

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。

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。

Back in 2008, I was teaching Concepts of Fitness in a high school. At the end of one class, I chatted with David Gale, a senior high jumper, about how to improve his 1 and how motivation played an important role in one's achievement. He, out of the blue, asked me what would happen if he broke the school record.

Not 2 of his passion and determination, I paused for a moment, but then promised that I would paint his name on the wall of our classroom. He was very excited and suggested that I go purchase the paint.

Nothing more was mentioned about the 3 until two weeks later, the young warrior ran into the classroom with a huge smile on his face. "I did it! I broke the record!" he shouted as I was still gathering information to 4 what I had promised him. I joined in with the high-fives and fist bumps 5 him.

The next day, it was done! G-A-L-E. Huge blue letters with white edges, the school colors. I could see his excitement even surpassed the success itself. Actually, his coach said the wall was part of the 6 to break the record.

What happened next was totally amazing. Many students, even from other classes, saw the name on the wall and 7 how they, too, could be considered for the wall. With the enormous 8, I had to add more names to the wall, and more than 100 names appeared there in the following 10 years.

Many folks admitted they would not have 9 what they did if the wall hadn't been part of the reward. More importantly, all those who stepped far beyond their comfort zone helped set the 10 higher.

- |              |                |            |              |
|--------------|----------------|------------|--------------|
| 1. A. health | B. performance | C. talent  | D. knowledge |
| 2. A. proud  | B. afraid      | C. certain | D. fond      |

- |                   |               |                   |               |
|-------------------|---------------|-------------------|---------------|
| 3. A. promise     | B. record     | C. suggestion     | D. news       |
| 4. A. describe    | B. recall     | C. explain        | D. picture    |
| 5. A. encouraging | B. admiring   | C. congratulating | D. greeting   |
| 6. A. excitement  | B. confidence | C. creativity     | D. motivation |
| 7. A. inquired    | B. expected   | C. insisted       | D. doubted    |
| 8. A. effort      | B. experience | C. stress         | D. response   |
| 9. A. adjusted    | B. achieved   | C. examined       | D. displayed  |
| 10. A. pace       | B. stage      | C. bar            | D. tone       |

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**

When Mark was driving to the martial arts gym where he trains and volunteers, he saw 11 looked like a police pursuit. Soon Mark realized the officer did not have control of the situation. Jumping out of his car, Mark identified himself and spelled out his intention 12 (make) it two-on-one in the officer's favor. Then, with the officer 13 (struggle) to control the man's upper body, Mark put his weight on the man's legs. But the suspect managed to roll to his right, onto his stomach. Mark immediately 14 (apply) a martial move to control his shoulder and upper body. A few seconds later, the suspect gave out. The officer secured a handcuff and the threat was over.

**B**

Glass recycling has become such a big industry that the amount of glass 15 (recycle) is not meeting the demand for new glass to be produced. Some states in U.S. have attempted to resolve this situation in hopes of encouraging the 16 (produce) of glass over plastic by offering monetary incentives (奖励) for glass. For example, California has a special program 17 you can earn five cents for most glass bottles as well as plastic ones and aluminum cans less than 24 ounces. For items over 24 ounces, you can earn 10 cents each.

**C**

In the States, tourism is clearly not an environmentally "clean" industry. People do not just show up, spend 18 (they) money and leave. Instead, they show up, and if they have more money than the locals do, they move in and tell a friend. So more people are attracted 19 this place and more homes are built for them. But these homes are often pricing out the locals. The hospitality industry does create jobs, but many of these jobs don't pay a lot. The taxes that come from tourism 20 (use) to fix the problems that tourism causes in the first place.

## 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

Dear Colleague,

I am writing with information about BAC University Summer Term's four exciting programs for high school students. These programs provide the opportunity to study at a world-renowned university, strengthen English-language skills and enjoy summer in Boston. Here is a brief overview of our programs:

**High School Honors** is a six-week residential or online program in which students take BAC University undergraduate courses and earn up to 8 transferable college credits. Students must be entering Grades 10 – 12 in fall 2024.

**Academic Immersion (AIM)** is a three-week non-credit residential program for students to focus intensively on a single academic topic. This summer we are offering three AIM tracks: Introduction to Experimental Psychology, Introduction to Medicine, and Creative Writing. All three tracks combine classroom work with hands-on experiential learning activities. Students must be entering Grade 11 or Grade 12 in fall 2024.

