

# 宁波“十校”2026届高三3月联考

## 英语试题卷

### 考生须知：

1. 本试卷分第I卷（选择题）和第II卷（非选择题）。满分为150分，考试时间为120分钟。
2. 请用黑色签字笔将学校、班级、姓名、考号分别填写在答题卷的相应位置上。

### 第I卷

#### 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 will the speakers do first?  
A. Employ more workers.    B. Purchase some computers.    C. Upgrade the computer system.
2. What happened to the lab equipment?  
A. It was delayed in delivery.  
B. It was canceled for shipping.  
C. It was replaced by the supplier.
3. What does the woman think of the film?  
A. Romantic.                      B. Exciting.                      C. Boring.
4. What are the speakers talking about?  
A. Their daily activities.    B. Their personal qualities.    C. Their career plans.
5. What is the probable relationship between David and Jennifer?  
A. Cousins.                      B. Club members.              C. Schoolmates.

##### 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段材料，回答第6、7题。

6. What did the man dislike about the restaurant?  
A. The space.                      B. The staff.                      C. The dishes.
7. What will the woman probably do next weekend?  
A. Cook some fish dishes.    B. Celebrate her birthday.    C. Visit the restaurant.

听第7段材料，回答第8、9题。

8. What should be in the first section of the reflective journal?  
A. Personal study goals.  
B. Suggestions from others.  
C. Questions assigned by professors.
9. What will the woman do next?  
A. Create some slides.              B. Surf the Internet.              C. Meet Professor May.

听第 8 段材料，回答第 10 至 12 题。

10. What is probably the woman?  
A. A repair worker.            B. A construction manager.            C. A school official.
11. What changed the man's original plan?  
A. The schedule of exams.    B. The severity of the storm.            C. The extent of the damage.
12. What will be dealt with first?  
A. The fallen trees.            B. The damaged roof.                    C. The broken windows.

听第 9 段材料，回答第 13 至 16 题。

13. What does the woman do before starting the survey?  
A. She asks about the man's employer.  
B. She comments on some companies.  
C. She shares her shopping preferences.
14. What is the purpose of the man's survey?  
A. To sell food for children.  
B. To promote eco-friendly shopping.  
C. To reduce the cost of some products.
15. What kind of product packaging does the woman support?  
A. Luxurious.                    B. Bright.                                  C. Simple.
16. What is the woman's opinion on buying eco-friendly products?  
A. It's troublesome.            B. It's necessary.                        C. It's common.

听第 10 段材料，回答第 17 至 20 题。

17. Where is the speaker likely to be?  
A. In an art workshop.            B. In a bookstore.                        C. In a music classroom.
18. What did the speaker do after graduating from college?  
A. He published a book.            B. He worked as a collector.            C. He drew pictures for books.
19. What do potential clients expect artists to have?  
A. Printed works.                    B. Competition experience.            C. Modern artwork collections.
20. How can listeners prepare collections of their best artwork?  
A. By joining an art workshop.  
B. By showing artwork with text.  
C. By placing artwork on the website.

## 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）

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳答案。

### A

When daily chores and stress make life dull, there are always beautiful little joys and unique experiences to discover around us. Here, we've gathered some lovely finds for you, hoping you'll pause from the hustle and enjoy these wonderful moments that brighten life.

#### Copperwood Trail

Connecting humans and horses, Copperwood Trail offers a diverse range of experiences in Whitchurch-Stouffville. From country coffee in the company of horses and Equine Assisted Learning sessions, to introductory courses on horse behaviour and body language, it has something for everyone. This peaceful family farm is committed to providing a safe, quiet rural escape for all visitors eager for close contact with animals and nature.

### Four Seasons Hotel

To mark the arrival of summer, Four Seasons Hotel has opened its seasonal patio. With a new menu and annual mural installation, it shows respect for the French Riviera and Mediterranean coastline. The mural is created by Victoria Sequeira, who says, “I want to spark a visual journey for guests—one full of warmth, peace and a touch of Mediterranean magic.”

### River Cottage

Since its debut (首次亮相) on British television’s Channel 4 in 1999, River Cottage has had a positive influence on the country’s eating habits and the welfare of its animals and fish. It’s currently home to a cookery school, dining experiences and a calendar of events. The attractive property also offers accommodation in its farmhouse as well as fantastic views of the surrounding Axe Valley.

### Green Hill Gardens

Tucked away in the quiet countryside, the family-run Green Hill Gardens has a decades-long history. It offers gentle nature experiences like guided walks, flower tours, herb craft workshops and glasshouse afternoon tea. As a calm natural retreat, the garden follows eco-friendly practices to protect local wildlife, inviting visitors to slow down and enjoy nature’s simple beauty.

21. What is the purpose of this text?

- A. To introduce stress-relieving tips.
- B. To advertise popular attractions.
- C. To recommend pleasant getaways.
- D. To explore nature-friendly ways.

