**南京师范大学附属中学2021届高三年级模拟考试**

**英语**

本试卷分四个部分。满分150分，考试用时120分钟。

2021．05

第一部分　听力(共两节，满分30分)

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. How does the woman check the weather?

A. She uses her phone. B. She listens to the radio. C. She watches television.

(　　)2. What will the boy do tonight?

A. Study for an exam. B. Practise debating. C. Watch a basketball game.

(　　)3. Why doesn't the boy use the method the woman gave?

A. He doesn't understand it. B. He doesn't have it yet. C. He doesn't like it.

(　　)4. What are the speakers doing?

A. Deciding the best player. B. Coming up with a plan. C. Scheduling the game.

(　　)5. Where are the speakers?

A. At a store. B. At a bank. C. At a park.

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. How does the woman probably feel?

A. Happy. B. Excited. C. Angry.

(　　)7. Who is the boy talking to?

A. A policewoman. B. His teacher. C. His mother.

听第7段材料，回答第8至10题。

(　　)8. What does Carol do when she volunteers?

A. She performs for children. B. She picks up trash. C. She serves dinner.

(　　)9. How often does Carol volunteer?

A. Once a week. B. Twice a week. C. Three times a week.

(　　)10. What does Jim worry about if he joins Carol?

A. Knowing little about the story. B. Choosing a boring book.

C. Reading for hours.

听第8段材料，回答第11至13题。

(　　)11. Which is a superfood according to the man?

A. Yogurt. B. Noodles. C. Rice.

(　　)12. Why are superfoods healthy?

A. Because they cure some terrible diseases.

B. Because they fight against some cancers.

C. Because they reduce the risks of some diseases.

(　　)13. Which food will the woman be adding to their family diet?

A. Fish. B. Tomatoes. C. Brown rice.

听第9段材料，回答第14至16题。

(　　)14. How did the man notice the problem first?

A. His bank called him. B. His bill showed him. C. His credit card was stolen.

(　　)15. What did the bank do to fix the problem?

A. They gave the man his money back at once.

B. They asked the man to provide the evidence.

C. They decided to talk to the bank's owner.

(　　)16. What do the two speakers mainly talk about?

A. Information safety. B. Shopping habits. C. Money management.

听第10段材料，回答第17至20题。

(　　)17. What does the speaker want her kids to do?

A. Help with the dishes. B. Go to bed immediately. C. Pick out something to wear.

(　　)18. When will the family probably need to leave their house tomorrow?

A. At 7：00 am. B. At 6：00 am. C. At 5：00 am.

(　　)19. Why doesn't the speaker make dinner?

A. There is no food left at home.

B. She doesn't want to make a mess.

C. They have already eaten at a restaurant.

(　　)20. What is the purpose of the talk?

A. To make sure everyone gets ready.

B. To make the house clean.

C. To make a regular plan.

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**

Spring is the perfect time to enjoy a stay at some historic house hotels and enjoy their superb gardens in bloom.

|  |
| --- |
| **Middlethorpe Hall Gardens—York**  Middlethorpe Hall is set within 20 acres of gardens and parkland, which have been extensively restored and replanted since the 1980's.  Walks were re­created providing paths, allowing guests to discover wildlife including roe deer and various nesting birds around the lake.  The kitchen garden produces not only a beautiful display of flowers but holds herb beds which have been planted for fruits: apples, pears, plums and peaches, all of which are used by the chefs to create wonderful puddings.  The team of gardeners has also created an organic “potager”， producing a wide selection of vegetables. Guests can follow a special tree trail around the grounds of Middlethorpe Hall, with a copy of their “The Gardens and Trees of Interest” Guide and Map to identify specimens(标本). Guests should head toward the English Oak, a tree planted some 200 years ago. |
| **Hartwell House Gardens—Buckinghamshire**  Designed at the start of the 18th century and landscaped by Richard Woods, the gardens at Hartwell House offer guests plenty to explore.  You can spend hours discovering the grounds which include a Gothic Tower, a Statue of Hercules, a mile­long avenue and the Canal Temple home to 10，000 daffodils.  A kitchen garden used by the chefs features peach, pear and plum trees. Guests can follow a trail around the grounds with a copy of their Tree Map to identify 10 specimens. Several tennis courts are also available for guest use. |

(　　)21. At Middlethorpe Hall Gardens, the guests can \_\_\_\_\_\_\_\_．

A. plant English oak trees B. grow fruits in the garden

C. get close to wild animals D. make puddings in the kitchen

(　　)22. What do these two gardens have in common?

