

本卷共 12 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。

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。

I used to hate being called upon in class mainly because I didn't like attention drawn to myself. And unless otherwise assigned a seat by the teacher, I always chose to sit at the back of the classroom.

All this 1 after I joined a sports team. It began when a teacher suggested I try out for the basketball team. At first I thought it was a crazy 2 because I didn't have a good sense of balance, nor did I have the ability to keep pace with the others on the team and they would tease me. But for the teacher who kept insisting on my "3 for it", I wouldn't have decided to give a try.

Getting up the courage to go to the tryouts was only the half of it! When I first started 4 the practice sessions, I didn't even know the rules of the game, much worse what I was doing. Sometimes I'd get 5 and take a shot at the wrong direction, which made me feel really stupid. 6, I wasn't the only one "new" at the game, so I decided to focus on learning the game, do my best at each practice session, and not be too hard on myself for the things I didn't 7 "just yet".

I practiced and practiced. Soon I knew the rules and the "moves". Being part of a team was fun and motivating. Very soon the competitive 8 in me was winning over my lack of confidence. With time, I learned how to play and made friends in the process - friends who respected my efforts to work hard and be a team player. I never had so much fun!

With my improved self-confidence comes more praise from teachers and classmates. I have gone from "9" in the back of the classroom and not wanting to call attention to myself, to raising my hand - even when I sometimes wasn't and not 100 percent 10 I had the right answer. Now I have more self-confidence in myself.

1. A. continued B. changed C. settled D. started
2. A. idea B. plan C. belief D. saying

- | | | | |
|---------------------|----------------|----------------|--------------|
| 3. A. going | B. looking | C. cheering | D. applying |
| 4. A. enjoying | B. preparing | C. attending | D. watching |
| 5. A. committed | B. motivated | C. embarrassed | D. confused |
| 6. A. Interestingly | B. Fortunately | C. Obviously | D. Hopefully |
| 7. A. want | B. do | C. support | D. know |
| 8. A. roles | B. part | C. mind | D. value |
| 9. A. dreaming | B. playing | C. relaxing | D. hiding |
| 10. A. lucky | B. happy | C. sure | D. satisfied |

第二节(共 10 小题;每小题 1.5 分, 共 15 分)

A

Clarence Birdseye had the chance to go on a trip to the Arctic, 11 people caught fish and then put the fish in a container of ice 12 (freeze) it quickly. When people cooked the fish later, it was still good! This gave Birdseye 13 idea. He thought people could also have this kind of food at home. In 1926, Birdseye invented frozen food. People were able to store food in 14 (freezer) for a long time.

B

Shakespeare's birthplace was the childhood home of William Shakespeare. The house has been exactly furnished, and includes both original and copy items similar to those which would have been there in the house 15 Shakespeare was a child. Beautifully painted cloths hang on the walls, and brightly colored fabrics(织物) fill the rooms. At the back of the house is a beautiful garden 16 (contain) many trees, herbs and flowers 17 (mention) in Shakespeare's plays.

C

When you make a mistake, the last thing 18 you want to do is run away from it. You need to accept it because you can learn a lot from it. The mistake 19 (make) already, so make the most of it. 20 (pay) the price, learn the lesson, and grow that much stronger.

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

When it comes to hiking, Greece has something for every kind of walker. The mainland boasts (拥有) well-maintained routes, while on the country's islands you'll find ancient paths dating back to Byzantine times connecting sleepy villages with beautiful

sandy coves (小海湾). Here's our pick of Greece's best hikes.

- **Samaria Gorge (峡谷), Crete**

16 kilometers (10 miles), 4 hours

Hiking the 16-kilometer Samaria Gorge is considered one of Crete's must-do experiences, which is why you'll rarely be without company. Nevertheless, there's an undeniable raw beauty to Samaria, where vertical (垂直的) walls soar up to 500 meters and are just 3.5 meters apart at the narrowest point (150 meters at the broadest).

The hike begins at 1,230 meters at Xyloskalo just south of Omalos and ends in the coastal village of Agia Roumeli. It's especially scenic in April and May, when wildflowers brighten the route.

- **Mt Ohi summit hike, Evia**

8 kilometers (5 miles), 3 to 4 hours

The summit of Mt Ohi (Profitis Ilias; 1,398 m), lesser-visited Evia's third-highest peak, is crowned by mysterious ancient dragon houses: 7th century BC architecture, made from rocks weighing several tons. From Myli, it's an 8-kilometer hike to the summit (three to four hours).

