

2023 学年第一学期宁波五校联盟期中联考

高一年级英语学科 试题

考生须知：

- 1. 本卷共 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、座位号及准考证号并填涂相应数字。
- 3. 所有答案必须写在答题纸上，写在试卷上无效。
- 4. 考试结束后，只需上交答题纸。

选择题部分

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在答题卡上。

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，并标在试卷的相应位置。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个小题。每段对话仅读一遍。

例：How much is the shirt?

A. £ 19.15. B. £ 9.18. C. £ 9.15.

答案是 C。

- 1. Where will the speakers go next?
A. To the lake. B. To the bank. C. To the hotel.
- 2. What does the woman usually read in the evening?
A. Novels. B. Newspaper. C. Comic books
- 3. Why doesn't the boy want to eat cookies?
A. He's trying to be healthy.
B. He just had some chocolate.
C. He bought some strawberries.
- 4. What type of room does the man book?
A. One that faces the ocean. B. One on the third floor. C. One with Wi-Fi.
- 5. Who might Mary be?
A. The woman's sister. B. The woman's neighbor. C. The man's former classmate.

第二节（共 15 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，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 至 7 题。

- 6. What is the woman probably impressed by the most?
A. The headphones' sound quality.
B. The long battery life of the headphones.
C. The fact that the headphones don't move.

7. What will the man probably do next?

- A. Run outside. B. Have his car fixed. C. Go to a health club.

听第 7 段材料，回答第 8 至 9 题。

8. Who is the man probably?

- A. The woman's friend. B. The woman's father. C. The woman's brother.

9. What does the man still need?

- A. Chips. B. Cheese. C. Some wine.

听第 8 段材料，回答第 10 至 12 题。

10. What did the woman order?

- A. Two pizzas. B. Two salads. C. One soda.

11. How will the woman pay?

- A. With cash. B. With a credit card. C. With discount cards.

12. When will the order arrive?

- A. In 30 minutes. B. In 45 minutes. C. In 60 minutes.

听第 9 段材料，回答第 13 至 16 题。

13. How many people are in the woman's family?

- A. Three. B. Five. C. Six.

14. What does the woman have in common with her mother?

- A. They're both shy. B. They're both artistic. C. They're both great singers.

15. How does the woman describe her brother?

- A. He likes to read. B. He's very smart. C. He's adventurous.

16. Why does the man want a lot of children?

- A. He was adopted. B. He grew up alone. C. He has a lot of brothers and sisters.

听第 10 段材料，回答第 17 至 20 题。

17. How many hours is the TWU Cafeteria open each day?

- A. Ten. B. Twelve. C. Thirteen.

18. What can students do in the Douglas Center?

- A. Watch TV. B. Cook meals. C. Have classes.

19. When is the globe closed during the week?

- A. On Monday. B. On Saturday. C. On Sunday.

20. Where is the writing center?

- A. In McMillan Hall. B. In the Mattson Center. C. In the Douglas Center.

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 和 D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

A

To the book lovers, nothing beats walking through a bookshop and looking at all the covers, picking large heavy books up and turning them over, the smell of ink on paper, conversations with strangers about authors. With the coming of the online book buying and e-books, many have predicted that the bookstores will disappear. And we're grateful that there are plenty of beautiful bookstores still out there.

El Ateneo Grand Splendid

Designed for Max Glucksmann, a pioneer of the music and film industries, this wonderful theater space was opened in

1919. The former theater now serves as a flagship store; more than 1 million people visit El Ateneo Grand Splendid every year.

The Book Barge

The Book Barge is a 60-foot canal boat bookshop. Inspired by the Slow Food movement, the operator Sarah Henshaw says, “We hope to help develop a less hurried lifestyle of leisurely (慢悠悠的) pleasures, cups of tea, conversations, culture and something like these.”

