

A. important B. more important C. most important D. the most important

7. -Nick, take out the trash, please.

-Wait a minute, Mom. I _____ an e-mail to Mr. Smith now.

A. write B. am writing C. wrote D. will write

8. The supermarket _____ at 8:30 a.m. and closes at 8:30 p.m. every day.

A. is opening B. opened C. opens D. will open

9. All of us _____ great progress since we started junior high school.

A. make B. made C. have made D. will make

10. The kids _____ an online lesson when their parents arrived home yesterday.

A. took B. take C. are taking D. were taking

11. A new hospital _____ in the village by the government last year.

A. builds B. built C. is built D. was built

12. -Tom, do you know _____?

-Next Friday.

A. when will we hold the sports meeting

B. when we will hold the sports meeting

C. when did we hold the sports meeting

D. when we held the sports meeting

二、完形填空 (每题 1 分, 共 8 分)

阅读下面的短文, 掌握其大意, 然后从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

It was January 2021. My second term in high school had just ended. Two weeks earlier, my parents checked my grades and 13 more than 20 missing tasks.

Bright and able as I was, I had often struggled (挣扎) with 14 and procrastination (拖延), especially with writing tasks. But this time was different, and the pandemic (疫情) was to blame. I was doing my first year partly from home—where I did my schoolwork on my own time, and, for the most part, without teacher guidance.

The 15 was too much. I could do a million other things rather than my homework. I told my mom what I was missing from my teachers and classmates, "When a teacher walks around the classroom, you want to be on task, and you don't want to fall behind the other students."

My parents tried to help, but their 16 fell far short of their expectations. Tired from working long days, they criticized rather than advised. Late-night learning hours ended in 17 matches. All three of us were upset and stressed out.

We knew we couldn't solve this alone. So when my mom heard that Steve Merrill, an experienced teacher, could help, she 18 out.

Mr. Merrill told me that his students also had problems in the same areas: task organization and time management. He taught me to break down big tasks into small ones. We met twice a week, over video, where we could look over my tasks and put the skill into practice. After a few months, I started to see positive results. My grades were improving. My work habits were becoming more regular. There were 19 late-night learning hours and fights.

The other evening I came downstairs to ask my parents for help with a writing task. There was something different. I had 20 most of it two days before the deadline! While I don't expect this school year to be easy, I now have some of the tools I need to help me through it.

- | | | | |
|-------------------|---------------|----------------|-----------------|
| 13. A. counted | B. finished | C. changed | D. gave |
| 14. A. discussion | B. expression | C. competition | D. organization |
| 15. A. knowledge | B. stress | C. freedom | D. advice |
| 16. A. rules | B. efforts | C. habits | D. experiences |
| 17. A. searching | B. reading | C. joking | D. shouting |
| 18. A. reached | B. helped | C. worked | D. dropped |
| 19. A. better | B. fewer | C. stronger | D. busier |
| 20. A. shared | B. forgotten | C. completed | D. mistaken |

三、阅读理解 (每题 2 分, 共 26 分)

阅读下列短文, 根据短文内容, 从短文后各题所给的 A、B、C、D 四个选项中, 选择最佳选项。

A

You change into your pajamas, turn off the lights, and get yourself ready to sleep. How do you prefer to sleep, on the back or on your side? Here are some interesting sleeping positions.

A. social

B. quiet

C. honest

D. careful

B

Jeremiah's Mistake

Jeremiah's Mistake Jeremiah hurried into the kitchen and washed his hands. He had exactly one hour until his father got home. He wasn't used to starting dinner this early. On his nights to cook, Jeremiah generally got dinner ready in fifteen minutes. But Dad always praised Jeremiah's meals, no matter how simple they were. "Delicious!" he would say. But Jeremiah knew Dad liked more complicated (复杂的) dishes, because on Dad's nights to cook, he used a ton of ingredients. Dad was a natural cook. Not Jeremiah-at least, not until tonight.



garlic

It was Dad's birthday, and for once in his life, Jeremiah was cooking something complicated: spaghetti with homemade sauce (酱). He'd eaten it a million times, so he knew most of the ingredients. "Tomatoes, onions, garlic, beef," he thought, looking through the fridge. They had everything except the beef. No problem - they'd go vegetarian tonight.

