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2024 学年第一学期浙江省精诚联盟适应性联考 高三英语学科试题

考生须知:

1. 本试题卷共 8 页, 满分 150 分, 考试时间 120 分钟。
2. 答题前, 在答题卷指定区域填写班级、姓名、考场号、座位号及准考证号。
3. 所有答案必须写在答题卷上, 写在试卷上无效。
4. 考试结束后, 只需上交答题卷。

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。每段对话仅读一遍。

1. What will the speakers do this weekend?
A. Stay at home. B. Go on a hike. C. See a movie.
2. When will the speakers probably meet?
A. At 6:30 pm. B. At 7:00 pm. C. At 7:30 pm.
3. What is the woman doing?
A. Learning sales skills. B. Exchanging experience. C. Conducting an interview.
4. What are the speakers talking about?
A. How to greet new colleagues.
B. What to wear for a special occasion.
C. Whether to go to a garden party together.
5. What does the man mean?
A. He didn't get the credit.
B. He did well in the project.
C. He can't accept the reward.

第二节 (共 15 小题: 每小题 1.5 分, 满分 22.5 分)

听下面 5 段对话或读白。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. Why does the man talk to the woman?
A. To invite her to play a sport.
B. To introduce his favorite sport.
C. To teach her the rules of a sport.
7. What will the speakers do in an hour?
A. Watch a match. B. Play table tennis. C. Learn a new sport.

听第 7 段材料, 回答第 8 至 10 题。

8. What is probably the woman?
A. A trainer. B. A teacher. C. A student.



And yes, it did go deeper. I never expected that this movie would make me shed tears. “I don’t know how to stop anxiety. Maybe it’s true that when you grow old, you’ll feel less happy.” And you know what? That’s perfectly fine. It’s okay to feel anxious, it’s okay to be scared, and it’s okay to realize that this world is not only about happiness.

Growing up, you will realize that Joy isn’t the only important emotion. All of our emotions are meant to be felt, even the hard ones. They shape how we see the world and how we connect with each other. This showed us that our feelings are part of what makes us who we are. They’re not something to hide or ignore—they’re the heartbeats of our experiences, guiding us through life’s ups and downs. So, let’s embrace them, cherish them, and remember that feeling all our emotions deeply is a beautiful part of being alive.

24. What did the author think of *Inside Out* when first watching it?
- A. It was intended for children.
 - B. It was difficult for kids to understand.
 - C. It taught important lessons about emotions.
 - D. It offered useful advice on how to be happy.
25. Why did *Inside Out 2* come out so many years later according to the author?
- A. To wait for Riley to grow up.
 - B. To create more colorful characters.
 - C. To target a wider range of audience age groups.
 - D. To guarantee a better understanding of the movie.
26. Why did the author cry when watching *Inside Out 2*?
- A. The author learned a bitter truth.
 - B. The author related deeply to the movie.
 - C. The movie made the author anxious and scared.
 - D. The movie fell short of the author’s expectations.
27. What is the message the author hopes to convey?
- A. Growing up is a painful process.
 - B. Joy is unnecessary to a beautiful life.
 - C. It’s impossible to hide or ignore our emotions.
 - D. A mix of emotions makes us unique and beautiful.

C

In parts of Tanzania, soils are disappearing. A combination of climate change and socioeconomic stresses has led to soil washing away into nearby rivers and lakes.

Recognising the threat, one community set up an environmental committee to allow strategic decision-making for soil restoration. They worked with researchers led by Will Blake at the University of Plymouth, who are experimenting with a portable gamma ray sensor that can quickly assess the health of the soil. The community identified areas where the soil was greatly **depleted**, and so excluded their cattle. With the pressure removed, the land re-greened quickly and the soil began to recover.

Soil health is crucial to agriculture. Unfortunately, unsustainable practices like heavy fertiliser use and ploughing lead to weak soil that washes away in heavy rains – reducing the land’s productivity in the long run. Further threats come from climate change, which is causing more frequent extreme weather events like droughts and heavy rains – leading to even more soil erosion (侵蚀).

The solution is to understand the soil better, in particular, what makes it healthy and resilient (适应力强的), to develop more sustainable and climate-smart farming. New sensor technologies



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promise to revolutionise soil health monitoring. Traditionally, this is done by taking a small number of samples for lab analysis, which only gave a small amount of data points. The newer approaches, such as gamma sensing, allow rapid surveying of fields and farms.

Blake emphasises that the technology is only half the story. “Collecting quantitative evidence through a natural science lens isn’t enough,” he says. Soil data has to enable farmers to work out solutions and the sensor technology helps.

Scientists helicoptering in and offering solutions doesn’t work, partly because it ignores the extensive local environmental knowledge of the farmers. In Tanzania, researchers first assumed that soil erosion was caused by overgrazing (过度放牧). But when they spoke to local people, they realised the grazing decisions were actually a symptom of deeper problems, such as agropastoralists (农牧民) being pushed onto less suitable lands by population growth and other factors. The communities are aware of all these factors.

