

高三年级适应性练习

英语

说明：

1. 本试卷第I卷和第II卷共12页,全卷150分,考试时间120分钟。
2. 答题前,考生务必将自己的姓名、准考证号填写在答题卡上指定的位置。
3. 全部答案在答题卡上完成,答在本试卷上无效。考试结束后,将答题卡交回。

第I卷(选择题 共95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。每段对话读两遍。

1. Why does the woman want to go to Africa?
 - A. To look for a job.
 - B. To visit her family.
 - C. To go sightseeing.
2. How does the man make a living?
 - A. By fixing planes.
 - B. By writing articles.
 - C. By working as a pilot.
3. What is the man probably?
 - A. A policeman.
 - B. A businessman.
 - C. A hotel receptionist.
4. When will the speakers meet at the study room?
 - A. At 3:40.
 - B. At 4:20.
 - C. At 5:00.
5. What is the grandfather doing?
 - A. Learning a new skill.
 - B. Sending red packets.
 - C. Watching the video.

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. Where did the man see the information about the cooking class?

- A. On the Internet. B. In a newspaper. C. At the community center.

7. What is the woman's goal?

- A. To try new dishes. B. To work in a restaurant. C. To cook for her friends better.

听第7段材料,回答第8至9题。

8. How did the woman find the Global Youth Camp in Norway?

- A. It was tiring to manage outdoors.
B. It was better than she expected.
C. It was as difficult as she thought.

9. What activity did the woman mention?

- A. Going fishing on the ice.
B. Building wooden houses.
C. Learning Norwegian music.

听第8段材料,回答第10至12题。

10. What kind of art is the man looking for?

- A. Paintings of Chinese landscapes.
B. Paintings of flowers and birds.
C. Paintings of historical figures.

11. Why does the man like the painting?

- A. It is not expensive. B. Its artist is famous. C. It is vivid.

12. What is the final price of the painting?

- A. \$8,000. B. \$8,500. C. \$10,000.

听第9段材料,回答第13至16题。

13. Where is Essex located?

- A. Near London in southeast England.
B. In the countryside in northeast England.
C. Far from London in southwest England.

14. What does the man say about Brentwood?

- A. It is a nice place to live. B. It has poor transportation. C. It is an old-fashioned town.

15. What facility does Brentwood currently have?
A. A local cinema. B. A big shopping center. C. A good health center.
16. What is the main topic of the conversation?
A. Small British towns.
B. Urbanization in England.
C. Life in a small English town.
- 听第10段材料,回答第17至20题。
17. What is the speaker mainly talking about?
A. Changes to the Spring Festival Gala.
B. Ways to celebrate the Spring Festival.
C. The history of the Spring Festival Gala.
18. What makes the Spring Festival Gala more wonderful according to the speaker?
A. More famous performers.
B. Colorful traditional clothes.
C. Modern digital technology.
19. What is the new trend during this Spring Festival?
A. Learning traditional skills.
B. Staying at home with families.
C. Going on trips with families.
20. What is the speaker's opinion about traditional culture?
A. It needs both inheritance and innovation.
B. It needs innovation instead of traditions.
C. It should remain unchanged to keep its value.

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

England's cultural riches extend far beyond the capital, with regional galleries housing world-class collections and innovative contemporary art. Here are four standout venues that are worth planning a trip around.

Turner Contemporary, Margate

This seafront gallery put Margate firmly on the art map when it opened in 2011. The building, designed by David Chipperfield, is flooded with natural light and offers breathtaking views of the coastline that inspired JMW Turner. True to its name, it explores ideas related to the great painter while actively promoting living artists. It's a place where major international exhibitions meet

community projects, all colored by the ever-changing sky and sea.

BALTIC Centre for Contemporary Art, Gateshead

Housed in a former flour mill on the south bank of the River Tyne, BALTIC is a huge center of contemporary art—and it's free. With no permanent collection, its vast industrial spaces are constantly reinvented by a rolling programme of large-scale exhibitions and installations by leading global artists. The rooftop restaurant offers one of the best views in the north-east, making a visit here a full sensory experience.

