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全品高考 第二轮专题

短平快

题型组合集训

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英语
YN

沈阳出版社

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（1）厚植家国情怀，讲好中国故事

选材亮点

[第一组]

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② 刮痧体验促进中外文化交流（写作专练1 读后续写）

③ 中国晒衣传统所蕴含的文化智慧（精练6 语法填空）

④ 依托江南土布设计传递中华非遗文化（精练18 语法填空）

（2）涵养人文底蕴，塑造道德品格

选材亮点

[第二组]

① 番茄瑕疵启示接纳不完美（精练14 完形填空）

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④ 勇敢转行追寻职业新机遇（精练35 完形填空）

（3）弘扬科学精神，培育探究能力

选材亮点

[第三组]

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② 量子技术结合AI可感知物体表面（精练22 阅读理解B）

③ 关注水土流失危机（精练23 阅读理解A）

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选材亮点

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2. 聚焦关键能力，促进学生思维品质提升

（1）强调关键能力，深化基础考查

选材亮点

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④ 二选一写作（写作专练5 应用文写作）

第一周 精练 1 阅读理解(2篇)+阅读七选五+语法填空(限时:30 分钟)

❶ 阅读理解

A [2026·广东揭阳高三二模]

体裁	主题	难度	词数
应用文	人与社会	☆☆	263

SwiftMove Express: delivery services

Welcome to SwiftMove Express, your reliable partner for fast and secure delivery. Whether you are sending urgent documents or heavy parcels across the city, we have a tailored solution for you. Please refer to the detailed rate card and service rules below to choose the best option for your needs.

Domestic Delivery Rates (Standard Service)

Weight Category	Price (Base Rate)
Base Weight (0-2 kg)	$ 12.00
Additional Weight (per kg)	+ $ 3.00

Note: For weights over 10 kg, an additional handling fee of $ 5.00 applies.

Service Options

• Same-Day Delivery: Must be booked before 10:00 am. Delivery within 6 hours. Ideal for urgent contracts.

• Next-Day Delivery: Book by 4:00 pm. Delivery by 12:00 pm the next day.

• Weekend Delivery: Available for an extra $ 5.00. We deliver on Saturdays for customers who are not home during the week.

• Economy Delivery: Delivery within 3-5 days. 20% cheaper than Standard.

Important Rules

◇ Packaging: We provide free boxes for documents. For fragile items, please use our bubble wrap service ($ 2.00) to ensure safety.

◇ Contact: Our couriers (快递员) will call you 30 minutes before arrival to ensure someone is home.

◇ Insurance: Basic insurance is free. For items over $ 500, we recommend Premium Insurance ($ 10.00).

◇ Payment: Cash or credit card accepted.

Customer Support

For any inquiries, please contact our customer service team at 1-800-555-0199 or visit our website at http://www.swiftmoveexpress.com. We are available Monday to Friday, 8:00 am to 8:00 pm, and Saturday, 9:00 am to 5:00 pm.

( )1. How much does it cost to send a 6 kg parcel via Standard Service?

A. $ 24.00. B. $ 21.00.

C. $ 18.00. D. $ 27.00.

( )2. Which option would best suit a cost-focused client?

A. Same-Day Delivery.

B. Next-Day Delivery.

C. Economy Delivery.

D. Weekend Delivery.

( )3. Why will the courier call the client 30 minutes before arrival?

A. To confirm the delivery address.

B. To ask for a cash tip.

C. To collect the insurance fee.

D. To ensure the client's presence.

B [2026·安徽六安高三三模]

体裁	主题	难度	词数
记叙文	人与自然	☆☆☆	368

Peter Krsko was drilling holes in the trees on his property in Wisconsin for the liquid that would ultimately become maple syrup (枫树糖浆). While he was labouring, Krsko began to think about how trees fight gravity and move liquid from their roots deep in the ground up to the leaves. That got him thinking about cells, the basic passages for those liquids, and how

they pack together to build the tissues and organs found in living things.

"I wanted to share with you what I was thinking about while I was drilling holes," the artist, scientist and educator later explained to his class at the University of Wisconsin-Madison.

That class, called Zoethica: Bioinspired Art and Science, is part of Krsko's semester-long course. Krsko chose the name Zoethica, a combination of the Greek word for life (zoe) and the word ethical, because his goal is "to explore bioinspired art and technology, not only from the aesthetic (美学的) and scientific point of view, but also to explore the ethical implications".

"I like to trick my students into thinking about things that are all around us but are invisible. There is so much talent hidden in places that have never had the chance to shine," he said. "I want them to think outside the box. I hope they learn and grow from the experience."

That means challenging students to consider aspects of the world they may never have considered. It's part of his pursuit to find ways to make science accessible to all and to inspire natural curiosity about the world.

Because Zoethica is an experience in inspiration, students are tasked with reviewing literature from multiple disciplines to arrive at answers to questions posed by Krsko, or those they come up with organically as they progress through the class.

For example, one student wondered out loud why there are no wheels to be found in nature. Krsko challenged him to solve the puzzle.

"He had to figure that out, looking at the literature in biophysics, evolution, biology, to arrive at an answer to why it is not possible for animals to have wheels," Krsko said.

"We still have a lot to learn from nature," he said.

( )**4.** Why does the author describe Krsko working on his property?

A. To introduce his course.

B. To introduce scientific knowledge.

C. To show how to make maple syrup.

D. To show how he learns from nature.

( )**5.** What is the primary reason why Krsko named his course "Zoethica"?

A. To honour the Greek origin of the scientific term.

B. To indicate that the course is about living things.

C. To reflect its focus on ethical implications of bioinspiration.

D. To show the difference between bioinspired art and technology.

( )**6.** According to the text, how should the students "think outside the box"?

A. By thinking seriously.

B. By thinking abstractly.

C. By thinking creatively.

D. By thinking carefully.

( )**7.** What does the example given at the end of the text illustrate?

