

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，请将本试卷和答题纸一并交回。

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，并在答题纸上将该项涂黑。

It's 4:30 a.m. and the lights are blazing at Food Forward's warehouse. Forklifts whiz around the loading dock, pulling pallets of donated strawberries off one truck or pushing boxes of potatoes onto another headed to 1 people later in the day. Everything moves fast at Food Forward—a nonprofit devoted to giving away agricultural products that would 2 be wasted.

Food Forward started 15 years ago. When wandering through his neighborhood, Rick Nahmias noticed all the 3 fruit on the trees and considered how he could make the best of them. "Why not give them to those in need?" Then Nahmias put an ad online, asking for volunteers to help him pick unwanted fruit for donation. Six people responded, but only one 4 at the first event. He persisted, and slowly, an initial core group formed. For the next nine months they'd gather on weekends, picking fruit and 5 them to local food banks.

In October 2009, Nahmias was offered a \$25,000 grant, enabling their weekend "fun" to become regular, which eventually contributed to a sustainable 6. Thus Food Forward was established. The nonprofit quickly expanded, collecting not only unwanted residential fruit but also millions of pounds of unsold 7 from farmers markets and wholesale sellers. In 2023, it 8 87 million pounds to feed the starving people.

Today, Food Forward has 50 employees and 2,000 volunteers. People want to work here. Every morning, warehouse manager, drivers and vendors greet each other by name, usually with handshakes that end in hugs. This kind of 9 is a large part of why Food Forward has been so successful.

"10 the abundance" is not just a slogan; it's a way of life. We all have abundance; we just need to find out what it is, and give it.

- |                  |              |                 |                 |
|------------------|--------------|-----------------|-----------------|
| 1. A. needy      | B. willing   | C. demanding    | D. greedy       |
| 2. A. then       | B. instead   | C. otherwise    | D. still        |
| 3. A. fresh      | B. unpicked  | C. unripe       | D. tasty        |
| 4. A. set off    | B. pulled in | C. missed out   | D. showed up    |
| 5. A. showing    | B. selling   | C. delivering   | D. recommending |
| 6. A. investment | B. plan      | C. lifestyle    | D. organization |
| 7. A. meals      | B. produce   | C. clothing     | D. materials    |
| 8. A. grew       | B. ordered   | C. traded       | D. distributed  |
| 9. A. credit     | B. procedure | C. relationship | D. strategy     |
| 10. A. Share     | B. Harvest   | C. Create       | D. Keep         |

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。请在答题纸指定区域作答。

A

Yan Qianqian, a 29-year-old Zhuang woman from Guangxi, returned to her hometown after working at an airport for five years. In 2021, together with her father, she founded an agricultural company to produce pickled bamboo shoots, 11 is an essential ingredient for the popular Luosifen rice noodles. For years, she 12 (work) with experts from local universities to improve the traditional making methods of the pickled bamboo shoots with modern technologies. Yan hopes more young people will join her in helping villagers increase income and revitalize various 13 (industry) in rural areas.

B

Many universities are concerned about students using artificial intelligence. However, Oxford University has told undergraduates they can use it with essays as long as they do not rely on it 14 facts since AI can sometimes make mistakes. Students have been advised to use AI to organize their thoughts while 15 (create) drafts of essays. Last year, the students of economics and management at Oxford University 16 (require) to use AI to generate essays, but normal rules about plagiarism (抄袭) still applied.

C

Learning to refuse is an act of self-love. Just like a garden needs pruning (修剪) to flourish, our lives need boundary-setting 17 (progress). Think of saying no as the act of removing the weeds that limit our personal 18 (grow). By saying no, we are reclaiming our autonomy. We teach people

how to treat us by 19 we allow and where we stop. When 20 (invite) to a party we do not feel comfortable attending, we can say no. It does not mean rejecting friendship but rather communicating our limits.

## 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，并在答题纸上将该项涂黑。

#### A

VolunteerMatch helps you effect positive change. You get passionate and highly qualified volunteers matched with the right cause at the right moment. Our software solution automates workflow and repetitive tasks such as posting and reposting volunteer opportunities. It's fast, easy-to-use and effective.

Join the largest volunteer network in three steps:

1. claim your organization
2. create a personal profile
3. add volunteer opportunities

Claim your organization and take advantage of our full suite of member benefits, designed to help you save time and easily recruit (招募) and manage volunteers.

#### Pro Membership Benefits

Save time and repost opportunities with one click. Streamline your communication and automatically send custom greetings, questionnaires and documents to potential volunteers.