28. What does the underlined word “depleted” mean in paragraph 2?

- A. Polluted. B. Reduced. C. Enriched. D. Changed.

29. What is paragraph 3 mainly about?

- A. The current agricultural issues. B. The significance of healthy soil.
C. The challenges facing soil health. D. The harmful effects of soil erosion.

30. What is the disadvantage of the traditional soil health monitoring method?

- A. The sampling data are limited. B. The analysis is time-consuming.
C. It affects fields and farms badly. D. It requires expensive lab equipment.

31. Why does the author mention overgrazing in the last paragraph?

- A. To introduce more serious problems.
B. To stress its great harm to agriculture.
C. To show the importance of local knowledge.
D. To advocate using technology in agriculture.

D

Always busy “doing” things? If so, you may be suffering from “toxic productivity,” a destructive rather than productive behavior.

I imagine you’re thinking, “Productivity must be good, right?” But toxic productivity, in contrast with regular productivity, is an excessive need to always be productive, regardless of the cost to your health, relationships, and life.

If you’re driven to continuously “produce” or “do” things, whether at work or at home, the results are frequently not your best—they’re usually delivered without any delay and without sufficient forethought, analysis, planning or reflection. And if, in the doing, you’re also exhausted and burned out—or feeling guilty for not doing more or better—you are very likely suffering from toxic productivity.

Often, I see coaching clients who have a challenge in front of them, and their first response is to do something, at once. Anything. They don’t want to sit with the problem, they don’t want to think about it, nor do they want to take time to reflect on any options for action. All they want to do is hear what the issue is—sometimes without even fully understanding it—and then quickly get straight on with the “doing.” Whatever their reason, these clients, like many people, just want to get on and “do”—even if this means getting poorer results.

There are all sorts of reasons for this toxic productivity. Number one is that “doing” often feels more comfortable than “not doing.” There’s often a firm belief that action speaks louder than words and that it’s a virtue to act fast. In the workplace, for example, leaders want to demonstrate that they are successful, which they usually associate with being productive. There



is also a competitive culture among junior staff wanting to stand out as keen, hard workers in order to progress in their careers. And thus, a culture of toxic productivity can develop throughout an organisation.

32. How is toxic productivity different from regular productivity?
A. It is harmful. B. It is flexible.
C. It is more efficient. D. It is more time-consuming.
33. Who are most likely to suffer from toxic productivity?
A. Clients avoiding challenges. B. Junior staff eager to stand out.
C. Leaders satisfied with their success. D. Workers reflecting on options before acting.
34. What is the main reason for toxic productivity?
A. A strong desire for success. B. Too much emphasis on virtues.
C. A cultural preference for action. D. Too much pressure from others.
35. Which of following best describes toxic productivity?
A. Doing is undoing. B. The sooner the better.
C. Enough is enough. D. Better safe than sorry.

第二节（共5小题；每小题2.5分，满分12.5分）

根据短文内容，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。

Do you want to improve your savings in 2024? If so, the 52-week money challenge is a simple and effective way to stay on track. 36 And all you need is \$1 to start.

What is the 52-week money challenge? Using the 52-week money challenge, you should deposit (存入) an increasing amount of money into your savings each week for one year. 37 In other words, you'll save \$1 the first week, \$2 the second week, \$3 the third week, and so on until you put away \$52 in week 52. Those numbers are guidelines, but you can get creative with the amount you save each week if you'd like to save more over the year or you don't have enough extra cash available for the regular challenge.

38 A simple piggy bank may work for you, but not everyone has cash on hand to deposit each week. Plus, having your savings in such an accessible place may tempt you to dip into it before the end of the challenge. 39 Then transfer (转移) your challenge money into it each week, which can prevent impulse (冲动) spending and help you accumulate a bit more over the course of the year through interest earnings.

If you really want to make things easy, consider automated savings features. 40 You can set up automatic transfers of a certain amount of money into your new savings account. If you never see it, you won't have the chance to miss the cash before it goes into savings.

Keep up, and by this time next year, you'll build up your savings.

- A. Thus, start with a small, manageable amount.
B. Consider opening a high-yield savings account instead.
C. To get started, first find somewhere to store your savings.
D. They come with many mobile banking apps and money-saving apps.
E. If you stick to it throughout the year, you'll save \$1,378 extra dollars.
F. It's important to adjust the challenge to fit your personal financial circumstances.
G. Match each week's savings amount with the number of the week in your challenge.

第三部分：语言运用（共两节，满分30分）

第一节（共15个小题；每小题1分，满分15分）

阅读下面短文，从短文后各题所给的四个选项（A、B、C和D）中，选出可以填入



空白处的最佳选项。

I used to go to school on an empty stomach. I had to walk to school without shoes, each step an encounter on 41 paths, where sharp stones pressed against my bare feet... In those moments, I felt a mix of desperation and determination. Desperation about the 42, but a growing determination that someday, somehow, I would 43 my story.

