

2023 北京丰台高一（上）期中

英 语（B 卷）

考试时间：90 分钟

笔试（共三部分 100 分）

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。

I was lucky enough to test into the best high school in the city. But then came my 1: Am I good enough? It was a question that 2 me through my first month, even as I began to settle in, even as I got used to the early morning wake-ups and moving between buildings for class.

I knew I had to work to ground myself. My earliest strategy involved keeping quiet and trying to 3 my new classmates. Who were these kids anyway? How did they learn in school? All I knew was that they were the smartest kids in the city, obviously. 4 wasn't I as well? Hadn't I landed here because I was smart like them? The truth is that I didn't know. This 5 was like a deadly cell(细胞) that threatened to divide and divide again, unless I could find some way to stop it.

Fortunately, my first round of grades turned out to be 6, and so did my second. Over the course of my first two years, I began to build the same kind of 7 I'd had at my previous school. With each little achievement, my doubt 8 took leave.

I loved any subject that involved writing and labored through math. I had classmates who were always a step or two ahead of me, whose achievements seemed effortless, but I tried not to let that get to me. I was beginning to understand that if I put in extra hours of studying, I could often 9 the gap. I wasn't a straight-A student, but I was always 10 and I made progress.

1. A. excitement B. satisfaction C. anger D. worry
2. A. freed B. dogged C. warmed D. guided
3. A. observe B. admire C. support D. calm
4. A. Or B. So C. But D. For
5. A. guess B. doubt C. interest D. risk
6. A. excellent B. average C. different D. typical
7. A. responsibility B. friendship C. confidence D. teamwork
8. A. suddenly B. frequently C. accidentally D. slowly

9. A. close B. notice C. control D. create
10. A. expecting B. trying C. wondering D. suffering

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 the first day of my first grade, I 11 (stand) by the door with butterflies in my stomach. I voiced my biggest concern to my mother, "How will I make friends?" She 12 (hand) me advice, "Be yourself." For the past 20 years, I 13 (live) by these words. Soon I will graduate and become part of the real world. Nervously facing 14 (challenge), I know I will whisper to myself the two simple words "Be yourself."

B

Saving nature is at the very heart of what we do as World Wildlife Fund (WWF). We protect wildlife for many reasons. It is a source of inspiration. It boosts a sense of wonder. It is fundamental(重要的) to the balance of nature. In our work, WWF 15 (focus) on saving populations of the most important species in the wild. 16 (final), by protecting species, we save this beautiful and irreplaceable planet 17 is called home.

C

After college I wanted to make a difference in the world, so I joined the Peace Corps and 18 (become) a volunteer teacher in Namibia. This was my first time going abroad and living 19 local people. Simply getting used to the living conditions was a big challenge. Honestly, my first choice wasn't Africa, but I am thankful that I 20 (send) there. Before Namibia, I never thought I would adapt to such a situation. Step outside of your comfort zone and face the challenge. You won't regret it.

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

EcoCentral

This website is all about looking after the earth. There are facts about different animals, as well as information about forests, deserts and oceans. You can upload your own videos onto the site for everyone to see.

TeenPress

This is one of the best sites on the web for teenagers who love writing. You can share your work

with others, and there are message boards where you can chat about things that are important to you.

ChannelTwenty

On this site you can watch a daily news program and search for information about big news stories. There are also videos on different subjects, articles about famous bands, games and competitions.

Inside-the-cover

Finding out about your favorite writers is easy on this site. There are lots of interesting articles and information about the latest books. You can read blogs by well-known writers and post questions to them. And you are likely to get replies from them.

Tune-in

There are millions of songs on this website for you to download or listen to online. You can save your favorite songs in your own list. If you're in a band, you can record your music and upload it. The website is large, but the menus are easy to use.

ScienceZone

There's lots of information on this site about maths, chemistry and biology. You can visit some of the world's most famous museums, or watch wildlife via webcams. There are also some very cool games, such as *Save the Planet*.

21. *TeenPress* is a website for teenagers who _____.

