2026 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（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。

From an early age, I worried if I was doing enough. Growing up in a city where there's much societal pressure to always be productive, I wanted to do well, which brought much ___1___.

I started to practice mindfulness in 2012. It helped me to find calm in this fast-paced life. That was what ___2___ me to the Space-Out Competition—a 90-minute contest about doing nothing and "spacing out".

I entered the competition last October. About 100 people took part, each sitting on a yoga mat (瑜伽垫) on the square. We had to sit there for 90 minutes without any ___3___ movement: We could not sleep, make any noise or check our phones.

After the time was up, the final ten participants were selected by the judges based on our performance during the competition. And these finalists' heart rates were___4___ throughout — the one with the most stable was the winner.

Every 15 minutes the judges came to measure our heart rates, which made me ___5___. I could feel my heart beating faster, but I tried to see it as a way to practice acceptance — to notice those feelings of tenseness.

We all have wandering minds — my thoughts ___6___ from my family to the fan buzzing around us. I just ___7___ them. I observed them, like seeing the clouds in the sky and how they came and went. Though it was a "space out" competition, I was doing the ___8___: actively observing my breath and sensation.

When the judges announced the competition was over, I wanted to sit longer. I have a busy life and having this space is a（n）___9___ — often we get through a day with our mind not settled for even a second.

I was surprised to be announced as the winner. Although the event was only for 90 minutes, it gave us a way to just be ourselves or have the space to do nothing. And I hope it reminds people that ___10___ isn't always the most important.

1. A. anxiety	B. curiosity	C. pleasure	D. boredom
2. A. drew	B. attached	C. forced	D. transported
3. A. slow	B. strange	C. smooth	D. significant
4. A. affected	B. lowered	C. controlled	D. monitored
5. A. nervous	B. exhausted	C. depressed	D. hesitant
6. A. fell	B. jumped	C. grew	D. rose
7. A. got rid of	B. got back to	C. took note of	D. took part in
8. A. right	B. standard	C. opposite	D. impossible
9. A. waste	B. luxury	C. excuse	D. routine
10. A. creativity	B. diversity	C. simplicity	D. productivity

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。

Of all my Sports Day ___11___ (memory), the most touching unfolded that evening. After completing the 10km run, I received two roses, but accidentally left them behind until sunset. When I found them lifeless, my heart ___12___ (sink). I placed them in water immediately. Later I discovered one rose was brought back to life incredibly. Examining its companion, I found an injured stem (茎) blocking water intake and cut it carefully. Before bedtime, I witnessed another wonder. Now both roses stood energetic, ___13___ taught me renewal awaits even in deepest despair.

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。

For years, public health campaigns have relied on the "exercise is medicine" statement ____14____ (encourage) physical activity. We have heard it time and again: get active if you want to prevent illness. However, some researchers argue health reasons aren't necessarily ____15____ motivate people to get off the couch. They conclude that people choose to work out, ____16____ (drive) by the immediate rewards of feeling good and having fun with friends, not by the distant health threats. So, it is time to start promoting physical activity as an opportunity ____17____ connection, exploration and fun.

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。

China has made comprehensive efforts to promote green agriculture, integrating eco-friendly practices with modern farming to ensure food security while ___18___ (protect) the environment. Green agriculture efforts are bearing significant fruit. Now rural solar projects power farms and homes, and high-standard green farmland ___19___ (cover) millions of km². So far, rural living standards and ecological health ___20___ (boost) greatly. By combining innovation, policy and education, China's green agriculture can become a global model for balancing productivity and planetary health.

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

Do you listen to podcasts? Podcasts are radio shows that can take almost any form. They can be a news report or a one-act play; a formal interview or a friendly conversation; a fictional story or a book review.

In our eighth annual Student Podcast Contest, we invite teenagers to submit original podcasts of five minutes or less. Your creation can be about anything that interests you, in any form that you like.

Rules

• You must be a student aged 13 to 18 in middle school or high school and have parent or guardian permission to participate.

• Be sure to use non-copyrighted sound effects or music and list their sources in the submission form.

• Upload your podcast to Sound Cloud, a popular podcasting site, to make it easier for our judges to listen to your work.

• Please be sure to check the length of your work before submitting. Just to be very clear,5:01 is longer than five minutes.

Resources for Participants

• A unit plan on writing for podcasts, which includes writing clues to inspire your work; a sample text featuring past winners of our contest; a lesson plan that focuses on storytelling, interviewing, editing and producing.

• A recorded online workshop on writing for podcasts, in which you'll hear from a school librarian with experience teaching podcasting to students, our podcast producers and previous student winners of our contest.

• Three short videos from two audio producers and one student contest winner—they share tips on how to plan and record meaningful podcasts.

Evaluation Process

Your work will be listened to by producers and journalists on the podcast team as well as by professional podcasters, educators and staff members from our website. Keep in mind that the work you send in should be appropriate for our audience—that is, something that could be published in a family newspaper. The winners will be announced about two months after the contest has ended and their works will be featured on our website. Unfortunately, our team does not have the capacity to provide individual feedback.

21. The participants are required to _____.

A. email their work to the judges

B. state the sources of music they use

C. make a show over five minutes long

D. work on the podcast with their parents

22. What resource is provided for the participants?

A. Guidance on how to write for podcasts.

B. Suggestions on how to teach podcasting.

C. Short videos introducing previous winners.

D. A workshop to experience recording podcasts.

23. After submission, all the works will be _____.

A. posted on the official website

B. published in a family newspaper

C. provided with personalized comments

D. assessed by professionals from various fields

B

In the first week of summer 2019, I decided I wanted a job. Though having no previous work experience, I was surprisingly offered a job interview at the local fast food restaurant.

