**2023学年第一学期浙江省七彩阳光新高考研究联盟返校联考**

**高三年级英语学科试题**

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，

每段对话仅读一遍。

1. What happened to the man?

A. He fell ill.

B. He almost got drowned.

C. He was rescued from a fire.

2. Where will the French company probably build a factory?

A. In Vietnam.

B. In Japan.

C. In China.

3. Who will be late for the meeting?

A.Gorge.

B. Jason.

C.Jerry.

4.How does the man look?

A.Fit.

B.Slim.

C.Fat.

5. What will the speakers do?

A. Ask Helen for help.

B. Buy Helen a present.

C. Help Hellen move house.

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至7题。

6. Where did the conversation take place?

A. In a restaurant.

B. On the playground.

C. In a store.

7. What happened to the woman?

A. She lost a book.

B. She got injured.

C. She failed to feed the family.

听第7段材料，回答第8至10题。

8. Why does the man come to the store?

A. To fetch the goods.

B. To see the goods himself.

C. To cancel his previous order.

9. What color of sofa does the man want?

A.Grey.

B.Brown.

C.Pink.

10. What's the convenient time for the delivery?

A. Wednesday.

B. Saturday.

C. Any day.

听第8段材料，回答第11至13题。

11. What's the man doing?

A. Confirming a reservation.

B. Canceling his flight.

C. Booking tickets.

12. What's the final date for the man's flight?

A. September 20th.

B. September 22nd.

C. September 2Brd.

13. Where will the man leave from?

A.Beijing.

B.Tokyo.

C.Boston.

听第9段材料，回答第14至17题。

14. What does the man think of exercise?

A. It makes him feel comfortable.

B. It doesn't offer much benefit.

C. It is really a difficult thing to do.

15. What does the professor's study suggest about exercise?

A. Only much exercise is beneficial.

B. It works as long as one exercises.

C. More exercise is better than less.

16. Why does the woman mention the professor's research?

A. To support her findings.

B. To motivate the man.

C. To advertise an exercise.

17. What will the man do after the conversation?

A. Do moderate exercise.

B. Remain relaxed on sofa.

C. Do further research.

听第10段材料，回答第18至20题。

18. What's the speaker doing?

A. Making a speech.

B. Promoting a company.

C. Hosting a speech.

19. Where did Jack get the money to start his company?

A. From his parents.

B. From the bank.

C. From his friends.

20. What will the listeners possibly do at the end of the speech?

A. Ask some questions.

B. Take some photos.

C. Give a performance.

**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、D四个选项中选出最佳选项。

A

While attractions like the Shard and the London Eye offer excellent perspectives, they're always busy and ticket prices are steep. But with a little insider knowledge, you can save your pounds and bag your skyline photos without the crowds through accessing the following viewpoints.

**Parliament Hill**

London is mostly flat, but if you know where to look there are a few hills that provide natural (and free) high points offering city views with a side order of fresh air.

One of the most central is Parliament Hill on Hampstead Heath - at 98m, one of London's highest natural viewpoints. From here, on a clear day, you can sit on the park bench that featured in movies like Run Fatboy Run and Notes on a Scandal.

Entry fee: free

**The Garden Museum Tower**

If you exit left out of Westminster station, battle your way over the bridge and then turn right, past the view of Big Ben and walk along the south side of the Thames, you'll come to a medieval (中世纪的) church.

While you might be interested in British garden design, it's the 14th-Century tower that's the main attraction for photographers. Climb the 131 steps of the narrow spiral staircase and you'll emerge onto one of the finest riverside viewpoints in the city - with views across to the Palace of Westminster on the right.

Entry fee: Adult f16, or Tower only 4

**The IFS Cloud Cable Car**

If you want to soar over London in a glass pod, the obvious place to go is the London Eye. But a cheaper and crowd-free alternative is to ride the IFS Cloud Cable Car.

The views are impressive at any time, but the Cable Car stays open late, so you can even enjoy magnificent sunsets from the west-facing side or admire the twinkling city lights after dark.

Entry fee: E6 one-way

**Seabird, Southwark**

London has no shortage of rooftop venues (场所) offering knockout cityscape views, so it can be hard to pick just one or two. But for location, angles and a great experience, it doesn't get much better than Seabird, on the 14th floor of the Hoxton hotel in Southwark with nothing to block views on three sides.