- A. are interested in music B. enjoy writing
C. like watching the news D. care about the earth

22. On *Inside-the-cover*, you can _____.

- A. share your articles B. take writing classes
C. learn about the latest books D. answer the writers' questions

23. If you like visiting online museums, which website is best for you?

- A. *EcoCentral*. B. *Tune-in*.
C. *ChannelTwenty*. D. *ScienceZone*.

24. The author writes the passage to _____.

- A. introduce websites to teenagers
B. teach teenagers to design websites
C. encourage teenagers to create websites
D. compare different websites for teenagers

B

It was a week after my mom had passed away, and I didn't know how to go on with life. So when I received an email from a friend about a race benefiting cancer research, I ignored it. It seemed too close to the heart, as cancer was the disease that had taken my mother away from me.

But something about my friend's words—"I can help organize the whole thing"—stuck with me.

I felt obliged(有义务的) to agree. In the weeks to come, I managed to re-enter the world of the living. I checked our team's website daily, feeling proud each time a donation ticked up our total. I knew my mom would have wanted it that way. She was the type who never got defeated. It was this very spirit that helped me get by.

When the race ended, I noticed the runners all had one thing in common: There were big smiles on their faces. They made it look so rewarding and effortless. I wanted in.

So I enrolled(报名) in another race two months later. Considering I could barely run a mile, it was ambitious. But my friend and I made a training plan so I wouldn't come in last. I followed it religiously and didn't let anything get in my way.

Running up and down the city's hills, I was flooded with memories. I had lived there after college and my mother had visited often. I passed Bloomingdale's, recalling the time she and I had gotten into a screaming argument there.

I was about to beat myself up when I remembered what Mom had said after her diagnosis(诊断) of cancer. "I don't want you to feel guilty about anything." Her paper-thin hands had held me tightly. A weight lifted from my shoulders.

When the race day arrived, I gave it my all for my mom and for all she had taught me and continued to teach me. As I ran, whenever I felt like slowing down, I pictured her cheering me on.

Crossing the finish line, I was filled with her love and a sense of peace.

25. Why did the author ignore the email in the beginning?

- A. She felt it hard to finish the race.
- B. She had no time to join in the event.
- C. She thought the research meaningless.
- D. She was reminded of her mother's death.

26. What mainly helped the author recover from her mom's death?

- A. The company of her friends.
- B. The inspiration from her mom.
- C. The pleasure in going for a run.
- D. The success in organizing an event.

27. Which of the words can best describe the author's mom?

- A. Considerate and polite.
- B. Brave and humorous.
- C. Strong-willed and caring.
- D. Outgoing and patient.

28. What might be the best title for the passage?

- A. How I Got Healed in Running
- B. The Loss of Sweet Memories
- C. What Matters Most in Running

D. The Rewards of Great Friendship

C

We depend on our memory not only for sharing stories with friends or learning from our past experiences, but we also use it for important things like creating a sense of personal identity(身份). Yet evidence shows that our memory isn't as consistent(一致的) as we'd like to believe.

There are countless reasons why small mistakes might happen each time we recall past events, ranging from what we believe is true or wish were true, to what someone else told us about the past event, or what we want that person to think. And whenever these mistakes happen, they can have long-term effects on how we'll recall that memory in the future.

Take storytelling for example. When we describe our memories to other people, we might ask ourselves whether it's vital(重要的) to get the facts straight, or whether we only want to make the listener laugh. And we might change the story's details depending on the listener's attitudes. It isn't only the message that changes, but sometimes it's also the memory itself. This is known as the "audience-tuning effect", showing us how our memories can change automatically over time, as a product of how, when, and why we access them.

In fact, sometimes simply the act of rehearsing(复述) a memory can be exactly what makes it susceptible(易受影响的) to change. This is known as "retrieval-enhanced suggestibility". In a typical study of this effect, participants watched a short film, then took a memory test a few days later. But during the days between watching the film and taking the final test, two other things happened. First, half of the participants took a practice memory test. Second, all of the participants were given a description of the film to read, which contained some false details. Participants who took a practice memory test shortly before reading the false information were more likely to reproduce this false information in the final memory test.

