2022-2023学年第一学期高三英语12月份适应练习卷A卷

完卷时间： 120 分钟 满分： 150

学校 班级 姓名 座号 准考号：

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**第一部分：听力（共两节，满分30分）（略）**

**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**

If you haven't decided how to spend your summer, you may want to think about the possibility of participating in a summer program.

**Virtual Experience:Harvard's High School Programs**

If you're wondering what college is like, Harvard offers online college programs just for high school students who are curious. Harvard's high school programs allow you to take real courses and earn college credit. Financial aid is available for qualifying students.

**Virtual Experience:American University High School Summer Scholars**

This multi-week, online program helps high school students pursue their interests in a variety of topics. Each online course is 1-credit hour. Rising sophomores, juniors, and seniors with a 3.0 GPA (Grade Points Average) can choose 1 course from 14 subjects-from Political Action and Public Policy to Oceanography and more.

**Virtual Experience:Worcester Polytechnic Institute(WPI)-Frontiers Program**

This online, summer program is designed for high school students entering their junior and senior years. Program participants are challenged to explore the outer limits of their knowledge in science, technology, engineering, and math (STEM) with current laboratory techniques and exploring unsolved problems across a wide range of disciplines

**Virtual/In-Person Opportunities:Immerse Education Programs**

Immerse Education's summer programs offer in-person and online courses in a variety of subjects and take place throughout the United Kingdom and Australia. Students ages 11-18 from around the world get to learn on the campuses of Cambridge, Oxford, London and the University of Sydney.

1. Which program will you possibly choose if you are from a family on a tight budget?
2. Immerse Education Programs.

B. Harvard's High School Programs

C. American University High School Summer Scholars

D. Worcester Polytechnic Institute(WPI)-Frontiers Program.

22. What do these four programs have in common?

A. They provide access to online learning. B. They set academic requirements

C. They offer participants college credits. D. They take place in the United States.

23. Who is the text mainly intended for?

A. College staff. B. College students.

C. Program organizers. D. High school students.

**B**

On October 8th, Louise Glück, at 77, had been awarded the 2020 Nobel prize in literature. The Nobel prize in literature has been besmirched（玷污） in recent years. Last year’s prize was awarded to Peter Handke, an Austrian novelist accused of supporting the genocidal（种族屠杀）. So this year’s announcement — a surprise to experts, yet uncontroversial—came as something of a comfort. The Swedish Academy cited Ms Glück’s “unmistakable poetic voice that with beauty makes individual existence universal.”

Ms Glück was born in New York and brought up on Long Island. As a teenager, Ms Glück suffered badly from anorexia nervosa. It was several years before she recovered. “I understood that at some point I was going to die,” she wrote in an essay. “What I knew, more vividly, more clearly, was that I did not want to die.” She never took a degree. Instead she undertook seven years of intense psychotherapy and enrolled in poetry workshops at Columbia University’s School of General Education where she studied with Léonie Adams and Stanley Kunitz, two teachers who became important mentors for her.

In between teaching jobs, at Williams College and later at Yale, she published 12 collections of poems. “The Wild Iris” won the Pulitzer prize in 1993, “Faithful and Virtuous Night” the National Book Award in 2014. She has also contributed to numerous collections of poems and was America’s best poet in 2003.

Traumatic images fill her work, and trauma in her personal life—the death of an older sister before she was born, two divorces, the burning down of her house in 1980—seems to have liberated something within which allowed her to produce her finest poetry. The New York Times described the “The Triumph of Achilles”, the collection that emerged after the fire, as “clearer, purer and sharper” than anything she’d written before.

1. What is the text type of the passage?

A. A book review B. A biography C. A news report D. A literature interview

25. What does para.1 suggest?

A. The Noble prize is not authoritative enough.

B. The experts believed that Louise Glück deserves the Noble prize.

C. Peter Handke was awarded the Noble prize for supporting the genocidal.

D. The winner of last year’s Noble prize is uncontroversial.

26. What can we infer from the passage?

A. What Louise Glück went through in her life made her poems greater.

B. Louise Glück’s poems were vivider and clearer after she studied with Léonie Adams and Stanley Kunitz.

C. Louise Glück undertook seven years of intense psychotherapy because of nervosa.

D. Louise Glück published 12 collections of poems when she was teaching at Yale.

27. What does the underlined word “trauma” in para. 4 probably mean?

A. turning points B. cheerful moments

C. emotional sufferings D. horrible memories

**C**

Mars will launch a new range of lower calorie chocolate bars next month to avoid the government's latest crackdown on unhealthy snacks.

