分班考检测卷（二）

英语

第一部分　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）

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A

With the development of camping at home and abroad, more and more people have strong interest in camping. Camping provides outdoor lovers with the relaxation of the mind and inner peace. Here are some common ways to camp.

Tent Camping

This is the most basic and common way of camping. You can put up a tent in a park, on the beach, in the woods, or anywhere else you like, enjoying a few nights. Tent camping is a great choice for people who don't want to spend a lot of money to get started. It is perfect for families with children because it creates a special time for parents and kids.

Hiking Camping

Hiking camping, backpacking trip, means an outdoor camp, where you will spend the whole day hiking with necessary equipment on your back. It can last anywhere from a few days lo several months. It gives you the chance to get closer to nature. In case of an emergency, you'd better share your travel plans with someone.

Survival Camping

In this type of camping, a variety of skills are required to learn in order to survive in various outdoor conditions. You will search for food on your own in the wild and take emergency medical measures in the event of danger. It would be a good idea to have a partner with a wealth of experience in the wild.

RV Camping

If you go camping in a motorhome, you will have more time to enjoy the outdoors. With a motorhome, you have almost everything at home, including comfortable beds, kitchens and entertainment. All you need is to find a suitable parking lot where you can park your car. You can also cook and enjoy food in the car and it will feel great. However, this is not recommended for starters.

1．Which camping is suitable for beginner campers?

A．Tent camping.　　B．Hiking camping.　　C．Survival camping.　　D．RV camping.

2．What do Hiking Camping and Survival Camping have in common?

A．They attract kids.　　B．They may be risky.

C．They require training.　　D．They are family-friendly.

3．What is a unique advantage of RV camping?

A．Low costs.　　B．Access to nature.　　C．Homely comfort.　　D．Flexible schedules

B

At age 90, I finally realized that I qualify as "elderly". However, I don't ever want that label of "senior citizen". How I look and feel is only part of facing reality. The big factor is how other people treat me. This hit me rather dramatically as I was exiting a building the other day. As I started for the door, a young woman stepped ahead of me. Then she opened and held the door for me.

I expected an active retirement, but my body had other plans. I'm learning to embrace it. This kind of thing is

beginning to happen all the time. At the hardware store, I bought a few minor items—light bulbs and birdseed weighing perhaps a total of 10 pounds. As I started to pick up the bag, the cashier said, "Sir, let me get someone to help you with that."

For a few weeks, all of these made me sad. I am a man of a certain generation after all: former Air Force officer and jet fighter pilot, former corporate executive, author, former speaker and consultant, and so on. But I'm too old for anyone to hire me even if I wanted them to. It can be depressing. It didn't help a lot to realize that I've had a great life. But as I thought about that, trying my best to count my blessings, it began to sound like an obituary (补告).

It has taken several weeks to realize that respect and learn from the past, but don't let yourself be held prisoner by your memories; and always look to the future with optimism but live in the present, treasuring every single minute of every single day, even the ones that your younger self would have complained about.

Finally, when all those younger folks offer to help, let go of the chagrin, realize that it makes other people feel good to help and just say, "Thank you." I think they, whoever they are, refer to that as aging gracefully.

4. What made the author realize he was elderly?

A. The memories of his successful past.　　B. The help offered by a young woman.

C. His label "senior citizen" given by society.　　D. His physical appearance and health condition.

5. How did the author firstly react to being treated like an old person?

A. He felt spiritless.　　B. He was indifferent.

C. He was bored with it.　　D. He accepted it agreeably.

6. What do we know about the author from the text?

A. He is lost in his past success.　　B. He has an idea for his obituary.

C. He has a positive outlook on life.　　D. He is suffering memory loss.

7. What does the underlined word "chagrin" in the last paragraph probably mean?

A. Past.　　B. Fear.　　C. Confidence.　　D. Annoyance.

C

Instant noodles are a favorite quick meal when people don't want to cook. Picture eating them while watching TV on a stormy night — pure comfort! But many believe they're just junk food that harms health. The truth is, whether they're unhealthy depends entirely on how you prepare them.

