**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。**

【语篇导读】本文是一篇应用文，主要介绍四款可以让人在日常生活中更积极向上的App。

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.在日常生活中，我们很容易被一些消极的事情完全打败。如果你想在日常生活中变得更积极而不是消极，试试这些应用程序吧。

**Shine**

Shine is a text messaging service based on the idea that sometimes you need some external phrases to guide your internal positive thinking.Shine是一种短信服务，它的理念是，有时候你需要一些外部短语来引导你内心的积极思维。

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.

访问该网站，你就可以注册接收每日短信——你所需要提供的只是一个名字和一个电话号码。然后，从周一到周五，你每天都会收到一条成功人士的励志名言。

**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.在很多情况下，来自他人的陈述可能比你自己的陈述更有力量。这就是Kwippy(快皮)的用武之地。

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.

应用程序Kwippy有一个积极、活跃的社区，专注于乐趣，同时排除消极情绪。这是一种新型的社交媒体平台，它会在一天中给你发送随机的挑战，提示你在你附近的环境中拍摄一些照片。

**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.如果你对自己在生活中的位置感到自信和良好，那就下载这个应用程序，想出一些对自己的积极评价，并把它们记录下来，留给后代。如果你觉得缺乏创造力或不知道该说什么，别担心——该应用程序还提供了一个分享的积极陈述列表，你可以从中选择。

**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.“微笑心灵”是一个非营利组织，由心理学家和教育工作者创立，目前由他们运营。那里的一切都有科学证据支持。这款应用程序是免费使用的，但如果你想继续支持他们的努力，你可以捐款，向他人展示友好和体贴的行为。

In the app, you’ll find different choices, which can help you remove negative thoughts and focus on the positivity of the present moments.在应用程序中，你会发现不同的选择，这可以帮助你消除消极的想法，专注于当下的积极因素。

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.

【答案】1. A 2. D 3. B

【1题详解】细节理解题。根据第一款App中的you’ll receive one message per day with inspirational quotes from successful people from Monday through Friday可知它从星期一到星期五推送成功人士的励志名言，故选A项。

【2题详解】细节理解题。根据Kwippy中的The app Kwippy has a positive, lively community focused on fun while keeping negativity out.可知，Kwippy能帮助人们享受愉快的社交生活。D. Those who want to live an enjoyable social life.（那些想过愉快生活的的人）符合题意。故选D项。

【3题详解】推理判断题。根据第一段的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可知，此处是介绍四款可以让人在日常生活中更积极向上的App。故选B项。

**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。**

【语篇导读】本文是说明文，主要讲述了喝茶对人的影响：改善心脏功能，降低患老年痴呆症的风险，改善睡眠和延长注意力持续时间。

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.如果你一边喝茶一边读这篇文章，你就在支持你身体的每一个器官。不加糖的茶可以预防一些疾病，帮助修复体内的细胞。中国茶的流行与其药用价值是分不开的。

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. F. So drinking a proper amount of black tea can be beneficial to your heart.你的心会感谢你的。茶的特性可以保持血管的放松和清澈，减轻心脏的压力，从而减缓重要血管的阻塞形成。所以喝适量的红茶对你的心脏有益。

Your risk of the brain disease could decrease.G. The thought of you being diagnosed with the brain disease is very scary. 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.你患脑病的风险会降低。一想到你被诊断出患有脑部疾病就很可怕。重要的是要知道早期的预警信号，并尽你所能来预防它。绿茶可以帮助你抵抗压力和潜在的阿尔茨海默病。其中的特殊物质可以保护细胞免受损害。

A. Your sleep could improve. If you spend your nights turning, try relaxing yourself with a cup of east-Asian medicinal tea before bed, which can improve sleeplessness. D. Once you have formed the habit of drinking that kind of tea, it can help improve sleep and quality of life in those with mild sleeplessness according to a study in Integrative Medicine Research.

你的睡眠会得到改善。如果你晚上辗转反侧，试着在睡前喝一杯东亚药茶来放松自己，这可以改善失眠。根据《中西医结合研究》的一项研究，一旦你养成了喝这种茶的习惯，它可以帮助那些轻度失眠的人改善睡眠和生活质量。

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. E. You ever find yourself having difficulty with concentration. 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.你的注意力可能会提高。茶中的咖啡因可以提高你的注意力和意识。茶中独特的酸也可以通过放松大脑来提高注意力，但在需要集中注意力的时候会刺激大脑。你曾经发现自己很难集中注意力吗?试着在工作之前泡一杯热茶，或者考虑一下这些你可能无法集中注意力的原因。

