

本试卷共 10 页，100 分。考试时长 90 分钟。考生务必将答案答在答题纸上，在试卷上作答无效。考试结束后，将本试卷和答题纸一并交回。

英

第一部分：知识运用（共两节，30分）

第一节（共 10 小题；每小题 1.5 分，共 15 分）

阅读下面短文，掌握其大意，从每题所给的 A、B、C、D 四个选项中，选出最佳选项，并在答题纸上将该项涂黑。

We've all heard the saying "Laughter is the best medicine". And there might be something in this idiom. Numerous studies have shown that people who report greater 1 tend to have better medical outcomes.

For instance, a 2017 study at the University of Nottingham tested the effect of mood on 138 retirees 2 the normal flu injection. Those who felt happy on the day of the vaccination went on to 3 more flu-fighting antibodies. Earlier work at Yale University and the University of Florida has also shown that people's mood affects the activation of genes that fight disease.

But does happiness lead to good 4, or is it the other way around? After all, it could be that people who have strong immune systems 5 have higher levels of other mood-improving brain chemicals as well.

Here is a possible evolutionary 6. Humans evolved as social creatures that cooperate in groups to 7 food and protect themselves from wild animals. We were happier with a(n) 8 network of friends and family because this improved our chances of survival. But closely socializing groups are also breeding grounds for respiratory (呼吸的) 9 such as flu and colds, so we would have needed to increase the activity of the genes that fight these diseases.

For those who were 10 from society, however, infectious disease was less of a problem, and genes that help recover from physical injury may have been prioritized instead of the ones that fight disease.

- | | | | |
|----------------|---------------|--------------|------------------|
| 1. A. success | B. confidence | C. happiness | D. determination |
| 2. A. avoiding | B. receiving | C. missing | D. organizing |
| 3. A. produce | B. repair | C. detect | D. absorb |

- | | | | |
|-----------------|---------------|-----------------|----------------|
| 4. A. health | B. mood | C. relationship | D. performance |
| 5. A. gradually | B. naturally | C. randomly | D. rarely |
| 6. A. solution | B. prediction | C. application | D. explanation |
| 7. A. consume | B. serve | C. secure | D. purchase |
| 8. A. fixed | B. enormous | C. complicated | D. close |
| 9. A. functions | B. infections | C. activities | D. systems |
| 10. A. cut off | B. taken over | C. picked out | D. made up |

第二节（共 10 小题；每小题 1.5 分，共 15 分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写 1 个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。请在答题纸指定区域作答。

A

After earning a master's degree in 2016, Huang Wenxiu returned to Baise, her hometown, instead of seeking a career in Beijing. "I come from 11 remote mountainous village. Quite a number of folks 12 (struggle) with poverty there, so all I wish is to do my part to improve their lives," she once said. Huang volunteered to join the grassroots poverty alleviation (扶贫) effort. She invited experts to tell the villagers 13 they could improve production. She persuaded the villagers to expand the planting area and encouraged e-commerce sales. 418 people from 88 households were lifted out of poverty thanks to her efforts.

B

Governments at all levels have made continuous efforts to reduce the financial burden on house renters, especially those 14 are new college graduates. A report by the Meadin Academy says that college graduates 15 (survey) prefer to live in apartments near the companies or railway stations to facilitate their commute (通勤). As to house rents, most college graduates still need 16 (assistant) from their parents and only about 20 percent of them pay the rent themselves. 17 (help) lower the financial burdens of young people, many governments and companies have given their support in house rentals.

C

With the popularity of cycling, many cities have combined their tourism characteristics to launch themed routes. From indoor exhibitions 18 outdoor concerts and night cycling along the South Central Axis (轴), a series of activities 19 (introduce) next month so that urban residents can enjoy themselves. An official of the China Tourism Academy said, "As mass tourism grows in popularity, only high-quality outdoor tourism products can attract visitors and the integration of micro-vacation products with outdoor sports products 20 (have) a broad space for development."

