

2019~2020 学年度下学期高三年级一调考试

英语试卷

本试卷分第 I 卷(选择题)和第 II 卷(非选择题)两部分,共 150 分,考试时间 120 分钟。

注意事项:

1. 答题前,考生务必将自己的姓名、考号用铅笔涂写在答题卡上。
2. 每小题选出答案后,用铅笔把答题卡上对应题目的答案标号涂黑。如需改动,用橡皮擦干净后,再选涂其它答案标号。
3. 二卷试题用黑色中性笔作答。

第一卷(选择题 共 90 分)

第一部分 听力(共两节,满分 20 分)

第一节听下面 5 段对话。每段对话后有一个小题,从题中所给的 A、B、C 三个选项中选择最佳选项。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What does the woman play twice a week?
A Tennis. B. Basketball. C. Football.
2. What does the man mean?
A. The woman is sitting in the seat.
B. The woman should move her things. C. The woman shouldn't eat popcorn.
3. What will the man do on Saturday?
A. Order two movie tickets. B. Study at the library. C. Go to an exhibition.
4. Where are the speakers probably?
A. At a store. B. In a classroom. C. In an office.
5. What is the man trying to do?
A. Read the instruction book.
B Find some batteries for the controllers. C. Watch something different on TV.

第二节 听下面 5 段对话或独白。每段对话或独白后有几个小题,从题中所给的 A、B、C 三个选项中选择最佳选项,并标在试卷的相应位置。听每段对话或独白前,你将有时间阅读各个小题,每小题 5 秒钟;听完后,各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料,回答第 6、7 题。

6. How does the woman feel about science?
A. She is excited by it B. She is uninterested in it C. She is good at it.
7. Where will the woman stay until 7: 00?
A. In a meeting room. B. In the campus cafeteria. C. In the library.

听第 7 段材料,回答第 8 至 10 题。

8. Why was the woman thinking of moving the car?
A. She parked in a spot for the disabled.
B. There were better spaces available.
C. The parking space was a little small.
9. Where will the woman and Jenny go first?
A. To the drugstore. B. To the hair salon. C. To the shoe store.
10. What's the probable relationship between the speakers?

- A. Husband and wife. B. Mother and son. C. Waitress and customer.

听第 8 段材料，回答第 11 至 13 题。

11. According to the woman, why do many American kids use chopsticks?

- A. They learn it in school.
B. Chopsticks are easy to handle. C. it's a fun part of eating Chinese food.

12. What has the man never seen in China?

- A. Fortune cookies. B. White containers. C. A knife and fork.

13. What can we learn about the little messages?

- A. They are about the future.
B. People take them pretty seriously.
C. Most customers are not happy about them.

听第 9 段材料，回答第 14 至 16 题。

14. What did the woman see in Thailand?

- A. Jungles. B. Islands. C. Elephants.

15. What does the man say about his Chinese host families?

- A. They were all pretty similar.
B. They helped improve his language skills. C. They took him out to great restaurants.

16. What are the speakers mainly talking about?

- A. Their best vacation.
B. Their life of studying abroad. C. Their favorite cities in China.

听第 10 段材料，回答第 17 至 20 题。

17. Which place was hit by heavy snow last night?

- A. Washington D. C. B. New Jersey. C. Maryland.

18. What are the temperatures in the northern states right now?

- A. Below ten degrees. B. Below twenty degrees C. Below thirty degrees.

19. What is nineteen degrees colored on the map?

- A. Blue. B. Purple. C. Red.

20. What day is it today?

- A. Thursday. B. Saturday. C. Friday.

第二部分 阅读理解（共 20 小题；每小题 2 分，满分 40 分）

第一节 阅读下列短文，从每题所给的四个选项（A、B、C、D）中，选出最佳选项。

A

NEW HAVEN, Connecticut—A surprise awaited students in Yale who showed up for Professor Laurie Santo's class. They got slips of paper that said, "No class today." There was only one rule for the students' unexpected free time—They were not allowed to study, but to relax. Since exams and papers were coming up, everyone was tired and stressed. At this moment they were touched. With around applause, nine students hugged Santos, and two burst into tears.

