

英语（四）

考生须知：

1. 本试题卷分第 I 卷（选择题）和第 II 卷（非选择题），共 6 页，满分 150 分，考试时间 120 分钟。
2. 答题前，在答题纸指定区域填写班级、姓名、考场号、座位号及准考证号。
3. 所有答案必须写在答题纸上，写在试卷上无效。
4. 考试结束后，只需上交答题纸。

第 I 卷

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纸上。

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. What does the man want to do?
A. Get to a place. B. Buy a map. C. Give an address.
2. What does the woman think of her experience of the party?
A. Wonderful. B. Awful. C. Just so-so.
3. What kind of fruit is cheap in the woman's country?
A. Apple. B. Orange. C. Pear.
4. What will the woman do during the spring vacation?
A. Go to Japan. B. Have the wedding anniversary. C. Visit her grandparents.
5. When will the two speakers probably discuss the project?
A. On Tuesday. B. On Thursday. C. On Friday.

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，并标在试卷的相应位置。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. What does the man think of Tom?
A. Tough. B. Helpful. C. Self-centered.
7. What is true about Mike?
A. He deserves a promotion. B. He is popular in the office. C. He performed poorly last month.

听第 7 段材料，回答第 8、9 题。

8. What does the woman do?
A. She is a teacher. B. She is a doctor. C. She is a rescue worker.
9. What can we know from the conversation?
A. The man will take care of the woman.
B. The earthquake is likely to happen again.
C. The woman will probably be back in seven days.

听第 8 段材料，回答第 10 至 12 题。

10. Where are the speakers?
A. At a hotel registration desk. B. Just outside a hotel. C. In a hotel room.
11. What might have happened according to the woman?
A. Someone locked the door from inside.
B. The man forgot where he put his passport.
C. Some animal came into the room through the window.

12. Where is the man's wallet likely to be now?
 A. By the tree. B. In the drawer. C. In the fruit bowl.
- 听第 9 段材料，回答第 13 至 16 题。
13. Where might the apartment building be located?
 A. Near the ocean. B. In the bar district. C. In the countryside.
14. In addition to his rent, what bills will the man have to pay?
 A. All bills. B. Cable TV. C. Heating and water.
15. What is the rent for the basement suite?
 A. \$3,000 per month. B. \$2,000 per month. C. \$1,400 per month.
16. What is the disadvantage of the studio?
 A. It's noisy at night. B. It's too far from the city. C. It's hard to move in the furniture.
- 听第 10 段材料，回答第 17 至 20 题。
17. When did Alex become a lifeguard?
 A. Two years ago. B. Three years ago. C. Five years ago.
18. What does the man mainly talk about?
 A. The duties of a lifeguard.
 B. His previous experience.
 C. The health benefits from outdoor jobs.
19. Which is the main responsibility of a lifeguard?
 A. Helping swimmers to keep fit.
 B. Making sure of the swimmers' safety.
 C. Preventing people swimming alone.
20. What will the new members do first?
 A. Get training for first aid. B. Learn how to swim. C. Develop love for the job.

第二部分：阅读理解（共两节，满分 35 分）

第一节：（共 10 小题；每小题 2.5 分，满分 25 分）

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中选出最佳选项，并在答题纸上将该项涂黑。

A

The ancient Chinese martial art Tai Chi has increasingly become a form of life for many New Yorkers, thanks to the efforts made by former world martial art champion Chen Sitan and his wife Lin Xu.

Chen started learning martial arts at the age of six. By the age of 30 when he retired from his athletic career, he had already won 32 gold medals in Chinese and international competitions. After having coached athletes in sports team for several years, Chen decided to come to the United States in 2003 in the hope to bring Chinese culture to more people around the world through Tai Chi.

The couple started teaching children Tai Chi and other forms of martial arts in school and later founded Sitan Tai Chi and Martial Arts with the mission of promoting Tai Chi and providing a forum for those interested in the martial art.

Originated from China, Tai Chi's slow, graceful movements are accompanied by deep circular breathing. This gentle form of exercise can help maintain strength, flexibility and balance, and could be the perfect activity for the rest of your life, said a research by Harvard Medical School. It is appealing to people of all ages.

"As an engineer and then a sales manager, I was on phone a lot and thus had poor posture. I needed to get back into some healthy type of lifestyle after I retired, and I found Tai Chi," said Frank Mandarino, who is 81 years old and has practiced Tai Chi for 11 years at Sitan Tai Chi and Martial Arts.

Although Tai Chi is already getting popular in fast-paced New York City and neighboring areas, Chen thinks the current situation is far from satisfactory. He is developing a training program and grading system through which his school could train more qualified teachers. "A standard, effective, applicable, and practical training and grading system could gather all the teachers who are out there promoting Tai Chi on their own to work together for the noble cause," said Chen.