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

【答案】4. F 5. G 6. A 7. D 8. E

【4题详解】根据上文提示“茶的特性可以让你的血管放松和畅通，减少你的心脏的压力，从而减缓重要血管阻塞的形成。”承接上文，F项So drinking a proper amount of black tea can be beneficial to your heart（所以喝适量的红茶对心脏有益。）切题。故选F。

【5题详解】根据上文提示“你患脑部疾病的风险会降低。”再根据下文提示“重要的是要了解早期预警信号，并尽你所能预防它。”承接上下文，G项The thought of you being diagnosed with the brain disease is very scary（一想到你被诊断出患有脑部疾病就很可怕。）切题。故选G。

【6题详解】根据下文提示“如果你晚上睡觉，试着在睡前喝一杯东亚药茶来放松自己，这可以改善失眠。”承接下文，A项Your sleep could improve（你的睡眠质量会提高。）切题。故选A。

【7题详解】分析句子结构“\_\_\_4\_\_\_, it can help improve sleep and quality of life in those with mild sleeplessness according to a study in Integrative Medicine Research.”该空应该是状语从句或非谓语动词的句子。再根据后半句“根据一项综合医学研究，它可以帮助改善那些轻度失眠的人的睡眠和生活质量。”承接下半句，D项Once you have formed the habit of drinking that kind of tea（一旦你养成了喝那种茶的习惯。）切题。故选D。

【8题详解】根据上文提示“茶中独特的酸也可以通过放松大脑来提高注意力，但当需要集中注意力时，就会刺激大脑。”再根据下文提示“试着在工作前泡一杯热茶，或者考虑一下你可能无法集中注意力的原因。”承接上下文，E项you ever find yourself having difficulty with concentration（你会发现自己很难集中注意力。）切题。E项中的中心词“concentration”和下文主句中的关键词“focus”的意思相近。故选E。

**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。**

【语篇导读】本文是夹叙夹议文。

主要讲述了作者和她的女儿在泳池看到了蜘蛛结网的故事，以及自己的感悟。

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 go down in our family history. It is a memory that we treasure and still talk about from time to time.

那是几年前的一个夏天的星期六。我和女儿在我们家的游泳池里游泳。那一天和其他大多数日子一样，所以我不知道它会不会被载入我们的家族史。这是一段我们珍惜的记忆，我们仍然会不时地谈论它。

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 building its web by the pool. And it surprised me that she was not scared of the spider. Instead, she delightfully watched as the spider was busy with the cycle of life.太阳下山了，夜幕降临了。在泳池较浅的一端，我女儿注意到，就在眼睛的高度，一只蜘蛛正在泳池边织网。令我吃惊的是，她一点也不怕蜘蛛。相反，她愉快地看着蜘蛛忙于生命的循环。

As we both observed this wonder of nature, a(n) thought 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 in spite of what amount of time had passed, the truth 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 experience of watching the spider, both of us were just satisfied as if we had done something very significant.

当我们都在观察这个大自然的奇迹时，我突然有了一个念头。我忘了时间。我不知道我们在那里站了多久，看着那只蜘蛛织网。但不管时间过去了多少，事实是我和女儿只是在玩。我们玩得很开心，没有做什么特别的大事。然而，相比之下，我相信通过分享这次看蜘蛛的经历，我们俩都很满意，好像我们做了一件很有意义的事情。

Remember that the simple things are the best things in our life. We need to spend some time together with our family appreciating such things in life. More importantly, we need to spare some time to talk about life with our family. If we do this, we will have special moments that will last a life time.记住，简单的事情是我们生活中最美好的事情。我们需要花一些时间和家人在一起，欣赏生活中的这些东西。更重要的是，我们需要抽出一些时间和家人谈谈生活。如果我们这样做了，我们将会拥有持续一生的特殊时刻。

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

【答案】ACDAB BDCAD CBCAD

【9题详解】考查动词短语辨析。句意：那一天和其他大多数日子一样，所以我不知道它会在我们家里流传了下去。A. go down延续；B. get up起床；C. take off起飞；D. start out开始。根据下文“It is a memory that we 2 and still talk about from time to time.”可知，这些过去的记忆是值得珍惜的，同时也是一次又一次被家人们谈起，所以那天发生的事在家里流传了下来。故选A。

【10题详解】考查动词词义辨析。句意：这是一段我们珍惜的记忆，时至今日仍会不时提起的回忆。A. deserve值得；B. access接近；C. treasure珍惜；D. regain重新获得。根据下文“still talk about from time to time.”可知，过去的那些记忆是值得珍惜的。故选C。

