

单元素养测评卷（一）

范围: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 does the woman want to do?  
A. Find a place. B. Buy a map.  
C. Get an address.
- ( )2. What food would the boy like to eat now?  
A. Cake. B. Eggs. C. Beef.
- ( )3. When does the man want to get to the airport?  
A. At 2:30. B. At 3:45. C. At 4:15.
- ( )4. What are the speakers talking about?  
A. Where to buy tickets.  
B. When to take a train.  
C. How to go to the cinema.
- ( )5. What season is it now?  
A. Autumn. B. Spring. C. Winter.

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 does the woman most likely feel?  
A. Sorry. B. Disappointed.  
C. Annoyed.
- ( )7. What has happened to the woman recently?  
A. She failed in the exams several times.  
B. She moved out of her brother's house.  
C. She turned in papers late.

听第 7 段材料,回答第 8 至 10 题。

- ( )8. What's the relationship between the speakers?  
A. Classmates. B. Guide and traveller.  
C. Mother and son.

- ( )9. Why will the speakers start with the Time Square?  
A. It's the city centre.  
B. It's within easy reach.  
C. It's a place of interest.
- ( )10. Why does the woman consider the man lucky?  
A. Honey cake is on sale.  
B. His schedule can be carried out.  
C. He has a chance to enjoy a big event.

听第 8 段材料,回答第 11 至 13 题。

- ( )11. What does the man probably think of Sam?  
A. Rich. B. Poor. C. Careless.
- ( )12. What will the woman do with her aunt this afternoon?  
A. Go shopping. B. Talk to Sam.  
C. Play table tennis.
- ( )13. Why will the woman's father drive to the neighbouring city tomorrow?  
A. To meet a friend. B. To attend a meeting.  
C. To go sightseeing.

听第 9 段材料,回答第 14 至 17 题。

- ( )14. Who is the woman most probably speaking to?  
A. A retiree. B. A patient. C. A librarian.
- ( )15. What does the man need to do with the records?  
A. To return them. B. To collect them.  
C. To update them.
- ( )16. Why does the lunch club need more drivers?  
A. It is located in a neighbouring community.  
B. It promises to provide a lift for its members.  
C. Many members are from other communities.
- ( )17. When will Mrs Carroll go to the hospital?  
A. Next Friday. B. Next Tuesday.  
C. Next Monday.

听第 10 段材料,回答第 18 至 20 题。

- ( )18. What is the first speech class about?  
A. Audience. B. Pupils. C. Friends.
- ( )19. How can a student make the audience support a particular idea?  
A. By making links with them.  
B. By repeating the idea to them.  
C. By being friendly to them.

- ( )20. What happened to the students after the third class?  
A. They made fewer mistakes.  
B. They believed more in themselves.  
C. They made more friends.

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·山西晋城高一期末]

In this lively little city, there are many fun places to see and things to do. Here are the top four things you can do when you visit Sydney.

Enjoy the view from the top of Sydney Tower

With the height of 305 metres, Sydney Tower is the tallest structure in the city, offering a 360-degree view. From it, you can see Sydney Harbour (港口), the Sydney Opera House, and even the Blue Mountains. For an extra thrill, try the Skywalk, an outdoor glass-floored platform.

Ride famous Sydney Ferries (渡船)

Ferries are a key part of Sydney's transport system. They leave from Circular Quay, travel through Sydney Harbour, and reach Manly Beach. Enjoy attractive views of the Sydney Harbour Bridge and the Sydney Opera House along the way. Once at Manly, explore the beach, enjoy local seafood, or take a walk.

Visit the famous Sydney Opera House

Take a guided tour of the Sydney Opera House to learn about its history and design. This UNESCO World Heritage Site offers a variety of performances, from opera and ballet to contemporary music and theatre. After your tour, relax at a nearby cafe or restaurant with a harbour view.

See animals up close at Taronga Zoo

Taronga Zoo, located on the shores of Sydney Harbour, is home to over 4,000 animals from 350 species. Feed a giraffe, take a photo with a koala, or watch a penguin show. The zoo also offers unique experiences like the "Roar and Snore" overnight stay, allowing you to camp out and enjoy the zoo after dark. Educational talks and animal encounters make it a fun visit for all ages.