The interview went well. But, before I left, the manager asked me to serve a customer. “Just give her the items shown next to her order number on that screen,” he said, pointing to a monitor on the wall behind him.

To my horror, I couldn’t make out a single word on the display. The customer stood impatiently as I froze. After a few awkward minutes, the manager dismissed me and I received a rejection email the next morning. For the first time in my life, I realized that I was disabled.

I knew I had been born partially sighted. As a child, I remember struggling to see the whiteboard in class, even when I was sitting right at the front. I masked this by copying notes from my friends, face bent close to the paper. As I got older and more self-conscious, I buried the secret even more.

But when I got back from that job interview, I made the first step towards living a life with a disability: acceptance. It was slow, painful progress. I learned that glasses couldn’t improve my vision and that I would never be allowed to drive.

For the first time, I looked at the official diagnosis (诊断) I had received at 12 years old: retinal dystrophy — a group of inherited (遗传的) eye disorders. Seeing the words in cold print made something that had seemed so abstract and confusing a reality. To my surprise, I was filled with relief.

The next step was unlearning the extreme independence I had developed over the years. I hated asking for help — so much that I would say I wasn’t hungry at restaurants because I was too self-conscious to look closely at the menu. But as I started reaching out for help, the love and support of my friends and even strangers warmed my heart. They built up my confidence to ask for help.

Today, I feel very far from the anxiety-ridden girl from that interview. I know that I cannot change my vision, but I treat every new barrier as a challenge. And, these days, I make sure I never go hungry in restaurants.

24. The manager rejected the author because she _____.

A. failed to read the order
B. was too nervous to work
C. refused to serve the customer
D. had no relevant work experience

25. How did the author deal with her disability as a child?

A. By taking on challenges.
B. By covering up the truth.
C. By building her confidence.
D. By copying others’ behaviors.

26. How did the interview change the author?

A. She hid her secret more deeply.
B. She became more anxiety-ridden.
C. She sought assistance more willingly.
D. She managed to be more independent.

27. What can we learn from the passage?

A. Face the darkness to find your light.
B. Job hunting is always a tough journey.
C. Know me for my abilities, not my disability.
D. The more you rely on yourself, the stronger you become.

C

When the heat sets in, the siren (汽笛) song of the ice cream truck fills the air, and lemonade stands appear along sidewalks. These sweet treats are often synonymous (同义的) with summer, and a new study has found that sugar consumption in the U.S. rises noticeably as temperatures climb. The magnitude of such impact is particularly apparent among certain groups of people and raises concerns over the health implications as the climate continues

to heat up.

Much of the research on global warming and food has focused on how climate affects the nutritional content of food or how food consumption contributes to greenhouse gas emissions. Pan He, an environmental scientist, hit on the idea to look at the relationship: how rising temperatures affect food consumption. Her team focused on sugar due to its links to diabetes, heart disease and cancer.

The researchers paired temperature data with U.S. household grocery purchases. They found little difference in consumption below 12℃. But between that temperature and 30℃, consumption increased by 0.7g/℃. There was a slowdown above 30℃, which the authors propose could be related to extreme heat suppressing (抑制) appetite.

Most of the overall increase came from sugary drinks like sodas. Frozen desserts such as ice cream made a smaller contribution. There was a slight decrease in the consumption of sugary foods such as cakes or cookies, suggesting people may be replacing other options with iced treats. The increase is concerning because the average recommended daily sugar intake for a 2,400-calorie diet is about 60g—and a single can of soda can have around 40g.

Consumption patterns varied, though. Men consumed more sugary drinks than women. Also, the amount of added sugar consumed during hot weather was several times higher for low-income families than for wealthy ones. Lower-income households are less likely to have access to air conditioning, making them more reliant on sugary drinks to cool down. Outdoor workers and less-educated families also showed higher sugar consumption. There were additional differences, with White Americans having the highest added sugar effect, while Asian Americans showed no significant change. This suggests climate change may widen existing nutritional inequalities and unintentionally worsen diet-related health risks.

The researchers projected that, without intervention, sugar consumption in the U.S. would keep rising with warming. Solutions could include nutritional education, clearer sugar labeling and an added sugar tax. Other measures — like ensuring accessible drinking water and breaks at outdoor workplaces — could cut sugary drink consumption and reduce heat-related illness risks.

Alice Lichtenstein, a nutrition scientist not involved in the study, urges more research into how the accessibility and pricing of sugary drinks compare with those of water for disadvantaged groups. “We need to better understand the behavioral forces behind negative health decisions like increased sugary drink consumption in hot weather,” she says, “and use this to design strategies to lessen these behaviors.”

28. What does the underlined word “magnitude” in Paragraph 1 probably mean?

A. Nature. B. Origin. C. Duration. D. Extent.

29. What can we learn from Pan He’s research?

A. Warming leads to higher intake of different sugary foods.

B. Heat affects sugar intake differently among groups of people.

C. Intervention in nutritional education has been widely employed.

D. Food consumption increases consistently with the rise of temperature.

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

A. The Concerning Trend: Giving in to Our Sweet Tooth.

B. The Burning Truth: Heat Is Reshaping Our Diets.

C. Sweet Appeal: Climate’s Hidden Health Effect.

D. Climate’s Bite: Insufficient Sugar Intake.

D

The science of our age is computational. Without models, simulations (模拟), statistical analysis, data storage and so on, our knowledge of the world would grow far more slowly. The late philosopher Paul Humphreys called this the “hybrid scenario” of science, where parts of the scientific process are assigned to computers. He also identified an “automated scenario”, where computers take over science completely.

