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全品智能作业

主编 肖德好

素养测评卷

高中英语

必修第一册

WY

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单元素养测评卷(一)听力录音

第一部分 听力(共两节,满分30分)

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。

- ()1. How does the woman sound?
A. Curious. B. Confident. C. Anxious.
- ()2. What does the man like about the restaurant?
A. Its environment. B. Its service.
C. Its food.
- ()3. When will the train leave?
A. 6:30. B. 7:00. C. 8:00.
- ()4. What does the man want to do?
A. Learn to play baseball.
B. Organize a baseball team.
C. Find a baseball player.
- ()5. What are the speakers talking about?
A. A city. B. A book. C. A park.

第二节(共15小题;每小题1.5分,满分22.5分)

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三个选项中选出最佳选项。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 much should the woman pay for the flat every week if she takes it?
A. 70 pounds. B. 30 pounds. C. 60 pounds.
- ()7. Which one does the woman like?
A. A flat with a big sitting room.
B. A flat without a kitchen.
C. A room of her own.

听第7段材料,回答第8、9题。

- ()8. What do we know about Steve?
A. He's seeing a doctor. B. He's on a business trip.
C. He's absent from work.

- ()9. What is Sue going to do next week?
A. See her manager.
B. Travel on business.
C. Visit Steve.

听第8段材料,回答第10至13题。

- ()10. Who encouraged the man to learn cooking?
A. His grandmother.
B. His mother.
C. His teacher.
- ()11. How long did the class last?
A. 6 hours. B. 8 hours. C. 10 hours.
- ()12. What did the man do after the first half hour?
A. He made a meal.
B. He tasted some dishes.
C. He bought some foods.
- ()13. How did the man feel at the end of the day?
A. Tired. B. Dissatisfied. C. Happy.

听第9段材料,回答第14至17题。

- ()14. When does the conversation take place?
A. In the late morning.
B. At noon.
C. In the early afternoon.
- ()15. What is the weather probably like?
A. Windy. B. Sunny. C. Rainy.
- ()16. What does the woman like best about the new job?
A. The salary.
B. The working time.
C. The working conditions.
- ()17. Where is the woman living now?
A. In Australia.
B. In Mexico.
C. In Britain.

听第10段材料,回答第18至20题。

- ()18. What benefit is mentioned about enough sleep?
A. Being stronger.
B. Being cleverer.
C. Being more active.
- ()19. What percentage of adults have a full eight hours of sleep each workday?
A. 21%. B. 27%. C. 80%.

- ()20. What can we learn from the passage?
A. World Sleep Day started in 2006.
B. Teenagers need at least 8 hours of sleep a night.
C. 80% people throughout the world have sleep problems.

第二部分 阅读(共两节,满分50分)

第一节(共15小题;每小题2.5分,满分37.5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。

A

Located about 10 km northeast of the city centre, the Chengdu Panda Base is a popular place to see lots of pandas of different ages in what's close to their natural habitat.

Highlights and travel tips

The Chengdu Panda Base is a non-profit research and breeding (繁殖) facility for giant pandas that was originally founded in 1987 and opened to the public in 1993. The centre began with a population of just six giant pandas and has since grown to more than 100 pandas.

For visitors, it is more like a nice park than a traditional zoo. The base is large and nice to walk around, since much of it is in a bamboo forest. There are also shops selling panda-related souvenirs, but the prices are usually higher than markets or shops outside the Base.

Accessibility information

While the main road is flat, the Base is large, so it is better for visitors with mobility issues to ride the shuttle (往返) bus. Visitors who completely rely on wheelchairs may need help from others to guide. Most restrooms within the Base are wheelchair accessible.

Opening hours and ticket prices

Opening hours	7:30 am—6:00 pm
Entrance fee	55 CNY
Shuttle bus fee	10 CNY
Average time for this activity	2—3 hours

How to get there

It takes about a half hour and costs around 30 CNY to get to the Chengdu Panda Base from the city centre by taxi. You can also get there by public bus or subway, although these routes require a few transfers.

- ()21. What is special about the Chengdu Panda Base?
- A. It offers tourists panda souvenirs.
 B. It is a zoo with the features of a park.
 C. It is the largest panda research base.
 D. It has more pandas than anywhere else.
- ()22. How much should a couple at least pay to visit the Chengdu Panda Base?
- A. 110 CNY. B. 75 CNY. C. 55 CNY. D. 45 CNY.
- ()23. What is the text?
- A. A guidebook. B. A news report.
 C. An announcement. D. An exhibition guide.

B

I was born in a poor community on the north side of Boston, US, raised by a single mother who didn't finish 3rd grade, lived each day on food stamps (食物券) and attended what the media called "the most dysfunctional (功能失调的) public school district". Not many people expected much of me, so I had to expect something of myself.

