2026 北京海淀高三（上）期末

英　　语

2026.01

本试卷共 8 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。

Everyone loves giving advice, always ready to share their wisdom — but not every piece of advice actually helps. The worst I've ever been offered is "just be yourself".

It happened on the morning of my English presentation on Of Mice and Men. I was nervous, but ___1___. I had practised for hours and printed my notecards. But just minutes before I began, my friend Sam leaned over and said, "Don't stress. Just be yourself."

"Be myself?" My nerves instantly went on edge, "Which ___2___? The awkward, overthinking one that makes weird jokes under pressure, or the one that repeatedly says 'thank you' no matter what?" There was no time to negotiate with my ___3___ personalities. My name was called. I stood up, took a deep breath, and decided to ___4___ Sam's advice.

___5___ I'd "speak from the heart," I abandoned the notecards. Bad move.

The first sentence came out fine, but the second involved ___6___ the key word "symbolism". By the third, I quoted a motto that didn't even exist. "Just be yourself." I thought, as I noticed the ___7___ on the faces of audience.

By the time I sat down, I had sweated through my shirt, forgotten half my points, but gained a new ___8___for notecards, script and structure.

I learned that "be yourself" is ___9___ good advice when your "self" is calm, prepared, and maybe has a solid outline. In high-pressure moments, it's better to be your best self: the version that practices, plans ahead, and knows when to stick to the script. Now, when someone tells me to "just be yourself," I smile, thank them, and ___10___ my notecards.

1. A. prepared	B. pleased	C. encouraged	D. enlightened
2. A. stage	B. level	C. version	D. class
3. A. flexible	B. multiple	C. charming	D. strong
4. A. take	B. confirm	C. seek	D. ignore
5. A. Pretending	B. Admitting	C. Figuring	D. Recalling
6. A. defining	B. discussing	C. highlighting	D. forgetting
7. A. concern	B. confusion	C. contentment	D. curiosity
8. A. requirement	B. replacement	C. application	D. appreciation

9. A. only　　B. always　　C. even　　D. still

10. A. set aside　　B. pull out　　C. take away　　D. bring back

第二节(共 10 小题;每小题 1.5 分，共 15 分)

A

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

Second-hand products have become popular in recent years. Many shoppers have noticed a rise in second-hand stores, which offer an increasingly diverse range of products. ____11____ drives young people to visit these stores today is simple. Price remains the primary consideration for many consumers. People can find well-maintained products at relatively ____12____ (afford) prices. Environmental consciousness also influences young consumers' purchasing decisions. Some buyers say besides saving money, purchasing pre-owned goods also ____13____ (prevent) resource waste.

B

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

In the early winter of southern Hubei, more than a dozen Belt and Road media representatives from different countries arrived in Chibi — an ancient city ____14____ heritage includes both the battlefield memories of the Three Kingdoms and the enduring legacy of tea. Following the historic tracks of the Tea Road, they explored the thousand-year-old relics ____15____ (preserve) from the Three Kingdoms battlefield. Through immersive experiences, they uncovered the timeless stories of Qingzhuan Tea, ____16____ (learn) how Chinese-style modernization encourages cultural exchange and mutual understanding among people.

C

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

Logic is the study of what counts as a good reason for what, and why. It is one of the most ancient intellectual disciplines. The only ____17____(old) disciplines are philosophy and mathematics, with which it has always been intimately connected. It ____18____(revolutionize) around the turn of 20th century by the application of new mathematical techniques. Most recently, over the last fifty years, logic ____19____(find) new and important roles in computation and information processing. It is thus a subject that is central ____20____ human thought and development.

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

Gear up for Bike to School Day 2026 — a meaningful initiative that brings families together to reimagine the daily commute as a way to connect, stay healthy, and care for the environment. Whether you're an experienced

cyclist or new to two-wheeled travel, this annual event goes beyond fun: it's a purposeful effort to add joy and responsibility to kids' routines, while building a commitment to planetary health.

What Is Bike to School Day?

Bike to School Day is a nationwide movement that encourages schools, families, and communities to prioritize active, non-motorized travel for kids. From cities to small towns, participating schools work toward nurturing physical health in children while easing traffic jams and cutting down on pollution from school-run cars. Beyond fresh air and exercise, this event helps people adopt a more mindful approach to daily travel, letting participants play a role in a culture focused on sustainability and public health.

Key Details for the Day

When: February 7 — following regular school schedules while offering a refreshing break from routine.

Where: Your local school; many group rides are organized from set meeting points — check with your school or ride leader for specifics.

What to bring: A well-kept bike, a properly fitted helmet (required for safety), a lock, and snacks or water to stay energized.

T-shirts: All registered attendees get an exclusive branded T-shirt — not just a keepsake, but a visible sign of your commitment to redefining the school commute as a community experience.

How and Why

Getting involved is straightforward: fill out the online form to register as a participant. And you will get a chance to win a bike if you post your Bike to School Day journey on social media to share your experience with a wider community.

It's time to cut back on car trips and embrace biking as a way to foster long-term healthy habits, reduce environmental impact, and build a shared sense of adventure.

21. What can we learn about the Bike to School Day?

A. It is launched by local schools.

B. Participants need to register in groups.

C. Participants have to be experienced cyclists.

D. It involves schools, families and communities.

22. What should participants do in advance?

A. Fill out a paper application.

B. Prepare a bike and a helmet.

C. Share the event notice online.

D. Ask for leave from the school.

23. What is the main purpose of the passage?

A. To propose a nationwide initiative.

B. To highlight the benefits of cycling.

C. To raise awareness of travelling green.

D. To encourage participation in an event.

B

Papa and I bonded over games of any style. One of the items that Papa considered worthy was a checkered, 8x8 grid of wood. This board fostered all of our Saturday chess games.

