部分为“when someone doesn't agree with others”，因为如果/当你绝对拒绝考虑别人的观点，自我中心主义就会成为一个问题。故答案为 Egocentrism becomes a problem *when someone doesn't agree with others*. Egocentrism becomes a problem if/when you absolutely refuse to consider another person's perspective.

【43 题详解】

考查开放题。根据题干“请分享一个你自己练习公正的经验”可回答“十年级的时候，我和父母就宵禁的问题发生了争论。起初，我大声疾呼要更多的自由。然而，当我试图从他们的角度来看这件事时，我完全理解他们对我安全的担忧。从那时起，我回家从不晚于 9 点。”故答案为 When in Grade 10, I had a debate with my parents over the curfew. Initially, I screamed for more freedom. However, upon attempting to see the matter from their perspective, I fully understood their concerns about my safety. From then on, I never return home later than nine o’clock.

第二节 (20 分)

44. 【答案】Dear friends,

I am Li Hua, President of the Student Union. I am so glad to inform you of the upcoming Students’ Party, where local and international students will have a wonderful time.

This cultural event aims to create a warm Spring Festival experience and foster cultural exchange. Scheduled to be held in our school auditorium from 19:00 to 21:00 on February 4, it features traditional Chinese dances and folk instrument performances. In addition, you can enjoy making and tasting jiaozi, a unique delicacy representing the festival’s essence.

Welcome to join us and feel the festive atmosphere! To sign up, please contact us via email at party2024@hx.edu.cn by February 2.

Sincerely,

Li Hua

【导语】本篇书面表达属于应用文。要求考生假设是红星中学学生会主席李华，写一封邮件告知交换生参加即将在春节期间举行中外学生联欢会。

【详解】1.词汇积累

玩得高兴：have a wonderful time→enjoy oneself

高兴的：glad→delighted

传统的：traditional→conventional

此外：in addition→besides

2.句式拓展

简单句变复合句

原句：Welcome to join us and feel the festive atmosphere!

拓展句：Anyone who wants to join us and feel the festive atmosphere is welcomed!

【点睛】[高分句型 1] I am so glad to inform you of the upcoming Students’ Party, where local and international students will have a wonderful time. (运用了 where 引导非限制性定语从句)

[高分句型 2] To sign up, please contact us via email at party2024@hx.edu.cn by February 2. (运用了不定式作目的状语)