22. If you’re a mural lover, which will you choose?

- A. Copperwood Trail.
- B. Four Seasons Hotel.
- C. River Cottage.
- D. Green Hill Gardens.

23. What do Copperwood Trail and Green Hill Gardens have in common?

- A. They are managed by a family.
- B. They have eco-friendly practices.
- C. They focus on animal protection.
- D. They provide many craft activities.

### B

Victoria Rinsma, sous chef at Michelin-recognized Hexagon in Ontario, has earned her place among the world’s top 15 culinary (烹饪的) talents after winning last year’s Canadian title. Her signature dish “Across the Sea and Home Again” is both personal and distinctly Canadian. It blends traditional East Coast comfort food from her grandmother’s homemade recipes with contemporary techniques she has perfected in Hexagon kitchen. She considers the dish as the purest form of expression of her culinary journey.

Rinsma is trained by Hexagon’s executive chef Rafael Covarrubias, who won the 2019 Canadian title and represented Canada in Milan in 2021. He offers much more than just technical support; he also coaches her on mental resilience, arming her with all-round preparation for the contest. That sense of continuity of one generation of chefs lifting the next helps make Canadian cuisine globally renowned for diversity, regionality and innovation.

Now she will test her signature dish under the supervision of international judges in Milan for the S.Pellegrino Young Chef Academy Award 2024-25, a platform highlighting technical ability, creativity, sustainability and storytelling through food. For Rinsma, it’s a chance to bring Canadian ingredients and identity to a global audience.

In Milan, she will share the stage with fellow chefs from every corner of the world: chefs from Hong Kong, Panama, Slovenia, South Africa, the United States and the United Kingdom. Each will present a unique dish shaped by their own culture and training. Together, they represent the future of global food culture.

Rinsma’s plan for the future draws equally from memory and ambition. By weaving her grandmother’s beloved East Coast flavours into a dish refined for one of the world’s most demanding culinary competitions, she bridges past and present, home and away.





People favor humor, as it lights up daily moments, eases awkwardness and makes every interaction warm and enjoyable. This magic of humor doesn't just work in daily life; it also shines in the field of science, especially online. 36

Firstly, humor simplifies tough scientific knowledge. 37 For example, explaining AI in self-driving cars with a funny analogy about "machines learning like clumsy toddlers" makes abstract ideas easy for non-professional groups to understand. 38 Scientists sharing clever and humorous stories about laboratory experiments on social media often attract more interactions than dry academic posts. Additionally, humor humanizes scientists, as seen in popular science lectures where light-hearted jokes help audiences feel closer to researchers.

39 The hidden risks deserve our attention. If the content itself is untrue, humor can even replace facts, leading the audience to form wrong opinions about scientific knowledge just based on the amusing posts they see. Overusing sarcasm or negative humor also has the opposite effect, as it will quickly make scientists lose the public's trust and damage their credibility.

Proper humor use requires a balance between vivid expression and professional precision. It should neither overshadow the core scientific information nor be so shallow that it loses seriousness.

40 Scientists who master this balance can effectively narrow the divide with the public, making science more welcoming and popular.

- A. Overuse harms professionalism.
- B. It also boosts audience engagement effectively.
- C. It helps break the impression of scientists being cold and distant.
- D. A little humor can greatly enhance scientists' communication effect.
- E. Humor in scientific communication is a double-edged sword, though.
- F. It's a helper in making complex concepts understandable to ordinary people.
- G. It is believed humor needs to be used with great care in such communication.

## 第 II 卷

### 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，从短文后各题所给的 A、B、C、D 四个选项中，选出可以填入空白处的最佳选项。

Xia Yujie, owner of China's first accessible pub—Pub HandyCup, had his left hand disabled in a middle school medical accident. The experience gave him a unique 41 on disability and life, fueling his wish to build a(n) 42 social space. After studying law in China and the US on a scholarship, he noticed a 43: public places had basic accessible facilities, but the disabled lacked relaxing, barrier-free social spots.

This observation 44 his dream of a pub for all. After months of preparation, it 45 on Shanghai's Xinhua Road in May 2024. Every corner is 46 designed, with ramps, wide wheelchair passages, adjustable tables and dual-height bars for easy socializing.

Practical 47 fill the space: Braille (盲文) maps, rounded table corners and free hearing-aid batteries, all 48 the visually and hearing-impaired. The pub's name, a take on "handicap", is a meaningful 49 of breaking barriers with inclusion.

It has been a popular pub for all, including 38-year-old Fu Ming, a disabled business owner, 50 to promoting accessibility. As a loyal 51, he moves around the pub with ease in a wheelchair and shares Xia's 52 that accessibility means equal convenience for all.