"Check!" I boasted. "Oh dear...," Papa said, studying the board. He slid his knight in front of his king, protecting it from danger. "Checkmate," he smirked (得意地笑). It was over. He had won. Following the game, I awaited our ritual discussion. Pots and pans clanged around us, but he was focused on how I could improve.

Papa never went easy on me in chess games. He provided me with the tools to win on my own. My skills were

improving, but his seemed to do the opposite. Throughout many years of games, I had an occasional win, usually meaning he wasn't feeling well. In his last years of life, the Papa I knew was slowly and painfully stolen from me by Alzheimer's. As his once keen mind started to fog, our relationship began to change and adapt. Our games transitioned from chess to checkers (国际跳棋).

The Saturdays rolled by routinely, until one snowy morning in January. As the game progressed, Papa moved a piece, not seeing that it opened up a double jump for me. Jump. Jump. I had taken two of his pieces. Jump. Another piece was taken. My stack of pieces piled up. However, a moment that was supposed to bring me pride was causing my stomach to twist and turn.

Something seemed off. I had rarely gotten to the point in a game against my brilliant Papa where I had the potential to win. His eyes were still concentrated on the board, attempting to think through his next move. He put his hand on another piece, shifting it and opening up a triple jump for me. Is he letting me win? This can't be right. I kept setting up moves, all in hopes of his clever mind, fogged with disease, acknowledging them. Desperate to see the signature smirk, just one more time, I continued to try. He couldn't do it, but he smiled, bringing a bittersweet end to our final game.

Although Alzheimer's stole my Papa's intellectual mind, it was not capable of thieving us of the beautiful moments we had. Ending in a draw, we both won the final game.

24. What is Papa's teaching principle?

A. Encourage discovery; don't deliver victory.　　B. Acquired skill outshines natural talent.

C. Embrace failure; don't shelter from it.　　D. Learning requires strict discipline.

25. What caused the author's stomach to twist and turn?

A. He disliked playing checkers.　　B. He felt guilty for defeating Papa.

C. He feared losing his winning lead.　　D. He noticed Papa's decline in health,

26. What was the author most likely thinking to himself when the last game ended?

A. "I can finally beat Papa now!"　　B. "I should have lost to Papa."

C. "How I wish Papa had won!"　　D. "Papa has let me win again."

27. What can we learn from the passage?

A. True love lasts through changes.　　B. Wisdom is passed on beyond words.

C. Nobody comes out on top in a draw.　　D. Nothing connects like shared passion.

C

Rats given gut microbiome (肠道微生物) transplants from energetic young children seem keener to explore their environment. "It suggests our microbes are active participants in emotional development, not just passive passengers," says Harriet Schellekens at University College Cork in Ireland, who wasn't involved in the study.

A growing body of research has linked the communities of microbes that reside in our guts to our health, emotions and moods. For example, people who lack certain types of gut bacteria seem to face a higher risk of depression or anxiety.

It isn't entirely clear if the microbes cause these changes or if the microbial community alters as a result of behaviour, but there are some signs that altering the make-up of the microbiome can influence mood. For example, faecal (排泄物) transplants from people with depression to rats seem to cause depressive behaviour in the rats, and people with depression treated with faecal transplants have seen their symptoms improve in preliminary trials.

To shed more light on how the gut microbiome may be linked to temperament (性情), Anna Aatsinki at the University of Turku in Finland and her colleagues transplanted faeces from toddlers to young rats. First, they evaluated the personalities of 27 2.5-year-old-toddlers using a standard temperament assessment and an exercise in which children were invited to play with a bubble gun. Based on these assessments, the researchers judged 10 of the toddlers as exuberant (充满活力的), and eight as inhibited and introverted. From these groups, they selected four exuberant and four inhibited toddlers — half boys, half girls — and collected samples of their faeces. Faecal samples with added glycerol or control samples of glycerol were transferred to 53 rats aged 22 or 23 days old, which had already had their bowels cleansed.

Aatsinki and her colleagues then put the rats through a series of behavioural tests in different situations. They found that rats with microbiomes from toddlers with high exuberance traits showed more exploratory behaviour than rats with a control transplant or those receiving faeces from inhibited toddlers.

To explore how gut microbes might influence the brain, they also analysed brain tissue, looking for changes in gene activity. This showed that rats given transplants from inhibited toddlers had less activity in neurons that produce dopamine, a brain chemical linked to reward for risk-taking behaviour. “This study beautifully shows how the gut microbiome in early life may help shape behavioural tendencies,” says Schellekens.

The influence shouldn’t be overstated though, says Aatsinki. “Overall, adults’ temperament traits are relatively strongly correlated with genetics, but environmental factors, potentially including the microbiome, could influence the variance of some behaviours.”

28. What can we know about the design of Aatsinki’s research?

A. Behaviors of three groups of rats were compared.

B. The rats underwent a temperament assessment.

C. It involved cross-species organ transplant.

D. The toddlers were grouped by gender.

29. What can we learn from Aatsinki’s research?

A. It is the first research to have linked gut microbes with emotions.

B. Introverted kids’ gut microbes reduce rats’ adventurousness.

C. Faecal treatments ease patients’ depressive symptoms.

D. Our personalities are strongly linked to our diet.

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

A. Rat Study Reveals Personality Secret

B. Rat Tests Uncover Behavioural Difference

C. Gut Microbiomes May Influence Our Personality

D. Gut Microbiome Transplant Might Cure Depression

D

The James Webb Space Telescope (JWST) spends a lot of its time staring at nothing. The shots of deep space this produces are remarkably beautiful, transforming an apparently empty sky into a field dotted with thousands of distant galaxies.

