

浙江省新阵地教育联盟 2027 届高三第一次学情诊断

英语试题卷

命题：湖州二中 王婷婷、徐佳敏 审题：淳安中学 徐红林 宁波中学 徐依依 校稿：殷沈华、蔡马英

第 I 卷

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纸上。

第一节：（共 5 小题；每小题 1.5 分，满分 7.5 分）

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。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。每段对话仅读两遍。

1. What was Andrew disappointed about in Paris?
A. City views. B. Transportation. C. Tourists.
2. How much did Mike pay for repairs?
A. \$200. B. \$400. C. \$600.
3. Where are the two speakers probably?
A. In a cinema. B. In a café. C. At a bakery.
4. What is the woman likely to do next?
A. Check emails. B. Go to a wedding. C. Talk on the phone.
5. What are the speakers mainly talking about?
A. Major choice. B. Scholarship. C. High-school subjects.

第二节：（共 15 小题；每小题 1.5 分，满分 22.5 分）

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 三个选项中选出最佳选项。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. Where will Sam go on Saturday?
A. To Royal Curry Cafe. B. To the British Museum. C. To Saffron House.
7. When does the conversation probably take place?
A. At 8:00 p.m. B. At 7:00 p.m. C. At 5:00 p.m.

听第 7 段材料，回答第 8 至 10 题。

8. Where does the man plan to get *yuanxiao*?
A. From his company. B. From the supermarket. C. From the Internet.
9. What kind of *yuanxiao* does the man's daughter enjoy most?
A. The one with strawberry jam. B. The one with peanut butter. C. The one with blueberry jam.
10. What does the man mainly talk about at last?
A. Ways to cook *yuanxiao*.
B. Methods of making *yuanxiao*.
C. Reasons behind eating *yuanxiao*.

听第 8 段材料，回答第 11 至 13 题。

11. What does David think of the Art Club?
A. Cost-effective. B. Beginner-friendly. C. Creativity-boosting.

12. What decision does David make for this term?
A. To buy a new camera. B. To join the Art Club. C. To try the Photography Club.
13. What might be the relationship between the speakers?
A. Relatives. B. Coworkers. C. Schoolmates.

听第 9 段材料，回答第 14 至 16 题。

14. What is the date today?
A. July 7th. B. July 8th. C. July 9th.
15. Why does the woman offer a discount?
A. To promote the seasonal sales.
B. To apologize for the booking error.
C. To reward the man as a regular guest.
16. What service does the man request?
A. A room upgrade. B. In-room breakfast. C. A morning call service.

听第 10 段材料，回答第 17 至 20 题。

17. What is the speaker doing?
A. Hosting a radio program. B. Delivering a lecture. C. Giving a report.
18. Why did the scientists do the three-day experiment?
A. To find out how music brings back memories.
B. To test whether music affects emotions in memory.
C. To prove that music can make people think positively.
19. What did the participants do on the third day?
A. They recalled the stories without listening to any music.
B. They recalled the stories while listening to positive music.
C. They recalled the stories while listening to negative music.
20. What does the speaker think of the results?
A. Surprising. B. Worrying. C. Disappointing.

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

Summer Student Jobs at Ontario Parks

Calling all students! Looking for your next summer job? Ontario Parks offers various student-oriented paid positions for the 2026 summer season. You can spend your summer protecting natural landscapes, serving park visitors, and gaining valuable practical work experience.

Application requirements

You should be studying in secondary or post-secondary school for the current term or the coming fall semester. Graduates who finished school within the past six months are also welcome. Applicants must be at least 16 years old on their first working day, and some special roles require an age of 18 or above. Besides, you need legal permission to work in Canada.

Available positions

Park Visitor Assistant: You will work indoors at visitor centres, offering maps and answering visitors' questions. Good communication skills are required.

Outdoor Maintenance Helper: You will take part in trail repairing and beach cleaning outdoors. You are expected to enjoy outdoor work.

Program Assistant: You will organize nature-themed educational activities for kids and family visitors.

