

乐山市高中 2023 届教学质量检测

英 语

(本试卷共 10 页, 满分 150 分。考试时间 120 分钟)

注意事项:

1. 答卷前, 考生务必将自己的姓名、准考证号填写在答题卡上。
2. 作答时, 务必将答案写在答题卡上, 写在本试卷及草稿纸上无效。
3. 考试结束后, 将本试卷和答题卡一并交回。

第一部分 听力 (共两节, 满分 30 分)

做题时, 先将答案标在试卷上。录音内容结束后, 你将有两分钟的时间将试卷上的答案转涂到答题卡上

第一节 (共 5 小题; 每小题 1.5 分, 满分 7.5 分)

听下面 5 段对话。每段对话后面有一个小题, 从题中所给的 A、B、C 三个选项中选出最佳选项。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。

例: How much is the shirt?

A. £19. 15.

B. £9. 15.

C. £9. 18.

答案是 B.

1. Why is the man's phone broken?
A. The battery died.
B. It has water damage.
C. He dropped it on the ground.
 2. What is the probable relationship between the speakers?
A. Mother and son. B. Husband and wife. C. Teacher and student.
 3. What is the weather like now?
A. It's raining. B. It's cloudy. C. It's sunny.
 4. Who did the car washing?
A. The garage. B. Tom and Peter. C. The man.
 5. How does the man feel about Mary's test result?
A. Worried. B. Confused. C. Sorry.
- 听第 6 段材料, 回答第 6、7 题。
6. Why does the woman make the phone call?
A. To book a table.
B. To make an order.
C. To apply for a part-time job.

7. What will the woman do at 2 : 30 in the afternoon?
 A. Attend a class. B. Meet the manager. C. Work in a restaurant.
- 听第 7 段材料，回答第 8 至 10 题。**
8. Where was the boy that morning?
 A. In the classroom. B. In the art museum. C. At Ms. Green's house.
9. What did Ms. Green think about the boy's painting?
 A. It was boring. B. It was strange. C. It was pleasing.
10. What is the topic of the conversation?
 A. An oil painting. B. A famous artist. C. An art lesson.
- 听第 8 段材料，回答第 11 至 13 题。**
11. How did Jane get interested in boxing ?
 A. She once saw it on TV.
 B. Her parents encouraged her to do it.
 C. Her teacher said it could help keep fit.
12. What is the most important as a top boxer according to Jane ?
 A. Pretty good skills. B. Great physical condition. C. A very quick brain.
13. When will Jane have her next fight ?
 A. At the end of May. B. In early April. C. In late February.
- 听第 9 段材料，回答第 14 至 16 题。**
14. What does the woman do over the phone?
 A. Complain about the hotel service.
 B. Arrange an important meeting.
 C. Order a full English breakfast.
15. How does the man feel?
 A. Apologetic. B. Angry. C. Uninterested.
16. What will the man probably do next?
 A. Eat his breakfast. B. Go to the kitchen. C. Wait by the phone.
- 听第 10 段材料，回答第 17 至 20 题。**
17. When docs the speaker usually go to a movie with friends?
 A. On weekends. B. On weekdays. C. During holidays.
18. How docs the speaker learn about a movie?
 A. By seeing it herself.
 B. By checking the film reviews.
 C. By talking to her friends.
19. What might the speaker do if the tickets are sold out?
 A. Steal in without a ticket.
 B. Go back home and watch TV.
 C. Buy a ticket for the next show.
20. What does the speaker like to do while watching a movie?
 A. Eat popcorn. B. Talk to others. C. Put her feet up.

第二部分 阅读理解（共两节，满分 40 分）

第一节（共 15 小题；每小题 2 分，满分 30 分）

阅读下列短文，从每题所给的四个选项（A、B、C 和 D）中，选出最佳选项。

A

Hit the Sauna(桑拿) Instead of the Gym

A Coventry University study reports that sitting in a sauna for at least 30 minutes three times a week is as beneficial as hiking or riding a bike. It raises your body temperature, increases your heart rate, and helps keep your blood sugar at normal levels. Over time, this may lower your risk of type 2 diabetes, dementia, and heart disease.