If such a scenario ever arrives, we would see a strange world indeed — the computational capacities for scientific reasoning, data processing, model-making and theorizing would far surpass our own abilities to the point that we humans are no longer needed. AI or artificial superintelligences may decide to explore scientific interests that human scientists are unmotivated to pursue, creating whole new paths of discovery. They might even gain knowledge about the world that lies beyond what our brains are capable of understanding.

If the results of the completely automated scenario are beyond our comprehension, then why would we want to devote economic resources and intellectual talent towards its development? One reason may be that we think positive advancements will follow. A different reason would be aesthetic (美学的). There is something aesthetically pleasing in knowing that the world is being known, studied and understood. Alternatively, humanity might pursue the automated scenario out of beneficence: We think it would be good for the artificial superintelligences to pursue their own advanced science.

Equally as many are those reasons why we might decide not to pursue the automated scenario. Perhaps, the discoveries the artificial superintelligence makes would generate new and terrible weapons. Perhaps, it’s simply the concern that some of the superintelligences will begin to experiment in ways that are dangerous, immoral or contrary to humanity’s shared values.

So, what will we do? In Humphreys’s original presentation of the automated scenario, he suggested that the automated scenario would replace human science. Broader considerations point elsewhere. Our desires for understanding, explanation, knowledge and control will remain, and we cannot help but take action to address those desires — to continue to do science. We humans create beautiful things, pursue interhuman connection in friendship and romance, and find and construct meaning in life. The same holds true for our motivations for science. We will be stuck with our curiosity to understand and explain the natural world around us.

If the automated scenario comes to pass, it seems that it will have to be as some new, alternative, secondary path — not a replacement, but an addition. Two species, pursuing science side by side, with different motivations, interests, frameworks and theories. Indeed, if we are to remain human, we must continue to pursue science. What are we, really, if we are not beauty-seeking, friendship-making, meaning-constructing, hopelessly curious animals?

31. What is the key difference between the hybrid and automated scenarios?

A. The pace of scientific discovery.

B. The level of computing efficiency.

C. The range of machine domination.

D. The depth of human understanding.

32. As for Humphreys’s argument in Paragraph 5, the author is _____.

A. appreciative B. uncertain C. submissive D. unfavorable

33. What can be inferred from the passage?

A. Scientific motivation is unique to humans.

B. Humanity's shared values need to be changed.

C. Discoveries by AI might push past human boundaries.

D. Humans should define the framework for AI development.

34. What does the author intend to tell us?

A. Science plays a decisive role in who we are.

B. The desire for scientific inquiry is here to stay.

C. The automated scenario is bound to materialize.

D. Humanity and machines work towards the same goal.

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，并在答题卡上将该项涂黑。选项中有两项为多余选项。

Everyone wants to live in a good neighborhood. And for a good reason: External conditions matter to our health and well-being. ____35____ If the human mind is likened to a society, then the mindset — those beliefs, processes, cognitive (认知的) resources and habits that are readily accessible and familiar — represents the internal neighborhood.

Just as the external environment affects health, so does the internal environment. Research shows that crime in your neighborhood can impact health, even if you're not directly impacted by the violence. ____36____ A chaotic or violent mindset may also have similar effects to those of a low-quality external neighborhood.

____37____ Just knowing that there is a nice park, a good restaurant, or a friendly neighbor in my neighborhood adds to my quality of life, even if I don't use these resources that often. The same goes for the mental neighborhood. For example, merely recognizing my creative impulse as an important aspect of my internal makeup — acknowledging and valuing it — will improve my sense of well-being even when I am not actively involved in creative activity.

Community exercises much of its effect through physical and behavioral engagement: You go places and do things.____38____ If you spend time at the local coffee house, you're engaged in your community. If you spend time regularly practicing, say, an attitude of gratitude — an awareness of the good, fortunate things in your life — then your mental neighborhood includes a gratitude component.

Finding, moving into, and nurturing our connections to a high-quality neighborhood takes much effort, yet the health-related payoff is high. The same goes for the mental neighborhood. ____39____ Then you can bring these mind elements to the forefront of your consciousness through mental engagement and practice.

A. At the same time, internal conditions matter too.

B. Neighborhoods affect health through multiple paths of influence.

C. Possible effects include increases in blood pressure and anxiety.

D. Both structural and social aspects of a neighborhood can affect your well-being.

E. Likewise, the mental neighborhood is built on cognitive and emotional engagement.

F. Try to identify your healthy cognitive processes, core values, and constructive beliefs.

G. Moreover, a high-quality neighborhood affects your health even if you don't use its offerings.

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。

As a freshman, I had no idea how to become a scientist. The process felt cloudy and overwhelming. But things began to change after my first meeting with the professor who became my lab supervisor. Throughout college, she provided support professionally and personally. I became empowered and my confidence grew.

Being an advisor at my Ph.D. university seemed a great opportunity to do the same for others. I enthusiastically applied and was excited to be matched with a student. But as our first meeting drew close, uncertainty set in. What if she asks a question that I have no idea about? How could I be ready for this leadership role when I still have so far to go myself?

