**深圳高级中学（集团） 2023届高考适应性考试**

**英语**

注意事项：

1. 答题前, 考生将自己的姓名、准考证号填写在答题卡上。

2, 回答选择题时, 选出每小题答案后, 用铅笔把答题卡上对应题目的答案标号涂黑。需改动用橡皮擦干净后, 再选涂其它答案标号。回答非选择题时, 将答案写在答题卡上, 写在本试卷上无效。

3. 试卷分三个部分, 共 8页。

4. 考试结束后, 将答题卡收回。考试时间120分钟, 满分120分。

第一部分阅读（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

Travelling as a father and daughter is more than sightseeing- it's about seeing the world from each other's point of view.

**Colorado Springs, Colorado**

If you and your dad are the outdoorsy types, Colorado Springs is ideal for dusting off those hiking shoes and hitting some of the most beautiful part of the Front Range. Explore the iconic Garden of the Gods, where red sandstone is sharpened into striking towers. Head to the famous Pike's Peak to test your courage and take in some of the best views in Colorado.

After the adventure, visit a pub to celebrate your successful trip as a perfect complement to a long day outdoors.

**Las Vegas, Nevada**

Whatever you fancy on a vacation, Las Vegas has it, making it a perfect destination for fathers and daughters looking for a place that will keep them busy until they board their flight home. Just visit the big-name casinos （赌场） like the Venetian and Caesar's Palace, or pop into one of the many A-list shows for world-class entertainment options.

Museum-goers will be spoiled for choice, to dive into the history of organized crime at the Mob Museum, or walk among historic signs at the Neon Museum.

**Austin, Texas**

With arich culture, Austin is great for a barbecue-appreciating, eclectic-music-loving father-daughter duo （搭档）. The "Live Music Capital of the World" has more than 250 music venues featuring everything from country and rock to electronica （电子乐）. If you have wide-ranging music tastes, make your way to the Red River Cultural District, where institutions invite cutting-edge indie, rock, and hip-hop artists to the stage.

You're bound to have an appetite after rocking out so hard, so get a protein boost there. Smoking beef, tasty sausages and snacks are anything but ordinary.

21. Who will consider Colorado when planning a trip?

A. Museum goers. B. Sports players.

C. Enthusiastic hikers. D. Music lovers.

22. According to the text, what makes Las Vegas a perfect destination?

A. Tasty dishes. C. Convenient flights.

B. Numerous pubs. D. Top entertainment shows.

23. Which of the following can't a father-daughter duo experience in Austin?

A. Enjoying rock and eclectic music.

B. Appreciating live music performances.

C. Walking among historic signs in museums.

D. Satisfying their appetite with some extraordinary food.

B

When I was 13, I climbed my first mountain--a fairly gentle 3, 900-foot peak. I was overweight at the time and out of breath when I reached the summit. But I loved challenging myself. Soon I'd climbed nearly 100 peaks. My parents were happy I'd finally found a hobby.

I often go climbing with my friend Mel Olsen. She and I drove to tackle 11, 240-foot Mount Hood. It's safer to start winter climbs at night when there's less risk of the sun melting the snowpack. That day, we started at 3 a. m. At around9 a. m. , we reached an ice step. It was about three or four feet tall and sloped al a 75-degree angle. I volunteered to go first. I placed my left foot on the ice step.

I gained a sense of the ice when 1 stuck my ax and crampons （鞋底钉） into it, and it felt good. Confident I was safe, I put my full weight on it. Suddenly, I heard a crack, and as the snowpack became thinner, a whole piece of ice broke off the step, right under my foot.

In an instant, I fell backward, bouncing off the rock face and rolling down the mountain as if I were a character in a video game. I remember thinking, This is it. You're done. I stuck out my arms and legs, grabbing at anything. That stopped my rolling down the mountain, but I was still sliding, After 2 few seconds, I came to a stop on a shallow slope.

I asked myself: Where are you? Mount Hood. What's the date? December 30. Good. My brain was functioning. Then I checked my body to see where I was hurt. For the most part, I was fine, except that I was suffering from a sharp pain in my left leg. Later I'd learn that I'd broken my femur （大腿骨） and that the bone was slicing into my skin and muscle.

