

诸暨市 2025 年 5 月高三适应性考试

英 语

第一部分:听力(共两节,20 小题;每小题 1.5 分,满分 30 分)

第一节: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,并标在试卷的相应位置。听完每段对话后,你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

1. What will the boy wear on the school trip?
A. His jeans. B. His jacket. C. His uniform.
2. What is the man doing tonight?
A. Staying with friends. B. Making a purchase. C. Having a barbecue.
3. What is the man's eventual feeling about the article?
A. Annoyed. B. Amused. C. Satisfied.
4. Where does the conversation happen?
A. In a bookstore. B. In a library. C. At a book stand.
5. What would the speakers probably do next?
A. To work on the math problems. B. To settle the chemistry puzzles.
C. To take a break as refreshment.

第二节: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 三个选项选出最佳选项,并标在试卷的相应位置。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. What problem does the woman have?
A. Her shoes are worn out. B. She isn't herself. C. Her feet suffer.
7. Why did the speakers come to the city?
A. To attend a meeting. B. To buy some shoes. C. To make a tour.

听第 7 段材料,回答第 8~10 题。

8. Why does the man make a phone call?
A. To inquire about a doctor. B. To make an appointment. C. To confirm the schedule.
9. What's wrong with the man?
A. He runs a fever. B. He feels dizzy. C. He has no appetite.
10. Why cannot the man make it to the hospital this afternoon?
A. He hasn't asked for leave. B. He is otherwise engaged.
C. He needs to think twice.

听第 8 段材料,回答第 11~13 题。

11. What is the woman dressed up for?
A. A celebration party. B. An annual conference. C. A grand ball.
12. What does the man think of the woman's dress and shoes?
A. An odd mix. B. A sharp contrast. C. A good match.
13. How do you find the man?
A. Fault-finding. B. Considerate. C. Well-behaved.

听第 9 段材料,回答第 14~16 题。

14. What is the man's new hobby?
A. Mountain climbing. B. Cave exploring. C. Photograph taking.
15. What is the Society's contribution to cave preservation?
A. Their drawing talents. B. Their climbing skills. C. Their green efforts.
16. Why does the man invite the woman to the meeting?
A. To prove her knowledge about caves wrong.
B. To get her to fall in love with thrill seeking.
C. To give her a fresh perspective on caves.

听第 10 段材料,回答第 17~20 题。

17. What is mainly talked about regarding Noah Webster?
A. His tireless fight for independence. B. His influence on American English.
C. His lasting friendship with Franklin.

18. What is the main factor for Webster's being known to people?
 A. His dictionary. B. His spelling book. C. His blue cover.
19. In which way did Webster make the most changes?
 A. Pronunciation. B. Grammar. C. Spelling.
20. How would Americans spell "adjust" today if Franklin's suggestion were taken?
 A. A-d-j-s-t. B. A-j-u-s-t. C. A-d-u-s-t.

第二部分: 阅读理解(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)

阅读下面短文, 从每题所给的 A、B、C、D 四个选项中选出最佳选项。

A

Join an NPS Ranger in the Marin Headlands

Come join a Ranger(护林员) Guided Hike and Birding Program with a Marin Headlands Interpretation Ranger! Learn all about the many different types of birds that call the Marin Headlands home while hiking along the scenic Rodeo Lagoon Loop Trail beginning at Rodeo Beach.

This program will be offered on multiple Saturdays: February 22nd/March 1st/March 8th/March 22nd/March 29th/April 12th/April 19th/April 26th.

The program will consist of a 1.5-mile hike with multiple stops along the way to observe and learn about our feathered friends. Get tips and tricks on how to spot and identify birds, birdwatch with a ranger, and connect with your national park! Be sure to wear comfortable walking shoes, layers, and bring your pair of binoculars!

Meet at the Rodeo Beach "Information Station" building 1050. Look for a sign that says, "Ranger Guided Hike/Program" and our uniformed Interpretation Park Rangers will be there waiting for you! Program will begin at 11:00 am sharp.

