

河北省 2023 届高三年级质量监测考试  
英 语

本试卷共 8 页，满分 150 分，考试用时 120 分钟。

注意事项：

- 1. 本试卷由四个部分组成，其中，第一、二部分和第三部分的第一节为选择题，第三部分的第二节和第四部分为非选择题。
- 2. 答卷前，考生务必将自己的姓名、班级、考场/座位号、考生号填写在答题卡上。
- 3. 回答选择题时，选出每小题答案后，用 2B 铅笔把答题卡上对应题目的答案标号涂黑。如需改动，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。
- 4. 考试结束后，将本试卷和答题卡一并交回。

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到答题卡上。

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小题。每段对话仅读一遍。

- 1. Why does the woman’s father want to quit his job?  
A. He wants to earn more money.  
B. He wants to rest and relax.  
C. He needs to tidy up his garden.
- 2. When is Dr. Brown available today?  
A. At 10 : 15 a. m.                      B. At 11 : 15 a. m.                      C. At 2 : 30 p. m.
- 3. Where does the conversation probably take place?  
A. At home.                                B. At a party.                                C. In a clothing store.
- 4. How will the man get information about animals?  
A. From the Internet.                      B. With the help of a guide.                      C. By making a phone call.
- 5. What is the probable relationship between the speakers?  
A. Classmates.                                B. Colleagues.                                C. Husband and wife.

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、7 题。
- 6. Why does the man give up the idea of keeping a dog?  
A. He doesn’t want to walk it every day.  
B. He has no idea how to take care of dogs.  
C. He doesn’t think dogs are loyal.
- 7. What will the speakers do next?  
A. Go to a fish shop.                      B. Adopt a cat.                                C. Drink some coffee.
- 听第 7 段材料，回答第 8 至 10 题。
- 8. Where is Alex going after graduation?  
A. Italy.                                        B. France.                                        C. America.
- 9. How many countries does Mike plan to visit?  
A. Four.                                        B. Five.                                        C. Six.

10. What does Mary want to do after graduation?  
A. Start a business.                      B. Go on a trip.                      C. Find a job.  
听第 8 段材料，回答第 11 至 13 题。
11. What are the speakers mainly talking about?  
A. The disadvantages of glass.  
B. The ban on plastic bottles.  
C. Life in European towns.
12. What does the woman think of plastic?  
A. It is convenient to use.  
B. It is necessary in our life.  
C. It is bad for the environment.
13. What will the man do in the future?  
A. Reduce the use of plastic bottles.  
B. Reuse plastic bottles more often.  
C. Save as much energy as possible.  
听第 9 段材料，回答第 14 至 17 题。
14. What is the girl doing now?  
A. Doing an interview.                      B. Recycling bottles.                      C. Shopping.
15. How does Rob deal with rubbish now?  
A. Selling it for money.  
B. Throwing it away directly.  
C. Putting reusable rubbish in recycling bins.
16. What does Rob do when he goes shopping?  
A. Take his cloth bag.                      B. Buy a plastic bag.                      C. Ask the clerk for bags.
17. How does the girl go to school?  
A. On foot.                      B. By bike.                      C. By car.  
听第 10 段材料，回答第 18 至 20 题。
18. What does the speaker usually do before watching a movie?  
A. Read movie reviews.  
B. Ask his friends' advice.  
C. Choose a good movie theater.
19. Why does the speaker arrive early at the movie theater?  
A. He wants to occupy a good seat.  
B. He doesn't want to queue for a ticket.  
C. He would like to see the earliest showing.
20. What does the speaker like to do while watching a movie?  
A. Talk to others.                      B. Put his feet up.                      C. Eat popcorn.

## 第二部分 阅读（共两节，满分 50 分）

### 第一节（共 15 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

Four runners who prove age is just a number

#### Eddie Brocklesby

Eddie Brocklesby didn't start running until 50. Since then, she's gone on to complete marathons, triathlons and Ironman races across the globe. In a bid to get older people moving, Brocklesby founded SilverFit in 2013. SilverFit now runs activities across London, offering social and exercise opportunities to OAPs（领养老金者）. "It's never too late to change your life and get active," she says.

