

单元素养测评卷(一)



Unit 4

(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

If you want to know something about British life, their spirit, and even their humour, watching some classic British films will certainly help. Here are some recommended to you.

Notting Hill

After the success of his film *Four Weddings and a Funeral*, writer and producer Richard Curtis captured the essence of being British in 1999's *Notting Hill*. Set against the background of affluent (富足的) West London, the film became popular for its charming and funny portrayal (刻画) of a British nobody trying to impress a Hollywood star.

The Full Monty

This 1997 film is a Sheffield-based comedy about six unemployed men who form a group to make money for a better life. Despite its humour, the film dives deeper into some serious issues surrounding working-class culture. *The Full Monty* is an uplifting film that gives an insight into the work and life of the working class in Britain.

Trainspotting

Danny Boyle's 1996 comedy-drama *Trainspotting* is about a group of Scots in the 1980s, based on the book by Irvine Welsh. With a cast of truly great actors including Ewan McGregor, the tale impressed the audience globally. It rapidly became a critical success.

Monty Python's Life of Brian

Featuring a jam-packed cast of comedic stars, *Monty Python's Life of Brian* tells the story of a young man who is in a case of mistaken identity. The film reflects the unusual and wonderful British sense of humour. As a film guaranteed to entertain, *Monty Python's Life of Brian* is not to be missed by those looking for an insight into what makes the British laugh.

- ()21. What can the audience learn about by watching *The Full Monty*?

- A. Hardships of comedic stars.
B. Daily life of people in West London.
C. Unique experiences of some Scots.
D. Life of the British working class.

- ()22. What kind of film does *Monty Python's Life of Brian* belong to?

- A. A comedy film. B. A science fiction film.
C. An action movie. D. A horror movie.

() **23.** Which of the following films is adapted from a book?

- A. *Notting Hill*.
- B. *The Full Monty*.
- C. *Trainspotting*.
- D. *Monty Python's Life of Brian*.

B

Each year at Girl Scout Summer Camp, as a kid, what I expected most was the closing campfire, a few hours of silliness that marked our final evening together. All week, my teammates and I had been addicted to our skit (滑稽短剧) performance, editing lines and practising scenes.

Skits and songs are deeply rooted in the camp experience. The days might be all about sports or nature, but nighttime entertainment is a kid's dream. Similar to a talent show, some performances are educational but mostly, they just make you laugh. Talent is irrelevant, and audience engagement through call and response is essential.

In the camp, social rules disappear and space for self-exploration forms. Shy kids come out of their shells, and cool kids let their hair down. They get to open up this door to a part of themselves that they wouldn't have felt safe to show at school or at home.

It's a decade ago when I performed as a camp member, and I never thought of skits from a skill-building view. But I now realize this rich camp tradition has left a great impression on me. Through camp skits, I developed my sense of humour, built confidence in front of a crowd, and learned how to accept others for their quirks (怪癖).

Maybe we can make our schools or communities more like summer camps by bringing the silliness of skits into our families and classrooms to reconnect with ourselves and each other. The next time you're sitting around a campfire with friends and families, give it a try. Embrace the discomfort and invite your loved ones to join in the improvisation (即兴创作). And remember, "The more funny noises and childlike humour, the better."

() **24.** What can we know about skit performances from Paragraphs 1 and 2?

- A. They are to educate the audience.
- B. They are to show students' talent and skills.
- C. They are to make students compete with each other.
- D. They are mainly to entertain and engage the audience.

() **25.** Which word has the similar meaning to the underlined phrase "let their hair down"?

- A. Relax.
- B. Defend.
- C. Ignore.
- D. Refuse.

() **26.** What can be learned about the author from Paragraph 4?

- A. She learned a variety of skit skills in the camp.
- B. She understood social rules better in the camp.
- C. She became broad-minded because of camp skits.
- D. She developed a competitive spirit through camp skits.

() **27.** What does the author advise us to do at last?

- A. To gain more childlike humour.
- B. To step out of the comfort zone.
- C. To accept everyone's imperfection.
- D. To participate in more competitions.