A. How the students find wheels in nature.

B. How Krsko poses questions to his students.

C. How Krsko teaches reviewing literature from various fields.

D. How the students pursue their own curiosities through research.

⓫ 阅读七选五 [2026·重庆第一中学高三二模]

体裁	主题	难度	词数
议论文	人与自我	☆☆☆	263

In a world driven by test scores and productivity, art is often seen as a luxury or an elective. 1. _____ It shows that students engaged in regular artistic activities—such as drawing, music, or theatre—develop stronger creative thinking and emotional intelligence. One study even found that art participants scored 20% higher on empathy tests.

Why does art have such a powerful effect on young minds? 2. _____ When a child paints or plays an instrument, the brain must coordinate perception, movement, memory, and emotion all at once. A 2024 Swiss study of over 2,000 children found that those receiving regular arts training consistently outperformed their peers in problem-solving tasks.

Another benefit is that art provides a safe space for emotional expression. Children often struggle to put complex feelings into words. 3._____ Through colours, sounds, or movements, they can express what they cannot otherwise share. This process helps them understand and manage their own emotions—a skill vital for mental health.

The value of art extends well into adulthood as well. In an age when AI can generate content from existing information, uniquely human strengths—imagination, original thinking, moral judgement—are becoming more valuable. 4. _____ Students with art backgrounds learn to approach problems without ready-made answers. They embrace uncertainty, which prepares them for careers that no machine can replace.

5. _____ Policymakers and parents should no longer see art as an extra thing, but as an essential part of the school curriculum. Art, in essence, is about making better human beings—more creative, more empathetic, and more resilient in facing life's challenges.

A. Art education nurtures exactly these essential human qualities.

B. That is why art education deserves a central place in our schools.

C. Art gives them another language to express their own inner world.

D. But recent research suggests this common assumption is mistaken.

E. Therefore, art is a wonderful source of joy and growth for children.

F. The answer to this question is found in how the human brain works.

G. Yet many schools continue to cut art programmes due to tight budget limits.

语法填空 [2026·湖南长沙高三模拟]

体裁	主题	难度	词数
说明文	人与社会	☆☆☆	258

I still remember the first time I came across a *sunmao* structure. Standing before a magnificently crafted ancient wooden building, I was told that it contained no nails—a fact that seemed almost impossible 1. _____ (believe). How, I wondered, could such a structure hold together 2. _____ any metal nails?

The answer lies in *sunmao*, a technique 3. _____ (originate) about 7,000 years ago, with the earliest examples uncovered at the Hemudu Site in Zhejiang. At its core, *sunmao* involves shaping two pieces of wood so that one slides precisely into 4. _____ other, creating a joint of remarkable strength. 5. _____ (astonishing), many *sunmao* structures prove stronger than those built with metal bolts. Shanxi's Pagoda of Fogong Temple, for instance, 6. _____ (survive) for the past nine centuries over 40 earthquakes and 200 bombardments, standing today as the world's oldest and tallest wooden structure.

Far from being a relic of the past, *sunmao* continues to inspire modern innovation. From phone cases designed for easy disassembly to packaging reducing plastic waste, new expressions of this ancient wisdom 7. _____ _____ (present) before people's eyes. Scientists are even exploring its potential for lunar base construction—a project that would undoubtedly make those ancient craftsmen proud.

Perhaps what strikes me most, however, is not how incredible and exquisite the technique itself, 8. _____ the spirit hidden behind it: a commitment to precision, patience, and the quiet 9. _____ (pursue) of perfection that transcends time. It is a reminder that true craftsmanship lives on in every generation, 10. _____ the spirit finds new carriers willing to carry it forward.

精练 2　完形填空＋阅读理解2篇（限时：30 分钟）

Ⅰ 完形填空［2026·辽宁沈阳高三模拟］

体裁	主题	难度	词数
夹叙夹议文	人与自我	☆☆☆	257

Two years ago, about this time of year, I came across a magnificent grove（树丛）of peach trees. I'll never forget the __1__ of colour, the way the sun shined through the flowers. It was like __2__ a pink cloud of happiness, giving me a __3__ so great that I wanted more.

So, as spring returned, I set my sights on __4__ the moment. As I drove up to the site, I stared out of the window, becoming __5__ immediately—no flowers, no pink. This place felt empty. The once-lively __6__ now looked like an abandoned place. A __7__ "FOR SALE" sign hung from the fence. My heart __8__ like petals（花瓣）in a dusty wind. "What a disappointment," I sighed.

Then, a surprise. Just a few minutes up the road, rows of pretty white pear trees were in full bloom. Their branches hung low and heavy from above my head, like a __9__ made of snowflakes（雪花）.

Life can be like that. We can experience __10__ moments in life. Those moments can leave us __11__ to relive the experience all over again. So we seek, only to find it was just one moment in time. What once was may never __12__.

Yet, still, if we stay open, something just as wonderful will __13__ us anyway. This was that kind of day, a new kind of beauty to experience. And that was my **reminder** to __14__ the past long enough to receive what's ready to __15__ today.

( )1. A. variety　B. standard　C. depth　D. order
( )2. A. stepping into　B. putting down　C. going for　D. making out
( )3. A. goal　B. hit　C. scream　D. lesson
( )4. A. redefining　B. reforming　C. redirecting　D. recapturing
( )5. A. delighted　B. calm　C. quiet　D. excited
( )6. A. landscape　B. imagination　C. habitat　D. architecture
( )7. A. decorated　B. secured　C. faded　D. masked
( )8. A. beat　B. counted　C. bled　D. fell
( )9. A. ceiling　B. towel　C. carpet　D. scarf
( )10. A. sorrowful　B. incredible　C. ordinary　D. anxious
( )11. A. refusing　B. longing　C. pretending　D. hesitating
( )12. A. pause　B. finish　C. matter　D. return
( )13. A. teach　B. claim　C. find　D. save
( )14. A. get along with　B. look back at　C. end up in　D. let go of
( )15. A. shoulder　B. flower　C. bridge　D. weather

Ⅱ 阅读理解

A ［2026·浙江宁波高三二模］

体裁	主题	难度	词数
说明文	人与社会	☆☆☆	344

Despite decades of medical advances, detecting health-related molecules（分子）still relies on bodily liquids like blood, requiring blood draws from most patients, especially people with diabetes who need frequent finger blood tests. However, researchers from the University of Chicago have developed a **lightweight** device named ABLE, which collects and detects molecules in the air. This 4×8-inch device is a potential **game changer** for medicine and public health.