On my 13th birthday, I bought a poster of Harvard to hang in my room. Being at Harvard became what I dreamt about. Even if my electricity was cut off, I still woke up at 5:30 am, because I knew that my poster of Harvard was still hanging only two feet away from me.

Reminding myself of my goal each day made it easy to say no to the same choices I saw my peers making, because those paths wouldn't have had me closer to my goal. Being poor could not take away my power to decide what I choose to do with my day. The poster gave me the courage to cold e-mail about 50 Harvard students so I could ask for feedback on my application essays; it gave me the energy to study just one more hour on my SAT when my friends were asleep; and it gave me the determination to submit just one more scholarship application when 180 others had already turned me down.

Every day, I could feel myself getting closer and closer to my goal as my writing got better, my SAT score increased, and my scholarship checks started coming in. Finally, an e-mail arrived from Harvard. The first word was "Congratulations!" A month later, Harvard flew me up to visit the campus where for the first time I stepped onto my dreaming land.

Who you are today is the result of the decisions you made yesterday, and who you will be tomorrow will be the result of the choices you make today. Who do you want to be tomorrow?

- ()24. What can we learn about the author from the first two paragraphs?
- A. He experienced disability.
 B. He had high expectations of himself.
 C. He accepted special education.
 D. He grew up in a happy family.
- ()25. What efforts did the author make to achieve his goal?
- A. He learnt from his peers from time to time.
 B. He often wrote feedback on others' essays.
 C. He spent more time preparing for the exams.
 D. He turned to his teacher when facing problems.
- ()26. Which can best describe the author's character?
- A. Determined and hard-working.
 B. Generous and selfless.
 C. Intelligent and humorous.
 D. Courageous and friendly.
- ()27. Which of the following can be the main idea of the text?
- A. Failure is the mother of success.
 B. Perseverance can help realize your dream.
 C. The longest journey begins with the first step.
 D. Your success in life lies in your hardship in the past.

C

We humans often say that a growling dog is "angry" or a purring cat is "happy". But those terms are of little use to scientists like David Anderson who studies the brain circuits (脑回路) involved in emotional behaviours.

"We have to do more than just project our own emotions onto other animals," he says. Yet Anderson describes research from his lab that suggests the brain circuits underlying human emotions have a lot in common with circuits found in animals'. "What lies beneath feelings," he says, "is brain states that produce certain behaviours. And that's the part of emotions we share in common with animals and that scientists can study."

For example, Anderson's lab has investigated fruit flies that become much more active when they see a moving shadow looking like their natural enemy. "We see that the more times we deliver

the shadow, the jumpier the flies become," he says. And the flies keep jumping long after the shadow is gone. Anderson would behave much the same if he saw a snake. "I'd jump in the air," he says. "Even for minutes after the snake had slipped away into the bushes, my heart would be pounding, and I'd probably jump every time I saw a snake-like object—even if it was a stick."

That sort of behaviour is typical of an ongoing brain state called defensive arousal(防御性唤醒). It's present in both fruit flies and people, which is why Anderson believes studying fear of an insect or a mouse is meaningful as it can reveal a lot about human emotions. "We can try to figure out how the brain is generating that state and what makes the animal finally calm down," Anderson says. "We now understand specific parts of the circuits that increase fear and other parts of the circuits that decrease fear," Anderson says. The next step, he says, is to figure out how to tweak that circuits to reduce the fear response of people with certain diseases like PTSD.

- ()28. What does Anderson think about people's common description of animals' emotions?
- A. It is limited by people's knowledge of brain functions.
 B. It is too subjective to be regarded as scientific evidence.
 C. It is actually some misunderstanding of animals' behaviour.
 D. It is meaningless to the study of animals' emotional behaviour.
- ()29. Why are the examples mentioned in Paragraph 3?
- A. To prove the effect of natural enemies on flies' behaviour.
 B. To show similarities between human and animal emotions.
 C. To mention the great influence of Anderson's bad experience.
 D. To stress the effects of negative emotions on people and animals.
- ()30. What does the underlined word "tweak" in the last paragraph mean?
- A. Replace. B. Predict.
 C. Adjust. D. Observe.
- ()31. What will the further research mainly focus on?
- A. Looking beyond human feelings.
 B. Figuring out more human brain states.
 C. Finding a cure for certain mental diseases.
 D. Changing traditional ways of treating animals.

D

Is it true that our brain alone is responsible for human cognition (认知)? What about our body? Is it possible for thought and behaviour to originate from somewhere other than our brain? Psychologists who study Embodied Cognition (EC) ask similar questions. The EC theory suggests our body is also responsible for thinking or problem-solving. More precisely, the mind shapes the body and the body shapes the mind in equal measure.