C

More than 3 million square kilometres of the Asian elephant's historic habitat range has been lost in just three centuries, a new report from an international scientific team led by a researcher at University of California San Diego reveals. This dramatic decline may underlie present-day conflicts between elephants and people, the authors argue.

Developing new insights from a unique data set that models land-use change over three centuries, the research team led by Shermin de Silva, an assistant professor in the School of Biological Sciences' Department of Ecology, Behaviour and Evolution, found that habitats suitable for Asian elephants have been cut by nearly two-thirds within the past 300 years.

As the largest living land animal in Asia, endangered Asian elephants inhabited grasslands and rainforests that once crossed the continent. Analysing land-use data from the years 850 to 2015, the researchers describe in the journal *Scientific Reports* a troubling situation in which they estimate that more than 64% of historic suitable elephant habitat across Asia has been lost. While elephant habitats remained relatively stable prior to the 1700s, land-use practices in Asia, including forest decrease, farming and agriculture, cut the average habitat size by more than 80%, from 99,000 to 16,000 square kilometres.

The study also suggests that the remaining elephant populations

today may not have enough habitat areas. While 100% of the area within 100 kilometres of the current elephant range was considered suitable habitat in 1700, the proportion (比例) had since declined to less than 50% by 2015. This sets up high potential for conflicts with people living in those areas as elephant populations change their behaviour and adjust to more human-dominated spaces.

"In the 1600s and 1700s there is evidence of a dramatic change in land use, not just in Asia, but globally," said de Silva. "Around the world we see a really dramatic transformation that has serious consequences that last even to this day."

() **28.** What did the new report focus on?

- A. The number of conflicts between elephants and people.
- B. Changes of the living habitats for Asian elephants.
- C. The measures taken for agricultural models of land-use.
- D. Ways to deal with conflicts between humans and animals.

() **29.** What's the main cause of elephant habitat loss?

- A. The increase of elephant populations.
- B. People's living styles in the past 300 years.
- C. Human activities in elephants' ecosystems.
- D. Endangered elephants' bad health conditions.

() **30.** What's de Silva's attitude towards the environment?

- A. Positive.
- B. Concerned.
- C. Tolerant.
- D. Indifferent.

() **31.** What is the text mainly about?

- A. Conflicts between elephants and humans.
- B. Human activities' influence on Asian elephants.
- C. Necessary change for elephant populations.
- D. Loss of Asian elephants' habitat range.

D

Having high self-control is often seen as a good thing. It's believed to be the key to success in life. But as suggested in a theory published by Professor Thomas Lynch, it may not always be a good thing—and for some, it could be linked to certain mental health problems.

According to Lynch's theory, everyone leans more towards one of two personality styles: undercontrol or overcontrol. Being undercontrolled or overcontrolled is neither good nor bad because most of us are psychologically flexible, and can adapt to different

situations. So, regardless of whether we're overcontrolled or undercontrolled, this flexibility helps us deal with life's challenges and setbacks in a constructive way.

But when we are much less flexible, both undercontrol and overcontrol can become problematic. Most of us are probably more familiar with highly undercontrolled people, who may struggle to control their emotions and their behaviours may be unpredictable. This can negatively affect their relationships, education, work, and health.

Unfortunately, overcontrol isn't talked about as much. This may be because overcontrolled characteristics—such as persistence, the ability to make plans and stick to them, pursuing perfection, and being in control of emotions—are often highly regarded in our society.

However, highly overcontrolled people may struggle to adapt to changes. They may be less open to new experiences. They may experience bitter feelings of envy towards others, and struggle to relax and have fun in many social situations. They may also use fewer gestures, and rarely smile or cry. Together, these may make a person more likely to experience social isolation and loneliness. This may eventually cause their mental health to worsen.

Alongside his theory, Lynch also developed a treatment designed to treat issues of overcontrol. It helps overcontrolled people by teaching them how to let go of the need to always be in control, be more open about their emotions, better communicate with other people, and be more flexible in changing situations. Continued work in the field will hopefully make it easier for people to get the help they need.