It's possible to stay overnight at the 1,000-meter-high refuge then hike up Mt Ohi to catch the

sunrise (30 minutes), which makes for a magical experience. Contact South Evia Tours or Evia Adventure Tours for details.

- **Delphi to Kirra Walk, Central Greece**

14 kilometers (9 miles), 3 to 4 hours

This 14-kilometer downhill hike follows a centuries-old pathway from historic Delphi to the ancient port of Kirra, just east of modern Itea on the southern coast of mainland Greece.

The hike starts from the E4 long-distance starting point 100 meters east of the Hotel Acropole. Skirting the village of Crissa, it goes to the gulf (海湾) through Greece's largest olive garden. After your three-to-four-hour hike, and lunch or a swim, you can return to Delphi by bus (around 2 euros).

- **Hike to the Tomb of Kleobolus, Rhodes**

5 kilometers (3 miles), 2 hours

An easy, enjoyable 5-kilometer (two-hour) round-trip hike escapes Lindos to reach the so-called Tomb of Kleobolus. Starting alongside Car Park 1 above the main beach, the route ends at a rocky hill topped by a circular tomb actually built during the 2nd century

BC, long after Kleobolus ruled Rhodes.

21. What is the raw beauty of Samaria?

- A. High and narrow gorges.
- B. Magical sunset.
- C. Wildflowers throughout the year.
- D. Mysterious large rocks.

22. What will visitors see during the Mt Ohi summit hike, Evia?

- A. Ancient buildings.
- B. Evia's highest peak.
- C. A circular tomb.
- D. Greece's largest olive garden.

23. What can we learn about the Delphi to Kirra Walk?

- A. It lets visitors experience the modern world of Greece.
- B. Visitors are recommended to get back to Delphi by ship.
- C. The route connects two places with a long history.
- D. It is a challenging route through a rocky hill.

B

My son just turned 14 and does not have a smartphone. When he graduated from Grade 8, he was the only kid in his class without one. He asks for a phone now that he's going to high school. I say no, he asks why, I explain (yet again), and he pushes back.

"You can choose to do things differently when you're a parent," I told him. But sometimes, I wonder if I'm being too stubborn or unfair.

The more I research, the more confident I feel in my decision. Many studies link the current mental health crisis among adolescents to fundamental changes in how they socialize, namely, the shift from in-person to online interaction.

But other parents challenge my perspective. "He must feel so left out!" Then there are the parents who tell me with profound sadness that they wish they had delayed their teenager's phone ownership longer than they did. They urge me to hold out.

If teenagers between the ages of 13 and 18 are truly spending an average of 8 hours 39 minutes per day on their devices, as stated in a 2021 survey conducted by the non-profit research organization Common Sense Media, then what are they not doing? Kids absorbed in their devices are missing out on real life, and that strikes me as really sad.

I want my son to have a childhood he feels satisfied with and proud of. I want it to be

full of adventures, imaginative play and physical challenges which he must sort out himself – and emerge stronger – without asking for me at the push of a button.

The easiest and simplest way to achieve these goals is to delay giving him a smartphone.

Some think my son is missing out or falling behind, but he is not. He does well in school and extracurricular activities, hangs out with his friends in person, and moves independently around our small town. He swears (发誓) he'll give his own 14-year-old a phone someday, and I tell him that's fine. But recently, he admitted that he missed the beautiful scenery on a drive to a nearby mountain because he had been so absorbed in his friend's iPad.

If that is his version of admitting I'm right, I'll take it.

24. What is the author's primary concern regarding giving her son a smartphone?

- A. Her son's social life.
- B. Her son's well-being.
- C. Her son's time management.
- D. Her son's academic performance.

25. What is the main point the author intends to express in paragraph 5?

- A. Her doubts about the reliability of a teenage survey.
- B. The rise of smartphone addiction among teenagers.
- C. The potential negative effects of excessive phone usage.
- D. The factors contributing to teenage smartphone addiction.

26. What quality does the text suggest the author wants her son to develop in his childhood?

- A. Team spirit
- B. Leadership
- C. Self-reliance
- D. Critical thinking.