Xia sees himself as a bridge between the disabled and able-bodied. The pub frees him from the seriousness of his legal work, letting him fully 53 his sense of wonder and creativity to run his business. To him, it's 54 just a business, but a warm space blurring 55 between people and making inclusion a daily reality.

- |                     |                  |                |                |
|---------------------|------------------|----------------|----------------|
| 41. A. comment      | B. perspective   | C. decision    | D. influence   |
| 42. A. cosy         | B. affordable    | C. inclusive   | D. functional  |
| 43. A. gap          | B. conflict      | C. fault       | D. dilemma     |
| 44. A. followed     | B. inspired      | C. realized    | D. recorded    |
| 45. A. floated      | B. boomed        | C. expanded    | D. opened      |
| 46. A. thoughtfully | B. randomly      | C. roughly     | D. beautifully |
| 47. A. warnings     | B. appliances    | C. details     | D. demands     |
| 48. A. attending to | B. providing for | C. siding with | D. relying on  |
| 49. A. tradition    | B. symbol        | C. dimension   | D. pattern     |
| 50. A. addicted     | B. accustomed    | C. exposed     | D. dedicated   |
| 51. A. participant  | B. colleague     | C. tourist     | D. regular     |
| 52. A. vision       | B. promise       | C. memory      | D. experience  |
| 53. A. hide         | B. ignore        | C. embrace     | D. achieve     |
| 54. A. more like    | B. far from      | C. along with  | D. other than  |
| 55. A. boundaries   | B. similarities  | C. friendships | D. connections |

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 January 2026, a short video from a documentary *Return to the Wolves* sparked intense debate on Chinese social media, pushing the 16-year-old story of “Green” back into the spotlight. It aroused deep emotions and fresh curiosity 56 (national).

At the heart of this phenomenon is the special bond between artist Li Weiyi and the wolf Green she rescued in 2010 on the Ruo'ergai grasslands, a weak newborn cub 57 mother was killed by poachers' poisoned bait. She brought him to Chengdu, but his wild nature conflicted 58 urban life as he grew. So Li decided out of love to return him to the wild, a decision 59 (root) in respect rather than possession.

For seven harsh months, Li lived with Green on the grasslands, teaching him skills to survive in the wild. The bond reached a bittersweet climax when he was accepted into 60 wild pack. Years later, according to 61 (account) from local herders, Green, now a pack leader, was seen 62 (return) the red ribbon Li used to bandage his cub's injured paw.

This story reflects people's desire for authentic relationships 63 China's growing ecological consciousness. With stronger legal protection, local wolf populations 64 (recover) well at present. Green's howl, once a cry for 65 (survive), now calls for coexistence, reminding us true compassion lies in respecting nature's freedom and building harmony between humanity and wilderness.

#### 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，你班的交换生 Peter 打算邀请其他班的交换生一起聚餐，他写信向你询问合适的餐厅。请给他写一封回信，内容包括：

1. 你的推荐；
2. 说明理由。

- 注意：1. 词数 80 左右；  
2. 可适当增加细节，以使行文连贯。

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。

Grandma's old wooden mailbox, with a chipped blue coat (涂料层) and a slightly rusted hinge (铰链), had stood at the quiet corner of the community for 20 years. It was not just a simple mailbox, but a warm bond with the nearby three families. Every early morning, when the first ray of sunlight spilled over the roof, Grandma would put on her shoes, hold a small bamboo basket, and walk slowly to the corner with her slightly bent back.

She would carefully collect her own letters and the daily newspapers for the elderly neighbors next door—Mr. Smith who suffered from leg pain and Ms. Brown who lived alone, both of whom could barely walk downstairs. Those newspapers were their main way to learn about the outside world, and Grandma's small act of kindness had quietly lasted for years, warming the whole neighborhood.

On a holiday afternoon, Tom, a college student majoring in architecture, came to visit Grandma as usual. When he turned the corner, he was shocked to find the mailbox lying on the ground, its wooden body split into several pieces. He glanced around instinctively and saw a man walking a large dog in the distance. There was a crumpled note stuck on the wall beside it, which read, "Sorry, my dog knocked your mailbox over accidentally. I'll come to fix it later."

Seeing the broken mailbox and scattered wood pieces, Grandma sighed softly, her eyes filled with worry. She squatted down gently, stroked the worn wood with her rough hands, and murmured in a low voice, "What shall I do now?" Tom knew the elderly neighbors were heavily dependent on the newspapers. Without the mailbox, how could they get the news on time? What if the dog owner broke his promise and couldn't fix the mailbox today? Watching Grandma's helpless expression, he felt a strong desire in his heart.

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。

**Paragraph 1:** *Considering the mailbox too old, Tom decided to build a new one.* \_\_\_\_\_

**Paragraph 2:** *When all the preparations were done, the dog owner arrived.* \_\_\_\_\_

命题：象山中学 林嫦仙 林嫣妮  
审题：宁波中学 杨璇  
奉化中学 吕芳