

高 2023 级高三质量监测试题

英 语

本试卷满分 150 分，考试时间 120 分钟。

注意事项：

1. 考生领到答题卡后，须在规定区域填写本人的姓名、准考证号和座位号，并在答题卡背面用 2B 铅笔填涂座位号。

2. 考生回答选择题时，选出每小题答案后，须用 2B 铅笔将答题卡上对应题目的答案标号涂黑，如需改动，用橡皮擦干净后，再选涂其他答案标号。考生回答非选择题时，须用 0.5mm 黑色字迹签字笔将答案写在答题卡上。选择题和非选择题的答案写在试卷或草稿纸上无效。

3. 考生不得将试卷、答案卡和草稿纸带离考场，考试结束后由监考员统一回收。

第一部分 听力（共两节，满分 30 分）

做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

听下面 5 段录音。每段录音后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段录音后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. What does the man plan to do this afternoon?

- A. See the dentist. B. Write an essay. C. Walk in the forest.

2. How is the weather now?

- A. Rainy. B. Sunny. C. Windy.

3. Why does the woman want to change the channel?

- A. To see a film. B. To attend a match. C. To watch a sports program.

4. Why does the man apologize to Judith?

- A. He kept her waiting. B. He got off work early. C. He forgot to inform her.

5. What should the man do according to the woman?

- A. Take a break. B. Cherish the job. C. Save money.

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段录音。每段录音后有几个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听每段录音前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，每小题都有 5 秒钟的作答时间。每段录音播放两遍。

听第 6 段录音，回答第 6、7 题。

6. How long has the woman been in track racing?

- A. For six years. B. For eight years. C. For ten years.

7. What are the speakers mainly talking about?

- A. Sticking to the track career.
B. Applying for a scholarship.
C. Improving academic grades.

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

Cardiff is a great city to visit, providing you know where to go and what to check out. Luckily for you, here is a comprehensive list of free things to do in Cardiff when visiting.

Forest Fawr Sculpture Trail

This trail is approximately one and a half miles in length. Recently, 10 new sculptures describing animals which would have once walked in the Welsh forest were added to the fantastic trail. A great way to reconnect with the outdoors or find some peace and quiet, and it's all free.

Roath Park and Lake

One of people's favourite gems (瑰宝) of the city, Roath Park and Lake is a fantastic free day out for anyone and everyone. Whether you're interested in local wildlife and gardening, want to take a lovely wander in a poetic setting, or have children who want to go wild in a large play park, Roath Park and Lake is for you.

National Museum Cardiff

Housing Wales's national art, natural history and geology collections, National Museum Cardiff should be on everyone's bucket list. If you want to stand and stare, there's plenty to please your eyes — from Impressionist works to giant dinosaurs. The museum stages special exhibitions and events that cost extra to access, but these are reasonably priced.

The Pierhead

The Pierhead has been a central part of the Cardiff Bay landscape, having seen great changes in the last century. Visit their interactive exhibitions and experience the stories that have put Cardiff Bay at the forefront of Welsh economic and civil identity for the best part of 200 years.

21. What can visitors do in Roath Park and Lake?
- A. Enjoy a pleasant walk.
 - B. Feed the local animals.
 - C. Pick up various jewels.
 - D. Do voluntary gardening.
22. What do National Museum Cardiff and The Pierhead share?
- A. Geology collections.
 - B. Dinosaur sculptures.
 - C. Wonderful exhibitions.
 - D. Stories of recent changes.
23. Who is the text mainly intended for?
- A. Those crazy about Welsh Artworks.
 - B. Those seeking Cardiff's natural spots.
 - C. Those passionate about Welsh history.
 - D. Those travelling in Cardiff on a budget.

B

Raised in Alabama, Lybarger has found unexpected internet fame by introducing his followers to the ignored world of southeastern plants.

A decade ago, he was managing a private land when the owner let him hunt. The land included an open, rocky area, which he decided would be ideal for planting food to bring more deer and wild turkeys there. He then sprayed it with herbicide (除草剂), added soil, put down a feed mix and cut down some trees to let in more light. In the dry, shallow soil, the seeds didn't take. But around the edges, where he hadn't sprayed or seeded, the additional sunlight brought a beautiful surprise.

"I came back up the next summer and it was just, like, color everywhere," says Lybarger. "Just, like, really crazy-looking plants that I saw."

After he posted photos of the flowers on Facebook, a local botanist named Kevin England got in touch. On a visit to the land, Lybarger was surprised as England pointed out rare and vulnerable species. Lybarger realized that he had killed off an area with a wild seed bank of countless local species.

"That's when I think managing for biodiversity is probably the best option."

Lybarger found a mission: to save the remains of those lands. Near his friend Eaton's property, a long strip of dead grass showed where someone had sprayed herbicide along the road. Lybarger asked Eaton to hang a sign instructing people not to mow or spray. A few miles away, Lybarger pointed out another endangered species, leafy prairie clover, that his social media followers had been helpful in protecting. Then, he partnered with an artist to design a T-shirt featuring the plant, hoping to raise awareness and help pay for preservation efforts.