Jeremiah cut up the vegetables with Dad's special knife and put them into the pot. Then he turned to Dad's spice (香料) collection. He picked a few familiar ones and put them in. The pleasing smell of fresh tomatoes amazed him. He tasted it just as Dad usually did. It was terrible! Way too spicy. Aha! A lime would cool things down. He added in as much lime juice as he could. One more taste. Ugh. It was awful! Now the sauce was sour and spicy.



lime

He left the kitchen and went into his room. He could at least order pizza, so Dad wouldn't have to stay hungry on his own birthday. As he counted his money, he heard the front door open.

"Hi, Jer!" Dad called.

"Coming. "

Jeremiah returned to the kitchen, where he found Dad digging through the food cupboard. "I'm buying pizza," Jeremiah said. "It's not much of a birthday dinner. . . ."

Dad turned, holding a bag of chips and a bowl of Jeremiah's spaghetti sauce. "We don't need pizza!" Dad smiled. "This delicious salsa (萨尔萨辣酱) is a meal in itself! "

24. Why did Jeremiah decide to cook something complicated?

example, one of the most famous biathletes in history, Martin Fourcade, said it was very emotional for him to compete in his home country and also much harder than competing abroad because of greater expectations.

We tested this home disadvantage by using data from biathlon (冬季两项) competitions over 17 years. We have found the most titled athletes miss a lot more shots when competing in their home country compared to when they compete abroad. The most reasonable explanation likely relates to the level of expectations from the homeland.

How to Deal with It?

There are several ways to reduce stress, such as a countdown or taking a deep breath before the task. But the base for any solution is to realize that stress affects performance. Choking under pressure can happen to the best athletes and it's not a shame to admit it. The more athletes know about the effect pressure can have on them, the more likely they are to succeed at the highest level.

27. What can we learn from "choking under pressure"?

- A. The higher the reward, the better the expected performance.
- B. Better achievement in games results from a drop in pressure.
- C. Arousal beyond a certain level harms an athlete's performance.
- D. Athletes' performance in games has something to do with their training.

28. Which of the following would be the best heading for Paragraph 4 and 5?

- A. Pressure as a Key to Improving Performance
- B. Pressure as a Push for Becoming Top-level Athletes
- C. High Expectations as a Cause of Choking Under Pressure
- D. High Expectations as an Incentive to Compete in the Home Country

29. To deal with pressure, the athletes should first_____.

- A. avoid the possible feelings of pressure
- B. share their worries with friends and coaches
- C. try their best to succeed at the highest level
- D. recognize the effect of stress on performance

D

Nowadays, the online world is nearly as important as the real one. It is not uncommon to see the whole Internet bands together to "cancel" someone after they make a mistake, which is called Cancel Culture. It can result in a person, if famous, losing fans and having to face attacks online. Even a normal person faces risks of losing their jobs or personal relationships. While stepping foot on any social media platform, everyone including young children can fall victim to it.

Cancel Culture is a lose-lose situation. The person being canceled has to stand the negative effects of the Internet, and the people doing the canceling are contributing to (促成) the mindset that it's okay to do this to people they don't know. Young kids may not understand or contribute completely to Cancel Culture, but by simply being on the Internet, they can see it firsthand, affecting their real lives. A New York Metro Parents article describes one girl who was canceled in school the same way people are canceled on the Internet, and her friends wouldn't even talk to or look at her.

Dr. Pam Rultledge, a media psychologist, explains in her blog post that Cancel Culture discourages kids from expressing their opinions and standing up for others. It's always an "us against them" mindset; anyone agreeing with the person being canceled is at risk of being left out online too.

So again I ask, what is this teaching our kids? That they aren't allowed to make mistakes? That they have to be perfect? This may be the current narrative, but it shouldn't be. Everyone messes up at some point, especially young children. They shouldn't be publicly punished for it and not given the chance to change people's minds. Forgiveness is an important skill kids need to learn, and Cancel Culture is encouraging the opposite.

One small mistake doesn't make someone a bad person, but Cancel Culture makes them feel as if they are. Cancel Culture doesn't have to exist. We make it exist. And just as easily, we can make it disappear by contributing to an online world full of praise and love.

30. The underlined words "fall victim to" in Paragraph 1 probably mean "_____".

A. be attracted to B. get used to C. be shocked by D. get hurt by

31. Why does the writer mention the New York Metro Parents article in Paragraph 2?

A. To explain why Cancel Culture does harm to children's friendships.
B. To stress the importance of close relationships with friends for students.

- C. To show how Cancel Culture has exercised influence on kids' real lives .
D. To suggest possible ways of changing the habit of overusing the Internet .