A. Both were designed in the 18th century.

B. Both are equipped with sports facilities.

C. Both have specimens for guests to explore.

D. Both provide the freshest vegetables to guests.

(　　)23. What type of writing is the text?

A. A hotel review. B. A travel guide.

C. A research journal. D. A historical document.

**B**

For as long as I can remember, my body and I have shared a relationship of discontent. Growing up, I was skinnier than the other kids and at five I was told I wasn't attractive and that I must put on some weight. But no matter how much I ate, I stayed thin for years until adolescence. Then I started putting on weight almost immediately. I remember feeling happy as I began to fill out. However, my joy didn't last long.

I was thirteen when I was first called fat. Friends and neighbours would make jokes on my big size. As I entered my late teens, I had completely lost confidence in my body and, subsequently, in myself. Having failed to live up to conventional beauty standards, I was convinced that if I wanted to be loved, I needed to offer more, doing anything to please everyone around.

I entered adulthood thinking I wasn't “enough”—an idea that was seeded not only by the fact that “skinny” is celebrated, but also by the language associated with accounts of losing weight—self­improvement, discipline—all virtues. Being fat quickly categorizes you as lazy and undisciplined. Consumed by thoughts of the way my body looked, I didn't notice the other ways my body needed attention. I failed to realize, for example, that my period was much heavier and more painful than ever before. Actually I developed a rare disease and later I had two surgeries.

I was always made to feel that my weight was the root of a lot of problems in my life; I have learnt this is not true. After a lot of self­reflection and some professional help, I realized I never learnt to like myself. While two decades of self­hatred cannot be undone overnight, I have taken first steps to acceptance.

I am now much lighter than before, in body and mind. There are days I find voices on social media saying I am too fat to be loved or to be worthy, but I am learning not to focus on that thought for long. As long as I like myself, just the way I am, opinions at the end of the day are just water off a duck's back.

(　　)24. What can we learn about the author from the first two paragraphs?

A. She could change her weight at will.

B. She had different beauty standards from others.

C. She tried to love others to build her confidence.

D. She was greatly influenced by others' opinions.

(　　)25. Why did the author think she wasn't “enough”？

A. She was poorly disciplined.

B. She failed to celebrate “skinny”．

C. She was labelled as lazy for her weight.

D. She put on more weight after entering adulthood.

(　　)26. What caused the author to make a change?

A. Her lighter body. B. A troublesome illness.

C. Popular beauty standards. D. Others' critical comments.

(　　)27. What is the best title for the text?

A. Beauty matters. B. Opinions vary.

C. Worth your weight. D. Beyond your limits.

**C**

The far side of the moon is a strange and wild region, quite different from the familiar and mostly smooth face we see nightly from our planet. Soon this rough space will have even stranger features: it will be crowded with radio telescopes.

Astronomers are planning to make the moon's distant side our newest and best window on the cosmic(宇宙的) dark ages, a mysterious era hiding early marks of stars and galaxies. Our universe was not always filled with stars. About 380，000 years after the big bang, the universe cooled, and the first atoms of hydrogen formed. Gigantic hydrogen clouds soon filled the universe. But for a few hundred million years, everything remained dark, without stars. Then came the cosmic dawn: the first stars flickered, galaxies came into existence and slowly the universe's large­scale structure took shape.

The seeds of this structure must have been present in the dark­age hydrogen clouds, but the era has been impossible to probe using optical(光学的) telescopes—there was no light. And although this hydrogen produced long­wavelength(or low­frequency) radio emissions，radio telescopes on Earth have found it nearly impossible to detect them. Our atmosphere either blocks or disturbs these faint signals; those that get through are drowned out by humanity's radio noise.

Scientists have dreamed for decades of studying the cosmic dark ages from the moon's far side. Now multiple space agencies plan lunar missions carrying radio­wave­detecting instruments—some within the next three years—and astronomers' dreams are set to become reality.

“If\_\_I\_\_were\_\_to\_\_design\_\_an\_\_ideal\_\_place\_\_to\_\_do\_\_low­frequency\_\_radio\_\_astronomy,\_\_I\_\_would\_\_have\_\_to\_\_build\_\_the\_\_moon，” says astrophysicist Jack Burns of the University of Colorado Boulder. “We are just now finally getting to the place where we're actually going to be putting these telescopes down on the moon in the next few years.”