The main issue isn't the noodles themselves, but the common way people make them: pouring boiling water over dried noodles and adding all the salty seasoning packets. These flavor packets contain high levels of salt and artificial additives (人工添加剂), making this version unbalanced and unhealthy.

Actually, plain instant noodles aren't terrible. They're fried during production (which adds some oil and calories), but they fill you up well and provide quick energy when you're hungry. To make them healthier, cook them properly: boil the noodles first, drain excess starchy (含有淀粉的) water, then use fresh water or broth (肉汤). Crucially, use only half the seasoning packet to reduce salt. Add vegetables like spinach or carrots and protein like an egg or tofu while cooking. This boosts vitamins and protein while cutting sodium (钠). This transforms them into a balanced meal!

So, are instant noodles junk food? If prepared lazily with all the seasoning and no extras, yes. But when cooked with less seasoning plus veggies and protein, they become a decent occasional meal. Remember: the secret is variety. Enjoy them once or twice a week as part of a diverse diet, and they won't harm your health. They're far less scary than people think — just upgrade your cooking method!

8. What determines if instant noodles are unhealthy?

A. Their quick cooking time.　　B. The time of eating.

C. The preparation method.　　D. The junk food label.

9. What is the major cause of unhealthy instant noodles?

A. The dried noodles.　　B. The flavor packets.

C. Using boiling water.　　D. People avoiding cooking.

10. What is the main purpose of the third paragraph?

A. Warn about health dangers.　　B. Give cooking instructions.

C. Argue noodles are harmless.　　D. List harmful additives.

11. What is the suitable title for the passage?

A. Instant Noodles: Not All Waste.　　B. Instant Noodles: How to Cook?

C. Instant Noodles: Eat Sometimes.　　D. Instant Noodles: What we know?

D

Last year I averaged 9,370 steps a day. My smartphone counted. My daily aim? Ten thousand steps. Because goals.

Yet the concept of taking 10,000 steps a day to maintain health is rooted not in science but in marketing. In the 1960s, a Japanese company invented an early pedometer (计步器). Because the Japanese character for "10,000" looks like a person walking, the company called its device the 10,000-step meter. "It was just sort of a catchy phrase," says I-Min Lee, a scientist at Harvard Medical School.

In 2019, Lee published a study investigating the actual effects of meeting the 10,000-step goal. The result? Some movement is good, and more is better, but the benefits decline at some point. Your personal peak depends on your age. People younger than 60 should indeed walk 8,000 to 10,000 steps a day to get the best benefits in terms of lifespan (寿命). People older than 60 show the most benefit between 6,000 and 8,000 steps.

The difference is energy consumption. "We basically relate energy consumption to health outcomes," Lee says. Walking for 60 minutes at 3.3 miles an hour and running for 30 minutes at 6 miles an hour use the same amount of energy. "The older you are, the less efficient you are with your steps," Lee says. "Per step, older people use more energy." Thus, they need fewer steps to achieve the same benefits.

Newer studies are moving beyond death rates to ask questions about the way steps may help to control blood pressure and weight. The goal, after all, is not just to live longer but to live healthier. Full results are not in yet, so Lee's advice is: "Tailor your steps according to what you are trying to achieve and according to who you are."

12. The concept of taking 10,000 steps daily arises from _____.

A. the findings of scientific surveys　　B. the formation of a Japanese character

C. a marketing trick　　D. a healthy habit

13. What does Lee's research find?

A. Walking step targets vary with age.　　B. Walking more makes one look younger.

C. Old people benefit more from walking longer.　　D. Reaching 10,000 steps daily appeals to many.

14. What is paragraph 4 mainly about?

A. The difference in energy consumption among age groups.

B. The contrast between the benefits of walking and running.

C. The reason for setting different step goals based on age.

D. The link between energy consumption and health outcomes.

15. What will newer studies focus on?

A. How steps change one's lifestyle.　　B. How steps affect one's lifespan.

C. How steps reduce death rates.　　D. How steps boost healthy living.

第二节（共 5 小题：每小题 2. 5 分, 满分 12. 5 分）

根据短文内容，□□□□□□□□□□□能□□□□□□□□□□□□□□□□□□□□□□□□□□

How to Make Friends in a New School

Starting with a new school can be difficult. Everything seems to be strange, and you don't even know where to go for your own classes. ___16___ If you use the following skills, you can quickly turn some strangers into friends.