Entry fee: Buy a drink: draught beer costs￡6.50 or small glass of wine is￡9；a portion of olives costs ￡5.

21. Where can you go if you want to photograph the 14th-Century tower?

A. The London Eye.

B. The south side of the Thames.

C. The rooftop venues.

D. A place near St Paul's Cathedral.

22. In which viewpoint can you just buy a drink and enjoy free city views?

A. Parliament Hill.

B. The Garden Museum Tower.

C. The IFS Cloud Cable Car.

D. Seabird, Southwark.

23. What do the 4 viewpoints have in common?

A. They are free.

B. They are well-known.

C. They are not crowded.

D. They are not cheap.

B

When you are struggling with your mental health, getting active may be one of the last things you feel like doing. But if you can muster the energy, evidence shows that exercise has a powerfully beneficial effect. One 2019 study, published in JAMA Psychiatry, found that physical activity is an effective prevention strategy for depression. Another 2015 paper found that exercise can be as helpful in treating mild to moderate depression as antidepressants and psychotherapy.

"We have known for a long time that exercise promotes physiological and neurochemical (神经化学的) responses that make you feel good," says Prof Nanette Mutrie of the University of Edinburgh's Institute for Sport, Physical Education and Health Sciences. When we exercise, the brain releases endorphins, as well as dopamine and serotonin. "Very often, these same chemicals form part of antidepressant drugs, leading to the happy feelings," she says.

There is also a psychological component to exercise that makes us feel good, says Mutrie. "When you're exercising, you are improving your self-esteem, mastering a new task and meeting new people. All these work together to help lift up spirits."

Jermaine Johnson, another personal trainer suggests avoiding cardio, like running. "That can raise the heart rate and fuel your anxiety," he says. Instead, he suggests that you try strength training. Because you can measure your progress with weight training - heavier weights or more repetitions- you will be able to see how much you are improving, which could lift your mood.

Finally, the act of putting on a pair of trainers can, on its own, be a form of self-care. "Even if you leave after a few minutes, you've already achieved something just by going to the gym," says Johnson. Focus on the fact that you went to the gym in the first place, not that you left. And take everything one step at a time. You're in control.

24. Why are the two studies mentioned in Paragraph 1?

A. To introduce the topic.

B. To support the writer's opinion

C. To raise further questions.

D. To give detailed description.

25. What makes us feel good when we exercise according to Mutrie?

A. The drugs we take.

B. The amount of exercise.

C. The way of exercise.

D. The chemicals released.

26. What's Jermaine Johnson's attitude toward running?

A. Disapproving.

B. Unclear.

C. Supportive.

D. Tolerant.

27. What's the best title for the passage?

A. New Studies Published

B. Running Strengthens Your Heart

C. Workout Heals Your Mind

D. Gym Improves Your Mood

C

Rio de Janeiro, a colourful urban area divided by forest-covered mountains and edged by golden coastlines, has long attracted international tourists with its samba-fuelled nights and spectacular landscapes. Now, the "Marvellous City", as it's known by Brazilians, is appealing to a new type of traveller with its Digital Nomad Visa, which was launched across the country last year. The local government has been pushing ahead with investments to make the city increasingly suitable for remote workers, including improving connectivity with citywide 5G coverage.

Rio-born people cherish playing sports, being in nature and socialising after working hours, and it's this work-life balance that makes Rio so appealing to digital nomads over other Brazilian cities. The beaches, forest hikes and numerous outdoor drinking spots are all on the doorstep of anyone who lives in the South Zone, making it easy to slip into a fun activity once the laptop has been closed for the day.

Getting residency in Brazil was once very complex and troublesome, but the Digital Nomad Visa has made the process easier. It enables visitors to keep their current employment in another country while allowing stays of one year, with the option of renewing for another 12 months. Applicants must provide proof of work and earn at least USS1,500(￡1,200) per month or have US$18,000 (￡14,400) in savings.

Rio is a bit more expensive than Sao Paulo, but still, compared to Western prices, it's just really good value. Inland neighbourhoods such as Flamengo, Botafogo and Catete are cheaper options that are still located near beaches, hikes and vibrant nightlife.

However, Brazil's reputation of crime can alarm some digital nomads considering making the move to Rio. Though most violent crimes occur in poor areas, travellers are required to avoid theft or being robbed.