21. Which is true about Chen Sitan?
 A. He won the world champion for 32 times.
 B. He learned martial arts at a very early age.
 C. He came to America shortly after he retired from his athletic career.
 D. He set up Sitan Tai Chi and Martial Arts directly they came to America.

22. Why is Frank Mandarino practicing Tai Chi?
 A. It can help him regain a healthy lifestyle. B. He is interested in Chinese culture.
 C. It is easy for the old people to learn. D. The movements are slow and graceful.
23. What is the passage mainly about?
 A. Tai Chi's popularity throughout America.
 B. Chen Sitan's achievements as a world champion.
 C. Tai Chi's important role in helping keep people healthy.
 D. Chen Sitan and his wife's efforts to promote Tai Chi in America.

B

The latest diet trend in America is also an ancient human activity. The activity is fasting, or not eating food for a set amount of time.

Social media apps and Facebook groups are appearing for people who do “intermittent fasting,” or fasting on a part-time basis. Like other diets, intermittent fasting helps you lose weight by setting limits on eating. But instead of limiting what you eat, it limits when you eat.

Melissa Breaux Bankston is a Crossfit instructor in New Orleans, Louisiana. She tried intermittent fasting as a way to reduce her snacking. “I wanted to limit the amount of time that I was eating,” she said.

However, for now, limited research suggests it may not be any better for weight loss than reducing calorie intake over the long term.

“It’s really another way of fooling your body into eating less calories,” said Krista Varady, who studies intermittent fasting at the University of Illinois at Chicago.

Courtney Peterson, of the University of Alabama at Birmingham, also studies intermittent fasting. She suggested the benefits of intermittent fasting are not as great as some might suggest. “Unfortunately, intermittent fasting gets a little hyped,” she said.

Some health experts say intermittent fasting might be too difficult for many people. They point to a study of 100 people where those placed in a fasting group lost about the same amount of weight as those on diets that restricted calories. The fasting group had a dropout rate of 38 percent, compared with 29 percent for the caloric-restriction diet group.

But intermittent fasting may be easier for people who already skip meals when they are too busy, said Varady.

People interested in intermittent fasting should talk to their doctor before trying it. Health experts do not recommend intermittent fasting for children, people on some medications and people with a history of eating disorders.

24. What do intermittent fasting and other diets have in common?
 A. They limit what you eat. B. They limit when you eat.
 C. They help people lose weight. D. They are on a part-time basis.
25. What does the underlined word “hyped” in paragraph 6 mean?
 A. Ignored. B. Overstated. C. Welcomed. D. Rejected.
26. Which statement is right according to the passage?
 A. Intermittent fasting is very effective.
 B. Intermittent fasting is difficult for all people.
 C. People can try intermittent fasting as they like.
 D. All people are not advised to do intermittent fasting.

C

A new study suggests that patients with breast cancer who take additional vitamins during chemotherapy(化疗) treatment may face increased risks.

Researchers said the use of dietary supplements(补充剂) that increase levels of antioxidants, iron, vitamin B12 and omega-3 fatty acids appeared to lower the effectiveness of chemotherapy. Researchers reported their findings in the *Journal of Clinical Oncology*.

Christine Ambrosone is the head of cancer prevention and control at the Roswell Park Comprehensive Cancer Center in Buffalo, New York. She said, “From this study and others in the literature, it seems that it may not be wise to take supplements during chemotherapy.”

“It’s thought that antioxidants might interfere with the ability of chemotherapy to kill cancer cells,” Ambrosone said.

Some doctors have been advising patients for a number of years not to take antioxidants during chemotherapy. “But there was no strong empirical data for that recommendation,” Ambrosone said.

So, Ambrosone and other researchers decided to study whether supplement use might affect chemotherapy's effectiveness. They looked for evidence in an earlier study on diet, exercise, lifestyle and cancer results.

In the earlier research, people who took part were asked about their use of supplements at the beginning of and during treatment, and about their lifestyle, diet and exercise. The researchers studied 1,134 patients who filled out the surveys and followed them for a median of six years.

The researchers searched for possibilities that might increase the risk of the disease reappearing or of death. They found that patients who took any supplements at the beginning of and during chemotherapy were 41 percent more likely to have their breast cancer return than those who did not. In addition, the supplement takers were 40 percent more likely to die later on compared to patients using no supplements. The supplements included vitamin A, C and E. Those taking vitamin B12 and iron supplements were at greater risk of cancer returning, the researchers said.

