

# 海淀区 2023-2024 学年第二学期期末练习

## 高三英语

2024. 5

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卡上，在试卷上作答无效。考试结束后，将本试卷和答题卡一并交回。

### 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。

Movement is our first language; I believe we're born to dance. I've always had a special liking for dance, and my job.

I got great 1 working in the therapeutic (治疗的) world; it felt more like a calling. I enjoyed every moment; my purpose and mission 2 me. My highlights are when I've witnessed once dull and hopeless eyes light up when the person felt seen, heard, and accepted.

Then, ill health struck. As my health declined progressively, I had to stop doing what I loved. 3, all I had was being able to facilitate the occasional workshop when opportunity and energy aligned (一致). Chronic fatigue syndrome (慢性疲劳综合症) is a merciless beast.

In 2020, the unimaginable happened. In addition to soul-destroying feeling of being 4, I began experiencing frequent vocal challenges of varying degrees. I could no longer accept facilitation invitations because my 5 was now unreliable. I grieved, feeling like I was being swallowed by a damp, dark fog.

After an extended period of being in self-pity, I 6 my thinking. I have internal value. My value or identity is not 7 by what I can or cannot do. Regarding my health journey, in time, I 8 this: it is what it is. For this season, this is my path.

So, I started dancing again. Life is full of surprises, pleasant, unpleasant, and neutral, yet what matters is how we 9 to those surprises. Despite ongoing voice loss and health challenges, I found new ways to make a difference.

You and I may not be able to choose the 10 life plays for us; however, we do get to choose how we will dance to it. May we dance with strength, courage, and grace.

- |                  |                 |                 |                |
|------------------|-----------------|-----------------|----------------|
| 1. A. fame       | B. surprise     | C. pleasure     | D. inspiration |
| 2. A. fuelled    | B. attracted    | C. instructed   | D. calmed      |
| 3. A. Simply     | B. Particularly | C. Eventually   | D. Apparently  |
| 4. A. tired      | B. annoyed      | C. disappointed | D. injured     |
| 5. A. mind       | B. sight        | C. sense        | D. voice       |
| 6. A. discovered | B. adjusted     | C. abandoned    | D. controlled  |
| 7. A. ignored    | B. selected     | C. defined      | D. assisted    |
| 8. A. accepted   | B. recalled     | C. questioned   | D. expected    |
| 9. A. refer      | B. appeal       | C. turn         | D. respond     |
| 10. A. role      | B. music        | C. joke         | D. game        |

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

Nathen \_\_\_\_\_ 11 \_\_\_\_\_ (cycle) along a remote road when he came across an abandoned kitten. Moved by her sad eyes and pitiful meowing, Nathen decided to adopt her and named her Milo. Together, they experienced kindness, \_\_\_\_\_ 12 \_\_\_\_\_ (visit) charities, and rescued animals, forming an unbreakable bond. Milo especially liked going to the railway station near their home during rush hour, \_\_\_\_\_ 13 \_\_\_\_\_ commuting (通勤) was challenging for most people. Often \_\_\_\_\_ 14 \_\_\_\_\_ (find) sitting on a ticket gate, Milo greeted commuters and brought smiles to all she encountered, making the spring morning a little brighter.

B

Research suggests a connection between deforestation, \_\_\_\_\_ 15 \_\_\_\_\_ (result) in poorer air quality, and increased rates of depression and anxiety. It has been revealed that countries with more forested land tend to see \_\_\_\_\_ 16 \_\_\_\_\_ (few) cases of mental health disorders. In the 1980s, “forest bathing” was introduced as a therapeutic practice centered around trees to enhance the psychological benefits of outdoor experiences. Up till now, this practice \_\_\_\_\_ 17 \_\_\_\_\_ (use) for treating patients.

C

Many of our actions are initiated by emotion. Challenging situations will arise in our lives and \_\_\_\_\_ 18 \_\_\_\_\_ we handle these situations is a mark of how mature and independent we are. Keeping our emotions \_\_\_\_\_ 19 \_\_\_\_\_ dominating our lives is essential because stable emotion brings a sense of contentment and calm. Luckily, there are many \_\_\_\_\_ 20 \_\_\_\_\_ (help) techniques to control our emotions, such as meditation, yoga, and breathing exercises.

