

门头沟区 2021 年高三年级综合练习

英语试卷

1. 本试卷共 III 页，共 100 分，考试时长 90 分钟、
2. 请将条形码粘贴在答题卡相应位置处。
3. 试卷所有答案必须填涂或书写在答题卡上，在试卷上作答无效。请使用 2B 铅笔填涂，用黑色字迹签字笔或钢笔作答。

第一部分：知识运用（共两节，30 分）

第一节 完形填空（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。

Old Bernard Baruch, 81 years old, is still ambitious. His only reference to the past was that, with great pride in eyes, he 1 to rank first in shooting. What makes this man still 2? The answer is his strong 3 to keep being productive.

Two of the hardest things to 4 in this world are to get wealth by honest efforts and, having gained it, to learn how to use it in a proper way. Recently I walked into the locker room (休息室) of a well-known golf club. A dozen middle-aged men were seated at tables drinking heavily and talking 5. Day after day these same men hung out there and each of them had been a man of affairs and wealth, 6 in business and respected in society. However, it seemed that they are too content to be aggressive. They knew that their productivity had 7 gradually. When a fruit tree doesn't bear its fruit, it is dying. In this way it resembles (类似) man.

What is the 8 of a long and happy existence in the world? I think I found it long ago in a passage. The words were few, but had a lasting 9 on me: "In the sweat of the face shall you eat the bread." The words have been and will always be a great 10 to me. At the end of the road I want to feel that I have fought a good fight and lived to the full.

1. A. Managed B. seemed C. expected D. meant
2. A. Careful B. innocent C. energetic D. normal
3. A. Reason B. duty C. action D. desire
4. A. Receive B. achieve C. throw D. refuse

5. A. aimlessly B. helplessly C. fearlessly D. hopelessly
6. A. interested B. strict C. successful D. absorbed
7. A. disappointed B. changed C. improved D. increased
8. A. trend B. idea C. sense D. secret
9. A. mood B. influence C. impression D. focus
10. A. honor B. comfort C. approach D. inspiration

第二节 语法填空（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一个适当的词，在给出提示词的空白处用括号内所给词的正确形式填空。

A

Today, there is a trend that the youngsters haven't enough sleep during the night. Lack of sleep among children and teenagers in China __11__ (get) worse in the past ten years, with more than 80 percent getting insufficient sleep on school days, a report __12__ (publish) on Monday said. Chinese youngsters slept an average of 7.8 hours a night on school days last year, 20 minutes __13__ (little) than in 2009, according to the report from the Chinese Academy of Sciences 'Institute of Psychology.

B

Why was the ox chosen to be one of the 12 Chinese zodiac signs (生肖)? Centuries ago, most people __14__ (earn) their living through farming. Today, the phrase "the spirit of ox" still refers to overcoming anything __15__ may present itself as an obstacle (障碍). The spirit __16__ (praise) highly and many people follow it as their work principle. When someone achieves a great accomplishment (成就) through hard work, people often use "niu", meaning "awesome" __17__ (describe) him or her

C

Nowadays, there exists a common phenomenon. A man walks __18__ the sidewalk, a smartphone in hand and completely absorbed in the digital world. Just as __19__ computers achieved before, smartphones are now changing our life. I am truly grateful for the convenience brought by it. But meanwhile I feel deeply anxious. To stay informed, I constantly update my WeChat.

That's why I often find __20__ (me)absent-minded.

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

The spa town of Cheltenham sits on the edge of the Cotswolds, in the county of Gloucester. Below is a look at four fabulous attractions that make Cheltenham such a terrific place to visit.

Cheltenham Festival

The festival is an annual, four-day feast of racing and, on the last day, features the famous Cheltenham Gold Cup Steeplechase. It's a dramatic race of around 3 miles and 2.5 furlongs. and the horses have to clear 22 fences. Anything can happen. In 2020,this last day of the festival drew in a crowd of 68,859.