第二部分：阅读理解（共两节，38分）

第一节（共14小题；每小题2分，共28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，并在答题纸上将该项涂黑。

A

Best Gifts for Every Type of Mom

Do you want to reward Mom with New Year gifts? Millions of products are offered online, but don't get scared away. We have done the work for you by selecting best gift ideas for every type of mom. Just click "Add to cart" to shower Mom with love.

Dainty Earrings—Best for the Jewelry Lover

Made from sterling silver, the earrings are lightweight and perfect for everyday wear. They're also ideal for anyone with sensitive ears. Among the 8,000 plus five-star reviewers, April Farmer confirms this, saying, "Just about every material irritates (刺激) my ears, but I have had these in for three months now—and no irritation, no color changing, or fading of silver. I can't even tell they are in!"

KS Lunch Bag—Best for the Working Mom

This in-disguise cooler bag will put a smile on mom's face during lunch hour. With thousands of five-star reviewers, the fashionable and functional KS bag has an insulated lining (隔热的内衬) that helps keep food and beverages fresh, and an inside pocket that holds utensils. Plus, the soft, lightweight design makes it easy to bring anywhere.

Breville Express—Best for the Coffee Lover

Talk about a morning boost! If Mom is a true coffee lover, she's dreamed of owning a high-end espresso machine. Now you can make that dream a reality. The Breville Express, which has more than 14,000 five-star reviews, comes in either black or stainless steel surfaces and offers the same dose-controlled grinding (研磨) that's normally reserved for fancy coffee shops.

Beckham Pillows—Best for the One Who Needs a Good Night's Sleep

She deserves a peaceful night's rest after all the hard work she does every day, and she'll get just that with these Beckham pillows. The set of two affordable cooling gel pillows is ideal for back, stomach and side sleepers. It offers much-needed temperature regulation that will keep her more comfortable than ever. It's a best seller with more than 126,000 five-star reviews, so it's pretty much a hit.

21. April Farmer's review indicates that the Dainty Earrings are _____.

- | | |
|-------------------------|----------------------------|
| A. durable and fancy | B. simple and unique |
| C. stylish and valuable | D. light and skin-friendly |

22. From the passage, we can know that _____.
A. Dainty Earrings are best for formal occasions
B. KS Lunch Bag is silver, portable and insulated
C. Breville Express features fine and quick grinding
D. Beckham Pillows suit different sleeping positions
23. Who is the passage intended for?
A. Agencies selling products to moms.
B. People seeking gifts for their moms.
C. Moms planning to reward themselves.
D. Salesmen studying moms' preferences.

B

It's the green wall of her school swimming pool that Jill Craven remembers best, as she felt her teacher's hand on her head, guiding her underwater. "You know how time slows? Going under. Watching ..." she says.

This was in Palmerston North, when she was five. While her three older siblings could swim half a mile or more, she would do anything to avoid swimming lessons. In her 20s, she moved to London to pursue a career in journalism. She insisted she had never feared for her career, but she still had this lifelong fear of being underwater.

However, when she retired, Craven was diagnosed with breast cancer, and was advised to swim as part of her recovery. Still finding the fear undefeatable, she took up water jogging instead—like treading water (踩水), but moving—with a floatation aid around her middle. She could get her feet off the bottom of the pool for a quick doggy paddle, but anything more was beyond her.

One day at the pool, she saw a group of children having a lesson. It was an indoor pool, nice and warm, and the children were five or six. "I just thought, it's time to do this," she says. "Who knows what I looked like. An egg beater," she continues. "I did five strokes, or six. I was so proud of myself". Then a lifeguard encouraged her to continue and told her how to breathe. A friend gave her goggles. Her niece Justine walked beside the pool clapping, and Craven felt as if she had won a gold medal. Justine bought Craven lessons for her 69th birthday. Before long, Craven had swum a length with her face in the water.