English isn't widely spoken throughout Rio. It's worth learning some Portuguese basics before going to Rio or doing a Portuguese course upon arriving for longer-term residents.

28. What in Rio de Janeiro has always been appealing to travellers?

A. Modern city and cheap living.

B. Colorful night life and great landscapes.

C. Green mountains and coastlines.

D. New facilities and government policies.

29. Why do digital nomads choose to stay in Rio?

A. They can concentrate on work there.

B. There is no work requirement there.

C. They enjoy 5G coverage everywhere.

D. There is colorful life besides work.

30. What might you infer about the Digital Nomad Visa holders?

A. They can speak English.

B. They can speak French.

C. They can speak Portuguese.

D. They can speak Spanish.

31. Where might the passage be taken from?

A. A travel magazine. B. A text book.

C. A movie review. D. A biography.

D

Alcohol has long been an important part of workplace culture. In almost all aspects of life, regular alcohol consumption has even been encouraged: from college and university all through to the workplace either to strengthen relationship or to uplift spirits. Hosting meetings at bars and restaurants with drinks flowing is even part of some companies' business strategy, through which potential business partners get drunk together to become friends, so they can trust each other not to harm the other person's professional interests.

Although some employees welcome alcohol into their work lives, the emphasis on drinking culture in the workplace doesn't suit all. Research from 2019, conducted by researchers at the University of Stavanger in Norway, found that when employers or supervisors initiate drinking, employees feel it their **obligation** to participate. And among people in the UK, half of those surveyed by researchers at the University of Stirling in Scotland admitted to being pressured into drinking alcohol by colleagues and family. It also showed that generally, men felt forced into drinking more often than women, with men 20% more likely to be encouraged into drinking by their colleagues and 37% more by their bosses.

Yet, as central as drinking is to workplace socialisation and strategy, there are signs that some companies are re-thinking the role of alcohol in professional settings. After all, many workers don't drink for personal reasons, and interactions involving alcohol at work can cause anxiety. The increasingly large population of Gen Zers (Z世代，网生代) are pushing for deeper

and calmer conversations without alcohol.

According to a survey of 2,400 workers and 250 employees in the UK from Totaljobs, more than one in three workers see drinking with colleagues as outdated. Tactics (策略，方法) like non-alcoholic options and bonding activities that aren't dependent on alcohol not only create a more inclusive environment for non-drinkers where they feel equally valued, and are welcome, but a space where staff who do drink feel comfortable - then everyone wins.

32. What's Paragraph 1 mainly about?

A. People's love for alcohol.

B. People's prejudice about alcohol.

C. The harm alcohol does.

D. The role alcohol plays at work

33. What does the underlined word "obligation" in Paragraph 2 mean?

A.Responsibility. B. Superiority. C.Opportunity. D. Capability.

34. What can we know about Gen Zers?

A. They are mainly employers.

B. They think alcohol stops clear thinking.

C. They regard alcohol as effective bonding.

D. They may increase alcohol consumption.

35. What does the last paragraph suggest?

A. Social activities depend on alcohol.

B. Most workers regard alcohol outdated.

C. There are alternatives to please everyone.

D. The drinking staff should stay in one space.

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。

As an author and journalist, I recognize how lucky I am to be following my childhood ambitions, but I would be lying if I said there aren't regular periods when that passion weakens. \_\_36\_\_ Losing the spark for work may be a sign that you need to change careers, but such an extreme move is not always possible. Fortunately, recent studies show some practical strategies to reignite their passion and motivation.

Hold the belief that one's passion can be developed. According to a study by Patricia Chen, people's mindsets fall into two main parts. The fit-theorists believe there is a job fit for every individual and finding the right job determines one's happiness and success at work. \_\_37\_\_

They believe that passion is developed through a learning process within any chosen job.

Set small achievable goals. Chen's findings agree with other psychological researches. \_\_38\_\_ One of the most useful techniques is "proximal (近端) goal setting". This is particularly useful when you feel overwhelmed with a new big project, in which the challenge is so great, and the reward so distant that you struggle to restart the fire. \_\_39\_\_ Then they are much quicker to complete, allowing you to enjoy the warm feeling of satisfaction when you tick them off your plan.

