2026 北京朝阳高三（上）期末

英　　语

2026. 1

(考试时间 90 分钟 满分 100 分)

本试卷共 10 页。考生务必在答题卡指定区域作答，在试卷上作答无效。

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。

Yesterday I was flying home after a week away. We 1 our flight and left on time, but when we reached the destination, we were told the pilots were flying us to a smaller airport because of bad weather.

When we deplaned, I figured out it was more than one plane that had been diverted (改变航 线). Everybody was 2 where they didn't want to be. People were all trying to get on the few flights leaving that evening. I kept checking my phone, only to discover I had been rebooked on a flight. Yay!

I ran to the new gate, chose a seat, and scarfed my snacks since I hadn't eaten lunch. Soon, my row was 3 by a 20-something woman in the middle. She 4 a conversation, and said that she felt 5 because she had a tight connecting flight. If she 6 it, she'd stay overnight in the airport. Not having eaten all day, she asked if there would be anywhere to buy food when we arrived at 9:45 p.m.

I told her many places wouldn't be open that late. Then, I handed her two rice bars, 7 she didn't find food before her next flight. She was 8 , holding the snacks with her voice shaking a little. "Really? What are you going to eat?" I told her I'd be home an hour after we landed and I already knew dinner would be 9 . But she could be traveling all night.

The crew turned the lights off in the cabin, and I 10 listened to the bars crunching (嘎 吱地嚼) for minutes. She needed them a lot more than I did! And yes, when I got home a couple of hours later, there was a bowl of warm noodles for me.

1. A. changed	B. delayed	C. boarded	D. canceled
2. A. stuck	B. dragged	C. hidden	D. invited
3. A. visited	B. joined	C. blocked	D. reserved
4. A. cut in	B. broke off	C. kept up	D. struck up
5. A. bored	B. shocked	C. worried	D. confused
6. A. lost	B. made	C. found	D. missed
7. A. even if	B. as though	C. so that	D. in case
8. A. inspired	B. touched	C. satisfied	D. interested
9. A. wasted	B. packed	C. waiting	D. cooling
10. A. happily	B. curiously	C. confidently	D. gratefully

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。请在答题卡指定区域作答。

A

On October 1, Jane Goodall passed away 11 (natural) at the age of 91. She was famous for being the first to observe chimpanzees use tools to catch termites (白蚁) in Tanzania. From 1985 onwards, she campaigned tirelessly 12 (protect) chimpanzees' habitats, which made her a legendary figure whose story features in Chinese textbooks. Besides, she inspired generations to care for nature, 13 (prove) one person's passion and perseverance can drive meaningful change for the planet.

B

Although positive energy is sometimes viewed as an abstract idea, it can be approached from various perspectives. Spiritually, positive energy is often associated with inner peace. Scientifically, energy can be measured 14 brainwaves and stress hormones. So far, research 15 (show) our mental states directly influence our emotion. So, focusing on positive energy, we foster a general sense of well-being. Environment also matters. Choosing the very environment 16 offers calmness and inspiration, you can significantly improve your energy levels.

C

Scientists found the oldest and most complete set of fossils of a dome-headed (圆 顶 头) dinosaur 17 (call) a pachycephalosaur. Pachycephalosaurs were plant-eating dinosaurs known for their thick domes. The fossils 18 (discover) in Mongolia in 2019. They include a complete skull, whose dome was fully grown, suggesting that the creatures likely practised head-hitting before maturity. The sample, which is between 108 million and 115 million years old, 19 (represent) a new species and can throw light on 20 these creatures developed.

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

The Plantaform Indoor Garden is a 26-inch-tall egg-shaped smart garden that makes growing fresh, organic vegetables simple, all year round. With no need for sunlight or soil, just add water and nutrients, and the system's autonomous features take care of the rest — monitoring water levels, temperature, and lighting, ensuring fresh food for home with little effort.

How does the Plantaform work?

Nutrient Absorption: By creating a nutrient-rich fog from water and nutrients, the system delivers essential nutrition directly to the plants' roots, resulting in healthier and faster-growing plants.

Built-in Technology: The Plantaform is equipped with sensors that monitor key environmental factors such as temperature, fan speed, and light levels. The smart LED lights in it can imitate (模仿) natural sunlight, ensuring your plants receive consistent lighting even during the darkest winter months, regardless of outdoor conditions.

App-controlled: You can manage as many Plantaform Indoor Gardens as you wish from the same Plantaform Account. Whether at home or in a workplace, you can control all your gardens conveniently within the app, and receive tailored notifications:

when it's time to remove the protective cover to allow your young plants to grow in the open air.

when it's time to refill the water tanks, ensuring your plants always have enough water.

when your plants are ready to be harvested, so you can enjoy fresh produce at its peak.

when it's time to run a Quick Cleaning Cycle after each growth cycle ends.

