

500g skinless chicken legs	Moderate Olive oil 150 g onions 2 cloves of garlic 2 celery stalks	500 ml chicken soup 150 g garden peas 200 g sugar snap peas 100 g asparagus tips	100 g natural yogurt 1 lemon, juiced 10 g finely chopped mint 10 g finely chopped basil
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Method

- Season the skinless chicken.
- Heat moderate olive oil in a pan, fry the chicken until brown on both sides and then set aside on a separate plate.
- Now add the onion, garlic, and celery to the pan and stir-fry for a few minutes until soft.
- Return the chicken to the pan, add the chicken soup and cook gently for around 20 minutes, until the chicken is done.
- Then add the peas, sugar snaps, and asparagus. Cook for 5 minutes until the vegetables are just tender. Stir in the yogurt.
- Just before serving, add the lemon juice, mint, and basil. Adding the lemon too early may discolour the vegetables.

Tip for leftovers

Add a little cornflour to thicken the sauce, and then serve on top of pasta, or alongside rice.

21. Which can best describe the dish?

- A. Mind-blowing. B. Eye-catching. C. Memory-enhancing. D. Mood-boosting.

22. Which ingredient is used the most in this recipe?

- A. Peas. B. Yogurt. C. Chicken. D. Onion.

23. Why is lemon juice added just before serving?

- A. To lock in the vegetables' color. B. To ensure the chicken's freshness.
C. To help the soup take in the flavor. D. To prevent the yogurt from separating.

B

Till last year, I couldn't remember the last time I'd done a jigsaw puzzle. It must have been at least 20 years ago. As far as I was concerned, puzzles were for kids. There were always other more exciting, interesting and productive things to do — or so I thought.

While at home on a rainy autumn afternoon, however, I chanced on a jigsaw puzzle that had been lying untouched since my husband and I were given it a few years ago. I'm not sure what came over me — perhaps it was because my husband was watching a film that didn't particularly interest me — but I decided to give it a go.

The 1,000-piece puzzle took me a couple of weeks to complete. I would spend from five minutes to two hours on it at a time, depending on how busy I was. Strangely, there's something so satisfying about finding the right piece for a space, joining up sections, getting closer to finishing a picture. Every time I successfully place a piece, I get a little rush and feel a sense of achievement. It's **a dopamine hit**, but not one I usually get from just scrolling (刷屏) stream media. I soon became addicted to it.

Meanwhile, I've found an unexpected bonus: the slightly physical aspect of it, leaning over the pieces and picking different ones up, means I can't be on my phone at the same time. I especially love that doing a puzzle doesn't involve a screen in any capacity since so many aspects of my life almost can't go without my computer, my phone or the television — even following a workout app in the gym or listening to a podcast on a walk.

And I've come to realize puzzling is not just for kids after all. Perhaps it was the very piece that I had failed to notice in my life all along.

30. What living philosophy is embodied in Tiny House Shadow?
A. Idealism. B. Minimalism. C. Materialism. D. Optimism.
31. What is Kuitinen's expectation of Tiny House Shadow?
A. Serving as a building model. B. Entering the market quickly.
C. Attracting sufficient funding. D. Winning prizes at building fairs.

D

“Humans have around 20,000 protein-coding genes, but little is known about how those protein molecules (分子) organize and interact.” says Trey Ideker, a professor of medicine at the University of California San Diego. Without that knowledge, trying to study and treat disease is “like trying to understand how to fix your car without the repair guide”.

In an April 2025 study in *Nature*, Ideker and his team presented their latest attempt to fill this information gap: a map of a human cell, showing the locations of more than 5,000 proteins organized into 275 smaller and smaller structures. The map goes far beyond the simplified diagrams you may recall from high school biology class.

The team achieved this level of detail by taking a “multimodal” approach. First, to figure out which proteins interact inside our cells, the researchers lined a tube with a particular protein, called the “bait (诱饵)” protein. Then, they poured a blended mixture of other proteins through the tube to see which ones would stick together, showing an interaction. Next, to locate these proteins precisely, they lit up individual molecules inside a cell using glowing antibodies. These antibodies stick to specific substances. Once the antibodies found their target, the lighted protein was visualized under a microscope and placed on the map.