Pittville Park

If you visit Pitville Park, you'll find it divided into two main parts by the Evesham Road. The eastern side is home to the children's play area and is where people can view wildlife. Meanwhile, on the western side of the road, you'll find the larger area of the park and small areas of woodland. There's also a lower lake at which you can fish during fishing season. That's not the only activity, however. There's a skate park, tennis courts and a small children's play area.

Holst Birthplace Museum

Cheltenham was the birthplace of the 19th century English composer Gustav Holst, and visitors can visit the home in which he was born. You'll receive a taste of what Victorian life was like, as the home boasts a working Victorian kitchen, scullery, and nursery. The museum also allows you to discover the composer's life and times by allowing you into his music room. Here is where he composed *The Planets*.

Sudeley Castle

This private castle, which is surrounded by views of the Cotswolds, holds the claim to fame of being the only castle in England to have a queen buried in the grounds. The castle has witnessed all sorts of drama throughout its history and is one of the most interesting Tudor castles you'll ever visit.

If you would like more information on Cheltenham Town, please visit the website: www.ctladiesyouth.co.uk.

21. Pitville Park is unique in its_

- A. game areas B. horse racing
C. beautiful views D. children's performances

22. Which of the following will a music fan be interested in?

- A Pitville Park. B. Sudeley Castle.
C Cheltenham Festival D. Holst Birthplace Museum

23. Where is this article probably from?

- A. A diary B. A novel C. A website D. A magazine

B

What comes to mind when you think of kung fu? If your mind is filled with images of Shaolin monks, Bruce Lee, or Kung Fu Panda, you wouldn't be wrong. But for Laurence J. Brahm, an American documentary filmmaker, the first thing that springs to mind is the concept of non-violence.

As Brahm explained, if you break down the character "wu," it consists of two characters: one is "ge," meaning dagger-axe; the other is "zhi," meaning to stop. So, the meaning of martial arts in Chinese is not the art of fighting, a concept that many people take for granted. On the contrary, he said, kung fu is the art of stopping fighting.

Brahm's relationship with kung fu dates back to the 1970s when he was a karate student in Hawaii. "My master always told me that if you want to fully understand karate, you have to go to Shaolin in China. That's where the origin is," Brahm said. In 1981, he managed to visit the Shaolin Temple, situated at the foot of the Songshan Mountain in Central China, for the very first time. He left the mountain, a little disappointed at not finding the martial-arts spirit he expected. But his passion for kung fu and his desire to find out more were stronger than ever before.

Over the years he trained in many different styles, such as tai chi, Wing Chun, Jeet Kune Do to understand all of them. "Martial arts can help us connect our body, connect our neural system, connect our blood flow, and also help connect us into our environment to increase our awareness. Martial arts is moving meditation (冥想)," Brahm said, his eyes bright and intense.

But to him, kung fu's charm and values are far more than that. He combined the knowledge from many masters and scholars with his own experience as a practitioner and tutor to extract 12 key principles and values of the martial arts: perseverance, roots, loyalty, respect, harmony, change, balance, centering, emptiness, flow, pragmatism, non-violence.

"Kung fu, in my eyes, is a mirror of Chinese culture." Brahm said "The traditional values of kung fu, actually, are in the minds of all Chinese people."

24. What does Paragraph 2 really want to tell us?

- A. The character "ge" means "to stop"
- B. Kung fu is the "art of non-violence"
- C. The character "wu" consists of two characters
- D. Martial arts in Chinese means the "art of fighting"

25. How did Brahm manage to get the idea of kung fu's values?

- A. He visited the Shaolin Temple in 1981
- B. He trained in many different styles over the years
- C. His master told him about it when he was in Hawaii
- D. He joined his knowledge and his experience together

26. According to the passage, which word can best describe Brahm?

- A. Determined
- B. Energetic
- C. Confident
- D. Friendly

C

People eat more when they are glued to the television, and the more entertaining the program is, the more they eat, according to a new research.

It seems that distracted (分心的) brains do not notice what the mouth is doing, said Dr. Alan Hirsch, neurological director of the Smell and Taste Treatment and Research Foundation in Chicago.