Notes:

Run Time: 90 minutes, from 11:00 am–12:30 pm

Reservation Required

Maximum participants: 20

No Dogs/No Pets

Please let us know if you or someone in your group requires any special accommodations by emailing:

GOGA_MarinHeadlands_Info@nps.gov

Registration to attend is Required.

The registration form's dates will close once we hit 20 registered attendees per date.

Please allow 24–48 hours before receiving an email confirming your registration.

Please dress accordingly, wear proper footwear and be sure to bring plenty of water.

Rain or High Winds will cancel the event.

For more information, please email us at GOGA_MarinHeadlands_Info@nps.gov or call at (415) 331-1540.

21. What do you know about the Marin Headlands?
 A. It is a camping spot like no other. B. It stays open merely on Saturdays.
 C. It is home to various bird species. D. It runs all its way along the beach.
22. What should be noted if you are to join in the program?
 A. Your pet will cause no trouble. B. Your registration is confirmed.
 C. You have a knowledge of birds. D. You dress well for observation.
23. What is the writing purpose?
 A. To introduce a website. B. To attract enthusiasts.
 C. To describe an episode. D. To advocate a lifestyle.

B

One day, there was a knock at the door and when I opened it, in walked my son carrying a pot of flowers. For a moment, I didn't know who he was and then, suddenly, he was there. He hadn't told us he was coming and seeing him was a shock and a wonderful surprise. It has been years since I last cried about anything but when he stepped in I was in tears.

We live on Canada's west coast and my son lives on the east coast. Despite the distance, we visited each other with some frequency. However, for various reasons, we haven't seen each other for over two years.

As parents, we tend to think of our children as being young and being in need of our guidance even when they have reached adulthood. Somehow, though, my son's sudden appearance and his month-long visit that followed let me see him in a whole new light.

My wife is ill and needs a lot of support these days and our son stepped up to help. There were some repairs needed around the house that I hadn't gotten to and he saw them and helped me to make them happen. He is a homeowner and is therefore skilled at fixing and maintaining the things that can go wrong in a normal household so he **pitched in**. He helped to prepare food and to help his mother get comfortable when she had to move around. In general, he took from me a load I hadn't fully realized I was carrying. Working shoulder to shoulder with this competent, confident man that I loved and admired was a wonderful and surprising experience.

I probably shouldn't have been surprised because my son is now in his fifties, is a successful business consultant, owns a larger house than I ever had and makes far more money than I ever did. I wonder how he ever got to be that way and I claim no credit for his success.

My son left recently and again I shed tears as I did when he arrived. But it was different somehow.

24. What do we know about the son's arrival?
- A. It struck fear into his old father. B. It was considered a break-in.
C. It was what his father expected. D. It took the father by surprise.
25. What does the underlined phrase most probably mean?
- A. Helped out. B. Dropped in. C. Shied away. D. Held on.
26. Why do you think the author shed tears when his son left?
- A. He had to carry the load again. B. He needed spiritual support badly.
C. He was very proud of his son. D. He was saddened by his departure.
27. Which of the following is a suitable title for the text?
- A. A Long-awaited but Short-lived Visit B. A Timely and Praiseworthy Backup
C. An Intelligent and Wonderful Old Son D. An Unexpected Visit from My Son

C

The paper, published in Communications Earth and Environment, reveals there is far less water available than previously thought. With demand for lithium(锂), a mineral critical for batteries powering the green transition(变革), projected to increase 40-fold in the coming decades, the research suggests local communities, regulators and the lithium mining industry quickly work together to bring their water usage within sustainable limits.

In the Lithium Triangle, located in South America, Boutt and his team come in. They looked at 28 different basins, wanting to understand how rare the fresh water is.

"The climate and hydrology(水文学) of the Lithium Triangle is very difficult to understand," says Boutt, so scientists and engineers have relied on global water models to best estimate water availability and environmental impacts of lithium mining within the Triangle.