Yet, cancelling class was not just a break. It was also a challenge, as she was asking them to stop worrying about their grades, even if it was just an hour. One student went to the Yale

University Art Gallery for the first time in her four years at Yale. A group of students went to a recording studio and played a new song. More people were outside, and more were smiling. That's why about 1, 200 students were taking Santo's class, called "Psychology and the Good Life," the largest class in Yale's 317-year history. Even non-Yale students had the chance to take Santo's class. It was offered as an online course and she immediately became an Internet hit.

Skyler Robinson, one of her students, was at a loss for a while about what to do during his break, and then decided to take a nap. "It was a great nap," he commented. Santos designed the class after she realized that her students kept busy through long days that seemed far more depressing and joyless than her own college years. "They feel they're in this crazy rat race. They're working so hard that they can't take a single hour off. That's awful."

The ideas behind the class are simple. Santos said, "It is the hope that science can help students find peace among all the stresses and difficulties they face at college." The lessons include showing more gratitude, performing acts of kindness and increasing social connections. The students really wanted to learn to lead a happy life in a science-driven way. Santos also noted the psychological happening of "mis-wanting", which led people to work towards the wrong goals in life.

One week, Santo asked students to exercise. Another week, she wanted them to get more sleep. They worked hard to keep some new habits. Social science research led to many new understandings of how people find happiness. She thinks her class can change Yale, or rather, not just Yale.

21. How did students respond to the cancelling class?

- A. They expressed their concern.
- B. They were at a loss what to do.
- C. They showed gratitude to the teacher.
- D. They were eager to study individually.

22. How can we know Santo's class was popular?

- A. From the attendance in her class.
- B. From the subject she taught.
- C. From the long history of Yale.
- D. From the release of the online course.

23. What can students learn from Santo's class?

- A. To develop good study habits.
 - B. To let exercise become their routine.
 - C. To better understand how to find happiness.
 - D. To do something joyful during the stressful time.
24. What can we infer from the text?
- A. Santos had a more stressful time in her college.
 - B. Students would be in rat race after Santo's class.
 - C. Santo's influence can reach a wider range of people.
 - D. Santos is going to cancel more classes for better effects.

B

As unpleasant emotions go, anxiety is the roughest. It's a vague, pit-of-the-stomach fear that sneaks up to you -- that unease you get when your boss says that she needs to talk to you right away, when the phone rings at 4:00 a.m., or when your dentist looks into your mouth and says "Hmm" for the third time.

Lasting anxiety can keep you up at night, make you bad-tempered, weaken your ability to concentrate, and ruin your appetite. And the constant state of readiness generated by anxiety-- heart racing, palms sweating -- may contribute to high blood pressure and heart disease.

How to prevent anxiety then?

Meditate. Maybe you're just anxious. If so, meditation(冥想) is worth a try. It cultivates a calmness that eases anxious feelings and offers a sense of control. A study at the University of Massachusetts found that volunteers who took an 8-week meditation course were considerably less anxious afterward. People who are anxious find that they are dramatically calmer with 20 minutes of meditation in the morning and another 20 minutes after dinner.

Jog, walk, swim, or cycle. If you can't make time for meditation, be sure to make time for regular exercise. Exercise can have the same calming effect as meditation, particularly if it's something repetitive like running or swimming laps.

Treatment?

Remember to breathe. When you're anxious, you tend to hold your breath or breathe too shallowly. That makes you feel more anxious. Breathing slowly and deeply can have a calming effect. To make sure that you're breathing correctly, place your hand on your diaphragm(横膈膜), just below your rib cage(胸腔). Feel it rise with each breath in and fall with each breath out.

Let's say you are anxious about your competence on the job. Ask yourself "What, in particular, am I afraid that I'll mess up?" Maybe you're afraid that you get further behind and miss your deadlines. Or maybe you're worried that you're blowing it whenever you present your ideas in meetings. Have you had several near misses with deadlines? Are your suggestions routinely rejected? If not, the anxiety is needless. If there is a real problem, work on a solution: Pace yourself to better meet deadlines, or join a public speaking class.

25. Which of the following symptoms is NOT directly caused by anxiety?

- A. Lower in concentration.
- B. No appetite.
- C. Heart racing.
- D. High blood pressure.

26. According to the passage, what can be done to avoid anxiety?

- A. Exercising regularly.
- B. Keeping breath steady.
- C. Breathing shallowly with the help of hands.
- D. Adjusting the pace of life.

27. What is the last paragraph about?

- A. Anxiety at work and its solutions.
- B. People's anxiety about their capabilities.
- C. The reason for someone's incompetence.
- D. The function of public speaking class.