Hirsch explored the impact of smell, taste and eating behaviors while watching TV by measuring potato chip consumption. Forty-five volunteers ate as many chips as they wanted every six minutes while they watched monologues by late-night talk show hosts David Letterman and Jay Leno. They were still given chips to eat when the television was off. Hirsch found people ate an average of 44 percent more chips while watching Letterman and 42 percent more while viewing Leno, than when they did not watch TV.

If you concentrate on how the food tastes, you'll eat less because you'll feel full faster,"Hirsch said in an interview at the Endocrine Society's annual meeting in Toronto. So if that's the case, let's look at the opposite. What if you're distracted? If you're distracted, in theory, then you'd eat more."

Through his research at the foundation, Hirsch has helped people overcome the loss of sense of smell and sense of taste. which typically results in weight gain because the brain does not know when it should stop eating.

The ventromedial nucleus (腹内侧核) in the hypothalamus (下丘脑), where the so-called satiety (饱腹感) center is located. tells the body whether it is hungry or full. It is inhibited or tricked, the result can be changes in eating patterns, he said.

People who cook spaghetti all day don't feel like eating spaghetti at the end of the day, "said Hirsch," By being exposed to a smell all day long it's tricking the hypothalamus."

Volunteers were asked to concentrate on the sensory characteristics of the food such as taste and smell. Researchers say these sensory clues, in addition to inner body changes. mark satiety.

But when distracted. a person does not pay attention to either the body's sensations of feeling full, or to the sensory characteristics of the food.

Many studies have linked being fat to watching television and that link is likely due to inactivity, Hirsch said. But perhaps entertaining shows are also contributing.

"If you want to lose weight, turn off the television or watch something boring," he said.

27. When Hirsch conducted the research, he _____

- A. evaluated the degree of the volunteers' loss of taste
- B. measured the amount of the chips the volunteers ate
- C. analyzed the volunteers' preference on TV programs
- D. counted the minutes the volunteers spent on TV programs

28. According to the research, when will you feel full faster?

- A. When we are distracted.
- B. When we focus on how the food tastes.
- C. When we are watching entertaining programs.

- D. When the brain doesn't know when it should stop eating.
29. Why does the author mention "People who cook spaghetti all day don't feel like eating it at the end of the day"?
- A. It tells us that eating spaghetti is inhabited.
 - B. It indicates that spaghetti doesn't taste good at the end of the day.
 - C. It tells us that people who cook spaghetti don't like eating spaghetti.
 - D. It shows that smell is "telling" the hypothalamus that the body is full.
30. What is the main purpose of the article?
- A. To prove that being fat is linked to inactivity.
 - B. To reveal the relationship between TV programs and eating behaviors.
 - C. to explain why watching television makes people eat more and gain weight.
 - D. To find how sensory characteristics of the food affects people's feelings of eating.

D

Our electronic devices today store an awful lot of personal information. We use the devices to read and send e-mails, check bank balances, and even pay our bills over the internet. We want to be assured that if our devices are stolen, our personal information stored inside them will remain safe from the thief who physically possesses the device.

To deal with this problem, Apple has come out with a new iPhone that uses biometric (生物识别的) information to lock itself up. The phone has a fingerprint scanner that will lock or unlock the phone. Your fingerprint becomes the key, and this makes it nearly impossible for others to use your phone without your immediate permission— or does it?

At first look, one would think that this type of security would be welcome in the high-tech community where privacy is valued. Instead, some people are even more worried about their privacy. According to revealed documents, the US National Security Agency is able to slip into smartphones, while the agency can also legally force companies to turn over customers' personal information. If this is true, the fingerprint scanner on your smartphone might become a tool for the authorities to collect your fingerprint data.

Another problem with using biometrics to secure devices is that people don't know how secure the systems actually are. Germany's Chaos Computer Club claimed to have slipped into a biometrically secured iPhone within days of the device's release to the public. If this is the case, people who are using this type of security are much more vulnerable than

they are led to believe. Although most security systems are hacked by someone eventually, the speed at which biometric security was hacked was very upset to some.