Detecting molecules in the air has long fallen behind liquid **detection**, mainly because target particles（微粒）are extremely rare—

there may be only one in a trillion. To solve this problem, the team turned air into liquid. The device draws in air, adds water vapor with a humidifier, and cools it to turn air into small drops. These drops trap particles and slide into a small container, making detection easy with common tools used for liquid analysis.

Early tests proved its **effectiveness**. It caught easily evaporated (挥发的) coffee vapor, detected glucose in breath, identified E.coli in the air, and found signs of inflammation (炎症) in mice with unhealthy gut bacteria. Obviously, it solved the problem of collecting molecules that evaporate easily—a major worry during the device's development.

The device was first inspired by the need for **painless** tests for early-born babies in ICUs. These fragile babies are likely to have health problems, and repeated blood tests may put them in danger. Doctors hope the device can track health signs without taking blood, protecting these high-risk patients. It also shows promise for diagnosing inflammatory bowel disease, though the related breath signs first need to be recorded. The team plans to improve and make it smaller to create a **wearable** device for daily use.

Besides medical uses, this achievement may open the door to new physics research on air **impurities** and state changes of matter. As a new tool for detecting air chemistry, ABLE fills the space between air and liquid molecule analysis, creating **possibilities** for various new developments in healthcare and science.

( )1. Why did the researchers develop ABLE?
A. To change medicine and public health.
B. To identify health molecules without liquid.
C. To reduce finger blood checks for patients with diabetes.
D. To take the place of blood tests in hospitals.

( )2. What can we infer about ABLE?
A. It is small and wearable for daily use.
B. It diagnoses inflammatory bowel disease easily.
C. It has proved useful for newly born babies.
D. It has overcome a key technical challenge.

( )3. Who will least likely benefit from ABLE?
A. A chemist. B. A physician.
C. A psychologist. D. A physicist.

( )4. Which of the following is the best title for the text?
A. A tool for bodily liquid analysis
B. A tool for airborne particle counting
C. A device for modern physics research
D. A device for air molecule detection

B [2026·安徽滁州高三模拟]

体裁	主题	难度	词数
说明文	人与自然	☆☆☆☆	345

Wetlands are widely valued as natural pollution cleaners and habitats for endangered species. Holding carbon dioxide-processing microbes (微生物) that play a key role in climate change dynamics, they're also a key part of the carbon cycle: although wetlands cover only about 3% of Earth's surface, they account for as much as 30% of soil carbon **storage**. Yet some wetland microbes secrete another powerful greenhouse gas—methane, which may cancel out some of the benefits of pulling carbon dioxide from the atmosphere.

Tringe, an **environmental microbiologist** in the US, is trying to determine just how much wetlands actually help counteract climate change, by turning to a novel discipline called metagenomics, which involves sequencing (测序) the **collective** genetic materials of all the microbes in a given location.

Scientists use chemicals to take out the genetic material from an environmental sample—say, a cup of dirty water. They run cloned snippets (克隆片段) of the material through a sequencing machine, which reads out what makes up each snippet. After all the data are pieced back together, they reveal the distinct gene sequences of the millions of microbes in the sample. The result: a broad overview of the microbial community and the

functions each microbe performs within the ecosystem.

Tringe's sampling has brought some evidence that certain landscape characteristics influence microbial populations in ways that affect greenhouse gas releases and carbon storage. Saltier wetland areas, for example, tend to attract microbial communities that produce less methane, as do areas with more active water flows. "We're able to predict which sites might produce more or less methane," Tringe says. Data, however, are still limited, so Tringe cannot definitively say how wetland **restoration** planners can best limit these releases while keeping carbon storage processes undamaged.

Ultimately, Tringe wants to create computer models allowing experts to analyse the potential greenhouse gas effects of various restoration strategies. But what fires Tringe's imagination even more than shaping wetlands' environmental legacy is mapping a microbial universe that has long been hidden.

( )5. What does the underlined word "secrete" in Paragraph 1 probably mean?
A. Give off. B. Take in.
C. Figure out. D. Break down.

( )6. What is Paragraph 3 mainly about?
A. Wetland sampling.
B. A novel discipline.
C. Metagenomic sequencing.
D. Microbial communities.

( )7. What are Tringe's key findings about?
A. Wetlands' capacity for carbon storage.
B. Methane's great impact on microbial varieties.
C. Predictive computer models for wetland restoration.
D. Links between landscape features and methane releases.

( )8. What can be inferred about Tringe from the last paragraph?
A. She prioritizes theoretical research.
B. She encounters technological barriers.
C. She innovates wetlands' restoration strategies.
D. She values exploration of the microbial world more.

重点词句回顾

A. 词汇积累

1. reminder *n*. 提醒物;提示
2. lightweight *adj*. 轻型的,轻便的
3. game changer *n*. 颠覆性事物;变革者
4. detection *n*. 检测;探测
5. effectiveness *n*. 有效性
6. painless *adj*. 无痛的
7. wearable *adj*. 可穿戴的
8. impurity *n*. 杂质;不纯物质
9. possibility *n*. 可能性;机会
10. storage *n*. 储存;储藏量
11. environmental *adj*. 环境的
12. microbiologist *n*. 微生物学家
13. collective *adj*. 全部的;集体的
14. restoration *n*. 修复;恢复

B. 熟词生义

1. ... requiring blood **draws** from most patients ...(阅读 A)
draw *v*. 绘画;拉,拖→*n*. 抽取(血液)
2. It also shows **promise** for diagnosing inflammatory bowel disease...(阅读 A)
promise *n*. 承诺→ *n*. 前景,潜力
3. Wetlands are widely **valued** as natural pollution cleaners...(阅读 B)
value *n*. 价值→ *v*. 重视
4. ...by turning to a **novel discipline** called metagenomics...(阅读 B)
novel *n*. 小说→ *adj*. 新颖的,新兴的
discipline *n*. 纪律→*n*. 学科
5. ... what **fires** Tringe's imagination even more ...(阅读 B)
fire *n*. 火 *v*. 开火;解雇 →*v*. 激发(想法、想象力)
6. ... **mapping** a microbial universe that has long been hidden.(阅读 B)
map *n*. 地图→*v*. 绘制图谱