## Gene Dykes

There aren't many 71-year-olds out there who can run a sub-3hr marathon. But Gene Dykes is one of them. Last year, the US runner ran 2 : 54 : 23 at the Jacksonville Marathon. Encouragingly, Dykes didn't run his first marathon until he was 58 and only started training seriously once he retired at 64. " It turns out when you have a lot of time on your hands, you can run a lot more. "

## Jacquie Millett

The Londoner didn't start running until she was 57, as a response to a minor health scare. "I was coming up to retiring," she says. "It's a time of life when doors seem to be shutting, and suddenly the whole world opened up for me." Jacquie's now gone on to run more than 200 marathons, more than half of which have been completed with her daughter, Camilla. "Running has been so good for my mental health," says Millett. "I am a far happier, calmer and more fulfilled person because of it."

## Ida Keeling

When the New Yorker fell into a deep depression in her late 60s, her daughter, a track and field runner, took her to a local 5K. Miss Ida, as she's known, felt clumsy at first, but ultimately uplifted. "The good part was that the sad part left," she says. "Running to me is like medicine." Last year, aged 102, she was still running—claiming the 100m world record for women aged 100–104.

21. Who set up SilverFit?  
A. Eddie Brocklesby. B. Gene Dykes.  
C. Jacquie Millett. D. Ida Keeling.
22. When did Gene Dykes start to run his first marathon?  
A. At 50. B. At 57. C. At 58. D. At 64.
23. Why did Jacquie Millett start running?  
A. To respond to a small health scare. B. To fight against a deep depression.  
C. To become a professional runner. D. To meet her daughter's wish.

**B**

What would you do if you won the lottery? While many people's first thoughts might jump to buying a new house or travelling the world on a private jet, Frances Connolly has given away more than half of her jackpot (头奖) to good causes.

The 55-year-old ex-teacher from Hartlepool in Co Durham won £115 million on the EuroMillions in 2019, and since then she's gone on to donate huge sums of money to help others.

Speaking to *The Mirror*, she said, “Helping other people will lift you. If you can give it to others, whether it’s time or money, it’s really important, it gives you a buzz.”

However, Frances has been given a “budget” by her husband Patrick after she spent cash set aside for charities over the next ten years in just six months. Discussing her most recent handouts, she said: “He gave me an annual budget for good causes. We set one this year, and I agreed to it.”

The various good causes Frances has been involved with include £5, 000 sent to buy essentials for refugees (难民), the purchase of a £50, 000 caravan (大篷车) for young carers and the set up of a “Local Heroes” awards. She and her husband have also helped pensioners connect with loved ones by donating electronic tablets and giving hospitals pyjamas and laptops during the lockdown.

It didn't take long before £1 million was spent on the PFC Trust in Hartlepool and the Irish-based Kathleen Graham Foundation, which is named after Frances' mum. And an initial £60 million giveaway was handed out to the Frances' relatives.

While she joked that her husband Patrick would have first spent the money on “an electric fence” to protect their winnings, she knows he backs up her charity. “He tells everybody I’m the one doing the charities, but it’s his money and if he wasn’t happy with what we’re doing, we wouldn’t be doing it,” she said.

24. What does the underlined word “buzz” in Paragraph 2 probably mean?  
A. Pleasure.                      B. Imagination.                      C. Expectation.                      D. Honor.
25. How much was spent on buying a caravan for young carers?  
A. About £5, 000.                      B. About £50, 000.  
C. About £1 million.                      D. About £60 million.
26. What’s Patrick’s attitude to Frances’ charity?  
A. Satisfied.                      B. Negative.                      C. Supportive.                      D. Uncared.
27. What’s the best title of the text?  
A. A 55-year-old Ex-teacher Won £115 Million  
B. An Ex-teacher Continues to Spread Her Good Will  
C. A Couple Moved the World by Their Kind Behavior  
D. A Woman Donates Half of Her £115 Million to Charity

**C**

When you think about your public library you usually imagine books, reference materials, and computers for people to use. You may even think about educational lectures and concerts that are often held at libraries. But few would think about a library that has a farm on its grounds.

