

第二部分 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

A Harvard nutritionist shares 4 brain foods that will help your kids stay ‘sharp and focused’.

Homemade hummus

Legumes(豆类) are healthy, plant-based sources of iron, zinc, protein, omega-3s and fiber, benefitting brain development. Homemade hummus is a good way to include legumes into your child’s diet. It can be served in so many ways, such as a dip paired with apple slices, carrot sticks or sugar snap peas. Adding some color to your hummus can make it more appealing to kids. Think: a bright orange carrot hummus topped with a monster face made out of vegetables.

Salmon

Introducing your child to fish at a young age can increase their likelihood of enjoying it and eating low-fat, vitamin-rich proteins for the rest of their life. Salmon is soft and mild enough for young children, and is also a good source of vitamin B12 and omega-3s, which promote healthy brain development and happier moods.

Eggs

Whole eggs are an excellent source of brain-boosting vitamins A, D and B12, along with choline(胆碱). Choline is especially important for young children, as it has been shown to improve brain development and long-term memory. One study found that pastured eggs can have twice as much vitamin E and almost three times as many omega-3s as caged eggs.

Meatballs

Add some powerful plant-based fiber and nutritious vegetables to your child’s diet through meatballs. Start with a base of beans or ground turkey. Then add grated celery and flax seeds full of omega-3s. Of course, don’t forget your favourite spices. Cook and serve.

21. Which food can enhance brain development and happier moods?
A. Homemade hummus. B. Salmon. C. Eggs. D. Meatballs.
22. What do these four foods have in common?
A. They all have plant fibers. B. They all have low fat.
C. They all have vitamin B12. D. They all have omega-3s.
23. Who is this passage targeted at?
A. Those who want to lose weight.
B. Those who desire to put on weight.
C. Those who intend their kids to be more focused.
D. Those who expect their students to be more hard-working.

B

When my son first began competing in school chess tournaments, I often chatted with other parents. Occasionally, I would ask if they played chess themselves. Normally, the reply was no. When I volunteered that I was learning to play, their tone was cheerfully joking, “Good luck with that!” If this game is so good, why are adults ignoring it? Seeing someone playing smart phone games, I preferred to say, “Why are you having your kids do chess while you play?”

Sure, we parents had work to do, work that helped pay for the lessons our kids were enjoying. But I was also wondering if we were sending an unnoticeable message that learning was for the young. During one tournament, I saw a group of parents playing chess! Just then, a group of kids passed me, “Why are adults learning chess?” One asked, in an apparently joking tone.

I was tired of sitting on the sidelines. I wanted in, and that is why I got a membership card and started throwing myself in. “Early on, I was nervous, even the master can sometimes play badly,” as one Grandmaster put it “a fan never”. And a fan I was. It was three hours of concentration and thinking with my phone off. It felt like a gym where I was trained to solve problems with focus, memory, logic, and occasional headaches. And of course hours of absence of digital devices would never be no good for thinking sharply.

Being a beginner can be hard at any age, but it gets harder when you are older. The phrase “adult beginner” has an fairly gentle pity. It implies the learning of something that you should have perhaps already learned.

24. What can we learn about other parents from their remarks?
- A. They were ignoring other learners.
 - B. They agreed on the idea of learning chess.
 - C. They thought it odd for an adult to learn chess.
 - D. They gave congratulations to the adult lessons.
25. How did the child in the second paragraph perceive adults learning chess?
- A. Laughable.
 - B. Unimaginable.
 - C. Understandable.
 - D. Sensible.
26. What do the underlined words “sitting on the sidelines” mean in Paragraph 3?
- A. Not being noticed.
 - B. Not being involved.
 - C. Expressing confusing ideas.
 - D. Following what others do.
27. What did the writer think of his experience of learning to play chess?
- A. It helped him remain calm.
 - B. It helped him train his brain.
 - C. It made him proud of himself.
 - D. It made him look rather funny.

C

Sprite has been recognized for decades by its green cans and bottles, but it is retiring its green plastic bottles after more than 60 years.