C. 长难句分析

But what fires Tringe's imagination even more than shaping wetlands' environmental legacy is mapping a microbial universe that has long been hidden.(阅读 B)

【分析】 what 引导主语从句,在从句中作主语;mapping a microbial universe 为动名词短语作表语;that 引导定语从句,修饰 microbial universe。

【译文】不过,比起塑造湿地长远的环境影响,更能激发 Tringe 想象力的是绘制一个长期隐藏的微生物宇宙图谱。

精练 3　阅读理解(2篇)＋阅读七选五＋语法填空(限时:30 分钟)

❶ 阅读理解

A ［2026·山东菏泽高三二模］

体裁	主题	难度	词数
记叙文	人与社会	☆☆☆	354

A few years ago, teenager Mia Heller came across an article in her local newspaper about ongoing water quality issues in her neighbourhood in Warrenton, Virginia. Tests had revealed that the water available for daily consumption was highly polluted by microplastics. Not long after that, Heller's parents invested in a water filtration system at her home. The system, however, comes with high price tags and constant upkeep. Seeing her mother replace the water filter membranes (膜) time and again, Heller set out to find a better solution.

By early January of 2025, after testing in her garage and kitchen and overcoming obstacles, she had a working prototype (原型). "It was essentially just a container," she says. Within the container was her filtration system. Heller chose a reusable magnetic (磁性的) oil called ferrofluid to selectively bind to microplastics as water flows through her filtration system. While her model successfully filtered out the microplastics from the water in two simple steps, the system still required constant maintenance, as it did not self-recycle the ferrofluid.

Determined to find an answer, Heller continued experimenting. About five trials later, she found the perfect solution. Her current prototype, which is about the size of a standard bag of flour, consists of three modules. The first unit, about a litre in volume, holds the polluted water inside it, while the second stores the magnetic oil-based ferrofluid. The core process takes place in the third module, which is much smaller. "A magnetic field pulls the microplastics out of the water, and the ferrofluid is recovered and reused in a closed circle," explains Heller.

According to her tests, her prototype successfully removed 95.52 percent of microplastics from the water and recycled 87.15 percent of the ferrofluid. Traditional drinking-water treatment plants remove about 70 to more than 90 percent of microplastic components. "The result is an affordable, low-waste filtration system without the use of a solid membrane," says Heller.

For her innovation, Heller was a finalist in the 2025 Regeneron International Science and Engineering Fair, the world's largest global science competition for high school students.

( )1. What directly drove Heller to seek a better solution?
A. Local water pollution.
B. High household expenses.
C. Frequent maintenance.
D. Inspiration from a newspaper.

( )2. What is the key for the current prototype?
A. Its special container.
B. Its two-step filtration.
C. Its three-module structure.
D. Its closed-circle recycling.

( )3. Which of the following best describes Heller according to the text?
A. Careful and considerate.
B. Curious and cautious.
C. Responsible and creative.
D. Ambitious and cooperative.

( )4. What can we learn from Heller's story?
A. A change is as good as a rest.
B. Great minds think alike.
C. April showers bring May flowers.
D. Small savings can add up.

B ［2026·河南周口高三一模］

体裁	主题	难度	词数
议论文	人与自然	☆☆☆☆	357

Early in life, we absorb our native language. We give people and things names. That is Mummy. Those are trees. We slice and sort the world with grammar. A tree's roots are home to millions of microorganisms and hundreds of macro ones. Blossom falls, water evaporates, and vast networks of fungi (真菌) pass messages between arboreal (树栖的) friends. Words, though, will abstract the tree. They'll cut away the roots, ignore the organisms, and isolate their functions. We are taught to see only the tree.

The award-winning, best-selling nature writer Robert Macfarlane explored in his new book, *Is A River Alive?*, how far our words and understanding cut up and abstract the rivers in our lives. He recognizes that nature can be a resource that advances human development, but he believes we have gone too far in this direction. Our language shows the way we think, and we increasingly treat nature as something without life—cold, unfeeling, just being there for us to exploit (开采).

In *The Question Concerning Technology*, Martin Heidegger argued that so much of the modern mindset sees nature as a standing reserve. We pour waste water into rivers and burn ancient woodlands because we see them as resources. We see the instrumental value of nature rather than recognize it as a thing with its own value. Germany's Rhine, for example, has been the source of inspiration for thousands of poets, writers, and walkers. It's existed as something with its own kind of life force and personality. Yet, once a hydroelectric dam is built into the river, it appears as something at our command, losing its autonomous liveliness.

As Alan Watts put it, "The game of Western philosophy and science is to trap the universe in a network of words and numbers, so there is always the temptation (诱惑) to confuse grammar with the actual operations of nature. Air and water cannot be cut or held, and their flow stops when they are enclosed. There is no way of putting a stream in a bucket or the wind in a bag."

( )**5.** Why does the author describe a tree's ecosystem in detail?

A. To demonstrate the biodiversity in forests.

B. To emphasize the necessity of tree protection.

C. To criticize the educational ignorance of microbiology.

D. To contrast nature's richness with language's reductive abstraction.

( )**6.** What does "a standing reserve" in Paragraph 3 refer to?

A. A lifeless object ready for human use.

B. A source of inspiration for all walks of life.

C. A much-needed place for nature protection.

D. A preserved resource beyond instrumental value.

( )**7.** Which of the following may Alan Watts agree with?

A. Science must define terms precisely.

B. Nature flows beyond language symbols.

C. Grammar and nature are easily confused.

D. Environmental protection requires stricter laws.

( )**8.** What does the text mainly talk about?