Selexyz Dominicanen

For those who regard bookstores with great respect, welcome to Selexyz Dominicanen, which now offers many kinds of books. The big space was used to store bicycles not long ago. But then the building was given interior (内部的) decoration, and the result is really a great surprise.

La Caverne aux Livres

Few things make as romantic a pairing as books and trains. At La Caverne aux Livres in Auvers-sur-Oise, northwestern of Paris, an old postal train station and several train cars have become home to used books for sale. Visitors often spend hours looking at them, surrounded by an atmosphere (氛围) of old letters and dreams of faraway places.

21. What do the book lovers care much about in bookstores?

- | | |
|---------------------------------|------------------------------------|
| A. Getting certain experiences. | B. Having many more choices. |
| C. Getting the best service. | D. Finding the latest bestsellers. |

22. Which of the following encourages a slow lifestyle?

- | | |
|------------------------------|---------------------------|
| A. El Ateneo Grand Splendid. | B. La Caverne aux Livres. |
| C. The Book Barge. | D. Selexyz Dominicanen. |

23. What is special about La Caverne aux Livres?

- | | |
|------------------------------------|---------------------------------------|
| A. It is set up on a boat. | B. It is a car-themed (主题) bookstore. |
| C. Its decoration style is modern. | D. It mainly sells second-hand books. |

B

Sugar-free cookies, sugar-free candy, and diet soda—are these better for you? After sugar became a no-no in the nutrition and wellness world, sugar-free food and drinks acted as a replacement for once beloved sweet drinks and snacks. Being claimed to be ZERO sugar means the food and drinks are healthier, better for diabetics, and help you slim down ... Right? Wrong. Sugar-free products aren't better for you. In fact, they are worse. For most sugar-free products, it means that artificial sweeteners (甜味剂) are used instead of real sugar. The problem is that these sweeteners do not come from natural sources and they can do you more harm than good.

Let's get into what these artificial sweeteners actually are. Sugar-free sugar sounds wrong because there is no such thing as sugar-free sugar. Some of these sugar-free alternatives even contain sugar and the ones that have chemicals your body often does not know how to process. Most artificial sweeteners are a lot sweeter than sugar so only a small quantity of them are needed. That's why they can market sugar-free alternatives as “low-calorie” or “no-calorie”. It also means that you get no nutritional value from consuming them, which is why so many sugar-free replacements are classified as “non-nutritive”. These artificial sweeteners tend to hide under some names. Actually, they are 200-600 times sweeter than sugar.

When you eat sweet stuff, your body continues to desire it and, even though your body cannot metabolize (代谢) these sugar-free alternatives, your brain does not know the difference. In turn sugar-free alternatives relate to weight gain and Type-2 diabetes. Besides, artificial sweeteners also damage your gut's ability to break down sugar which impacts everything you eat. In other words, your body doesn't know how to handle artificial sweeteners because they have nothing real to process.

Here is a good rule of thumb: stay away from artificial sweeteners and look for non-sugar, natural sweeteners like stevia

(甜叶菊) or date sugar. In the war against artificial sweeteners and real sugar, both lose. Satisfy your sweet tooth with natural sugar that comes from fruits and stay away from products claimed to be sugar-free.

24. What do most sugar-free products have in common?

- A. They don't taste sweet.
- B. They are free of calories.
- C. They are rich in nutrition.
- D. They have artificial sweeteners.

25. What can be inferred about artificial sweeteners?

- A. They are as sweet as sugar.
- B. They pose a big risk to health.
- C. They can be metabolized easily
- D. They have long been added to food.

26. What does the author advise us to do?

- A. To keep a balanced diet.
- B. To stay away from sugary products.
- C. To choose fewer artificial ingredients.
- D. To take in sugar from natural sources

27. Which of the following can be the best title for the text?

- A. Why are sugar-free products bad for your health?
- B. How will sugar-free products affect your body?
- C. What can be called sugar-free products?
- D. Why are sugar-free products popular?