The first surveys of the early universe have surprised astronomers, as the galaxies seem brighter than expected, with more star formation and larger black holes. Yet maybe we shouldn’t have been too startled to find the universe

surprising us: it has been doing so since we first peered into the cosmic darkness.

The most famous image of the early universe is the Hubble Deep Field captured in 1995. Yet this shot was almost never taken. Time on the Hubble Space Telescope is precious and astronomers spend months preparing proposals to try to get access. The process is a bit odd — often requiring researchers to argue simultaneously that the proposed observations would transform astronomy, but also that we know exactly what they will show.

There are normally seven or eight times as many proposals as can be accepted, so risky observations have trouble getting through. Back in the 1990s, many renowned astronomers argued that directing Hubble at deep space was pointless, betting that the space telescope wouldn't find a single new galaxy. They assumed that the galaxies we see around us today are representative of those throughout the past 14 billion years or so, a pessimistic outlook we now know is badly wrong.

Finding the early universe lit up with firework displays of star formation was a fortuitous discovery. But once you start looking, you will find that astronomical history is filled with discoveries made by accident, or while scientists were looking for something else entirely. The team behind NASA's Cassini probe was focused on its mission to explore Saturn's famous rings and its mysterious moon Titan when an unexpected encounter with the tiny moon Enceladus revealed fountains of water coming from its south pole. It is now perhaps the most likely place for us to find life beyond Earth.

These discoveries are all a long way from how science is taught, where careful experiment and testing of hypotheses lead to progress. Surprise is fun, so maybe we should embrace serendipity a little more. Some astronomers involved in reviewing this year's JWST observations have suggested it would be fairer, and easier, to allocate time on the telescope by lottery, acknowledging that with so many good ideas floating around, we can't possibly choose between them. But whether it is staring into deep space or exploring the solar system, experience has taught us that preparing to be surprised by the universe is the best way to make new discoveries.

31. What can be inferred about JWST?

A. It functions from time to time.

B. It renews our knowledge of deep space.

C. It surprises people more than Hubble does.

D. It confirms previous assumptions of the universe.

32. What does the writer think of the Hubble Space Telescope's proposal process?

A. It fails to leave much room for flexibility.

B. It favors proposals by renowned scientists.

C. It leads to pessimistic views of the universe.

D. It ensures the most promising ideas get through.

33. What does the underlined word "fortuitous" in Paragraph 5 probably mean?

A. Groundbreaking. B. Effortless. C. Chance. D. Plain.

34. What does the author mainly do in this passage?

A. Introduce space history. B. Examine a discovery.

C. Balance opposing views. D. Encourage a mindset.

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。

We are faced with increasing pressure to make sensible decisions about every aspect of our lives — from choosing the healthiest breakfast option to finding a school or university to attend. Make the correct choice and you can give yourself a pat on the back. ____35____

Psychologists have found that people's approaches to decision-making tend to fit into one of two categories. You are either a maximiser — a person who strives to make a choice that will give them the maximum benefit later on — or a satisfier, whose choices are determined by more modest criteria and nothing more.

Given that maximisers task themselves with making the most informed, intelligent decisions, we might expect that the outcome of their approach would be superior. This assumption, however, has been contradicted by numerous studies. Studies have found that maximisers are often less effective in a decision-making environment. They tend to exhaust all options in search of the perfect choice.____36____ Setting unachievable goals may itself get in the way of making good decisions.

____37____ The abundance of alternatives can overwhelm even the most diligent decision-makers. In *The Paradox of Choice*, U.S. psychologist Barry Schwartz looked at the proliferation (激增) of choices that are available to us in our everyday lives. He found that an increased range of options does not necessarily lead to higher satisfaction with the outcome of a decision.____38____

Maximisers tend to experience a sense of "buyer's regret" following a decision, doubting whether it was correct, and imagining how life would have been had they chosen a different path.____39____ While a maximising approach might seem an optimal approach to decision-making, our energy may be better spent satisficing and appreciating what we have, rather than what we might have had.

A. Make a bad decision and you can be left with feelings of regret.

B. We are often overwhelmed by the abundance of choices we face.

C. A satisficer is usually much more efficient and mentally less burdened.

D. This problem is especially pronounced in a world where options seem endless.

E. By contrast, a satisficer accepts his choice as good enough, even if it's not the best.

F. In other words, maximisers struggle to stop searching despite a good enough option.

G. If anything, choice may in fact limit our ability to enjoy and appreciate what we have.

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。

With climate change and rapid urbanization, many cities are at the serious risk of flooding. To tackle this problem, Chinese researchers first proposed the "sponge city" concept — an urban planning strategy that uses nature to sustainably manage water, reducing reliance on concrete pipes and dams.

How do sponge cities work? These cities combine sustainable technologies and functional landscaping, including pavements that allow water to go down into the ground; urban parks and green spaces that act as places to hold water during heavy rain and as recreational zones during dry periods; urban wetlands that naturally filter water and promote biodiversity; waterways and channels that are linked together to efficiently transport and store water. All these elements transform the urban landscape into a "sponge" capable of absorbing and releasing water according to climate conditions.

The benefits of the sponge city approach are diverse. Beyond its primary function of reducing flood risk and easing pressure on drainage systems, this strategy significantly enhances urban livability. How is this possible? It creates extensive green zones that expand healthy public spaces for recreation, improve air quality, and support increased urban biodiversity.

This urban planning model has achieved widespread international recognition. In China, it was officially adopted as a nationwide policy in 2014, with cities like Wuhan and Beijing leading implementation efforts. Following devastating floods of a 2011 storm, the city of Copenhagen launched its own sponge city transformation plan. Fundamental to the strategy are green infrastructure (基础设施) elements, such as redesigned parks that serve as retention basins during heavy rains, along with blue infrastructure like the city's extensive canal network to channel and store excess water.

