



单元素养测评卷（一）

Unit 1



（时间：120 分钟 分值：150 分）

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. What sport is the woman going to play?
A. Tennis. B. Football. C. Badminton.
- () 2. What is the woman?
A. A doctor. B. A salesperson. C. A waitress.
- () 3. When does the plane take off?
A. At 7:30. B. At 8:30. C. At 9:30.
- () 4. How will the speakers probably get to the restaurant?
A. By bus. B. By car. C. On foot.
- () 5. What does the man order?
A. A piece of cake. B. A cup of coffee. C. Some chicken.

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. Why does John feel bad?
A. He is worried about his study.
B. He can't buy a new car.
C. His parents sold their car for his college.
- () 7. What does John decide to do?
A. Work hard.
B. Buy a new car.
C. Drop out of school.

听第 7 段材料，回答第 8、9 题。

- () 8. Why is the man making the phone call?
A. To make a reservation.
B. To track a booking.
C. To invite the woman.

- () 9. How much should the group pay for the visit?
A. \$ 10. B. \$ 20. C. \$ 40.

听第 8 段材料，回答第 10 至 13 题。

- () 10. Why does John come to Professor Smith?
A. To ask for her help.
B. To hand in his design.
C. To apply for a competition.
- () 11. What is the focus of this year's competition?
A. Energy conservation.
B. Conventional wisdom.
C. Innovative thinking.
- () 12. What made John choose the dishwasher?
A. Its unique look.
B. Its market value.
C. Its convenience.
- () 13. What inspired John's design?
A. Beaches. B. Rock pools. C. Glass.

听第 9 段材料，回答第 14 至 17 题。

- () 14. What do we know about the speakers?
A. They are colleagues.
B. They are close friends.
C. They've never met before.
- () 15. What did the man's brother give him?
A. A photo. B. A T-shirt. C. A baseball.
- () 16. What does the woman like best?
A. Dancing. B. Singing. C. Playing tennis.
- () 17. What will the speakers do next?
A. Have some food.
B. Watch a game.
C. Check out the clubs.

听第 10 段材料，回答第 18 至 20 题。

- () 18. When is the thunderstorm expected?
A. On Saturday. B. On Sunday. C. Next week.
- () 19. Which part will expect a temperature rise next week?
A. The north part.
B. The south part.
C. The whole part.
- () 20. What will the weather be like next week?
A. Cool. B. Warm. C. Cold.

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 [2025·河南南阳高二期末]

Best-selling books handpicked by educationists and trusted by critics have returned.

The Wonderful Wisdom of Ants

Philip Bunting

Think you know ants? Think again. Good humour and surpassing facts are the name of the game here. Though seemingly simple, the more of this book you read, the more you come to realize how little you may actually know about these tiny workers. This book is full of true fun that'll generate a newfound respect for our hard-working neighbours. Give it to kids who know next to nothing about ants—it may just convert them.

—Betsy Bird, collection development manager, Evanston Public Library

My Thoughts Have Wings

Maggie Smith, illustrated by Leanne Hatch

It can be easy to forget that little kids have big thoughts, strong emotions and unbound imaginations spinning through their brains. And that constant activity doesn't always stop when it's time for bed. Poet Maggie Smith understands this and weaves a beautiful comforting tale designed to ease and settle busy, anxious minds. She encourages children to build a “cozy nest” for their happy thoughts, while letting their worries fly away. A lovely conversation starter for kids and caregivers.

—Tayla Burney, director, Network Programming and Production

The Yellow Bus

Loren Long

Loren Long takes us on an unexpected journey, following the life of a school bus as its role changes over the years. Continuing along the path of children's classics like Virginia Lee Burton's *Mike Mulligan and His Steam Shovel*, you will have a profound understanding of the passage of time. When the ride is over, readers will emerge feeling wiser, kinder and, like the title character, filled with joy.