The company's “Triple Treat” range will include new versions of Mars, Bounty, Snickers and Galaxy bars，and will be available exclusively in Tesco supermarkets. The new formulation Mars bar will be 22 percent smaller and contain 24 percent fewer calories. However, it will cost 80p rather than the 65p charged for a standard bar.The company said the higher price was justified because it had used more expensive ingredients, such as date paste，raisins and peanuts in the new version.

From October，foods considered high in salt，fat or sugar, including Mars's traditional bars, will be banned from checkouts, store entrances and the ends of aisles under government plans to control the obesity crisis.

The NHS (National Health Service) spends more than £6 billion a year treating obesity-related ill health. The government says that children in the poorest parts of the country are more than twice as obese as their peers in the wealthiest areas.

Kerry Cavanaugh, Mars Wrigley UK Marketing Director, said:“Triple Treat does exactly what it says on the tin --- it's packed with a trio of fruit, nuts and our iconic chocolate, and is delightfully delicious to boot. At Mars Wrigley, we're thrilled that Brits can now enjoy a great tasting --- and health-friendly.----Galaxy, Mars,Snickers and Bounty treat. Per 100g, the new Mars will contain 37 per cent less fat, 30 percent less sugar and 55 percent less salt than the original bar. Mars has developed the range over the past 18 months to ensure that it can continue placing its chocolate snacks in prominent locations in stores."

Other candy and chocolate giants have struggled to make products that are in accordance with government's new rules. In 2019 Mondelez released Cadbury Dairy Milk with 30 per cent less sugar yet learnt that it was still in trouble when the criteria were confirmed two years later.

28. What do we know about the new Mars bars?

A. They are sold at an unacceptable price.

B. They will be available in three versions.

C. They can be bought in most supermarkets.

D.They feature lower calories and smaller size.

29.What's the purpose of the government's new rules?

A. To crack down on illegal snacks. B. To ease the obesity crisis.

C. To raise money for poor children. D. To treat obesity-related illnesses.

30. What does Kerry Cavanaugh probably agree with?

A. The New Mars are both tasty and healthy. B. Britons will be disappointed at the new Mars.

C. Mars bars are reinvented as sugar-free snacks. D. Restrictions on chocolate bars should be lifted.

31. What does the author want to show by mentioning Mondelez?

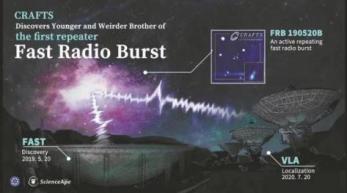
A. The new rules require further tightening up.

B. Businesses are slow to respond to the new rules.

C. The new rules have hardly benefited snack producers.

D. Businesses have had a hard time adjusting to the new rules.

**D**

An international team led by Chinese astronomers has discovered a new type of fast radio burst, extremely brief but bright flashes in the universe that mysteriously keep exploding about once every 10 to 15 minutes on average, according to a study published in the journal Nature on Wednesday.

Scientists said this extraordinary find has challenged the conventional understanding of this celestial(天体) event and may cast light on the mysteries surrounding the origin and potential evolution of these bursts, which are capable of releasing as much energy as the sun does in a year within a few thousandths of a second.

Since their discovery in 2007, fast radio bursts have been a hot topic of discussion in astronomy circles. These events are famously difficult to detect because many originated outside of our galaxy and exist only for a very brief moment.

With the aid of highly sensitive telescopes, scientists have now discovered around 500 FRBs, most of which are one-off events. But 24 of them, for reasons that remain unknown, can repeat their explosions during a certain active phase and then take a break before the next active period.

"The fascinating part of the newly discovered fast radio burst is that it seems to be always active. It doesn't take breaks like other repeating FRBs, and it just keeps on going," said Li Di, chief scientist of FAST and the lead scientist of the international team.

The persistent fast radio burst, named FRB 20190520B, was discovered on May 20, 2019, by Niu Chenhui, a post-doctoral fellow at the National Astronomical Observatories of the Chinese Academy of Sciences.He said FRB 20190520B shares many similarities with the first repeating fast radio burst discovered, called FRB20121102A, except that the former seems to settle in a more complex local environment.

"Could it be that the newly discovered repeating FRB is a younger brother of the first one? Can FRBs evolve? These questions are very interesting and may help us uncover more secrets behind these mysterious events," he said.