Lower Stress with the Help of a Friend

According to a University of Illinois study, women are likely to turn to a caring female friend to talk about a problem, which successfully lowers their stress. And this strategy can help man as well. So the next time you feel stressed, call a friend. It might help you feel better, short-term and long.

Tai Chi reduces belly fat

A Hong Kong study found that Tai Chi(太极) reduces belly fat as effectively as conventional exercise. Since excess belly fat is linked to heart disease and type 2 diabetes, doing Tai chi can have some important health benefits.

Exercise builds bones and protects against cancer

A British study has found that people who suffer from osteoporosis—a condition that causes bones to become delicate and break easily—could benefit from exercising more. Exercising accelerates(加快) the formation of new bone cell tissue and removal of old. Many hospitals recommend exercise for up to 150 minutes a week, as it increases energy and strength while reducing pain and anxiety.

21. What's the benefit of turning to a friend?

- A. Lowering the risk of diabetes.
- B. Reducing heart attack.
- C. Keeping blood pressure.
- D. Relieving anxious emotions.

22. How does exercise help build bones?

- A. By growing new bone cell tissue.
- B. By increasing energy and reducing anxiety.
- C. By breaking down the old and fragile bones.
- D. By Speeding up the turnover of old and new cells.

23. What are the four mini paragraphs about ?

- A. New treatment options for certain diseases.
- B. Major breakthroughs in medicine.
- C. New findings in how to keep healthy.
- D. Advice on the frequency of exercise.

Small for my age, and more of a bookworm than a sports enthusiast, I had suffered that special shame of being picked last for various gym teams. The Field Day, which focused on individual skills, was different.

In the Softball Throw(女子棒球) event, I got my first taste of sporting victory. I put it down to my first coach, my father. He bought us all baseball gloves and hats, and in the warm months, we spent hours playing catch. Come fall, our backyard football games began with passing practice.

Once I got to sixth grade, the entire students were assigned to either the Red or the White team. Throughout the year, we competed against each other in various games and exercises for points. I eventually became president of The Committee of Games, increasing my competitive fever. However, in girls' sports games at my school, I was no star. During the weekends at home, playing tennis, skating, skiing and biking were simply normal things we did.

Magazines were also quite popular for us teens. These regularly featured articles on physical exercise. Somehow, my college roommate and I took up the habit of completing the Royal Canadian Air Force (RCAF) exercise every day, a sweaty body-building practice that continued into my marriage, when we had no spare funds to use to join a gym. So, though it shocked some of our friends, the early foundation evolved in adulthood into a sports and fitness focus, which was considered essential even on vacation.

I still love reading and the arts, too. As far as I'm considered, life is the richest with my feet in both worlds.

28. What does the author mean by saying "being picked last for various gym teams" in paragraph 2?
- A. She seemed to have little talent in gym games.
 - B. She had no interest in sports.
 - C. She joined various groups.
 - D. She was tired of competition.
29. Which is closest in meaning to "put it down to" in paragraph 3?
- A. Owe it to.
 - B. Pass it on to.
 - C. Hand it over to.
 - D. Show it off to.
30. What can we infer from paragraph 4&5?
- A. She developed an interest in reading magazine.
 - B. Sports gradually became part of her life.
 - C. Sports game had influenced her marriage a lot.
 - D. She didn't like competitive sports.
31. Which of the following statements would the author agree?
- A. Reading comes second to Sports.
 - B. Life's foundation all lies in sports.
 - C. Girls' sports are not competitive.
 - D. Sports enriches life as well as books.

D

Scientists have discovered a common household item is the perfect host for bacteria: the kitchen sponge(海绵块). According to the new research, a sponge is a better habitat for diverse bacterial communities than a laboratory petri dish.

Some bacteria prefer living with a collection of microbial species, while others prefer solitude. “Bacteria are just like people living through the pandemic—some find it difficult being set apart while others thrive(繁育),” says study co-author Lingchong You, a professor of biomedical engineering at Duke, in a statement.

In their study, researchers distributed different strains of E. coli (大肠杆菌菌株) onto plates with different numbers of wells, which functioned as physical separation. The large wells allowed microbial species to mix freely, while the small wells let species keep to themselves. After 30 hours, the team looked at the number and types of bacterial on each plate, which had anywhere from six to 1,536 wells. The scientists found that a moderate level of physical separation, similar to the structure of a kitchen sponge, allowed both kinds of bacteria—those that live in groups and those that live alone—to thrive.