(　　)28. What's the purpose of building radio telescopes on the moon?

A. To research the big bang. B. To discover unknown stars.

C. To study the cosmic dark ages. D. To observe the far side of the moon.

(　　)29. What does the underlined word “probe” in Paragraph 3 possibly mean?

A. Explore. B. Evaluate. C. Produce. D. Predict.

(　　)30. Hydrogen radio emissions can't be detected on Earth because \_\_\_\_\_\_\_\_．

A. there was no light in the dark ages

B. they cannot possibly get through our atmosphere

C. gigantic hydrogen clouds no longer fill the universe

D. radio signals on Earth cause too much interference

(　　)31. What can we infer from the underlined sentence in the last paragraph?

A. Scientists have to rebuild the moon.

B. We will finally get to the moon's distant side.

C. The moon is a perfect place to set up radio telescopes.

D. A favorable research environment will be found on the moon.

**D**

Improvements to energy efficiency, such as LED lights, are seen by many authorities as a top priority for cutting carbon emissions. Yet a growing body of research suggests that a rebound effect could wipe out more than half of the savings from energy efficiency improvements, making the goals of the Paris Agreement on climate change even harder to hit.

A team led by Paul Brockway at the University of Leeds, UK, looked at the existing 33 studies on the impact of the rebound effect. First comes the direct rebound: for instance，when someone buys a more efficient car, they may take advantage of that by driving it further. Then comes the indirect rebound: fuel savings leave the owner with more money to spend elsewhere in the economy, consuming energy.

Although the 33 studies used different methods to model the rebound effect, they produced very consistent estimates of its impact, leading the team to conclude that the effect wipes out, on average, 63 percent of the anticipated energy savings.

“We're not saying energy efficiency doesn't work. What we're saying is rebound needs to be taken more seriously，” says Brockway.

The idea that increased efficiency may not deliver the hoped­for savings dates back to the Jevons paradox(悖论), named after the economist William Stanley Jevons, who, in 1865，observed that more efficient coal use led to more demand for coal.

If the rebound effect does prove to be as big as suggested, it means future global energy demand will be higher than expected and the world will need far more wind and solar power and carbon­capture technology than is currently being planned for.

But that doesn't mean nothing can be done to limit the rebound effect. One answer is to double down on energy efficiency and do twice as much to achieve the same effect.

(　　)32. Which of the following is a rebound effect?

A. A man uses LED lights to cut carbon emissions.

B. A company uses coal more efficiently to reduce waste.

C. A family saves money by using energy­saving devices.

D. A lady spends savings from her fuel efficient car on more clothes.

(　　)33. How did Paul Brockway's team carry out their research?

A. By interviewing economists.

B. By analyzing former studies.

C. By modeling the rebound effect.

D. By debating about the Jevons paradox.

(　　)34. What would Paul Brockway probably agree with?

A. Authorities should dismiss energy efficiency.

B. Worldwide efforts to preserve energy are in vain.

C. The rebound effect helps protect the environment.

D. More attention should be paid to the rebound effect.

(　　)35. What's the author's attitude towards limiting the rebound effect?

A. Positive. B. Pessimistic. C. Doubtful. D. Disapproving.

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。

**Improve Your Relationships**

Having stable and positive relationships in your life can make you happier and more fulfilled. Whether it's your friends, family, or significant other, improving a relationship can sometimes be confusing. \_\_36\_\_

**Express your appreciation for the person.**

\_\_37\_\_ Notice the positive things that the person is doing and go out of your way to show your appreciation for them. You can also show your appreciation by remembering important events like anniversaries or birthdays.

\_\_38\_\_

If you hardly see each other or talk to each other, it can be difficult to maintain a relationship. Take extra time out of your day and devote it to the person that you want to improve relations with. Try to work around the other person's schedule so that you can spend the time together. You can share a meal, watch a show, listen to music, or go shopping with them.

**Turn off distractions.**

Distractions like a cell phone, social media, or video games can create a division in between you and another person. If you notice that you are always distracted, you should turn off your cell phone or computer and talk to them. \_\_39\_\_

**Seek therapy**(心理治疗) **if you can't get along.**

To fix or improve family relationships or relationships with your significant other, you can turn to therapy. If you notice that you and the person are always arguing over the same kinds of things, and nothing has worked, you should consider seeking therapy with them. \_\_40\_\_ And family therapy may be able to restore bonds between family members.