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

UN FAO World Food Day Poster Contest applications are now being accepted. Try to picture a future where everyone has access to food and water. What comes to mind? You may help create a sustainable future by taking appropriate action. Create a poster showing your water action for food as part of the World Food Day Poster Contest to showcase your artistic talent.

**Food and Agriculture Organization (FAO)**

The Food and Agriculture Organization of the United Nations is a specialized agency that leads international efforts to end hunger, promote nutrition, and ensure food security.

**Procedure and Benefits**

Fill out the form on our website, take a picture of or scan your submission, and submit it on line. The screening committee will choose 15 posters from each category for the first round (a total of 60 posters from 4 age categories), and those chosen will be notified in December 2024. A certificate for this accomplishment will be given to the shortlisted individuals. Winners will be highlighted on the FAO social media channels and by regional FAO offices.

Our judges will choose three winners in each age group, and they will be revealed in

December. The winners will also get a diploma and a surprise gift package, as well as promotion from FAO offices throughout the world.

### Entry Requirements

- The entry period will open on June 1, 2024, and end on November 3, 2024.
- Per individual, only one entry may be submitted.
- Poster entries may be painted, sketched, or drawn using oil or watercolor paint as well as mixed media, pens, pencils, crayons, or charcoal. Artwork produced digitally is also acceptable. No photos are permitted.
- Text may or may not be included in poster entries. Use of text is limited to no more than 25 words.
- Never mention private information such as names, schools, ages, etc.
- Please do not send in physical posters; only digital files saved as JPEGs will be allowed.

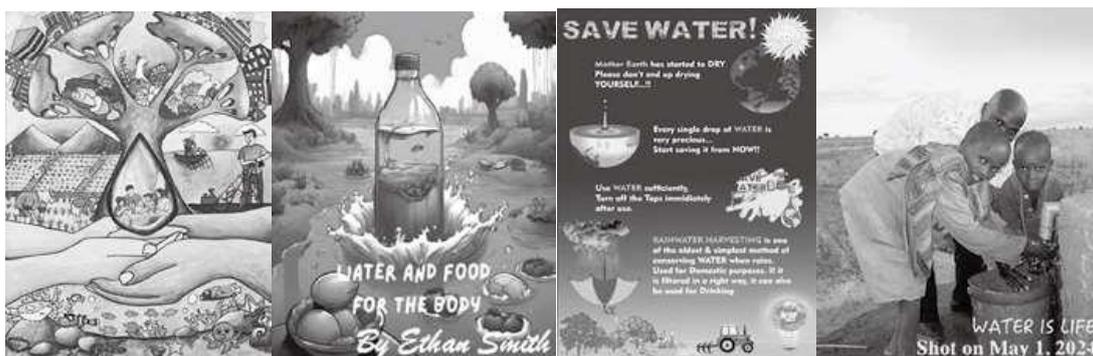
21. By taking part in the contest, participants can \_\_\_.

- A. show their cooking talent B. contribute to food sustainability  
C. raise their nutritional awareness D. have more access to food and water

22. The final winners of the contest will be \_\_\_.

- A. promoted globally B. informed before December  
C. invited to regional FAO offices D. decided by FAO after three rounds

23. Which of the following posters meets the entry requirements?



A.

B.

C.

D.

### B

When I was named CEO of a global company in 2006, I was determined to run the company so that it would both deliver good short-term performance and thrive in the long term, years after I was gone. It was already in good shape, but I dreamed of creating a defining corporation of the 21st century, proud of its root, yet global and responsible in the shifting times.

For months, I quietly read all I could about the big societal trends influencing business. I walked the market, and examined employees' feedback. I also dug deep into the obligations of public corporations. From all of this emerged a vision for the company that guided us for the next dozen years or so. I called it "Performance with Purpose". The goal was to deliver great financial returns, as we always had, with three additional clear objects: to nourish humanity and the communities, to protect our environment and to cherish our people.

My motivation was wholly to "future proof", or de-risk. And it worked. In my 12 years as CEO, total shareholder return was 149%, and net profit jumped 80%. We cut the salt, fat, and sugar in soda and chips, added more healthful brands and products, and lowered the amount of water needed. We kept innovation going and our design studios won many awards. Our talent

academy was so brilliant that nine senior managers left to take CEO jobs elsewhere.