Whether it's your first time in Sydney or you're visiting it again, these activities will help you fully enjoy the uniqueness of this city.

- ( ) **21.** What can visitors see from the Sydney Tower?
- A. The koalas kept in the zoo.
- B. The whole city.
- C. The inside of the Sydney Opera House.
- D. The underwater life of Sydney Harbour.

- ( ) **22.** Where do Sydney Ferries leave from?
- A. Circular Quay.
- B. Manly Beach.
- C. The Sydney Harbour Bridge.
- D. The Blue Mountains.

- ( ) **23.** In which place can visitors get educational talks?
- A. Sydney Tower.                      B. Manly Beach.
- C. Sydney Opera House.              D. Taronga Zoo.

**B** [2025·湖南益阳高一期末]

Jake Lee Pinnick is busy preparing food, clothing and house decorations, putting up couplets and visiting friends with his family to celebrate the Spring Festival, or the Chinese Lunar New Year.

In 2010, the 32-year-old American travelled to the Wudang Mountains, a UNESCO World Cultural Heritage Site in central China’s Hubei Province, to learn martial arts. Pinnick said he was very interested in Chinese kung fu from a young age.

When Pinnick first arrived in the Wudang Mountains, he had no earlier training or martial arts experience, so he began with a five-year training programme, learning the basics and all about Taoist culture. Pinnick said the first six months were the hardest, because he had to train for eight or nine hours, six days a week, whatever the temperature outside.

After over a decade of hard training, he has mastered various forms of Chinese kung fu, including Tai Chi and Qigong, and become a guider with about 200 apprentices (学徒) in China. This year is the 13th Spring Festival that Pinnick has spent in China. He likes the Spring Festival and the traditions here. He also teaches his daughter Selina Lee Pinnick these traditions.

As the new year begins, people are starting new chapters in their lives and making resolutions. Pinnick also has many plans and wishes—he plans on making more efforts to learn the Chinese language this year. In addition to learning Chinese, Pinnick will continue to learn about traditional Chinese culture and how to play Chinese musical instruments in his leisure time, and he will share his experience on social media.

“I think that the experience I’ve had, being a foreigner coming

to China and learning the culture from outside, is unique. I hope to introduce Chinese kung fu and traditions to more westerners,” he said.

- ( ) **24.** What was Pinnick’s main reason for travelling to the Wudang Mountains?
- A. To learn Chinese kung fu.
- B. To know about Taoist culture.
- C. To visit some places of interest.
- D. To celebrate the Spring Festival.

- ( ) **25.** Which of the following best describes Pinnick?
- A. Well-rounded.                      B. Generous.
- C. Hard-working.                      D. Selfless.

- ( ) **26.** What can we infer about Pinnick according to the article?
- A. He planned to open a Chinese kung fu school.
- B. He became skilful at different kinds of kung fu.
- C. He asked his daughter to learn Chinese musical instruments.
- D. He practised kung fu before coming to the Wudang Mountains.

- ( ) **27.** Why does Pinnick hope to share his experience on social media?
- A. To become famous online.
- B. To take in more apprentices.
- C. To show his unique experience.
- D. To act as a bridge between cultures.

**C**

When people talk about suddenly remembering old memories, the memories they’re referring to are usually episodic (情景的) memories. As the name suggests, this type of memory stores the scenes of our life.

Another type of memory that can also be suddenly remembered is semantic memory. Our semantic memory is the storehouse of our knowledge, containing all the facts we know.

Usually, the recall of episodic and semantic memories has easily identifiable triggers (诱因) in our context. Context includes our physical surroundings as well as the aspects of our mental state, such as thoughts and feelings. For example, you’re eating a dish at a restaurant, and its smell reminds you of a similar dish your mum used to make. This is episodic memory. When someone says the word “Oscar”, the name of the movie that won an Oscar recently flashes in your mind. That belongs to semantic memory.

These memories have obvious triggers in our context, but sometimes, the memories that flash in our minds have no identifiable triggers. They seem to flash across our minds out of nowhere; therefore, they’ve been called mind-pops (闪念).

