

# 宁波市 2020 年新高考适应性考试

## 英语试卷

### 第I卷（选择题部分）

#### 第一部分 听力（共两节，满分30分） 杭州小姜小范小张提供

##### 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 helps the man study?  
A. Having the TV on. B. Listening to music. C. Staying in a quiet place.
2. Why does Anne need help?  
A. Her bag is full.  
B. She's carrying something.  
C. It is hard to close her drawer.
3. How often does the man work out now?  
A. Once a week. B. Twice a week. C. Every other day.
4. What is the probable relationship between the speakers?  
A. Mother and son.  
B. Teacher and student.  
C. Monitor and classmate.
5. How does the man feel about the idea?  
A. Relaxed. B. Unsure. C. Excited.

##### 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。

听下面一段对话，回答第6和7题。

6. How is the man feeling?  
A. Angry. B. Scared. C. Sleepy.
7. How long is the speakers' trip?  
A. Thirteen hours. B. Ten hours. C. Four hours.

听下面一段对话，回答第8和10题。

8. What does the woman think about famous brands?  
A. They are the best.  
B. They are beautiful.  
C. They are too expensive.

9. Why do some people prefer famous brands according to the man?  
 A. To show off their knowledge.  
 B. To get people to follow them.  
 C. To look special and fashionable.
10. What does the man think about first when he buys things?  
 A. Brand and style.                      B. Quality and price.                      C. Advertisement and brand.

听下面一段对话，回答第11至13题。

11. What is the conversation mainly about?  
 A. What made Alexa's plants dead.  
 B. Where Alexa planted her plants.  
 C. Why it's hard to keep house plants.
12. What did Alexa do with her yellow plant?  
 A. She put it in the sunlight.  
 B. She returned it to the shop.  
 C. She gave it too much water.
13. What does the man suggest Alexa do?  
 A. Throw all her plants away.  
 B. Find out more about plants online.  
 C. Move all her plants out of the sun.

听下面一段对话，回答第14至17题。

14. By 2020, where should trash sorting happen?  
 A. In all major cities of China.  
 B. Only in Zhejiang province.  
 C. In Ms. Chu's neighborhood.
15. What is Ms. Chu's profession?  
 A. Trash collector.                      B. Reporter.                      C. Politician.
16. What is one of Mr. Tang's solutions?  
 A. Door-to-door training.                      B. Free trash cans.                      C. Plastic trash bags.
17. How will a trash collector find a bag's owner?  
 A. He will call a volunteer.  
 B. He will see a name on the bag.  
 C. He will scan the bag with a phone.

听下面一段独白，回答第18至20题。

18. What is the purpose of the staff meeting?  
 A. To find ways to help Mrs. Smith.  
 B. To hear how Mrs. Smith is doing.  
 C. To figure out what's wrong with Mrs. Smith.
19. Where did Mrs. Smith feel the pain?  
 A. In her arm.                      B. In her lung.                      C. In her shoulder.
20. How long has Mrs. Smith worked at the company?  
 A. Over five years.                      B. About three months.                      C. Less than two weeks.



## 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

With TV shows like "Sex and The City" and "Baywatch" making the leap to the big screen, fans of 90s sitcom "Friends" had been hoping and praying that a movie would be on the way.

Sadly, Jennifer Aniston -- who played Rachel Green throughout the sitcom's 10 seasons -- has now flattened hopes of a restart. In an interview with *Variety*, the 50-year-old actress said that although there was some interest in a movie, producers wouldn't allow it.

Asked if her former castmates Courteney Cox (Monica Geller), Lisa Kudrow (Phoebe Buffay), Matt LeBlanc (Joey Tribbiani), Matthew Perry (Chandler Bing) and David Schwimmer (Ross Geller) would be open to repeating their roles, she continued, "It depends. I mean, we haven't all sat in a room. But would we have loved to have done something together? Yeah. It would have been fun. We could have redesigned it for a couple of episodes. But whatever. Maybe it's better this way, but we'll never know."

Aniston said she was surprised that fans are still watching reruns of the show on Netflix, 25 years after it first premiered. "It's a phenomenon that I am amazed by. To have a whole new generation of children adoring the show as much as they did back in the day when it was airing for the first time is incredible."

Aniston's comments come just months after Adam Sandler, her co-star in the new Netflix comedy "Murder Mystery," called on her and the cast of "Friends" to "make a movie". "Friends" was a powerhouse," he told *People* in June.

Marta Kauffman -- who co-created the show with David Crane -- has said in the past that a restart ran the risk of ruining the show's heart. "One, the show is about a time in your life when your friends are your family. It's not that time anymore," she told *Rolling Stone* magazine in 2013. "All we'd be doing is putting those six actors back together, but the heart of the show would be gone. Two, I don't know what good it does us. The show is doing just fine, people love it. A reunion could only disappoint."

21. Jennifer Aniston was amazed mainly because \_\_\_\_\_.

A. "Friends" are still being shown on Netflix

B. producers wouldn't allow the reunion of "Friends"

C. even today's young people like "Friends" so much

D. fans of 90s "Friends" expect its movie to be on the way

22. "The heart" of "Friends" mentioned by Marta Kauffman may indicate \_\_\_\_\_.

A. the happy time of the old generation

B. the important roles of friends in modern times

C. the value of friendship in young adults' life back then

D. the balance between friends and families 25 years ago

23. We can conclude from the passage that \_\_\_\_\_.

A. a "Friends" movie may never happen

B. *Variety* is pushing "Friends" to be filmed

C. actors of "Friends" all hope to see a reunion

D. Jennifer shows high expectation on filming "Friends"



The amount of time young children in the United States spend with mobile screens might raise some eyebrows, as a new report found it has tripled in just four years.