If you have further questions, please feel free to reach out to us at support@plantaform.com. We're here to help you grow with confidence and success!

21. With the Plantaform, users can _____.

A. operate a soil-based garden B. plant vegetables once a year

C. harvest food with hard work D. grow plants without sunlight

22. How does the Plantaform work?

A. It sends nutrition to the plants' roots.

B. It adjusts lighting to outdoor conditions.

C. It examines the plants' health with sensors.

D. It requires separate accounts for each garden.

23. The Plantaform app will send a notification when _____.

A. the water tank is too full B. the produce is perfectly ripe

C. a Quick Cleaning Cycle ends D. the garden needs moving outside

B

Like many parents, we can only put off our kids' asking for a dog so long until we finally give in. Last fall we looked through dog-rescue websites and, before long, adopted Etti, a spotted Dalmatian. It was rough at first because although Etti is a sweet, loving dog with us, she's highly reactive to anything else that moves—people, dogs, cats, etc.

Thankfully, we've found an excellent trainer. On a challenging training session during which I became frustrated, he said: "Sir, you don't get the dog you want. You get the dog you need." I remember thinking to myself, "Need? Do I really need an anxious, high-strung Dalmatian?" In fact, the last thing I needed was more stress in my already stress-filled life.

Yet, over time, I've come to appreciate the wisdom of this expression. When I took Etti on a walk the other day, my whole body tensed up, scanning the environment for possible danger. An unsuspecting passer-by crossed the street toward us and Etti barked loudly. I said to her, "You're so worked up today, Etti. What's going on?" And then it hit me that throughout our walk I'd been the one who was tense and worried about the day ahead. In the end, maybe Etti was just acting out what I was feeling, serving as a good reminder that I need to pay attention to my moods and how they affect those—both dogs and humans—around me.

Another notable thing about Etti is the ease with which she shifts from one mood to the next. Etti doesn't keep thinking about what happened last week, yesterday, or even two minutes ago. Each moment for her is a new "now". This isn't to say that she's not affected by her past. Etti is a rescue so who knows what she had to deal with in her previous life. However, she does not let it drag her down and determine what comes next, unlike most of us humans.

When we were considering adopting Etti last fall, we read through her description on the rescue site and got a good laugh at the statement that she would need help "being the best dog she can be." Yet, we had never thought that she was actually the one that guided us to be the better humans.

24. What bothered the author shortly after adopting Etti?

A. Etti's history as a rescue.

B. Etti's sensitivity to moving things.

C. Etti's need for professional training.

D. Etti's inability to get along with the family.

25. How did the author feel upon hearing the trainer's words?

A. Empowered. B. Hopeless.

C. Appreciative. D. Unconvinced.

26. What does the story tell us about Etti?

A. She reminded her owner to care about others.

B. She got moody easily after receiving training.

C. She mirrored her owner's inner emotional state.

D. She was free from the impact of her past experience.

27. What can we learn from this passage? A. Every dog has its day.

B. Love me, love my dog.

C. Misfortune betters character.

D. With unexpected wisdom, we rise.

C

What's the first thing you notice when you step into a museum? Is it the long-faded colors of ancient objects from all around the world or the whispered sounds of visitors discussing what they see? Museums allow us to indirectly "experience" the past by tapping into our primary senses, such as sight or hearing, but more often than not, smell is missing.

We don't think about smell when studying the past. One of the problems is that it is incredibly hard to study. The scents (香 味) and smells had already been gone before archaeologists (考古学家) could come and study the sites. "New chemical and biomolecular (生物 分子) methods in archaeology have kind of reopened the door to continue to study these things. Of course, what we have from ancient texts can also help a lot," says Barbara Huber, an archaeochemist from Germany. "When we do find all these details, they can enrich our understanding of a lot of aspects of past ways of life, including medicine, trade and social status."

In the study of ancient materials, the study of trade and the incense road (香料 之路) was always an interesting point for researchers. But the problem is that the incense road was often looked at from the perspective of classical scholars—namely texts from ancient Greece or ancient Rome. From the very beginning, the story of the incense road was told by outsiders, who were also not contemporary. "We don't have any evidence from the earlier periods, the Iron Age and the Bronze Age in ancient Arabia," Huber says. "So it was very interesting to track down molecular remains that can tell us a lot about ancient materials."