The Box, Plymouth

This £46 million museum, gallery and archive represents a new model for a civic cultural institution. It brilliantly weaves together fine art (with a notable collection including works by Sir Joshua Reynolds), natural history, film and social archives to tell the story of coastal Plymouth and its place in the world. The combination of historical objects with contemporary art makes for a dynamic and stimulating visit.

Firstsite, Colchester

This striking, crescent-shaped golden building is a community-focused contemporary art gallery. It prides itself on being welcoming and inclusive, with a strong programme of free events, workshops and exhibitions that often have a social or political edge. Its principle is that art is for everyone, and it successfully combines leading artists from the art world with local participation.

21. Where can visitors enjoy local foods probably?

- A. Turner Contemporary. B. BALTIC Centre. C. The Box. D. Firstsite.

22. What do Turner Contemporary and The Box have in common?

- A. They hold annual art exhibitions. B. They feature natural phenomena.
C. They are located in coastal cities. D. They combine art with the community.

23. What's special about Firstsite?

- A. Its local involvement. B. Its contemporary art pieces.
C. Its exhibition arrangement. D. Its striking exhibition works.

B

At just 10 years old, Jo Nagai conducted an experiment that would surprise scientists around the world. By raising and training swallowtail caterpillars at home, Jo demonstrated that butterflies can retain memories formed during their larval (幼虫的) stage, even after undergoing complete metamorphosis. But what he discovered next was even more unexpected: those learned responses appeared to persist to the next generation.

Metamorphosis is one of the most dramatic transformations in nature. A caterpillar essentially dissolves and rebuilds itself inside the chrysalis, emerging as a completely different creature. It

seemed logical that any memories would be wiped away in the process. But Jo's research told a different story.

In the study, caterpillars were trained to associate a specific scent with an unpleasant experience. Later, after they had transformed into butterflies, researchers tested whether they still reacted to that same smell. Surprisingly, many of the butterflies avoided it. That reaction suggests something incredible — that memories formed during the caterpillar stage can survive the transformation into a butterfly.

And then he took it even further. Journalist Annie Rosenthal, whose mother is Martha Weiss, an esteemed entomologist (昆虫学家), shared that his research also suggested caterpillars can pass memories down to their offspring. "He did his experiment again, but tested a second generation too, to see if they avoided the same smell he'd trained their parents to hate. And a few months later, he wrote to my mom that the results were clear. His butterflies had passed their memories on to their children," Annie Rosenthal shared.

While butterflies aren't consciously teaching their babies like humans do, this finding hints that life experiences from one generation can influence the next — a phenomenon scientists are exploring under the lens of epigenetics (表观遗传学).

24. What did Jo Nagai find about butterflies after his experiment?

- A. They rebuild themselves quickly.
- B. They change responses to smells.
- C. They teach babies like humans.
- D. They keep and pass on memories.

25. What can we learn from paragraph 3?

- A. The influence of smells on butterflies' life.
- B. The way butterflies avoid unpleasant smells.
- C. The process and result of Jo's first experiment.
- D. The importance of training young caterpillars.

26. Why does the writer mention Annie's mother?

- A. To introduce an expert.
- B. To show reliable evidence.
- C. To stress Jo's character.
- D. To explain the long process.

27. What is the main idea of the text?

- A. Butterflies' larval memory transfer.
- B. Butterflies' amazing memory ability.
- C. Butterflies' relevant epigenetics.
- D. Butterflies' transformation mystery.

C

As heatwaves grow more intense and frequent due to climate change, cities—significantly warmer than surrounding rural areas—are on the front line. The search for solutions has led researchers to a surprisingly simple and ancient technology: paint. Specifically, painting buildings and infrastructure with highly reflective “cool” coatings.

