

听第6段材料，回答第7题至第8题。

7. How often does the man play basketball?

- A. Every morning. B. Every two days. C. Every weekend.

8. Why has the woman been putting on weight?

- A. She likes fried food.
B. She eats much sweet food.
C. She seldom does exercise.

听第7段材料，回答第9题至第11题。

9. What are the two speakers going to do on Saturday night?

- A. Play baseball. B. Watch a ball game. C. Have dinner.

10. Where will the man pick up the woman?

- A. At the gym. B. At City Square. C. At the woman's home.

11. When will the speakers meet?

- A. At 6 pm. B. At 7:30 pm. C. At 8 pm.

听第8段材料，回答第12题至第14题。

12. What is the purpose of the man's visit?

- A. To study business. B. To attend a meeting. C. To work in a company.

13. How many days will the man stay in Italy?

- A. Eight days. B. Five days. C. Three days.

14. Who will the man plan to meet in Milan?

- A. His parents. B. New partners. C. Old friends.

听第9段材料，回答第15题至第17题。

15. Where can visitors learn about the history of paper arts?

- A. On the ground floor. B. On the first floor. C. On the second floor.

16. What can a visitor get for free?

- A. A CD. B. An art book. C. A paper cut.

17. What is the speaker doing?

- A. Asking for help. B. Making an invitation. C. Giving an introduction.

听第 10 段材料，回答第 18 题至第 20 题。

18. What job does the woman apply for?

- A. A teacher. B. A reporter. C. A secretary.

19. How long did the woman work in the training centre?

- A. One year. B. Two years. C. Three years.

20. What is the woman's major at college?

- A. History. B. Literature. C. Education.

第二节（共 5 小题；每小题 1 分，共 5 分）

听下面一段对话，根据题目要求在答题卡相应题号后的横线上写下第 21 题至第 25 题的关键信息。此段对话你将听两遍。

Cleaning Proposal Form	
Name:	Tony <u>21</u>
Address:	17 Lakeside Road
Phone No.:	<u>22</u>
Service:	<u>23</u> cleaning, including walls, ceilings (天花板), floors and <u>24</u>
Time:	9 am, <u>25</u>

二、完形填空（共 15 小题；每小题 1 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。

Apollo's restaurant was a popular place for soccer fans to watch games while eating. One weekend, many soccer fans crowded into the restaurant. Every waiter seemed 26.

A young man walked through the doors, eager to have some food. It wasn't long before a 27 took his order. His food was served ten minutes later. The waiter 28 that the man was eating quickly without looking up at the game on TV.

Soon, the man was prepared to 29 for his meal. The total cost of the food was £15. He reached for his credit card and handed it over to the waiter. 30, he was told that he could only pay in cash. Then the waiter went to another table to take orders.

When the waiter 31 to collect the man's cash payment, he was surprised to find the table empty. The man had 32 without paying.

Apollo was slightly 33 when the waiter explained what had happened. He thought of his birth country, Burkina Faso, which translates to "The Land of Honest People".

With each passing day, Apollo's 34 of the man returning to pay for his meal were dying away.

A week later, a waiter gave Apollo a 35. He opened the envelope, and there was some money, £20 in notes.

Apollo knew from the letter that the man was very 36 for leaving the restaurant without paying for his meal. He wrote that after 37 that the restaurant does not accept credit cards, he decided to rush out and find the nearest ATM machine. Spending the next hour 38 for an ATM, he realized the last train back home was about to leave. "So I had to run down to the train station to 39 my train," he wrote.

Apollo has always been proud to be a person born in the "Land of Honest People". But now he has come to hold the 40 that there are honest people everywhere.

- | | | | |
|-----------------|----------------|--------------|--------------|
| 26. A. sleepy | B. busy | C. easy | D. lazy |
| 27. A. cleaner | B. fan | C. waiter | D. cook |
| 28. A. noticed | B. studied | C. heard | D. forgot |
| 29. A. work | B. search | C. wait | D. pay |
| 30. A. However | B. Therefore | C. Otherwise | D. Moreover |
| 31. A. offered | B. called | C. returned | D. refused |
| 32. A. replied | B. left | C. hidden | D. failed |
| 33. A. afraid | B. angry | C. satisfied | D. moved |
| 34. A. reasons | B. suggestions | C. hopes | D. memories |
| 35. A. bill | B. newspaper | C. plate | D. letter |
| 36. A. hungry | B. sorry | C. doubtful | D. thankful |
| 37. A. learning | B. remembering | C. expecting | D. admitting |
| 38. A. trading | B. caring | C. trying | D. looking |
| 39. A. catch | B. check | C. change | D. cancel |
| 40. A. choice | B. decision | C. belief | D. story |

三、阅读理解（共两节，40分）

第一节（共16小题；每小题2分，共32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

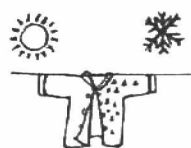
Future Fashion

Attention, please!

The new clothes designs have come out, although it may still take a bit of time for us to put the real clothes on.