**Summer Challenge** is a two-week residential or online program in which students take two non-credit seminars of their choice and experience college life. Students must be entering Grade 12 in fall 2024.

**Summer Preview** is a one-week non-credit residential program in which students explore one subject of interest while previewing the college experience. Students must be entering Grade 9 or Grade 10 in fall 2024.

Our Summer Term's programs provide students with rigorous and collaborative college life experiences that enable them to gain a strong sense of their personal and academic potential. Every year, our students form strong friendships as they undertake challenging coursework and participate in social events.

I have enclosed a poster and a program brochure. I hope you will share this information with your students. Please feel free to contact us via email at [summerhs@bac.edu](mailto:summerhs@bac.edu) if you have any questions about our programs.

Warmly,  
Amanda Nelson  
Associate Director  
BAC University Summer Term







## D

The idea that we need to eat meat to get enough protein and iron, a false assumption of some Paleo diet (原始饮食) advocates, is a common misconception. It ignores the abundance of protein and iron in many plant-based foods such as nuts and seeds. Likewise, while we typically associate omega-3 fatty acids with fish, fish themselves incorporate these into their tissue by eating seaweed, which we can consume directly without the concerns of exposure to microplastics in fish flesh.

Indeed, a whole-food, plant-based diet can provide all essential nutrients except for vitamin B12, made by bacteria in soil and ingested by animals, thereby incorporated into their tissue, milk, and eggs. While modern sanitation allows humans to consume clean produce unpolluted by dirt, we can easily and cheaply obtain oral B12 supplements.

Evidently, significantly reducing our consumption of meat would carry vast benefits. Cardiovascular disease remains the leading cause of death around the world. Eating highly processed foods and red meat has been repeatedly demonstrated to promote underlying mechanisms of cancer and cardiovascular disease, such as inflammation (炎症) and damage to the lining of blood vessels (血管).

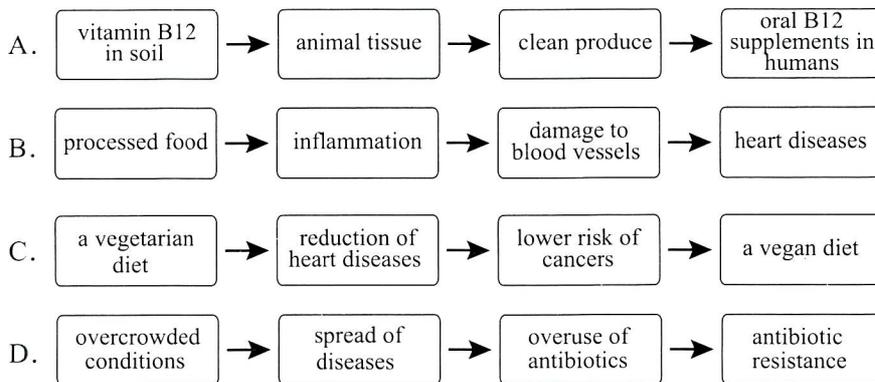
Mounting evidence points to the benefits of a whole-food, plant-based diet. Studies from 2017 found that a vegetarian diet is associated with a 25 percent relative risk reduction for coronary heart disease and an 8 percent relative risk reduction for cancer, with a vegan diet related to a 15 percent relative risk reduction for cancer. The World Health Organization has classified processed meat as carcinogenic (致癌的), and (unprocessed) red meat as probably carcinogenic to humans.

In addition to harming ourselves, eating meat harms others. Factory farming practices often entail unspeakable cruelty to animals, and working conditions for human laborers are often unsafe and inhumane as well. Overcrowding of livestock and workers promotes the spread of disease among both people and animals, putting us all at risk for future pandemics. The overuse of “routine” antibiotics (抗生素) to accelerate animal growth and precariously treat the infections anticipated as a result of living in unclean and overcrowded conditions can promote antibiotic resistance.

While large-scale, well-coordinated national and international action is undoubtedly needed to fight unscrupulous factory farming practices—and to ensure the availability of nutritious and healthy food for all citizens, those with greater influence, such as physicians, educators and policy makers, should consider the importance of acting as role models for healthy behaviors themselves as well as advocating for policies that ensure better nutritional access and education for others.

All of these should not be excuses for individuals to resist implementing change in their own lives and communities. Societies change when enough individuals within them alter their behavior, and it is up to each of us to act as a change agent in whatever capacity we can. We would all be well served to pull this lever in our own lives as well.