Be Confident

If you want to make friends, first you need to put yourself out there. Don't be afraid to show people who you are. Talk about the things you like and do best. ___17___ For example, join a sports team or a club, where you can meet people who share your interests.

Be Kind and Friendly

Kindness goes a long way. When you notice someone new, try to say hello to him. Offer to help him with his work, or show him around the school. ___18___ Remember, everyone is nervous when they are in a new environment. A small act of kindness can make others feel more comfortable, and it also shows that you are easy to get along with.

Be a Good Listener

Listening is an important part of making friends. When someone is talking to you, look at him and keep eye contact. Don't cut them off. ___19___ This will make him feel like you value his opinion and want to get to know him better.

Stay Positive

No one likes to be around someone who is always complaining. Try to stay positive, even when things go wrong. ___20___ If you see someone feeling sad or lost, try to cheer him up. Being positive makes you more attractive to others and helps you make friends more easily.

Making new friends takes time and effort, but it's worth it. With a little patience and the right attitude, you'll have a group of friends in no time.

A．Try to find someone to talk to when you feel lonely.

B．It's also a good idea to take part in activities that interest you.

C．Ask questions to show that you are interested in what he is saying.

D．You don't need to be popular, but you do need to be respectful.

E．It can be hard to make friends at first, but don't let that stop you.

F．Small actions like these will build trust and make people like you.

G．People are more likely to stay around positive people.

第二部分 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 四个选项中选出可以填入空白处的最佳选项。

You may always hear about people who knew exactly what they wanted to do with their life from the time they were in kindergarten. I hadn't considered lots of career choices when I graduated from high school. Like most students who earned good grades in math and science classes, I found people ___21___ me to be an engineer. But all of that changed when I went to my ___22___.

I will never forget the feeling of walking into my very first Biology lecture (讲座). I nervously found a seat and waited for the type of ___23___ you see in TV shows, old and strict. What I got was exactly ___24___. Dr Espinoza was a caring and enthusiastic (有激情的) teacher, and two terms of her classes made me fall in love with Biology. Her exciting classes made me ___25___ that I had other choices besides being a(n) ___26___. It meant I was headed for a career in biological research.

___27___ Dr Espinoza and many other professors like her, I found that scientists aren't just what we ___28___ on the National Geographic Channel. They are real people who answer real questions and ___29___ real problems. This led me to seek out opportunities (机会) to do real science projects and see if I ___30___ it. While I was at university, I learned how to ask good questions, how to conduct (做；实施) experiments and collect data, and how to share what I learned with people. As it ___31___, I loved every minute of it.

Falling in love with ___32___ was a long process for me, but it led me to a job I love. Like the science itself,

my journey toward being a scientist was ___33___, but helped along by many teachers and professors who ___34___ me the way. Now, I try my best to learn new things and ___35___ new knowledge.

21．A．appointing	B．forcing	C．allowing	D．encouraging
22．A．university	B．office	C．room	D．lab
23．A．agent	B．volunteer	C．host	D．professor
24．A．opposite	B．traditional	C．typical	D．similar
25．A．realize	B．regret	C．refuse	D．recall
26．A．lawyer	B．educator	C．scholar	D．engineer
27．A．As to	B．Due to	C．On behalf of	D．In spite of
28．A．take care of	B．make fun of	C．learn about	D．search for
29．A．solve	B．bring	C．raise	D．ignore
30．A．enjoyed	B．doubted	C．recommended	D．acknowledged
31．A．came about	B．broke up	C．set off	D．turned out
32．A．literature	B．science	C．language	D．art
33．A．precious	B．smooth	C．beneficial	D．slow
34．A．promised	B．showed	C．left	D．awarded
35．A．record	B．admire	C．create	D．forget

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。

After a long summer holiday, my new life at senior high school ___36___ (begin) at last. I was a little ___37___ (anxiety) in the morning, ___38___ (worry) that I would not make new friends. I was not outgoing after all. However, things turned ___39___ just fine. Both my teachers and classmates made a good ___40___ (impress) on me. They were friendly and helpful. As ___41___ matter of fact, one of my classmates was so talkative ___42___ he kept talking to me over the experiment! Maybe he was just trying to impress me, but I felt ___43___ (annoy) because I couldn't concentrate. I was too frightened to tell him to leave me alone. It would be awkward if I did. The classes were much___44___ (difficulty) than those at junior high school. There is a lot for me ___45___ (explore). I hope I can fit in soon.