C

One man's white bread is another man's green vegetables.

That's the key from *The Personalised Diet*, a new book from Israeli authors Eran Segal and Eran Elinav. The authors say it's time to admit to ourselves that one-size-fits-all diets don't work, and when it comes to nutrition, it's about doing what works best for your body, not catching the latest diet fashion.

"For years, we've been trying to search for **that silver-bullet diet** and we've been miserably failing," Segal said. "And that's because the best diet for each person really has to be tailored to that individual."

They conducted a personalised nutrition project at Weizmann, where hundreds of volunteers

agreed to have their blood sugar tested after meals. One participant in the study, a woman named Ruti, said she was surprised that it was tomatoes -- not ice cream or candies -- that were raising her blood sugar level. Ruti recalled, "I have now significantly reduced my intake of tomato and I'm feeling much more energetic, which still surprises me. I have already lost a couple of pounds, and I have high hopes that I have finally found the answer to my weight struggle, too."

The Israeli scientists found that some people can consume traditionally unhealthy foods with little or no rise in their blood sugar levels, while others have a stronger response, and therefore shouldn't eat those foods. It's those kinds of results that you can only find from a personalised diet.

"What we were surprised to find out was just like any other food, there is no such thing as good bread," Elinav said. "The response to bread was completely individualised."

28. What is suggested in the first sentence?

- A. Everyone has their own tastes.
- B. Nutrition serves your body best.
- C. People's response to the same food is different.
- D. The latest diet doesn't fit each person.

29. What does "that silver-bullet diet" refer to?

- A. A diet that is low in fat.
- B. A diet that begins a new diet trend.
- C. A diet that works best for everyone.
- D. A diet that provides all the nutrition.

30. Ruti's example suggests that to control weight, one needs to_____.

- A. eat much fewer tomatoes
- B. control their blood sugar levels
- C. struggle for weight loss constantly
- D. eat according to his or her blood sugar level

31. Why is Elinav's opinion on bread mentioned in the last paragraph?

- A. To advise people not to eat unhealthy food.
- B. To stress the need of the personalised diet.

C. To explain the popularity of white bread.

D. To show the importance of good bread.

D

Archaeologists used DNA taken from a broken clay pipe stem found in Maryland to build a picture of an enslaved woman who died around 200 years ago and had origins in modern-day Sierra Leone. One researcher called the work “**a mind-blower.**”

“In this particular context, and from that time period, I think it’s a first,” team member Hannes Schroeder told *The Washington Post*. “To be able to get DNA from an object like a pipe stem is quite exciting. Also it is exciting for descendant(后裔) communities. Through this technology, they’re able to make a connection not only to the site but potentially back to Africa.”

The pipe stem was found at the Belvoir plantation in Crownsville, Maryland, where enslaved people lived until 1864 and where a likely slave cemetery was recently found. DNA taken from the pipe linked back to a woman either directly from or descended from the Mende people, who lived in west Africa, in an area now part of Sierra Leone.

Julie Schablitsky, the chief archaeologist with the Maryland state highway administration, told *The Post* the discovery, based on saliva(唾液) absorbed into the clay pipe, was a “mind-blower”. She also said records show the existence of a slave trade route Sierra Leone to Annapolis, plied(定期往来) by British and American ships. “As soon as people stepped on those slave ships in Africa,” she said, “whether they were from Benin or whether they were from Sierra Leone, wherever they were from, that identity was lost. Their humanity is robbed. Who they are as a people has gone.”

The new analysis is part of ongoing research around Belvoir that has given descendants of the people enslaved there new insight into the lives of their ancestors. Speaking to *The Post*, Nancy Daniels, a genealogist from Laurel, Maryland, who thinks she is a descendant of enslaved families from Belvoir but was not linked to the research on the pipe, called the discovery “overwhelming.” “I’m sitting here about ready to cry,” she said. “I’m sorry. I’m so happy ... Thank God for the DNA.”

This year, events and ceremonies are being held to mark the 400th anniversary of the arrival of the first enslaved people in America, at Jamestown, Virginia, in 1619.