Mind-pops shouldn’t be confused with insight, which is the sudden popping up of a potential solution to a complex problem in the mind. Thus, mind-pops are semantic or autobiographical memories that suddenly flash in our minds without an easily identifiable trigger.

Mind-pops may comprise any piece of information, be it an image, a sound, or a word. They’re often experienced by people when they’re engaged in mundane tasks like mopping the floor or brushing teeth. Such ordinary and unexciting routines tend to inspire something in our mind. For example, you’re reading a book, and suddenly, the image of your school corridor pops into your mind for no reason. What you were reading or thinking at the time had no connection with your school.

I do experience mind-pops from time to time. But when I tried to look for cues in my context that may have triggered my mind-pops, I would fail. Maybe such mind-pops are completely random.

- ( ) **28.** Which of the following might be episodic memory?
- A. You predict a heavy rain is on the way.
- B. A good idea flashes into your mind suddenly.
- C. A song reminds you of your middle school graduation.
- D. You think of a round shape when hearing the word “circle”.

- ( ) **29.** What is a feature of mind-pops?
- A. They have obvious triggers.
- B. They come out without warning.
- C. They appear in the form of images.
- D. They often bring long-lasting memories.

- ( ) **30.** What does the underlined word “mundane” in Paragraph 6 probably mean?
- A. Careful.                                      B. Dull.
- C. Necessary.                                      D. Challenging.

- ( ) **31.** What is the aim of this passage?
- A. To explore human inner thoughts.
- B. To point out the memory formation.
- C. To distinguish different memory scenes.
- D. To explain some similar memory phenomena.

D

Sometimes to go forward you must look backwards. Wind-powered ships have been used since ancient times, ever since the invention of the sail. With the coming of fuel-powered ships, however, the sail fell out of favour as a practical way to move large boats and ships across the ocean. Now, sails are making a comeback as a way to lower the carbon emissions produced by the fuel-powered shipping industry.

Shipping is not an environmentally friendly industry. In fact, the industry is responsible for about three percent of global emissions. Luckily, the leading figures in the industry have made a commitment to become planet-warming gasses net zero by 2050. This is where the *Pyxis Ocean* comes in.

The *Pyxis Ocean* is a ship with two “WindWings”, which were designed by a British company. The ship made its first journey crossing the ocean from China to Brazil in 2023.

But the “WindWings” are not quite sails. Standing up to 37 metres tall, they are designed using the same type of aerodynamic (空气动力学的) principles that make it possible for an aircraft to fly. When not being used, the sails fold down onto the ship’s deck. It is estimated that the wings will save around 3 tons of fuel a day. That is a lot of fuel. With new, cleaner fuels still in the works, these partial measures to reduce carbon emissions are a godsend. “Ultimately we do need zero-carbon fuels on all ships, but in the meantime, it is necessary to make every journey as efficient as possible,” Dr Simon Bullock, a shipping researcher, said.

Luckily, wind-powered technology is gaining recognition. About 100 out of every 110,000 new-build ships are being built using some sort of wind technology. And that doesn’t take into account ships like the *Pyxis Ocean* which have been, or will be transformed with sails, kites, or other types of wind-powered mechanisms.

- ( )32. What does the comeback of the wind-powered technology indicate?
- A. The whole world is faced with an energy crisis.  
B. Sustainable development has become a global trend.  
C. The solutions to modern problems may lie in the past.  
D. The shipping industry is determined to turn away from fuels.

- ( )33. What is the main purpose of the “WindWings” on the *Pyxis Ocean*?
- A. To reduce the ship’s carbon emissions.  
B. To provide entertainment for the sailors.  
C. To serve as a backup power source.  
D. To increase the speed of the ship.
- ( )34. What does the author imply in the last paragraph?
- A. Wind power is playing a major role in the shipping industry.  
B. The wind-powered technology is reliable and promising.  
C. Fuel-powered ships will soon be replaced by wind-powered ones.  
D. Technology innovation is key to addressing environmental issues.
- ( )35. What can be the best title for the text?
- A. New ship sailing into the future  
B. Traditional shipping taking the stage  
C. The *Pyxis Ocean*: new hope for the earth  
D. “WindWings”: a return to ancient shipping wisdom

第二节(共 5 小题;每小题 2.5 分,满分 12.5 分)

[2025·湖南长沙高一期末]

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。

Between school, homework, sports, your after-school job, and hanging out with friends, it may feel like there’s no time for healthy eating. And when you have time, you may simply eat snacks like potato chips. 36. \_\_\_\_\_ In fact, if you have a busy schedule, it’s even more important to eat healthy foods that give you the energy you need to keep going.