31. The author writes the first two paragraphs mainly to \_\_\_\_\_.
- A. show the concerns of Paleo diet advocates  
 B. compare the differences between two diets  
 C. highlight the importance of nutrition intake  
 D. point out a misunderstanding in nutrition source
32. Which of the following logic chains is reasonable according to the passage?



33. What does the underlined word “unscrupulous” in Paragraph 6 probably mean?
- A. Illegal.                      B. Unfair.                      C. Immoral.                      D. Unnecessary.
34. Which of the following would be the best title for the passage?
- A. A Meatless Diet Is Better for You                      B. Food Problems Call for Joint Efforts  
 C. Say No to Processed Meat Consumption                      D. Eatable Greens or Not? That Is a Question

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。

We humans are comparison creatures. 35 This quality may have evolved as a means of helping us fit into the social hierarchy (等级) of the cultures we inhabited. Regardless of the reasons, social comparison plays a significant role in how we view and evaluate ourselves, and how we interact with our world.

It used to be that our primary reference of comparison was our local communities, primarily neighbors and co-workers. Because we tend to gather around those similar to ourselves in terms of educational level, work income, and shared interests, the range of differences when we compared ourselves to others was fairly small. Unfortunately, with the emergence of the Internet, we can now compare ourselves to literally anyone in the world. 36 What had in previous generations been a small gap in our comparisons has now become so large and unattainable.

37 When so many people that are easily discoverable on the Internet seem to be so successful, famous, influential and beautiful, given our preference to compare, it is difficult not to have it influence how we view ourselves. Sadly, these comparisons usually result in our feeling inadequate and “less than”.

These harmful comparisons also damage our emotional lives. When we feel lacking, we experience a variety of unpleasant and unhealthy emotions. We feel jealousy and envy for what others have and what we lack. 38

It's one thing to realize that you compare yourself to others. It's another thing to recognize that social comparison is often corrosive (逐步侵蚀的) to you in so many ways psychologically and emotionally. It's an entirely other thing to stop yourself from comparing yourself to others. 39

- A. We are constantly measuring ourselves against other people.
- B. Yet it is possible, and it is worth the effort for your mental health.
- C. Thus, we are now exposed to groups that are quite different from us.
- D. We believe that there is something wrong with us compared to others.
- E. We can even feel bitterness and anger at others for the unfairness of it all.
- F. Comparing ourselves to others has the potential to increase our life experience.
- G. This new level of comparison has huge implications for our psychological lives.

### 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内作答。

Egocentrism is the inability to accurately understand any perspective other than one's own. To those who are egocentric, there are two types of opinions: “mine and the wrong ones”.

Egocentrism is very unpleasant. Suffering from it, people often find themselves in a situation of conflict or loneliness because they do not recognize the rights of others to their personal feelings, desires, and interests. They also fail to look at circumstances from the other person's side.

Humanity must overcome it to see a holistic (全面的) picture of the world and objectively assess situations. It is essential to be a fair-minded individual since egocentrism is a quality that is not easy to live with, making it hard for us to interact with people and move forward.

Actually, overcoming this disturbing quality has always been my pursuit. The main goal in my life is based on the search for inner balance, harmony, positivity, and the right attitude to life cases. Thus, I will be able to improve my life and help other people in the practice of this aspect. Moreover, I often remind myself to accept differences and remember that a correct attitude to different personalities, their preferences, and interests leads to success in any tasks.

The formation and development of a fair mind can be practiced almost everywhere. For example, in a grocery store, we need to put ourselves in the place of the seller's and should not immediately take offense and argue when we are given an unripe banana or burnt bread. It is important to remember that a seller is not obliged to play along at all; this is the same person with his unique nature.

Not everyone agrees with everyone else, but if you absolutely refuse to consider another person's perspective, that's when egocentrism becomes a serious concern. So why not try to correct this behavior and be more fair-minded?

40. What is egocentrism?

41. Why does egocentrism often lead to conflicts?

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

➤ *Egocentrism becomes a problem when someone doesn't agree with others.*

43. Please share one of your own experiences about your practicing being fair-minded. (*In about 40 words*)

## 第二节 (20分)

假设你是红星中学学生会主席李华。你校将在春节期间举行中外学生联欢会。请你用英文写一封邮件通知交换生，内容包括：

1. 目的与安排；
2. 报名方式。

注意：1. 词数 100 左右；

2. 开头和结尾已给出，不计入总词数。

Dear friends,

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Sincerely,  
Li Hua

( 请务必将作文写在答题纸指定区域内 )