Global water models suggest that the freshwater flowing into the Lithium Triangle's basins is some 90 and 230 mm per year. "But after an initial assessment," says Boutt, "we suspected it was going to be too inaccurate for our purposes." So the team developed LiCBWA, their own model, finding a sharp difference from the conventional understanding.

"There's not much new freshwater at all coming into these systems," says Boutt. While global models estimate an average of 90 and 230 mm per year of inflow, LiCBWA estimates from 2 to 33 mm, depending on the particular basin, with an average of just 11 mm per year for the 28 basins in their study. "The conventional wisdom is overestimating the amount of water by at least ten times," says Boutt, "and we found that all but one of the 28 basins in our study should be classified as 'severely water rare'."

Meantime, the processes for mining lithium are changing. The older method is being replaced by direct lithium extraction(DLE) which consumes more water.

"Because lithium mining is a reality in the Lithium Triangle," the authors conclude, "scientists, local communities, regulators and producers must work together to reduce water use," as well as commit to better monitoring rainfall, streamflow and groundwater levels for an even more precise hydrological picture.

28. What do we know about lithium from paragraph 1?
- A. Demand for it will increase greatly. B. Its availability is less than expected.
C. It's a new raw material for batteries. D. Its mining should be limited instantly.

29. What is Boutt and his team's purpose?
 A. To monitor the climate and hydrology on-site.
 B. To calculate the impact mining has on transitions.
 C. To prove the conventional wisdom is groundless.
 D. To estimate to what extent the fresh water is rare.
30. How do the team find the current situation of water in the Triangle?
 A. Hopeless. B. Acceptable. C. Critical. D. Optimistic.
31. What does the last paragraph mainly talk about?
 A. What a precise hydrological picture is. B. How to conserve the water resources.
 C. Why water consumption is substantial. D. Whether to shut down lithium mining.

D

How old are your organs? The answer might not match your chronological(按时间顺序的) age—and a new research finds that an organ's biological age might predict a person's risk of diseases.

The research analyzed data from Whitehall II, a long-running British study of aging that has followed over 10,000 British adults for over 35 years. Between 1997 and 1999, the Whitehall study took blood samples from participants when they were 45 to 69 years old.

The current study analyzed those blood samples as well as follow-up data for 6,235 Whitehall participants, by then aged 65 to 89. The researchers used the analysis to help measure the gap between a person's age and the biological age of nine of their organs: heart, blood vessels, liver, immune system, pancreas, kidneys, lungs, intestines and brain. Then they looked at follow-up data that showed the kinds of diseases participants developed as they aged over the next two decades.

The organs aged at different rates in different people, the researchers write—and those with “fast-aging” organs had an increased risk of 30 of the 45 age-related diseases studied.

Some of the associations linked faster aging organs to diseases in that organ; for example, those with accelerated(加快的) lung aging were likelier to develop respiratory(呼吸的) diseases. But in other cases, the link was not as direct. Faster aging of the kidneys, in particular, was linked to diseases of the kidneys and other organs, such as the liver and pancreas, and accelerated aging of multiple organs in the body increased kidney disease risk. “Surprisingly,” the researchers say, dementia(痴呆症) was not best predicted by accelerated brain aging, but rather by the immune system's biological age.

The researchers say the study shows the promise of an organ-specific blood test, which is simpler than past methods. In a news release, lead author, Mika Kivimaki, says such tests could one day “advise whether a person needs to take better care of a particular organ, and potentially provide an early-warning signal that they may be at risk of a particular disease.”