【11题详解】

考查动词词义辨析。句意：在泳池浅的那一头，我女儿注意到，就在眼睛的高度，一只蜘蛛正在泳池边织网。A. decorating装修；B. repairing修理；C. removing移走；D. building建造。根据下文“its web”可知，是蜘蛛在结网。故选D。

【12题详解】考查形容词词义辨析。句意：让我吃惊的是，她竟然不怕蜘蛛。A. scared害怕的；B. proud骄傲的；C. fond喜欢的；D. tired疲劳的。根据下文“Instead, she 5 watched as the spider was busy with the cycle of life.”可知，上下文是转折关系，作者的女儿在观察蜘蛛的行为，所以她应该是不害怕蜘蛛，所以才会让作者感到惊讶。故选A。

【13题详解】考查副词词义辨析。句意：相反，她高兴地看着蜘蛛忙于生命的循环。A. carelessly粗心地；B. delightfully高兴地；C. quickly快速地；D. unwillingly不愿意地。根据上文“she was not 4 of the spider”以及下文“As we both 6 this wonder of nature.”可知，作者的女儿不但不害怕，反而还很开心地看着。故选B。

【14题详解】考查动词词义辨析。句意：当我们俩都看到这大自然的奇迹时，我突然有了一个想法。A. noted注意；B. observed观察；C. played玩耍；D. imitated模仿。根据上文“she 5 watched as the spider was busy with the cycle of life.”可知，作者的女儿观察着这个大自然的奇迹。故选B。

【15题详解】考查名词词义辨析。句意：见第6题详解。A. insect昆虫；B. problem问题；C. stick棍棒；D. thought想法。根据下文“However, in contrast, I believe that by sharing this 10 of watching the spider, both of us were just satisfied as if we had done something very 11 .”可知，观看蜘蛛结网这个大自然的奇迹，让作者有很多的思考，即有了一些想法。故选D。

【16题详解】考查介词短语辨析。句意：尽管时间过去了很久，事实是我和女儿都很快乐。A. in case of以防万一；B. in honor of纪念；C. in spite of尽管；D. in favor of支持。根据下文“what amount of time had passed”可知，此处表示的是让步关系，即尽管时间过去了很久，但仍然记忆深刻。故选C。

【17题详解】考查名词词义辨析。句意：见第8题详解。A. truth事实；B. advice建议；C. idea想法；D. message信息。根据下文“that my daughter and I were simply having fun. ”可知，尽管时间过了很久，可是作者和女儿在观察的过程中一直是快乐的。即事实上，作者和女儿是快乐的。故选A。

【18题详解】考查名词词义辨析。句意：然而，相比之下，我相信通过分享这种观察蜘蛛的经历，我们俩都很满意，就好像我们做了一件非常重要的事情。A. risk风险；B. ability能力；C. knowledge知识；D. experience经历。根据上文“From the shallow end of our pool, my daughter noticed that, right about eye level, a spider (蜘蛛) was 3 its web by the pool.”可知，作者的女儿在游泳时一次偶然观察到蜘蛛结网，这对作者和女儿来说是一次经历。故选D。

【19题详解】考查形容词词义辨析。句意：见第10题详解。A. challenging有挑战的；B. strange奇怪的；C. significant重要的；D. encouraging令人鼓舞的。根据上文“in contrast, I believe that by sharing this 10 of watching the spider”可知，本句与上文构成的是相反的关系。虽然只是看蜘蛛结网，但是对作者和女儿来说，一起观察蜘蛛结网就好像是做了一件重要的事情一样。故选C。

【20题详解】考查形容词词义辨析。句意：记着，简单的事情就是人生中最美好的事情。A. everyday每天的；B. simple简单的；C. expensive昂贵的；D. fortunate幸运的。根据上文“But 8 what amount of time had passed, the 9 was that my daughter and I were simply having fun. We were having fun without doing anything really big or special.”可知，作者认为，简单的事情就是人生中最美好的事情。故选B。

【21题详解】考查动词词义辨析。句意：我们需要花一些时间和我们的家人一起欣赏生活中的这些东西。A. discussing讨论；B. lasting持续；C. appreciating欣赏；D. arranging安排。根据下文“such things in life”可知，我们需要花费时间和家人一起欣赏生活中简单的事，如像作者和女儿一起观察蜘蛛结网的事。故选C。

【22题详解】考查动词词义辨析。句意：更重要的是，我们需要抽出一些时间和我们的家人谈谈生活。A. spare腾出；B. waste浪费；C. save节省；D. kill消磨。根据上文“We need to spend some time together”可知，我们应该腾出时间和家人来交谈。故选A。