Why might this be? One theory is that rehearsing our memories of past events can temporarily make those memories **malleable**. In other words, retrieving(找回) a memory might be a bit like taking ice-cream out of the freezer and leaving it in direct sunlight for a while. By the time our memory goes back into the freezer, it might have naturally become a little misshapen, especially if someone has influenced it purposely in the meantime.

These findings lead us to wonder how much our most treasured memories have changed since the very first time we remembered them. Remembering is an act of storytelling, after all. And our memories are only ever as reliable as the most recent story we told ourselves.

29. According to the "audience-tuning effect", our memories can _____.

- A. change our personal identity
- B. correct mistakes on their own

- C. determine our attitudes to others
D. be affected by how we deal with them
30. What can we infer from the study of “retrieval-enhanced suggestibility”?
- A. Practice can make imperfect.
B. Storytelling brings back memories.
C. Rehearsing contributes to better memories.
D. Memory abilities differ from person to person.
31. What does the underlined word “malleable” in Paragraph 5 probably mean?
- A. Acceptable. B. Valuable. C. Changeable. D. Controllable.

D

Over millions of years, humans have responded(做出反应) to certain situations without thinking too hard. If our ancestors spotted movement in the nearby forest, they would run first and question later. At the same time, the ability to analyze and to plan is part of what separates us from other animals. The question of when to trust your instinct(直觉) and when to think slow matters in the office as much as in the savannah(草原).

Slow thinking is the feature of a well-managed workplace. Yet instinct also has its place. Some decisions are more connected to emotional responses and less to analysis. In demanding customer-service or public-facing situations, instinct is often a better guide to how to behave.

Instinct can also be improved. Plenty of research has shown that instinct becomes more unerring with experience. In one well-known experiment, volunteers were asked to assess whether a selection of designer handbags were real or not. Some were instructed to operate on instinct and others to deliberate(深思熟虑) over their decision. Instinct worked better for those who owned at least three designer handbags; indeed, it outperformed analysis. The more expert you become, the better your instinct tends to be.

However, the real reason to embrace fast thinking is that it is, well, fast. It is often the only way to get through the day. To take one example, when your inbox floods with new emails at the start of a new day, there is absolutely no way to read them all carefully. Instinct is what helps you decide which ones to answer and which to delete or leave unopened. Fast thinking can also help the entire organization. The value of many managerial decisions lies in the simple fact that they have been made at all. Yet as data explodes(数据爆炸), the temptation(诱惑) to ask for one more bit of analysis has become much harder to resist. Managers often suffer from overthinking, turning a simple problem into a complex one.

When to use instinct in the workplace rests on its own form of pattern recognition. Does the

decision-maker have real expertise in this area? Is this a field in which emotion matters more than reasoning? Above all, is it worth delaying the decision? Slow thinking is needed to get the big calls right. But fast thinking is the way to stop deliberation turning to a waste of time.

32. What does the underlined word “unerring” in Paragraph 3 probably mean?

- A. Exact.
- B. Creative.
- C. Controllable.
- D. Obvious.

33. What can we learn from the passage?

- A. Managers can afford the cost of slow thinking.
- B. Fast thinking can increase work efficiency.
- C. Slow thinking will hold us back in the long run.
- D. Too much data is to blame for wrong decisions.

34. What is the author’s purpose of writing the passage?

- A. To explain how instinct works.
- B. To compare instinct and slow thinking.
- C. To highlight the value of instinct in the workplace.
- D. To show the development of different thinking patterns.

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。

It won’t sound like a big surprise when I tell you that kindness plays an important role in a person’s well-being. It can lead to changes like higher self-esteem(自尊心) and lower blood pressure. Even just witnessing acts of kindness can make us happier.

35 “From giving away a cup of hot chocolate in a park to giving away a gift in the lab, those performing an act of kindness consistently underestimated(低估) how positive their receivers would feel, thinking their act was of less value than receivers thought it to be,” states a study.

36 Yet, why is there this difference between what we think someone will feel from an act of kindness versus what they do feel? Why do we underestimate the influence we have on others?

