

本试卷共 10 页，100 分。考试时长 90 分钟。考生务必将答案答在答题纸上，在试卷上作答无效。考试结束后，将本试卷和答题纸一并交回。

英

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。

On a sunny afternoon, Anthony Perry stepped off the train at Chicago's 69th Street station. The 20-year-old, who worked nights in a grocery store, was on his way to see his 1.

On the platform, something unthinkable happened: a man fell over the edge and onto the electrified train tracks! As Perry and other horrified passengers watched, he shook uncontrollably as the 2 moved through his body.

"Help him!" someone cried. "Please, someone!"

Perry couldn't just stand there and 3. He sat at the edge of the platform and eased himself down. 4 all rails between the man and him were electrified, he quickly leaped towards the victim, using a high-knee technique from his high school football days.

Perry soon reached down and grasped the victim's wrist. 5, he felt a powerful electric shock shoot through his body. Perry jumped back. He reached down a second time, and was shocked again. But the third time he seized the man's wrist and forearm, and managed to move the guy's body away from the 6.

"Give him chest compressions!" yelled an old lady on the platform.

Perry was no expert, but for a few moments he worked on the man's heart until the victim regained 7. Then, first-aiders arrived. Perry let the professionals 8. Heart still racing from the electric shocks, he climbed back up onto the platform, grabbed his things and continued on to his grandfather's.

The evening news reported the incident, 9 an unnamed hero with saving the victim's life. To many, Perry's 10 deeds demonstrated the power of choosing compassion over personal safety.

- |               |           |                |          |
|---------------|-----------|----------------|----------|
| 1. A. manager | B. client | C. grandfather | D. aunt  |
| 2. A. current | B. oxygen | C. wave        | D. blood |

- |                  |              |                  |                 |
|------------------|--------------|------------------|-----------------|
| 3. A. imagine    | B. watch     | C. shout         | D. record       |
| 4. A. Hoping     | B. Assuming  | C. Complaining   | D. Recalling    |
| 5. A. Instantly  | B. Slightly  | C. Normally      | D. Surprisingly |
| 6. A. train      | B. crowds    | C. platform      | D. rails        |
| 7. A. strength   | B. balance   | C. consciousness | D. control      |
| 8. A. look ahead | B. take over | C. get around    | D. keep away    |
| 9. A. providing  | B. engaging  | C. assisting     | D. crediting    |
| 10. A. generous  | B. grateful  | C. courageous    | D. faithful     |

第二节（共 10 小题；每小题 1.5 分，共 15 分）

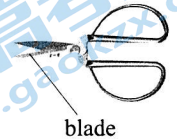
阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。请在答题卡指定区域作答。

A

I was not originally attracted to nature. For me, nature was associated with the few minutes playing soccer in the 11 (nice) cut grass. But in Michigan, nature presents itself in many forms such as sledding as fast as you can down the hill or swimming in one of the five great lakes. These experiences encouraged me 12 (explore) one of the raw forms of connecting with nature: camping. Although I 13 (spend) a lot of time outside, I had never camped or experienced all of what nature offers.

B

In Ming Dynasty, a clever craftsman named Zhang Sijia revolutionized scissors. He 14 (combine) the strength of iron for the handles with a unique sword-making technique. 15 heating and hammering the edges with steel, he created blades that were exceptionally strong and sharp, 16 (make) daily tasks easier. These scissors became a kitchen essential, especially for cutting through tough items like chicken or fish. In 1628, his son, Zhang Xiaoquan, established his namesake company.



C




Five Belgian firms plan to send a 3D 17 (print) artificial heart to the International Space Station by 2025 to better understand the effects of ageing and heart diseases in space. The device, which is only a few square millimetres in size, 18 (use) ink made up of stem cells and biomaterials that can develop into any cell in the body. These cells organize themselves into a developing cardiac organoid (心脏类器官), 19 will work with the artificial circulatory system. The innovative technique would facilitate 20 (investigate) into heart diseases and trials of some potential medicines.