A. Modern science has considerable limitations.

B. Western philosophy contributes to ecological studies.

C. Language shapes our perception of nature as an object.

D. Human exploitation of nature damages the environment.

⓫ 阅读七选五 ［2026·江西南昌高三二模］

体裁	主题	难度	词数
记叙文	人与自然	☆☆☆	259

On a recent trip to Costa Rica, I visited a well-established ecological coffee farm. This

farm is less about tasty coffee drinks and sweet treats. 1. _____ I had pictured simply seeing coffee beans and tasting drinks, but being at an actual farm was totally different and amazing.

The first surprise was the spectacular setting. 2. _____ The farm is green and natural. The open-air guest centre overlooks a waterfall and a gorge (峡谷) full of tropical greenery. Everything here is designed to blend perfectly with nature. Walking along paths bordered with palm trees and tropical plants made me feel more like hiking in nature.

3. _____ Before this trip, when I heard about a coffee tasting, I imagined sweet, frozen drinks. In fact, it turned out to be a sensory workshop similar to a wine tasting, with rich flavours and special ways to evaluate the coffee. Sampling several kinds of coffee grown and roasted right on the farm truly opened my eyes to its complex natural flavours.

Beyond the tasting, the tour also offered surprising scientific facts. For instance, I learned a coffee plant takes almost five years to produce beans. 4. _____ The longer a bean has been roasted, the less caffeine it has. That means lighter roasts actually have more caffeine than darker ones. The staff said grinding (研磨) and brewing (冲泡) them as a pour-over can get the best flavour.

Before leaving, I enjoyed a cup of freshly brewed coffee. Knowing that it takes roughly fifty beans and years of patience to produce a single cup, I realized the enormous effort behind it. 5. _____

A. My initial idea of coffee tasting was quite simple.
B. Erase all thoughts of a flat and dull farm from your mind.
C. This special experience changed how I viewed my daily coffee.
D. So you won't be able to sample a cup from your personal plant.
E. It's also a beautiful and instructive farm to offer you a great trip.
F. Another unexpected thing I learned was about the roasting process.
G. It's actually focused on coffee development, sustainability, and education.

Ⅲ 语法填空 [2026·陕西西安西北工业大学附属中学高三一模]

体裁	主题	难度	词数
说明文	人与社会	☆☆☆	225

Though its original Chinatown in Lower Manhattan is the most well-known, New York City is actually home to nine 1. _____ (office) Chinatowns spread across its five boroughs, each reflecting the rich regional 2. _____ (diverse) of Chinese cuisine.

In the 1870s, the city's first Chinatown took root when Chinese immigrants arrived either from China or the US's West Coast. Early 3. _____ (business) were mostly rice shops and tea houses, but by the early 1900s, full-service restaurants emerged. By the mid-20th century, Chinese food, in all its glorious forms, had become as associated 4. _____ New York City as the New York slice.

Among the new generation carrying this legacy forward is Chef Calvin Eng, the owner of Bonnie's, 5. _____ Cantonese American restaurant in Williamsburg, Brooklyn, which 6. _____ (praise) since it opened for its inventive interpretations of Cantonese cuisine. Eng grew up in Bay Ridge, Brooklyn, learning to cook the food of Guangdong from his mother, tasting Cantonese food made by his grandparents each weekend, 7. _____ sometimes getting his Cantonese fix at a variety of New York's Chinatowns.

Unlike other styles, Cantonese food is known for its lightness and simplicity, 8. _____ (emphasize) fresh ingredients, particularly seafood, a reflection of the region's coastal geography. "Cantonese food is 9. _____ (remarkable) low in acid and heat," Eng explains. "We use minimal ingredients that allow the main ingredients 10. _____ (shine)."

精练 4　完形填空＋阅读理解2篇（限时：30 分钟）

Ⅰ 完形填空［2026·湖北黄冈高三三模］

体裁	主题	难度	词数
夹叙夹议文	人与自我	☆☆☆	270

We usually feel the desire to **civilize** teenagers, but maybe that's wrong. We should think about how we could **fruitfully** be more like them.

I have always taken the __1__ view that it is my job to organize my teenager, but now I am thinking maybe it is his job to __2__ me. I am the type who arrives at airports four hours __3__. My teenager, however, is very __4__. He raises his eyebrows (眉毛) at my worrying too much. I can suddenly see myself through his eyes, __5__ anxious, absurdly concerned with __6__. His way of moving through the airport seems __7__, wearing headphones, sliding **indifferently**, even if there is the slightest chance that, left to his own devices, he would miss a __8__.

My son recently wrote a speech based on Emerson's idea about living "above time"—not thinking about either the past or the future, __9__ **to-do lists** and existential (存在主义的) worries. As he was practising, I was __10__ by the energy of his speech. I thought to myself, why is this so good? He actually embraced the idea, which is a __11__ thing.

We should view their way of life as gentle but powerful __12__ of our own. He had totally __13__ this entirely new view of how life could be. He was also able to imagine casting aside all kinds of rooted __14__ and behaviours.

As a writer and professor, I like to think I am open to new ideas, but am I genuinely prepared to adopt the fresh __15__ on life? I would like to be.

( )1. A. opposite　B. conventional　C. academic　D. realistic

( )2. A. disobey　B. disappoint　C. disable　D. disorganize

( )3. A. in return　B. in panic　C. in advance　D. in vain

( )4. A. relaxed　B. passive　C. curious　D. excited

( )5. A. needlessly　B. slightly　C. deliberately　D. naturally

( )6. A. expenses　B. directions　C. timelines　D. trips

( )7. A. preferable　B. familiar　C. awkward　D. invisible

( )8. A. class　B. flight　C. deadline　D. connection

( )9. A. looking for　B. taking up　C. laughing at　D. leaving behind

( )10. A. annoyed　B. challenged　C. struck　D. amused

( )11. A. writer　B. teenage　C. school　D. culture

( )12. A. defense　B. support　C. repetition　D. criticism

( )13. A. engaged with　B. turned down　C. missed out on　D. broken away from

( )14. A. fears　B. prejudices　C. habits　D. differences

( )15. A. restrictions　B. measures　C. demands　D. perspectives

Ⅱ 阅读理解

A ［2026·江西重点中学盟校高三模拟］

体裁	主题	难度	词数
议论文	人与社会	☆☆☆	364

If you're looking for someone to debate the new *Wuthering Heights* movie with, you might want to start with Lucasta Miller. She's a British author, editor and critic who has published a well-known study of Emily Brontë and wrote an **introduction** for the Penguin Classics edition of *Wuthering Heights*.