Lybarger thinks his biggest contribution comes through education on social media, encouraging people to grow the native plants that best support declining insects.

24. Why did Lybarger first make changes to the private land?

- A. To remove the weeds.
- B. To catch more wildlife.
- C. To win followers online.
- D. To bring in new species.

25. How did Lybarger get to find the rare species?

- A. By constant trials.
- B. By professional skills.
- C. By an unexpected mistake.
- D. By considerate planning.

26. What is paragraph 6 mainly about?

- A. Where Lybarger saved the plants.
- B. Why natives supported Lybarger's plan.
- C. How Lybarger protected the local plants.
- D. What challenges Lybarger's mission posed.

27. Which of the following can best describe Lybarger?

- A. Brave and ambitious.
- B. Proud and selfless.
- C. Influential and responsible.
- D. Thoughtful and honest.

C

As the saying goes, timing is everything — and that may be true when it comes to eating as much as anything else in life. If you want to feel and function at your best, the timing of your food choices could play a vital role.

Nutrient sequencing isn't a new concept. This approach is “literally about the order in which you eat foods to minimize blood sugar increases and enhance fullness. It's a very actionable approach and it's not restrictive. It's not telling you what to eat. It's just focused on the order in which you eat foods.”

A study in a 2022 issue of the journal *Nutrients* found that when people with type 2 diabetes (糖尿病) adopted a habit of eating vegetables before carbohydrates (碳水化合物), as recommended by dietitians, they had a significant improvement in their blood sugar control, specifically their hemoglobin (血红蛋白) A1C levels after five years. Another study in a 2024 issue of *BMC Nutrition* found older adults with diabetes who made a habit of eating vegetables first had greater functionality — meaning a greater ease in their intellectual activities and social abilities.

By eating vegetables and fruits first, you'll slow down how quickly you eat because these foods require chewing. This is helpful because “it takes about 15 to 20 minutes for your brain to notice you've had enough,” Ayoob says, adding that this way, you'll fill up on lower-calorie foods and “won't have as much desire for the other calories we tend to overeat”. It can also help fill you up faster because they have much water content, besides fiber.

“Nutrient sequencing is beneficial because it keeps you thinking about what you're eating and gets you into the mindset of self-monitoring. The hands-on experience may sound tough but it's not.” says Lawrence Cheskin, an expert on food studies.

28. What is the focus of nutrient sequencing?

- A. To balance different nutrients.
- B. To choose eating time wisely.
- C. To control blood sugar levels.
- D. To follow the order of food intake.

29. What can we learn about type 2 diabetes patients in the 2022 study?

- A. Their A1C levels rose.
- B. They needed to go on a diet.
- C. Their social abilities improved.
- D. They recovered after treatment.

30. What is the purpose of paragraph 4?

- A. It gives tips on chewing habits.
- B. It reveals training ways to select foods.
- C. It analyses advantages of low-calorie foods.
- D. It tells working principles of a healthy eating.

31. What will be discussed about nutrient sequencing in the following paragraphs?

- A. Its practice.
- B. Its function.
- C. Its definition.
- D. Its complexity.

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。

When you think about finding a purpose, you might think it's something grand in scale. But a new book by Jennifer Wallace comes up with a different idea. 36

Seek purpose with a small act

While reporting the book, she asked people, "When did you feel like you mattered?" They never mentioned the big moments in life but the small ones. Start with small acts of kindness. These acts make others feel worthy. 37 When people feel like they matter to others, they want to pay it back and pay it forward.

Embrace the "beautiful mess" effect

38 But in the daily life, some people are unwilling to let people into their messy lives. They assume that their difficulties would turn others away. But the opposite is true. It's these vulnerabilities and opening up to others that actually make us appear more genuine and bring people closer to us, which is called the beautiful mess effect.

39

If we're going through a hard life transition — a new job, a death in the family, or a big move, look for people who have been through the same situation before, and invite them for coffee and ask for advice. Doing so can help us build those relationships even as we get advice on how to navigate a difficult time in life.

Review of how you matter

None of these acts alone can help us find a sense of purpose or feel valued. It takes all of these actions and lots of daily practice. Every night before Wallace goes to bed, she will write down the answer to two questions in her diary, "When did I feel valued today and where did I add value today?" 40

- A. Reflect on a tough time.
- B. Extend invitations to connect.
- C. They will also make you feel valued in return.
- D. She shares her secret to a life of deep connection and purpose.
- E. The answer helps her close her days with a sense of self worth.
- F. She gives the answer to achieve a purpose in life and feel respected.
- G. Staying connected to others can make it easier to go through hardships.

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。

Cristina, a devoted diver with over 25 years of experience, first encountered her lifelong career while diving in the ocean. Beneath the _____ 41 _____, She witnessed sharks were increasingly _____ 42 _____ for human activities which led to infection, suffering, and even death.

One day in 2022, a female shark with foggy eyes _____ 43 _____. A hook (鱼钩) was not just visible — it was deeply _____ 44 _____ inside her mouth. Cristina opened the shark's jaw bravely, saw the hook, and at a certain moment, decided to stick her hand in and _____ 45 _____ the hook. The shark did not _____ 46 _____ back.