## 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

<p># 1</p>  <p><i>Author: Leisa Sharpe</i> <i>Price: £ 14.99</i> <i>Release: Jun. 13, 2023</i></p>	<p><b>How Does Chocolate Taste On Everest</b></p> <p>This isn't your typical children's book nor is it a night-time read: it's an action-packed adventure around the world. Young adventurers will step into the footprints of the greatest explorers, using their senses as their guides.</p> <p>This book immerses its young readers in life in the world's most fascinating habitats, countries and continents, as well as those on other planets.</p>
<p># 2</p>  <p><i>Author: Z Kids</i> <i>Price: £ 9.99</i> <i>Release: Sep. 25, 2023</i></p>	<p><b>The Ultimate Riddle Game For Kids</b></p> <p>For readers between the ages of 9 and 12, this fun riddle book combines logic challenges, competitive contests and brain training.</p> <p>The first section consists of short, snappy riddles, the maths section requires mental arithmetic (算术), and for the stories section you will need to discover all the possible hidden meanings. But try not to cheat.</p> <p>The book is much more rewarding as the sections get more challenging. When you begin to understand the best way to approach each riddle type, your confidence, resilience and score are likely to grow.</p>
<p># 3</p>  <p><i>Author: Kim Zachman</i> <i>Price: £ 12.99</i> <i>Release: Dec. 15, 2023</i></p>	<p><b>There's No Cream In Cream Soda</b></p> <p>The only drink humans need is water, but the beverage industry is growing larger every year. This book explores the history of the invention of drinks, beginning thousands of years ago, when humans first added natural flavourings to their water as it boiled over the fire.</p> <p>Its humorous and conversational narrative means that you don't know what will come next. Ranging from core scientific processes to the unlikely origin stories of some sodas, this book is sure to have a story to fascinate every kid.</p>



21. The book *How Does Chocolate Taste on Everest* helps readers \_\_\_\_\_.
- A. enjoy night-reading time
  - B. know origin stories of chocolate
  - C. identify habitats of some animals
  - D. explore places with senses as guides
22. From the passage, we can learn that \_\_\_\_\_.
- A. the three books are available by October
  - B. readers need calculation skills for Book # 2
  - C. Book # 3 teaches readers how to make drinks
  - D. Book # 1 has a price advantage over the others
23. The passage is intended to \_\_\_\_\_.
- A. introduce some books on learning secrets
  - B. recommend some picture books to parents
  - C. encourage readers to purchase these books
  - D. share some tips on choosing suitable books

## B

I was born missing my left arm. In 1986, at 18 months, I was fitted with a prosthetic (义肢) device, a decision made by my parents and doctors so that I would develop “normally”.

I spent my entire childhood and adolescence trying to fit in. I did just about anything to ease the pains of the stares and pointing fingers from my classmates. By the time I was 8, I had no self-confidence, and the hand I was wearing was making it harder for me to fit in. So I decided I was better off without one. I didn't need anyone to fix me.

To prove that I wasn't limited by my disability, I developed a love for all sports, in particular swimming. I was selected to my first Australian women's swimming team at age 13 and successfully represented my country for eight years. I realized I'd made a name for myself because of my disability.

I taught myself how to be comfortable in a society filled with insecurities. So when I was first contacted in 2021 by Covvi, a company trying to create the world's most advanced bionic (仿生的) hand, I was a bit surprised. They asked me to trial the hand and, if possible, to become a patient advocate. Initially, I said no. Then, curiosity got the better of me.

While I was busy advocating for disability rights, a new generation of leaders, like Amy Purdy and Nick Vujicic, used the power of technology and social media to display wheelchairs or artificial limbs without explanation. People feared disability less. Society was beginning to see a person first, and their disability second.

Viewing disability through a social lens also meant acknowledging that a person is more disabled by

their environment and the discrimination of others than by their actual disability. As those conversations shifted, I realized that there was an opportunity to use technology to steer the narrative for future generations. In July 2022, I decided to trial the hand.

The role of patient advocate is an enormous privilege. Through sharing my journey, I'm able to reach thousands of other people who would benefit from its extraordinary capabilities. That's why I wear a bionic hand—not because I'm broken, but because I have an opportunity to enhance the human capabilities that already exist.