27. What can be inferred about the author's son?

- A. He is struggling academically.
- B. He no longer desires a smartphone.
- C. He is easily influenced by his friends.
- D. He has realized the drawbacks of excessive screen time.

C

The world's oceans will likely lose about one-sixth of their fish and other creatures within 100 years if climate change continues on its current path. Every degree Celsius that the world's oceans warm, their biomass is expected to drop five percent, a study found.

The study predicts that if there is no change in the rate of worldwide greenhouse gas production, there will be a 17-percent loss of biomass by the year 2100. But, if the world reduces carbon pollution, biomass losses could be limited to only about 5 percent.

Warming temperatures are the biggest issue. But climate change also produces oceans that are more acidic and have less oxygen. This also harms sea life. Much of the world depends on the oceans for food or work.

The findings make sense and the possible effects of the predicted losses of animal life are huge. "Climate change has the potential to cause serious new conflicts over ocean resource use as the human population continues to grow," said scientists.

Marine biologist Boris Worm, who helped run the study, added that the "building blocks of marine life—plankton and bacteria—may decline less heavily."

"Those marine animals that we use directly, and care about most deeply, are predicted to suffer the most," said Worm. He works at Canada's Dalhousie University.

Scientists had already believed climate change would likely reduce future ocean life. But past computer-based studies looked at only part of the picture or used only one model. The latest study used six different computer models to give the best picture look yet, William Cheung said.

University of Georgia marine biologist Samantha Joye was not part of the research. But she praised the study as well researched and extremely detailed, and called it "an urgent call for action".

28. What does the underlined word "biomass" in paragraph 1 refer to?

- A. Ocean temperature. B. Total marine life.
C. Sea condition. D. Ocean level.

29. Why do scientists think that climate change might cause conflicts?

- A. It may reduce the sea resource.
B. It leads to the extinction of marine life.
C. It pollutes the environment of the ocean.
D. It may increase the world population.

30. Which sea animals will be harmed the worst by sea warming?

- A. The largest ones. B. The ones in deep oceans.
C. The bacteria on sea surface. D. Those we humans need most.

D

We've all heard it before: to be successful, get out of bed early. After all, Apple CEO Tim Cook gets up at 3:45 am, Fiat CEO Sergio Marchionne at 3:30 am and Richard

Branson at 5:45 am—and, as we know, “The early bird catches the worm.” Indeed, it may be true that those who get up early have a jump start on the day before others are even out of bed.

But just because some successful people wake up early, does that mean it's a trait most of them share? And if the idea of having exercised, planned your day, eaten breakfast, visualized and done one task before 8 am. makes you want to roll over and hit snooze until next Saturday, are you really doomed to a less successful life?

For about half of us, this isn't really an issue. It's estimated that some 50% of the population isn't really morning-oriented or evening oriented, but somewhere in the middle. Roughly one in four of us, though, tend more toward bright-eyed early risers, and another one in four are night owls. For them, the effect can go beyond falling asleep in front of the TV at 10 pm or being regularly late for work.

Numerous studies have found that morning people are more self-directed and agreeable. And compared to night owls, they are less likely to be depressed, drink or smoke.

Although morning types may achieve more academically, night owls tend to perform better on measures of memory, processing speed and cognitive ability, even when they have to perform those tasks in the morning. Night-time people are also more open and more creative. And one study shows that night owls are as healthy and wise as morning types—and a little bit wealthier.

Still think the morning people sound more like CEO material? Don't set your alarm for 5 am just, yet, as it turns out, overhauling (大修) your sleep times may not have much effect.

“If people are left to their naturally preferred times, they feel much better. They say that they are much more productive. The mental capacity they have is much broader,” says Oxford University biologist Katharina Wulf. On the other hand, she says, pushing people too far out of their natural preference can be harmful. When they wake early, for example, night owls are still producing melatonin (褪黑激素). “Then, you disrupt it and push the body to be in the daytime mode. That can have lots of negative, physiological consequences,” Wulf says, “like a different sensitivity to insulin and glucose (葡萄糖) which can cause weight gain.”

31. What can we know from the 4th and 5th paragraphs?

- A. Neither night owls nor morning persons perform better than the middle ones.
- B. To beat night-time people, ask them to do maths calculation in the morning.

