

Shao2019 北京高三二模英语分类汇编--七选五

2019 二模海淀

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。选项中有两项为多余选项。

Exam Anxiety

Has this ever happened to you? You' ve been studying hard for your midterm, but when you walk into your exam, your mind goes blank, your heart races fast, you get sweaty palms and find it hard to breathe. 46

Everyone feels stressed during exams. Usually, it results from a fear of failure, lack of adequate preparation time and bad experiences taking tests in the past. This is normal and often helps you work harder, think faster and generally improve your performance. 47 You may also feel that other people are managing the exam better than you. This can cause you to feel that your mind has “gone blank” on information you know you have revised.

48 Some choose to ignore the problem, while others don' t review because they think they will do badly anyway and even miss exams due to the anxiety. It can also be really easy to think that if you don' t try and then you fail, you won' t feel as bad as if you fail after trying really hard.

So what can you do to fight against the negative mindset and stay calm before and during your test? 49 Yes, this seems obvious, but it' s worth repeating. If you feel confident that you' ve prepared thoroughly, you' ll feel more confident walking into the test. The second tip is simple: just start. The blank page can maximize your anxiety. 50 You can always go back and change things later if needed, but a few quick answers can get the ball rolling. Besides, allocating(分配) your time is equally important. Look through the whole test before getting started. Mentally allocate how much time you' ll spend on each section. If there' s time to recheck, even better.

- A. The first thing you should do is to be prepared.
- B. People often deal with exam stress in many unhelpful ways.
- C. If these classic signs of exam anxiety sound familiar, you' re not alone!
- D. Therefore, people need an appropriate amount of pressure to help deal with exams.
- E. Realizing time is almost up and that there' s still a lot of blank space will make you desperate.
- F. However, if you are overly anxious about the result, you may be unable to focus on your work.

G. After you get the paper, dive right in by getting some questions done to build up your confidence.

2019 二模西城

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Healthy See, Healthy Do

Visit the grocery store on an empty stomach, and you will probably come home with a few things you did not plan to buy. But hunger is not the only cause of additional purchases. The location of store displays (摆放) also influences our shopping choices. 46

The checkout area is a particular hotspot for junk food. Studies have found that the products most commonly found there are sugary and salty snacks. 47 A 2012 study in the Netherlands found that hospital workers were more likely to give up junk food for healthy snacks when the latter were more readily available on canteen shelves, for example. In 2014 Norwegian and Icelandic researchers also found that replacing unhealthy foods with healthy ones in the checkout area significantly increased last-minute sales of healthier foods.

48 It has been working with more than 1,000 store owners to encourage them to order and promote nutritious foods. “We know that the stores are full of cues (暗示) meant to encourage consumption,” says Tamar Adjoian, a research scientist at the department, “Making healthy foods more convenient or appealing can lead to increased sales of those products.”

Adjoian and her colleagues wondered if such findings would apply to their city’s crowded urban checkout areas, so they selected three Bronx supermarkets for their own study. 49 Then they recorded purchases over six three-hour periods in each store for two weeks.

Of the more than 2,100 shoppers they observed, just 4 percent bought anything from the checkout area. Among those who did, however, customers in the healthy lines purchased nutritious foods more than twice as often as those in the standard lines. 5 The findings were reported in September in the *Journal of Nutrition Education and Behavior*.

The potential influence may seem small, but Adjoian believes that changing more checkout lines would open customers’ eyes to nutritious, lower-calorie foods. Health department officials are now exploring ways to expand healthy options at checkout counters throughout New York City.

- A. These foods give people more energy.
- B. They bought unhealthy foods 40 percent less often.
- C. And it may make or break some healthy eating habits.

- D. The supermarkets began to offer nutritious, lower-calorie foods.
- E. These findings caught the attention of New York City Department of Health.
- F. They replaced candies and cookies with fruits and nuts near the checkout counter.
- G. And a few studies have suggested that simply swapping in healthier options can change customer behavior.

2019 二模东城

第二节（共 5 小题；每小题 2 分，共 10 分）

A cultural view on personal space

It's a well-known fact that the British prefer a large "bubble" of personal space around them. 46 And in South America, a friend may grab you by the arm during conversation to make their point.

Now, a study published in the *Journal of Cross-Cultural Psychology* has looked into why different cultures have such different approaches to personal space.

47 They developed an earlier study that divided individuals into "contact" and "non-contact" cultures. Contact cultures—southern European, Latin American and Arabian—engaged in more touching and stood closer during conversation than non-contact cultures in northern Europe, North America and parts of Asia.

To a degree, this proved correct. Argentina becomes known as the most touchy-feely nation; people here keep the same distance from a stranger as a British person would an acquaintance and a Canadian individual a close friend or partner. 48 They come out with the widest distance you should stand from a stranger—more than 1.3m—but one of the narrowest gaps for close friends, just 40cm, compared to nearly 60cm for a British person. So the theory of warm versus cold is not as straightforward as it sounds.

49 The higher a country's average temperature, the closer people will stand to a stranger. But older people in warm climates keep a bigger distance from close friends and stand closer to strangers; women generally keep a greater distance from someone they don't know.

The academics leading this study admit that there is a lot more to do. But what we do know is to keep your distance in Canada; prepare for a hug in Argentina. 50 They like to stand closer than anybody. To keep warm, perhaps.

- A. It's important to get the distance right, though.
- B. Romanians clearly take longer to establish trust.

- C. How close we stand to other people varies widely between countries.
- D. And if you end up on good terms with a Norwegian, don' t draw back.
- E. However, in India people will pack into trains and buses without a second thought.
- F. One theory the researchers wanted to test was whether climate affects personal space.
- G. The study certainly found that climate, age and gender have an effect on personal distance across cultures.