The sponge city strategy signals a smarter way forward in city-building: greener, more resilient, and matched to today's environmental challenges. At its core, it's more than a fix for climate chaos — it's an investment in the well-being of future generations.

40. According to the passage, what does the "sponge city" concept refer to?

_____

41. What are the benefits of the sponge city approach?

_____

42. Please decide which part is false in the following statement, then underline it and explain why.
The sponge city transformation plan of Copenhagen involves building new parks and making use of its canal network.

_____

43. In addition to what is mentioned in the passage, what other way(s) would you propose to make your city more livable? (In about 40 words)

_____

第二节(20 分)

44. 假设你是红星中学高三学生李华。你班即将举行主题为"驻足一角，感悟北京"的英语演讲活动，你打算参加。现在你需要准备一份演讲稿，分享自己的相关经历，内容包括：

1.你的经历；

2.你的感悟。

注意：1.词数 100 左右；

2.开头和结尾已给出，不计入总词数。

Dear all,

_____

_____

_____

_____

_____

_____

_____

Thanks for listening.

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. A　2. C　3. B　4. A　5. C　6. D　7. B　8. D　9. A　10. B

【导语】本文是一篇记叙文。文章主要讲述作者在英语演讲前收到“做自己”的建议，践行后演讲失利，从中领悟到高压场景下需做好准备、展现最佳自我的道理。

【1 题详解】

考查形容词词义辨析。句意：我很紧张，但已经做好了准备。A. prepared 准备好的；B. pleased 高兴的；C. encouraged 受鼓舞的；D. enlightened 有启发的。根据下文“I had practised for hours and printed my notecards.”可知，作者练习了数小时还打印了笔记卡，说明已经做好了准备，prepared 符合语境。故选 A。

【2 题详解】

考查名词词义辨析。句意：哪个版本的我？是那个尴尬、想太多，压力大时会讲奇怪笑话的我，还是那个无论发生什么都反复说“谢谢”的我？A. stage 阶段；B. level 水平；C. version 版本；D. class 等级。根据后文“The awkward, overthinking one that makes weird jokes under pressure, or the one that repeatedly says ‘thank you’ no matter what?”” 列举的两种不同性格表现，可知作者是在质疑“做自己”中的“自己”具体指哪个版本的自己，version 符合语境。故选 C。

【3 题详解】

考查形容词词义辨析。句意：我没有时间纠结自己的多重性格。A. flexible 灵活的；B. multiple 多重的；C. charming 迷人的；D. strong 坚强的。根据上文“The awkward, overthinking one that makes weird jokes under pressure, or the one that repeatedly says ‘thank you’ no matter what?”” 列举两种不同的自我形象可知，说明其性格具有多重性，multiple 符合语境。故选 B。

【4 题详解】

考查动词词义辨析。句意：我站起来，深吸一口气，决定采纳山姆的建议。A. take 采纳，接受；B. confirm 确认；C. seek 寻找；D. ignore 忽视。根据下文“I’d ‘speak from the heart,’ I abandoned the notecards.”可知，作者放弃了笔记卡，发自内心地演讲，说明采纳了山姆的建议，take advice 为固定搭配，意为“采纳建议”，符合语境。故选 A。

【5 题详解】

考查动词词义辨析。句意：想着要“发自内心地演讲”，我扔掉了笔记卡。A. Pretending 假装；B. Admitting 承认；C. Figuring 认为，想着；D. Recalling 回忆。根据下文“I abandoned the notecards”可知，作者内心想着要发自内心演讲，所以扔掉了笔记卡。故选 C。

【6 题详解】

考查动词词义辨析。句意：第一句话说得还不错，但第二句就忘了关键词“象征主义”。A. defining 定义；B. discussing 讨论；C. highlighting 强调；D. forgetting 忘记。根据后文“By the third, I quoted a motto that didn’t even exist.”可知，作者演讲出现失误，此处指忘记了关键词，forgetting 符合语境。故选 D。

【7题详解】

考查名词词义辨析。句意：“就做自己吧。”我一边想，一边注意到观众脸上困惑的表情。A. concern 担忧；B. confusion 困惑；C. contentment 满足；D. curiosity 好奇。根据上文“By the third, I quoted a motto that didn't even exist.”可知，引用不存在的格言，观众应是感到困惑的，confusion 符合语境。故选 B。

【8题详解】

考查名词词义辨析。句意：等我坐下时，衬衫已经被汗水浸湿，忘记了一半的观点，但却对笔记卡、稿子和结构有了新的重视。A. requirement 要求；B. replacement 替代；C. application 应用；D. appreciation 重视，感激。根据上文“ I abandoned the notecards”和“By the third, I quoted a motto that didn't even exist.”以及“ forgotten half my points”可知，作者因放弃笔记卡而演讲失利，由此意识到笔记卡等的重要性，获得了新的重视，appreciation 符合语境。故选 D。

【9题详解】

考查副词词义辨析。句意：我明白了，只有当你的“自我”是冷静的、有准备的，而且可能有一个清晰的大纲时，“做自己”才是好建议。A. only 只有；B. always 总是；C. even 甚至；D. still 仍然。根据下文“In high-pressure moments, it's better to be your best self... ”可知，“做自己”并非在所有情况下都是好建议，只有在特定条件下才适用，only 符合语境。故选 A。

【10题详解】

考查动词短语辨析。句意：现在，当有人告诉我“就做自己”时，我会微笑着感谢他们，然后拿出我的笔记卡。A. set aside 搁置；B. pull out 拿出；C. take away 拿走；D. bring back 带回。结合前文作者的教训，可知现在作者会重视准备工作，收到“做自己”的建议后，会拿出笔记卡做好准备，pull out 符合语境，呼应上文“I abandoned the notecards.”故选 B。