Regardless of how a device is secured, the debate is still attributes to the trade-off between privacy and security. Governments sometimes need to look at large amounts of information in order to defeat terrorist secret plans, and necessarily, some of the data come from you and me. When we use iPhones and other devices, we lose the ability to safeguard information that we would rather keep private, and we are forced to put trust in others.

It will always be difficult to strike a balance between privacy and security with growing changing technology. Nevertheless, one thing is crystal clear: we all have to sacrifice some of our privacy in order to have security for the public.

31. Why do people want to be assured that their electronic devices won't be stolen?

- A. Because people depend too much on it
- B. Because electronic devices are necessary in the workplace
- C. Because electronic devices are getting more and more expensive
- D. Because there is too much personal information in their electronic devices

32. The example of the US National Security Agency aims to tell us _____

- A. The biometric devices are fully safe
- B. Companies keep users' personal information safe
- C. The biometric devices will be the popular way to ensure our privacy
- D. The authorities may drive companies to turn in users' fingerprint data

33. The underline word in Paragraph 4 means _____

- A. stable
- B. insecure
- C. reliable
- D. difficult

34. From the last paragraph we can learn that _____

- A. the government will eventually know everything about us
- B. It is impossible to know who can be trusted in this technological world
- C. It is necessary to give up a certain amount of privacy for the sake of security

D. Very few people are willing to use fingerprint security on their new phones

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。

Healthy eating, like many things, doesn't have to be an all-or-nothing enterprise. If you're looking to eat healthier, here are a few simple things you can do that don't involve an extreme diet.

Figure out the problem.

It's important to know what you're trying to fix. You would just first of all get to the root of the problem and see what the main obstacles are. 35 If you decide that you spend too much time mindlessly snacking, maybe it's because your meals aren't filling enough, or you need more nutritionally-balanced snacks around.

Start small,

Make one or two changes to your daily routine and see how that goes. If it's doable and sustainable, try adding another change and see how that feels. 36 If the habit you are developing is customized (定制) to you, to your lifestyle, to how you feel and to your reality, it will be easy for you to repeat it and to make it a habit.

37

We have become increasingly dependent upon processed and convenient restaurant meals. Our taste buds (味蕾) can come to long for these high-fat, high-salt food. Cooking more often can often improve your dietary quality and decrease your reliance upon these foods.

Add some fibre.

Many of us feel "full and energized" after a high-fibre meal or snack. Remember that fibre fills us up on few calories. 38 High-fibre diets have been linked to a range of health benefits, including protecting against disease. We should choose whole grains, and add chia seeds to things like cereal or yogurt to boost their fibre content.

Use smaller plates.

Using smaller plates at meal time is an easy thing to do that can bring us big benefits. 39 Make sure that half your plate is covered in fruits or veggies.

Make a commitment to focus on life-long behaviour change using strategies that are healthy, enjoyable and therefore sustainable.

- A. Cook more at home.
- B. Rely on restaurant meals.
- C. It's about building new habits.
- D. Then, you can look at the cause.
- E. You can turn to your friends for help if necessary.
- F. It slows digestion, lowers cholesterol (胆固醇) and stabilizes blood sugars.
- G. This will help to control portion (食物的一份) sizes so that you can be a more mindful eater.

第三部分 书面表达 (共两节, 32 分)

第一节 (12 分)

阅读表达 (共 4 小题;第 1、2 题各 2 分, 第 3 题 3 分, 第 4 题 5 分, 共 12 分)。阅读下面短文, 根据题目要求回答问题。

EACH DECEMBER, the Oxford English Dictionary (OED) nominates (提名) a word describe the year which had just passed. In 2019,the OED needed two words; climate emergency. For 2020, there was another kind of emergency—COVID-19— but this time he OED needed forty words to describe it. Yes, 2020 has been a very unusual year that hasn't been easy to describe.