() 21. Who is the author of *My Thoughts Have Wings*?

- A. Philip Bunting. B. Leanne Hatch.
C. Loren Long. D. Maggie Smith.

- () **22.** What can we know about *The Yellow Bus*?
- A. It records a school bus changing and growing with the world around it.
- B. It provides a familiar perspective for readers to explore the school life.
- C. It can greatly arouse readers' great sorrow about the flying youth.
- D. It is a beautiful and comforting tale to relax readers' anxious minds.
- () **23.** What do the three books have in common?
- A. They are all about animals.
- B. They are all about long journeys.
- C. They are all children's books.
- D. They are all award-winning books.

B

I remember a time when steaming dishes of dumplings were laid out before me on the dining table. I was five years old, and a bowl of Chinese vinegar with two drops of sesame (芝麻) oil sat under my nose, eagerly awaiting the three hot dumplings that my grandma would soon drop in.

She'd always break them in half for me so my little fingers could use my chopsticks, and that day, I was the pride and joy of my family for consuming a total of nine dumplings.

That was the last time I had looked at a plate of dumplings without fear—at least until recently.

Somewhere along the way, food transformed into something I avoided. Any plate became fat-protein-carbs in my eyes. The rich fat on red-braised pork remained untouched on my plate, and even my mum's delicious stir-fried dishes were secretly washed in the water before I'd attempt to eat them. Passing by bakeries consumed me with conflict for the rest of the day because they looked so, so delicious. I wanted a taste so badly, but no, I couldn't.

This past March, I visited my family in China for the first time in six years. There was stillness unlike earlier springs. The winter chill overstayed its welcome, seemingly in response to my grandpa's passing just a few weeks before. My grandpa always requested peanuts with his dumplings, sometimes a bottle of beer, if my grandma allowed it. He liked sauerkraut filling (酸菜馅), since meat was hard on his dentures (假牙), which made clicking sounds when he chewed.

This time around, we bought giant sauerkraut dumplings from the morning market. My grandma still broke them in half for me. This time, I couldn't eat nine, but I ate until I was full, and over the memories of my grandpa's clicking and the warmth of my stomach filling up, I found comfort.

- () **24.** Why did Grandma break the dumplings in half?
- A. To cool them quickly.
- B. To show the filling.
- C. To make the author eat easily.
- D. To appeal to the author.
- () **25.** What happened to the author when growing up?
- A. He became tired of homemade food.
- B. He stopped eating meat at home.
- C. He started enjoying cooking more.
- D. He stayed away from certain types of food.
- () **26.** How did the author's recent visit to China differ from his previous ones?
- A. He stayed for a longer period than before.
- B. His grandpa's death affected the family.
- C. The weather was much warmer than usual.
- D. His family didn't prepare his favourite dishes.
- () **27.** What is the text mainly about?
- A. Grandma's love.
- B. Experiences of homesickness.
- C. Memories of dumplings.
- D. Wishes for returning home.

C [2025·广东江门高二期末]

Boys grow up to be engineers and computer scientists. Girls become nurses and teachers. That seems like an out-of-date notion (观念) in a world where many students are encouraged to explore a wide range of careers. But the stereotypes (刻板印象) continue.

Aptitude tests (能力倾向测试), which seek to measure students' potential in a particular field, may be one way to help students decide their career paths.

To understand how these tools may lead a particular student towards a field they may not have considered—or even heard of—researchers at the University of Missouri conducted an independent review. The study compared 7, 222 high school students' natural aptitudes with their self-reported interests in four areas: manufacturing, computer technology, construction, and healthcare. For healthcare, the study looked at both a student's capacity and interest in direct patient

care jobs and more technical jobs in the healthcare industry. The study included 3,619 females and 3,603 males.

“If you just look at people's interest scores, they fall into areas which I call what they are exposed to, what they can see based on their life experiences. Many young people are exposed to very little,” said Richard Feller, a professor at Colorado State University who worked on the study. Students' different life experiences create an exposure gap, he said, that aptitude tests can help bridge.