第二节(共 10 小题;每小题 1.5 分，共 15 分)

【答案】11. What 12. affordable 13. prevents

【导语】本文是一篇说明文。主要介绍了近年来二手产品变得流行，分析了吸引年轻人光顾二手商店的主要原因——价格实惠和环保意识。

【11题详解】

考查主语从句引导词。句意：如今，驱使年轻人光顾这些商店的原因很简单。分析句子结构可知，空格处引导主语从句，从句中缺少主语，指代事物，应用连接代词 what 引导该主语从句，且位于句首首字母大写。故填 What。

【12题详解】

考查形容词。句意：人们可以以相对实惠的价格找到保养良好的产品。此处修饰名词 prices，应用形容词作定语，afford 的形容词形式为 affordable，意为“负担得起的、实惠的”。故填 affordable。

【13题详解】

考查动词时态和主谓一致。句意：一些买家表示，除了省钱，购买二手商品还能防止资源浪费。此处为宾语从句的谓语动词，根据主句谓语动词 say 及语境可知，句子描述的是一般情况，应用一般现在时，且主语 purchasing pre-owned goods 为单数，谓语动词也应用第三人称单数形式 prevents。故填 prevents。

【答案】14. whose　15. preserved　16. learning

【导语】本文是一篇记叙文。文章讲述了来自不同国家的十多位“一带一路”媒体代表来到赤壁，探寻三国战场记忆和茶文化遗迹，通过沉浸式体验了解青砖茶故事及中式现代化对文化交流的促进作用。

【14题详解】

考查定语从句。句意：在鄂南初冬时节，来自不同国家的十多位“一带一路”媒体代表抵达赤壁——这座古城的文化遗产既包括三国的战场记忆，也包括悠久的茶文化。“____ heritage includes both the battlefield memories of...”是限制性定语从句，修饰先行词 an ancient city，关系词将其代入从句中定语，修饰名词 heritage，表示“这座古城的文化遗产”，应用表示所属关系的关系代词 whose 来引导该定语从句。故填 whose。

【15题详解】

考查非谓语动词。句意：沿着万里茶道的历史轨迹，他们探寻了三国战场上保存下来的千年遗迹。“(preserve) from the Three Kingdoms battlefield”作后置定语修饰名词 relics，preserve(保存)用非谓语动词形式，与其逻辑主语relics之间是被动关系，表示“被保存下来的遗迹”，用过去分词表被动。故填preserved。

【16题详解】

考查非谓语动词。句意：通过沉浸式体验，他们发掘了青砖茶的永恒故事，了解到中式现代化如何促进人们之间的文化交流和相互理解。“(learn) how Chinese-style modernization encourages cultural exchange and mutual understanding among people”在句中作状语，learn(了解)用非谓语动词形式，与其逻辑主语 they 之间是主动关系，用现在分词表主动。故填 learning。

【答案】17. older　18. was revolutionized　19. has found　20. to

【导语】本文是一篇说明文。主要介绍了逻辑学这一古老学科的定义、发展历程，以及它在人类思想和发展中的核心地位。

【17题详解】

考查形容词比较级。句意：唯一更古老的学科是哲学和数学，逻辑学一直与这两门学科有着密切的联系。根据前文“It is one of the most ancient intellectual disciplines.”可知，此处是将逻辑学与哲学、数学对比，强调后两者比逻辑学更古老，应用 old 的比较级形式 older。故填 older。

【18题详解】

考查动词时态语态。句意：在 20 世纪初，由于新数学技术的应用，它（逻辑学）发生了革命性的变革。根据时间状语 around the turn of 20th century 可知，句子描述的是过去发生的动作，应用一般过去时；又因主语 It（指代 logic）与谓语动词 revolutionize 之间是被动关系（逻辑学被变革），所以用一般过去时的被动语态，主语是第三人称单数，be 动词用 was。故填 was revolutionized。

【19题详解】

考查动词时态。句意：最近几十年来，逻辑学在计算和信息处理领域找到了新的、重要的作用。根据时间状语 over the last fifty years 可知，句子强调从过去持续到现在的动作或状态，应用现在完成时；主语 logic 是第三人称单数，助动词用 has，find 的过去分词为 found。故填 has found。

【20题详解】

考查固定搭配。句意：因此，它（逻辑学）是一门对人类思想和发展至关重要的学科。be central to...是固定搭配，意为“对……至关重要、核心的”，此处符合语境，故填 to。

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. D　22. B　23. D

【导语】本文是一篇应用文。主要介绍了 2026 年自行车上学日这一活动，鼓励学校、家庭和社区参与，旨在倡导绿色出行，促进健康与环境友好。

【21 题详解】

细节理解题。根据 What Is Bike to School Day?部分“Bike to School Day is a nationwide movement that encourages schools, families, and communities to prioritize active, non-motorized travel for kids.(自行车上学日是一项全国性的运动，鼓励学校、家庭和社区优先考虑为孩子们提供积极的非机动出行方式)”可知，它涉及学校、家庭和社区。故选 D 项。

【22 题详解】

细节理解题。根据 Key Details for the Day 部分“What to bring: A well-kept bike, a properly fitted helmet (required for safety), a lock, and snacks or water to stay energized.(需要携带什么：保养良好的自行车、合适的头盔（安全必备）、锁以及零食或水以保持精力充沛)”可知，参与者需要提前准备一辆自行车和一个头盔。故选 B 项。