But why not? After all, with rising costs, food insecurity is a community-wide issue. The Cicero Branch of the Northern Onondaga Public Library (NOPL), in New York near Syracuse, solved this issue by building an urban farm on its property.

The farm was the brainchild of Meg Backus, the adult programming director at the library. She saw the vacant library-owned lot and realized it could be used to benefit the community.

The organic urban farm was created in 2011 and in the beginning, around 40 members of the library brought seeds, water, and supplies to see if they could grow food on the lot. It turns out that they could. “The ground was part of a farm that was on that land at some time in history, so it was still fertile (肥沃的) and we had great success,” Sue Buswell, the Library Farm manager.

As the farm grew in popularity over the years, it could not just be sustained by library members. There was an additional potential setback. It turned out that the library didn’t actually own the lot that the farm was on. But the group didn’t let this stop them. They moved the farm about 50 feet away, raised the garden beds, and expanded it.

To get the needed supplies for a larger farm, the library formed partnerships with the nonprofit organization Syracuse Grows and the Onondaga County Resource Recovery Agency. The farm also received grants for infrastructure.

The farm donates over 200 pounds of fresh produce to local food pantries (储藏室) every year. According to the NOPL, half of the growing area is dedicated to the Food Pantry/Educational Garden. The other half is used by individual growers. During the year, there are educational programs held at the library to teach people how to garden.

28. Why did NOPL build Library Farm?  
A. To make full use of the farm lot.  
B. To deal with food insecurity issues.  
C. To provide fresh produce to local food pantries.  
D. To make the library more popular in the community.

29. Who provided seeds, water, and supplies at first?  
A. Meg Backus. B. Library members.  
C. Community residents. D. A nonprofit organization.
30. Why did library members move the farm about 50 feet away later on?  
A. The library didn't actually own the lot.  
B. The library wanted to expand the farm.  
C. The library wished to start more educational programs.  
D. The library expected to teach more people how to garden.
31. What can we know about the library farm?  
A. The soil of it is not rich.  
B. It was created ten years ago.  
C. The idea of building it was put forward by Sue Buswell.  
D. Half of the growing areas can be grown by individuals.

**D**

Maybe you consider yourself as a “black sheep” in your friend circle and wish you knew someone else who felt the same way, so you could talk about the awkwardness of trying to fit into the path that everyone else appears to follow so willingly.

If you often feel this way, then Canadian author Cait Flanders' book called *Adventures in Opting Out: A Field Guide to Living an Intentional Life* is for you. The chapters have an unusual yet pleasant format, modeled after the experience of hiking up a mountain, which is something Flanders does frequently. The journey starts at the base, progresses to the viewpoint, moves into a valley, and then up a final slope to the top. Flanders found this route to be similar to the emotional and practical work it takes to get through changing paths in life.

Flanders calls changing paths “opting out,” and encourages people not to feel they have to make complete changes to their lives all at once, but rather be willing to try something new, little by little, until they find what feels right.

She gives examples of previous opt-outs she's taken in life, from giving up drinking to leaving a government job to become self-employed. The main narrative (叙述), however, centers around a more recent decision to travel full time to the UK. Her decision to travel full-time went against what she was learning: “I couldn't forget the people I was meeting in the UK who were promising to never fly again... I just knew I didn't feel great about it anymore.” This change in her values ends up guiding her to consider train travel over planes.

In the book Flanders writes like a good friend would speak to you, and offers useful advice on how to do brave things and make difficult choices. Anyway, it's helpful to read words of guidance from someone who works hard to practice what she advocates about meaningful living.

32. What kind of people does “black sheep” refer to?  
A. Those who are a perfect mixer in any group.  
B. Those who have achieved unexpected success.  
C. Those who find it hard to adapt to new environment.  
D. Those who are different from the rest of their family or another group.
33. What did Flanders used to do?  
A. A travel agent. B. A consultant.  
C. A government staff. D. An athlete.
34. Which of the following may Flanders agree with?  
A. No pains, no gains. B. It's better late than never.  
C. Nothing seek, nothing find. D. Don't run before you can walk.