37. \_\_\_\_\_ For example, you may feel hungry in a long afternoon of classes or during your swim meet. Knowing how much food your body needs to satisfy this hunger is important. A few walnuts (核桃) are great brain food before sitting down to do your maths homework. 38. \_\_\_\_\_

Healthy snacking is important to you. During teenage years, the body needs more nutrients to grow. Snacks are a great way to satisfy your hunger and get all nutrients your body needs. 39. \_\_\_\_\_ Do not eat foods with lots of added sugars like candy bars or soda. That’s because eating these foods may help you stop feeling hungry for a moment, but they are bad for your health in the long term.

Choosing healthy snacks means shopping smart. 40. \_\_\_\_\_ We may find “all natural” on the side of a package, but it doesn’t necessarily mean it’s nutritious. For example, “all natural” juice drinks can be filled with sugar, which means they’ll make you fat easily and give you little nutrition.

- A. It’s natural to feel hungry at certain times.  
B. Healthy snacking doesn’t have to be boring.  
C. But you need to pay attention to what you eat.  
D. But it is possible to treat yourself to a healthy snack.  
E. But a whole bag only makes you put on weight easily!  
F. Be careful of the health information on food packages.  
G. If you’re really feeling hungry, don’t pay attention to it.

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·山东德州高一期末]

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。

A British man has taken the concept of running for charity to a whole new level. Russ Cook, 28, completed a year-long adventure to run the length of Africa.

Over the course of 352 days, Cook 41 about 10,000 miles through 16 countries, from south to north. His perseverance (毅力) 42 him across the finish line in Tunisia. He was 43 called the “Hardest Geezer”, an admirable nickname. Cook faced many challenges, including 44 with thieves and the forces of nature as he crossed different terrains ranging from jungles to deserts.

Cook shared his challenging and 45 journey through his posts, where he 46 to show how tough it was to run across the vast continent. In one post, he said he encountered a sandstorm in the morning, struggling to breathe and having sand for 47. He expressed determination by saying, “They’re trying to get me 48, but they can’t.” His posts not only 49 the challenges he faced but also invited others to join him in his quest. This 50 led to American Blake Warren joining Cook for the final part of the journey after he saw a post on social media and decided to 51.

Through his 52 efforts, Cook has raised nearly \$1 million for charities, which are 53 supporting homeless youth and providing clean water in Africa. He 54 his remarkable journey with a dip in the Mediterranean. It marked the end of an extraordinary achievement of 55 and willpower.