When her instructor told her to sit on the bottom of the pool, Craven felt like going back to being a five-year-old. She hung on to the stairs as she went down. But she did it! She stayed there for a few seconds!

Now Craven swims twice a week: five lengths, sometimes 10, with a rest after each. "I just think you need to do things if you can. If you can, you must." she says.

24. Why did Craven choose water jogging instead of swimming?
- A. She hated losing face. B. She liked treading water.
C. She was afraid to swim. D. She was fond of floating.
25. What inspired Craven to try swimming again?
- A. The sight of kids learning swimming. B. The support of her niece Justine.
C. The encouragement from a lifeguard. D. The doctor's advice on her recovery.
26. What is the passage trying to tell us?
- A. Once bitten, twice shy. B. You can never teach an old dog new tricks.
C. Practice makes perfect. D. Nothing is impossible for a willing heart.

C

A new study has found human feelings can accurately be expressed numerically and have more predictive power for how we behave than formal studies of socioeconomic factors like household income and employment status.

The study co-author Andrew Oswald, a professor of economics and behavioral science gathered information from nearly 700,000 people, who were asked annually over a three-decade period how they felt on a numerical scale about their job, spouse, health and home. Using the data collected, researchers constructed statistical models to show how people felt and the actions they took as a result of their reported feelings. The study found that ratings of life satisfaction had a direct linear (线性的) relationship to actions people subsequently take. Participants who rated their job satisfaction as a 2 out of 7 had a 25% probability of quitting their job. Those who rated a 6 out of 7 had only a 10 percent probability of quitting. The same was true across other measures like marriage, health and housing.

Previous research has also shown data about feelings predict human outcomes, but not in such a linear fashion; the degree of satisfaction served as a good predictor of future actions. Additionally, economists have previously been critical of feelings data because they considered them unscientific and unreliable. But this study shows socioeconomic factors have a lesser probability of predicting human behavior than data on feelings.

Though the study shows numbers can quantify feelings, researchers are still a bit confused as to why estimates of seemingly subjective feelings can be such good predictors of future actions. According to Oswald, a number of factors could be at play. Humans are very experienced in comparative thinking and are able to scale their own life satisfaction against that of their neighbors. We're also accustomed to using measuring devices for other aspects of life like temperature, distance and weight, so it shouldn't be too surprising that we're able to measure our feelings in a similarly accurate way. Another study co-author Caspar Kaiser says that it may also be because we communicate our feelings and do it in a scaled

fashion every day. This could be why it comes out in the data more accurately than in objective markers.

Ori Heffetz, an economics professor who was not involved in the study, says that this research shows feelings data shouldn't be underestimated even if they're more difficult to study. "Scientists who ignore this do so at their own risk," he says.

Looking ahead, Kaiser hopes this same data can be studied in lower-income countries so that it can be applied universally to places with varied levels of economic development. But more than anything else he's interested in studying why feelings work so well.

27. Paragraph 2 is mainly about _____.
A. research process and findings
B. research topic and significance
C. research subjects and purpose
D. research data collection and analysis
28. What can we know about the study?
A. It also applies to people from lower-income countries.
B. It challenges the opinion that feelings data are unreliable.
C. It explains why ratings of feelings can foresee future actions.
D. It first shows data about feelings can predict human behavior.
29. What is Ori's attitude towards the study?
A. Neutral. B. Skeptical. C. Supportive. D. Cautious.
30. Which would be the best title for the passage?
A. How You Rate Your Life Predicts Your Future Behavior
B. Feelings Forecast Actions Better than Economic Factors
C. Why Your Feelings Affect Your Future Actions
D. Ranking Every Aspect of Your Life Counts

D

People who think of themselves as tough-minded and realistic tend to take it for granted that human nature is selfish and that life is a struggle in which only the fittest may survive. According to this philosophy, the basic law by which people must live, is the law of the jungle. The "fittest" are those who can bring to the struggle superior force, superior cunning and superior ruthlessness.