24. The author developed a love for all sports because \_\_\_\_\_.
- A. she was longing for fame                      B. sports gave her self-confidence  
C. she wanted to defeat her disability        D. her prosthetic device empowered her
25. From Purdy and Vujicic, the author learned \_\_\_\_\_.
- A. more people acknowledged their limits  
B. the disabled needed a friendlier environment  
C. social media allowed the disabled opportunities  
D. technology shifted people's attitudes to disability
26. Which of the following words can best describe the author?
- A. Intelligent and brave.                      B. Warm-hearted and patient.  
C. Responsible and strong-willed.        D. Independent and innovative.
27. From the passage, we learn that one should \_\_\_\_\_.
- A. maximize one's abilities by embracing reality  
B. build one's social circle with optimism  
C. stick to one's goal to achieve success  
D. take it easy in difficult situations

### C

Demanding days seem designed to test our self-control. We all need to rely on willpower to avoid short-term temptations and override unwanted thoughts or impulses (冲动). The prevailing psychological theory proposed that willpower resembled a kind of battery. With each exercise of self-control, you exhausted this resource. Without a chance to recharge, that resource ran low, making it harder to maintain self-control. This process was known as “ego depletion”.

In 2010, however, psychologist Veronika Job published a study that questioned the foundations of “ego depletion” theory, with some interesting evidence that ego depletion depended on people's underlying beliefs. In the study, Job divided participants into two categories: those with a “limited”

view of willpower and those with a “non-limited” view of willpower, based on a prior questionnaire. She then gave the participants some standard laboratory tests examining mental focus, which was considered to depend on the reserves of willpower. The study found that people with a limited mindset tended to perform exactly as ego depletion theory would predict but the non-limited individuals did not, which indicated that people’s beliefs about willpower could be self-fulfilling prophecies (预言). Those who believed willpower was easily depleted saw their self-control decrease, while those who believed in “mental stamina (耐力)” experienced no ego depletion.

Subsequent debates about the reliability of the laboratory tests of ego depletion emerged, but Job’s work demonstrated that mindset significantly impacted real-life outcomes. Her follow-up study revealed that after completing demanding tasks, most participants recovered to some degree overnight, but those with non-limited mindsets actually experienced an increase in their productivity the following day, as if energized by the extra pressure.

If you already have a non-limited mindset about willpower, these findings might be a cause for self-satisfaction. For those with limited mindsets, hope is not lost. Learning about this science can help shift beliefs. Sharing this knowledge with others can further consolidate this shift. Moreover, recollecting times of engaging in taxing yet enjoyable tasks naturally shifts people’s beliefs toward non-limited mindsets, as they see proof of their own mental stamina. To provide yourself with further evidence, you can conduct small self-control tests. As you realize your willpower’s growth, you’ll find resisting temptations and distractions easier.

While immediate miracles aren’t guaranteed, perseverance will lead to a changed mindset and increased self-control, propelling actions toward personal goals.

28. “Ego depletion” theory shows that willpower \_\_\_\_\_.
- |                                |  |
|--------------------------------|--|
| A. helps control our impulses  | B. reduces after exercising self-control |
| C. is a test of your character | D. is like a chargeable battery          |
29. What can we learn from Job’s two studies?
- A. Extra pressure boosts mental focus.  
B. Demanding tasks reduce mental focus.  
C. Reserves of willpower depend on mental focus.  
D. The change of mental focus relies on one’s mindset.
30. Which of the following can build non-limited mindsets?
- A. Picturing your ideal university.  
B. Doing homework in front of a TV.  
C. Sharing science knowledge with friends.  
D. Recalling mastering a challenging piano piece.



## D

Climate experts are having a debate: they are asking whether the UK should focus more on adapting to climate change or trying to prevent it.

David Frost holds that preventing climate change is no longer an option, given the extent to which the Earth now appears certain to heat up. Despite the many policies which attempt to stop climate change, it now seems unavoidable that the world will pass the 1.5°C or 2°C increases in average global temperature that are likely to induce large changes in the climate.