C

In early 2021, I hit a rut in my studies. Although I had been productive early in my graduate career, my long hours and hard work were no longer translating into success in the laboratory, and I felt hopeless about achieving my goals.

As I began to search for the cause of my struggles, I became increasingly aware that my “quiet time” at the lab bench was anything but. Instead of thinking about science, I was watching television or interacting with social media on my smartphone. Although I could mask this inefficiency (低效率) with longer hours, my work felt disorganized. Through reflection, I came to understand my problem.

To make a change, I reduced my connectivity by using a basic mobile phone without an Internet connection during work hours, and removing unnecessary apps from my smartphone when I did use it. Things didn't go smoothly in the beginning, but with time, I started reading papers during long experiments, and began a habit of writing in my down time. These practices have already made success: I am currently preparing a review article for publication with my adviser. I have also felt more engaged in meetings — coming better prepared, asking questions and taking hand-written notes. Perhaps most importantly, I have felt my anxiety about work efficiency disappear and that my disorganized work-life relationship is traded for one with clearer boundaries.

Changing my smartphone habits has also created challenges. Not all my friends have been supportive of my reduced connectivity, and I have missed messages on communication services. Yet these problems have been a small price to pay for increased productivity. So if you find yourself in this situation, I encourage you to build down time and uninterrupted study into your schedule, which could be significant for your success.

28. What does the underlined expression “my ‘quiet time’ at the lab bench was anything but” mean in Paragraph 2?

- A. Screen time took up too much of my work hours.
- B. I was busy in reflecting on my work inefficiency.
- C. I always had a good rest quietly at the laboratory bench.
- D. Watching TV on my phone is always my choice during a break.

29. According to the author, what is the major benefit of changing smartphone habits?

- A. Enough time to read papers.
- B. A good balance between work and life.
- C. The ability to publish scientific articles.
- D. More chances to attend important meetings.

30. What can be learned from the last paragraph?

- A. A full schedule for study is important in determining people's career.
- B. The author's friends didn't support his decision on smartphone usage.
- C. Missed messages on communication apps didn't cause trouble to the author.
- D. It is worthwhile (值得的) to reduce the connectivity on smartphone despite challenges.

31. From the passage we can know that the author _____.

- A. cared about what others said very much
 - B. chose to stop using his smartphone to make a change
 - C. hoped to help others by sharing his own experience
 - D. tried many times to improve his work efficiency but failed
- D

Weeks ago, the longest I had ever run was 5K. What's more, I didn't like running, so often I would fasten my old shoes, walk out of the house with heavy steps, get less than a mile in and wonder why I was bothering, especially when there are many more satisfying ways of exercising. Before last summer, I had never participated in any kind of race at all.

At the end of July, I had completed triathlon(铁人三项) after two weeks of training. At the end of it came the run—which ended up more like a walk. But afterwards, I realized something about it appealed to me. The extremely painful fun of doing something I hated and was unprepared for turned out to be like a difficult task to test my abilities and skills.

So when an invitation to do the Berlin Marathon dropped into my inbox a couple of weeks later, it felt like a twist of fate. After the triathlon, hadn't I been saying that I should start running, precisely because I hated it so much? The joy of the triathlon had been that I challenged my limits. It felt necessary to find out again where those limits might lie. There was a very good chance that I would not only fail but embarrass and hurt myself in the process. But there were plenty of reasons not to do it, I said yes.

Marathon training is supposed to take at least 20 weeks or more, and that is for someone who has run before. But I don't even know what speed I'm aiming for. Finally the training plan becomes something to stop me worrying when the race seems too frightening. This happens often, as I count the days to the race and picture I fell over in the middle of a Berlin street. This anxiety feels sure to happen, but there is something equally unavailable about the training plan; if I follow it, then I have done everything I can; if I do everything I can, then I can't regret what comes at the end. In the most extreme training week, I run about 40 miles.