But we are entitled to ask whether the ruthlessness of the tiger, the cunning of the fox and the obedience to the law of the jungle are, in their human applications, actually evidence of human fitness to survive. If human beings are to pick up pointers on behavior from the lower animals, are there not animals other than beasts of prey from which we might learn lessons in survival?

We might, for example, look to the rabbit or the deer and define fitness to survive as superior speed

in running away from our enemies. We might point to the earthworm or the mole and attribute their fitness to survive to the ability to keep out of sight and out of the way. If we simply look to animals in order to define what we mean by “fitness to survive”, there is no limit to the subhuman systems of behavior that we can think up. We may emulate any animal because they have all obviously survived in one way or another. We are still entitled to ask, however, if human survival does not revolve around a different kind of fitness from that of the lower animals.

Biologists distinguish between two kinds of struggle for survival. First, there is the interspecific struggle, warfare between different species of animals. Second, there is the intraspecific struggle, warfare among members of a single species. A great deal of evidence in modern biology indicates that those species that have developed elaborate means of intraspecific competition often make themselves unfit for interspecific competition, and that strength and fierceness in fighting and killing other animals, whether in interspecific or intraspecific competition, have never been enough in themselves to guarantee the survival of a species.

If we are going to talk about human survival, one of the first things to do, even if we grant that people must fight to live, is to distinguish between those qualities that are useful in fighting the environment and other species and those qualities that are useful in fighting other people. There are also characteristics important to human survival that do not involve fighting.

Cooperation is essential to the survival of most living creatures. And human beings are the talking animals. Any theory of human survival that leaves this fact out of account is no more scientific than would be a theory of beaver survival that failed to consider the interesting uses a beaver makes of its teeth and flat tail. Let us see what talking means.



31. According to the passage, the “Survival of the Fittest” theory _____.
A. shows that the tough-minded and realistic survive
B. is often used as an excuse for one’s being selfish
C. applies better in human society than in the wild
D. is universally acknowledged among scientists
32. What does the underlined word “emulate” in Paragraph 3 most probably mean?
A. Copy. B. Protect. C. Trap. D. Admire.
33. According to the passage, the author is most likely to agree that _____.
A. humans have no superior force over other species
B. humans have survived because they are the fittest
C. humans don’t have to learn from animals to survive
D. humans need to fight each other for their own survival

34. What is most likely to be talked about next?
- A. Ways to make humans more competitive.
 - B. Human's cooperation via communication.
 - C. Differences between beavers and humans.
 - D. The development of human survival skills.

第二节（共5小题；每小题2分，共10分）

根据短文内容，从短文后的七个选项中选出能填入空白处的最佳选项，并在答题纸上将该项涂黑。选项中有两项为多余选项。

The Science of Recreational Fear

From peek-a-boo to Halloween haunted houses, research shows that recreational fear can teach us to face scary situations. The “paradox of horror” is that being scared, under the right circumstances, can be fun. 35

Having fun with fear is an “extremely important tool for learning,” said Mathias Clasen, director of the Recreational Fear Lab at Aarhus University in Denmark. “We learn something about the dangers of the world. We learn something about our own responses: What does it feel like to be afraid? How much fear can I take?”

Horror movies have gotten more popular. And in one survey of more than 1,000 Americans, conducted by Clasen, 55% described themselves as horror fans. 36 Many people who would not consider themselves fans of fear enjoy true-crime podcasts and novels featuring violence and murder. Others may enjoy nature documentaries about top predators (捕食性动物) such as sharks and bears.

Even babies like being a little spooked (惊吓的). Peek-a-boo is “an infant jump scare,” Clasen said. 37 “I don't think I've yet come across a person who did not enjoy some kind of recreational fear,” he said.