I believe that leaders must think from the future back, even when things are going fine. And we now have a framework to help: the evolving templates (模板) for environmental, social, and governance metrics (ESG衡量标准) that, in essence, serve to de-risk companies and markets. These criteria force discussion of hard truths for anyone with the ambition to stay relevant in the long term. If the metrics are carefully selected, ESG is not contrary to investors' interests. Importantly, de-risking the company actually creates shareholder value.

"Performance with Purpose" presented tough moments for me, including when one investor questioned, "Who do you think you are? A philanthropist (慈善家)?" But skepticism faded when a collective mission took hold that included both the bottom line and much beyond. This was my hope from the start.

24. The author's new vision for the company came from\_\_.

- A. its unique cultural root                      B. her thorough research  
C. customers' fundamental needs          D. shareholders' strong requirements

25. According to "Performance with Purpose", an ideal company should \_\_.

- A. shift its strategies properly              B. value employees' feedback  
C. shoulder social responsibility          D. prioritize financial returns

26. What is Paragraph 4 mainly about?

- A. The risks a company may face.          B. The author's ambition to create value.  
C. The interests investors seek after.      D. The author's recipe for successful business.

27. As CEO, the author can be best described as\_\_.

- A. inspiring and warm-hearted              B. determined and far-sighted  
C. ambitious and generous                  D. modest and strategic

### C

The idea that aging reduces adults' ability to imagine, a common theme in children's literature, is contradicted by psychological research. While children are often portrayed as more imaginative, research indicates that adults not only keep this ability but sometimes surpass children in imaginative thinking.

Children are frequently celebrated for boundless imagination. Yet, research reveals that their make-believe games often center around realistic scenarios, such as cooking and cleaning, as demonstrated in a 2020 study published in *Journal of Cognition and Development*. Another study, lasting for four decades, also suggests that children are not naturally more imaginative than adults; their limitations result from a lack of knowledge and expertise to effectively use their imaginative capacity as adults.

Imagination may have evolved for considering alternatives to reality, but we use it most naturally to explore close alternatives, like preparing a different meal, rather than far alternatives, like riding on clouds. When we use imagination to envision far alternatives—to innovate or invent—we're not digging into an inborn appreciation of the extraordinary; we're using a tool designed to explore the ordinary. When considering alternatives to reality, we fix our attention on possibilities that are physically reasonable, statistically probable, socially conventional and morally permissible. When told about possibilities that violate such regularities, we usually deny they could happen. Generally speaking, our ideas about what could happen are firmly rooted in what we expect to happen.

This mindset is also particularly apparent in young children. In a 2018 study I co-designed

with psychologist Jonathan Phillips, 4-year-olds were asked to help a distressed girl who disliked going to school due to missing her mother. Among all the solutions given, they perceived the only possible solution was for her mother to do something special after school to ease her concerns. Unexpected alternatives, such as snapping fingers and making it Saturday, wearing pajamas to school or lying about school being closed, were all regarded impossible. From this, we can conclude that children's earliest intuitions (直觉力) about possibility confuse what could happen with what should happen.

Historically, the improbable event of traveling faster than a horse was considered impossible, as was traveling by air or traveling into space. Before the arrival of trains and planes, there were good reasons to think that people could travel only so far and only so fast. But these reasons were empirical (经验主义的), not logical. Imagination, on its own, lumps the improbable with the impossible, but we can combine imagination with other abilities—namely, knowledge and reflection—to separate the two. While imagination in children often subjects to expectation, adults can control their imaginative capacity for innovation by integrating it with accumulated knowledge and reflective thinking.