Starting Aug. 1, the Coca-Cola Co., which produces Sprite, will package the lemon-lime drink in clear plastic bottles in North America, the company announced Wednesday. Sprite's current plastic contains green polyethylene terephthalate (PET)(聚对苯二甲酸乙二醇酯), an additive (添加剂) that can't be recycled into new bottles, a key choice for the company as it looks to reduce plastic waste.

"When recycled, clear PET Sprite bottles can be remade into bottles, helping drive a circular economy for plastic." Julian Ochoa, CEO of R3CYCLE, a plastic group helping Coca-Cola improve its recycling, said in a statement.

Customers will also notice a revised logo and packaging design on the Sprite bottles that aims to provide a more "consistent look around the world," the company said. The well-known green color will still be used on Sprite labels. Other beverages that use green bottles in Coke's portfolio (系列产品), including Fresca, Seagram's and Mello Yello, will also be replaced with clear containers in the coming months.

Coca-Cola reported higher-than-expected second-quarter earnings Tuesday, citing strong demand, and lifted its revenue forecast for the full year.

The beverage giant has often been criticized for contributing to environmentally damaging plastic waste. In 2020, the company was named as the world's No. 1 plastic polluter by the environmental firm Break Free From Plastic. Its logos and branding were found on 13,834 pieces of discarded plastic in 51 countries, often in public spaces such as parks and beaches.

28. Why will the Coca-Cola Co. stop using green Sprite bottles?
- A. They think the old design is out of date.
 - B. They want to cut down the production cost.
 - C. Customers prefer clear bottles to green bottles.
 - D. They want to help drive a circular economy for plastic.
29. Compared with the old Sprite bottles, what is the feature of the new ones?
- A. They have not any plastic.
 - B. They have a consistent look.
 - C. They have not green color at all.
 - D. They have quite a different design.
30. According to the passage, what is the problem with Sprite bottles?
- A. Not the design, but the logo of the Sprite.
 - B. Not the material, but the design of the bottles.
 - C. Not the color, but the material: single-use plastic.
 - D. Not the recycling, but using as much plastic as possible.
31. What can be inferred from this passage?
- A. The Coca-Cola attaches importance to profits.
 - B. The Coca-Cola lays the needs of customers first.
 - C. The Coca-Cola values environmental protection most.
 - D. The Coca-Cola likes the fame of the world's No. 1 plastic polluter.

D

Images of students wearing so-called “anti-cheating hats” during college exams have gone viral on social media in the Philippines, sparking amusement.



Students at one college in Legazpi City were asked to wear headgear that would prevent them looking at others’ papers. Many responded by creating homemade devices out of cardboard, egg boxes and other recycled materials.

Their tutor told the BBC she had been looking for a “fun way” to ensure “integrity and honesty” in her classes. Mandane-Ortiz, a professor of mechanical engineering at Bicol University College of Engineering, said the idea had been “really effective”. It was carried out for recent mid-term exams, which were sat by hundreds of students at the college in the third week of October. Prof Mandane-Ortiz said her initial request had been for students to make a “simple” design out of paper. She was inspired by a technique reportedly used in Thailand some years previously. In 2013, an image went viral appearing to show a room of university students in Bangkok taking test papers while wearing “ear flaps”—sheets of paper stuck to either side of their head to obscure their vision. Prof Mandane-Ortiz said her engineers-in-training took the idea and ran with it—in some cases innovating complex headgear in “just five minutes” with any junk they found lying around. Others wore hats, helmets or Halloween masks to fulfill the direction.



A string of the professor’s Facebook posts—showing the youngsters wearing their elaborate (精心制作的) creations—gained thousands of likes in a matter of days, and attracted coverage from Filipino media. They also reportedly inspired schools and universities in other parts of the country to encourage their own students to put together anti-cheating headwear.

Prof Mandane-Ortiz said her students performed better this year, having been motivated by the strict examination conditions to study extra hard. Many of them finished their tests early, she added, and nobody was caught cheating this year because they themselves expected justice in their exams.