32 In Cancel Culture, a person who makes mistakes will be _____.

- A. comforted with great patience
B. left out and publicly punished
C. taught how to correct the mistakes
D. blocked from using the Internet again

33. By saying "This may be the current narrative, but it shouldn't be" in Paragraph 4, the writer wants to express that Cancel Culture _____.

- A. is easy to change
B. has a two-sided nature
C. is supposed to be canceled
D. stops mistakes from being repeated

第二部分

本部分共 6 题，共 20 分。根据题目要求，完成相应任务。

四、阅读表达 (每题 2 分，共 10 分)

阅读短文，根据短文内容回答问题。

Eradajere Oleita has a tradition on her birthday of finding some way to give back. So as her 25th birthday was around the corner in 2020, she started looking for her next project. She found it when she came across a video on the Internet about how to iron foil-lined (铝箔内衬的) chip bags into sleeping bags. Oleita said the video gave her the idea of the Chip Bag Project.



"This is a project that allows me to really bring two of my passions together, people and the environment," Oleita said. "We throw so much stuff away and never really think about where that's ending".

"It takes about four hours to sew (缝) a sleeping bag. Each takes around 150 to 300 chip bags, depending on whether they're single-serve or family size," Oleita told The Detroit News. "Our sleeping bags are better than the cotton ones. They are waterproof, lightweight, and easy to carry around."

Once each sleeping bag is complete, it's packed with other donated winter necessities such as socks, gloves and hats to be given away to homeless people.

Since its start in 2020, the Chip Bag Project has collected over 800, 000 chip bags and, as of last December, created 110 sleeping bags.

"Every time we get a chip bag we're taking something-something that's not going into our water," Oleita said. "And when we give somebody a bag, we're giving warmth, and we're helping a human life."

The Chip Bag Project is just the latest environmental project for Oleita. She has also worked with the Youth Energy Squad, a program that teaches students about environmental sustainability (可持续性). One of her first large projects was creating a 6-foot-tall Minion character out of recycled plastic bottles.

"Before, I felt like environmental things were not topics for people like me," Oleita said. "But now I believe that each of us can contribute to the future of the world by training people not to be careless with their things, and meanwhile, helping people in need."

34. What gave Oleita the idea of the Chip Bag Project?
35. How long does it take to make a sleeping bag out of chip bags?
36. Why are the sleeping bags better than the cotton ones according to Oleita?
37. What is the Minion character created by Oleita made of?
38. Why is Oleita's Chip Bag Project meaningful?

五、文段表达 (10分)

39. 从下面两个题目中任选一题, 根据中文和英文提示, 完成一篇不少于 50 词的文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出你的校名和姓名。

题目①

假如你是李华, 你们学校英语角留言板本月的主题为“致我最想感谢的人”, 请你用英语写一则留言, 谈谈你最想感谢谁, 以及你感谢他/她的理由。

提示词语: support, encourage, advice, helpful, patience

提示问题: Who do you want to thank?

Why do you want to thank him/her?

This is a thank-you note to _____

题目②

“凡事预则立, 不预则废。”

某英文网站正在开展主题为“做一个有准备的人”的征文活动。假如你是李华，请用英语写一篇短文投稿，谈谈是什么经历让你意识到准备的重要性，以及你从中获得的益处。

提示词语：competition, worried, improve, confidence, proud

提示问题：What experience taught you the importance of preparation?

Please describe it.

What benefits have you got from the experience?

Being prepared is important.

Being prepared is important.

参考答案

第一部分

一、单项填空（每题 0.5 分，共 6 分）

- | | | | | |
|-------|-------|------|------|-------|
| 1. A | 2. D | 3. A | 4. C | 5. A |
| 6. B | 7. B | 8. C | 9. C | 10. D |
| 11. D | 12. B | | | |

二、完形填空（每题 1 分，共 8 分）

- | | | | |
|-------|-------|-------|-------|
| 13. A | 14. D | 15. C | 16. B |
| 17. D | 18. A | 19. B | 20. C |

三、阅读理解（每题 2 分，共 26 分）

- | | | | | |
|-------|-------|-------|-------|-------|
| 21. A | 22. B | 23. A | 24. A | 25. B |
| 26. D | 27. C | 28. C | 29. D | 30. D |
| 31. C | 32. B | 33. C | | |

1. 【答案】A

【解析】考查：人称代词。由 his brother 可知用人称代词 he。

2. 【答案】D

【解析】考查：介词。固定搭配 at the age of...在几岁时。

3. 【答案】A

【解析】考查：特殊疑问词组。由 twice a week 可知，提问频率，故用 how often。

4. 【答案】C

【解析】考查：连词。父母帮助和支持我们很多，所以我们应该对他们心存感激。由句意可知，两个句子为因果关系，故用连词 so。

5. 【答案】A

【解析】考查：情态动词。由答语可知，表示请求，故用 Could you...?