【23 题详解】

推理判断题。根据第一段“Gear up for Bike to School Day 2026 — a meaningful initiative that brings families together to reimagine the daily commute as a way to connect, stay healthy, and care for the environment.(为 2026 年自行车上学日做好准备——这是一项有意义的倡议，它将家庭聚集在一起，重新将日常通勤视为一种连接、保持健康和关爱环境的方式)”以及后文对自行车上学日的介绍和鼓励参与可知，本文的主要目的是鼓励人们参加这个活动。故选 D 项。

【答案】24. A　25. D　26. C　27. A

【导语】本文是一篇记叙文。主要讲述了作者与父亲常对弈国际象棋，父亲从不迁就作者，并教作者自主取胜，父亲患阿尔茨海默症后二人改下跳棋，最后一局和棋，亲情未因疾病改变。

【24 题详解】

推理判断题。根据第三段“Papa never went easy on me in chess games. He provided me with the tools to win on my own.(父亲在国际象棋比赛中从不迁就我。他教给我靠自己取胜的方法。)”可知，父亲的教学原则是鼓励自主探索，而非直接给予胜利。故选 A 项。

【25 题详解】

细节理解题。根据第三段“In his last years of life, the Papa I knew was slowly and painfully stolen from me by Alzheimer’s.(在他生命的最后几年，我认识的爸爸慢慢地、痛苦地被阿尔茨海默氏症夺走了)”以及第五段“Something seemed off. I had rarely gotten to the point in a game against my brilliant Papa where I had the potential to win.(事情似乎不对劲。面对才华横溢的父亲，我在棋局中很少有机会能赢。)”可知，作者的父

亲患阿尔茨海默症，所以此处表示作者因察觉到父亲的健康和思维衰退而心里难受。故选 D 项。

【26 题详解】

推理判断题。根据第五段“Desperate to see the signature smirk, just one more time, I continued to try.(我急切地想再看一次他标志性的得意笑，于是继续尝试。)”可知，作者希望看到健康时父亲的模样，内心最可能希望父亲能赢得比赛。故选 C 项。

【27 题详解】

推理判断题。根据最后一段“Although Alzheimer’s stole my Papa’s intellectual mind, it was not capable of thieving us of the beautiful moments we had.(尽管阿尔茨海默症夺走了父亲聪慧的头脑，却无法夺走我们共度的美好瞬间。)”可知，即便境遇发生巨大改变，父子间的真爱依旧长存。故选 A 项。

【答案】28. A　29. B　30. C

【导语】本文是一篇说明文。文章主要介绍了芬兰图尔库大学的安娜·阿岑基及其团队的研究，该研究通过将幼儿的肠道微生物移植到大鼠体内，探究了肠道微生物与性情、行为倾向之间的关联。

【28 题详解】

细节理解题。根据第四段中的“From these groups, they selected four exuberant and four inhibited toddlers — half boys, half girls — and collected samples of their faeces. Faecal samples with added glycerol or control samples of glycerol were transferred to 53 rats aged 22 or 23 days old, which had already had their bowels cleansed.(从这些群体中，他们挑选了 4 名充满活力的幼儿和 4 名内向拘谨的幼儿——男女各半——并收集了他们的粪便样本。添加了甘油的粪便样本或甘油对照样本被移植到 53 只 22 或 23 天大的大鼠体内，这些大鼠的肠道已经被清理干净)”以及第五段中的“They found that rats with microbiomes from toddlers with high exuberance traits showed more exploratory behaviour than rats with a control transplant or those receiving faeces from inhibited toddlers.(他们发现，移植了高活力特质幼儿微生物群的大鼠，比接受对照移植的大鼠或接受内向拘谨幼儿粪便移植的大鼠表现出更多的探索行为)”可知，该研究将大鼠分为三组（移植活力幼儿粪便组、移植内向幼儿粪便组、对照移植组），并对比了三组大鼠的行为，因此研究设计中对三组大鼠的行为进行了比较。故选 A 项。

【29 题详解】

细节理解题。根据第五段中的“They found that rats with microbiomes from toddlers with high exuberance traits showed more exploratory behaviour than rats with a control transplant or those receiving faeces from inhibited toddlers.(他们发现，移植了高活力特质幼儿微生物群的大鼠，比接受对照移植的大鼠或接受内向拘谨幼儿粪便移植的大鼠表现出更多的探索行为)”可知，移植内向幼儿肠道微生物的大鼠探索行为更少，即内向孩子的肠道微生物会降低大鼠的冒险性。故选 B 项。

【30 题详解】

主旨大意题。通读全文，并结合第一段中“‘It suggests our microbes are active participants in emotional development, not just passive passengers,’ says Harriet Schellekens at University College Cork in Ireland, who wasn’t involved in the study.(爱尔兰科克大学的哈丽雅特·谢勒肯斯并未参与这项研究，她表示：“这表明我们体内的微生物是情绪发展的积极参与者，而非单纯的被动存在。”)”可知，文章围绕阿岑基团队的

研究展开，研究核心是通过大鼠实验探究肠道微生物对性情和行为倾向的影响，第一段引言和最后一段专家评价也均强调了肠道微生物与情绪、行为塑造的关联。C 项“肠道微生物可能影响我们的性格”准确概括了文章核心主旨，贴合全文内容，适合作标题。故选 C 项。

【答案】31. B　32. A　33. C　34. D

【导语】本文是一篇说明文。文章主要以詹姆斯·韦伯太空望远镜（JWST）和哈勃太空望远镜的观测发现为切入点，阐述了宇宙探索中意外发现的重要性，进而鼓励人们在科学研究中拥抱偶然性、做好迎接惊喜的准备。