When she had the chance to see Emerald Fennell's **adaptation** of the Emily Brontë's

novel last week, she was well aware of the liberties taken by the director, but was unbothered.

"It would be meaningless to criticize it for that, just as it would be **unreasonable** to criticize an opera that changed the original plot," Miller said. "I do not ask for a faithful adaptation of *Wuthering Heights*, but I value whether it works on its own terms. And my sense is that it does."

Fennell's *Wuthering Heights* was the box office leader last weekend, bringing in more than $34 million in North America alone, despite mostly negative reviews that found the movie both **overdone** and unsatisfying. Even before its release, Brontë's fans questioned some of Fennell's choices: having the famously dark-haired Cathy played by the blond Margot Robbie; casting Jacob Elordi as Heathcliff instead of a dark-skinned actor closer to how Brontë described the character.

Authors have long been unsatisfied with adaptations. But countless adaptations have served as showcases for innovative licence. Billy Wilder's film version of James Cain's *Double Indemnity* had the main character tell his story through a dictation machine, an innovation that Cain himself thought so smart that he wished he had used it in the book.

"You know, the book is mine and it's my baby. But the film is Billy's adaptation," Cain told The Associated Press in December. "And the film feels not like my child, more like a kind of niece or nephew. And that's exactly as it should be."

Fennell recalled during a recent interview that she was inspired by her early memories of the novel. "There are things I added for my own needs, because I loved the book very much when I was still a teenager, and I always desperately needed some kind of sense for it to go a little further," she admitted.

( )1. Why is Lucasta Miller mentioned in the text?

A. She is a famous director.

B. She helped edit *Wuthering Heights*.

C. She wrote the classic novel.

D. She is an authority on Emily Brontë.

( )2. What can be learned about the new *Wuthering Heights* movie?

A. It is not well accepted by the market.

B. It does not follow the original plot strictly.

C. It is based on the Penguin Classics edition.

D. It receives an unfavourable review from Fennell.

( )3. How did James Cain feel about the addition of the dictation machine in the movie?

A. Excited. B. Bothered.

C. Regretful. D. Calm.

( )4. What is the passage mainly about?

A. Success of a controversial film adaptation.

B. Importance of staying true to the original.

C. Criticism over the casting choices.

D. Why authors dislike film adaptations.

B [2026·山东聊城高三一模]

体裁	主题	难度	词数
议论文	人与社会	☆☆☆☆	344

In the age of large language models (LLMs) and **generative** AI, we are witnessing an unprecedented **transformation** in how knowledge is produced, spread and consumed.

LLMs, we are told, make us more efficient, **simplify** complex work, automate boring tasks and allow us to focus on what matters. But as we feel surprised at their capabilities, a pressing concern emerges: Are these models genuinely boosting efficiency, or are they eroding our capacity for independent thought, judgement and critical reflection?

Efficiency is not a neutral term. The current narrative around generative AI treats efficiency as progress. It suggests that the faster something is done, the better. But faster is not always better. And not everything that can be automated should be.

The popular belief is that LLMs allow humans to assign repetitive work to machines and reserve their energy for more reflective tasks, but the opposite is often true. As the more intellectual labour—writing, summarizing and decision-making, for example—is handed over to AI, the less we will engage with it ourselves. Instead of reserving our **thoughtfulness** for higher tasks, we will increasingly lose the opportunities, and perhaps even the ability, to think critically.

So what do we really mean by "efficiency"? If it means shortening the time it takes to write a report, perhaps we have succeeded. But if it means replacing the intellectual effort that creates depth, coherence and reflection, then it's not a gain; it's a loss. The moment we accept LLMs as thought substitutes, rather than thought aids, we begin to worsen the very conditions under which human reasoning thrives: questioning, dialogue, uncertainty and contradiction.

There is no turning back the **presence** of LLMs in our lives. But we can choose how to live with them. The question is not whether they will think for us, but whether we will let them define what it means to think at all. Efficiency, in the true sense, should not be about doing more with less thought. It should be about doing better, with deeper attention, stronger ethics and sustained human insight.

( )5. What does the underlined word "eroding" in Paragraph 2 mean?
A. Changing. B. Improving.
C. Destroying. D. Expanding.

( )6. What do LLMs lead to, according to Paragraph 4?
A. We get more reflective labour.
B. We do independent thinking less.
C. We engage in more repetitive tasks.
D. We reduce our work efficiency indeed.

( )7. What does the author advocate about our using LLMs?
A. Putting efficiency first.
B. Reducing intellectual effort.
C. Achieving more with less time.
D. Increasing human engagement.

( )8. What is the author's purpose in writing the text?
A. To describe the fast development of LLMs.
B. To reflect on the negative effects of LLMs.
C. To question the necessity of pursuing efficiency.
D. To challenge the traditional definition of efficiency.

重点词句回顾

A. 词汇积累

1. civilize *v*. 教化,使文明
2. fruitfully *adv*. 有效地,富有成效地
3. indifferently *adv*. 冷淡地,无所谓地
4. to-do list *n*. 待办清单
5. introduction *n*. 序言;引言
6. adaptation *n*. 改编作品;改编
7. unreasonable *adj*. 不合理的
8. overdone *adj*. 刻意过火的;用力过猛的
9. generative *adj*. 生成的
10. transformation *n*. 变革,转变
11. simplify *v*. 简化;使简易
12. thoughtfulness *n*. 思考能力
13. presence *n*. 存在,出现

B. 熟词生义

Efficiency is not a neutral **term**.(阅读 B)
term *n*. 学期;(合同)条款→*n*. 术语;专业词汇

C. 长难句分析

The question is not whether they will think for us, but whether we will let them define what it means to think at all.(阅读 B)
【分析】not whether … but whether …是由 not…but…连接两个并列的 whether 引导的表语从句;表语从句 1:whether they will think for us;表语从句 2:whether we will let them define what it means to think at all,其中嵌套宾语从句:what it means to think at all,作动词 define 的宾语。
【译文】问题不在于大型语言模型是否会替我们思考,而在于我们是否任由它们定义思考本身究竟意味着什么。

精练 5　完形填空＋阅读七选五＋语法填空＋阅读理解（限时：35 分钟）

❶ 完形填空［2026·山东泰安高三一模］

体裁	主题	难度	词数
记叙文	人与自我	☆☆☆	266

"Nobody knows why"—that was the truest kind of science education that my father gave. He was the first to guide me to __1__ the world with a sharp eye and to question what most people accept without thinking. One day, while playing with a small toy truck, I observed a puzzling __2__: the ball inside rolled backward when I __3__ the truck forward and forward when I stopped suddenly. I was so __4__ that I rushed to ask my father for an explanation.

