**普宁一中2023-2024学年度高三级第一学期英语科限时训练（一）**

**一、阅读理解(共两节)**

**第一节: (共3小题；每小题2.5分，满分7.5分**

**阅读下面短文，并从A、B、C、D四个选项中，选出能回答所提问题的最佳选项。**

It’s easy to get defeated completely by something negative in your daily life. Give these apps a try if you want to be more positive instead of being negative in your daily life.

**Shine**

Shine is a text messaging service based on the idea that sometimes you need some external phrases to guide your internal positive thinking.

Visit the website, and you’ll have the ability to sign up to receive a daily text message — all you need to provide is a first name and a phone number. Then you'll receive one message per day with inspirational quotes from successful people from Monday through Friday.

**Kwippy**

In many cases, statements that come from other people can be more powerful than ones you make to yourself. That’s where Kwippy comes in.

The app Kwippy has a positive, lively community focused on fun while keeping negativity out. It is a new kind of social media platform that will send you random challenges throughout the day, prompting you to take a photo of something in your nearby environment.

**ThinkUp**

If you’re feeling confident and good about your place in life, download the app, come up with some positive statements about yourself and record them for future generations. If you’re feeling less creative or don’t know what to say, don’t worry — the app also has a list of shared positive statements that you can choose from.

**Smiling Mind**

Smiling Mind, a nonprofit organization, was founded by and is currently operated by psychologists and educators. Everything there is supported by scientific evidence. The app is free to use but you can make a donation if you want to continue supporting their efforts, displaying friendly and thoughtful acts to others.

In the app, you’ll find different choices, which can help you remove negative thoughts and focus on the positivity of the present moments.

1. Which app makes people feel encouraged regularly?

A. Shine. B. Kwippy. C. ThinkUp. D. Smiling Mind.

2. Who is Kwippy suitable for?

A. Those who need to face a big life challenge.

B. Those who look for a friendly neighborhood.

C. Those who long for a great sense of belonging.

D. Those who want to live an enjoyable social life.

3. What is the purpose of the article?

A. To show the power of some advanced apps.

B. To introduce some apps for avoiding people feeling down.

C. To compare the advantages of some apps.

D. To list the wide usage of apps in our daily life.

**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。**

If you’re enjoying a cup of tea while reading this, you’re supporting just about every organ in your body. Unsweetened tea can prevent some diseases and help repair cells in the body. The popularity of Chinese tea cannot be separated from its medicinal value.

Your heart will thank you. Tea’s properties can keep your blood vessels (血管) relaxed and clear, putting less stress on your heart, and thus slow down block formation in vital blood vessels. 4 .

Your risk of the brain disease could decrease. 5 . It’s important to know the early warning signs and do what you can to prevent it. Green tea can help you develop resistance against stress and potentially Alzheimer’s disease. The special substance in it protects cells from damage.

6 . If you spend your nights turning, try relaxing yourself with a cup of east-Asian medicinal tea before bed, which can improve sleeplessness. 7 , it can help improve sleep and quality of life in those with mild sleeplessness according to a study in Integrative Medicine Research.

Your attention may improve. The caffeine in tea can improve your attention and awareness. The unique acid to tea may also improve attention by relaxing the brain, but stimulating it when it is time to focus. 8 . Try making a warm cup of tea just before it’s time to work or consider these reasons you may not be able to focus.

A. Your sleep could improve

B. Your body becomes more energetic

C. When you have the habit of getting up early

D. Once you have formed the habit of drinking that kind of tea

E. You ever find yourself having difficulty with concentration

F. So drinking a proper amount of black tea can be beneficial to your heart

G. The thought of you being diagnosed with the brain disease is very scary

**二、语言运用(共两节，满分30分)**

1. **完形填空(共15小题，每题1分，满分15分)阅读下面短文，从各题所给A、B、C和D四个选项中，选出可以填入空白处的最佳选项，并在答题卡上将该项涂黑。**

It was a Saturday a few summers ago. My daughter and I went swimming in our pool. That day was like most others, so I had no way of knowing it would 9 in our family history. It is a memory that we 10 and still talk about from time to time.

The sun was setting and the night was approaching. From the shallow end of our pool, my daughter noticed that, right about eye level, a spider(蜘蛛) was 11 its web by the pool. And it surprised me that she was not 12 of the spider. Instead, she 13 watched as the spider was busy with the cycle of life.

As we both 14 this wonder of nature, a(n) 15 hit me. I had lost track of time. I didn’t know how long we had been just standing there and watching that spider spinning (织网) its web. But 16 what amount of time had passed, the 17 was that my daughter and I were simply having fun. We were having fun without doing anything really big or special. However, in contrast, I believe that by sharing this 18 of watching the spider, both of us were just satisfied as if we had done something very 19 .

Remember that the 20 things are the best things in our life. We need to spend some time together with our family 21 such things in life. More importantly, we need to 22 some time to talk about life with our family. If we do this, we will have special 23 that will last a life time.

9. A. go down B. get up C. take off D. start out

10. A. deserve B. access C. treasure D. regain

11. A. decorating B. repairing C. removing D. building

12. A. scared B. proud C. fond D. tired

13. A. carelessly B. delightfully C. quickly D. unwillingly

14. A. noted B. observed C. played D. imitated

15. A. insect B. problem C. stick D. thought

16. A. in case of B. in honor of C. in spite of D. in favor of

17. A. truth B. advice C. idea D. message

18. A. risk B. ability C. knowledge D. experience

19. A. challenging B. strange C. significant D. encouraging

20. A. everyday B. simple C. expensive D. fortunate

21. A. discussing B. lasting C. appreciating D. arranging

22. A. spare B. waste C. save D. kill

23. A. presents B. rewards C. celebrations D. moments

**第二节 语法填空(共10小题,每小题1.5分，满分15分)**

**阅读下面材料，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。**

Lions, tigers and other animals are staying awake at night 24 （avoid）human beings, a new study finds．

Scientists have known that human activities can lead to changes in nature. Many animals may move around less or travel to far places to keep away 25 people. By being awake at night, animals can also be on guard against possible enemies and spend less time 26 （look）for food．

The latest research found even activities like farming and camping can 27 （fright）animals and cause them to become more active at night． 28 had been studied were lions in Tanzania, tigers in Nepal and monkeys in Brazil. Researchers compared 29 （careful） how much time those animals were active at night in areas of human activities, such as hunting and farming． 30 was human activities that caused an increase of about 20 percent in night time activities, even in creatures that usually sleep at night. Results 31 （publish）in the journal Science two months ago．

The new findings are 32 （usual）because no one else has looked at it in such detail before Ecologist Marlee Tucker was 33 （surprise）that any kind of human activities is enough for animals to see people as a threat．