At the bottom of Mount Hood, I was loaded into an ambulance and taken to a hospital. The doctors told me it would be a year before I could climb again, but I was back on the trails within six months.

24. Why did the author and her friend set out at 3 a. m. ?

A. It was the best time to enjoy scenery.

B. It was more challenging to climb at night.

C. They wanted to finish the climb before sunset.

D. They hoped to avoid some possible dangers.

25. Why is "a character in a video game" mentioned in paragraph 4?

A. To show her strong character.

C. To help readers imagine the scene.

B. To make her idea more convincing.

B. By checking whether she was injured.

D. To add to the humor of the description.

26. How did the author make sure she could still think clearly?

A. By recalling what had happened.

C. By calling an ambulance for rescue.

D. By asking herself some factual questions.

27. What can we learn about the author?

A. She is too brave to pay attention to any danger.

B. She has a strong desire for professional knowledge.

C. Setbacks can't stop her from challenging herself.

D. The love for nature sets her apart from her friends.

C

During the last few years we have lived through a series of worrying global events, from the COVID pandemic to devastating wildfires. Instead of feeling informed after watching the news, many people feel anxious, upset and sick. A new study published in Journal of Health Communication investigated into **this problem**.

According to the study, stress, anxiety, and poor health follow people who have a constant urge to check the news. For these individuals, a vicious （恶性的） cycle can develop in which, rather than tuning out, they become drawn further in, checking for updates around the clock to relieve their emotional stress. But it doesn't help, and the more they check the news, the more it begins to interfere （干扰）with other aspects of their lives.

Of the 1, 100 people surveyed for the study, 16. 5 percent became so absorbed in the news that it dominated their thoughts, limited the time they spent with family and friends and made it difficult to focus on school or work, Those are the very things-purposeful engagement and social connection-that help us cope with stress and mental health challenges.

According to Bryan MeLaughlin, one of the authors, the findings show that people should develop a healthier relationship with the news. "For example, previous research has shown that individuals who became concerned about the bad effects that their constant attention to CovID-19 was having on their mental health reported making the conscious decision to tune out. This comes at the expense of an individual's access to important information for their health and safety. This is why a healthy relationship with news consumption is an ideal situation, " he said.

In addition, the study also calls out the need for a wider discussion about how the news industry may be fueling the problem. Journalists often focus on selecting "newsworthy" stories that would grab news consumers' attention because of the economic pressures. "However, for certain types of people, news stories not only grab their attention and draw them in, but also can be harmful to individuals' health, "McLaughlin said.

28. What does the underlined phrase "this problem" in Paragraph 1 refer to?

A. That news addiction may bring negative effects.

B. That COVID-19 affects people's mental health.

C. That people are exposed to too much information.

D. That journalists focus on terrifying stories to impress readers.

29. Who may be easier to be affected by the news?

A. People with difficulty in socializing.

B. People with a burning thirst for news.

C. People who have trouble focusing on school or work.

D. People who love to share their feelings on the Internet.

30. What might Bryan McLaughlin agree with?

A. The press is regarded as a booming industry.

B. People should avoid being engaged in the news.

C. Journalists should focus on newsworthy stories.

D. People should find balance between staying informed and maintaining health.

31. What is the best title for the text?

A. Healthy News Consumption Is Crucial

B. News Addiction Links to Poor Well-being

C. How News Industry Fuels News Addiction

D. Highly Informed Readers Suffer From Anxiety

D

Next time you are struggling with the crossword, try putting the kettle on. Drinking a cup of tea can improve creativity, a study suggests.

Researchers gave men and women either tea or water and then asked them to complete a word association game, which was used to measure a form of creativity known as convergent thinking（聚合思维）.

In the game, the participants were given sets of words such as "same, tennis, head" and asked to find a meaningful link between them. The answer, in this case, would be "match?". After analysing the results in a way that ruled out the potential effects of a person's intelligence and language ability, the researchers, from Peking University in China, found that those who drank the tea performed significantly better in the word association game. The tea drinkers scored an average of 13. 89 in the word association game compared with 12. 94 for water drinkers.