In one case study, Huber and her team looked at the content of incense burners and found Peganum—a medicinal and psychoactive plant. They realized that in these incense burners, specifically, people actually used it for medicinal or psychoactive purposes. This was interesting because the practice of incense burning seems to not only be sensorial but also have this medicinal component. The study revealed something where we had absolutely no idea: medicinal practices in ancient Arabia. We, all of a sudden, had an idea of how people used their local pharmacopoeia—the document of medicinal ingredients issued by the government for treating illnesses; in this case, they burned Peganum and then probably breathed the smoked—not just applied it to the skin or drank it.

The practice of burning incense is still part of people's lives today, but it goes all the way back. And if we follow it to the roots of where it began, history isn't something that we only see.

28. Why does the author raise two questions in Paragraph 1?

A. To stress a prejudice. B. To compare phenomena.

C. To reveal a limitation. D. To introduce an experience.

29. What can we learn from this passage?

A. Incense remains helped identify ancient medicinal practices.

B. Sensorial purposes of incense burning used to be overlooked.

C. The use of medicinal incense needed approval from government.

D. The trade on the incense road was witnessed by classical scholars.

30. What is the passage mainly about?

A. Why smells are absent when we study the past.

B. How archaeologists scent out smells of the past.

C. How we can bring long-lost smells into modern life.

D. Why challenges arise in the study of historical smells.

D

Nearly 2 million years ago, one of our ancestors developed bone cancer in their foot. The fate of this individual is unknown, but the fossilised remains leave no doubt that cancer has been a part of our story for a very long time. But these cancer cells weren't the only internal threat our ancestors faced. Their survival was also threatened by individuals attempting to undermine the group. At the heart of the story is this question: is human nature selfish or altruistic, competitive or cooperative? The answer has profound implications for how we aim to structure society. If we are born altruists, then institutions are unnecessary. But if selfishness dominates, strong control is essential.

In the language of evolutionary biology, we have a cooperation dilemma: there are situations where it is in our interest to work with others, and there are situations where it is not. As a result, visible rivalry (竞争) was replaced by what I call "invisible rivalry"—the ability to hide selfish, competitive intentions while maintaining the appearance of a cooperative nature. In other words, we evolved to compete in a cooperative world.

This is where the analogy (类比) with cancer arises. Humanity's long history of living with the disease means we have evolved biological mechanisms to reduce the risk it poses. Many reactions at the cellular level evolved to help our bodies fight off cancers. It is this strong immune system that explains why, although we are frequently exposed to viruses, these often don't lead to illness. Similarly, the threats to our social groups posed by the evolution of invisible rivalry led us to develop practices and institutions to maximise cooperation. I call this our cultural immune system.

However, just as cancers find ways to escape from our immune systems, some individuals use their intelligence to destabilize the group's social norms for their own benefit. To fight the enemy, we can boost the cultural immune system, much like how we can improve our biological immune systems through healthy lifestyles and vaccination.

But this isn't going to happen until we first recognise the problem that invisible rivalry poses. In my view, the best way is through education. We are all part of the cultural immune system. If we understand our evolutionary heritage, we will be open-eyed to the danger that freeloaders pose to society and place our trust more clear-sightedly—much as the body's defence system learns to recognise the agents associated with cancers to deal with them.

We must work together to stay one step ahead of humanity's opportunistic nature. Without beliefs, norms and a

proper understanding of human nature, we are at the mercy of our selfish biological heritage. Evolution has made us this way, but we can learn to overcome it.

31. What does the underlined word “altruistic” in Paragraph 1 most probably mean?

A. Far-sighted. B. Humane.

C. Self-interested. D. Adaptable.

32. What can be inferred about the cultural immune system?

A. It contributes to humanity’s competitiveness.

B. Human dishonesty is said to be its byproduct.

C. Internal threats in society cannot escape from it.

D. It can be improved through enhancing cooperation.

33. What can we learn from this passage?

A. The minority’s selfishness doesn’t mean cancers for society.

B. It’s hard to maintain the appearance of a cooperative nature.

C. We need agree on the fact that invisible rivalry brings harm.

D. The stability of society lies in humanity’s opportunistic nature.

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

A. The Cure for Social Ills

B. The Mercy of Humanity

C. The Value in Institutions

D. The Root of Invisible Rivalry

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。

For most of us, frisson, an intense emotional pleasure accompanied by tears and goosebumps (鸡皮疙瘩), is something that happens unexpectedly and rarely. But what if there was a way you could experience this feeling more? The answer may lie in the art of “slow looking”.

Slow looking is the act of observing an artwork for an extended period of time. That could be an uninterrupted five minutes, an hour, or even an entire day. 35

However, slow looking extends beyond a gallery setting. It’s similar to meditation (冥想), but it’s not limited to keeping us focused on the breath and closed eyes. 36 In many ways, it is the art of simply noticing, without distractions, and without giving in to the urge to make it a “productive” activity.