We were eight children at home. Meeting basic needs was a constant 44 and even shoes were beyond our reach. I 45 got my first pair of shoes when I joined Senior Secondary School. I 46 hard for the primary level and was awarded a bursary (奖学金). That 47 my parents to buy me shoes. That first day I walked in my new shoes, each step felt 48 and sure beneath me. To me, they were not just shoes, but a(n) 49 that through hard work, I could change my 50.

The day I turned 18, I left home and 51 the unknown. My first job was in construction. That's all I could 52 since I didn't have any formal qualifications. Each day my 53 hardened. Every brick I laid, every bag of cement (水泥) I mixed, was 54 me, not just physically, but mentally and emotionally. Though life was not easy, I kept 55 myself, "Always remember, your future is 100% your responsibility."

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|-------------------|---------------|-----------------|-----------------|
| 41. A. steep | B. winding | C. rough | D. narrow |
| 42. A. present | B. future | C. unknown | D. impossible |
| 43. A. relate | B. believe | C. spread | D. change |
| 44. A. reminder | B. struggle | C. interruption | D. expectation |
| 45. A. finally | B. naturally | C. surprisingly | D. secretly |
| 46. A. prayed | B. studied | C. applied | D. saved |
| 47. A. forced | B. allowed | C. inspired | D. forbade |
| 48. A. burdened | B. effortless | C. relieved | D. solid |
| 49. A. wish | B. decision | C. promise | D. assumption |
| 50. A. path | B. job | C. mind | D. attitude |
| 51. A. relied on | B. held onto | C. kept off | D. stepped into |
| 52. A. afford | B. understand | C. manage | D. imagine |
| 53. A. pride | B. curiosity | C. resolve | D. loneliness |
| 54. A. building | B. relaxing | C. testing | D. exhausting |
| 55. A. comforting | B. reminding | C. explaining | D. cheating |

第 II 卷

第二节 语法填空 (10 个小题; 每小题 1.5 分, 满分 15 分)

阅读下面材料, 在空白处填入适当的内容 (1 个单词) 或括号内单词的正确形式。

A ride based on the story of Disney's first Black princess opens to the public next month in Orlando, Florida, replacing the decades-old Splash Mountain attraction 56 was beloved by many Disney fans yet also widely 57 (criticize).

Walt Disney World's new ride, inspired by the movie "The Princess and the Frog" and its heroine Tiana, 58 (be) currently in preview mode for groups including employees and annual passholders and has already produced 59 (mix) reactions in the midst of the culture wars.

The structure of the log-flume ride has not changed, 60 the theme has been completely redone four years after Disney first announced the project in 2020.

The 61 (origin) Splash Mountain ride, which first opened at Disneyland in 1989, and at Disney World and Tokyo Disneyland in 1992, 62 (base) on characters from "Song of the South," 63 1946 Disney movie which has long been blamed for its stereotypical



portrayals (刻板印象) of African Americans.

Turning Splash Mountain 64 Tiana's Adventure is also happening at Disneyland in Anaheim, California, with an 65 (open) date yet to be announced. Tokyo Disneyland is also home to a Splash Mountain ride. However, the theme in that location is not changing.

第四部分：写作（共两节，满分 40 分）

第一节 应用文（满分 15 分）

假定你是李华，为迎接即将来临的新西兰姐妹学校的师生代表，学校将举办“戏剧工坊” (drama workshop) 活动。现向全校学生征集活动的建议，请你给负责活动的老师写一封邮件。内容包括：1. 写信目的；2. 你的建议及具体安排。

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。

Dear Sir or Madam,

I hope this letter finds you well. _____

Best regards,
Li Hua

第二节 读后续写（满分 25 分）

阅读下面短文，根据所给情节进行续写，使之构成一个完整的故事。

In a small town in Iowa, sixteen-year-old Emma Thompson was an ambitious student with dreams of becoming a scientist. Every year, the local high school held a science fair, and Emma had always placed high but never won first place. This year, she was determined to change that.

Emma spent months working on her project, a study on renewable energy using algae (藻类). She recorded data, ran experiments, and even stayed up late into the night perfecting her presentation. Her parents often found her working at her laptop, surrounded by books and lab equipment.

One evening, a week before the science fair, Emma was working on her project when her laptop screen suddenly went black. Panicked, she tried to restart it, but it was no use. All her data, notes, and the presentation were on that laptop, and she hadn't backed up her files.

Desperate, Emma took the laptop to the local repair shop. The technician told her it would take at least a week to recover the data, if it was even possible. Emma left the shop, feeling a sense of despair. How could she possibly recreate everything in just a few days?

Returning home, she sat on her bed, fighting back tears. Her mind flashed back to a conversation she had had with her science teacher, Mr. Reynolds, earlier in the year. He told her the true test of a scientist was not in how they handled success, but in how they overcame failure and that innovation often came from the ability to adapt and persevere.

Emma let Mr. Reynolds' words sink in. She realized that this was her chance to prove herself—as a true scientist. Determined to make the best of her situation, she began to gather all the resources she still had. She found her handwritten notes, some scattered (散乱的) papers, and relied on her memory to recall key points of her research.

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:

Taking a deep breath, Emma decided to start over. _____

Paragraph 2:

After the fair, the winners were to be announced. _____

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