David Frost is right in that our economies are growing so much slower than we had anticipated. Our emissions can drop if we reduce emissions per unit of GDP we create—but they can also drop if the GDP is lower. Lower growth means it is more feasible (可行的) for us to achieve targets such as Net Zero, but it also makes it less environmentally urgent to achieve those targets so soon, because we are and have been emitting a lot less carbon than we had anticipated.

The UK authority finds the debate about adaptation difficult. Partly, it is because some activists claim that adaptation is not feasible. They say that climate change will end human civilization, potentially leading to the entire extinction of the human race.

However, the mainstream view of many scientists and economists, who work on climate change, is that global warming could lead to large changes in our environment. Significant parts of the world currently heavily populated could become effectively uninhabitable while other parts currently unsuitable for high-density human habitation would become more habitable. Meanwhile, at higher temperatures both climate and weather are likely to become more volatile—including increased frequency of storms, flooding and other weather events.

These would be significant changes, but it would be perfectly feasible for humans to adapt to them. The issue is not whether adapting would be technically feasible, but whether it would be desirable either in ethical or practical terms. Are we willing to accept a materially warmer world, with humans living in different parts of it? Are we willing to accept the possible extinctions of certain species and the greater flourishing of those currently less successful and of new species yet to evolve? Are we willing to accept the consequences of a large shift in the patterns of human habitation across the world?

It is by no means clear on what basis we ought to ethnically privilege the plants and animals that flourish under today's climate over those that would flourish under a warmer, more volatile climate. However, adaptation will be feasible and is a necessity given the extent to which warming is now unavoidable. Slower GDP growth and thus slower climate change ought to make greater efforts at adaptation more attractive.

31. According to the passage, who hesitate(s) to adapt to the climate change?  
A. The government. B. Climate experts. C. David Frost. D. The activists.
32. The underlined word “volatile” in Paragraph 5 probably means \_\_\_\_\_.  
A. changeable B. predictable C. bearable D. noticeable
33. The questions in Paragraph 6 are mainly aimed at \_\_\_\_\_.  
A. expressing doubts about people’s adaptability  
B. presenting examples of future climate patterns  
C. highlighting the consequences of human activities  
D. helping people decide on their openness to adaptation
34. Which of the following might the author agree with?  
A. Slowing climate change deserves great efforts.  
B. Global warming is preventable to some extent.  
C. Adaptation to climate change is beyond question.  
D. Protection of the current species should be prioritized.

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。

Which is healthier: a bag of crisps or a vegetable salad? That is easy. Now which is healthier: a pizza made from scratch or one made from the same basic ingredients, with the same number of calories, pulled out of a box in the freezer? Many people would instinctively (本能地) say the former, perhaps showing a vague concern with processed food. Such food can often be delicious. And there is much to cheer about calories being cheap and abundant. 35

What’s the distinction between “ultra-processed food (upf)” and “processed food”? Almost everything people consume is processed in some form. Rice is harvested; animals are butchered. Upf is usually described as “formulations of ingredients, made by a series of industrial processes, many requiring advanced equipment and technology”. 36 The one in the freezer, with its extra, modified ingredients, is upf.

Upf harms people in ways both known and unknown. It seems to affect the trillions of bacteria that contribute to health in a range of ways. Calorie-rich but usually nutrient-poor, upf contributes to obesity (肥胖症).

Upf displaces healthier alternatives, particularly for poor people. 37 Extra weight was once a sign of wealth, but among British and American women today, obesity rates are higher at lower-income levels.



38 Additives that may be safe in small quantities may be harmful in combination with other chemicals or when consumed regularly. If we are what we eat, considering the impact of upf is essential.

39 People who live in so-called “food swamps”, where upf is everywhere but real food is harder to reach, could spend large amounts of time and money seeking out fresh food, but that is not how most people live. There is nothing wrong with the odd fast-food trip, but anyone who can afford to eat less upf probably should.

- A. Environment matters, too.
- B. It's cheap to produce and buy.
- C. But that cheapness and abundance come at a cost.
- D. Even foods labeled “natural” or “organic” can be processed.
- E. A pizza made from scratch contains minimally processed food.
- F. Some people have a particular weakness for salty potato crisps.
- G. The reasons why upf can be harmful are not always clear, even to scientists.