()32. How does psychological flexibility help people?

- A. It backs adjusting to changes effectively.
- B. It assists in dealing with similar situations.
- C. It supports overcoming physical challenges.
- D. It encourages choosing the right personality style.

()33. Why is overcontrolled personality less talked about?

- A. Because it is insignificant.
- B. Because it is underestimated.
- C. Because it fits social values.
- D. Because it has changing features.

()34. What can be inferred about highly overcontrolled people in Paragraph 5?

- A. They ignore their mental health.
- B. They know little of body gestures.
- C. They experience few new emotions.
- D. They have a poor social support network.

()35. What is Lynch's suggestion for highly overcontrolled people?

- A. Accepting more changes.
- B. Interacting with others more.
- C. Evaluating feelings more often.
- D. Releasing more personal needs.

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。

Are you having a hard time sticking to your daily schedule? That's a problem many people have. Here are some tips that might help you.

Start with anchor habits. An anchor habit is something you do at a particular time of day that you're not at risk of skipping. It will help shape and structure your day. It doesn't matter what the habit is, but it should be easy for you to do. 36. _____ Don't choose something you struggle to get done as an anchor habit.

Be very consistent for about three months. A daily schedule is a series of behaviours. Behaviours only become automatic if you keep how, when, and where you do them consistently for about three months. 37. _____

Plan your rewards. Plan rewards and link them to the schedule you're trying to keep up with in natural ways. Structure rewards around daily tasks, such as watching a video after a period of study and scheduling walks as enjoyable motivations. 38. _____ What do you want to do as a reward either during or after the daily behaviour you're trying to maintain?

39. _____ Equipment can help you maintain a schedule. Kitchen equipment might help support a cooking schedule. Hiking equipment might help support an outdoor activity schedule. However, keep in mind that these tools don't magically do the work for you.

Find and join a community. 40. _____ Therefore, find a community where the schedule or behaviours you're trying to maintain are normal and join it.

- A. Use tools to support you.
- B. Get to know yourself and what works for you.
- C. You can invite the people around you together.
- D. For example, reading a few pages of a book every night before bed.
- E. Once they become more automatic, they will take less effort to keep.
- F. It's normal that you have no motivation to maintain a daily schedule.
- G. It's much harder to maintain any behaviour if it isn't common for the people around you.

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四个选项中选出最佳选项。

Two brothers, James and Louie Pendley, were on their way to visit a dear friend. But 41, their attention was attracted by a cloud of black smoke from a nearby area. 42, they immediately changed their 43 and drove with determination towards the source of the smoke. The Pendley brothers 44 to be frightened by the potential danger.

As they 45 the scene, they were met with a chaotic sight. The fire was rapidly spreading, and the trees and fences were 46 in a matter of seconds. With the smell of burning, the air was 47 and breaking sounds filled the ears.

When the brothers finally arrived, they saw that the residents of the neighbourhood had already 48, desperately trying to do something to help. "I don't know—my brother and I were just in the area," Louie later explained. "We just thought, 'Hey, let's just see what's going on.' We couldn't just drive past and 49 it." The Pendley brothers didn't stop for a second and worked 50 for nearly two hours, until the firefighters came and everything was under 51.

The brothers' heroic efforts weren't 52. The two brothers became local heroes. Their selfless act of courage and kindness 53 the entire community. People spoke of their bravery with 54, and their story spread like wildfire through the neighbourhood and beyond. Their actions became a shining example of what it means to 55 and help in times of crisis, displaying that each and every one of us has the power to make a difference.