If you think about it for a moment, it makes total sense. When you smell something good or hear amusing sounds, certain emotions are awakened. Think about how newborns use their senses to understand the world around them. They don't have emotions so much as needs—they don't feel sad, they're just hungry and need food. Even unborn babies can feel their mothers' heartbeats, and this has a calming effect. In the real world, they cry when they're cold and then get hugged. That way, they start to associate being warm with being loved.

Further studies have backed up the mind-body interaction. In one experiment, test subjects were asked to judge people after being handed a hot or a cold drink. They all made warm evaluations when their fingertips perceived warmth rather than coolness. And it works the other way too. In another study, subjects' fingertip temperatures were measured after being "included" in or "rejected" from a group task. Those who were included felt physically warmer.

For further proof, we can look at the metaphors(比喻) that we use without even thinking. A kind and sympathetic person is frequently referred to as one with a soft heart and someone who is very strong and calm in difficult situations is often described as solid as a rock. And this kind of metaphorical use is common across languages.

Now that you have the knowledge of mind-body interaction, why not use it? If you're having a bad day, a warm cup of tea will give you a flash of pleasure. If you know you're physically cold, warm up before making any interpersonal decisions.

- ()32. According to the author, what is the significance of EC?
- It brings us closer to the truth in human cognition.
 - It offers a clearer picture of the shape of human brain.
 - It reveals the major role of the mind in human cognition.
 - It facilitates our understanding of the origin of psychology.

- ()33. Where does the newborns' understanding of their surroundings start from?
- Their personal looks.
 - Their mental needs.
 - Their inner emotions.
 - Their physical feelings.
- ()34. What does the author intend to prove by citing the metaphors in Paragraph 4?
- Human speech is alive with metaphors.
 - Human senses have effects on thinking.
 - Human language is shaped by visual images.
 - Human emotions are often compared to natural materials.
- ()35. What is the author's purpose in writing the last paragraph?
- To deepen the reader's understanding of EC.
 - To encourage the reader to put EC into practice.
 - To guide the reader onto the path to career success.
 - To share with the reader ways to release their emotions.

第二节(共5小题;每小题2.5分,满分12.5分)

阅读下面短文,从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

A healthy and positive mindset is essential for your quality of life. Even if you're facing major constraints—like your job or your finances—you can change negative thought patterns right away. In this article, we'll share some ways to cultivate positivity.

Get a positive mood as soon as possible with a fun morning routine. Open up the curtains to let in some sunlight, turn on upbeat music and do some morning stretches. 36. _____ Fun routines brighten your day and help you look forward to waking up.

Surround yourself with positive people to build your optimism. Find friends who focus on what they're happy about. Build a network of people who approach life with lots of positivity. 37. _____

Help others and you'll be happy about making a difference. Write down the ways that you have helped someone else and contributed to their well-being. This activity proves you've made a strong impact on your community. 38. _____ Offering assistance to others will help you feel like you have the power to improve people's circumstances.

39. _____ To combat stress, fatigue, or frustrations, set

aside moments to unwind. Try activities that calm you, like reading a book, watching a show, or chatting with a friend. Use mindfulness routines, like yoga or deep breathing, to take care of your body and regulate your mood.

Join a social group to feel valued and included. 40. _____ By being part of the group, you'll see how much you matter to others. Bond with others and chat about common interests—the sense of community will reassure you that you always have people to turn to.

- Take time to relax and uplift your mood.
- Celebrate life by finding the humour in it.
- Spend less time with those who bring you down.
- Belonging to a social group helps build a positive outlook.
- As a result, you'll be positive about what you're capable of.
- You'll transform yourself and your mindset with some simple habits.
- Eat a tasty and nutritious breakfast and start a task that makes you smile.

第三部分 语言运用(共两节,满分30分)**第一节(共15小题;每小题1分,满分15分)**

阅读下面短文,从每题所给的A、B、C、D四个选项中选出可以填入空白处的最佳选项。

The sun was shining brightly over our heads and sweat (汗水) was pouring off our backs and faces. We stood still without 41 any noise, all hot and tired. But everyone kept standing as straight as trees.

It was 42 most high schools give to new Senior One students—military training. We 43 four days in a closed environment. Although we couldn't go home at night and the training was 44 and difficult, our humorous young drill sergeant (教官) with a funny accent was a real 45 of our days. We laughed at his jokes, sat in rows singing different songs and 46 him telling true stories about his life. He gave us the feeling that 47 and sweat were not the only things that military training 48.