Many of us don’t have a real sense of our value. It’s been estimated that as many as 85 percent of people struggle with low self-esteem. 37 This “voice” tends to shift our focus inward, assessing(评估) our every move, and having bad effect on our relationships.

Unlike a conscience(良心), this inner critic doesn’t motivate positive behavior. 38 It encourages us to hold back, feeding us thoughts like, “Don’t stick your neck out”; “No one wants to hear from you”; and “You’re going to make a fool of yourself.”

One wonderful way to fight against our critical inner voice is through acts of being kind to others.

39 We must also try to see ourselves through the eyes of the people we affect. The degree to which

we're able to do that will help determine our own happiness along with the happiness we light up in others.

A. However, the work doesn't stop there.

B. People may lower the value of their own kind comments(评价).

C. We all carry around a "critical inner voice" that tends to put us down.

D. Instead of seeing what we have to offer, we may think of ourselves as a burden(负担).

E. This misunderstanding suggests that people devalue their own actions in relation to others.

F. Instead, it turns us against ourselves, making us underestimate our beneficial effect on others.

G. Yet, people may not truly know the influence that even the smallest of kind acts can have on another person.

第三部分 书面表达 (共两节, 32 分)

第一节 (共 12 小题, 共 18 分)

阅读下面文段, 在设空处填入恰当的词汇或短语。请在答题卡指定区域作答。

40. I do a wide range of things online. I shop for various things online, such as books, computer hardware and other necessities. It's so _____ to be able to compare the quality and prices from different online shops before I buy.

41. It usually takes me 20 minutes to get home by bus. I often use the time to review English words. As the popular saying goes, "Every minute _____!"

42. At school, I do my homework when I have spare time. After school, I try to use any possible time to _____ the things I have learnt during the day.

43. Zhang Tian's first year is almost over. It has been a tough year, but he has enjoyed working with the children. The _____ Zhang Tian made to the village was great, so he became very popular among the villagers and they treated him as one of them.

44. He had met wonderful teachers from small villages during his early school years and he was _____ by them to go and teach where he was needed the most.

45. Living in the village was also more _____ than he had thought. The power and water supplies were unstable, so he could only shower every three or four days, and he had to learn how to cook.

46. Paul jumped up and rushed onto the court. And clearly, all the extra hours that he'd spent practicing alone _____. The other team just couldn't keep up with his energy and speed.(此空填短语)

47. Besides, anybody who is feeling down can go for a run to cheer themselves up. Even a thirty-minute run will provide _____ from aches or tension that you may be suffering due to stress.

48. This was not an easy task. The reason why this was difficult was that the team had _____ resources. They did not have enough staff, and the laboratory in which they worked had poor air quality.

49. Tu Youyou bravely _____ to be the first human subject when they were ready to start testing and the rest of her team followed her. The test was a success.
50. Tu Youyou was noted for her bravery in being a scientist during a difficult time for science in China, her ability to use old wisdom and new methods to reach her goals and the fact that her work _____ the Eastern and Western worlds, saving millions of lives.
51. Active learners do not judge people based on first _____ or personal feelings. Instead, they separate the message from the messenger.

第二节 (14分)

假设你是红星中学高一学生李华。你的英国笔友 Jim 在给你的邮件中提到他最近学习压力很大，他为此感到苦恼。请你给他回复邮件，内容包括：

1. 表示理解；
2. 你的建议及理由。

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)

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

第二节 (共 10 小题; 每小题 1.5 分, 共 15 分)

11. stood/was standing 12. handed 13. have lived/have been living
14. challenges 15. focuses 16. Finally 17. that/which
18. became 19. with 20. was sent

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. B 22. C 23. D 24. A 25. D
26. B 27. C 28. A 29. D 30. A
31. C 32. A 33. B 34. C

第二节 (共 5 小题; 每小题 2 分, 共 10 分)

35. G 36. E 37. C 38. F 39. A

第三部分 书面表达 (共两节, 32 分)

第一节 (共 18 分)

40. convenient 41. counts 42. revise/review 43. contribution
44. inspired 45. challenging 46. paid off 47. relief
48. limited 49. volunteered 50. bridged 51. impressions

第二节 (14 分)

略

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