Take action. Taking some time to think about our overall goals, looking for the benefits that our work is providing to others, reaching out to inspirational colleagues and setting out a plan with small rewards-these are simple actions that we could all take to boost our enthusiasm.

Take up a hobby. This could also give you a sense of purpose and achievement, so that your job is not the only place to find satisfaction in your life. \_\_40\_\_

A. The develop-theorists, in contrast, think differently.

B. Most people keep up their passion in regular periods.

C. It can undoubtedly cheer you up when work is just work.

D. These studies suggest a few other ways of regaining your passion.

E. To apply this technique, you would split the project into bite-size tasks.

F. Many people are losing their enthusiasm for the careers they once loved.

G. Setting a distant target to struggle to achieve can offer you a greater reward.

**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。

I still remember the first day of high school. As a freshman, I was both excited and \_\_41\_\_. I didn't know anyone, and I wasn't sure how I would \_\_42\_\_. But little did I know, my high school experience would end up being one of the most transformative times in my life

One of the biggest challenges I faced in high school was \_\_43\_\_ management. I was involved in several extracurricular \_\_44\_\_ including the debate team and student government, and I found it difficult to \_\_45\_\_ my schoolwork with my other commitments. However, over time, I learned how to prioritize and manage my time effectively. I discovered that by setting clear goals and creating a \_\_46\_\_ I could accomplish everything I wanted to without making a mess of my school life.

Another important lesson I learned in high school was the \_\_47\_\_ of hard work. I had always been a good student, but in high school, I was challenged to \_\_48\_\_ myself even further and strive for \_\_49\_\_ in everything I did. Whether it was a difficult math problem or a challenging essay, I learned to \_\_50\_\_ the struggle and persevere through difficult tasks. This \_\_51\_\_ and way of work would serve me well in college and beyond.

High school was also a time of \_\_52\_\_ growth for me. I made new friends, \_\_53\_\_ my interests, and discovered who I was as a person. I was \_\_54\_\_ to new ideas and perspectives through my classes and extracurricular activities, and these experiences helped shape my \_\_55\_\_ and values.

41.A.sad B.lazy C.nervous D.calm

42.A. get up B. give away C. break down D.fit in

43.A.money B.time C.emotion D.food

44.A.subjects B. positions C.activities D.orders

45.A.balance B.trade C.replace D.finish

46.A. schedule B.task C.atmosphere D. relationship

47.A.problem B.value C. future D.burden

48.A.blame B.delay C.push D. research

49.A. curiosity B.drawbacks C.highlights D. excellence

50.A.reject B.embrace C.avoid D. recognize

51.A. determination B.escape C.trick D. advice

52.A.knowledge B.power C. financial D.personal

53.A.neglect B.explore C.narrow D.realize

54.A. assigned B.closed C.exposed D.put

55.A.figure B.fortune C.puzzle D. worldview

第Ⅱ卷

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。

Signature dishes of Sichuan cuisine include hot and sour noodles with sea cucumber. This noodle dish has around 200 years of history. Gold thread noodles \_\_56\_\_ (originate) in Henan province and then spread to Jiangyisu and Zhejiang provinces, before \_\_57\_\_ (reach) Sichuan. The noodle dish changed a little bit as it moved, adapting \_\_58\_\_ local habits.

In Sichuan, local chefs add the \_\_59\_\_ (good) soup to the noodle, in which chicken \_\_60\_\_ (boil) for eight hours before being filtered (过滤) to make it nearly as clear as water. In Sichuan cuisine, we can find \_\_61\_\_ traces of many other cuisines, including those from Shandong, Shanxi provinces and Zhejiang, \_\_62\_\_ Sichuan is an inclusive (包容) place with many migrants from other parts of the country.

Sichuan cuisine enjoys wide \_\_63\_\_ (popular) in China. Thanks to Sichuan hotpot, the spicy flavors have tickled the taste buds of diners all over the country. According to a report on the Sichuan cuisine industry, \_\_64\_\_ (issue) in October by the World Federation of Chinese Catering Industry, by the second quarter of 2022, the number of Sichuan cuisine restaurants had reached 320,000, \_\_65\_\_ (account) for 31.3 percent of the total number of restaurants in China.