【31 题详解】

推理判断题。根据第一段中的“The shots of deep space this produces are remarkably beautiful, transforming an apparently empty sky into a field dotted with thousands of distant galaxies.(它拍摄的深空照片异常美丽，将看似空旷的天空变成了布满数千个遥远星系的领域)”以及第二段中的“The first surveys of the early universe have surprised astronomers, as the galaxies seem brighter than expected, with more star formation and larger black holes.(对早期宇宙的首次观测让天文学家感到惊讶，因为这些星系似乎比预期的更亮，有更多的恒星形成和更大的黑洞)”可知，JWST 的观测结果刷新了我们对深空的认知，让我们看到了此前未预料到的宇宙景象。故选 B 项。

【32 题详解】

推理判断题。根据第三段中的“The process is a bit odd — often requiring researchers to argue simultaneously that the proposed observations would transform astronomy, but also that we know exactly what they will show.(这个过程有点奇怪——通常要求研究人员同时证明，拟议的观测将改变天文学，同时还要证明我们确切知道观测结果会是什么)”以及第四段中的“There are normally seven or eight times as many proposals as can be accepted, so risky observations have trouble getting through.(通常情况下，申请的数量是可接受数量的七八倍，因此有风险的观测很难通过)”可知，哈勃望远镜的申请流程要求研究人员既证明观测的突破性，又要确切知道结果，这使得具有不确定性的风险观测难以通过，缺乏灵活性。故选 A 项。

【33 题详解】

词句猜测题。根据第五段中的“But once you start looking, you will find that astronomical history is filled with discoveries made by accident, or while scientists were looking for something else entirely.(但一旦你开始探索，你会发现天文学史上充满了意外发现，或者是科学家在寻找完全不同的东西时的发现)”以及后文卡西尼探测器原本专注于探索土星环和土卫六，却意外发现土卫二南极有喷泉的例子可知，早期宇宙中恒星形成如烟花般璀璨这一发现是意外的。由此猜测 fortuitous 意为“偶然的、意外的”，与 Chance 意思相近。故选 C 项。

【34 题详解】

推理判断题。通读全文可知，文章通过 JWST、哈勃望远镜的观测发现以及卡西尼探测器的意外发现，阐述了宇宙探索中意外发现的普遍性和重要性，结合最后一段“Surprise is fun, so maybe we should embrace serendipity a little more. Some astronomers involved in reviewing this year’s JWST observations have suggested it would be fairer, and easier, to allocate time on the telescope by lottery, acknowledging that with so many good ideas floating around, we can’t possibly choose between them. But whether it is staring into deep space or exploring the

solar system, experience has taught us that preparing to be surprised by the universe is the best way to make new discoveries.(惊喜本身充满乐趣，所以或许我们应该多一些对偶然的接纳与包容。参与评审今年詹姆斯·韦伯太空望远镜观测申请的部分天文学家提议，通过抽签的方式分配望远镜的观测时间会更公平、更简便——他们坦言，当下有诸多优秀的研究构想层出不穷，我们根本无法从中抉择。但无论是凝望深空，还是探索太阳系，实践经验都告诉我们：做好迎接宇宙之惊喜的准备，才是取得新发现的最佳途径)”可知，文章的核心是鼓励人们在科学研究中拥有拥抱偶然性、迎接惊喜的心态。故选 D 项。

第二节(共 5 小题;每小题 2 分，共 10 分)

【答案】35. A　36. F　37. D　38. G　39. E

【导语】本文是一篇说明文。主要介绍做决定的两种类型，最大化者和满足者，指出前者易因追求完美陷入困境，后者更易获得满足。

【35 题详解】

根据前文“Make the correct choice and you can give yourself a pat on the back. (做出正确的选择，你可以为自己感到自豪。)”可知，前文讲述了做出正确选择的结果，此空应承接上文讲述做出错误选择的相反结果，A 选项“Make a bad decision and you can be left with feelings of regret. (做出糟糕的决定，你会留下后悔的感觉。)”与前文句式一致，形成正反对比，符合语境。故选 A 项。

【36 题详解】

根据前文“They tend to exhaust all options in search of the perfect choice. (他们倾向于穷尽所有选择以寻找完美的答案。)”以及后文“Setting unachievable goals may itself get in the way of making good decisions. (设定无法实现的目标本身可能会阻碍做出正确的决定。)”可知，前文说明最大化者追求完美、穷尽选择的特点，此空应进一步解释这一特点，F 选项“In other words, maximisers struggle to stop searching despite a good enough option. (换句话说，即使有足够好的选择，最大化者也难以停止寻找。)”是对前文内容的同义转述，且与后文的不良影响相衔接，符合语境。故选 F 项。

【37 题详解】

根据前文“Setting unachievable goals may itself get in the way of making good decisions. (设定无法实现的目标本身可能会阻碍做出正确的决定。)”以及后文“The abundance of alternatives can overwhelm even the most diligent decision-makers. (大量的选择甚至会让最勤奋的决策者感到不知所措。)”可知，前文讲述了最大化者因追求完美出现的决策问题，此空应承接上文说明该问题的凸显场景，D 选项“This problem is especially pronounced in a world where options seem endless. (这个问题在一个选择似乎无穷无尽的世界里尤为突出。)”中的 This problem 指代前文最大化者的决策问题，且衔接后文的大量选择相关内容，符合语境。故选 D 项。

【38 题详解】

根据前文“He found that an increased range of options does not necessarily lead to higher satisfaction with the outcome of a decision. (他发现，选择范围的扩大并不一定能让人对决策结果更满意。)”可知，前文说明更多选择未必带来更高满意度，此空应承接上文进一步说明选择过多的负面影响，G 选项“If anything, choice may in fact limit our ability to enjoy and appreciate what we have. (事实上，选择反而可能限制我们享受和珍惜所拥有事物的能力。)”是对前文研究发现的进一步阐释，符合语境。故选 G 项。