Wildlife Observation Guide: You will lead small groups on nature walks, helping visitors identify local birds, plants, and animal tracks.

Program details

Working period runs from mid-June to late August, about 8-10 weeks. You will work 35-40 hours per week. When filling in forms, you may state your preferred park locations. Applications open on Jan 19, 2026 and are reviewed on a first-come, first-served basis. Complete the online form on the official website. Only candidates for interviews will receive further notice. Start your registration [here](#) and make your summer count!

21. Which of the following is needed for application?
- A. Student scholarship. B. Legal working permission.
C. Graduate certificate. D. Previous working experience.
22. Which position might appeal to environmentalist most?
- A. Park Visitor Assistant. B. Outdoor Maintenance Helper.
C. Program Assistant. D. Wildlife Observation Guide.
23. Where is the passage probably taken from?
- A. A park guide. B. An Employee Handbook.
C. A park website. D. A Recruitment Brochure.

B

At 23, fresh out of college, I felt terribly insecure in any group discussion. My opinions were frequently dismissed, so I resolved to rebuild myself. I picked up a copy of the *New York Times* every morning, hoping to absorb enough insight to sound intelligent. The first week was overwhelming—long articles on economic policy, climate change, and international affairs left me dizzy. I nearly gave up, but a persistent inner voice challenged me: if I couldn't even digest the daily news, how could I survive the real world?

Determined, I persisted, and slowly the fog lifted. I started recording short video clips to summarize my daily reading, treating them as personal learning diaries. Surprisingly, these rough and unedited videos gained unexpected popularity. Viewers wrote that my honest confusion and raw reactions made the heavy news more approachable. That moment was transformative—I realized that sharing my learning process, rather than faking expertise, created genuine connections with strangers who felt the same struggle.

As my followers increased, I began to think about the deeper meaning behind this appeal. In an age dominated by polished social media stars, my imperfect presentations stood out because they were real. People long for authenticity, not performance. By openly admitting what I didn't understand, I built a small community where questions were celebrated and curiosity awakened. This insight reshaped my understanding of confidence: it is not about knowing all the answers, but about having the bravery to explore uncertainties aloud with others.

Now, reading the *Times* is more than a daily habit—it is my intellectual foundation. It has sharpened my critical thinking, enriched my vocabulary, and broadened my worldview. Meanwhile, it has given me a unique voice in conversations. I no longer avoid challenging topics; instead, I engage with modesty and clarity. The newspaper, once a source of anxiety, has become a faithful companion on my journey of growth. Ultimately, I've learned that every person, regardless of age, holds valuable perspectives worth sharing—if only they dare to speak up.

24. Why did the author turn to the *New York Times*?
- A. To pull herself together. B. To be a writer.
C. To survive the real world. D. To record short videos.
25. What made the author's videos popular?
- A. Genuine sincerity. B. Personal values. C. Perfect presentation. D. Editing expertise.
26. Which of the following might the author do next?
- A. Avoid challenging topics. B. Appreciate others' perspectives.
C. Abandon the habit of reading. D. Advocate recording short videos.
27. Which of the following words can best describe the author?
- A. Accomplished and proud. B. Caring and persistent.

C. Ambitious and optimistic.

D. Modest and reflective.

C

Protein-rich products from cereal to coffee are all over supermarket shelves, but mounting evidence in nonhuman animals suggests that cutting back on our intake could slow ageing and extend lifespan. According to the latest review of the evidence, “increasing protein in diets, beyond what’s needed, for sedentary (久坐的) individuals or animals leads to metabolic (新陈代谢的) issues and can lead to shorter lifespan”, says Dudley Lamming at the University of Wisconsin-Madison.

Lamming and his colleague Bailey Knopf reviewed more than 300 studies, mostly in sedentary mice and rats, which explored how restricting protein intake to the minimum needed for health affects ageing and lifespan. In these studies, the rodents (啮齿动物) generally either ate the US recommended minimum amount—0.8 grams of protein per kilogram of body weight, or roughly twice about that.