These coatings work by reflecting a large portion of sunlight, particularly the invisible near-infrared spectrum(近红外光谱), which carries about half of the sun’s heat. Unlike conventional dark surfaces that absorb up to 90% of solar radiation, cool paints can reflect over 90% of sunlight. This dramatically reduces heat absorption and re-emission, directly lessening the urban heat island effect.

Studies have measured the potential benefits. Research from University College London modeled that increasing the reflectivity of walls and roofs across London could lower the city’s peak summer temperatures by up to 2°C. While this may seem modest, on a city-wide scale, it could reduce heat-related illnesses and deaths significantly, along with lower energy demand for air conditioning.

However, challenges remain. Dirt and weathering can reduce reflectivity over time, requiring maintenance. There are also concerns about “winter penalties” in colder climates, where the reduced solar heat gain in winter might increase heating costs. Perhaps the most debated issue is glare—the potential for intensely reflective surfaces to create visual discomfort for pedestrians and drivers, or even to affect nearby buildings.

To address these limitations, innovation is advancing toward next-generation materials. Scientists are developing advanced pigments(色素) that allow for darker, non-white colors while still maintaining high infrared reflectivity. This offers greater architectural flexibility and public acceptance. Meanwhile, other research focuses on durable, self-cleaning coatings that can maintain their performance for years.

Pilot projects around the world are putting theory into practice. Cities like Los Angeles and Athens have required cool roofs on new buildings for years, and initiatives are now expanding to include walls and even streets. In Hyderabad, workers have painted over 1,000 low-income tin-roofed homes with solar-reflective paint, providing measurable relief to residents.

“The beauty of this solution lies in its simplicity and flexibility,” says Dr. Anna Brown, an urban climate scientist involved in several cool-surface projects. “It’s not the only tool we need, but a highly effective one that can be applied quickly and at a relatively low cost.”

28. What does paragraph 2 focus on?

- A. Solar radiation absorption.
- B. The technique of cool paints.
- C. High infrared reflectivity.
- D. The urban heat island effect.

29. What do “winter penalties” refer to?
- A. Higher heating costs from less warmth.
 - B. Increased dirt and reduced reflectivity.
 - C. Glare-related accidents during winter.
 - D. Maintenance fees due to winter weather.
30. What will most probably be talked about in the following paragraph?
- A. The harm of the urban heat island effect on climate.
 - B. More grounded research on near-infrared spectrum.
 - C. Ways to further promote the cool coating solution.
 - D. Limitations of cool coatings compared to benefits.
31. What can be a suitable title for the text?
- A. Cool Coatings: An Answer to Urban Heat
 - B. How Cities Face Threats from Climate Change
 - C. Paint the City Cool: A Solution to Heatwaves
 - D. How Reflective Surfaces Change Urban Planning

D

How do we tell what is real? We can see some things directly, like our fingers, while others come from parents, teachers or books, and even a physicist's instruments, calculations and eyes can be unreliable—as shown by the fierce argument over a famous online dress. Humans have long doubted the nature of reality: ancient Chinese philosopher Zhuangzi dreamed he was a butterfly and wondered if he was actually a butterfly dreaming of being human, while Greek philosopher Plato believed what we see is only shadows of real objects.

Such ancient doubts about reality have found a modern answer in the simulation hypothesis. Philosopher Nick Bostrom put forward this idea based on the fast development of video games, virtual reality and AI. He predicted that future technology would enable humans to create countless realistic world simulations. His core logic is striking: if the real Earth exists only once but will be simulated trillions of times, we are far more likely to be living in a simulated world rather than the original one.

But Bostrom's argument doesn't require any scientific proof. It's logically true as long as you really believe that many powerful simulations will exist in the future. That's why famous scientists like Neil deGrasse Tyson and big shots like Elon Musk have been convinced of it, though Tyson now puts the odds at 50-50.

Others of us are more skeptical. The technology required to run such large and realistic simulations is so powerful that Bostrom admits that humanity may never get that good at simulations.