35. What kind of type is this text?

- A. A story.
- C. A novel.

- B. A book review.
- D. A brief biography.

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。

We usually divide a year into four seasons. However, in Traditional Chinese Medicine (TCM) theory, there are five seasons—spring, summer, late summer, fall, and winter. Each of the five has many features which guide us to change our habits to keep the balance between our body and the external environment.

● Winter in TCM

The ancient Chinese believed that winter is the Yin season in nature. 36 So, winter is the time of year to reflect on health, save strength and regain energy, preparing ourselves for the start of new life in the spring.

● Activities in winter

In TCM theory, winter is a season to feed ourselves both spiritually and physically. 37 For example, we can do more writing, reading and other soul-nourishing (滋养灵魂的) activities. Although energetic exercise should be avoided, it's important to keep our body healthy with gentle exercise, especially outdoor activities, in which we can get fresh air and sunlight. In addition, we should also go to bed earlier to save more energy. 38

● Foods for winter

The principle of harmony between what we eat and the season is based on hundreds of years of experience in TCM. It suggests that we embrace locally-grown and seasonable foods, which is the way nature intends us to eat. 39 Most of them naturally grow in this season—pumpkins, potatoes, root vegetables, winter greens, carrots, cabbage, mushrooms, and pears. Besides, hot soup, whole grains and roasted nuts also offer nourishment to feed the body in cold winter months. But always remember, moderation in all things is important.

● Moods in winter

According to TCM theory, stress, depression and unresolved anger can also weaken our immune (免疫) system, allowing external factors to affect our body in winter. 40 Meditation (冥想) and breathing techniques are particularly helpful, especially in relieving stress.

- A. People's mood varies with the season.
  - B. Activities in the season have a turn inwards.
  - C. Eating off-season food is not good for human health.
  - D. It is inactive, cold and dark, which makes us slow down.
  - E. During the winter, there are many foods beneficial to us.
  - F. Everyone can enjoy winter if they live and exercise properly.
  - G. So, keeping a good feeling is especially important in this cold season.

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。

A relative invited me to come and live in his house. With complete 41 in his promises, I 42 all my worldly possessions onto a ship bound for India in November 2001. Everything had gone 43 in the preparation for the trip. I was confident that this 44 was the next big step I had to take.

When I arrived, he said, "Things have 45 . There is no place here for you."

I was surprised. I was so 46 that I couldn't speak. Like a frozen statue, I stood on the crossroads of the vast unknown, not sure of what to do. The anger 47. I could not go back to England as all my worldly possessions were on their way to India. What should I do?

In order to 48, I submitted articles to magazines in India but, 49, they paid me for them.

Those years of 50 left a deep impression. I was 51 an appropriate place to settle, but only later did I 52 that the movement itself was meant for my spiritual development. If I had only stayed in his house, I would never have learned many valuable 53. One such lesson was that through perseverance (坚持) and 54 to one's ideals in life, any tough situation can be 55. I am writing this story from my home in India.

- |                      |                 |                |                |
|----------------------|-----------------|----------------|----------------|
| 41. A. pride         | B. delight      | C. interest    | D. faith       |
| 42. A. lifted        | B. loaded       | C. threw       | D. left        |
| 43. A. slowly        | B. smoothly     | C. endlessly   | D. badly       |
| 44. A. adventure     | B. arrangement  | C. appointment | D. choice      |
| 45. A. stopped       | B. functioned   | C. changed     | D. followed    |
| 46. A. embarrassed   | B. nervous      | C. excited     | D. shocked     |
| 47. A. surfaced      | B. faded        | C. varied      | D. lasted      |
| 48. A. live          | B. help         | C. succeed     | D. explore     |
| 49. A. certainly     | B. occasionally | C. finally     | D. immediately |
| 50. A. studying      | B. wandering    | C. complaining | D. doubting    |
| 51. A. searching for | B. returning to | C. giving up   | D. picking out |
| 52. A. guess         | B. guarantee    | C. agree       | D. realize     |
| 53. A. qualities     | B. skills       | C. speeches    | D. lessons     |
| 54. A. reference     | B. attitude     | C. commitment  | D. access      |
| 55. A. assessed      | B. understood   | C. addressed   | D. avoided     |