32. What do we know about the “anti-cheating hats”?
- A. Mandane-Ortiz did this in order to ensure her students’ integrity and honesty.
 - B. The students of Mandane-Ortiz got lower marks after wearing “anti-cheating hats”.
 - C. Mandane-Ortiz did this to promote recycling materials and environmental protection.
 - D. Anti-cheating headwear has been already popular both in Thailand and the Philippines.
33. What does the underlined word “it” in Paragraph 3 refer to?
- A. Paper.
 - B. Vision.
 - C. Idea.
 - D. Image.
34. Why did the students follow Mandane-Ortiz’s direction to wear headgear?
- A. They themselves longed for a fair exam.
 - B. They just wanted to go viral on social media.
 - C. They desired not to be interrupted in the exam.
 - D. They deliberately made fun of their professors.
35. What’s Mandane-Ortiz’s attitude to “anti-cheating hats”?
- A. Skeptical.
 - B. Opposed.
 - C. Uncaring.
 - D. Supportive.

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。

Why you're more creative in coffee shops

Some of the most successful people in history have done their best work in coffee shops. 36. Among them are Pablo Picasso, J. K. Rowling, Francois Voltaire and Bob Dylan.

A sweet spot of noise and crowds

Some of us stick in our earbuds as soon as we sit down to work in a public setting. But scientists have known for years that background noise can benefit our creative thinking. A study showed that a modest level of surrounding noise in a place like a cafe can actually promote your creative output. 37. Therefore, this can lead to more creative idea generation.

Air of informality

The typical coffee-shop user might be a lone worker struggling with a creative effort. However, experts say these cafe settings can also benefit work groups who are brainstorming. There is a formal air when gathering on digital meeting platforms. 38. All those audio and visual stimuli (刺激) help groups, too, compared to the meeting in a formal meeting room.

39

One thing that can make working from home or the office feel boring is the visual environment. Often we sit in the same chair and look at the same four walls all day long. In the coffee shops, people come and go. The daylight changes. 40. While we tend not to take conscious notice of these micro-stimuli, and likely don't openly choose to work in this location because of them, these activities around us make our brains work a bit differently than at home.

- A. Visual variety
- B. The birthplace of countless great works
- C. The pleasant smells of coffee and food vary
- D. Not all kinds of noisy surroundings are bad for your creativity
- E. By contrast, there is an informal atmosphere when meeting up at a bar or cafe
- F. Whatever their careers, they have tapped into their creativity working at a table in a cafe
- G. Because if you're slightly distracted from the task at hand, it raises your abstract thinking ability

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。

Natalie Doan, 14, has always felt lucky to live in Rockaway, New York. Living just a few blocks from the beach, Natalie can see the ocean and hear the 41 from her house. It's the ocean that makes Rockaway so special.

On October 29, 2012, that ocean turned 42. That night, Hurricane Sandy attacked the East Coast, and Rockaway was hit especially hard. Fortunately, Natalie's family 43 to Brooklyn shortly before the city's bridges closed. When they returned to Rockaway the next day, they found their neighborhood 44. All around her, people were suffering, especially the 45. Natalie's school was so damaged that she had to 46 attend a school in Brooklyn.

In the following few days, Volunteers came with carloads of donated clothing and toys. Neighbors devoted their spare time to helping others 47. Teenagers climbed dozens of 48 of stairs to deliver water and food to elderly people trapped in powerless high-rise buildings. Natalie's choice was to help. The men and women helping Rockaway recover 49 Natalie, so she decided to create a website page matching survivors in need with donors who wanted to 50. Natalie posted introduction about a boy named Patrick, who lost his baseball card collection when his house burned down. Within days, Patrick's collection was 51.

In the coming months, her website page helped lots of kids. 52, Natalie also worked with other organizations to bring much-needed supplies to Rockaway. Her efforts 53 her a famous person.

Today, the scars (创痕) of 54 are still seen in Rockaway, but 55 is in the air. The streets are clear, and many homes have been rebuilt.