Petersen, an Alzheimer's specialist at the Mayo Clinic. But lifestyle changes offer a chance to "slow down the process of decline," he said.

● Building cognitive reserve may protect an aging brain. Zammit's study on lifelong learning enrolled nearly 2,000 older adults, ranging from age 53 to 100, who started out dementia-free and were tracked for eight years. Researchers quizzed them about educational and other cognitively stimulating activities in their youth, middle, and older ages, and carried out a series of neurological tests. 39 However, the disease struck five years later in those with the highest amount of lifelong learning compared to those with the least amount, Zammit's team reported in the journal *Neurology*.

More interesting, Zammit said, were autopsy (解剖) findings from 948 participants who died during the study. 40 This finding proves even when their brains contained the typical signs of Alzheimer's, the more cognitively "enriched" people had better memory and thinking skills and a slower decline before their death.

- A. Physical health is also critical to brain health.
- B. They kind of stretch your brain and your thinking.
- C. Exercising your brain might be the better description.
- D. Some eventually were diagnosed with Alzheimer's disease.
- E. Among them, crosswords stand out as solving puzzles makes you smart.
- F. Their deaths were closely linked to worsening hearts and brains due to a lack of physical exercise.
- G. Staying more mentally active in middle age and beyond was linked to a slower rate of cognitive decline.

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, 从每题所给的四个选项中, 选出可以填入空白处的最佳选项。

MacLeod was no stranger to the wilds of the Scottish Highlands. One day last week, rounding a bend in the path, he spotted a bright backpack beside a rushing stream. 41 decades of hillwalking experience, he sensed it was a 42 for help, not litter. Without hesitation, he decided to 43 his planned route to investigate.

44 faint footprints upstream for nearly twenty minutes, he heard a child's cries. In a sheltered hollow (洼地), he found a young mother and her approximately 7-year-old son. They were cold, wet, and apparently 45. The mother explained, in a 46 voice, that they had lost the main path hours ago, their map was ruined by rain, and her phone had no signal. Fear was turning into 47.

MacLeod's calm 48 was immediate. He assessed their condition, shared his food and

water, and used his own survival blanket to prevent them from getting too cold. Knowing daylight was fading, he faced a critical 49: wait for uncertain rescue or guide them out before dark. He picked the latter.

The journey back was a 50 three hours. Trusting his profound 51 with the landscape, MacLeod took a risky but shorter route across the hillside. He 52 the exhausted mother and distracted the boy with local tales, every step demanding intense concentration, with the deep-down hope that someone would come to their rescue.

53, the lights of a mountain rescue base emerged from the darkness. MacLeod's 54 actions and wilderness skills had ensured their safe return. Rescuers, who had just been alerted by a(n) 55 relative, greeted them with relief and professional admiration.

Later, MacLeod brushed off the "hero" label, saying "I only did what anyone would have done."

- | | | | |
|---------------------|-----------------|----------------|------------------|
| 41. A. Focusing on | B. Keeping on | C. Drawing on | D. Deciding on |
| 42. A. call | B. request | C. test | D. symbol |
| 43. A. design | B. check | C. follow | D. abandon |
| 44. A. Tracing | B. Studying | C. Recognizing | D. Recording |
| 45. A. aggressive | B. confused | C. regretful | D. embarrassed |
| 46. A. strange | B. weak | C. gentle | D. low |
| 47. A. sorrow | B. guilt | C. panic | D. surprise |
| 48. A. response | B. answer | C. behavior | D. devotion |
| 49. A. fact | B. stage | C. lesson | D. choice |
| 50. A. punishing | B. guided | C. frightening | D. loaded |
| 51. A. relationship | B. contact | C. agreement | D. familiarity |
| 52. A. amused | B. steadied | C. amazed | D. busied |
| 53. A. Immediately | B. Unexpectedly | C. Finally | D. Adventurously |
| 54. A. urgent | B. decisive | C. necessary | D. collective |
| 55. A. energetic | B. wealthy | C. curious | D. worried |

第II卷 (非选择题 共55分)

第三部分 语言运用 (共两节, 满分30分)

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。

In LE CITY Community, Dianzicheng Sub-District, Yanta District, a seemingly ordinary employment and entrepreneurship service station is quietly reshaping 56 residents search for jobs. This neighborhood employment service station provides targeted employment support

through a diversified and coordinated service model 57 (tailor) to local needs.