To my great surprise, he responded with sincere __5__, "Nobody knows why." He then __6__ the concept of inertia (惯性): objects tend to keep their __7__ of motion or rest unless acted upon by an outside force. But he made it clear that though we name the law, we cannot fully __8__ its nature. In that moment, he taught me to tell the difference between knowing a __9__ and truly understanding a truth.

He encouraged me to observe more __10__. Following his advice, I went back and __11__ the simple experiment again. I soon realized the ball did not move backward relative to the ground; its **seemingly** backward motion was only __12__ to the truck. The truck just moved faster and __13__ it.

This was my father's gentle yet **powerful** way of __14__. Instead of feeding me easy answers, he inspired me to observe, question, and explore. True science, he showed me, __15__ with honest doubt and careful **observation**. That lesson has given me the most precious gift of education I have ever received.

( )1. A. comment　B. approach　C. defend　D. control

( )2. A. affair　B. sign　C. symptom　D. phenomenon

( )3. A. brought　B. pulled　C. drove　D. carried

( )4. A. relieved　B. confused　C. amused　D. disappointed

( )5. A. politeness　B. curiosity　C. openness　D. generosity

( )6. A. recalled　B. promoted　C. adopted　D. introduced

( )7. A. state　B. speed　C. intensity　D. rule

( )8. A. prove　B. accept　C. explain　D. recognize

( )9. A. view　B. term　C. model　D. force

( )10. A. closely　B. briefly　C. randomly　D. frequently

( )11. A. designed　B. conducted　C. improved　D. analysed

( )12. A. contrary　B. equal　C. similar　D. relative

( )13. A. caught up with　B. got rid of　C. made up for　D. broke away from

( )14. A. living　B. communicating　C. teaching　D. learning

( )15. A. competes　B. deals　C. ends　D. starts

❷ 阅读七选五［2026·湖南株洲高三二模］

体裁	主题	难度	词数
说明文	人与社会	☆☆☆	280

For many, **digital** maps on smartphones have been a game changer—a tap, a voice, and turn-by-turn directions will get you there. 1. _____ When laid out, it provides a greater sense of scale and place, reminding us we are part of a big world with a complex history. That's something revealed to students at a library in Maine.

That's the Osher Map Library and Smith Centre for Cartographic Education at the

University of Southern Maine. Students can view physical maps and globes from all over the world there. 2. _____ Whatever their age, the maps and globes are all valuable.

Maps are **customized** for each class. 3. _____ "From history to environmental science, from nursing to social work, and from astronomy to biology," says Bischof, the Executive Director. "Many institutions have collections that rightly sit in vaults (保管库), protected. But the point here is to use them and make a new generation really excited about historic objects and materials."

4. _____ One is a chronological (按时间顺序的) chart of world history in the form of a flow diagram. There are also books like *The Nuremberg Chronicle*, which is a history of the world containing over 1,800 woodcut illustrations of cities. Librarian Miller doesn't consider the entire book a map, but says the finely detailed views of the cities and buildings are definitely maps. The library actively searches for maps to add to its teaching collection. You never know when a map will appear. But when it does, it becomes more than a piece of paper. 5. _____ And it's also a brief look at how people have seen and imagined their world.

A. It's an insight into history and cultures.
B. Many of the maps offer different perspectives.
C. The library has more than maps in its collection.
D. The library also has a broad view of what is a map.
E. Some are modern ones and some can date back centuries.
F. Over the past year, the library has worked with over 32 disciplines.
G. But a physical map offers something special that technology cannot.

Ⅲ 语法填空

体裁	主题	难度	词数
说明文	人与社会	☆☆☆	219

Beijing's story is a long arc (弧形) of transformation—a city that has reinvented 1. _____ (it) across dynasties and decades, 2. _____ (transform) from an imperial capital to a global metropolis.

The city's appeal doesn't lie in a flashy **skyline** or international influence, 3. _____ in its unassuming corner restaurants, 4. _____ the hard-working chefs dish up specialties from every part of the country, and in hutong alleyways.

Once a Mongol **stronghold** 5. _____ (acknowledge) as Dadu, Beijing became the capital of the Ming Dynasty in 1421, just after the Forbidden City 6. _____ (complete) as a symbol of absolute imperial authority.

In 2026, the Beijing Central Axis—a nearly five-mile strip of imperial and ceremonial buildings and gardens—is a recent 7. _____ (add) to UNESCO's World Heritage List, and a new sightseeing bus makes it **accessible** to get a look at the highlights: the Temple of Heaven, Tian'anmen Square, the Forbidden City, and the Bell and Drum Towers, all stunning examples of ancient Chinese city planning.

Several 8. _____ (previous) closed imperial tombs will open to the public for the first time, and a new hiking trail and fleet of green-energy buses are leading Beijing forward with its eyes 9. _____ a **sustainable** future.

10. _____ (embrace) a brighter future, Beijing naturally weaves its ancient heritage into a green and sustainable vision.

Ⅳ 阅读理解 [2026·河南濮阳高三三模]

体裁	主题	难度	词数
说明文	人与自然	☆☆☆	346

Though seemingly ordinary, bus stops are an essential part of any urban ecosystem. On the surface, they simply provide shelter for people waiting for the bus, but they can also be places for people to find information, socialize, and sometimes, even to experience art. Now, however, cities around the world are discovering another use for bus stops. According to *The Washington Post*, they are taking these structures that are essentially nothing more than three walls and a roof and turning them into homes for wildlife.