The study found that more than four times as many girls were found to have potential in manufacturing, more than seven times more in construction and technical healthcare fields, and two times more in computer technology than an interest list alone would show. What's more, males were more than 1.6 times more likely to show promise in patient care positions.

“It opens up all kinds of opportunities for students who have been less fortunate and have been stereotyped,” Feller said. “We've got great potential that we're not tapping into.”

- () **28.** What does the author think about the career prejudice mentioned in Para. 1?
- A. It is deeply rooted in some truth.
- B. It is encouraged by a majority of people.
- C. It still affects students' choices of their career.
- D. It stops the popularity of a wide range of careers.
- () **29.** Why did researchers at the University of Missouri conduct the study?
- A. To improve students' career ability.
- B. To assess the reliability of aptitude tests.
- C. To have a deep insight into students' interests.
- D. To understand the function of aptitude tests.
- () **30.** What does the underlined phrase “an exposure gap” in Para. 4 refer to?
- A. A low score in the interest test.
- B. A decreased relation to society.
- C. A huge difference among students.
- D. A lack of understanding of diverse careers.
- () **31.** What does Feller suggest in the last paragraph?
- A. Aptitude tests are beneficial.
- B. The future plan must be examined first.
- C. Studies need more participants.
- D. A narrower interest list would be better.

We often get into arguments with others and probably think we're right, even if we don't have all the facts. According to a recent psychology study, people tend to assume they have all of the information that they need to make decisions even if they don't. This is called the Illusion of Information Adequacy, as described in a *PLOS ONE* journal article on October 9th.

In the study, researchers from Ohio State, Stanford, surveyed 1,261 Americans online. Group One read an article that only gave reasons why the school should cooperate with another that has better water. Group Two read an article that only gave reasons for the schools staying separate and hoping for other solutions to the problem. Group Three was the control group that read all of the reasons from the above articles.

They found that the majority from Group One and Group Two still believed that they had enough information to make a good decision about what to do. Most said that they would follow the advice in the article they read.

Those from Group One were significantly more likely to recommend the schools cooperate, while readers from Group Two were significantly more likely to recommend that the schools remain separate. About 55 percent of the control group recommended the schools cooperate. The participants who had half the information also said that they thought most people would make the same decision they did.

The team calls this belief that we are correct even when we don't have all of the information—the Illusion of Information Adequacy. Fletcher describes it as “The less that our brain knows, the more confident it is that it knows all it needs to know, which leads to overconfident decisions and judgements, when we are missing necessary information.”

In a follow-up study with 100 readers from Group One and Group Two, the research tried to know what the participants did after hearing both sides. At first, they shared arguments and reasoned together. Eventually, these arguments and reasoning resulted in them saying “That sounds right.”

According to Fletcher, one of the best ways to fight the Illusion of Information Adequacy when disagreeing with someone is to pause and ask, “Is there something I'm overlooking that could help me understand their viewpoints better?” This can help reduce interpersonal conflict.

- ()32. What is Paragraph 2 of the text mainly about?
- A. The content of the article.
B. The design of the survey.
C. The cause of the research.
D. The reactions of participants.
- ()33. What does the Illusion of Information Adequacy lead to?
- A. Making decisions quickly.
B. Feeling much too confident.
C. Knowing enough information.
D. Always agreeing with others.
- ()34. What did the follow-up study focus on?
- A. The research result.
B. The number of participants.
C. The size of the groups.
D. The process of changing minds.
- ()35. What does Fletcher suggest to reduce conflict?
- A. Agreeing with others' ideas.
B. Focusing on new information.
C. Ignoring deeply-held beliefs.
D. Stopping to consider other views.