A. Spend more time with the person.

B. Maintain a relationship if possible.

C. People often like to be praised for achievements.

D. A specialist can help solve long­term issues in the relationship.

E. If they are the one always distracted, ask them if they can do the same.

F. Follow the tips and you can develop good relationships with your family.

G. Luckily, by adjusting your behaviour, you can improve any relationship in your life.

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。

Satya Nadella still remembers his interview question from many years ago, “A baby falls, and is crying, what will you do？” “I'll call 911.” Then, he was told to \_\_41\_\_ some empathy(同理心). Because he needs to pick the baby up and \_\_42\_\_ it first before he calls.

Nadella says that although he did get the job, the \_\_43\_\_ he learned from that interview question is core to doing good business.

One of Nadella's main tasks when he \_\_44\_\_ as Microsoft's CEO was to get his key people on the same page. Empathy would prove \_\_45\_\_ to making that happen.

To illustrate, imagine that you walk into work one day to find a colleague \_\_46\_\_ about a problem. You may think to yourself, “Why are they always complaining？” Or, “I've had that problem before. What's the big \_\_47\_\_？”

Even if you don't \_\_48\_\_ those thoughts, just thinking them will make you likely to get \_\_49\_\_ or frustrated when dealing with your colleague. This, of course, only makes the situation worse for them—and completely \_\_50\_\_ your relationship.

\_\_51\_\_， what if you offered your colleague a(n) \_\_52\_\_ ear? When you do this, you're learning to see the world through the eyes of others. Your colleague will see you as someone who is quick to encourage and build up \_\_53\_\_ tear down. Because they feel \_\_54\_\_， they'll put forth more effort—and will be \_\_55\_\_ to try and understand you the next time you need the same treatment.

(　　)41. A. measure B. develop C. challenge D. experience

(　　)42. A. save B. hug C. pull D. greet

(　　)43. A. answer B. practice C. lesson D. skill

(　　)44. A. took over B. gave up C. took off D. gave in

(　　)45. A. simple B. efficient C. harmful D. essential

(　　)46. A. arguing B. talking C. thinking D. complaining

(　　)47. A. deal B. case C. news D. plan

(　　)48. A. collect B. read C. clear D. voice

(　　)49. A. annoyed B. ashamed C. surprised D. scared

(　　)50. A. improves B. destroys C. handles D. builds

(　　)51. A. In short B. In general C. In contrast D. In consequence

(　　)52. A. ringing B. listening C. burning D. aching

(　　)53. A. other than B. more than C. better than D. rather than

(　　)54. A. recognized B. appreciated C. understood D. influenced

(　　)55. A. inspired B. reminded C. ordered D. persuaded

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。

Have you ever wondered why people from different countries eat different types of food? There is more of a connection between food and culture \_\_56\_\_ you may think.

On an individual level, we grow up \_\_57\_\_(eat) the food of our culture. Family \_\_58\_\_(dish) often become the comfort food we seek as adults \_\_59\_\_ lower points of our lives. For instance, whenever I feel stressed, I remember the soup my mom made for me when I was sick as a kid. On a larger sale, food is \_\_60\_\_ expression of cultural identity. Immigrants cook traditional food as a way of preserving their culture in their new homes.

Each country's unique cuisine reflects its history, lifestyle and beliefs. In China, harmony is reflected in Chinese cuisine, \_\_61\_\_ almost every flavour is used in a \_\_62\_\_(balance) way to create delicious food. Also, Chinese people have a \_\_63\_\_(historic) elaborate(精致的) style, which can be seen in their architecture, costumes and food. In the US, the cuisine reflects its history of immigration, which introduced many different cooking styles. Over the years, the US therefore \_\_64\_\_(develop) a rich diversity in food preparation.

As the world becomes more globalized, it is \_\_65\_\_(easy) to access cuisines from different cultures. We should embrace our heritage through our culture's food, but we should also become more informed about other cultures by trying food from around the world.

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)

假定你是校学生会主席李华，你校足球队将与来自伦敦的学生进行一场友谊赛，请你代表全体师生用英语写一篇欢迎辞。内容包括：

1. 校队简介；2. 比赛意义；3. 表达祝愿。

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。

参考词汇：友谊赛a friendly match

Dear guests, teachers and fellow students，

I'm Li Hua, chairman of the Students' Union.

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

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Thank you!