The day of our first meeting, I was terrified. But once my student joined the call, seeming very enthusiastic about meeting me, and started to talk about herself, I had a flashback to my own college experience. I remembered struggling to handle getting into a research lab and applying to graduate school. This student was probably going through something similar— feeling both uncertainty and a fierce determination to achieve her professional goals. We ended the meeting setting some practical goals for the year, including writing her personal statement and practicing research presentations.

As our sessions continued, I still went into each one, worried that I would not be prepared to solve every problem my student encountered. What mattered most, I realized, was not to be some imaginary perfect teacher with all the answers, but to get to know my student including her hopes and ambitions, and offer whatever guidance and support I could, based on my own experiences. When I did not know the answer to an issue she raised, I was honest about it and did my best to listen, provide feedback, and allow her to determine her best course of action. Sometimes, I was there simply to provide a safe space to vent (发泄). I could help even when I did not have a solution.

A few months after submitting her graduate school applications, my student sent an email thanking me for my support and guidance, which she said helped increase her confidence. She probably doesn't know that she helped increase my confidence, too. This was a journey of mutual empowerment, making both of us stronger along the way.

40. What change did the professor bring about in the author?

_____

41. How did the author and the student end their first meeting?

_____

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

▶*According to the author, the most important thing was to have the answers to the student's questions and provide her with support and guidance.*

_____

43. Give one example of your own real-life "mutual empowerment". (*In about 40 words*)

_____

第二节（20 分）

44. 假设你是红星中学高三学生李华。你的英国好友 Jim 想参加 China Daily 举办的“Photo Beijing”照片征集活动。为此发来邮件，就拍摄内容询问你的建议。请你用英文给他回复，内容包括：

1.提出的建议；

2.建议的理由。

注意：1.词数 100 左右；

2.开头和结尾已给出，不计入总词数。

Dear Jim,

_____

_____

_____

Yours,

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

【导语】本文是一篇记叙文。主要讲述作者因身处高压力环境接触正念，参加放空比赛并夺冠，领悟到放空的意义与高效并非唯一重要的道理。

【1 题详解】

考查名词词义辨析。句意：在一个总被要求保持高效的城市长大，我想把一切做好，这给我带来了很多焦虑。A. anxiety 焦虑；B. curiosity 好奇心；C. pleasure 愉悦；D. boredom 无聊。根据前文“From an early age, I worried if I was doing enough”可知，作者总担心自己做得不够，这种想法带来了焦虑，anxiety 符合语境。故选 A 项。

【2 题详解】

考查动词词义辨析。句意：这正是吸引我参加放空比赛的原因——一场时长 90 分钟、什么都不做只是“放空”的比赛。A. drew 吸引；B. attached 附上；C. forced 强迫；D. transported 运输。根据前文“It helped me to find calm in this fast-paced life”可知，正念练习让作者找到平静，这份体验吸引作者参加放空比赛，draw sb. to sth.为固定搭配，意为“吸引某人去做某事”，drew 符合语境。故选 A 项。

【3 题详解】

考查形容词词义辨析。句意：我们必须在那里坐 90 分钟，不能有任何明显的动作：不能睡觉、不能发出任何声音、也不能看手机。A. slow 缓慢的；B. strange 奇怪的；C. smooth 平稳的；D. significant 明显的。根据后文“We could not sleep, make any noise or check our phones”可知，此处讲述的是比赛的要求，由此可知，此处指的是参赛者不能有明显的肢体动作，significant 符合语境。故选 D 项。

【4 题详解】

考查动词词义辨析。句意：这些决赛选手的心率全程都被监测——心率最稳定的那个人就是获胜者。A. affected 影响；B. lowered 降低；C. controlled 控制；D. monitored 监测。根据后文“Every 15 minutes the judges came to measure our heart rates”可知，裁判每 15 分钟测量一次心率，即选手的心率全程被监测，monitored 符合语境。故选 D 项。

【5 题详解】

考查形容词词义辨析。句意：裁判每 15 分钟就来测量一次我们的心率，这让我很紧张。A. nervous 紧张的；B. exhausted 疲惫的；C. depressed 沮丧的；D. hesitant 犹豫的。根据后文“I could feel my heart beating faster”可知，作者因裁判测量心率感到心跳加速，内心十分紧张，nervous 符合语境。故选 A 项。

【6 题详解】

考查动词词义辨析。句意：我们都有思绪飘忽的时候——我的思绪从家人突然转到身边嗡嗡作响的风扇上。A. fell 落下；B. jumped 跳转；C. grew 成长；D. rose 升起。根据前文“We all have wandering minds”可知，人的思绪会飘忽不定，从一件事突然转到另一件事，jump from...to...为固定搭配，意为“从……跳

到……”，jumped 符合语境。故选 B 项。

【7 题详解】

考查动词短语辨析。句意：我只是留意着这些思绪。A. got rid of 摆脱；B. got back to 回到；C. took note of 留意、注意；D. took part in 参加。根据后文“I observed them, like seeing the clouds in the sky and how they came and went”可知，作者并未抗拒飘忽的思绪，而是去观察、留意它们，took note of 符合语境。故选 C 项。

【8 题详解】

考查形容词词义辨析。句意：虽然这是一场“放空”比赛，但我做的却是相反的事：主动观察自己的呼吸和感觉。A. right 正确的；B. standard 标准的；C. opposite 相反的；D. impossible 不可能的。根据前文“spacing out”以及后文“actively observing my breath and sensation”可知，作者主动进行观察的做法和“放空”的表面意思是相反的，opposite 符合语境。故选 C 项。