The station offers targeted, differentiated employment assistance through one-on-one services designed for different groups of job seekers, 58 (respond) to the real-world challenges of diverse job seekers. Employers can post job information via one-click posting on the Qinyun Employment Platform. After registration, the platform automatically matches job 59 (opening) with suitable candidates and 60 (accurate) screens resumes, improving the reach and 61 (visible) of employment information. Job seekers can browse employment information in real time on the platform, update and submit their resumes, apply for jobs, register for unemployment, and sign up 62 training programs.

Moreover, the station 63 (introduce) a smart, digital service model centered on shared facilities, such as conference rooms and live-streaming studios so far. With these facilities, job seekers can use shared conference rooms for mock (模拟) interviews and group discussions to 64 (sharp) their job-seeking skills, while employers can use live-streaming studios to host online presentations and live recruitment sessions, expanding their talent sourcing channels and efficiently finding qualified candidates. Yang Yang, the station's director, said that this model, 65 combines Internet technology with employment services, has injected new vitality into employment services in the digital age.

第四部分写作(共两节,满分40分)

第一节(满分15分)

假如你是李华,你校的摄影协会正在举办一个名为“Across Beautiful China”的摄影作品征集活动。请给你校交换生 Cathy 写一封邀请信,邀请她参加这个活动。内容包括:

1. 活动目的;
2. 作品要求。

注意:

1. 写作词数应为80个左右;
2. 请按如下格式在答题纸的相应位置作答。

Dear Cathy,

Yours sincerely,
Li Hua

第二节(满分25分)

阅读下面材料,根据其内容和所给段落开头语续写两段,使之构成一篇完整的短文。

Ms Green was a junior high school teacher for decades. She had a wise way to reach difficult students: instead of judgment, she would make an intentional effort to find their smallest strength.

Last term, Marc was assigned to Ms Green's class. He had a reputation around the school for his behavior: disturbing class, skipping homework and fighting with classmates. Constantly lectured by teachers, he grew cold and defensive. "Marc's real trouble — he'll ruin your class order," other teachers warned Ms Green. She listened and inquired, "But what's something good about him?" She learned Marc was a dedicated football player.

The first time Marc entered class, she greeted him with "I've heard about you". At this point, the kid was preparing for the usual speech: "You'd better not cause trouble in my class..." Unexpectedly, he heard, "You're that great football player? Can I get your game schedule?" Initially, he didn't get her message, and then it sank in: Ms Green wanted to watch him play. Warmth flooded into his heart — no adult had done him such an honor, and he nodded excitedly.

Ms Green kept her word. From the sidelines, she shouted Marc's name and cheered him on. Her warm and sincere favor stimulated his whole-hearted engagement in the game. He played with remarkable focus. Back in class, Ms Green praised Marc, "You showed great teamwork out there." Then she encouraged him, "Why not bring that focus here? I'm convinced you'll do well."

Greatly motivated, Marc started to change for the better. However, one Monday morning, Marc stormed into the classroom, looking angry and down. He slammed his bag on the desk and sat silently, refusing to talk to anyone. All his previous rudeness seemed to come back in a flash.

注意:

1. 续写词数应为150个左右;
2. 请按如下格式在答题卡的相应位置作答。

Paragraph 1: Seeing that, Ms Green walked towards him quietly and patted him on the shoulder gently.

Paragraph 2: From that day on, Marc became a completely different boy both on the field and in the classroom.