There are many human cell types, and the one Ideker's team chose to map is called the U2OS cell. It is commonly associated with childhood bone cancer. Indeed, the researchers identified more than 100 new mutated (突变) proteins that are linked to childhood cancer, helping reveal how the disease develops. Better yet, they located those proteins within the cell. Typically, cancer research is focused on individual mutations, but by placing them in context, the map provides a look at the larger structures that individual mutations affect.

“The U2OS cell took more than three years to chart, but technology and methodological improvements could speed up the mapping of other cells in the future,” Ideker adds. “Our goal is ‘to really scale it up’ and reveal the subcellular architecture beneath all sorts of diseases.”

32. What is stressed by using the metaphor in paragraph 1?
A. The diversity of genes. B. The severity of disease.
C. The necessity of car maintenance. D. The significance of cell mapping.
33. What is the function of the glowing antibodies in the study?
A. Making the tube easily visible.
B. Breaking down unwanted proteins.
C. Identifying the location of the proteins.
D. Speeding up the interaction of the proteins.
34. What sets Ideker's research apart from traditional cancer research?
A. It names a new cell U2OS. B. It prioritizes new mutated proteins.
C. It centers on individual cells. D. It contextualizes mutations within cells.
35. What is Ideker's attitude towards the future research?
A. Cautious. B. Optimistic.
C. Unconcerned. D. Doubtful.

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能填入空白处的最佳选项。选项中有两项为多余选项。

When I sat in the sun one afternoon, it was noisy outside. The industrious buzz of bees in cherry flowers was annoying, accompanied by “back off” warning chirps from blackbirds nesting in the tree. ___36___ A mini-digger was tearing apart the neighboring garden, sending out a deep, continuous roar.

They started with the hedge (树篱) — I thought that was all they were going to do, because it happened around here a lot. ___37___ The first was proudly pointed out to me by the owner; the second I only saw in the aftermath. But this time they had bigger plans. When the hedge was out, they kept clearing away bushes, plants and trees. ___38___

Aren't we supposed to be a nation of garden lovers? It doesn't feel like it. ___39___ Paved (铺砌的) driveways have covered what were plots of wild vegetation. And it's happening almost everywhere. People have their reasons and it's none of my bleeding-heart business, but I just can't stop feeling worried.

I know people are busy and gardening may feel burdensome. But for anyone who has a corner of outside space, if they can't do something, at least they can do nothing. Nothing might be the best thing of all, actually, as long as they don't destroy it. ___40___ Wild grass and flowers feed insects and birds; insects lay eggs in plants; birds line nests in trees... Over time, the negative space where people don't garden can be precisely where the ordinary magic of life happens.

- A. Gardens can evolve in their own way.
- B. There was another noise too, though.
- C. Gardens are almost as diverse as a rainforest.
- D. I couldn't remember exactly the similar happenings.
- E. It was the third case I had spotted in a matter of weeks.
- F. By evening, what had once been a garden was no more.
- G. Every year, a handful of front gardens get concreted over here.

第三部分 语言知识运用（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 和 D 四个选项中，选出可以填入空白处的最佳选项。

It seems a common occurrence. When a player on the opposing team makes a ___41___ on a big play, the reaction for many sports fans is joy. But not every sports fan.

With a minute and a half left in an NFL (National Football League) playoff game last season, the Baltimore Ravens had ___42___ a touchdown to close their deficit (分差) to the Buffalo Bills, bringing the game to 25-27. A 2-point try would ___43___ the game.

The Ravens quarterback, Lamar Jackson, ___44___ the ball to tight end Mark Andrews, who was at the goal line. He caught it... but he dropped it. To be ___45___, he seemed to slip as the ball reached him on the snowy field. The whole season essentially ___46___ this play. And now Andrews blew it and their season was ___47___.

But two Bills fans felt ___48___, even amid their victory.

Andrews has T1D (Type 1 diabetes) and pricked (刺) his finger several times a game to ___49___ his blood sugar. The two Bills fans decided to start a charitable ___50___ on their Instagram page to raise money for Breakthrough T1D, an organization Andrews has supported. “In sports, there's something ___51___ than the game,” says one of them.

Their effort has raised more than \$146,000. ___52___, donations were mostly from Bills fans, but as ___53___ spread, fans of the Ravens and other NFL teams joined in. “I've been feeling ___54___ for letting my team, coach and fans down. What they do really ___55___ the softest part of my heart,” says Andrews.