【9 题详解】

考查名词词义辨析。句意：我的生活十分忙碌，能有这样一段放空的时光是一种奢侈——我们常常一整天下来，思绪连一秒钟都无法平静。A. waste 浪费；B. luxury 奢侈；C. excuse 借口；D. routine 常规。根据前文“I have a busy life”以及后文“often we get through a day with our mind not settled for even a second”可知，作者日常生活忙碌，很难有放空的时间，因此这样的时光是一种奢侈，luxury 符合语境。故选 B 项。

【10 题详解】

考查名词词义辨析。句意：我希望这能提醒人们，高效并非总是最重要的。A. creativity 创造力；B. diversity 多样性；C. simplicity 简单；D. productivity 高效。根据前文“Growing up in a city where there’s much societal pressure to always be productive”可知，作者成长的环境总强调要保持高效，而这次比赛让作者领悟到高效并非唯一重要的事，productivity 符合语境。故选 D 项。

第二节（共 10 小题；每小题 1.5 分，共 15 分）

【答案】11. memories　12. sank　13. which

【导语】本文是一篇记叙文，主要讲述了作者在运动日经历的一段富有启示性的故事。

【11 题详解】

考查名词的复数。句意：在我所有的运动会回忆中，最令人心动的那一幕发生在那天晚上。空前有 all，空格处用复数。故填 memories。

【12 题详解】

考查时态。句意：当我发现它们毫无生气时，心顿时沉了下去。由 found 可知，时态是一般过去时，空格处用过去式。故填 sank。

【13 题详解】

考查定语从句。句意：此刻两支玫瑰都生机勃勃地挺立着，这让我领悟到：即便身处最深的绝望之中，新生也依然在前方守候。空格处引导的是非限制性定语从句，从句中缺少主语，主语是前面整个主句的内容，因此用关系代词 which 引导定语从句。故填 which。

【答案】14. to encourage　15. what　16. driven　17. for

【导语】本文是一篇说明文。文章介绍了公共健康宣传以健康为由推广运动，研究表明人们运动实为即时乐趣，应以此为切入点推广。

【14题详解】

考查非谓语动词。句意：多年来，公共卫生运动一直依靠“运动是药”的说法来鼓励体育活动。此处用不定式作目的状语。故填to encourage。

【15题详解】

考查表语从句。句意：然而，一些研究人员认为，健康原因并不一定是促使人们离开沙发的原因。这是一个表语从句，从句中缺少主语，指物，所用连接代词引导。故填what。

【16题详解】

考查非谓语动词。句意：他们得出的结论是，人们选择锻炼，是受到感觉良好和与朋友玩乐的即时回报的驱使，而不是受到遥远的健康威胁的驱使。逻辑主语people和drive之间是被动关系，所以用过去分词作状语。故填driven。

【17题详解】

考查介词。句意：所以，现在是时候开始把体育活动作为联系、探索和乐趣的机会了。固定搭配an opportunity for sth.，表示“…… 的机会”。故填for。

【答案】18. protecting　19. covers　20. have been boosted

【导语】本文是一篇说明文。文章主要介绍了中国大力发展绿色农业，融合生态与现代农业，成效显著并有望成全球典范。

【18题详解】

考查非谓语动词。句意：中国多措并举推进绿色农业发展，将生态友好型做法与现代农业相融合，在保护环境的同时保障粮食安全。此处为while引导的时间状语从句的省略，主句主语China与protect为主动关系，且while后省略了“主语和be动词”，所以此处用现在分词protecting。故填protecting。

【19题详解】

考查动词时态和主谓一致。句意：如今农村太阳能项目为农场和家庭供电，高标准绿色农田的面积已达数百万平方公里。此处描述客观现状，应用一般现在时，主语high-standard green farmland为第三人称单数，谓语动词用covers。故填covers。

【20题详解】

考查动词语态。句意：到目前为止，农村生活水平和生态健康状况得到了极大提升。根据时间状语 So far可知，应用现在完成时，rural living standards and ecological health与boost为被动关系，应用现在完成时的被动语态，主语为复数，助动词用have。故填have been boosted。

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. B　22. A　23. D

【导语】本文是一篇应用文。主要介绍第八届学生播客比赛的参赛邀请，包括比赛规则、为参赛者提供的资源以及作品的评审流程等相关信息。

【21题详解】

细节理解题。根据Rules部分中的“Be sure to use non-copyrighted sound effects or music and list their sources in the submission form. (请务必使用无版权的音效或音乐，并在提交表中注明其来源。)”可知，参赛者需要注明所使用音乐的来源。故选B项。

【22题详解】

细节理解题。根据 Resources for Participants 部分中的“A unit plan on writing for podcasts, which includes writing clues to inspire your work; a sample text featuring past winners of our contest; a lesson plan that focuses on storytelling, interviewing, editing and producing. (一份播客写作单元计划，其中包含激发创作灵感的写作线索、往届比赛获奖者的范文、以及聚焦故事创作、采访、剪辑和制作的教案。)”可知，为参赛者提供了播客写作方面的指导。故选A项。

【23题详解】

细节理解题。根据Evaluation Process部分中的“Your work will be listened to by producers and journalists on the podcast team as well as by professional podcasters, educators and staff members from our website. (你的作品将由播客团队的制作人和记者、专业播客创作者、教育工作者以及本站工作人员共同聆听评审。)”可知，所有参赛作品都会由不同领域的专业人士进行评审。故选D项。