1. What do we know about the new type of fast radio burst?
2. It was discovered by Chinese astronomers.
3. It reveals the mysterious origin and evolution .
4. It refers to the brightest flashes in the universe.
5. It appears to be active instead of taking breaks.
6. Why is difficult for scientists to detect fast radio bursts?
7. Because they would stir up a heated debate .
8. Because they didn’t stay for a long time.
9. Because they originated from other planets.
10. Because they lack advanced telescopes .
11. What is the attitude of Niu Chenhui to the newly discovered FRB?
12. objective. B. indifferent. C. optimistic. D. questionable.
13. What could be the best title for the text?
14. Canadian astronomers detected FRB.
15. FAST radio telescope and FRB.
16. Mysterious fast radio bursts first spotted .
17. New type of fast radio burst discovered.

**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。

**How to Overcome Adversity**

Did you know that Albert Einstein didn’t speak at all for the first 3 years of his life? People thought he was lazy and unintelligent. But he never gave up and pushed through adversity to become one of the most brilliant minds of all time. \_\_\_36\_\_\_\_

◆ **Develop a positive mindset.**

\_\_\_37\_\_\_\_For instance, if you find yourself thinking, "I’ll never get this assignment done because I’m not good enough" ，you could flip it around with something like, "That’s not true, I’ve done assignments like this before, I can do it."

◆ **Use your sense of humor.**

Finding the humor in tough situations will make them less stressful. Sure, it might seem difficult to find something funny about a difficult situation. But laughing can help you cope with stress, release tension, and train your brain to be more positive.\_\_\_38\_\_\_\_

◆ \_\_\_\_39\_\_\_\_\_\_.

Look to historical figures who survived and dealt with extraordinary adversity such as Helen Keller or Franklin Roosevelt. You can also look around you at people in your life who have dealt with adversity, such as friends, family members, or colleagues. Use their success stories as inspiration to help you keep pushing back against adversity.

**◆ Choose supportive and caring friends.**

Your friends can give you a boost when you’re struggling. 40 .Be selective with the people you let in your life and choose positive people who accept your flaws and will keep pushing you when you feel overwhelmed.Stick with friends who care about you and your dreams.

A. Expect adversity and prepare for it.

B. That can help you see things more clearly.

C. Learn from others who have overcome adversity.

D. They’ll be there for you to build you up and support you.

E. That’s why we’ve put together a list of ideas to deal with adversity .

F. All of the benefits can help you deal with adversity and overcome it.

G.Try to remain optimistic whenever you’re faced with a difficult situation.

**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。

Rhiannon Menn is the founder of Lasagna (意式宽面) Love, a global nonprofit that connects neighbors through homemade meal 41 . In March 2020, her San Diego community shut down because of the pandemic. She and her husband 42 a design and build company, but their projects were put on hold. Rhiannon felt 43 and wondered what she could do to be useful. It didn’t take her long to decide.

“Cooking is my happy place,” she said. She ordered groceries online and 44 . She, alongside her daughter, Cimorene, then three, made extra pans of [lasagna](file:///d:\\node\\76695" \t "_blank), and 45 them in a local moms’ group on Facebook, offering to drop off a(n) 46 home-cooked meal to anyone who wanted one. Some people requested a meal. Even more wanted to help Rhiannon feed those who were 47 .

48 spread quickly on social media of what she was doing. “By summer, we had more than 100 [volunteer chefs](file:///d:\\node\\59544" \t "_blank),” she said. Too many for one person to 49 , so someone offered to create a website to manage the volunteers and meal requests. This 50 system completely freed Rhiannon to do what she really loves: cook and reach [people in need](file:///d:\\node\\80797" \t "_blank).

For Rhiannon, lasagna is the ultimate 51 food, but it’s about more than just food. “Our [volunteers](file:///d:\\node\\13350" \t "_blank) deliver a sense of hope with the meal,” she said. “We want people to know that a stranger cared enough about them to make them a meal. Kindness is 52 and it can transform communities. This movement has given me 53 in a way I didn’t have before.”

54 volunteering, one can sponsor a Lasagna Chef by donating funds for the groceries needed to prepare the extra meals. You can also sign Lasagna Love’s Kindness Pledge (誓言) and 55 to pass on kindness in your community and look for ways to aid those in need.