27. Why did Ambrosone and other researchers conduct the study?

- A. To know about the patients' lifestyle.
- B. To seek evidence for the recommendation.
- C. To see whether patients take supplements.
- D. To examine chemotherapy's effectiveness.

28. The researchers discovered the risks of taking additional supplements by _____.

- A. giving examples
- B. analyzing causes
- C. making a comparison
- D. listing figures

29. What can we know from this passage?

- A. Taking vitamins may increase the risk of breast cancer.
- B. Ambrosone is the first one to warn patients off taking antioxidants.
- C. Antioxidants may increase the ability of chemotherapy to kill cancer cells.
- D. Patients may face more dangers if taking supplements during chemotherapy.

30. What section of a newspaper is most likely to have this article?

- A. Health.
- B. Entertainment.
- C. Education.
- D. Technology.

第二节：（共 5 小题；每小题 2 分，满分 10 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。

Meditation(冥想) is widely recommended as a health-boosting practice. Basic mediation involves sitting in a comfortable position and trying to quiet your mind by thinking of nothing. 31 But a good way to begin is to think of yourself as an “observer of your thoughts,” noticing what the narrative voice in your head says but not engaging it. 32

Here are some methods to start a basic meditation practice.

Focused Meditation

You can concentrate on something visual, like a statue; something auditory, like a recording of ocean waves; something constant, like your own breathing; or a simple concept, like “unconditional compassion.”

33 However, the idea is the same—staying in the present moment, avoiding the constant stream of comments from your conscious mind, and allowing yourself to slip into an altered state of consciousness.

Activity-Oriented Meditation

Activity-oriented meditation is a form of mindfulness that combines meditation with activities you may already enjoy, or with new activities that help you focus on the present. 34 Activities like gardening, creating artwork, or practicing yoga can all be effective forms of meditation.

Mindfulness Meditation

Mindfulness can be a form of meditation that, like activity-oriented meditation, doesn't really *look* like meditation. This simply involves staying in the present moment rather than thinking about the future or the past. 35 Focusing on emotions and where you feel them in your body—not examining why you feel them, but just experiencing them as sensations—is another.

Whichever method you choose, keep in mind that a consistent practice—even just quieting the mind for five minutes a day—is more useful than sessions that are longer but infrequent.

- A.As thoughts appear in your mind, just let them go.
- B.It's not always easy to do if you don't already practice it.
- C.Some people find it easier to do this than to focus on nothing.

- D. Without practice, many find it difficult to turn off the voice inside their head.
 E. Focusing on sensations you feel in your body is one way to stay “in the now.”
 F. It involves experiencing each moment, letting it go, and then experiencing the next.
 G. You join in a repetitive activity or one where you can get “in the zone” and experience “flow.”

第三部分：语言运用（共两节，满分 45 分）

第一节：完形填空（共 20 小题；每小题 1.5 分，满分 30 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，并在答题纸上将该项涂黑。

My first born son had been diagnosed with Autism(自闭症). His speech wasn't developing right. He would cry for a long time for 36 reason....

My daughter who had been born two years after him was developing normally, out-pacing her brother. My wife had been 37 with just the two of them but I'd wanted another son. I wanted a(n) 38 son who would be just like me and 39 the family name. The doctors had 40 us that the chances were one in ten thousand that we would have another child with Autism. 41, a part of me was afraid. When we discovered my wife was pregnant with a boy again, I remember 42, over and over and over.

As my third born child 43, however, it soon became 44 that the doctors had been wrong. While his brother had 45 learned to talk, read, and learn, my youngest son could say only a few words. He had an even more extreme 46 of Autism. Life had said “No” to my prayer.

The journey that 47 has been a long and difficult one for my sons, my daughter, their mother, and me. It still goes on today. It 48 all of us down a path we didn't want to go, 49 it was a path that led us all to greater love and kindness. My oldest son now is a 50 of kindness who gives out hugs happily. His younger brother still doesn't 51 much but has a laughter and innate joy that 52 my soul each and every day of my life.

Sometimes we don't know why some of our wishes are 53 while others aren't. All I know is that we are all loved. And we just have to trust 54 we don't know the answers. Trust in life to lead you down the path you are 55 to go.