6. 【答案】B

【解析】考查：形容词比较级。我们应该铭记在心，没有什么事比安全更重要。且由 than 可知，用形容词比较级。

7. 【答案】B

【解析】考查：现在进行时。由 now 可知，句子说明此时此刻正在发生的事情，故用 am writing。

8. 【答案】C

【高思独家解析】考查：一般现在时。由 every day 可知，句子说明经常性动作，且主语为第三人称单数，故用 opens。

9. 【答案】C

【高思独家解析】考查：现在完成时。由 since 时间状语可知，句子用现在完成时，故用 have made。

10. 【答案】D

【解析】考查：过去进行时。由 when their parents arrived home yesterday 可知，句子强调过去某个时刻点正在发生的动作，故用 were taking。

11. 【答案】D

【解析】考查：被动语态。Hospital 与 build 之间为被动关系，且由 last year 可知，用一般过去时态，故用 was built。

12. 【答案】B

【解析】考查：宾语从句。宾语从句使用陈述语序，且由 next Friday 可知，使用一般将来时，故选 B。

二、完形填空

13. 【答案】A

【解析】考查：动词辨析。count v. 计数。

句意：两周前，我的父母查看我的分数，并且数出超过 20 个失分的项目。

14. 【答案】D

【解析】考查：名词辨析。organization v. 组织，规划。

句意：虽然我很聪明，有能力，但我经常挣扎与任务规划和拖延。且此题考查原词复现，由第 6 段中 task organization and time management 可知，用 organization。

15. 【答案】C

【解析】考查：名词辨析。freedom n. 自由。

句意：（没有老师的管束）太自由了。由后一句，我可以做很多其他的事情但不学习，可以作者有些放飞自我。

16. 【答案】B

【解析】考查：名词辨析。efforts n.努力。

句意：我父母努力帮助，但是他们的努力远没有达到期待。fall short of...没达到……。17. 【答案】D

【解析】考查：动词辨析。shout v.叫喊，争吵。

句意：父母疲于长时间工作，他们批评我而不是引导。深夜的学习也总是以争吵而结束。由第6段中 fights 也可知为争吵。

18. 【答案】A

【解析】考查：动词辨析。reach out for sb. 联系某人求助。

句意：当妈妈听说了有经验的 Steve Merrill 可以帮助我时，她联系到这位老师。

19. 【答案】B

【解析】考查：形容词辨析。few adj.几乎没有的。

句意：我的学习习惯变得更加规律了。也没有深夜的加班熬点和争吵了。

20. 【答案】C

【解析】考查：动词辨析。complete v.完成。

句意：我竟然在截止日期两天前已经完成大部分了。此题强调作者的改变，现在学会做规划和时间管理了。

三、阅读理解

A

21. 【答案】A

【解析】细节理解题。由问题中“lower back pain”可以定位至第一个方框中第三行“It often causes lower back pain”可知 A 选项正确。

22. 【答案】B

【解析】细节理解题。由问题中“soldier position”可以定位至第二个方框中的最后一句“it helps keep your spine in a straight line”可知 B 项正确。

23. 【答案】A

【解析】细节理解题。由题目中的“freefall position”可以定位至第四个方框中的最后一句话“Some studies suggest that generally you are a social person if you like to sleep in this position.”可知 A 项正确。

B

24. 【答案】A

【解析】细节理解题。根据题干定位到文章第二段第一句“*It was Dad’s birthday, and for once in his life, Jeremiah was cooking something complicated.*”可知答案选 A。

25. 【答案】B

【解析】细节理解题。根据题干定位到文章第三段“*He tasted it just as Dad usually did...Way too spicy...Now the sauce was sour and spicy*”可知答案选 B。

26. 【答案】D

【解析】推理判断题。通过第一段“*Dad always praised Jeremiah’s meals, no matter how simple they were*”和最后一段，可见爸爸很会鼓励 Jeremiah，用爱心化解了 Jeremiah 的失落。可知答案选 D。