In one notable study, rats that ate around the minimum protein intake lived for nearly 120 days, more than 50 percent longer than those that ate about double that. Lamming suggests this may be because protein restriction increases levels of the hormone FGF21. In rodents, this hormone acts on the brain, fat tissue and the liver to improve blood sugar levels and reduce the number of aging cells. These cells, which accumulate with age, have stopped dividing and cause long-term damage. Restricting protein intake has also been shown to suppress the activity of a protein called mTORC1 in mice. While mTORC1 ordinarily stimulates cell growth, reducing its activity boosts cellular repair.

All this suggests that the recent trend to increase our protein intake is probably fine among people who exercise regularly, because they may need more protein to repair muscle damage, but eating more than is needed could be harmful. Beyond building muscle and preventing illness, there is mixed evidence on whether a higher protein intake helps with ageing. Donald Layman at the University of Illinois Urbana-Champaign points out that protein metabolism in humans might be a different story. Protein restriction, therefore, may affect mTORC1 pathways differently between the different species, he says.

28. What can we infer from the first two paragraphs?

- A. High-protein diets are generally beneficial for most people.
- B. The US recommended minimum of protein needs to be doubled.
- C. Excess protein intake may be harmful to those physically inactive.
- D. Mounting human studies have been conducted about protein intake.

29. What is paragraph 3 mainly about?

- A. Risk analysis.
- B. Research findings.
- C. Theoretical basis.
- D. Supporting techniques.

30. What is Donald Layman’s attitude towards the latest review?

- A. Approving.
- B. Cautious.
- C. Unconcerned.
- D. Opposed.

31. Which of the following can be the best title of the passage?

- A. Protein Intake: A Threat to Ageing
- B. Protein Intake: Vital in Physical Health
- C. Protein Restriction: A Sure Way to Longevity
- D. Protein Restriction: Promising in Long Lifespan

D

A powerful AI has recently made headlines after its existence was unintentionally revealed to have the ability to hack computers without punishment. Created by Anthropic, an AI giant, Mythos can identify cybersecurity (网络安全) flaws in seconds, leaving operating systems and software vulnerable to hackers (黑客). Anthropic claims that, if asked, Mythos can discover vulnerabilities in any software.

However, under a program called Project Glasswing, Anthropic has decided to make it available to a selected group of tech and finance giants—including Amazon, Apple, Google, and Microsoft—so that they can detect any bugs in their own systems before someone else does. Meanwhile, members of a private online forum have also managed to gain access to the trial. Kevin Curran at Ulster University, UK, notes

that the potential capabilities of Mythos have triggered alarm across the security industry, although researchers remain divided on how serious the threat actually was.

Nevertheless, it seems that it isn't time to panic yet. Bobby Holley at Firefox, one of the organizations given access to Mythos, wrote in a blog post that the model helped his team find 271 vulnerabilities in the company's web browser, yet that none was so remarkably complex that a human analyst couldn't have found. The UK's AI Security Institute (AISI) has also investigated Mythos. In tests, it was found to be capable of attacking only small, weakly defended and vulnerable enterprise systems. No evidence was found that genuinely secure software or networks would be at risk. Still, the institute cautioned that such models are improving fast.

Alan Woodward at the University of Surrey, UK, has a practical view—Mythos is not necessarily capable of finding vulnerabilities that a human wouldn't, but it's just so much faster, thorough and relentless. Hence, it's finding vulnerabilities that humans have missed. In essence, "AI is making—and will continue to make—both hacking and defending from hackers easier", he explains, "but those who ignore the technology will find themselves at a big disadvantage."

32. What do we know about Mythos?

- A. It went public accidentally.
- B. It is available to netizens globally.
- C. It has brought more profits than expected.
- D. It has made headlines for its vulnerabilities.

33. What does Project Glasswing aim to do?

- A. Promote Mythos.
- B. Ease the panic over Mythos.
- C. Test Mythos' capability.
- D. Help identify software bugs.

34. What can be inferred from paragraph 3?

- A. Mythos is no match for human experts.
- B. Mythos is no better than previous models.
- C. Panic over Mythos might be overestimated.
- D. Improvements of Mythos is needed for security.