**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，你的新西兰朋友Luke非常喜欢中国茶文化。近期你市文化馆将举办中国茶文化展。请写一封信告知Luke这一消息。

内容包括：1.时间地点：2.展览内容。

注意：1.写作词数应为80左右：2.请按如下格式在答题卡的相应位置作答。

|  |
| --- |
| Dear Luke,  Yours sincerely,  Li Hua. |

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。

Nature, while beautiful, could also be unpredictable and merciless. But most importantly, we bear in mind that in the darkest times, there's always a light at the end of the tunnel, just like Mrs. Evans' cabin light.

One bright summer day, my friend Peter and I decided to venture into the unexplored trails of the Great Smoky Mountains. Blessed with rich biodiversity and fascinating landscapes, the national park seemed a perfect getaway. Little did we know that our casual hike would soon turn into an unexpected personal incident, forever engraved in our memories.

We set off early in the morning, equipped with our backpacks and a map that was supposed to guide us through the winding trails. The sun was up, casting long shadows on the forest floor as we set off on our journey. We trekked (艰难行走)， laughed, and marveled at the beauty of nature around us.

As we trekked through the dense forests, taking in the natural wonders around us, we couldn't help but feel a sense of adventure coursing through our veins. The trail was rugged and uneven, but we persevered through the challenging landscape.

Midway through our expedition, we stumbled upon a breathtaking waterfall, its glistening waters cascading down the rocks in a quiet and peaceful melody. We sat down by the water's edge, taking a moment to get lost in the beauty of nature. The cool mist from the waterfall enveloped us, and we felt refreshed and energetic.

As the day wore on, we ventured deeper into the wilderness, eager to explore every corner of this natural paradise. We were so absorbed in the beauty of nature that just didn't notice our way and it seemed that we could not find the way back to the familiar part of the forest.

Panicking, we scrambled to find our way back but the dense vegetation and winding trails only served to confuse us further. We tried to remember any possible signs that might lead us back. No sooner had we celebrated our return to the clear trails than something worse happened.

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。

|  |
| --- |
| *Suddenly, the weather took an abrupt turn.*  *Just when we were about to give up, a faint light flickered in the distance.* |

**高三英语参考答案及解析**

第一部分听力（共20小题；每小题1.5分，满分30分）

1-5 BACCB 6-10 CBBAA 11-15 CCACB 16-20 BACBA

第二部分阅读理解（共20小题；每小题2.5分，满分50分）

21-23 BDC 24-27 BDAC 28-31 BDCA 32-35 DABC 36-40 FADEC

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）

41-45 CDBCA 46-50 ABCDB 51-55 ADBCD

第二节（共10小题；每小题1.5分，满分15分）

56. originated 57. Reaching 58.to 59.best 60. is boiled/has been boiled

61. the 62. because/since/as 63. popularity 64. Issued 65.accounting

第四部分写作（共两节，满分40分）

第一节（满分15分）

Dear Luke,

I hope this letter finds you well. Knowing your strong enthusiasm for Chinese tea culture, I'm writing to share with you the related news about a tea culture exhibition.

As is scheduled, the exhibition will commence at the cultural center next weekend, running for ten days, during which time a variety of teas from different regions of China will be on display and the importance of tea in Chinese culture will be highlighted. Additionally, there will be talks about the history and tradition of tea drinking and even a tea ceremony demonstration.

I do hope you can take the opportunity to quench your thirst for the magnificent Chinese tea culture.

Yours sincerely

Li Hua.

第二节（满分25分）

Suddenly, the weather took an abrupt turn. Dark clouds shrouded the sky, and a heavy downpour ensued. The comforting forest sounds quickly turned into a terrifying symphony of thunder and wind. The trail that was once so clear became a muddy mess, making it impossible to continue. We tried to consult our map, but it was too late; we were lost in the wildness. Hours passed, and our attempts to find the trail proved to be in vain. With the cold creeping in, despair started to set in.

Just when we were about to give up, a faint light flickered in the distance. Curiosity overpowered our fear, and we decided to follow it. As we drew closer, we saw a small log cabin, lights shining from its windows. Knocking on the door, an elderly woman, Mrs. Evans,

welcomed us with a warm smile. She was a retired ranger who had chosen to live her twilight

years in the heart of the mountains. She offered us shelter for the night, and the next morning,

guided us back to the main trail. This incident strengthened our friendship and taught us the

value of resilience and hope. The experience was unexpected, terrifying, but enlightening all

the same.