C

26. 【答案】C

【解析】细节理解题。根据题干定位到文章第二段第二句：“*Research has shown that increased motivation beyond a certain level harms an athlete’s performance.*”可知“研究表明，超过一定水平的动机增加会对运动员的表现产生不好的影响。”可知答案选 C。

27. 【答案】C

【解析】主旨大意题。根据 4、5 段所阐述的主要是运动员们在高预期的情况下在比赛中发挥失误的例子。其实就是在告诉我们高预期是造成运动员很大压力，发挥失常的主要原因。故答案选 C。

28. 【答案】D

【解析】细节理解题。根据题干定位文章最后一段的第二句：“*But the base for any solution is to realize that stress affects performance.*”解决问题的关键还是需要意识到压力会影响比赛的发挥。可知答案选 D。

D

30. 【答案】D

【解析】词义推测题。根据题干给出的生词定位到文章第一段的第三句和第四句

“*It can result in a person, if famous, losing fans and having to face attacks online. Even a normal person faces risks of losing their jobs or personal relationships*”，可知这里的含义是受到伤害，故答案选 D。

31. 【答案】C

【解析】细节归纳题。根据题干定位到第二段倒数第二句“*Young kids may not understand or contribute completely to Cancel Culture, but by simply being on the Internet, they*

can see it firsthand, affecting their lives”可知作者提及“New York Metro Parents”是为了说明 Cancel Culture 对孩子们实际生活中的影响，故答案选 C。

32. 【答案】B

【解析】细节归纳题。根据题干定位到第四段第六句“**They shouldn't be publicly punished for it and not given the chance to change people's minds**”可知一个犯了错的人将会被 left out 以及 publicly punished.

33. 【答案】C

【解析】细节归纳题。结合上下文并根据最后一段第二句“**Cancel Culture doesn't have to exist**”，可知作者认为 Cancel Culture 不应该存在，应该被取消，故选 C。

四、阅读表达

34. 【答案】A video gave her this idea.

【解析】细节理解题。根据文章第二段第 3,4 句可知。

35. 【答案】About four hours.

【解析】细节理解题。根据文章第三段第 1 句可知。

36. 【答案】Because the sleeping bags are waterproof, lightweight, and easy to carry around.

【解析】细节理解题。根据文章第三段最后一句可知。

37. 【答案】It is made of recycled plastic bottles.

【解析】细节理解题。根据文章第七段最后一句可知。

38. 【答案】Because it can contribute to the environment and help people in need at the same time.

【解析】主旨大意题。根据文章第 7,8 段内容大意可知。

五、文段表达。评分标准：

第一档：10~9 分

完全符合题目要求，要点齐全，行文连贯。句式多样，词汇丰富。语言准确，语意连贯，表达清楚，具有逻辑性。

第二档：8~6 分

基本符合题目要求，包含大部分要点，行文基本连贯。语法结构和词汇基本满足文章需要。语言基本通顺，语意基本连贯，表达基本清楚。虽然有少量语言错误，但不影响整体理解。第三档：5~3 分

部分内容符合题目要求，要点不齐全。语法结构和词汇错误较多，语言不通顺，表达不够清楚，影响整体理解。

第四档：2~0分

与题目有关内容不多，只是简单拼凑提示词语，所写内容难以理解，或内容无法辨认。

39. 参考范文

题目①

This is a thank-you note to Amy, my best friend in junior high school. I really want to thank her for her support and warm-heartedness.

At the beginning of junior high, I was shy and hardly made new friends. Amy was the first one to talk to me and our friendship started from there. She has been a helpful friend all the way through. She listens to me patiently whenever I have problems. She encourages me to be brave and speak out my thoughts. She gives me advice on my study and helps me make progress.

It is Amy that has made me a better person. I want to take this chance to thank her and wish this warm-hearted girl a bright future. Thank you again, Amy!

Li Hua

题目②

Being prepared is important. I've learned it through my experience in the spelling competition last year. Never a straight A student, I was worried that I couldn't bear the hard work needed in the first place. However, I devoted myself to the preparation, working on the difficult words. My vocabulary improved day by day. When the competition began, I was calm and confident. Words flowed naturally out of my lips. I won the competition, which was something I could never even dreamed of before.

The benefits of the experience are not only about honor and pride. More importantly, I've learned to break free from the negative thoughts and self-doubt deep inside. I've also realized that being prepared works miracles. All we have to do is to get fully prepared for whatever challenges that come along.

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