- ✓ Refresh your opportunities with *One Click Reposting*
- ✓ Communicate easily with volunteer engagement tools
- ✓ Boost recruitment with access to exclusive marketing opportunities
- ✓ Grow your skillset with access to Pro resource library
- ✓ Showcase your opportunities on your website with embeddable code
- ✓ Store more photos to enhance your opportunities

#### What nonprofits are saying about VolunteerMatch

*"It's a portal for volunteers to connect with the nonprofits, and in a way, it's its own search engine specifically for volunteer opportunities."*

*"When thinking about all the places we could post online to find interested volunteers, VolunteerMatch was one place we absolutely wanted to have a presence."*

21. VolunteerMatch can help \_\_\_\_\_.
- A. create a personal profile  
B. select the working procedures  
C. undertake repetitive tasks  
D. improve the qualification of volunteers
22. Pro members of VolunteerMatch can \_\_\_\_\_.
- A. edit documents with one click  
B. start marketing events  
C. store more volunteer photos  
D. interact easily with candidates
23. Who is the passage intended for?
- A. Nonprofit recruiters.  
B. Search engine engineers.  
C. Enthusiastic volunteers.  
D. Workflow automation developers.

### B

It was a September afternoon. The air was thick and warm, and by the time my dad and I reached the cove, which we called a swimming palace, my clothes were damp and itchy on my skin. Dad swam nearby a cove, diving into a splash of front crawl, heading out toward the edge of our narrow bay. Overwhelmed, suddenly, with envy, I did what I hadn't done in years: I held my breath and pulled my own head underwater.

There, suspended beneath the glimmering surface, I remembered it all. My love of diving, swimming, rivers and lakes. I felt the cold ocean's press on my cheeks and my eyelids, and knew what it was like again: to be free and fully present in my own skin.

Though I've always loved the water, I had spent seven years prior to that day staying away from moments like this one. I was afraid. Struggling for a long time with chronic acne and unhelpful treatments, and the pressures of teenage girls' appearance, I had become entirely reliant on my makeup. I needed total control over how I looked, and going swimming meant washing this control away. My bare face and natural appearance were not something I identified with. I hated it, deeply, though I wished more than anything that I didn't.

But those 10 minutes of contentment I floated within—the muffled quiet of the underwater world—were fuel for the next chapter of my life. This would be my yardstick. Suddenly, it didn't matter how I did it. Whether through medication or mental attitude, I would find a way to have the kind of life that allowed me to dive into the water whenever it called.

That day was the beginning of a slow but determined journey back to my own body—a slow unlearning of my deep self-consciousness. Life didn't change in a heartbeat: I returned to the shore with all the same fears, but I clothed myself in a new determination to change things. I felt the tide turn.

Reflecting on this moment again today, it seems strange to think that going bare-faced on an empty beach was such a challenge. But this is exactly the perspective I had once dreamed of reaching. I do my

best never to take for granted this freedom I have found. To pay attention, each time I sink under the surface of the water, embracing that swell of fear and joy and liberation.

24. The author avoided swimming for seven years because \_\_\_\_\_.
- A. she had no access to the cove
  - B. she had to receive treatments
  - C. she hated to reapply her makeup
  - D. she felt insecure without makeup
25. How did the author feel after she returned from the diving?
- A. Hesitant.
  - B. Resolved.
  - C. Proud.
  - D. Joyful.
26. What can we learn from this passage?
- A. You can't judge a book by its cover.
  - B. Beauty is in the eye of the beholder.
  - C. Self-acceptance is the greatest gift.
  - D. Nothing is difficult to a willing heart.

### C

For decades, scientists hypothesized that cognitively demanding tasks, such as writing or solving math problems, require more energy than easier tasks like scrolling short videos on the phone or looking out of the window. However, recent research proves the view wrong. Our brains perform massively complex and metabolically costly computations all day long. "Whether you're engaged in a cognitively demanding task at work, or you're staring off into space, your brain is using roughly the same amount of energy," says neuroscientist Todd Braver of Washington University in St. Louis.

In fact, what feels more challenging is when a task requires the brain to go against its usual habits. Cognitively demanding work often requires the coordination (协作) of many different brain regions in novel patterns, while silencing circuits that frequently fire together.

Studies have found that pushing against our brain's habits triggers an emotional response, making us feel uncomfortable. "It's aversive, and it just feels bad," says Michael Inzlicht, a psychologist from the University of Toronto. But he points out that emotional responses are subjective: They are interpretations of sensations in our bodies and brains. And we can influence how much we pay attention to these sensations and even how we interpret them. We often overestimate the struggle and pain required to complete cognitive tasks. This initial overestimation can lead us to procrastinate, or even avoid the task altogether.