## 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。

To many in the Gulf, Ghanim Al Muftah's is a familiar face. But the young disability activist, 56 has a huge following on social media, was one of the breakout stars on Sunday night at the opening ceremony of the Fifa World Cup 2022 in Doha, which 57 (watch) by thousands around the world.

Al Muftah, 20, stole the show at the ceremony at the tent-shaped Al Bayt Stadium, 58 (share) the stage with Hollywood actor Morgan Freeman.

The young Qatari recited a verse from the Quran (古兰经) and helped the actor welcome the world in a show themed around unity and 59 (tolerate). "We sent out the call, because everyone is welcome. This is 60 invitation to the whole world," said Al Muftah, 61 (dress) in a thobe (长袍) and walking to the stage with the use of his hands.

Al Muftah was born in Qatar 62 a rare disease. Mostly using his hands to move around, he has documented his continuing medical 63 (challenge), turning them into an inspirational journey and 64 (eventual) becoming a motivational speaker.

Currently in university studying political science, Al Muftah hopes 65 (become) a diplomat one day. In April, Al Muftah was named a Fifa World Cup 2022 ambassador.

## 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。你的英国笔友 Terry 来信说他比较挑食, 想寻求你的建议。请你给他写一封邮件, 内容包括: 1. 挑食的危害; 2. 你的建议。

注意: 1. 写作词数应为 80 左右;

2. 请按如下格式在答题卡相应位置作答。

Dear Terry,

Yours,  
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。

Sahana sank to the floor. “I’ll never be as flexible as you are, grandma.”

Sahana’s grandmother Dadiji had been bending and coiling（绕）her body for more than 50 years. She could stand on her hands and pull her body into a ball.

“Sahana, your name means ‘patience.’ You need patience for yoga,” said Dadiji.

Like many schools in India, Sahana’s school was holding a yoga contest. Sahana wanted to make Dadiji proud. But she could barely stand on one leg.

Dadiji returned to the kitchen. Sahana kept practicing. She stood straight, arms at her sides. Mountain pose. Standing still isn’t that hard, she thought. She moved to her hands and knees and arched her back. Cat pose.

She wandered into the kitchen.

“Finished already?” asked Dadiji.

“It’s hard,” Sahana said. “How did you get to be so strong?”

Dadiji smiled. “Patience.”

The next morning, Sahana was a frog. The pose made her thighs（大腿）hurt and she wanted to stop. Then she remembered her grandmother’s words. She took a deep breath and held the pose longer.

Sahana practiced a new pose every day. But first, she went through the poses she had practiced the days before. She started to feel stronger. Her arms and legs stopped wiggling（摆动）.

The day of the yoga contest arrived. On the bus, Sahana was nervous. What if I can’t hold any poses? When the bus stopped at school, she ran to the gym. Her heart beat wildly. Families arrived. But Dadiji wasn’t in the audience. Dadiji has to see what I’ve learned, Sahana thought.

“It is time to begin,” said their teacher. “Your first pose will be Eagle.”

Sahana curled（弯曲）her left leg around her right leg. She bent her arms, winding one around the other. She heard Dadiji’s voice in her head, “Patience.”

Camel pose. Bridge pose. Bow pose.

Sahana lay on her back with her knees bent. She took a deep breath and placed her hands on the floor behind her. A few more seconds. But her arms felt soft and wiggly（摇晃的）. Sahana sank to her mat. She might not win the contest.

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。

“I messed up,” Sahana thought, “Dadiji would be disappointed.” \_\_\_\_\_

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\_\_\_\_\_

“I didn’t know you could do all those poses,” Dadiji said when Sahana walked over to her. \_\_\_\_\_

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\_\_\_\_\_