第二节　读后续写(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。

Everything about moving day was a puzzle. I didn't know anything about our new building on a new street. Our old life was broken into pieces and packed up in piled boxes. I wondered if it would ever fit back together again.

Mom introduced me to our new neighbours, the Chens. Mrs Chen worked with Mom at the job she'd just started. Mr Chen was a famous craftsman(匠人) from China.

Mom said it was a fresh start, but it felt broken to me. I just wanted things to go back to how they had been before.

After the first day at my new school, I walked home alone. Mom had told me she had to work. I was still hoping she'd meet me after the bell. I had to open the door myself with the new key. I felt a bit hungry and went straight into the kitchen, ripping tape from the packed boxes while I searched for a clean plate. My fingers slipped, and something went crashing to the ground.

“Benjamin！” cried Mom from the doorway. I didn't hear her come in. “What just broke？” she asked, kneeling to pick up the pieces. In her hands, I recognized the shattered pieces. It was Grandma's bowl. “I can't believe you broke this，” she said.

“Well, I can't believe we have to live here now! I can't believe I have to switch schools, and I can't believe you didn't even meet me after my first day！” I ran into my room, slamming the door behind me.

The broom swept across the kitchen floor. Then the click of Mom's bedroom door closed behind her. I sneaked out into the kitchen and found the fragments in the dustbin. There were so many pieces in here, but maybe I could put them back together. Turning the pieces, I tried to match them，but this bowl would never look the same again.

“I'm sorry I yelled，” said Mom, as she opened her door. “Please just throw out the pieces. We can't make a fresh start with broken things.”

As I wandered down the hall, Mr Chen was emptying his garbage.

注意：

1. 续写词数应为150左右；

2. 续写部分分为两段，每段的开头语已为你写好。

**Paragraph 1**：

“Are you sure you want to throw that out？” he asked.

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**Paragraph 2**：

I brought the repaired bowl into her room.

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**南京师范大学附属中学2021届高三年级模拟考试**

**英语试题**参考答案及听力材料

第一部分　听力

1～5 AABBA　6～10 CBACA　11～15 ACCBB　16～20 ACCBA

第二部分　阅读

21～23　CCB　24～27　DCBC　28～31　CADC　32～35　DBDA　36～40　GCAED

第三部分　语言运用

第一节

41～45　BBCAD　46～50　DADAB　51～55　CBDCA

第二节

56. than　57. eating　58. dishes　59. at　60. an　61. where　62. balanced　63. historically

64. has developed　65. easier

第四部分　写作

第一节

**One possible version**：

Dear guests, teachers and fellow students，

I'm\_\_Li\_\_Hua,\_\_chairman\_\_of\_\_the\_\_Students'\_\_Union. First, please allow me, on behalf of our school, to extend the warmest welcome to our distinguished guests from London. And we are honoured to have the chance to play a friendly match with you.

Established in the 1950s, our football team enjoys a good reputation as one of the top teams throughout the province, winning one championship after another. Now it has 50 members and 4 coaches. Today's friendly match is a golden opportunity for young players from Britain and China to develop footballing skills and enhance our friendship.

Finally, I heartily wish the match a remarkable success.

Thank you!

第二节

**One possible version**：

**Paragraph 1**：

“*Are* *you* *sure* *you* *want* *to* *throw* *that* *out*？” *he* *asked*. My throat twisted into a knot. “It's broken，” I murmured. “That's a simple repair. Come.” In their apartment, Mr Chen spread the broken pieces out like a jigsaw puzzle. After finding each match, he taught me to delicately rebuild the bowl, filling in the crack lines with a special paint. Finally, the bowl was together again. I held it gently in the palm of my hand and admired it for long. Slightly different, it was as beautiful as before. I couldn't wait to show it to Mom and rushed back home.

**Paragraph 2**：

*I* *brought* *the* *repaired* *bowl* *into* *her* *room*. Obviously, she was more than surprised to see the bowl again. “It's amazing！” she marveled, running her fingertip over the fixed cracks. “Mr Chen helped me mend it. He is a superb craftsman，” I said with a grin. “Definitely. After being repaired, it looks much stronger than before！” said Mom, smiling radiantly. I sat on the edge of her bed, and Mom reached out to me. Our hands joined with crisscrossed fingers, we both knew this was a new beginning.

听力材料

**Text 1**

M: I never listen to the radio anyway. I can just check the weather on my phone.

W: I do the same thing. I never watch the weather forecast on television, either.