【答案】24. A　25. B　26. C　27. A

【导语】本文是一篇记叙文，主要讲的是作者从否认自身残疾到接受现实的心路历程，她学会了寻求帮助，并将挑战视为成长的机会。

【24题详解】

细节理解题。根据第三段“To my horror, I couldn’t make out a single word on the display.(令我震惊的是，显示屏上一个字也看不清。)”可知，这位经理拒绝了这位作者，因为她未能读取订单。故选A。

【25题详解】

细节理解题。根据第四段“I masked this by copying notes from my friends, face bent close to the paper. As I got older and more self-conscious, I buried the secret even more.(于是我就通过抄同学的笔记来掩饰这一点，把脸凑近纸仔细看。随着年龄的增长和自我意识的增强，我更是将这个秘密深埋心底。)”可知，这位作者在童年时期通过掩盖真相应对自己的残疾问题。故选B。

【26题详解】

推理判断题。根据倒数第二段“The next step was unlearning the extreme independence I had developed over the years. I hated asking for help — so much that I would say I wasn’t hungry at restaurants because I was too self-conscious to look closely at the menu. But as I started reaching out for help, the love and support of my friends and even strangers warmed my heart. They built up my confidence to ask for help.(接下来的一步是摒弃自己多年来形成的极度独立的性格。我非常讨厌寻求帮助——以至于在餐馆里我会说自己不饿，因为太羞于仔细查看菜单了。但当我开始主动寻求帮助时，朋友以及甚至陌生人的关爱和支持温暖了我的心。他们增强了我寻求帮助的信心。)”可知，面试后作者更愿意寻求帮助了。故选C。

【27题详解】

推理判断题。根据倒数第四段“But when I got back from that job interview, I made the first step towards living

a life with a disability: acceptance. It was slow, painful progress.(但当我从那次面试回来后，我迈出了迈向残疾人生的第一步：接受现实。这是一个缓慢而痛苦的过程。)”和倒数第二段“The next step was unlearning the extreme independence I had developed over the years. I hated asking for help—so much that I would say I wasn't hungry at restaurants because I was too self-conscious to look closely at the menu. But as I started reaching out for help, the love and support of my friends and even strangers warmed my heart. They built up my confidence to ask for help.(接下来的一步是摒弃自己多年来形成的极度独立的性格。我非常讨厌寻求帮助——以至于在餐馆里我会说自己不饿，因为太羞于仔细查看菜单了。但当我开始主动寻求帮助时，朋友以及甚至陌生人的关爱和支持温暖了我的心。他们增强了我寻求帮助的信心。)”可知，文章讲述了作者从否认自身残疾到接受现实的心路历程，她学会了寻求帮助，并将挑战视为成长的机会，因此我们从这篇文章可以学到“直面黑暗，方能寻得光明”，故选 A。

【答案】28. D　29. B　30. B

【导语】本文是一篇说明文，主要探讨了气温上升与美国糖分摄入量增加之间的关系，以及这种变化对不同人群健康的影响。

【28 题详解】

词句猜测题。根据第一段“sugar consumption in the U.S. rises noticeably as temperatures climb(随着气温上升，美国人的糖分摄入量显著增加)”和“particularly apparent among certain groups of people and raises concerns over the health implications as the climate continues to heat up(在某些特定人群中尤为显著，并且随着气候持续变暖，人们对由此引发的健康问题感到担忧)”可知，此处是说这种影响的程度在某些特定人群中尤为显著，magnitude 意为“程度”，和 Extent 意思相近。故选 D。

【29 题详解】

细节理解题。根据倒数第三段“Men consumed more sugary drinks than women. Also, the amount of added sugar consumed during hot weather was several times higher for low-income families than for wealthy ones. Lower-income households are less likely to have access to air conditioning, making them more reliant on sugary drinks to cool down. Outdoor workers and less-educated families also showed higher sugar consumption. There were additional differences, with White Americans having the highest added sugar effect, while Asian Americans showed no significant change.(男性比女性饮用更多含糖饮料。此外，在炎热天气下，低收入家庭摄入的添加糖量是富裕家庭的数倍。低收入家庭拥有空调的可能性较低，因此更依赖含糖饮料来降温。户外工作者和教育程度较低的家庭也表现出更高的糖分摄入量。此外还存在其他差异：白人美国人受添加糖的影响最大，而亚裔美国人则未表现出显著变化。)”可知，从 Pan He 的研究中我们能得出的结论是不同人群对高温影响糖分摄入的程度有所不同。故选 B。

【30 题详解】

主旨大意题。通读全文，尤其是第一段“These sweet treats are often synonymous (同义的) with summer, and a new study has found that sugar consumption in the U.S. rises noticeably as temperatures climb. The magnitude of such impact is particularly apparent among certain groups of people and raises concerns over the health implications as the climate continues to heat up.(这些甜食往往与夏日紧密相连、密不可分，而一项新研究发现，随着气温攀升，美国人的糖分摄入量显著增加。这种影响在某些特定人群中尤为明显，随着气候持续

变暖，人们愈发担忧其带来的健康隐患。)”可知，本文主要探讨了气温上升与美国糖分摄入量增加之间的关系，以及这种变化对不同人群健康的影响，因此最好的标题是 B 选项“The Burning Truth: Heat Is Reshaping Our Diets(灼热的事实：高温正在重塑我们的饮食)”。故选 B。