After the researchers ran their initial experiments, they recreated the experiment on a sponge. They found that the bacterial community growing on a kitchen sponge was more diverse than those produced in laboratory petri dishes, which are designed to host bacteria. “Sponges are not really well-suited for kitchen cleanness ,” says Markus Egert, a microbiologist at Furtwangen University. “There’s hardly any sterile surface at home, but the kitchen sponge is probably the most thickly populated item at home.”

To keep bacterial growth to a minimum(最小量), Markus recommends microwaving your kitchen sponge for one to two minutes, keeping it away from raw meat, and replacing it every couple of weeks.

32. What does the underlined word “solitude” in paragraph 2 mean?

- A. Being alone.
- B. Growing in the soil.
- C. Being in air
- D. Living in groups

33. Why is a sponge a better host for bacteria according to paragraph 3?

- A. It mixes microbial species to a different level.
- B. Its moderate holey structure maintains both kinds of bacteria.
- C. It offers a high level of nutrients to bacteria.
- D. It allows bacteria communities to keep to themselves.

34. What can we learn from Markus Egert’s words?

- A. Raw meat is a major source of bacteria.
- B. The sponge is a necessity in every kitchen.
- C. The sponge should be removed from the kitchen .
- D. Bacteria can grow on almost every item at home.

35. What's the purpose of writing the passage?
- A. To urgently call for kitchen cleanness.
 - B. To explain how we easily fall victim to bacteria.
 - C. To call on people to abandon kitchen sponges.
 - D. To report kitchen sponge is a better home for bacteria.

第二节 (共 5 小题; 每小题 2 分, 满分 10 分)

根据短文内容, 从短文后的选项选出能填入空白处的最佳选项。选项中有两项为多余选项。

Resilience means “doing well in the face of risk or adversity (逆境)”. Being resilient isn't about avoiding misfortune, but rather how we respond to it. Even if you consider yourself resilient, you may need some guidance in especially hard times. 36.

Develop relationships. Connecting with empathetic (有同理心的) and understanding people can remind you that you're not alone in the midst of difficulties. 37. When adversity strikes, a supportive friend with good listening skills can make a big difference. And if you want your friends and family to support your resilience, remember to support theirs too.

38. It's hard to be positive when life isn't going your way. An optimistic view empowers you to expect that good things will happen to you. Try imagining what you want, rather than worrying about what you fear. Along the way, note any subtle ways in which you start to feel better as you deal with difficult situations.

Move toward your goals. 39. Even if it seems like a small accomplishment, it enables you to move toward the things you want to accomplish. Instead of focusing on tasks that seem unachievable, ask yourself, “What's one thing I know I can accomplish today that helps me move in the direction I want to go?”

Don't try to ban misfortune completely. 40. But our reactions to big problems may be informed partly by the many smaller setbacks we face in daily life. Everyday stress probably helps us learn how to handle bigger challenges and gradually improve our adaptive systems.

- A. Find a sense of purpose.
- B. Maintain a hopeful outlook.
- C. Develop some realistic goals and do something regularly.
- D. How you think can play a significant part in how you feel.
- E. To build resilience, the experts suggest the following.
- F. Set up and maintain a support network before you need it.
- G. Resilience usually refers to how we handle serious adversity.

第三部分 英语知识运用 (共两节, 满分 45 分)

第一节 完形填空 (共 20 小题; 每小题 1.5 分, 满分 30 分)

阅读下面短文, 从短文后各题所给的四个选项 (A、B、C 和 D) 中, 选出可以填入空白处的最佳选项。

I have seen the extraordinary impact volunteers have on patient care. They go about their work quietly, but often we 41 how important they are, forgetting there is a 42 aspect just as important as biological's.

I remember an elderly woman who broke her hip, 43 to walk. Yet what 44 her most was her dog at home, alone, without any food. From a medical perspective, this wasn't a 45. Yet for the 46, she wouldn't have been able to 47 on getting better until she knew her dog was looked after. Then the volunteer 48 in the sickroom and reassured that he would 49 everything. He checked on the dog, fed him and 50 to find a foster home(寄养家庭) for it. It allowed the patient 51 of mind on physical recovery.