32. What has the research revealed?
 A. Organs fail naturally but differently as people age.
 B. Faster organ aging predicts increased disease risks.
 C. Healthy organs are a guarantee of one's well-being.
 D. Organ aging is the leading cause of its function loss.
33. What do you know about the study?
 A. The organs were healthy. B. The participants were long-lived.
 C. The process was lengthy. D. The results were yet to be proved.
34. What is the surprising outcome regarding dementia?
 A. It is unavoidable as one ages. B. Relevant predictions are quite accurate.
 C. Science promises a cure for it. D. Faster brain aging isn't its direct cause.
35. In which way are the findings beneficial?
 A. They can help prevent organ disease. B. Any particular disease can be detected.
 C. Organ-specific blood tests are simple. D. Health of organs would be guaranteed.

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。

Simple Techniques to Strengthen Our Memory Muscles

We live with memory from morning to night without thinking about it, just as we constantly use our arms and legs without paying attention to them. 36 The fact is that

for most of us, memory suffers only from lack of use. Here are four techniques to help us hold on to the information we need to live a better, less forgetful life.

Create mental images. When information enters our brain, we create a mental representation of it. We register this information as a mental picture while transforming it into a verbal form. 37 When we hear the name Tutankhamen, for instance, the verbal image is probably stronger if we knew little about Egyptian archaeology.

Look for logic. Logic reasoning trains the mind to impose(施加) structure on information, to establish order and meaning according to certain rules. 38 One way to impose order on information is to group things together. Take, for example, a ten-digit phone number: 0-1-8-5-9-6-3-2-8-7. Regrouping the digits in pairs gives only 5 elements to remember: 01-85-96-32-87.

Link your memories. For new information to be kept, it must be compared to all the other information in the memory to establish whether it has already been recorded or if it contributes something really new. If the information is genuinely new, the brain will look for other information with which to associate it. This process allows us to establish connections between people, objects, images and ideas that have something in common. 39

Repetition. Research shows that we start forgetting information soon after we have learned it. 40 To fix data in our memory, we need to start reviewing it straight away. With uncomplicated data, repetition is still the most reliable means of consolidation(巩固), or committing information to long-term memory.

- A. It is a component to temporary memory.
- B. But memorization by association requires practice.
- C. And to operate efficiently, the memory needs order.
- D. Within a few hours, we no longer recall 70% to 80%.
- E. Chances are that they will be firmly fixed in your memory.
- F. It's only when it lets us down that we wonder if something is wrong.
- G. Either version can dominate, depending on our knowledge of a subject.

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 四个选项中选出可以填入空白处的最佳选项。

The decision to undergo tympanoplasty(做鼓膜成形术) was not made lightly. For months, I had suffered hearing loss, which had 41 affected the quality of my life. My doctor recommended tympanoplasty as the best solution to 42 my hearing. Despite understanding the necessity, I was consumed by anxiety. In the weeks 43 the operation, I found comfort in researching the procedure, 44 my medical team and talking with my family.

The day of the surgery arrived with a mix of 45 and nervousness. In accordance with the procedure, I was admitted to the hospital, 46 into the operating room and operated on. The next thing I knew, I was waking up in the recovery room. The 47, which had lasted some two hours, was over.

The initial hours post-surgery were filled with mild 48. The medical team monitored my vitals and pain levels, ensuring I was 49. And the first few days of recovery were 50: my ear was bandaged and I experienced dizziness. Strict instructions were given to 51 activities that could disrupt(干扰) the healing process.

Follow-up appointments were 52 to monitor my progress. And I noticed the discomfort gradually faded and 53 in my hearing was evident.

Reflecting on the journey, I realized that the initial 54 seemed a small price to pay for the substantial benefits I gained and that the 55 from my medical team and loved ones played a crucial role in overcoming this challenging period.