【39题详解】

根据前文“Maximisers tend to experience a sense of “buyer’s regret” following a decision, doubting whether it was correct, and imagining how life would have been had they chosen a different path. (最大化者在做出决定后往往会产生“买家懊悔”的感觉，怀疑决定是否正确，想象如果选择不同的道路生活会是怎样。)”可知，前文讲述了最大化者做决定后的心理状态，此空应通过对比讲述满足者的相反状态，E 选项“By contrast, a satisficer accepts his choice as good enough, even if it’s not the best. (相比之下，满足者会接受自己的选择，认为它足够好，即使它不是最好的。)”中的 By contrast 体现对比关系，且与前文最大化者的心理形成鲜明对照，符合语境。故选 E 项。

第三部分 书面表达(共两节，32 分)

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

【答案】40. It refers to an urban planning strategy that uses nature to sustainably manage water, reducing reliance on concrete pipes and dams.

41. It reduces flood risk, eases pressure on drainage systems, and enhances urban livability.

42. *The sponge city transformation plan of Copenhagen involves <u>building new parks</u> and making use of its canal network.*

The sponge city transformation plan of Copenhagen involves redesigning and making use of its canal network.

43. We can optimize public transport to cut traffic jams and pollution, add community facilities like small libraries, and promote garbage classification to protect the urban ecological environment.

【导语】本文是一篇说明文。主要介绍了为应对气候变化与快速城市化引发的洪水风险，中国提出海绵城市概念，阐述其运作方式、多重益处及中丹等国的应用实践，彰显其绿色韧性的城市建设价值。

【40题详解】

考查细节理解。根据第一段“To tackle this problem, Chinese researchers first proposed the “sponge city” concept — an urban planning strategy that uses nature to sustainably manage water, reducing reliance on concrete pipes and dams.(为了解决这个问题，中国研究人员首先提出了“海绵城市”概念——一种利用自然可持续管理水资源的城市规划策略，减少了对混凝土管道和水坝的依赖)”可知，海绵城市指的是一种城市规划策略，利用自然来可持续地管理水资源，减少对混凝土管道和水坝的依赖。故答案为 It refers to an urban planning strategy that uses nature to sustainably manage water, reducing reliance on concrete pipes and dams.

【41题详解】

考查细节理解。根据第三段“Beyond its primary function of reducing flood risk and easing pressure on drainage systems, this strategy significantly enhances urban livability. It creates extensive green zones that expand healthy public spaces for recreation, improve air quality, and support increased urban biodiversity.(除了降低洪水风险和缓解排水系统压力的主要功能外，该策略还显著提升了城市宜居性。它创造了广阔的绿地，扩大了健康的休闲公共空间，改善了空气质量，并支持了城市生物多样性的增加。)”可知，海绵城市模式降低了洪水风险，减轻了排水系统的压力，提高了城市的宜居性。故答案为 It reduces flood risk, eases pressure on drainage systems, and enhances urban livability.

【42题详解】

考查推理判断。根据第四段“Fundamental to the strategy are green infrastructure (基础设施) elements, such as redesigned parks that serve as retention basins during heavy rains, along with blue infrastructure like the city's extensive canal network to channel and store excess water. (该战略的基础是绿色基础设施要素，如重新设计的公园，在暴雨期间充当蓄水池，以及蓝色基础设施，如该市广泛的运河网络，用于引导和储存多余的水)”可知，哥本哈根的海绵城市转型计划涉及重新设计和利用其运河网络。故答案为 *The sponge city transformation plan of Copenhagen involves building new parks and making use of its canal network.*

The sponge city transformation plan of Copenhagen involves redesigning and making use of its canal network.

【43 题详解】

考查开放性表达。要求围绕“让城市更宜居”提出文章未提及的方法，答案不唯一，合理即可。我们可以优化公共交通，减少交通堵塞和污染，增加小型图书馆等社区设施，推广垃圾分类，保护城市生态环境。故答案为 We can optimize public transport to cut traffic jams and pollution, add community facilities like small libraries, and promote garbage classification to protect the urban ecological environment.

第二节(20 分)

44. 【答案】Dear all,

Last month, I wandered into an old hutong near my home on a weekend. Walking past gray-tiled roofs and red doors, I stopped by a small teahouse. An elder was making jasmine tea skillfully, chatting with guests about past stories of the hutong. I sat there, tasting the fragrant tea and listening quietly, feeling the warmth of life.

This experience let me realize Beijing is more than modern skyscrapers. Its charm lies in these quiet corners, where history and daily life blend. Every hutong, every old building carries the city's memoryand the feelings of the locals. We should slow down, notice these details, and truly feel the unique and profound beauty of Beijing from the bottom of our hearts.

Thanks for listening.

【导语】本篇书面表达属于应用文。要求考生以李华的名义写一篇演讲稿，参加班级将举行的主题为“驻足一角，感悟北京”的英语演讲活动。

【详解】1.词汇积累

娴熟地：skillfully→expertly/deftly

意识到：realize→be aware of

在于：lie in→consist in

融合：blend→integrate

2.句式拓展

合并简单句

原句：Walking past gray-tiled roofs and red doors, I stopped by a small teahouse. An elder was making jasmine tea skillfully, chatting with guests about past stories of the hutong.

拓展句：Walking past gray-tiled roofs and red doors, I stopped by a small teahouse, where an elder was making jasmine tea skillfully, and chatted with guests about past stories of the hutong.

【点睛】【高分句型 1】Walking past gray-tiled roofs and red doors, I stopped by a small teahouse. （运用了现在分词作状语）

【高分句型 2】Its charm lies in these quiet corners, where history and daily life blend.（运用了 where 引导的非限制性定语从句）