Studies suggest that if we can get past that initial hurdle of starting a task, then thinking becomes easier. One way to do that is to pay attention to the benefits instead of the efforts required. In a study published in the journal *Science* in 2020, Andrew Westbrook, a neuroscientist at Rutgers University,

and his colleagues gave participants the choice of solving an easy memory puzzle for a small amount of money or a much harder puzzle for more money. The options were displayed on a screen, and participants' eye movements were tracked as they decided which puzzle to attempt. When people spent more time looking at the reward for the challenging puzzle, they were more likely to choose it. If our mind's eye, or our attentional focus, is on the benefits of an option, over time we're more likely to choose to do hard things.

Performing complex mental tasks will also be less painful if the exertion of mental effort is habitized. When we don't have to make a decision to focus every day, we will save ourselves considering the costs or consequences. To make cognitively demanding tasks a habit, try to do them every day at the same time and in the same place. Add a ritual before the work starts, such as turning off the phone and launching an app to block distracting websites. After a few weeks, concentrating deeply won't just feel easier; it will actually be easier.

27. People may feel certain cognitive task demanding because of \_\_\_\_\_.
- A. more brain energy consumption                      B. the complexity of computations  
C. the higher level of difficulty                         D. new coordination of brain parts
28. The author quotes the 2020 study mainly to \_\_\_\_\_.
- A. support a solution                                        B. present a case  
C. analyze the causes                                     D. challenge an assumption
29. What can be inferred from the passage?
- A. Overestimation promotes efficiency.  
B. Personal perception determines motivation.  
C. Focusing on rewards enhances performance.  
D. Brain counteraction triggers positive emotions.
30. Which of the following can make mental work feel easier?
- A. Receiving continuous support when feeling down.  
B. Seeking professional help when meeting a deadline.  
C. Reading thick literary classics for twenty minutes daily.  
D. Breaking down a challenging project into smaller tasks.

#### D

Science should guide policy, but caution is needed when technologies like CRISPR have the potential to exclude rather than assist people to live their lives.

CRISPR can be used to treat disease. Yet the far-reaching, more worrying promise of this

technology—one about which scientists seem at once excited and cautious—lies in its ability to eliminate from the gene pool what medical science identifies as faulty or abnormal genes that cause difference in individual people. Certainly, goes the logic of CRISPR’s promise, the goal of ridding future generations of terrible diseases that cause suffering and death and exhaust resources, seems an unquestionable enterprise.

This logic is consistent with wider societal views. The idea that ridding society of genetic differences that count as defect (缺陷) is an undeniable “good” continues to be pervasive. Editing out a gene-linked condition, supporters may argue, is different from editing out a person, and curing disease is a good thing. But our genetic conditions are not simply entities that can be clipped away from us and our genetic conditions form a fundamental part of who we are.

Using genome manipulation tools and performing genetic selection is equal to a new form of eugenic (优生学的) thinking grounded in what the communications studies scholar James L. Cherney calls “common sense” ableism, a belief system that allows people to simultaneously deny any commitment to distasteful eugenic principles while also holding them up. Ultimately, “common sense” ableism embodies a similar goal of cleansing unacceptable human variations that the campaigns to eliminate the supposedly inferior have held in the past.

People with “bad” genes shouldn’t be edited out of existence in some version of a utopian (乌托邦的) future. Evaluating the quality of life of another person is morally questionable in a society based on the concept that all people are of equal value regardless of their individual differences.

Expanding diversity in all its forms, including disability, strengthens the human community ethically and biologically because it opens the public and private sphere to a variety of perspectives, experiences and ideas to live together with mutual flourishing.

Genome editing is powerful in reshaping medical treatments, but it can also be harmful by editing out the kinds of people that medical science, and the society it has shaped, categorize as diseased or genetically contaminated—people who are understood as having bad genes. We should be reminded that bad genes don’t necessarily lead to bad lives, just as good genes don’t necessarily lead to good lives. If CRISPR is put to use to eliminate rather than to treat genetic difference, we as a society would essentially instrumentalize this moralistic and reductionist assumption.