- | | | | |
|---------------------|-----------------|---------------|----------------|
| 41. A. noises | B. waves | C. bells | D. songs |
| 42. A. fierce | B. calm | C. active | D. silent |
| 43. A. ran | B. headed | C. escaped | D. moved |
| 44. A. in ruins | B. at risk | C. in rags | D. at sea |
| 45. A. rich | B. healthy | C. young | D. elderly |
| 46. A. excitedly | B. hurriedly | C. sadly | D. temporarily |
| 47. A. improve | B. rebuild | C. develop | D. react |
| 48. A. buildings | B. floors | C. flights | D. storeys |
| 49. A. astonished | B. interested | C. inspired | D. awakened |
| 50. A. appear | B. help | C. show | D. speak |
| 51. A. discovered | B. landed | C. put | D. replaced |
| 52. A. Additionally | B. Unexpectedly | C. Frankly | D. Amazingly |
| 53. A. made | B. promised | C. awarded | D. offered |
| 54. A. ocean | B. love | C. decoration | D. destruction |
| 55. A. will | B. hope | C. belief | D. truth |

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。

Nowadays feeling stressed from time to time is extremely common in society. On many occasions your doctor said he could not find anything wrong with you. Perhaps you were advised to go to the hospital again and again, but all the fancy equipment there still 56 (show) there was nothing wrong with you and you were often puzzled at the conclusion. Then probably you might be in a state of sub-health. Sub-health, also 57 (call) the third state or the grey state, is referred to 58 a borderline between health and disease. The reason why people catch such kind of disease is not that clear.

According to 59 investigation by the National Health Organization, over 45 percent of sub-healthy people are middle-aged or elderly. The percentage among people 60 work in important management positions is even 61 (high) than that of the students around the exam time, due to 62 (they) heightened exposure to stress. The key to preventing and 63 (recover) from sub-health, according to some medical experts, is to form good habits, alternate work with rest, exercise 64 (regular) and take an active part in open-air activities. As for meals, they should eat more fresh vegetables, fruits and fish which are rich in nutritional 65 (element)—that are significant to the body.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

你校英文报正举办主题为“My Favorite Sports Star”的征文活动。请根据以下内容投稿：

- 1.介绍体育明星；
- 2.喜欢的理由；
- 3.给你的启迪。

注意：

- 1.词数 80 左右；
- 2.可适当增加细节，以使行文连贯；
- 3.请在答题卡的相应位置作答。

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。

“David, it’s time for breakfast,” Mrs. Motangi called. “There’s a birthday present for you to open.”

David ran into the kitchen and saw a shiny new soccer ball on the table. He smiled and started jumping up and down with excitement. “Can I take the ball to school with me, please?” asked David. “Of course,” Mrs. Motangi said. “But you need to be careful with your first real soccer ball.”

At school, David immediately put his soccer ball under his desk. During the morning lessons, he kept quietly tapping the ball with his foot to make sure it was still there. Finally, it was break time. David seized the ball and quickly ran outside. He kicked the ball skillfully across the field to a group of students.

Soccer was David’s favorite sport. Since he had arrived in England and started school two months ago, he had played soccer every day during the break. Break was always his favorite time because he didn’t have to speak English, a language that was still fairly new to him. When he played soccer, he would forget that he felt like an outsider at this new school.

“Look!” called David. “I got a new soccer ball. We can use it for our game today.” The other students exchanged glances and just stared at David. These were the most words David had ever spoken to them.

“We don’t need your ball,” said a tall boy, Jacob. “We already have one.” Jacob liked playing soccer but poorly. Jacob kicked David’s ball with all his strength. The ball soared over the school’s high fence, bounced once, and rolled to the back of a nearby house. “What a good kick!” screamed the other kids, jumping up and down and slapping Jacob on the back. David watched in horror as his cherished football went out of sight, tears coming to his eyes. What would his mother say?

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: *He was going outside when his teacher, Mr. Bleachers, came with the ball.*

Paragraph 2: *With the help of David, they got prepared for the soccer match between classes.*