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|--------------------|----------------|-----------------|----------------|
| 41. A. change | B. comment | C. breakthrough | D. mistake |
| 42. A. scored | B. avoided | C. expected | D. witnessed |
| 43. A. miss | B. ruin | C. tie | D. win |
| 44. A. blocked | B. threw | C. fetched | D. followed |
| 45. A. formal | B. brief | C. sure | D. fair |
| 46. A. made up for | B. gave way to | C. came down to | D. put up with |
| 47. A. over | B. near | C. tight | D. special |
| 48. A. relief | B. shame | C. fear | D. sympathy |
| 49. A. control | B. check | C. cure | D. identify |
| 50. A. survey | B. show | C. drive | D. training |
| 51. A. smarter | B. easier | C. newer | D. bigger |
| 52. A. Initially | B. Naturally | C. Generally | D. Luckily |
| 53. A. hope | B. word | C. fire | D. virus |
| 54. A. puzzled | B. tired | C. awful | D. sick |
| 55. A. touches | B. protects | C. breaks | D. exposes |

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。

“Becoming Chinese”, a viral trend, has taken hold on social media platforms. ___56___ past crazes for foreign symbols, this phenomenon centers on adopting lifestyle habits ___57___ (root) in traditional Chinese wisdom, reflecting a deeper, more participatory engagement with Chinese culture. Started by a Chinese-American TikTokker Sherry Xliruli, ___58___ video attracted 1.4 million views, the trend sees netizens worldwide playfully embracing routines like wearing house slippers, drinking hot water, practicing Ba Duan Jin exercises, and prioritizing wellness.

At its core, this transformation in cultural recognition signifies that, in a ___59___ (rapid) changing world, the Chinese way of life offers a ___60___ (solve) characterized by order, inclusiveness, and inner stability. The wisdom contained within it, such as harmony between heaven and humanity and the balance of *yin* and *yang*, ___61___ (provide) a buffer (缓冲) for today’s “burnout society”.

Inarguably, digital technology has become ___62___ booster for cultural exchange, with short-video platforms breaking down the geographical barriers of cultural transmission and ___63___ (allow) the daily habits of Chinese life to be presented vividly.

The “Becoming Chinese” trend marks a shift in China’s international cultural influence from “going out” to “going deep in”. When every ordinary day ___64___ (see) and recognized, the attraction of “Chineseness” goes beyond simple ___65___ (symbol) copying or identity labels, evolving into a more inclusive global cultural phenomenon.

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，最近你校举办了“地方戏剧进校园”主题活动，请给校英文报投稿，内容包括：

- (1) 活动介绍；
- (2) 个人感悟。

注意：微信公众号 IAI English

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

When Local Opera Meets the Young

第二节 (满分 25 分) 微信公众号 IAI English

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。

The early morning sun streamed through the high windows of the gymnasium. Mum's medals and trophies from years past lined the walls. I remembered how she used to let me wear them when I was little, telling me stories about her journey to the glory.

As usual, I watched Mum coach her gymnastics class. So gracefully did she move around the gymnasium that it was not hard to believe she had once been an outstanding gymnast. But something seemed different. "One more time, girls!" she called out, demonstrating a simple cartwheel (侧手翻). As she landed, she stumbled (踉跄) slightly and forced a smile. I saw how she was attempting to put less weight on her right ankle. The students did not notice it, but I did. It was the same ankle that had carried her through countless routines, but now seemed to be failing her.

My mind wandered back to when I was six, afraid to even do a forward roll. The gymnasium had seemed enormous then. Mum would spot me, her hands ready to catch me if I fell. When I had crashed during my first competition on the balance beam, she had been at the edge of the mat, encouraging me to continue. The memory was still vivid — the hushed audience, and my trembling legs as I stood up again. Pride in her eyes, she whispered then, "Every great gymnast falls, Sophie, but only the best ones get back up."

Now, watching her massage (按摩) her ankle between demonstrations, I understood why she had been doing more coaching and less demonstrating lately. Her body was not responding the way it used to.

"Coach Chen," one of the younger students called out, her ponytail bouncing with excitement, "Can you show us the cartwheel again?" A flash of pain crossed her face, so brief that only someone who knew her well would notice. She hesitated, and in that moment, I knew — she couldn't do it.

注意: 微信公众号 IAI English

- (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: "Let me show you how," I offered, moving to the center. _____

Paragraph 2: After class, I took Mum to the nearby clinic. _____