32. What does the phrase “a mind-blower” in paragraphs 1 and 4 refer to?

- A. A surprise B. A confusion C. An excitement D. A

fascination

33. According to Hannes Schroeder, the pipe stem was of great significance because_____.
- A. it was the first direct evidence that slaves living in Maryland were originally from Africa.
B. it helped the archaeologists to draw a portrait of the enslaved woman.
C. it might contribute to identifying the birthplace of the descendant communities.
D. it contained genetic clues to the ancestral background of its owner.
34. What can be inferred from the passage?
- A. The owner of the pipe once lived in what is now an area in west Africa.
B. The history of slavery in America is an ongoing topic of concern.
C. African slaves lost their identities when they arrived at the Belvoir plantation.
D. Nancy Daniels, a genealogist was sorry for not being involved in the research.
35. Which of the following is the best title for the passage?
- A. DNA from an old pipe throws lights on the origins of the enslaved
B. A new research reveals the origins of enslaved African woman
C. The descendants of enslaved people seek their identities
D. DNA contributes to the breakthrough of a new research

第二节 根据短文内容，从短文后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。

Art galleries are places in which artists can display all types of works of art, including paintings, drawings, photographs, sculptures, etc. ___ 36 ___ At the same time, however, each artwork must be protected from exposure to too much light since that can cause works to fade and therefore get ruined. ___ 37 ___

The most common form of lighting used to light up artwork is indoor spotlights on tracks attached to the ceiling near where the work is being displayed. ___ 38 ___ It permits the lights to be moved more easily when the light patterns require adjusting. Recessed(嵌入的)lights in walls and ceilings can be useful so long as they are not fixed in place but can instead be easily moved to create ideal light patterns. Most art gallery directors state that a combination of tracked and recessed light equipment is ideal because the tracked lights focus directly on the artwork while the recessed lights are used on the nearby walls to provide a surrounding light source. ___ 39 ___

How to angle the lights depends upon the height of the ceiling and the size of the artwork. Caution must be taken to avoid creating too many areas with shadows or to have the lights cause a glare on the artwork. Besides, the lights should not be bare bulbs burning directly on the artwork but should be made in some way to make the lighting softer. According to experts, low voltage(电压)bulbs are the best to use when lighting artwork. 40 Thus artwork should be placed in a room where sunlight can't directly hit it.

- A. It can make the displays attractive.
- B. Using tracked lighting is beneficial.
- C. Light plays a key role in art galleries.
- D. This light source can better improve the mood surrounding the work.
- E. To better improve their appearance, the display area needs to be well lit.
- F. Finding a happy medium between not enough light and too much of it requires considerable skill and experience.
- G. Above all, natural light should be avoided since direct sunlight will damage artwork, particularly paintings, over time.

第三部分 语言知识运用（共三节，满分 55 分）

第一节（共 20 小题；每小题 1.5 分，满分 30 分）

阅读下面的短文，从短文后各题所给的 A、B、C 和 D 四个选项中，选出可以填入空白处的最佳选项。

It started on a Friday 41 when the 5-year-old and his older brother were playing 42 their home near the resort town of Aspen, Colorado. Hearing the sound of 43, the mother raced to her front yard to find a 44 sight: A mountain lion was bent over her 5-year-old son, biting him. The poor boy was completely under the cat and was 45 to get free.

So the mother 46. She charged at the animal, pulled away one of its 47 suddenly with a lot of force and discovered her son's whole head was in its mouth. She didn't back down. The mother 48 the lion's mouth and got it open, 49 the boy. She then quickly picked him up and ran away.

The boys' father had just returned from a run when the 50 occurred. He 51 into the car with his wife and sons and called 911 shortly before 8 p.m., as they 52 to a hospital in

Aspen. The boy suffered cuts to his 53, face and neck. The mother 54 bite marks on her hand and scratches on her leg. Aspen Valley Hospital reported that the child was not seriously injured and in 55 condition and has since been 56 to Children's Hospital in Denver for his recovery.

The mountain lion was estimated to be about 2 years old and was not fully grown. It was, perhaps, forced out to hunt on its own. Young lions may be kept on easy 57, like pets and small children. 58, it wasn't a big cat. Had it been a 110-pound lion -- which was once seen around there -- this would have been a much 59 story.

The mother, who had to physically remove the lion's paws from her son's face, is credited with 60 his life. She's a real hero.