When I was 18 and had just started 52 school, I too volunteered. I had volunteered thinking that I would help others but 53, it helped me. On my first day I met an elderly woman who had just been 54 with terminal cancer. I'd never met anyone who was dying and didn't know what to say or how to 55. But over the 56 of many weeks, we 57 a close friendship. In the later six months, she taught me more about life and 58 than six years at medical school ever could.

At such a young age, she had a 59 impact on me. Yes, it was sad when she died. But more than anything, it was a heart-warming, uplifting and fulfilling 60, which changed me for the better.

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|-------------------|--------------|---------------|---------------|
| 41. A. overlook | B. suggest | C. realize | D. compare |
| 42. A. cultural | B. physical | C. social | D. financial |
| 43. A. unsure | B. unable | C. unwilling | D. unlikely |
| 44. A. touched | B. impressed | C. pleased | D. depressed |
| 45. A. concern | B. promise | C. doubt | D. risk |
| 46. A. patient | B. nurse | C. doctor | D. assistant |
| 47. A. depend | B. focus | C. take | D. hold |
| 48. A. relaxed | B. waited | C. stepped | D. lived |
| 49. A. cover | B. repair | C. clean | D. sold |
| 50. A. needed | B. managed | C. seemed | D. hoped |
| 51. A. silence | B. mess | C. struggle | D. peace |
| 52. A. public | B. official | C. medical | D. special |
| 53. A. actually | B. totally | C. personally | D. originally |
| 54. A. associated | B. blamed | C. replaced | D. diagnosed |
| 55. A. avoid | B. act | C. follow | D. contact |
| 56. A. study | B. exercise | C. course | D. interview |
| 57. A. gave up | B. failed in | C. knocked on | D. struck up |
| 58. A. faith | B. death | C. regret | D. devotion |
| 59. A. general | B. serious | C. profound | D. temporary |
| 60. A. lesson | B. effort | C. trial | D. experience |

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 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。

Apart from athletes, a grand sports event is hard to hold 61 (smooth) without volunteers. More than 19,000 volunteers are on duty 62 (serve) the Beijing 2022 Winter Olympic Games, who 63 (honor) as “heroes behind the scenes.” The Beijing Winter Olympics are 64 world’s first multi-sport event to be held as scheduled since the outbreak of COVID-19, so the organization and operation of the Games required highly 65 (profession) “heroes” behind the scenes.

During the thrilling events, many warm and friendly interactions between volunteers and athletes have been shared 66 international social media platforms. One example is a video posted by US athlete Tessa Maud, in which she said she was moved to 67 (tear) by a volunteer who greeted her at the opening ceremony of the Olympics. The video has been widely spreading online and 68 (receive) over 90,000 views on Sina Weibo.

Since the opening of the Beijing Olympic Winter Games, many stories like this have passed on warmth, friendship and solidarity. Many of the athletes said that they really enjoyed and appreciated 69 they had experienced in China and that the thing they loved most was counting the 70 (smile) volunteers who waved at them. Let us give these volunteers a thumbs-up and a round of applause.

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。每处错误仅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: 在错的词下画一横线, 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只限一词；

2. 只允许修改 10 处，多者（从第 11 处起）不计分。

Last weekend, our class went to Guangming Nursing Home and do some voluntary work. Upon our arrive, we were warmly welcomed by the elderly people. At first, we presented them to flowers and fruits. Then, we started working at once, cleaning the windows or sweeping the floor. Everything done, we sat in the yard chat with the elderly people. When it was time for us to leave, the elderly people thanked us for their kindness. They said it was so a beautiful day that they would remember it forever.

Tiring as we were, we thought it was meaningful and unforgettable experience. What we did brought joy to others and enriched our own lives as well as.

第二节 书面表达 (满分 25 分)

假定你是李华，是你校某学生社团负责人。最近，外国友人将参观你校，希望了解你校学生社团活动情况。请你准备一段本社团的简要介绍，内容包括：

1. 你负责社团的基本信息；
2. 该社团发展情况；
3. 该社团开展的活动。

注意：

1. 词数 100 词左右；
 2. 可以适当增加细节，以使行文连贯。
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