After this journey, we were more 49 than we had imagined and we were much braver than we had 50. Girls who looked pale rested for a little while, and then right away came back to the team. Boys who were being punished 51 to the playground at once and began to run. Sweat flowed down our faces when we thought about how to shout 52 than other classes.

Military training taught us perseverance (坚持不懈) and determination. On the last day of our training, the confidence could be 53 on our faces. We shouted so loud that our 54 could be heard across the heavens. With eyes like burning torches (火炬), we walked into the future. Now the sun is 55 at all of us.

- () 41. A. crying B. making
 C. sending D. telling
- () 42. A. nothing B. anything
 C. something D. everything
- () 43. A. wasted B. spent
 C. kept D. took
- () 44. A. strict B. curious
 C. interesting D. traditional
- () 45. A. success B. pleasure
 C. worry D. wonder
- () 46. A. referred to B. led to
 C. turned to D. listened to
- () 47. A. sunlight B. wealth
 C. desire D. health
- () 48. A. received B. helped
 C. offered D. happened
- () 49. A. concerned B. determined
 C. interested D. surprised
- () 50. A. expected B. expressed
 C. disliked D. produced
- () 51. A. progressed B. moved
 C. rode D. rushed
- () 52. A. larger B. stronger
 C. louder D. lower
- () 53. A. seen B. heard
 C. smelt D. touched
- () 54. A. thoughts B. feelings
 C. opinions D. voices
- () 55. A. travelling B. falling
 C. setting D. smiling

第二节(共 10 小题;每小题 1.5 分,满分 15 分)

阅读下面短文,在空白处填入 1 个适当的单词或括号内单词的正确形式。

Medicine food (药膳) is 56. _____ unique cooking style in Chinese cuisine (菜肴). It is a perfect combination of Chinese

cooking and 57. _____ (tradition) Chinese medicine to get the various 58. _____ (effect) of health keeping.

The Chinese sort (分类) each type of vegetables and meat in terms of yin and yang, and combine vegetables with meat, 59. _____ will make each cooked dish balanced.

During the 5th century BC, cooks created the special food with medical values and developed Chinese art of cooking, 60. _____ (focus) on the nature of food to balance the diet. There were rules on how to arrange daily diet with a range 61. _____ certain herbs (草药) and vegetables.

In the Song Dynasty, it 62. _____ (record) that many diseases could be cured through proper diet. Different foods were sorted according to 63. _____ (they) original nature. Cold foods were believed to remove fever while warm foods reduce runny noses.

Knowing the nature of individual foods 64. _____ (enable) the Chinese to eat right food to protect inside organs and balance the yin and yang of the body. For example, slightly sweet food reduces the pain of illness and 65. _____ (significant) bitter food helps to cure an overheated body.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假如你是李华,你校近期将举办学生画展,请你给你校新西兰交换生 Tom 写一封电子邮件,邀请他参加。内容包括:1. 时间、地点; 2. 画展主题; 3. 表达期待。

注意:1. 词数 80 个左右; 2. 可以适当增加细节,以使行文连贯。

Dear Tom,

Yours,

Li Hua

第二节(满分 25 分)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

My 16-year-old daughter, Lin, had always been a cheerful girl, full of laughter. Her transition (转变) to senior high school was originally met with great enthusiasm (热情). She would come home

every day, sharing with us her new experiences, her friends and the fun news of high school life. But as weeks went by, she became quieter and something seemed to be troubling her deeply.

My husband and I realized something was wrong, but we decided to wait until she was ready to open up. One evening, I prepared her favourite *jiaozi* for supper, hoping it would cheer her up. However, that night, it was different. She seldom touched it, lost in thought. After the meal, we gathered in the living room, a space where our family had shared many heart-to-hearts. The air was heavy with unspoken words. My husband and I exchanged a quick look before I decided to break the silence. I gently brought up the subject, “Lin, you seemed worried lately. Is everything okay at school? You know you can always open up to me and your dad.”

Lin looked up, her eyes reflecting a mix of frustration(沮丧) and hopelessness. “Mum, I’m really struggling with physics. No matter how hard I try, I couldn’t understand it a little bit. I feel so lost,” she admitted, with her voice trembling slightly. My heart sank as I saw the sadness in her eyes. Physics had always been a challenging subject for her, but this time it seemed to go beyond the usual difficulties. Then I reached out, holding her hand and trying to offer comfort and said, “High school is a big step, and it’s okay to take some time to adjust (调整). The most important thing is that you’ve been honest about how you’re feeling.” My husband cut in, “We can work through this together, step by step. Remember, we are always here for you.” Then we offered her some practical advice.

注意:续写词数应为 150 个左右。

Paragraph 1:

Over the next few weeks, Lin followed the ways we discussed. _____

Paragraph 2:

Finally came Lin’s final-term physics exam. _____