第三部分 写作(共两节，满分 40 分)

第一节 (满分 15 分)

46. 假设你是李华，你校英语辩论社招收成员，你想申请加入。请你用英语写一封邮件，内容包括：

1. 个人简介（性格、特长等）；

2. 表达期望。

注意：1. 词数 80 左右；

2. 可以适当增加细节，以使行文连贯；

3. 开头和结尾已给出，不计入总词数。

4. 参考词汇：the English Debating Club 英语辩论社

apply to be a member of…申请成为……成员

Dear Sir or Madam,

Knowing that the English Debating Club recruit (招聘) new members, I’m writing to apply to be a member of

it.

_____

_____

_____

_____

_____

Yours sincerely,

Li Hua

第二节（满分 25 分）

47. 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。

Friendship is truly a great thing, and I have a friendship with my dear friend Lily that means a lot to me.

I met Lily in high school. We were in the same class. Because we both liked music and art, we quickly became friends. We spent a lot of time together, having fun and talking about all kinds of things. Her laughter sounded so nice to my ears, and her smile could brighten up any place. We would walk home arm in arm after school, sharing our secrets and hopes.

One day, there was a big misunderstanding between us. Someone spread a rumor (谣言) that I shared Lily's secrets with others. Hearing this, Lily believed it right away, without giving me any chance to explain. I was very sad and I felt like my heart had been taken away. I was so sad that I didn't even have the strength to get out of bed. I didn't know what to do or where to go. I tried to tell her it wasn't true, but she wouldn't listen.

注意：

1. 续写词数应为 120 个左右；

2. 请按如下格式在答题卡的相应位置作答。

The misunderstanding between us got bigger and bigger. _____

_____

_____

_____

_____

A few days later, I received a letter of reply from Lily._____

_____

_____

_____

_____

参考答案

第一部分

1-3 ABC　4-7 BACD　8-11 CBBA　12-15 CACD　16-20 EBFCG

第二部分

21. D　22. A　23. D　24. A　25. A　26. D　27. B　28. C　29. A

30. A　31. D　32. B　33. D　34. B　35. C

36. began　37. anxious　38. worrying　39. out　40. impression

41. a　42. that　43. annoyed　44. more difficult　45. to explore

第三部分

46. **【参考范文】**

Dear Sir or Madam,

Knowing that the English Debating Club recruit (**招聘**) new members, I'm writing to apply to be a member of it.

My name is Li Hua, a 15-year- old girl from Class One Grade One, who is outgoing and warm-hearted. Not only am I able to fit in well with others, but also I look good, think fast and play hard. Making English speeches is what I am good at. I was once awarded the title of Best Debater in junior high school. It is really a good chance to prepare myself for my dream to be a great speaker like Abraham Lincoln.

I'd greatly appreciate it if I'm included as a member of your club. I'm looking forward to your early reply.

Yours sincerely,

Li Hua

47. **【参考范文】**

The misunderstanding between us got bigger and bigger. I felt lonely and helpless, as if I had lost my best friend forever. Days passed, and I couldn't concentrate on my studies or enjoy anything I used to love. I even started to avoid seeing her in the hallways, afraid of the awkward silence between us. Finally, I decided to write a heartfelt letter to Lily, explaining everything and expressing my true feelings. I poured out my soul, hoping she would understand that the rumor was just a misunderstanding.

A few days later, I received a letter of reply from Lily. To my relief, she apologized for not believing in me and said she had realized the truth after thinking it over. She admitted that she should have given me a chance to explain before jumping to conclusions. We met up and hugged each other tightly, with tears of joy in our eyes. Our friendship was stronger than ever, and we promised to never let a rumor come between us again.