When she returned days later, something _____ 47 _____ happened: she allowed Cristina to _____ 48 _____ her. From that day on, that same shark would show up on every dive. “_____ 49 _____, I'd feel a pressure on my back,” Cristina recalled. “I would turn around and she would be _____ 50 _____ on my shoulder and just stop.” The change in behavior before and after the hook removal was a _____ 51 _____ moment. “This is a wild animal,” she realized, “and she's giving me full _____ 52 _____.”

By the end of 2025, she had _____ 53 _____ over 300 hooks. For Cristina, every hook taken away is not just an act of kindness — it is a step towards healing the ocean and strengthening our _____ 54 _____ with the world under the waves. Like Cristina's parents taught her, “There are no monsters in the sea, only the ones we make up in our _____ 55 _____.”

- | | | | |
|-------------------|---------------|----------------|-----------------|
| 41. A. waves | B. sands | C. rocks | D. ruins |
| 42. A. cruel | B. painful | C. frightening | D. violent |
| 43. A. responded | B. arrived | C. appeared | D. danced |
| 44. A. stuck | B. thrown | C. sewn | D. laid |
| 45. A. keep off | B. cut down | C. pick up | D. pull out |
| 46. A. look | B. fight | C. turn | D. swim |
| 47. A. invisible | B. terrible | C. incredible | D. reasonable |
| 48. A. pet | B. train | C. capture | D. chase |
| 49. A. Normally | B. Ultimately | C. Suddenly | D. Naturally |
| 50. A. sitting | B. hanging | C. falling | D. leaning |
| 51. A. promising | B. confusing | C. inspiring | D. embarrassing |
| 52. A. support | B. trust | C. sense | D. access |
| 53. A. discovered | B. collected | C. destroyed | D. removed |
| 54. A. bond | B. experiment | C. cooperation | D. agreement |
| 55. A. hands | B. heads | C. dreams | D. actions |

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。

I'm Sam Lara, a fashion coach at a Walmart store in Houston, Texas. I first 56 (experience) lion dancing a few years ago at a fundraising event. "When I went to that event, I found the performers had their phone number 57 (print) on their T-shirts, so I took a picture," I said. That's how I ended up contacting and meeting Shi Xinghao, master of the Houston Shaolin Kung Fu Academy.

Then, in 2024, the Walmart where I worked underwent a full remodeling, and a grand opening ceremony 58 (schedule) for October of that year. 59 (think) it would bring good energy and be nice for the community, I arranged a lion dance to mark the occasion. The community received it very well. For people not familiar with 60 culture, it was something new, something they hadn't seen.

Recently, more people have been booking lion dances 61 their birthday parties and weddings. Shi said, "It started on an ideal date 62 one of my students was getting married. We didn't give it much thought at first. We went with the usual dance routine 63 (express) our best wishes and create a celebratory atmosphere."

As 64 (request) for wedding performances started to roll in, Shi began to adapt the choreography (编舞) to fit the occasion. "The invitations keep coming." Shi said, "We have about 8 to 10 wedding bookings a year, and our customers are 65 (diversity), including Asians and non-Asians."

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

假定你是李华，上周你参加了学校组织的“劳动实践日”（Labor and Practice Day），请你给英国朋友 Chris 写一封邮件，分享这次经历，内容包括：

- (1) 你的劳动实践经历；
- (2) 你的收获与感想。

注意：

- (1) 写作词数应为 80 左右；
- (2) 请按如下格式在答题卡的相应位置作答。

Dear Chris,

Best wishes,
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。

My son Ben, seven years old, is a first grader at Campton Elementary in New Hampshire. He is deaf and has additional special needs. From the day he stepped onto campus, my heart has been tangled with worry.

Until recently, his school days were filled with loneliness. His assistant, Cheryl, told me sympathetically, “He couldn’t connect with anyone — no real interaction with peers or teachers. He was always alone.” I often tossed and turned at night, imagining my little boy sitting in the classroom, and watching others laugh while trapped in a silent world. New Hampshire has no dedicated school for the deaf, and Ben is the only deaf child in his district. Except for Cheryl, almost no one could communicate with him.

Just as I was losing hope and considering transferring him to another school, something remarkable happened. A few classmates, including Reid Spring, began learning simple sign language to talk to Ben. Reid noticed Ben tracing shapes in the air one day and asked Cheryl about it. Moved, Reid searched online for sign language that night. The next morning, he awkwardly signed “friend” to Ben. Ben’s eyes widened, and for the first time in months, he gave a tiny, trembling smile. Reid grinned back, thinking Ben was his friend.

Word spread. Another child learned “play,” then “help,” then “thank you.” Soon more classmates were learning sign language.

At a parent-teacher meeting, I froze when I walked into the classroom: some classmates were signing a song to Ben, their hands moving gently. Ben signed back, laughing brightly, and grabbed Reid’s hand.

“They didn’t just pity my son,” I whispered. “They learned his language. For him.” Behind us, Cheryl smiled, “This is only the beginning.”

注意：

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

Inspired, Ben took courage to express himself actively.

Over time, big changes occurred through the whole class’s efforts.