【答案】31. C　32. D　33. C　34. B

【导语】本文是一篇议论文，作者先介绍两种模式，再分析自动化模式的利弊，最终明确观点：人类对探索、理解自然世界的好奇心和科研渴望会一直存在，自动化模式即便实现，也只是人类科学的补充而非替代，人类必然会继续开展科学研究。

【31 题详解】

细节理解题。根据第一段“The late philosopher Paul Humphreys called this the “hybrid scenario” of science, where parts of the scientific process are assigned to computers. He also identified an “automated scenario”, where computers take over science completely.(已故哲学家保罗·汉弗莱斯（Paul Humphreys）将这种情形称为科学的“混合模式”，即科学过程的部分环节交由计算机处理。他还提出了一种“全自动化模式”，即计算机完全接管科学)”可知，混合模式与全自动化模式之间的关键区别是机器主导的范围。故选 C。

【32 题详解】

推理判断题。根据倒数第二段“Broader considerations point elsewhere. Our desires for understanding, explanation, knowledge and control will remain, and we cannot help but take action to address those desires — to continue to do science.(但更广泛的考量指向了另一个方向。我们对理解、解释、知识和控制的渴望将依然存在，我们无法不采取行动来满足这些渴望——即继续从事科学活动)”可知，Humphreys 的观点是“自动化模式会取代人类科学”，而作者紧接着用“Broader considerations point elsewhere.(更全面的考量指向另一个方向)”明确反驳，随后指出人类对探索世界的渴望会一直存在，必然会继续开展科学研究。由此可见，作者对 Humphreys 的观点是不赞同的。故选 D。

【33 题详解】

推理判断题。根据第二段“AI or artificial superintelligences may decide to explore scientific interests that human scientists are unmotivated to pursue, creating whole new paths of discovery. They might even gain knowledge about the world that lies beyond what our brains are capable of understanding.(人工智能或超级人工智能可能会决定探索人类科学家缺乏动力去追求的科学兴趣，开辟全新的发现路径。它们甚至可能获得超出人类大脑理解能力的世界知识)”可知，人工智能的发现可能会突破人类的界限。故选 C。

【34 题详解】

主旨大意题。通读全文，尤其是倒数第二段“Our desires for understanding, explanation, knowledge and control will remain, and we cannot help but take action to address those desires — to continue to do science. We humans create beautiful things, pursue interhuman connection in friendship and romance, and find and construct meaning in life. The same holds true for our motivations for science. We will be stuck with our curiosity to understand and explain the natural world around us.(我们对理解、阐释、认知与掌控的渴望将始终存在，我们不由自主地会采取行动来满足这些渴望——即持续投身于科学探索。我们人类创造美好事物，在友情与爱情中追寻人际间的联结，并在生活中探寻与构建意义。对于科学探索的动机，亦是如此。我们会始终怀揣着好奇心，去理解并阐释我们周围的自然世界)”可知，文章核心围绕 “科学研究的自动化模式” 展开，

作者先介绍两种模式，再分析自动化模式的利弊，最终明确观点：人类对探索、理解自然世界的好奇心和科研渴望会一直存在，自动化模式即便实现，也只是人类科学的补充而非替代，人类必然会继续开展科学研究，因此本文是想告诉我们对科学探索的渴望将永存不灭。故选 B。

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. F

【导语】本文是一篇议论文。文章主要讲述了将心态比作人的内部社区，类比外部社区对健康的影响，指出内部心理环境同样关乎身心健康，并阐释其作用方式及打造优质心理社区的方法。

【35 题详解】

上文“Everyone wants to live in a good neighborhood. And for a good reason: External conditions matter to our health and well-being. (每个人都想居住在一个优质的社区，这是有充分理由的：外部环境会影响我们的身心健康。)”仅提及外部环境对健康和幸福感的重要性；而下文“If the human mind is likened to a society, then the mindset — those beliefs, processes, cognitive（认知的）resources and habits that are readily accessible and familiar—represents the internal neighborhood.(倘若将人的心智比作一个社会，那么心态——那些信手拈来、早已熟悉的信念、思维过程、认知资源和行为习惯——就相当于我们的内部社区。)”将思维比作社会、心态定义为内部社区。选项 A“At the same time, internal conditions matter too. (同时，内部条件也很重要。)”实现从“外部”到“内部”的逻辑过渡，衔接上下文。故选 A。

【36 题详解】

上文“Research shows that crime in your neighborhood can impact health, even if you’re not directly impacted by the violence. (研究表明，你所在社区发生的犯罪行为会对人们的健康产生影响，即便你本人并未直接受到暴力行为的侵害。)”指出社区犯罪会影响健康；选项 C“Possible effects include increases in blood pressure and anxiety.(可能产生的影响包括血压升高和焦虑情绪加剧。)”具体说明该影响的表现（血压升高、焦虑加剧），承接前文的“impact health”，逻辑一致。故选 C。

【37 题详解】

空处为段首句，为本段主要内容。根据下文内容“Just knowing that there is a nice park, a good restaurant, or a friendly neighbor in my neighborhood adds to my quality of life, even if I don’t use these resources that often. The same goes for the mental neighborhood. For example, merely recognizing my creative impulse as an important aspect of my internal makeup—acknowledging and valuing it—will improve my sense of well-being even when I am not actively involved in creative activity.(哪怕只是知道自己的社区里有一座漂亮的公园、一家不错的餐厅，或是一位友善的邻居，我的生活质量也会因此提升，即便我并不常使用这些资源。心理社区亦是如此。比如，即便我并未积极开展创作活动，只要将自身的创作冲动视作内在特质的重要部分，认可并珍视它，我的幸福感便会有所提升。)”可知，下文以社区的公园、餐厅为例，说明即便不常使用社区资源，知晓其存在也能提升生活质量，又类比指出心理社区也有此特点。选项 G“Moreover, a high-quality neighborhood affects your health even if you don’t use its offerings.(此外，即便你不曾享用优质社区的各类配套资源，它依然会对你的健康产生积极影响。)”是该观点的总起，精准概括后文核心内容。故选 G。