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| 41. | A. preparation | B. cooking | C. donation | | D. delivery |
| 42. | A. supported | B. owned | C. helped | | D. established |
| 43. | A. stressful | B. helpless | C. frightened | | D. hesitant |
| 44. | A. set off | B. set out | C. got going | | D. went off |
| 45. | A. posted | B. shared | C. provided | | D. registered |
| 46. | A. delicious | B. unique | C. free | | D. awesome |
| 47. | A. begging | B. tiring | C. dying | | D. struggling |
| 48. | A. News | B. Reports | C. Messages | | D. Word |
| 49. | A. take control of | B. keep track of | | C. be responsible for | D. take account of |
| 50. | A. digitalized | B. industrialized | C. automated | | D. advanced |
| 51. | A. convenient | B. tasty | C. comfort | | D. meaningful |
| 52. | A. infectious | B. crucial | C. substantial | | D. sustainable |
| 53. | A. satisfaction | B. purpose | C. intention | | D. value |
| 54. | A. Except | B. In spite of | C. Beyond | | D. Apart from |
| 55. | 1. commit | B. recognize | C. acknowledge | | D. realize |

**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。

We all share a great \_\_\_56\_\_\_(responsible) to protect the environment, without \_\_57\_\_\_ we could not survive. However, the amount and scale of environmental issues may seem too much for ordinary people. But with hard work and determination, anyone can achieve great things.

One such person is Yin Yuzhen. At a young age, Yin moved to Inner Mongolia to live with her husband in the desert. She felt very lonely. To improve the tough environment and cheer herself up,Yin began planting trees to take land back from the desert. "I would rather die of tiredness from fighting the sand than\_\_\_58\_\_\_(bury) by it!"she said.

The \_\_59\_\_\_ (desert) of Inner Mongolia have spread over centuries. Planting small trees was very hard work.The couple had to travel on foot, doing everything by hand.At first,many trees did not survive, but over the years, she learnt from her failures, \_\_\_60\_\_\_(discover) the best plants and methods to use to \_\_61\_\_\_(successful) plant a forest in the desert.

Over more than three decades,Yin Yuzhen and her husband \_\_\_\_62\_\_\_\_(plant) over 300,000 trees and have taken back a large area of land from the desert.Yin has received praise and awards from all over theworld. It has been said of Yin: "She is \_\_\_63\_\_\_ symbol of courage, patience, and perseverance. Her work in greening the desert deserves universal respect."

\_\_64\_\_\_ is inspiring to see a clear example of how the problem of desertification can be dealt with. Although actions may seem small and insignificant, over time they join together to become great achievements. The journey of 1000 miles begins \_\_\_65\_\_\_\_ one step and the will to continue, and a great forest begins with a single small tree and the will to protect and nurture it. Take your first step. Plant your first tree.

**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，即将参加你校举行关于中国饮食文化的英语演讲比赛。命题演讲环节要求你介绍一道中国春节传统美食，请你写一篇演讲稿，内容包括：

1. 菜品介绍;
2. 制作过程。

注意：

1. 写作词数应为80左右；
2. 可适当增加细节，以使行文连贯。

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**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。

**Cali Scores a Goal**

It was the last game of the season. Cali had been playing soccer all summer. She really enjoyed running around with the other players in her bright blue uniform, chasing the black and white ball across the grassy field. As much as she tried, though, Cali still had not scored one single goal.

“Don’t give up,” said her coach. Before each game, they had a practice session. He showed Cali and her team how to pass the ball to each other and take shots at the goal. Cali was pretty good at passing the ball, but even during practices, she couldn’t kick the ball past the goalkeeper. She wondered if she should quit soccer for good.

“Don’t give up,” said her teammates. Some had been playing soccer for a couple of years, and some were new to the game just like her. “You just need to keep trying and you will get better.” So Cali stayed on the team and did her best.

“Don’t give up,” said Uncle George and Aunt Lisa. But it was half-time, and Cali was feeling frustrated. She was trying! Every time she got a chance to kick the ball, it would go in the wrong direction or a player from the other team would take control of it. She sucked on her orange slice and bit her lip. Maybe she would try a different sport next summer.

The break was over and the referee blew her whistle to start the game again. The two teams walked back onto the field, both determined to win. Cali bent to tie up her shoelace and heard her aunt whisper in her ear. “Look for an opportunity to get the ball. You can do it.”

Cali stood up and took a deep breath. Even if she didn’t get one goal all summer, she knew that she had tried her best. That was something to be proud of. So she smiled at her aunt and headed to her position. The whistle blew, and the game resumed.

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。

Paragraph1：

The score was tied with one goal each between the yellow team and her blue one . \_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Paragraph 2:

All the players turned to look at Aunt Lisa’s ice cream truck . \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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