38 It is a combination of an adrenaline (肾上腺素) rush and an opportunity to learn about dealing with scary situations in a safe environment, researchers say. When we are afraid, our endocrine system releases adrenaline, noradrenaline and cortisol to help prepare our body for physical action. We know the “Halloween” movie *Michael Myers* is not real, but our brain still responds as if he were a burning threat. One brain imaging study found that watching horror movies activates threat-response brain regions such as the amygdala (扁桃腺), prefrontal cortex and insula as if the danger were real.

After this rush, many people experience an uplifted mood. One study examined how 262 adults felt before and after they entered an extreme haunted house. 39 Brain recordings before and after showed that those whose mood improved had a smaller neural response to subsequent stressors, which is associated with the post-haunt high.

- A. So why do we like it?
- B. Fifty percent of people said they felt better after the visit.
- C. And recreational fear, as it is rightly named, could benefit us, too.
- D. Playing with fear helps us learn what our body does under pressure.
- E. Horror, though, is not the only genre of what people find scary fun, he said.
- F. We define recreational fear broadly as a mixed emotional experience of fear and enjoyment.
- G. Classic childhood games of tag and hide-and-seek are just like the real scenes of predator vs. prey.

第三部分：书面表达（共两节，32分）

第一节（共4小题；第40、41小题各2分，第42小题3分，第43小题5分，共12分）

阅读下面短文，根据题目要求用英文回答问题。请在答题纸指定区域作答。

Engaging in meaningful conversations with others strengthens social bonds and boosts well-being far more than small talk does. Yet many people fear or even actively avoid intimate (亲密的) conversations, especially with those they don't know well. Why are we so unwilling to engage in an activity that could benefit us so acutely? According to new research, it may be due to miscalculated expectations, and changing them could foster deeper connections.

In a series of studies published in the *Journal of Personality and Social Psychology*, participants either engaged in “shallow” conversations (speaking, for example, about their sleep schedule or how often they get haircuts) or “deep” discussions (covering embarrassing moments or what they're grateful for). Before chatting, they predicted how awkward and uncomfortable the conversation would be, how close they would feel to their conversation partner afterward, and how much they would enjoy the interaction. Participants who consistently overestimated the awkwardness of the conversations also greatly underestimated how much they'd enjoy the more intimate conversations, as well as how close they'd feel to their partner.

The noticeable difference between participants' expectations and their actual experience seemed rooted in the assumption that conversation partners wouldn't care about the details of their lives. “We underestimate, essentially, how social others are,” explains study author Nicholas Epley, a psychologist at the University of Chicago.

Such an assumption could be a barrier to forming deeper connections with others, Epley believes. Yet participants appeared able to course-correct. When they were told ahead of time that it's common to underestimate how much strangers care about each other, they voluntarily steered the talks into

deeper directions, potentially reaping the benefits of doing so.

A single reminder likely isn't enough to permanently change miscalculated assumptions, Epley warns. But making the effort to engage in just a few positive interactions could help someone mentally reset. "After having a meaningful conversation, people usually want to have another one," he says. "But you can learn only from experiences that you have," he adds. "If you think it will be unpleasant to talk to someone and therefore never try, you'll never find out that you were wrong."

40. Why are people unwilling to get involved in intimate conversations?

41. What could stop people forming deeper connections with others?

42. Please decide which part is false in the following statement, then underline it and explain why.

➤ *A single reminder can permanently change our assumptions, but we still need to engage in positive interactions to help us mentally reset.*

43. Do you prefer to have a "shallow" conversation or a "deep" discussion with strangers? And give your reasons. *(In about 40 words)*

第二节 (20 分)

假设你是红星中学高三学生李华。你校将与国际友好校联合举办主题为“我是美食家 (Gastronome)”的英语线上交流活动, 请你用英语写一份发言稿, 内容包括:

1. 介绍你学会的一道美食并简述做法;
2. 谈谈学做这道美食的感受及活动的意义。

注意: 1. 词数 100 左右;

2. 开头和结尾已给出, 不计入总词数。

提示词语: 美食—delicacy;

Hello, everyone! _____

That's all. Thank you.

(请务必将作文写在答题纸指定区域内)

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