第二节(共5小题;每小题2.5分,满分12.5分)

[2025·山西名校联考高二期末]

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。

Have you ever heard of mental strength? Mental strength, in its simplest terms, refers to how effectively someone deals with challenges, pressures and stressors in life. It's a mixture of emotional resilience (恢复力), confidence, adaptability, boundary setting, and self-awareness. 36. _____ It's about developing and maintaining healthy mental habits. Here are some strategies to help you with your mental strength.

Have a growth mindset. Having a growth mindset is important in developmental strength. A growth mindset is a belief that abilities and intelligence are not something that you are born with. 37. _____ It's an understanding that failures and setbacks are not dead ends but stepping stones to learning and growth. Having a growth mindset can transform challenges into opportunities and foster resilience.

38. _____ Emotional regulation refers to our ability to manage and respond to an emotional experience in a socially acceptable and flexible manner. Developing emotional regulation skills is necessary for mental strength. Techniques like deep

breathing, listening to music and journaling can help you manage your emotions effectively.

Set realistic goals. Setting clear, realistic goals is another important strategy for building mental strength. Plans give us a sense of direction and purpose. They motivate us to take action and provide a benchmark (基准) for determining whether we're making progress. 39. _____

Step out of your comfort zone. Building mental strength often involves stepping out of your comfort zone and facing your fears. 40. _____ Whether learning a new skill, taking on a challenging task, or giving a speech in front of your classmates, every step outside your comfort zone contributes to your mental strength.

- A. Develop emotional regulation skills.
B. Regulate your emotion when necessary.
C. Building mental strength is a process, not an event.
D. Instead, they can be acquired through devotion and hard work.
E. However, we should keep in mind that our goals are achievable.
F. Most people feel nervous every time they step out of their comfort zone.
G. By trying new things, you can find you're more adaptable than you think.

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)

[2025·山东德州高二期末]

阅读下面短文,从每题所给的A、B、C、D四个选项中选出最佳选项。

Caring 17-year-old, Lauren Schroeder, was inspired to help bring healthy food to needy families in her community. When she was just 14, she volunteered at a local 41 to help fill boxes for people in need with canned and packaged food. She felt something was missing: fresh vegetables. “I thought it would be great to 42 that,” Lauren told the *Washington Post* about her motivation to grow and 43 home-grown produce.

This 44 teen then told her parents of her desire to start a garden on their family farm. Initially, while proud of her daughter's 45, Lauren's mother, Katie, admitted to some 46, wondering how much work this would mean.

Coming from a farming family, Lauren had some 47 with agriculture, but she had never tried growing 48 at scale. She 49 plants online, checking the instructions on how to take care of each crop. She then secured a 50 from the National FFA

Organization, which supports 51 education, to cover seeds and gardening supplies.

And importantly, Lauren didn't 52 from hard work. During Iowa's hot and dry summers, she had to 53 her crops for around three hours daily. She also 54 checked for harmful insects, and bent down to pick her green bean crop, the most challenging vegetable to harvest in her opinion.

With assistance from her family, Lauren has donated more than 7,000 pounds of home-grown produce in the past two years. She has also won the 55 of her community.

- ()

41.

A. factory

B. school

C. shelter

D. shop
- ()

42.

A. examine

B. tolerate

C. discover

D. change
- ()

43.

A. donate

B. promote

C. purchase

D. process
- ()

44.

A. honey-mouthed

B. kind-hearted

C. good-mannered

D. open-minded
- ()

45.

A. reputation

B. hobby

C. vision

D. agenda
- ()

46.

A. mistakes

B. truths

C. regrets

D. concerns
- ()

47.

A. familiarity

B. difficulty

C. doubt

D. patience
- ()

48.

A. fruits

B. vegetables

C. grains

D. trees
- ()

49.

A. mentioned

B. shared

C. ranked

D. researched
- ()

50.

A. title

B. place

C. fund

D. plan
- ()

51.

A. agricultural

B. cultural

C. environmental

D. special
- ()

52.