The researchers said it was not clear why tea has this beneficial effect. Tea contains caffeine and theanine, which can improve attention, but the 100 participants in the study drank only a small amount of tea-90ml, on average-and caried out the tests very soon after consuming it, meaning any effect would have been ignored. "This result showed that the tea drinking event itself—rather than the biological com-ponents of tea—played a positive role, " the researchers said.

"Previous research has found that people tend to associate tea drinking with a specific set of personality traits, such as smart, creative, elegant, confident, and stable. It may be that when participants are stimulated （刺激） by tea, the mental representation of a tea drinker is also activated, and they unconsciously think that they should be smarter and more creative, " they added, "Future research should focus on specific mechanisms （机制） and clarify which variables moderate the impact of tea consumption on convergent thinking.

32. What did the participants have to do in the study?

A Pair the words with each other.

B. Guess the meaning of the words.

C. Find a connection between the words.

D. Tell the differences among the words.

33. What helped a participant get a higher score according to the researchers?

A. The action of drinking tea itself.

B. The participant's intelligence.

C. The participant's language ability.

D. The biological components of tea.

34. What can be inferred from the previous research?

A. Drinking tea makes people more active.

B. Drinking tea is popular among the youth.

C. People tend to drink tea more than before.

D. People drinking tea are often thought smart.

35. Which of the following can be the best title of the text?

A. Drinking Tea Is Good for Health.

B. Drinking Tea Is A Popular Trend.

C. Drinking Tea Makes for Creativity.

D. Drinking Tea Matters A Lot in Life.

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。

Have you ever had the pleasure of popping the small air-filled bubbles that make up a sheet of bubble wrap? 36 Have you ever wondered why popping them is so much fun?

It turns out that there is some science behind the human connection to bubble wrap. Some experts believe it's similar to the need to fidget （动来动去）. 37 These small actions are all types of fidgeting.

While some people think fidgeting is distracting, it's actually been shown to increase attention span. 38 Similarly, a study revealed that people report feeling more alert after popping bubble wrap. The results also showed that people who popped bubble wrap were calmer afterward than those who did not. So, popping bubble wrap may increase people's ability to pay attention and remember what they learn.

In other words, your brain is wired to enjoy it! Early humans had to be on their toes all the time. They needed to be ready to run from wild animals at a moment's notice. Today, people spend a lot of time sitting, especially at school and at work. As a result, the body may build a lot of muscle tension from lack of movement. Popping bubble wrap helps relax that muscle tension. It reduces stress and anxiety.

39 In fact, studies have shown that, sometimes, the human brain receives feel-good chemicals like dopamine （多巴胺） after popping bubble wrap. 40

A. So that may be why it feels so satisfying!

B. It also helps with the memory of information.

C. Your brain will benefit a lot from the air-filled bubbles.

D. If so, you know there's something highly satisfying about it.

E. Have you ever seen someone else blowing the small bubbles?

F. Do you click a pen or bounce your leg while you're listening?

G. Experts also say the enjoyment may be tied to human evolution.

第二部分 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。

It was an overwhelming Friday afternoon. There were hundreds of students, who 41 to cheer their favorite team up.

I have always loved running, but my 42 to compete for a long-distance race was terrible for me. I was 43 to compete in a four-hundred-meter race, yes, it was indeed 44 . When the competition finally began. I found my nervous self 45 . Iran with my strength, but still did not make 46 to the top three. My teammates, whom I have expected to comfort me 47 to doubt my ability to compete in the next event. They never wanted me to be in the next track game. This belief motivated me to 48 more.

I wanted to prove myself, 49 I decided to work more on my endurance （耐力） skills. As soon as I noticed my time 50 were getting better. I signed up for the next track game. This time I not only 51 to be one of the top three competitors, but also earned a medal for my team.

Nothing was more 52 than the medal I won at that moment. I was appreciated by the members of my team, who 53 rejected my wish to compete on that game. I learned that whatever one puts their 54 to do, that person will 55 be the best at what he is aiming for.