32. What can we infer from the first paragraph about the author?

- A. He had less practical experience in running.
- B. He had difficulty in walking after trying hard.
- C. He failed to find satisfying ways of exercising.
- D. He preferred staying indoors to do exercise.

33. Which of the statement is TRUE according to the passage?

- A. He did a perfect job in the triathlon.
- B. Running is part of triathlon.
- C. He knew his limits in the triathlon.
- D. He start running because he liked it after the triathlon.

34. Why did the author accept the invitation to the Berlin Marathon?

- A. To adjust himself.
- B. To amuse himself.
- C. To protect himself.
- D. To challenge himself.

35. What lesson does the author learn after taking the marathon training?

- A. Nothing is impossible
- B. Roman is not build in a day.
- C. Everything is worth trying.
- D. It is no use crying over spilt milk.

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。

Learning to set goals plays an important role as your child starts to gain independence. However, setting goals doesn't come naturally to your child, so helping him to learn the process should probably be one of your goals.

Explain the word "goal". Your child may know what a goal is when it comes to soccer, but he may not understand what it means in everyday life. 36

Listen to your child. Ideally, you want your child to be able to decide for himself what his goals are. 37 Let him talk about what he thinks he does well and that he thinks he needs to improve. If he's stuck, you can provide some examples of your own personal goals.

Help keep goals achievable. Don't throw cold water on your child. 38 For example, if your child wants to be a champion swimmer, but can't swim an entire lap of the pool yet, you can suggest he start by making that his first goal.

39 Help your child write down his goals in an easy-to-follow form. Being able to see and check off the steps on the way to his goal is key in keeping him motivated. A really simple way is to have your child draw a ladder on a piece of paper, writing his goal at the top and each step to that goal on the rungs(梯级). 40

- A. Change goals every so often.
- B. Make a visual goal reminder.
- C. Don't always tell him what you think.
- D. He's climbing to the top as he gets closer to his goal.
- E. You can take sports as an example to help explain it to him.
- F. Once he has set up a goal, he may find it very difficult to achieve it.
- G. When a goal is beyond his reach, help him break it down into smaller pieces.

第三部分 语言运用（共两节，满分 30 分）

第一节 完形填空（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，并在答题纸上将该项涂黑。

I have a friend who says that every day she tries to do a good deed and not get “found out”. The friend tells a(n) 41 story about how this started. She was assigned to take a bouquet (束) of flowers into a nursing home and walk out before the receiver can express thanks.

She did it and made a 42 escape, saying the receiver looked pleasantly puzzled. Feeling excited, she 43 took out her phone, eager to tell her friend the 44. Luckily, she prevented herself before she made the call and put the cell phone away.

This is where the exercise took on an unexpected dimension. She realized that when we tell others about the “good deeds” we do, we are getting the 45 right there. But, by keeping it secret and not telling anyone, we are training a feeling inside ourselves that she 46 “a ray of sunshine inside our hearts”.

I tell my students this story every year and encourage them to do a good deed and not get 47. During our class discussion, a truly 48 student commented that my friend should have 49 and asked to talk to the receiver of the flowers, letting him know 50 the flowers were left for him. The student said that if someone really wanted to help 51 people, they should visit them once a week and get to know them.

52 with the idea, the students asked if we could try this as a class. We actually found an organization that helps 53 students with seniors who need companionship. 54, we are moving forward to try this 55, thanks to the student taking this story in a new and powerful direction.