2019 二模丰台

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Develop Note-Taking Skills

Speech students are often amazed at how easily their teacher can pick out a speaker' s main points, evidence, and techniques. Of course, the teacher knows what to listen for and has had plenty of practice. But the next time you get an opportunity, watch your teacher during a speech. Chances are she or he will be listening with pen and paper. 46

Unfortunately, many people don' t take notes effectively. Some try to write down everything a speaker says. They view note taking as a race, pitting their handwriting agility(敏捷) against the speaker' s rate of speech. 47 But soon the speaker is winning the race. The speaker pulls so far ahead that the note taker can never catch up. Finally, the note taker admits defeat and spends the rest of the speech grumbling in frustration.

48 They arrive armed with pen, notebook, and the best of intentions. They know they can' t write down everything, so they settle comfortably in their seats and wait for the speaker to say something that grabs their attention. Every once in a while the speaker rewards them with a joke, a dramatic story, or a startling fact. Then the note taker seizes pen, jots down a few words, and leans back dreamily to await the next fascinating tidbit(趣闻). By the end of the lecture the note taker has a set of tidbits—and little or no record of the speaker' s important ideas.

As these examples illustrate, they don' t know what to listen for, and they don' t know how to record what they do listen for. 49 But once you know what to listen for, you still need a sound method of note taking.

Although there are a number of systems, most students find the key-word outline best for listening to speeches. As its name suggests, this method briefly notes a speaker' s main points and supporting evidence in rough outline form. By separating main points from sub-points and evidence, the outline format shows the relationships among the speaker' s ideas. 50 But with a little effort you will become a better note taker.

- A. Perfecting this taking requires practice.

- B. Some people go to the opposite extreme.
- C. As the speaker starts to talk, the note taker starts to write.
- D. Taking effective notes usually helps you receive higher grades.
- E. Most inefficient note takers suffer from one or both of two problems.
- F. When note taking is done properly, it is sure to keep track of a speaker' s ideas.
- G. The solution to the first problem is to focus on a speaker' s main points and evidence.

2019 二模顺义

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Man invented a number of means to cover distance — cars, planes, radio, TV, computers, spaceships, etc. 46 Reading is real fun, isn' t it? It is a fantastic journey into the past or the future, a true love story or a serious novel to challenge your thoughts, a detective or something funny if you like humour.

You could see a lot of people, old and young, reading in many different places — in a park or on a bus, in a plane or on a beach. It might be a magazine or a newspaper, a volume of poems or a lengthy novel. 47 They tell you a lot about life, people, and the fast changing world. They develop imagination, love for word and expression and awaken a wish in you to create something. It is hard to imagine life without books.

48 We sometimes look through the book to see what it is about. We may just want to get the general idea from a newspaper article, a report, or a book in a bookshop. This type of reading is called skimming reading.

Quick reading is also practiced when we want to get a particular piece of information, such as a date or a telephone number. This is called scanning. We scan timetables, telephone directories, dictionaries and web pages.

But if we want to get the detailed information, we read slowly and carefully. This is called intensive reading, or study reading. 49 We consult dictionaries if necessary. We take notes to remember something important, such as a mathematical quotation (引证).

Reading fiction, a novel or a favourite poem, is also intensive reading. It needs training and special skills to understand the entire content, the beauty of the expression. 50 It makes you laugh your head off or cry your heart out.

- A. You get involved in the story.

- B. Reading can be a social activity.
- C. We read in many different ways and at different speeds.
- D. Books help you understand the world and yourself better.
- E. Scanning is used when we need to locate special information.
- F. But up till now, there has been only one way to cover time — books.
- G. In the latter case we check the meaning not to misunderstand something.

2019 二模昌平

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Overthinking the Small Stuff?

How many decisions have you made over the last day, week... month? Drive or Uber? Suit or no suit? Italian or Thai? iPhone or Huawei?

While today's freedom of choice has obvious benefits, the constant pressure to make perfect choices can often rob our freedom, heighten our anxiety and lower our productivity.

46 For starters, trying to perfect every single decision is a 'mission impossible,' making it pretty in vain. 47 And finally, research shows that trying to nail every decision reduces our ability to perform at our best and make great decisions about the things that really matter.

The irony is that people who try to make the perfect decision every time tend to suffer more anxiety about their decisions, feel less satisfied with them afterward and, unsurprisingly, are less productive than people who just go with 'good enough'.

"The habit of aiming for the best possible option every time actually robs people of satisfaction and effectiveness," wrote Barry Schwartz on the Paradox of Choice. 48 However, they're generally less happy about what they eventually decide upon.

Better than trying to maximize every choice is to make a 'good enough' choice that meets a basic level of satisfaction. So you didn't get the best possible hotel at the best possible price? Move on. So the shade of yellow you chose to paint the sunroom was a little dark? Again, move on!
49

50 The reason is that they aren't wasting precious time and energy on decisions that don't really matter. So as you think about all the decisions you have to make in the day or month ahead, focus your precious time, talents and attention on the things that truly matter.

- A. There are a few reasons for this.
- B. But some researchers do not agree with it.
- C. Secondly, it can be mentally and emotionally exhausting.

- D. Much more important issues are waiting for your attention.
- E. Besides that, every decision you make may disappoint you.
- F. Such ‘maximizers,’ as Schwartz calls them, spend more time and energy reaching a decision.
- G. Schwartz found that ‘satisficers’ who live by the ‘good enough’ rule actually get more done.

英语试题答案

海淀

46. C 47. F 48. B 49. A 50. G

西城

46. C 47. G 48. E 49. F 50. B

东城

46. E 47. F 48. B 49. G 50. D

丰台

46. F 47. C 48. B 49. G 50. A

顺义

46. F 47. D 48. C 49. G 50. A

昌平

45-50: ACFDG