41. A. gathered B. walked C. supported D. offered

42. A. ambition B. strength C. inability D. memory

43. A. forced B. assigned C. suggested D. applied

44. A. meaningful B. interesting C. comfortable D. challenging

45. A. losing B. abandoning C. shaking D. cheering

46. A. it B. me C. him D. them

47. A. figured out B. turned out C. came out D. worked out

48. A. hope B. risk C. push D. create

49. A. so B. but C. or D. yet

50. A. paces B. experiences C. influences D. evidences

51. A. managed B. succeeded C. tried D. kept

52. A. enjoyable B. valuable C. possible D. interesting

53. A. quietly B. purposely C. previously D. friendly

54. A. subject B. body C. mind D. team

55. A. quickly B. constantly C. exactly D. definitely

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单词或括号内单词的正确形式。

Economic and trade ties between China and countries along the Belt and Road 56 （grow） significantly over the past decade.

Proposed by China in 2013, the Belt and Road Initiative refers 57 the Silk Road Economic Belt and the 21st Century Maritime Silk Road. China's trade in goods with Belt and Road countries doubled 58 $1. 04 trillion in 2013 to $2. 07 trillion in 2022, with 59 average annual growth rate of 8 percent. Chen Chunjiang, assistant minister of commerce, said at a news conference. By the end of 2022, Chinese enterprises had invested $57. 13 billion in economic and trade cooperation zone countries along the Belt and Road, 60 helped create 421. 000 jobs for local residents.

61（go） ahead, China will expand imports of quality goods, improve its two-way investment structure 62 conclude free trade agreements with more countries along the Belt and Road. China will 63 （active） negotiate and sign bilateral （双边的） cooperation agreements on green development, digital economy and blue economy countries along the Belt and Road.

China will also strengthen cooperation with countries along the Belt and Road in areas including poverty 64 （reduce）, health and education, and initiate more "small but beautiful" 65 （project） to enhance local people's sense of accomplishment, Chen said.

第三部分写作（共两节, 满分40分）

第一节 应用文（满分 15分）

假定你是李华, 你所在社区计划举行中国传统文化节, 并准备在英文网站上邀请外国游客参加。请你给社区写一封邮件申请做文化节志愿者, 内容包括：

1. 写信目的；

2. 个人优势；

3. 希望获准。

注意：

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 Sir or Madam,

Yours,

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短文。

I looked up from my desk to see the teacher writing on the board: "Battle of the Books!" She smiled and said, "This time it's a teamwork. You're going to be in teams of two, and set a reading goal. Every team that meets their goal by the end of the month will get a prize!" The lunch bell sounded before she could explain any more rules.

As I gathered my things, Liya passed my desk and said, "Teammates?" Since Liya and I shared the same interest in graphic novel （漫画小说）, and we took Hindi language class together, we teamed up automatically. I was both relieved and excited to have my team. Then we got to the cafeteria and quickly threw out a bunch of ideas of what to do at our table.

I looked to our third friend Kash, with whom the three of us always do stuff together, "Kash, do you have ideas for us?" "Why would I give you guys ideas?" he said gloomily （阴沉地）. "I'll save that for my team . . . whoever that is. Now I see how I rank in the friendship lineup. " Kash replied in an angry tone.

I knew he was mad for a reason. If I were him, not only would I think that I ranked last in that group, but I'd also be panicking about what team I could join. But now, I was on the inside and Kash wasn't. I felt like the only way to fix this would be three people on a team. So, as the teacher walked by our table, I asked for her permission. What surprised me was that she had intended to draw names to assign random groups, but didn't get a chance to say it before lunch.

Awkward and frustrated, we were stuck in this dilemma. Having first teamed up without Kash didn't mean we didn't like him. I knew we -- especially I --wouldn't be able to enjoy any prize if our friend felt bad about being left out. So, I decided to do something to make it up for him and convince Kash he was an equal friend.

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。

That night, I was struck by an idea as I read a graphic novel that all three of us liked.

The next day, I handed my pages of apology to Kash.