A. fall off

B. set apart

C. shy away

D. go back
- ()

53.

A. gather

B. water

C. observe

D. plant
- ()

54.

A. frequently

B. impatiently

C. occasionally

D. leisurely
- ()

55.

A. interest

B. admiration

C. welfare

D. competition

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。

For Wan Shiyu, a social work major at Wuhan University of

Technology (WUT) in Hubei Province, voluntary work represents a commitment that young people devote 56. (they) to social development and mutual care.

From Dec. 1st to 3rd in 2024, Wan joined the seventh China Youth Volunteer Service Project Competition and Volunteer Service Exchange Meeting in Shantou, Guangdong Province. The main goal of the competition was to connect college students with voluntary activities in rural areas, 57. (bridge) volunteerism to campuses and supporting rural revitalization(乡村振兴).

Wan's voluntary project, named "Xing Xin Xiang Yin" (Star and Heart Intertwined), 58. provides rehabilitation (康复) services for children with autism (孤独症), 59. (select) as one of the top 10 projects out of 525 submissions in October 2024. Unlike many existing commercial rehabilitation services, her project concentrates 60. lifelong and all-around recovery, with activities 61. (design) to meet the specific needs of children with autism.

Her team is 62. (current) developing a new WeChat mini programme that integrates AI technology with intangible cultural heritage, enabling 63. (use) to create personalized embroidery patterns by entering a few keywords.

Wan shared that the competition broadened her vision, offering 64. diverse range of voluntary work. "It reminds me of the charm of volunteer work. 65. it's young people, those in their middle age, or even the elderly, everyone can find a role in promoting social welfare and contributing to a better society," she said.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分) [2025·湖南衡阳高二期末]

生活教会我们成长。某英文网站“青春论坛”专栏正在征集成长故事。请你发帖分享你的亲身经历,并谈谈感想。

- 注意:1. 词数 80 个左右;
2. 可以适当增加细节,以使行文连贯。

第二节(满分 25 分) [2025·江苏连云港高二期末]

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。

Two coins for the carousel (旋转木马)

I hold the two shiny coins in my pocket—just enough for two carousel rides. The air is filled with the sounds of the carousel: the

cheerful music, the rhythmic spinning (旋转), and the laughter of children. They're all reaching for rings from the dispenser (自动售货机) as they spin past, each hoping to catch the gold ring. That's the one I'm after too. Every ride, a single gold ring appears, and whoever grabs it wins a ticket for a free, giant ice-cream. Silver rings just mean another ride, but I'm set on the gold.

Spotting my friend Alice across the crowd, I pull Mum by the sleeve. "Look, mama," I say, pointing. "Can I go and say hello?" Mama nods, saying "Go ahead, Grace." I take off through the crowd.

Alice is watching the carousel, her eyes fixed on the spinning horses. "Are you going to ride?" I ask. She shakes her head. "Papa doesn't bring any coins today."

Feeling the weight of my two coins, I know Mama won't mind if I share. "Do you want to ride with me?" I offer, holding up the coins. Her smile is all the answer I need.

"I'm going to share my coins with Alice," I whisper to Mama as we make our way towards the carousel. Mama's smile tells me I made the right choice.

I hand my coin to the worker and Alice gives him my another coin. "Which one do you want to ride?" asks Alice. I think she wants me to pick first since I'm the one who paid. A blue horse with a chipped nose catches my eye. "This one," I say proudly, climbing on and grasping the pole tightly. Alice looks around me quickly and picks the one right behind me.

As we spin, the music slows, signaling the end of the ride. I have one more chance for the gold ring. And there it is, sliding down the dispenser. I stretch out my hand, but it slips through my fingers. Maybe next time.

注意:续写词数应为 150 个左右。

Paragraph 1:

Behind me, Alice starts shouting with excitement.

Paragraph 2:

"Grace! Let's share it!" she shouts, holding up the ice cream.