【23题详解】考查名词词义辨析。句意：如果我们这样做，我们将会有持续一生的特殊时刻。A. presents礼物；B. rewards奖励；C. celebrations庆祝；D. moments时刻。根据上文“If we do this”以及下文“that will last a life time.”可知，如果这样做了，作者他们就会拥有可以珍藏一生的美好时刻，就如同作者和女儿一同观看蜘蛛结网的美好时刻，这是值得作者珍惜的回忆。故选D。

**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。**

【语篇导读】本文是一项关于动物的最新研究报道。狮子、老虎和其他动物在夜间保持清醒，以躲避人类。最新的研究发现，即使是像耕作和露营这样的活动也能吓到动物，让它们在夜间变得更加活跃。

Lions, tigers and other animals are staying awake at night to avoid human beings, a new study finds．一项新的研究发现，狮子、老虎和其他动物在晚上保持清醒，以避开人类。

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 from people. By being awake at night, animals can also be on guard against possible enemies and spend less time looking for food．科学家们已经知道人类活动会导致自然界的变化。许多动物可能会减少活动或到很远的地方去远离人类。通过夜间清醒，动物也可以警惕可能的敌人，花更少的时间寻找食物。

The latest research found even activities like farming and camping can frightenanimals and cause them to become more active at night．最新的研究发现，即使是像农业和露营这样的活动也会吓到动物，使它们在晚上变得更加活跃。What had been studied were lions in Tanzania, tigers in Nepal and monkeys in Brazil. 研究对象是坦桑尼亚的狮子、尼泊尔的老虎和巴西的猴子。Researchers compared carefully how much time those animals were active at night in areas of human activities, such as hunting and farming．研究人员仔细比较了这些动物在人类活动领域(如狩猎和农业)夜间活动的时间。It was human activities that caused an increase of about 20 percent in night time activities, even in creatures that usually sleep at night.是人类活动导致夜间活动增加了约20%，即使是那些通常在晚上睡觉的生物也是如此。Results were published in the journal Science two months ago．研究结果两个月前发表在《科学》杂志上。

The new findings are unusual because no one else has looked at it in such detail before Ecologist Marlee Tucker was surprised that any kind of human activities is enough for animals to see people as a threat．新的发现是不寻常的，因为在生态学家Marlee Tucker惊讶地发现任何一种人类活动都足以让动物将人类视为威胁之前，没有人如此详细地研究过它。

【答案】24. to avoid 25. from 26. looking 27. frighten 28. What

29. carefully 30. It 31. were published 32. unusual 33. surprised

【24题详解】考查动词不定式。句意：狮子、老虎和其他动物在夜间保持清醒，以躲避人类。结合句意此处是动词不定式做目的状语，故答案为to avoid。

【25题详解】考查固定词组。句意：许多动物可能会更少地移动，或者到很远的地方去远离人群。固定词组：keep away from远离，回避，故答案为from。

【26题详解】考查固定结构。句意：通过在夜间保持清醒，动物也可以防备可能的敌人，花更少的时间寻找食物。Spend ...（in）doing sth.在做......上花费，故答案为looking。

【27题详解】考查动词。句意：最新的研究发现，即使是像耕作和露营这样的活动也能吓到动物，让它们在夜间变得更加活跃。情态动词后面跟动词原形，frighten“使害怕”是动词，故答案为frighten。

【28题详解】考查主语从句。句意：研究的对象是坦桑尼亚的狮子、尼泊尔的老虎和巴西的猴子。分析句子结构，句子没有主语，此处用主语从句做主语，从句没有主语和引导词，所以应该用what引导主语从句，故答案为what。

【29题详解】考查副词。句意：研究人员仔细比较了这些动物在夜间活动的时间，比如狩猎和农耕。此处compare是动词，副词修饰动词，故答案为carefully。

【30题详解】考查强调句式。句意：正是人类活动导致夜间活动增加了大约20%，即使是在夜间睡觉的生物中也是如此。此处是强调句型，It was+强调部分+that ...，故答案为It。

【31题详解】考查被动语态。句意：研究结果发表在两个月前的《科学》杂志上。根据two months ago且句子主语Results和publish之间是被动关系，所以此处用一般过去时态的被动语态，答案为were published。

【32题详解】考查形容词。句意：这些新发现是不同寻常的，因为在生态学家Marlee Tucker惊讶地发现，任何人类活动都足以让动物把人视为威胁以前，没有其他的人这样详细地考虑它。结合句意可知答案为unusual。

【33题详解】考查过去分词。句意：这些新发现是不同寻常的，因为在生态学家Marlee Tucker惊讶地发现，任何人类活动都足以让动物把人视为威胁以前，没有其他的人这样详细地考虑它。结合句意可知答案为surprised。