- C. Night owls tend to sacrifice their health for their wealth.
D. Morning types are more conservative but more optimistic.
32. Which of the following does Katharina Wulff support?
A. Don't fall asleep in front of the TV.
B. Better not overhaul your sleep times.
C. Stop sting your alarm for 5 am.
D. Avoid being-regularly late for work.
33. What does the author do in the first three paragraphs?
A. raising the problem→analysing the problem→solving the problem.
B. presenting author's viewpoint → providing supporting proofs→making a conclusion.
C. leading in the topic→challenging a viewpoint → discussing about the topic.
D. introducing a viewpoint -raising the question→presenting author's viewpoint.
34. Why does the author write this article?
A. To argue against the view that the early bird catches the worm.
B. To compare the differences between early risers and night owls.
C. To advise people to get up neither too early nor too late.
D. To explain why some people are more successful.

第二节(共5小题;每小题2分,共10分)

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

As the weather is colder and daytime shorter, many of us may experience changes to our energy, mood and overall well-being. 35

Spend time in nature each day

36 During the winter months when our daylight hours are shorter, it is even more beneficial to get outside and breathe fresh air daily. Although many of our climates do not provide a lot of vitamin D in the winter months, every little bit counts.

Drink plenty of water

When it's cold outside, we often reach for a warm cup of coffee or tea. Both drinks have antioxidant properties, but it is important to consume adequate water to stay hydrated. Purchase a large water bottle of 32 ounces or more, so that a few fill-ups get you enough. 37 So when you are thirsty, the first thing you reach for is water.

Feel connected to others

Rain, snow and freezing temperatures make it more frightening to leave the house

高三英语第8页(共10页)

and brace the elements to connect with people. During winter, it is normal to feel more lonely after spending more time at home, especially if you also study or work from home.

38 _____ Plan to meet at least once a month at a favorite spot. Invite a friend or family member for a walk. Select a favorite park to meet at and get some steps and time in nature!

39

Spring and summer are energetically very busy, fruitful times when we naturally feel more active and enjoy packing our days with lots of activity. The fall and winter are a time to slow down and go inward, letting go of what no longer serves us and building up our reserves.

- A. Prepare warm, nourishing dishes.
- B. Accept the change by slowing down.
- C. Keep your water bottle on your desk or workspace.
- D. Schedule a standing coffee or lunch date with a friend.
- E. If you follow the rules above, you will surely feel much better.
- F. Here are some ideas to help you feel best during the winter months.
- G. Research shows spending time in nature makes for positive mental well-being.

第三部分：书面表达(共两节，32分)

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

Habit formation is the process by which behaviours become automatic. People develop countless habits as they explore the world, whether they are aware of them or not. Understanding how habits take shape may be helpful in changing bad habits.

Habits are built through learning and repetition. A person is thought to develop a habit in the course of pursuing goals by beginning to associate certain cues(刺激) with behavioural responses that help meet the goal. Over time, thoughts of the behaviour and ultimately the behaviour itself are likely to be triggered(触发) by these cues.

A “habit loop(环)” is a way of describing several related elements that produce habits. These elements are called the cue, the routine, and the reward. For example, stress could serve as a cue that one responds to by eating, which produces the reward - the reduction of stress. While a routine involves repeated behaviour, it's not necessarily performed in response to a deep - rooted urge, as a habit is.

Old habits can be difficult to shake, and healthy habits are often harder to develop. But through repetition, it's possible to form new habits. The amount of time needed to build a habit will depend on multiple factors, including the individual and the intended

高三英语第9页 (共10页)

behaviour. While you are able to pick up a new habit in a few weeks, it takes many months to build a healthy habit. Take some time to think about what leads to bad habits and re - evaluate what you get out of them (or don't). Consider and keep in mind why you want to make a change, including how the change reflects your values.

40. How are habits built?

41. In what way is a routine different from a habit?

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

Picking up a new habit takes a few week, while building a healthy habit takes a shorter time.

43. What benefit(s) have you got from one of your good habits? (In about 40 words)

第二节(20分)

44. 假定你是李华，计划邀请你的英国朋友 David 春节期间来你家做客，请你用英文给他写一封信，内容包括：

1. 一道包饺子，跟你的家人共进晚餐；
2. 询问合适时间等。

注意：1.词数 100 左右；2.可以适当增加细节，以使行文连贯。

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