35. Which of the following might Alan Woodward agree with?

- A. Mythos will replace human experts.
- B. Mythos is more reliable than human experts.
- C. Mythos' high-efficiency make it a valuable tool.
- D. Mythos puts humans at an independent disadvantage.

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。

Ever wish you'd left the house earlier or said something different in an argument? We all have regrets, big and small. 36. No more dwelling over what we did or didn't do. The new goal is to learn to accept ourselves just as we are.

37

Regrets are a common experience and the sorrow over regrets can run deep and intense. The key is to acknowledge their existence and then learn how to manage them. Take back control by giving yourself permission to acknowledge that the regret exists, and step away from the emotional impact you are feeding it with.

Accept the Past

Inflexible thinking can trap us in a cycle of regretting past decisions. Try switching the negative conversations in our heads to productive ones. Instead of "I should have done that", try asking the harder questions, "I wonder why I did/didn't do that?" 38.

Learn from Regrets

39. Practise mindful strategies like counting to ten before reacting in triggering situations. Be aware of the impact of your words. Focus on things you can control, like starting a spending diary.

Let Yourself off the Hook

It's never too late to step away from negative thought patterns. Focus on living purposefully rather

than perfectly. 40. The release you feel will give you more time and space to focus on things that bring you happiness, joy and self-love.

- A. Leave behind regrets.
- B. Acknowledge regrets.
- C. Let go of things that hurt you or make you question your worth.
- D. The good news is that we can give ourselves permission to have them.
- E. Regrets can turn into the experiences that help you unfold your potential.
- F. The answers will help you to accept your past self and open the door to repair.
- G. Pushing aside negative feelings might seem easier, but it usually makes things worse.

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。

Years ago, I left a worn-out paperback novel in a neighborhood Little Free Library before moving out of state. That book had accompanied me through college; its pages were marked with my private 41 and faint coffee stains. I never expected to 42 it again, and gradually it faded from my memory amid the chaos of relocation and new routines.

Last spring, visiting my old neighborhood, I wandered toward the wooden box on the street corner out of simple 43. To my astonishment, that very volume sat on the shelf. My heart 44 as I picked it up. A handwritten note was stuck inside its cover. A stranger had found the book, read it, and recognized my former name inside. 45 keeping it or passing it along, he had chosen to place it back, hoping its original owner might someday 46.

I stood on the sidewalk, absorbed in 47 emotions: surprise, grief over bygone days, and quiet admiration for a stranger's thoughtful gesture. I had regarded the book as 48 lost, yet an unknown person respected its personal value rather than treating it as ordinary 49. It struck me that small-scale kindness seldom gains public attention, yet it can 50 wounds that time has failed to heal.

I considered hunting down the stranger to express my 51, but the note contained no contact information. I could 52 honor his spirit by returning the book back for others to enjoy. What began as a casual act of book-sharing had turned into a powerful 53: objects carry not only words but invisible human 54, which can cross time and distance to reconnect us to parts of ourselves we thought we had 55.

- | | | | |
|--------------------|-----------------|----------------|---------------|
| 41. A. secrets | B. notes | C. doubts | D. dreams |
| 42. A. recognize | B. revise | C. revisit | D. return |
| 43. A. curiosity | B. sympathy | C. gratitude | D. relief |
| 44. A. broke | B. sank | C. raced | D. melted |
| 45. A. Apart from | B. As for | C. Due to | D. Instead of |
| 46. A. show up | B. break in | C. move on | D. look back |
| 47. A. pure | B. mixed | C. deep | D. painful |
| 48. A. temporarily | B. frequently | C. permanently | D. suddenly |
| 49. A. treasure | B. reward | C. gift | D. trash |
| 50. A. expose | B. assess | C. ease | D. identify |
| 51. A. anxiety | B. appreciation | C. expectation | D. approval |
| 52. A. simply | B. hardly | C. partly | D. slightly |
| 53. A. warning | B. lesson | C. comment | D. success |
| 54. A. sympathy | B. wisdom | C. connection | D. ambition |
| 55. A. saved | B. valued | C. abandoned | D. missed |