Two of the obvious words the OED has suggested have been "pandemic" and "lockdown". The former appeared, of course, because COVID-19 has spread around the world, and the latter because the life-threatening disease has brought most of human activity across the globe to a standstill. Businesses have been closed, travel stopped, and people have had to stay in their homes for weeks or even months on end.

2020 has undeniably been a bad year, but I would like to describe it in a more positive way, so I nominate "cooperation" and "hope" as my words of the year.

As the pandemic began to spread, there was a great deal of cooperation between countries and international health organizations. They shared information about the virus and how it could be contained. And countries shared medical supplies and equipment with other countries which needed them. China took a leading role in this effort by sending masks and protective clothing to Canada, the United States and Europe, as well as to countries in the Middle East and Africa. Without this cooperation, the pandemic, bad as it has been, could have been much worse.

And that brings me to my second word: hope. Even though COVID-19 is still around and will continue to affect our daily lives for at least a little longer, we are beginning to see the light at the end of the tunnel. Vaccines have been developed against the coronavirus and, with a little "hope," we will get to see the world begin to return to normal.

2020 is over; 2021 awaits us. With "cooperation" and "hope," it should make for a wonderful year.

40. Why has the OED suggested "lockdown"?

41. What does the author mean by "we are beginning to see the light at the end of the tunnel" in Paragraph 5?

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

2020 is viewed as a bad year because of the spread of the pandemic and it is viewed totally negative.

43. Which word would you nominate to describe 2020 except the words mentioned in this article? And why? (about 40 words)

第二节 (20分)

假如你是红星中学高三学生李华, 你的英国朋友 Jim 在做关于"中学生运动情况"的调查, 想了解你的运动情况。请你给他回复邮件, 内容包括:

- 1、你喜欢的一项运动;
- 2、这项运动给你带来的益处;
- 3、关于运动的建议;

注意: 1、词数 100 左右

2、开头和结尾已给出, 不计入词数。

Dear Jim.

Yours

Li Hua

门头沟区 2021 年高三年级综合练习

英语答案及评分参考

2021.3

第一部分：知识运用（共两节，30 分）

第一节 完形填空（共 10 小题；每小题 1.5 分，共 15 分）

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

第二节 语法填空（共 10 小题；每小题 1.5 分，共 15 分）

11. has got 12. published 13. less
14. earned 15. that 16. is praised
17. to describe 18. on/along 19. what 20. myself

第二部分：阅读理解（共两节，40 分）

第一节（共 14 小题；每小题 2 分，共 28 分）

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

第二节（共 5 小题；每小题 2 分，共 10 分）

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

第三部分：书面表达（共两节，32 分）

第一节（12 分，第 40、41 题各 2 分，第 42 题 3 分，第 43 题 5 分）

40. Because the life-threatening disease has brought most of human activities across the globe to a standstill.

41. Vaccines have been developed against the coronavirus and, with a little “hope,” we will get to see the world begin to return to normal.

42. *2020 is viewed as a bad year because of the spread of the pandemic and it is viewed totally negative.*（1 分）

According to the passage, 2020 brings us not only pandemic but also cooperation and hope.

43. 略

评分标准及细则

【第 40 题】

一、内容：意义符合原文，回答内容完整。

1. 如抄写第二段的最后两句不扣分。
2. 如仅抄写第二段的最后一句扣 1 分。

二、语言：准确、连贯。

如准确性和连贯性欠佳，酌情扣分。

【第 41 题】

一、内容：意义符合原文，回答内容完整。

1. 与答案意思接近不扣分
2. 只写答案中的前半句或后半句扣 1 分。

二、语言：准确、连贯。

如准确性和连贯性欠佳，酌情扣分。

【第 42 题】

一、划线标准

1. 划线完全正确，得 1 分。
2. 整句全划不得分。

二、内容：解释符合原文意义。

三、语言：准确、连贯；如准确性和连贯性欠佳，酌情扣分。

【第 43 题】

一、评分标准

分档		具体描述
一档	5 分	紧扣主题。语言准确、连贯，仅有个别错误。
二档	3-4 分	贴近主题。在准确性和连贯性上，有少量语言错误，不影响理解。
三档	1-2 分	和主题相关。语言上有大量错误，影响理解。
四档	0 分	所表达内容和主题完全不相关。或者仅孤立地罗列出和主题相关的个别单词。