◇ All-season Wear

This new wear is coated with carbon and copper (铜). On cold days, turn the copper side out. That takes heat in, so you stay warm. When spring comes, turn the copper side in. Now the copper pulls heat from your body to keep you cool.



◇

To clean this coat, just stay in the sun! UV light from the sun will heat the outer side of the coat and remove dirt for you. You stay cool, but dirty marks become weaker and weaker! Some light ones disappear in minutes—tough ones might take a day or longer.



◇ Self-repairing Jeans

Are you sick of holes in your jeans? The new jeans repair themselves! If there is a hole, just rub the area rapidly. Heat from the rubbing will make the fibers (纤维) connect up again, fixing the hole. Hole? No! New jeans again!



◇ Power-up Party Dress

Power-up Party Dress is made from ordinary cloth with metal lines inside. The metal lines can help change light energy into electricity. The lines send the electricity to power LED lights for a truly beautiful party look!



◇ New Airbag Suit

The outer side of the suit could sense the dangers or risks, such as a fall. Then the whole suit could fill itself up with air like a balloon. This airbag suit can keep adventurers or athletes alive from dangerous situations.



41. When wearing All-season Wear in winter, you need to _____.

A. turn the copper side out

B. warm yourself up first

C. connect fibers up rapidly

D. charge the coat daily

45. What made Patagonia a famous place?

- A. The finds. B. The history. C. The climate. D. The forests.

46. What was Patagonia like 90 million years ago?

- A. It seldom rained there. B. It was very cold there.
C. Few animals lived there. D. Tall trees grew there.

47. What is the coolest discovery in Patagonia?

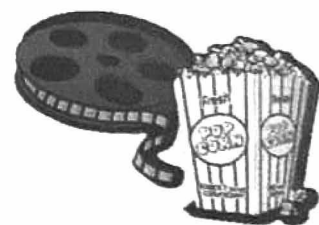
- A. Dinosaur babies. B. The hatching ground.
C. Dinosaur skeletons. D. The deadly meat eaters.

48. What could be the best title for the passage?

- A. Where Dinosaurs Laid Eggs B. How Dinosaurs Were Found
C. Where Dinosaurs Once Lived D. How Dinosaurs Disappeared

C

If you've ever seen a movie at a theatre, you will see advertisements everywhere for one snack. It's popcorn! But why do we always eat popcorn at the movies?



Before the big screen was invented, popcorn was a popular snack sold at carnivals (狂欢节). By the late 1800s, the popcorn making machine came out and it was easier to make popcorn. As a result, this delicious salty snack became super popular. But it wasn't fancy.

So when the first movie theatres opened around 1900, they wanted nothing to do with the cheap popcorn. At that moment, theatres were fancy places designed for the well-educated. This was especially true in the age of silent films. No movie theatre would allow such a loud and messy food into its performances.

But all that changed in 1927 when films with sound were invented and movies became cheap and easy pastimes for people rich and poor. From then on, popcorn became the perfect inexpensive food to go with the film.

Although accepted by most movie theatres, popcorn was not sold in them, but on the streets. Seeing the popcorn sellers made a good profit from people standing in line for movie tickets, the theatre owners realized they could cut out the middle man and sell popcorn themselves. This happened in the 1930s, and the move made big profits for the movie theatres.

Soon the Great Depression hit. People had no money to spend on movies, which almost led to the extinction of movie theatres. Only the ones that sold popcorn survived. Thus, popcorn is a big reason why movie theatres are still around today.

The relationship between popcorn and the movies was really set in stone during World War II. It was hard to get snacks in movie theatres except popcorn. So popcorn turned out to be a must-have of the movie theatre experience.

Since then, the price of popcorn has been rising continuously so that movie theatres could stay alive without raising ticket prices. It might be overpriced, but today's popcorn continues its long and storied history in movie theatres. In fact, it may very well be one of the most influential snacks in pop culture.

49. In the late 1800s, popcorn became popular because of _____.
- A. the advertisements B. its sales at carnivals
C. popcorn machines D. the movie theatres
50. What probably stopped the first movie theatres accepting popcorn?
- A. The smell. B. The price.
C. The taste. D. The noise.
51. How did the movie theatres survive the Great Depression according to the passage?
- A. By raising ticket prices. B. By selling popcorn.
C. By serving other snacks. D. By working with street sellers.
52. What is the passage mainly about?
- A. A popular snack at movies. B. A story of movie theatres.
C. An invention of theatre owners. D. A good profit from films.

D

Whether you're new to working out, or you've been hitting the gym for years, you've probably heard people talking about DOMS in relation to post-workout muscle (肌肉) pain. DOMS stands for Delayed Onset Muscle Soreness, which is a term used to describe the muscular aches, stiffness or soreness experienced between 24 and 72 hours after some particularly tough exercise or a new type of exercise that the body is not used to.

While DOMS may feel like an injury, it's actually a normal response to a tough workout. Some experts explain that DOMS is a sign that muscle fibers have been overloaded to the extent that tiny tears in these fibers have occurred and the surrounding tissues will feel sore, tight, possibly slightly inflamed (发炎的) and you may not be able to go through your full range of movement in a muscle joint. In fact, it means that your muscles are physically changing, rebuilding, and becoming stronger.