So how to try slow looking? It might take some time to get used to. 37 Whether it’s observing a work of art, gardening, staring out the window during your next train journey, birdwatching, or pausing during a woodland walk to observe the plant life around you, there are countless ways to slow look every day.

38 When we slow down, the “rest and digest” mode of our nervous system rises up. This relaxation of mind creates space for new thoughts and feelings to surface. This is when we might start to notice small things in our environment. 39 We simply notice. We become the witness, causing a small yet profound shift that supports reduced anxiety, and improved overall well-being.

A. Slow looking offers valuable mental benefits.

B. But it’s something we could start adding to our daily life.

C. Certain kinds of art may be better suited for slow looking than others.

D. Experts recommend going to an art exhibition when there are fewer people.

E. It is based on the idea that to understand an artwork, you need to spend time with it.

F. Instead, it takes us out into the sensory world in which light shifts and wind whispers.

G. For example, leaves dancing in the wind and the wingbeats of a bird passing overhead reveal themselves.

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。请在答题卡指定区域作答。

Think about the toughest period of your life. The time you felt most lost, most challenged, most broken. It probably felt like an impassable wall, a dead end. But what if that wall was actually a doorway? What if the struggle itself was the very thing you needed to grow? There's a beautiful, ancient Latin phrase that expresses this idea perfectly: Ad Astra per Aspera. It translates to “a tough road leads to the stars,” and it is one of the most powerful and inspiring philosophical ideas ever packed into four little words.

This phrase isn't some modern, feel-good statement. It's old. Really old. It's been adopted as a motto by countless families, cities, and even used by space programs, which is beautifully literal. The phrase has lasted for centuries because it speaks to a fundamental truth: greatness is not born from comfort.

Let's break it down. The “Aspera” part means “hardships” or “difficulties”. This isn't just about minor inconveniences. It refers to the real, painful struggles of life—— failure, loss, and doubt. Our modern culture often teaches us to avoid pain at all costs, to seek the smoothest, easiest path. But “Ad Astra per Aspera” challenges that view. It suggests that the “Aspera” is not a detour (绕道) from the path; it is the path.

The “Astra” part of the phrase means “the stars”. The stars represent your biggest dreams, and your best self. It could be a specific goal, like starting a business or healing a relationship. Or it could be a state of being, like finding peace, wisdom, or purpose.

The beauty of the phrase is that “the stars” are personal to you, but the massage is universal: The journey to the stars is not a flight; it's a climb up a jagged (崎岖的) mountain.

40. What does the phrase “Ad Astra per Aspera” literally mean?

41. Why has the phrase “Ad Astra per Aspera lasted for centuries?

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

The beauty of the phrase “Ad Astra per Aspera” is that both its message and the “Astra” are universal.

43. How can “Aspera” lead you to “Astra”?(In about 40 words)

第二节(20 分)

假设你是红星中学高三学生李华。你参加了题为“描绘城市色彩”(The Color of A City)的英语征文活动，你的外国好友 Jim 对你的征文内容很感兴趣，发来邮件询问。请你用英文给他回复，内容包括：

1.你选择的城市和它的色彩；

2.说明色彩选择的理由。

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
(请务必将作文写在答题卡指定区域内)

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）

1. C　2. A　3. B　4. D　5. C

6. D　7. D　8. B　9. C　10. A

第二节（共10小题；每小题1.5分，共15分）

11. naturally　12. to protect　13. proving　14. by　15. has shown

16. that　17. called　18. were discovered　19. represents　20. how

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）

21. D　22. A　23. B　24. B　25. D

26. C　27. D　28. C　29. A　30. B

31. B　32. D　33. C　34. A

第二节（共5小题；每小题2分，共10分）

35. E　36. F　37. B　38. A　39. G

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. A tough road leads to the stars.

41. Because it speaks to a fundamental truth: greatness is not born from comfort.

42. The beauty of the phrase “Ad Astra per Aspera” is that <u>both its message and the “Astra” are universal.</u>

The beauty of the phrase is that “the stars” are personal to you, but the message is universal.

43. 略。

第二节（20分）

Dear Jim,

Knowing your interest in my essay for the competition, “The Color of a City”, I’m delighted to share some details with you.

Having grown up in Beijing, I naturally chose it as the focus, with red as its defining color. My choice is based on two main reasons. First, red is central to Beijing’s visual identity. You can see it through our national flag, the grand walls of the Forbidden City, and the festive lanterns during celebrations. Beijing is red not only in appearance but also in spirit. Red represents the warmth I’ve felt growing up here. To me, it symbolizes both the city’s well-known culture of hospitality and the warm-hearted spirit of Beijingers, connecting its past and present.

What do you think? I’d be thrilled to show you around “red Beijing” some day!

Yours,

Li Hua