- | | | | |
|-------------------|----------------|-----------------|---------------|
| 36. A. some | B. every | C. no | D. any |
| 37. A. content | B. strict | C. patient | D. delighted |
| 38. A. excellent | B. outstanding | C. normal | D. clever |
| 39. A. make up | B. pick out | C. set up | D. carry on |
| 40. A. informed | B. assured | C. assumed | D. warned |
| 41. A. However | B. Also | C. Thus | D. Still |
| 42. A. praying | B. discussing | C. asking | D. consulting |
| 43. A. came up | B. grew up | C. turned up | D. got up |
| 44. A. possible | B. incredible | C. confusing | D. clear |
| 45. A. eventually | B. exactly | C. accidentally | D. actually |
| 46. A. model | B. form | C. aspect | D. quality |
| 47. A. started | B. ended | C. followed | D. inspired |
| 48. A. forced | B. forbade | C. prevented | D. encouraged |
| 49. A. and | B. but | C. so | D. though |
| 50. A. fountain | B. resource | C. bit | D. flood |
| 51. A. act | B. write | C. speak | D. read |
| 52. A. cleans | B. influences | C. shapes | D. brightens |
| 53. A. solved | B. answered | C. promised | D. considered |
| 54. A. now that | B. in case | C. even if | D. as if |
| 55. A. allowed | B. requested | C. advised | D. meant |

第 II 卷

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。

Toward the end of every lunar year, 56 same question whether they should visit the wife's parents or the husband's during Spring Festival 57 (trouble) many couples: It is not easy for any couple 58 (solve) this tough issue. Media reports say that many couples, especially relatively

young couples, fail to agree 59 the issue and some even choose to file for divorce 60 (follow) arguments.

Aged parents, particularly those 61 have just one child, love to celebrate Spring Festival with their children, because it is the most important 62 (tradition) festival for the Chinese people. Therefore, it is important that couples properly solve the issue of whose parents they should visit during Spring Festival. What is most important is 63 the couples should have mutual understanding and mutual respect and show equal consideration for each other's parents.

The couples could also decide their destination 64 (base) on whose parents would benefit most, emotionally and spiritually, from their 65 (present). Besides, the couples could make time during the rest of the year to visit the other set of parents, in order to show their filial piety. But most importantly, adult children should take genuine care of their aged parents, both financially and spiritually.

第四部分：写作（共两节，满分 40 分）

第一节：应用文写作（满分 15 分）

假如你是李华，你的英国好友 Kate 在中国参加交换生学习，在所在学校为交换生举办的剪纸比赛中荣获一等奖。请你根据以下内容，给她写一封书信。内容包括：

1. 表达你的愉悦心情；
2. 向她表示祝贺；
3. 询问她是怎么会对中国的剪纸艺术感兴趣的。

注意：1. 词数 80 左右； 2. 可适当增加细节，以使行文连贯。

第二节 读后续写（满分 25 分）阅读下面短文，根据所给情节进行续写，使之构成一个完整的故事。

I could smell the turkey cooking, even in the attic where I was hiding out. I heard a laugh, too, and a bang from something being dropped. Our house was noisier since my new stepsister and step-mother moved in—Jen and Mom.

I called her Mom, but the word felt uncomfortable, like a pair of shoes that pinched (夹脚). I didn't remember my own mother; she had died in an accident when I was a baby. It had always been just Dad and me. We were a team. Now, so much had changed, and sometimes I wished I had the magic to change it back.

I heard Dad's footsteps upstairs. "Do you want to take Jen skating?" he asked.

"I guess." I sighed, thinking about how Dad and I usually spent Thanksgiving Day building a big snowman. But this year, Dad was too busy helping Mom cook the turkey.

"Thanks," Dad said and put his arm around my shoulders. "We'll make that snowman later," he promised.

"Yeah," I agreed, not too sure we'd have time.

Mom handed us some homemade cookies with smiling faces as we grabbed our skates. I had to admit, Mom came up with good ideas sometimes. Even though I liked that, I still couldn't help but feel as if she were changing everything.

"No, thanks. I'm not hungry," I said, although I was, a little.

"Ready?" I asked Jen. She nodded, and we headed out the front door.

The snow crunched under our boots as we walked down the street. The silence was awkward. "Did you go skating a lot last year?" I asked, blurting out the first thing that came to my mind.

Jen shook her head and looked at me. Finally she said, "On Thanksgiving, Mom and I always went to visit some friends on a farm. I especially loved seeing their big turkeys."

Until then, I'd never even thought about how Jen must be feeling. She not only had a new stepfather and stepbrother; she had a new town and home, too. Jen and her mom used to live near a lake, and she'd had to move up north with us. She'd had more changes than me.

注意：1. 所续写短文的词数应为 150 左右；

2. 至少使用 5 个短文中标有下划线的关键词语；

3. 续写部分分为两段，每段的开头语已为你写好；

4. 续写完成后，请用下划线标出你所使用的关键词语。

Paragraph 1:

Suddenly, I didn't feel quite so sorry for myself. _____

Paragraph 2:

We were so busy making it that we didn't hear our parents come outside. _____