28. According to the first two paragraphs, we know that \_\_\_.

- A. children develop imagination through games
- B. children face limitations in acquiring knowledge
- C. adults are as good as children in imaginative thinking
- D. adults' imaginative ability is likely to stay constant with age

29. We can infer from the passage that \_\_\_.

- A. expectation results from imaginative capacity
- B. certain practical concerns can limit imagination
- C. breaking regularities may lead to close alternatives
- D. far alternatives are more important than close alternatives

30. The 2018 study shows that children \_\_\_.

- A. came up with a wide range of alternatives
- B. were quicker to figure out solutions
- C. took what should happen as possibilities
- D. used imagination in a reasonable way

31. The underlined word "lump" in the last paragraph probably means \_\_\_.

- A. mix
- B. match
- C. compare
- D. replace

## D

We are a social animal. Indeed, it is our sociality—such as the ability to make sense of each other, to communicate, to work cooperatively and, finally, to create culture—that marks us off from other animal species.

But then why are we everywhere striving to increase our isolation and limit our contact with others? As musician David Byrne argues in an essay published last month, it is a striking fact about the new technologies that have so come to shape our lives, that they have precisely this effect: they limit our need for human contact. Online shopping? Check. Automated checkout? Check. Ride hail apps? Check. Efficiency is the key. We purchase efficiency by limiting the human aspect, known as "autonomous operation". This is perhaps even more pronounced with new technologies on the horizon. Take the MOOC, the teacher-less virtual classroom. As Byrne notes, this is meant to deliver the values of a learning environment without, well, without the environment—you get to stay at home—no teacher, but also, no fellow students.

Byrne isn't claiming we are consciously choosing to isolate ourselves. We shop online

because it is convenient. The absence of contact with others is a side-effect. Maybe even an unavoidable one, as one of the things that makes online shopping so easy is precisely the absence of contact with other people.

But Bryne's thought is that whatever our intention, the tendency of our tech to isolate us may be a feature, not a bug. His hypothesis is that we actually, at some level, crave (渴望) the increased isolation and we are actually making technologies to satisfy impulses that, in some way, go beyond—or against—our social nature. But I wonder, is this really new?

Even if we are social by nature, and do everything we can to embed ourselves socially, the need to find ways to be alone is, well, nothing new. It's also striking that the very activities that risk separating us—in the old days, books, newspapers, TV; nowadays, the latest apps—also connect us. We read about each other. What we read gives us information to share with each other.

I am well aware of the data that shows the more time you spend on social media, the sadder and more isolated and envious you feel of others. But how novel is the isolating effect of social media? Being there reminds me a lot of what it was like to be social in high school—you have a vivid sense of your status and your standing in relation to others, and you have to deal with that.

This may be isolating, sure. But it's the isolating face of the social lives we've always had. It is isolating because of the ways technology brings us into real contact with others, not because it removes that contact.

I wonder whether more isolation is a real option, after all.

31. Which of the following best reflects “autonomous operation”?

- A. Getting a toothbrush via a hotel delivery robot.
- B. Teaching mom how to establish a smart home.
- C. Seeking help by calling human customer services.
- D. Having an online meeting at home with colleagues.

32. Which of the following might the author agree?

- A. Technology offers fresh insights into our social status.
- B. Actions seemingly isolating can bond people.
- C. Social platforms help bring people closer.
- D. Social media has come to define our life.

34. What would be the best title for the passage?

- A. What Technologies Do to Human Nature
- B. Do Technologies Shape Our Lives?
- C. How Isolation Changes with Connection
- D. Can We Erase Human Element?

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。

Being sensitive means that you are observant, careful, and thoughtful. It can also mean you sometimes overinterpret or overreact to perceived criticism or judgment. If you tend to be a highly sensitive person, you are more likely to misread signals from others, sense social threats, and struggle to adapt to new circumstances. \_\_\_\_\_ 35

The power of insensitivity can be interpreted as “sluggish (迟钝的) power”. \_\_\_\_\_ 36  
For example, those working on complex research projects with “sluggish power” persist with focus and determination in the face of challenges such as tight deadlines and limited resources.

Their resilience facilitates effective problem-solving, ensuring the successful completion of tasks despite obstacles.

\_\_\_\_\_ 37 \_\_\_\_\_ That is one of the important reasons why insensitivity allows a person to better survive and adapt in a competitive environment. Knowing oneself is difficult, but knowing oneself correctly is undoubtedly an excellent ability—a trait shared by many successful people, who all clearly know where their strengths are, what they can do, what they want, and what direction to go.