- | | | | |
|--------------------|-----------------|----------------|---------------|
| 41. A. plain | B. amusing | C. inspiring | D. ridiculous |
| 42. A. clean | B. brave | C. interesting | D. careful |
| 43. A. thankfully | B. immediately | C. patiently | D. widely |
| 44. A. arrangement | B. adventure | C. news | D. experience |
| 45. A. suggestion | B. plan | C. reward | D. chance |
| 46. A. knew about | B. described as | C. judged from | D. show off |
| 47. A. discovered | B. discouraged | C. changed | D. paid |
| 48. A. thoughtful | B. confident | C. modest | D. diligent |
| 49. A. imagined | B. donated | C. responded | D. returned |
| 50. A. how | B. when | C. why | D. where |

51. A. disabledB. injuredC. healthyD. lonely
52. A. ImpressedB. ConfusedC. SatisfiedD. Annoyed
53. A. combineB. compareC. uniteD. match
54. A. SuddenlyB. OccasionallyC. CurrentlyD. Strangely
55. A.commandB. opinionC. arrangementD. task

非选择题部分

注意:将答案写在答题卡上，写在试卷上无效。

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，在空白处填入适当的内容（1 个单词）或括号内单词的正确形式。

Here are two world-famous living 56 (legend). One is Lang Ping, and 57 other is Michael Jordan. Lang Ping used to be a player, who brought honour and glory to her country. Years later she became a coach, 58 led the women's volleyball team to medals at world championships and the Olympics. When preparing for the 2015 World Cup, the team that Lang Ping had built was falling apart. One of the best players 59 (injure), and the team captain had to leave because of heart problems. 60 (lose) two important players was a big challenge for Lang Ping, but she did not lose heart. She knew that her young players could win if they worked together as a team. Two weeks later, they were world champions!

Michael Jordan , 61 (know) as "Air Jordan", changed basketball with his graceful moves and jumps. Jordan's skills were 62 (impress), but the mental strength that he showed made him unique. Jordan says that the secret 63 his success is learning from his failures. Losing games taught him to practise 64 (hard) and never give up. In life, Jordan has learnt to share his success with others. The Boys and Girls Club he started in Chicago 65 (help) young people since 1996.

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，你的南非朋友 Stephan 今年寒假来中国旅游，最近中国开通了一条从上海到新疆的高铁专线。你向他推荐这趟专列。

内容如下：1. 选择高铁的优势； 2. 沿途的经历（风光等）； 3. 你的祝愿。

注意：1. 词数 80 左右；2. 可以适当增加细节，以使行文连贯。

参考词汇：高铁 high-speed rail line

Dear Stephan,

Yours truly,
Li Hua

第二节 读后续写（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故事。

Gifts for Jace

I'll never forget the day that one of my students shyly raised his hand and said that he had never received a gift. My shocked fifth-graders were discussing a reading story about a boy who was not going to be getting anything for his birthday because money was tight that year. Even though this class was very open during reading discussions, Jace's honesty surprised even me. What was even more eye-opening was the fact that this sweet, fifth-grade boy had gone ten years and never experienced the joy and surprise of receiving a present.

I searched my mind for a reason that he might be saying this. Did he want attention from his peers? No, that was definitely not his style. Was he exaggerating(夸大)? Again, he was not the type. Then I remembered his story. His mother was out of the picture and he lived alone with his dad. His father had a hard time holding down a job, and coming to think of it, I didn't see his father at registration or parent-teacher conferences. Even though on the outside Jace was a bit untidy, he always came to school with a smile and sincere enthusiasm for learning.

A couple of weeks after Jace's comment, he was absent from school due to the fact that he had moved away. This happened to be the day I was sending home the annual note about the classroom Christmas gifts exchange. Traditionally, each boy was to bring a gift for a boy in the three-dollar range and the same was true for each girl.

As we were discussing the specifics, a girl raised her hand and sincerely suggested that we do away with our traditional policy, and each buy a gift for Jace instead. The enthusiasm grew as the students discussed the kinds of things they knew Jace would like. We took a quick vote and consistently agreed to go ahead with this wonderful idea.

注意： 1. 所续写短文的词数应为 150 左右； 2. 续写部分分为两段，每段的开头语已为你写好；

Paragraph 1:

Days before our Christmas vacation, the gifts began to pour in. _____

Paragraph 2:

As I drove down his road, I saw a light flashing , signaling which home was his. _____