二、评分细则：

1. 内容：内容意义上言之有理即可得分。

- 1) 照抄原文某些段落，不得分。
- 2) 所表达内容与题目要求无关，不得分。
- 3) 提名是词或词组均可，但必须是文本以外的词或词组，只要符合要求不扣分。

2. 语言：准确、连贯；如有错误，酌情扣分。

3. 字数要求

- 1) 如超过 50 字，扣 0.5 分。
- 2) 如少于 30 字，扣 0.5 分。

第二节（20 分）

一、评分原则：

1. 本题总分为 20 分，按 5 个档次给分。
2. 评分时，先根据文章的内容和语言质量初步确定其档次，然后以该档次的要求来衡量，确定或调整档次，最后给分。
3. 评分时应考虑：内容是否完整，条理是否清楚，交际是否得体，语言是否准确。
4. 拼写、标点符号或书写影响内容表达时，应视其影响程度予以考虑。英、美拼写及词汇用法均可接受。

5. 词数少于 80，从总分中减去 1 分。

二、各档次的给分范围和要求：

第一档 (18 分~20 分)	完全完成了试题规定的任务。 • 内容完整，条理清楚； • 交际得体，表达时充分考虑到了交际的需求，所用语法和词汇准确；体现了较强的语言运用能力； 完全达到了预期的写作目的。
第二档 (15 分~17 分)	完全完成了试题规定的任务。 • 内容完整，条理清楚； • 交际得体，表达时考虑到了交际的需求；体现了较强的语言运用能力； 达到了预期的写作目的。
第三档 (12 分~14 分)	基本完成了试题规定的任务。 • 内容、条理和交际等方面基本符合要求； • 所用语法和词汇满足了任务的要求； • 语法或用词方面有一些错误，但不影响理解。 基本达到了预期的写作目的。
第四档 (6 分~11 分)	未恰当完成试题规定的任务。 • 内容不完整； • 所用词汇有限，语法或用词方面的错误影响了对所写内容的理解。 未能清楚地传达信息。
第五档 (1 分~5 分)	未完成试题规定的任务。 • 写了少量相关信息； • 语法或用词方面错误较多，严重影响了对所写内容的理解。
0 分	未传达任何信息；所写内容与要求无关。

三、One possible version:

Dear Jim,

How is everything going? Knowing you are conducting a survey of the sports that high school students do, I'm writing to tell you about what I do.

Actually, playing basketball is my favorite. I usually play basketball with my friends after school and take part in competitions.

I have benefited much from playing basketball. It helps me keep fit and provides me with a way to refresh myself during the stressful school days. In addition, I learn to be more courageous and persistent when facing challenges. It also teaches me closer cooperation is the key to success and brings me many friends with the same interest.

Therefore, I suggest everyone do physical exercise regularly and we'd better choose one that suits us and we really enjoy.

This is my experience and understanding of sports. What about yours? So looking forward to your

sharing.

Yours,

Li Hua



关于我们

北京高考在线创办于 2014 年，隶属于北京太星网络科技有限公司，是北京地区极具影响力的中学升学服务平台。主营业务涵盖：北京新高考、高中生涯规划、志愿填报、强基计划、综合评价招生和学科竞赛等。

北京高考在线旗下拥有网站门户、微信公众平台等全媒体矩阵生态平台。平台活跃用户 40W+，网站年度流量数千万量级。用户群体立足于北京，辐射全国 31 省市。

北京高考在线平台一直秉承“精益求精、专业严谨”的建设理念，不断探索“K12 教育+互联网+大数据”的运营模式，尝试基于大数据理论为广大中学和家长提供新鲜的高考资讯、专业的高考政策解读、科学的升学规划等，为广大高校、中学和教科研单位提供“衔接和桥梁纽带”作用。

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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