第Ⅱ卷

注意：将答案写在答题纸上，写在本试卷上无效。

第三部分：语言运用（共两节，满分 30 分）

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。

If you ask Generation Z—those born after 1995 and in the 2000s 56 the current fashion craze in China is, “new Chinese style” will likely be the answer. After gaining immense 57 (popular) during this Spring Festival, the blend of traditional Chinese aesthetics and modern style continues to charm 58 (heart) during spring and summer, becoming a buzzword in the domestic consumer market.

New Chinese-style clothing is typically defined as integrating traditional Chinese elements with contemporary designs. It not only involves traditional aesthetics and cultural heritage but also mixes materials, techniques and technologies 59 (stem) from modern science.

E-commerce data shows that since the first quarter of this year, orders for products of “new Chinese style” 60 (increase) by 700 percent compared to the same period last year. This trend is not just a passing fashion, 61 a profound expression of cultural confidence among young Chinese. It shows how the young generation is reinterpreting and inheriting traditional culture in 62 modern, creative way.

New Chinese style is not 63 (mere) about clothing; it extends to accessories and even lifestyle choices, reflecting a growing desire 64 cultural identity and aesthetic expression. Designers are increasingly incorporating traditional elements such as pan buttons, mandarin collars, and mamian skirts into modern designs, making new Chinese style more 65 (access) and practical for daily wear. From Li Ning to Louis Vuitton, from Haining to Caoxian, new Chinese style is connecting the globe, driving the two-way prosperity of design and industry.

第四部分：写作（共两节，满分 40 分）

第一节：（满分 15 分）

如果你是李华，发现学校学生点外卖现象泛滥，请你针对此现象给学校英文报社投稿，内容包括：

1. 陈述看法；
2. 提出建议。

注意：

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。

Takeout Food at School: A Booming Issue

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。

“You’re all that I need...” A soft, melodic tune drifted from the bathroom, mixed with the sound of running water. Arav and Anaya, who were busy building blocks in the living room, froze for a second. They exchanged a puzzled look, then burst out laughing and started wiggling to the rhythm.

“Is Papa really singing that modern song?” asked seven-year-old Anaya, her big eyes wide with disbelief.

“Looks like our dad has finally upgraded his playlist!” grinned ten-year-old Arav.

This was a home where laughter never ran out. Arav was a curious boy—sometimes responsible like a little adult, sometimes mischievous (淘气的) enough to drive his mother crazy. Anaya, sweet as candy, was always bubbling with wild ideas. Sunlight poured through the floor-to-ceiling windows and family photos on the wall seemed to smile along.

As Papa came out, Anaya dashed over like a tiny rocket and hugged his leg. “Papa, you should have been a professional singer!” she declared.

Papa bent down, pinched her cheek, and gave a shy, gentle smile.

Just then, Mummy walked in from the kitchen with a plate of fruit. “Well, your father wasn’t just any singer—he was the star vocalist of the college band! Every campus festival ended with his solo performance,” she said, her eyes sparkling.

“Wow!” Arav’s eyes lit up. “Then you should join the community singing competition next month. You’d win for sure!”

Papa waved his hand, his tone light but with a faint trace of gloom. “Oh, son, that’s ancient history. Now it’s time for work.” He chuckled and got dressed.

Once Papa left for the office, the two children immediately surrounded Mummy, begging for more stories. Mummy told them how Papa once formed a band, wrote love songs, and even dreamed of a music career—but gradually set aside his microphone to support the family. Arav and Anaya listened, fascinated. A secret plan began to grow in their little hearts.

That night, tucked under their blankets, they whispered excitedly. “We have to make Papa sing again!” Arav said.

“But how?” Anaya asked.

注意：

1. 续写词数应为 150 左右；
2. 请按如下格式在答题纸的相应位置作答。

A few minutes later, Anaya sat upright suddenly, “I’ve got it!” _____

Finally, the day of the community singing competition came. _____