- | | | | |
|---------------------------|---------------------|------------------|----------------|
| 41. A. morning | B. afternoon | C. evening | D. noon |
| 42. A. inside | B. outside | C. towards | D. under |
| 43. A. screams | B. laughter | C. applause | D. cheers |
| 44. A. surprising | B. magical | C. moving | D. terrifying |
| 45. A. running | B. waiting | C. struggling | D. walking |
| 46. A. sprang into action | B. burst into tears | C. thought twice | D. pulled out |
| 47. A. eyes | B. paws | C. ears | D. teeth |
| 48. A. grabbed | B. covered | C. beat | D. kissed |
| 49. A. comforting | B. scolding | C. stopping | D. freeing |
| 50. A. error | B. attack | C. headache | D. comedy |
| 51. A. crashed | B. looked | C. jogged | D. jumped |
| 52. A. sped | B. drove | C. crawled | D. got |
| 53. A. legs | B. feet | C. head | D. bottom |
| 54. A. suffered | B. carved | C. drew | D. removed |
| 55. A. terrible | B. fair | C. bad | D. poor |
| 56. A. carried | B. advised | C. sold | D. transferred |
| 57. A. plants | B. toys | C. targets | D. animals |
| 58. A. Occasionally | B. Generally | C. Eventually | D. Fortunately |
| 59. A. beautiful | B. happy | C. different | D. awesome |

60. A. wasting

B. saving

C. ending

D. risking

第 II 卷（共 60 分）（请把答案写在答题卡上）

第二节： 语法填空（共 10 小题；每小题 1 分，满分 10 分）

阅读下面材料，在空白处填入适当的内容（1 个单词）或括号内单词的正确形式。

The first UN Chinese Language Day at the United Nations 61. _____ (observe) on Friday at UN Headquarters in New York in 2010. 62. _____ the world's most widely spoken language, it seems appropriate that Mandarin(普通话) has one day annually dedicated to it. This 63. _____ (official) marked day of Mandarin language celebration was set by the United Nations as a way of celebrating the language's history and 64. _____ (contribution) to the world. It is hoped that having one day annually 65. _____ (celebrate) Mandarin will encourage more people around the world to take it up. With China likely to become the 66. _____ (large) economy in the world, it is important that the wider world becomes more interested in this wonderful language. Every year UN Chinese Language Day 67. _____ (fall) on April 20. A great way to get 68. _____ (involve) in the celebration is to join a Mandarin class or attend one of the many Confucius Institutes 69. _____ are set up by China in countries around the world. The number of people learning Chinese is on 70. increase in China's neighboring countries, such as Korea, Japan, and Vietnam.

第三节： 词汇运用（共 5 小题，每题 1 分，共 5 分）

请根据语境用括号内单词的正确形式或根据汉语意思填空， 每空一词。

71. Hundreds of _____ (请柬) are being sent out this week.

72. The salesgirl pretended not to hear me and went on _____ (闲谈) with a lady in blue .

73. Had he anything to say in _____ (explain) of his behaviour?

74. If the exercise causes _____ (comfort), stop immediately.

75. She has been fully _____ (occupy) with work recently.

第四部分： 写作（共两节，满分 35 分）

第一节 短文改错（共 10 小题，每小题 1 分，满分 10 分）

假定英语课上老师要求同桌之间交换修改作文，请你修改你同桌写的以下作文。文中共有 10 处语言错误，每句中最多有两处。错误涉及一个单词的增加、删除或修改。

增加：在缺词处加一个漏字符号（∧）,并在其下面写出该加的词。

删除：把多余的词用斜线（\）划掉。

修改：在错的词下划一横线,并在该词下面写出修改后的词。

注意：1. 每处错误及其修改均仅限一词；

2. 只允许修改 10 处，多者（从第 11 处起）不计分。

It was a math test, for which I have prepared for a long time. So much importance I attach to it that I even felt a little nervous before a test. My heart began to beat wild immediately I took my seat in the classrooms. Looking at the test paper, our mind went blank. I attempted to focus my attention and it was impossible. So I closed my eyes and took a deep breath, try to calm down. It worked. Gradually I recovered from my calmness.. Feeling more relaxing, I picked up my pen and began to write.

第二节 书面表达（满分 25 分）

假定你是红星中学的李华，你的英国朋友 Peter 热爱体育运动，他将作为交换生到你校学习一年。请你给他写封邮件,主要包括：

- 1.介绍你校体育课程及活动；
- 2.推荐一项中国传统体育项目。

注意：1.词数 100 左右； 2. 可以适当增加细节,以使行文连贯。