31. According to the author, CRISPR is \_\_\_\_\_.
- A. a necessary evil in treating severe diseases
  - B. a questionable tool for removing faulty genes
  - C. a promising technology to conserve resources
  - D. a logical approach to improving human genetics

32. The author discusses “common sense” ableism in Paragraph 4 to \_\_\_\_\_.
- A. compare genetic selection to eugenic thinking
  - B. trace the evolution of genetic selection in history
  - C. offer an example of campaigns to remove bad genes
  - D. reveal the root of the societal view on genetic differences
33. What does the underlined part in the last sentence mean?
- A. People need to adopt more simplified solutions.
  - B. The society should apply CRISPR into other fields.
  - C. This belief might be widely practiced in the society.
  - D. The technology will be used to create a utopian future.
34. Which would be the best title for this passage?
- A. The Dark Side of CRISPR
  - B. In the Wake of Genetic Selection
  - C. In Defense of Our Bad Genes
  - D. The Promise and Price of Gene Editing

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，并在答题纸上将该项涂黑。选项中有两项为多余选项。

Being a sports fan can be a rollercoaster ride. Incredible highs if you win, depressing lows if you don't, and lots of stressful feelings in between. Thankfully, the overall impact should be a positive one because research has shown that people who watch sports experience greater wellbeing than those who don't. 35

Research carried out by Anglia Ruskin University has found that people who attended a live sporting event in the last year are more satisfied with their lives and are less lonely than people who have not. 36 Research has shown that people who watch sports on TV or on the internet are also less depressed than those who don't.

37 We seek connection through the formation of in-groups: communities of people with whom we share something in common. These communities form part of our identities, and through them we find social and emotional support. An example of in-group formation is the community we share with people who support the same sports teams as us. Through our shared social identity, we also share the social and emotional benefits of successes among our group. 38 However, when our team loses, we are more likely to distance ourselves from our team to protect ourselves from negative social and psychological consequences: “cutting off reflected failure”.

The role of social processes linking sports spectatorship and wellbeing is demonstrated by researchers. They found that areas of the brain associated with psychological rewards were more active

when participants watched sports where fans bond through shared experiences like cheering for the team. 39

Whether you support your team at the game or from home, you can enjoy the highs and lows of being a sports fan. As long as you're sharing that experience with others, it's good for you.

- A. People are more active when watching baseball or football.
- B. This is probably linked to the social aspects of watching sports.
- C. The positive effect of watching sports is likely about social identity.
- D. Watching sports on TV or online can also be good for one's wellbeing.
- E. People with higher wellbeing have better physical health and live longer.
- F. That's why people gain greater mental benefits when watching football than golf.
- G. Researchers at KU Leuven have comically named this "bathing in reflected glory".

### 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。

I smile as soon as I am greeted by the barista (咖啡师) who knows my name and order. As I head to a table, latte in hand, I feel a lightness in my step. This is a feeling you might experience in your daily life as well. Chances are, there are people you come into contact with daily, who you may not know well but can put a smile on your face.

People like this are called "consequential strangers". They could be the neighbor you chat to or even the person you regularly make small talk with at the gym. Typically, our lives feature many consequential strangers. We may only know some of them for a short time, whereas others may become longstanding parts of our lives.

Like me, counsellor Tina Chummun has found that the barista she sees regularly is an important consequential stranger to her. "I trust the feedback from the barista because she has a completely different perspective of me," she explains. Consequential strangers can give us a space to talk about things that perhaps we don't with other people in our lives, and to hear alternative perspectives. These interactions are emotionally beneficial as well: the consequential strangers in my life not only help me feel a stronger sense of belonging to my community but also help with loneliness. And some of these connections could potentially become supportive relationships we can turn to for help.

"There are many ways that you can approach strangers and start conversations," says Tina. "If you're at a train station waiting for a train, you can strike up a conversation about how annoying the delay is." You may find that this brings you into a fuller conversation, but even if you only have a

fleeting exchange with someone, this is a great way to build your confidence. Of course, not every consequential stranger is going to become a good friend and that's OK. Still, they are a valuable part of your life, able to make you smile and feel a sense of connection. And that in itself is well worth celebrating.

40. What kind of people does the term “consequential strangers” refer to?
41. How do consequential strangers contribute to the author's emotional well-being?
42. Please decide which part is false in the following statement, then underline it and explain why.  
➤ *Having consequential strangers is well worth celebrating as they are going to become your good friends.*
43. Write about one of your consequential strangers and how he/she influences you. (*In about 40 words*)

## 第二节 (20 分)

假设你是红星中学高三学生李华。你的英国笔友 Jim 所在的学校正在征集“智慧校园”方案。他打算参与这项活动，来信询问你的建议。请你给 Jim 回信，内容包括：

1. 你的建议；
2. 说明理由。

提示词：智慧校园 smart campus

- 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纸指定区域内 )