Practicing insensitivity involves several key strategies. Firstly, be assertive. Express our needs and opinions positively and with confidence. Secondly, adopt a forward-looking mindset.

\_\_\_\_\_ 38 \_\_\_\_\_ Additionally, detach from external influences. Avoid excessive concern over others' opinions and speculation on others' thoughts. Lastly, manage relationships. Recognize our personal responsibilities while respecting others' boundaries. Don't interfere with other people's subjects and don't let others interfere with ours either.

\_\_\_\_\_ 39 \_\_\_\_\_ Once you become a bit “blunt” and slow down the pace, you will feel more comfortable.

- A. Learn to view the problem as two parts.
- B. That's where the need to be insensitive comes from.
- C. I hope everyone can obtain the ability to be insensitive.
- D. Behind insensitivity is a strong sense of self-awareness.
- E. Being a highly sensitive person can come with many challenges.
- F. It implies the ability to calmly face the setbacks and firmly move forward.
- G. Focus on long-term goals rather than the ups and downs of life at the moment.

### 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。请在答题卡指定区域内作答。

#### How Gratitude Makes You Happier

Choosing to be thankful may well be an easy and accessible way to boost your happiness. We usually think of happiness as a subjective sense of well-being, a feeling of joy and satisfaction. But more than just an emotion or fleeting (短暂的) feeling, happiness also includes a deep sense of meaning, worth and purpose in life. Gratitude supports happiness in ways related to all of these.

Research has shown gratitude has far-reaching effects on our physical health. When people are thankful, they're more likely to exercise, eat better, and take care of their health. Much evidence points to lower stress, reduced pain and improved immune systems as a result of being thankful. Even better blood pressure and positive effects on the heart have been linked to gratitude.

Gratitude has a strong positive impact on mental health as well. It increases self-esteem, enhances positive emotions and makes us more optimistic since experiencing gratitude activates neurotransmitters like dopamine, which we associate with pleasure, and serotonin, which regulates our mood. It also promotes feelings like trust and generosity, which are induced by oxytocin, a hormone released by the brain.

Just like a muscle, thankfulness is something we need to exercise more often. One way is to learn from the Scandinavians, who, the UN's World Happiness Report suggests, are the happiest

people in the world. It's worth pausing to think about why. Scandinavians themselves are determining their levels of happiness. They are appreciative of a functioning society where they have economic security and where social institutions support everyone. Yet, there is something else. They value "moderation", a just enough-ness. They don't chase happiness or work overtime for months at a time. They remain grateful for a healthy work-life balance. As a result of this satisfaction and contentment, they feel their lives have value.

So, take some time to be thankful. It can impact your happiness and enhance many aspects of your life.

40. What does happiness include besides what we usually think?

41. On what does gratitude have a positive influence?

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

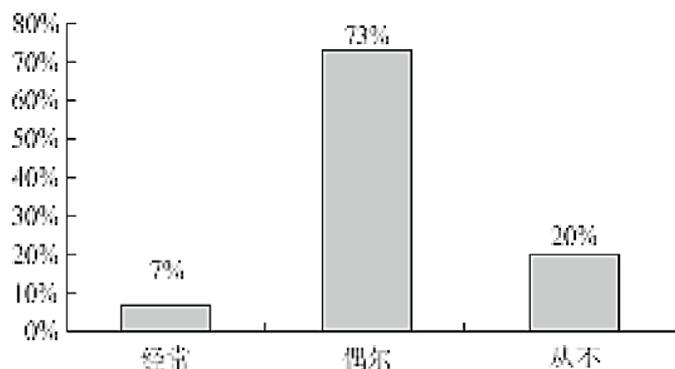
➤ *Scandinavians don't work overtime for months at a time because they feel their lives have value.*

43. How can you exercise being grateful? (*In about 40 words*)

第二节 (20 分)

假设你是红星中学高三学生李华。近日，应英国好友 Jim 的请求，你帮助他完成了一项关于你班学生英语泛读 (extensive reading) 现状的调查 (见下图)。请用英文给他写一封邮件，内容包括：

1. 调查结果描述；
2. 你的选择及对英语泛读的认识。



英语泛读调查结果 (人数百分比)

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

(考生务必将答案答在答题卡上，在试卷上作答无效)