- | | | | |
|-----------------------|------------------|------------------|-----------------|
| 41. A. slightly | B. narrowly | C. significantly | D. rarely |
| 42. A. restore | B. damage | C. adjust | D. protect |
| 43. A. giving rise to | B. leading up to | C. wiping out | D. resulting in |
| 44. A. consulting | B. welcoming | C. establishing | D. interviewing |
| 45. A. resistance | B. astonishment | C. anticipation | D. confusion |
| 46. A. driven | B. flown | C. shipped | D. wheeled |
| 47. A. checkup | B. rescue | C. surgery | D. treatment |
| 48. A. starvation | B. annoyance | C. discomfort | D. restlessness |
| 49. A. alive | B. stable | C. dynamic | D. responsive |

- | | | | |
|--------------------|----------------|----------------|------------------|
| 50. A. challenging | B. desperate | C. remarkable | D. unpredictable |
| 51. A. evaluate | B. avoid | C. continue | D. organize |
| 52. A. scheduled | B. canceled | C. advanced | D. postponed |
| 53. A. superiority | B. improvement | C. loss | D. downturn |
| 54. A. decision | B. efforts | C. signs | D. anxiety |
| 55. A. restriction | B. pressure | C. recognition | D. support |

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。

Orienteering(定向运动) is 56 outdoor sport which takes place in forested areas. Competitors, armed with a detailed map with a course 57 (follow) on it, orient themselves and run as fast as they can to visit all the checkpoints on their course in a given order. Each checkpoint has a punch(打孔机) and a punch-mark is made on a card carried by the runner 58 proof of visiting all checkpoints. The fastest runner who 59 (visit) all checkpoints is the winner.

To compete in orienteering, you should be fit enough to participate. Although the ability to run is crucial to finish the course in the 60 (short) possible time, it is not as essential as navigational(导航的) ability. Prior to competing on your first course, you should receive instruction in map 61 (read) and compass use from a qualified orienteer. At every meet before the competition begins, orienteers will give instructions and some 62 (help) tips on getting started.

A major feature of the sport is the combination of the mental and physical challenges 63 (involve). A classic hare and tortoise situation is common 64 some people run around very fast though less clear about where they are going and others run slowly but navigate 65 (accurate) to each checkpoint, and of course a whole spectrum in between.

第四部分:写作(共两节,满分 40 分)

第一节(满分 15 分)

校英文报组织的外文节系列活动刚结束,为了解大家对其活动安排等方面的看法,其开辟栏目征集大家的反馈,为此请你写一短文,内容要点包括:①活动总体评价;②有待改进之处。

注意:①写作词数应为 80 左右;②请按格式在答题纸的相应位置作答。

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。

In my collection of photographs is an old picture that is forever imprinted in my memory. It shows me with Dad and my two sisters arm in arm and grinning for the camera. Looming(耸立) in the background is Magnum, the world's tallest and fastest roller coaster. The picture is thirty years old, but the memory it contains is timeless, especially my father's words—"Don't ever apologize for knowing your limits."

Every time I see this photo, all the details of that summer day at the amusement park rush back: the shining morning sun; the heavy smell of popcorn; the way we decided to ride the roller coaster; the precious photo taken before we took the ride, etc.

But no one knew I was secretly terrified of riding the roller coaster. I fear height. Now that the rest of my family all nodded with excitement, I didn't want to be the only one to stay behind. My little sister, who barely met the height requirement, behaved fearlessly. If she wasn't afraid, how could I admit that I was?

While inching our way up the long line, I tried to swallow my fear and stand resolute. "You can do this," I repeated to myself. But with every step forward, a sense of unease grew in my chest.

All too soon, we reached the end of the line. Our turn came. The cars rolled up and clicked to a stop and the gate swung open. It was time to step in. My body went stiff with fear, and at that moment I knew: I could not ride Magnum.

I looked at the attendant and said, "I don't want to go." She was so considerate as to wave me toward an exit ramp(坡道) and instructed me on how to find my way down. Too embarrassed to face my family, I simply called over my shoulder to Dad that I was leaving. There wasn't time for him to say anything, and I didn't look back. I walked down the exit ramp on shaky but relieved legs. Whatever disappointment or ridicule I would face for chickening out was a small price to pay for skipping that ride.

注意:①续写词数应为 150 左右;②请按格式在答题纸的相应位置作答。