【38 题详解】

上文“Community exercises much of its effect through physical and behavioral engagement: You go places and do

things. (社区对人的影响，很大程度上是通过身体参与和行为践行来实现的：你走进各个地方，参与各类事务。)”说明现实社区的影响通过身体和行为参与实现。选项 E“Likewise, the mental neighborhood is built on cognitive and emotional engagement.(心理社区的构建亦是如此，它建立在认知投入与情感融入的基础之上。)”以“likewise”类比，指出心理社区建立在认知和情感参与之上，衔接前文的参与形式，逻辑连贯。故选 E。

【39 题详解】

下文“Then you can bring these mind elements to the forefront of your consciousness through mental engagement and practice. (而后通过心理层面的投入与刻意练习，让这些思维要素成为你意识的核心。)”提到通过心理参与和练习让这些思维要素成为意识核心。选项 F“Try to identify your healthy cognitive processes, core values, and constructive beliefs. (你不妨先找到自身那些健康的认知过程、核心价值观与积极的信念。)”提出先找到健康的认知过程、核心价值观等思维要素，符合逻辑。故选 F。

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）

40. The professor empowered the author and boosted his/her confidence.

41. They set practical goals for the year—writing her personal statement and practicing research presentations.

42. According to the author, the most important thing was to <u>have the answers to the student's questions</u> and provide her with support and guidance. The author says what mattered most was not having all the answers but knowing the student, listening, and offering guidance based on shared experience.

43. I taught my friend Excel for budget tracking; she taught me public-speaking tricks. Both of us finished the semester stronger—she managed her finances, I nailed my presentation.

【导语】本文是一篇记叙文，主要讲的是作者从迷茫新生到自信导师的成长历程，以及与指导学生间的相互赋能。

【40 题详解】

考查细节理解。根据第一段“Throughout college, she provided support professionally and personally. I became empowered and my confidence grew.(在整个大学期间，她不仅在专业上给予我支持，还在个人方面提供帮助。我备受鼓舞，信心也随之增强。)”可知，这位教授给了作者力量、提升了作者的自信，故答案为 The professor empowered the author and boosted his/her confidence.

【41 题详解】

考查细节理解。根据第三段“We ended the meeting setting some practical goals for the year, including writing her personal statement and practicing research presentations.(我们结束会面时，为这一年设定了一些实际目标，包括撰写她的个人陈述和练习研究报告展示。)”可知，作者和这位学生为这一年设定了切实可行的目标——撰写个人陈述以及练习研究报告展示。故答案为 They set practical goals for the year—writing her personal statement and practicing research presentations.

【42 题详解】

考查细节理解。根据倒数第二段“What mattered most, I realized, was not to be some imaginary perfect teacher with all the answers, but to get to know my student including her hopes and ambitions, and offer whatever guidance

and support I could, based on my own experiences.(但我逐渐意识到，最重要的是不要成为那个想象中无所不知的完美导师，而是要了解我的学生，包括她的希望和抱负，并根据我自己的经验，尽我所能地提供指导和支持。)”可知，错误的部分是“have the answers to the student's questions”，故答案为 According to the author, the most important thing was to have the answers to the student's questions and provide her with support and guidance. The author says what mattered most was not having all the answers but knowing the student, listening, and offering guidance based on shared experience.

【43 题详解】

开放题。我的生活中“相互赋能”的例子是：我教朋友用 Excel 做预算追踪，她则传授我公开演讲的技巧。学期结束时，我们俩都收获满满——她学会了理财，我则成功完成了演讲展示。故答案为 I taught my friend Excel for budget tracking; she taught me public-speaking tricks. Both of us finished the semester stronger—she managed her finances, I nailed my presentation.

第二节（20 分）

44.【答案】One possible version:

Dear Jim,

I'm excited to hear you're taking part in the "Photo Beijing" contest! My suggestion is to capture everyday life that reflects Beijing's cultural blend — like people enjoying breakfast at a traditional hutong stall, or cyclists passing by the Temple of Heaven at dawn. You could also photograph modern landmarks like the CCTV Tower alongside historic sites to show the city's dynamic contrast.

These moments highlight what makes Beijing special: its rich heritage coexisting with modern energy. Such photos feel authentic and tell a deeper story about the city's identity, which will likely stand out in the competition.

Good luck — I'm sure your photos will be amazing!

Yours,

Li Hua

【导语】本篇书面表达属于应用文。要求考生给英国好友 Jim 回邮件，为其参加 China Daily 举办的“Photo Beijing”照片征集活动提供拍摄内容建议。

【详解】1. 词汇积累

激动的：excited → thrilled

融合：blend → combination

动态的：dynamic → vibrant

确信的：sure → convinced

2. 句式拓展

简单句变复合句

原句：You could also photograph modern landmarks like the CCTV Tower alongside historic sites to show the city's dynamic contrast.

拓展句：If you want to show the city's dynamic contrast, you could also photograph modern landmarks such as the CCTV Tower alongside historic sites.