### 第三部分：书面表达（共两节，32分）

第一节（共4小题；第40、41题各2分，第42题3分，第43题5分，共12分）

阅读下面短文，根据题目要求用英文回答问题。请在答题纸指定区域作答。

If you feel like you may be a people-pleaser, you're not alone. In today's highly-connected world, we have a growing obsession (痴迷) with being liked and needing to please others. People seek to please others for various reasons, including avoiding conflicts, securing feelings of being needed, and reducing fears of abandonment. And they are forced to use agreeableness as self-defense.

People-pleasing behavior can lead to mental and physical health problems such as fear of rejection, frustration, anger, addictions, headaches, stomach problems, and high blood pressure. It can also result in weak boundaries, problems with decision-making and dependency. Therefore, it's important to recognize and overcome your own people-pleasing behaviors. Here are some simple exercises that you can start working on today.

Learn to love your own company. Trust that people will not abandon you, even if you don't drop everything for them. Believing you are lovable for who you are, not what you do, means knowing that people will still be there for you even if you do not always search for ways to please them. Practice this by going to a movie or restaurant alone.

Value the plans made with yourself. They are as important as plans you make with other people. Otherwise, you are sending a message to your brain that a plan you make with yourself does not hold as

much value. Don't break long- or short-term plans you make with yourself, whether it's going to the gym or studying for an exam.

Say "no" when necessary. If you're a people-pleaser, you may find it hard to say "no" because you feel it comes across as cruel or uncaring. But it absolutely does not have to. Be clear, be direct, and use "I" statements. Try statements like: "I would really love to be able to help you, but unfortunately, I'm already committed at that time." By consistently integrating these strategies into your life, you'll break your people-pleasing habits and develop more healthy, interdependent relationships.

40. What is a people-pleaser like?

41. Besides mental and physical problems, what other problems may a people-pleaser suffer from?

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

➤ ***If you don't want to be a people-pleaser, you should love being with others, value the plans made with yourself, and decline others' requests when necessary.***

43. What do you think of the behavior of pleasing others? (*In about 40 words*)

## 第二节 (20分)

假设你是红星中学高三学生李华。你的英国好友 Jim 打算利用 2023 年 11 月第一个周末的一天游览北京，他发来邮件请你当导游。请你用英文给他回复，内容包括：

1. 接受请求；
2. 规划行程。

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,

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Yours,

Li Hua

(请务必将作文写在答题卡指定区域内)

海淀区 2023—2024 学年第一学期期中练习

高三英语参考答案

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

第二节（共10小题；每小题1.5分，共15分）

11. nicely    12. to explore    13. had spent    14. combined    15. By/Through  
16. making    17. printed    18. uses    19. which    20. investigation(s)

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

第二节（共5小题；每小题2分，共10分）

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

第三部分 书面表达（共两节，32分）

第一节（共4小题；第40、41题各2分，第42题3分，第43题5分，共12分）

40. A people-pleaser has a (growing) obsession with being liked and needing to please others.
41. A people-pleaser may suffer from weak boundaries, problems with decision-making and dependency.
42. *If you don't want to be a people-pleaser, (you should) love being with others, value the plans made with yourself, and decline others' requests when necessary.*  
You should learn to love your own company.
- 43.

I think it's harmful to mental health. Always obsessed with being liked and ignoring the true needs of our own, we would lose ourselves and tie our worthiness to others' approval. Once we fail to satisfy all, anxiety and frustration would creep into our minds, causing mental health issues.



第二节 (20 分)

*Dear Jim,*

Glad to receive your email. Autumn is the best season to tour Beijing, so I'm more than happy to go on a day trip with you this coming weekend.

Let's set it on 5<sup>th</sup> November, and start with a visit to Fragrant Hills Park, where the breathtaking red leaves will enchant a nature lover like you. Shall we meet at 7 a.m. at the eastern gate?

Our next destination is the Forbidden City. It's convenient to get there by subway. The magnificent architecture and impressive exhibitions of artworks will provide you with a thorough view of the imperial life. As evening falls, we can try some tastiest dishes, like Peking Duck you're longing for.

How do you like my plan? Let me know if you have any other preference.

*Yours,*

*Li Hua*

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