- () **41.** A. formally
C. suddenly
B. normally
D. originally

() **42.** A. Without hesitation
C. Under pressure
B. In annoyance
D. On occasion

() **43.** A. attitude
C. lifestyle
B. course
D. clothing

() **44.** A. regretted
C. happened
B. remembered
D. refused

() **45.** A. stressed
C. neared
B. described
D. escaped

() **46.** A. measured
C. sheltered
B. displayed
D. destroyed

() **47.** A. thick
C. cool
B. fresh
D. raw

() **48.** A. practised
C. returned
B. recovered
D. gathered

() **49.** A. commit
C. report
B. ignore
D. witness

() **50.** A. sensitively
C. effortlessly
B. tirelessly
D. competitively

() **51.** A. control
C. observation
B. discussion
D. repair

() **52.** A. uncovered
C. mentioned
B. unnoticed
D. rewarded

() **53.** A. highlighted
C. represented
B. amused
D. inspired

() **54.** A. admiration
C. confidence
B. patience
D. curiosity

() **55.** A. sign up
C. step forward
B. catch on
D. take off

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。

Traditional Chinese Medicine (TCM) is a traditional medicine that originated from the Han nationality in China and has a history of thousands of years. When compared with modern medicine, often it 56. _____ (classify) into the category of traditional medicine.

TCM takes the yin-yang and five elements as its theoretical basis, regarding the human body 57. a unity of qi, form

and spirit. Through the methods of 58. _____ (observe), inquiry, palpation (触诊) and comprehensive analysis, TCM practitioners analyse the complex clinical symptoms, thus obtaining the names of diseases 59. _____ determining the methods of treatment.

60. _____ (impact) by the West, most people thought that TCM was a medicine full of folk prescriptions and superstitions. But since the 1950s, TCM 61. _____ (begin) to introduce the research system of Western medicine, and reinterpret TCM through scientific analysis of the principles of treatment courses. The introduction of concepts such as Western biology and molecular medicine has contributed to modern TCM, changing from the empty concept of yin-yang harmony to 62. _____ (emphasize) theoretical basis.

In 63. _____ new era, TCM is integrated with Western medicine and is full of vitality in more fields. TCM has also entered the mainstream therapies 64. _____ (global) and even provide solutions to some serious diseases 65. _____ modern medicine has failed to solve.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

校报的“英文在线”专栏组织同学们分享自己切身体验过的“微笑的力量”的故事。请你以此为主题写一篇短文投稿,内容包括:

1. 简述事情经过；
2. 你的体验和感受。

注意:写作词数应为 80 个左右。

The power of smiling

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。

It was my job to watch my younger brother, Jack, and sister, Kelly, as we walked home from school.

“I’m tired,” Kelly whined, “and hungry.” “Me too,” added Jack. So we stopped to rest. “What do you think mama is cooking?”

I asked. “Noodles!” Kelly said. “Barbecue!” said Jack. “Come on,” I stood up. “We need to keep walking.”

At a busy corner, I noticed a street banner, reading “First Walking Race to Jasan Park! Climb the Mountain to Win a Washing Machine.”

It might be fun to race. But could I walk fast enough to win?

At home, Mama was working in the kitchen. We had only a single burner stove, so it often took ages to prepare a meal. Sometimes when my father came back from work, Mama was still cooking with the single burner stove.

Afterwards, Mama and I washed dishes. When Mama pulled out two metal laundry tubs, her smile disappeared. I knew doing laundry hurt Mama's back and knees. Mama heated a kettle of water on the single burner stove and filled a tub. She filled the other with cold water. Then crouching, Mama began scrubbing shirts.

Then we carried the wet laundry to the flat roof, where Mama hung it to dry. On roof tops all over the city, clothes and towels danced in the wind. I loved being on the roof with Mama, but I wished we hadn't had so much housework. Then I would have had more time to play with friends.

How I wish we would have a washing machine! Both Mama and I would be happy.

I remembered the banner and told Mama about it. Mama sighed, “Maria, many people will enter that race. You cannot expect to win.”

On the race day, I woke up early. I laced up my shoes and put on a head band. Mama kissed the top of my head. “Be careful and be safe. Just keep walking!” Mama said.

At the foot of the mountain, large crowds of people gathered.

注意:续写词数应为 150 个左右。

Paragraph 1:

Then the race began . _____

Paragraph 2:

With the big cardboard box aside, I rang the doorbell of our house.