**Text 2**

W: Are you going to make it to the basketball game tonight? I will be there right after debate team practice.

M: I can't. I have a big maths test tomorrow. I have to prepare for it.

**Text 3**

W: It looks like you're having a hard time with that programme, Larry. Why don't you use the method that I gave in the class yesterday?

M: I was absent. I'll ask one of my classmates to send it to me.

**Text 4**

W: If we want to win the game this Friday, we need to come up with a plan now. They beat us every year.

M: We need to use teamwork more. John is our best player, but we can't give him the ball every time.

**Text 5**

W: Excuse me. I'm trying to pay the parking, but all I have is dollar bills. Could you spare any change?

M: I'm sorry, madam. But our store policy is not to give out change unless you buy something.

W: OK.

**Text 6**

W: Tim, I saw you running from the bus stop this morning. Your mother and father wouldn't be happy seeing you do that.

M: I was late for school though.

W: You need to be more careful when you cross the street. You need to walk during the right time and in the right places.

M: But I'm very fast.

W: Are you even listening to me? It is dangerous. It is also against the law.

M: But I hate waiting for the lights to change and the cars to pass by. I don't want to be late.

W: It is important to obey the rules, but your safety is more important. I don't want to see anyone of my students get hurt.

**Text 7**

W: Sorry, Jim. I won't be able to make it to the dinner tomorrow night. I'll be busy volunteering at the library during that time.

M: That's interesting, Carol. Most people I know volunteer by collecting garbage or something. What do you do at the library when you volunteer? Are they short on employees who put away books?

W: Nothing like that. I just read the children's books and act out some of the stories for them. It's very fun and it doesn't take long, maybe one or two hours.

M: How often do you do that?

W: I do it on Monday, Wednesday and Friday every week. You should come help me with it one time.

M: That sounds like fun. Can I pick the stories I want to read? I hate to try and act out a story I never read.

W: You can read any book as long as it's on the library's list.

**Text 8**

M: I was reading about superfoods today. They are fruits, vegetables and other foods that are supposed to be extra healthy.

W: That's interesting. Which foods are they? I suppose rice is high on the list. We certainly eat a lot of that here in China.

M: No, it isn't. Nor are noodles. But yogurt, fish and tomatoes are there.

W: Oh well, I suppose we eat plenty of them. Why are these foods so healthy?

M: It's said that they can reduce the risks of high blood pressure, heart disease and certain cancers.

W: Maybe I will start including them in our meals. Are there any foods on the list that we don't have yet?

M: Nuts and greens are something we already eat plenty of. And although our type of rice—the white kind—isn't on the list, brown rice is.

W: Then I think we will switch to that to keep the family healthy. Superfoods sound like a very tasty way to keep fit.

**Text 9**

M: I can't believe this. I have been on the phone with my bank all day and they still haven't fixed my problem.

W: Is it a credit card problem?

M: Yes. My credit card information was stolen. When I got my bill in the mail, I saw there were many unfamiliar purchases on it.

W: That's terrible. Did they take a lot of money?

M: Yes, and I am very upset because the bank is not helping me quickly. I have talked to many different managers already.

W: Doesn't the bank's owner need to make the decision to give you your money back?

M: No. I just have to prove that these purchases were not made by me.

W: I hope you can fix this problem soon. Something similar happened to my husband's mother recently. She was tricked into giving away some important information over the phone.

M: I think the person who stole my information got it from the Internet. I bought a collection of movies recently. I won't be doing that again unless the website is sure to be safe. It's honestly my fault for being careless.

W: You can never be too careful. Well, your problem is inspiring me to look into protecting my account better. I think I can pay my bank more to help me.

**Text 10**

W: Listen up, you two. We need to leave this house before the sun rises tomorrow. Your father will be home soon from work and once he gets home, we will be packing our bags. We need you guys to do the same thing tonight. I want everything you're going to bring put out in the living room before you go to bed. Before you pack everything though, you need to put aside the clothes for tomorrow. I don't want to wait for you to search for other clothes or to unpack your bag to get something. Our flight is at 7：00 am, and it will take about a half hour to get to the airport from here. We'll probably need another hour to get through security. Also, I know I said that we would go out for our meal tonight, but there is just too much to do. I asked your father to pick up some Chinese food for dinner instead. I can't be bothered to cook something since I just cleaned everything. If you want a specific dish at the restaurant, you will need to call your father. Otherwise, he will just pick up something that we can all share. Are you clear on everything I said？