DOMS can feel slightly different for different people and can present in different areas of the body. There isn't actually a proven way to cure DOMS. However, there are various methods you can use to reduce the pain.

Some studies suggest that drinking water to stay hydrated can help to ease the pain and bring oxygen to the torn muscles to speed up the repair process. A 2005 study in the Journal of Athletic Training showed that becoming dehydrated during a workout could worsen DOMS.



座位号



考场号

Heat treatment can also help with your DOMS. A 2017 study in the Clinical Journal of Sports Medicine found that applying “low temperature heat wraps” to the worked muscles immediately after a workout was an effective way to prevent DOMS and that it increased flexibility of tissue and tissue blood flow. The study also found that applying heat 24 hours after the workout was less effective.

Massaging (按摩) the sore area can also be very effective. In fact, a 2018 study in the journal Frontiers in Physiology found that it helped relax the sore muscles and reduce DOMS.

A tough workout comes with some results. If you find yourself feeling stiff and sore in the days after your workout, you probably have a case of DOMS. And remember, the more you work out, the less you'll experience DOMS.

53. What is DOMS?

- A. A physical pain.
- B. A tough exercise.
- C. An unhealthy sign.
- D. A stressful lifestyle.

54. When experiencing DOMS, people may _____.

- A. become sleepless
- B. move slowly
- C. feel breathless
- D. lose hearing

55. What does the underlined word “dehydrated” in Paragraph 4 probably mean?

- A. Tired.
- B. Flexible.
- C. Thirsty.
- D. Relaxed.

56. What is mainly discussed in Paragraphs 4-6?

- A. The signs of DOMS.
- B. The reasons behind DOMS.
- C. The examples of DOMS.
- D. The ways to reduce DOMS.

第二节 (共4小题; 每小题2分, 共8分)

阅读下面短文和问题, 根据短文内容和每小题后的具体要求, 在答题卡相应题号后的横线上写下相关信息, 完成对该问题的回答。答语要意思清楚, 结构正确, 书写工整。

Wearing masks is widely believed to be a simple but useful method to protect oneself from a variety of harmful things. In fact, masks have been helping mankind for centuries.

In the first century, many people in Roman Empire worked underground in mines. But most of them suffered from and even eventually died of breathing illnesses. To work out this problem, Pliny the Elder, a Roman philosopher (哲学家) and naturalist, recommended the use of animal bladder (膀胱) skins to stop dust from being breathed in. Thus, Pliny the Elder was considered the inventor of the first recorded mask.

Early inventions did not stop with Pliny. Around the 16th century, Italian artist and inventor Leonardo da Vinci suggested using a cloth wetted in water over the face to protect against the poisonous chemicals (化学物质).

The design of the mask took a big step forward in the 19th century. In 1848, American Lewis Hassley became the first person to get the official right to produce a protective mask for miners, which was a milestone in face mask history. Masks at this stage were similar to gas masks. Later, in 1897, Polish-Austrian doctor Johann von Mikulicz-Radecki designed a simple mask made up of one piece of medical gauze (纱布), recommending medical workers to wear it to prevent getting diseases. That was the first recorded use of a medical mask.

In 1910, a terrible disease broke out in Northeast China. Chinese doctor Wu Liande designed a cheap face mask called “Wu’s mask”, which was made of two pieces of medical gauze. This mask was praised by experts around the world, as it was simple and cheap to make.

With the happening of widely spreading diseases and the rise of air pollution, the materials in masks have continued to develop to better protect the wearers in modern times. For example, mask models such as N95 and KN90, which can help prevent smog from being breathed in, have become highly popular.

57. Who was considered the inventor of the first recorded mask? (不多于三个单词)
58. What was the first medical mask made of? (不多于两个单词)
59. Why was “Wu’s mask” praised by experts around the world? (不多于八个单词)
60. What is the main idea of the passage? (不多于四个单词)

四、书面表达 (共 1 小题, 20 分)

根据题目所提出的具体要求, 在答题卡上写出一篇连贯完整的短文。词数不少于 60。

假如你是李华, 你校将举办“用英语讲中国故事(Chinese Tale, English Tell)”演讲比赛。

请参考下表提供的信息, 写邮件告诉交换生 Jack 比赛的要求及注意事项, 并邀请他参加。

短文的开头已为你写好, 不计入总词数。

Time	September 18th
Place	the school hall
Tips	<ul style="list-style-type: none"> • get to the school hall on time • share your story within 4 minutes • be calm when answering the judge's questions • ...

Dear Jack,

I'm writing to tell you that our school will hold an English speech competition named Chinese Tale, English Tell.

Best regards,

Li Hua

关于我们

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平台自创办以来，为众多重点大学发现和推荐优秀生源，和北京近百所中学达成合作关系，累计举办线上线下升学公益讲座数百场，帮助数十万考生顺利通过考入理想大学，在家长、考生、中学和社会各界具有广泛的口碑影响力

未来，北京高考在线平台将立足于北京新高考改革，基于对北京高考政策研究及北京高校资源优势，更好的服务全国高中家长和学生。



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