- ( ) **41.** A. connected  
C. imagined

B. covered  
D. tracked
- ( ) **42.** A. pushed  
C. followed

B. forced  
D. separated
- ( ) **43.** A. lovingly  
C. surprisingly

B. suddenly  
D. obviously
- ( ) **44.** A. quarrelling  
C. exchanging

B. interacting  
D. meeting
- ( ) **45.** A. common  
C. similar

B. tiring  
D. famous
- ( ) **46.** A. tried  
C. remembered

B. afforded  
D. begged
- ( ) **47.** A. fun  
C. breakfast

B. life  
D. lunch
- ( ) **48.** A. hidden  
C. seen

B. gone  
D. punished
- ( ) **49.** A. overlooked  
C. questioned

B. recorded  
D. balanced
- ( ) **50.** A. talk  
C. invitation

B. interview  
D. speech
- ( ) **51.** A. preserve  
C. enlarge

B. spread  
D. join
- ( ) **52.** A. simple  
C. worthless

B. attractive  
D. unbelievable
- ( ) **53.** A. good at  
C. devoted to

B. bored with  
D. worried about
- ( ) **54.** A. started  
C. ended

B. buried  
D. recognized
- ( ) **55.** A. courage  
C. honesty

B. insight  
D. happiness

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。

The Spring Festival, which is celebrated 56. \_\_\_\_\_ (mark) the beginning of the traditional Chinese lunar year, has been recognized by UNESCO as an Intangible Cultural Heritage of Humanity. This significant festival, which is 57. \_\_\_\_\_ (deep) rooted in Chinese culture, is celebrated with great enthusiasm not only in China but also among Chinese 58. \_\_\_\_\_ (community) worldwide. The Spring Festival, which is a time for family reunions, is observed with various rituals and customs that have

been passed down through generations.

The festival, which takes place when the new moon occurs 59. \_\_\_\_\_ January 21 and February 20, is a period of great joy and celebration. During this time, people who live away from their families return home, making it the 60. \_\_\_\_\_ (large) annual human migration in the world. The Spring Festival, when families gather for a special meal on New Year’s Eve, 61. \_\_\_\_\_ (follow) by days of feasting, visiting relatives, and exchanging gifts.

The customs and traditions associated with the Spring Festival, 62. \_\_\_\_\_ are maintained by the Chinese people, include cleaning the house, decorating with red lanterns and couplets, and 63. \_\_\_\_\_ (set) off fireworks to ward off evil spirits. The Spring Festival, which is also a time for giving red envelopes containing money to children, symbolizes good luck and prosperity.

China, with a rich cultural heritage, now has 44 elements recognized by UNESCO, including the Spring Festival. The inclusion of the Spring Festival on 64. \_\_\_\_\_ list where other cultural practices are also recognized, highlights the 65. \_\_\_\_\_ (important) of preserving and promoting cultural heritage worldwide.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

[2025·浙江宁波高一期末]

上周五,在北京大学历史系就读的校友李华应邀为你们做了有关中国文化遗产的讲座。请你以“An impressive lecture on Chinese cultural heritage”为题,给校英文报写一篇报道,内容包括:

1. 讲座内容;
2. 讲座反响。

注意:写作词数应为 80 个左右。

参考词汇:校友 alumnus

An impressive lecture on Chinese cultural heritage

第二节(满分 25 分)

[2025·河南信阳高一期末]

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。

On a warm summer day, Alex and his best friend, Leo, decided to explore the suburbs of their small town. Armed with nothing but

a backpack filled with snacks, water bottles, and a flashlight, they set off on their bikes.

As they cycled down a narrow dirt path, they noticed a small, barely noticeable opening hidden behind a thick group of bushes. Out of curiosity, they parked their bikes and carefully made their way through the bushes. What they discovered was a dark, mysterious cave entrance. The original excitement quickly turned to a bit of nervousness, but Alex looked at Leo and said, “We’ve always been longing for an adventure. Let’s do this!” Leo nodded, his eyes showing a mix of fear and determination.

They switched on the flashlight and stepped inside. The cave was filled with strange echoes and an muddy smell. As they explored deeper, they were fascinated by the beautiful, sparkling stalactites (钟乳石) hanging from the ceiling. But then, the flashlight started to flash on and off. Suddenly, they heard an awful sound. Leo grasped Alex’s arm nervously. It could have been a small animal, but in the dim light it was hard to tell.

Just as they were trying to calm themselves, the flashlight became completely dead. Alex quickly reached into his backpack, his hands shaking slightly. He remembered packing an extra set of batteries but couldn’t find them at first. Meanwhile, Leo kept glancing around anxiously, his ears attempting to identify any other noises from all directions.

Fortunately, Alex felt and found the batteries in the dark. To their relief, the flashlight lit up again. But now, they weren’t sure if they should continue deeper or turn back. After a brief hesitation, Alex said, “We’ve come this far. Let’s keep going. We’ll be more careful.” Leo nodded, and they moved on, hand in hand.

注意:续写词数应为 150 个左右。

Paragraph 1:

With cautious steps, they went further inside. \_\_\_\_\_

Paragraph 2:

Hearts beating rapidly, they hurried towards the path. \_\_\_\_\_