Adding green roofs to bus stops was once simply a small initiative in the Netherlands. Now, however, the environmentally friendly innovation is spreading throughout Europe, North America, and Asia.

So, why are so many cities building green bus stops? For one, they keep things cool, and this is not only because they provide commuters (通勤者) with shelter from the sun. Green roofs in general have been shown to reduce the urban heat island effect, and can lower the surrounding air temperature by 20 degrees Fahrenheit.

Likewise, green bus stops, especially those planted with biodiverse, native plants, are a boon to local wildlife. For instance, in Utrecht, the green bus stops have been designed to create a belt of bee lines that provide the insects with consistent food. And in fact, the national bee census has been showing signs that the bee population in the city is growing.

Researchers from the Society for the Protection of Underground Networks (SPUN), an organization devoted to the study and protection of the world's mycorrhizae, a type of fungus (真菌), discovered that Utrecht's network of green bus stop roofs was bursting with fungal biodiversity.

"There's something just so special about sitting underneath a biodiversity hotspot while waiting to go to work," Justin Steward, a data scientist at SPUN, said of Utrecht's fungi-rich bus stop gardens. Across the Atlantic, in Boston, green bus stops have been visited by more than just bees. "We've seen butterflies, bees, birds, even squirrels," Zoe Davis, the city's senior climate resilience project manager, told *The Washington Post*.

( )1. What can we learn about bus stops from Paragraph 1?
A. They have multiple functions.
B. They threaten urban ecosystems.
C. They require regular maintenance.
D. They force wildlife to be relocated.

( )2. What does the underlined word "boon" probably mean in Paragraph 4?
A. Mystery. B. Luxury.
C. Benefit. D. Innovation.

( )3. Why is Zoe Davis quoted in the text?
A. To stress the value of wildlife conservation.
B. To picture a harmonious future of urban life.
C. To tell the necessity of attracting wildlife to cities.
D. To prove the effect of green bus stops on biodiversity.

( )4. Which of the following can be a suitable title for the text?
A. How to build green roofs on bus stops
B. Why commuters advocate green bus stops
C. Green-roofed bus stops are spreading faster
D. Bus stops are becoming a biodiversity hotspot

重点词句回顾

A. 词汇积累

1. seemingly *adv*. 看似;表面上
2. powerful *adj*. 有力的
3. observation *n*. 观察
4. digital *adj*. 数字的
5. customize *v*. 定制;个性化设置
6. skyline *n*. 天际线
7. stronghold *n*. 堡垒,据点;要塞
8. accessible *adj*. 可抵达的
9. sustainable *adj*. 可持续的

B. 熟词生义

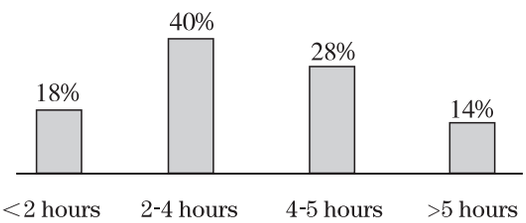
1. But he made it clear that though we name the **law**... (完形填空)
law *n*. 法律→*n*. (科学)定律
2. But the **point** here is to use them and make a new generation really excited about historic objects and materials. (阅读七选五)
point *n*. 点;分数→*n*. 核心目的,意义
3. The city's **appeal** doesn't lie in a flashy skyline or international influence... (语法填空)
appeal *n*. 呼吁;上诉→*n*. 魅力,吸引力

写作专练 1　应用文写作（体育）+读后续写（中外文化交流）（限时：40 分钟）

Ⅰ 应用文写作［2026·江西赣州高三模拟］

学校英语社团在高中生中开展了每周参加体育锻炼时长的调查和讨论。请你结合调查图表内容写一篇发言稿，内容包括：

1. 简述调查结果；
2. 评价并提出建议。



注意：写作词数应为 80 个左右。

Dear fellow students，

Ⅱ 读后续写［2026·广东湛江高三二模］

体裁	主题	难度	词数
记叙文	人与社会	☆☆☆	326

To broaden her son Zhang Ming's international perspective, Ms Liu, a Chinese mother, decided to send him to a summer camp at a junior high school in Britain. They stayed with a host family. Its owner was Lily, a kind and warm-hearted local woman. During the summer camp, Zhang Ming enjoyed various activities every day, making new friends and learning about British culture.

One afternoon, after finishing the summer camp activities, Zhang Ming returned to the host family. He felt extremely thirsty, with sweat pouring down his face. He could hardly catch his breath and began to have a terrible headache. Ms Liu immediately realized that her son was suffering from heatstroke（中暑）. She knew she needed to relieve his symptoms in no time.

Quickly, Ms Liu found a spoon from the kitchen. She asked Zhang Ming to lie on the bed and gently scraped（刮）his back with the spoon. Just as she focused on scraping, Lily passed by their room.

When she saw Ms Liu scraping Zhang Ming's back with a spoon, she was greatly shocked. She thought Ms Liu was abusing her son and couldn't help but let out a cry.

Ms Liu was disturbed by Lily's cry and stopped at once. She explained to Lily patiently that this was a traditional Chinese treatment called *guasha*, which was used to treat heatstroke. She told Lily that *guasha* could help promote blood circulation（循环）and relieve the discomfort caused by heatstroke. Although Lily listened to Ms Liu's explanation and the misunderstanding was cleared up, she still doubted whether *guasha* was really effective.

Three days later, the weather was even hotter. When Ms Liu was in the living room, she saw Lily walking unsteadily and holding her head. Lily said she felt dizzy and hot, and could barely breathe. Ms Liu quickly checked and found that Lily also had heatstroke. She immediately offered to treat Lily with *guasha*.

注意：续写词数应为 150 个左右。

Paragraph 1：

Lily hesitated for a moment, and then agreed to give guasha a try.

Paragraph 2：

In the following days, Lily shared her experience with neighbours.