Children 8 and younger spent about 15 minutes a day staring at a mobile screen in 2013 and now they spend 48 minutes a day, according to the report by Common Sense Media, a nonprofit organization focused on helping children, parents, and educators navigate the world of media and technology.

The report, released on Thursday, also found that 42% of children 8 and younger now have their own tablet devices, a sharp increase from 7% four years ago and less than 1% in 2011.

Children spending more time on mobile devices comes as no shock to Douglas Gentile, a psychology professor at Iowa State University who was not involved in the new report but has studied the effects of media use on children.

"On the one hand, it's not surprising because it's what we look around ourselves and can see. I can see it at the airport, for example, I can see it at restaurants and I can even see it in my own home where my younger daughter watches almost no television, but she'll watch lots of TV shows on her phone," Gentile said.

On the other hand, "it's been getting harder for parents to really monitor a lot of what their kids are seeing and doing. At the same time, they're relying on the seeming benefit of being able to quiet the kid at a restaurant with a device," he said. "We may be building a bit of a Frankenstein's monster, because we're using that power for our benefit, not for the child's benefit."

These changing patterns in how children interact with media appear to be great, said James Steyer, chief executive officer and founder of Common Sense Media, in an email to CNN. "One of the most shocking findings is that mobile devices are now as popular in the home as TVs -- 98% of households with kids under 8 have a mobile device," he said. "The ubiquity of mobile is changing childhood."

24. The writer uses figures in the second paragraph to \_\_\_\_\_.

- A. prove the reliability of the report
- B. praise the efforts made by Common Sense Media
- C. indicate the popular use of mobile devices nowadays
- D. illustrate the increase of time children spend on mobile devices

25. According to Douglas Gentile, parents \_\_\_\_\_.

- A. can totally control children's use of mobile devices
- B. always use mobile devices in favor of their children
- C. partly cause children's increasing use of mobile devices
- D. often discourage their children from using mobile devices

26. The underlined word in the last paragraph most probably means "\_\_\_\_\_".

- A. rare use
- B. important role
- C. obvious benefit
- D. common existence

## C

It turns out that overworking your brain with either physical or mental exercise may lower your ability to delay self-satisfaction. And that may set you up for poor choices in your self-care and finances.



A new study published Thursday in the journal *Current Biology* asked excellent endurance athletes to overtrain for three out of nine weeks, and compared them to a group who did a normal 9-week training program.

Not only did those overworked athletes perform worse on a cycling test at the end of the overtraining, MRIs of their brains during behavioral tasks showed more exhaustion in the cognitive control part of the brain system. "Cognitive control in this situation is the capacity to maintain exercise despite things like muscle pain," said study author Bastien Blain, a research associate at University College London. "And what we found is that there is an intelligence factor involved in exercising and it has a limited capacity. You cannot use it forever."

In other words, your brain will burn out and affect your body's ability to exercise. But that's not all. Overworking that part of the brain also reduced the athletes' abilities to resist temptation of an immediate reward. "For example, they were asked whether they preferred \$10 now or \$50 in six months," Blain said. "And those who overtrained were more likely to choose the immediate reward, which is interesting. It could provide a mechanism to explain why some athletes are using drugs to improve their performance."

One caution about the exercise study is that it only looked at endurance athletes, said Dr. Marc-Andre Cornier, who is associate director of Colorado University's Anschutz Health and Wellness Center. "This is potentially very important for the higher end athlete who is overdoing it," Cornier said. "But does this have anything to do with the average Joe going to the gym? You can't conclude that from this study."

27. What does the underlined word "it" in the third paragraph refer to?

- A. The brain system.
- B. A limited capacity.
- C. An intelligence factor.
- D. The cognitive control.

28. Why did overworked athletes tend to choose the immediate reward?

- A. Because they were too eager to succeed.
- B. Because all parts of their brain were tired.
- C. Because overtraining led to their bad decisions.
- D. Because they took drugs to improve their performance.

29. What is the passage mainly about?

- A. A study about self-satisfaction.
- B. Negative effects of too much exercise.
- C. The relation between brain and exercise.
- D. Poor choices in people's self care and finances.

30. What can we infer from the passage?

- A. There is a limit to the brain.
- B. Higher end athletes have great potential.
- C. Top athletes may suffer from overtraining.
- D. Delaying self-satisfaction results in better performance.

## 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。

Countless parents have kids who just want to eat chickens pasta, or macaroni and cheese, and definitely without any vegetables. So what's a parent to do? 31 We reached out to experts on healthy eating for kids, and they had a ton of great advice.

**Make food interesting.** Lori Day, an educational psychologist, thought that if kids found



food interesting, they'd be more likely to try it. So Day let her daughter shell peas, count them, sort them by size and play with them before putting them in the pot. 32 "Make food interesting if your child is naturally curious and is willing to engage," Day said.

33 Several parents talked about how bringing their children with them to the farmers market or the grocery store and having them help with the cooking can get them more excited and invested in what they are eating. "Kids can be inspired to eat healthy when they are part of the meal," said Margaret McSweeney, host of the podcast Kitchen Chat. "A trip to the local farmers market can connect them with the source of food."

**Give kids choices.** Ava Parnass, an infant-child psychotherapist said that from a young age, parents should let their kids choose foods and snacks they like, within reason. "Give them more room to choose as they get older," she added. And never get into a power struggle with your kids about eating, she said. 34

**Model healthy eating.** Our kids can be influenced to make better choices if they watch us doing the same. Pam Moore, founder of the blog Whatevs, says her kids always see her and husband eating healthy. 35 I often keep sliced veggies washed, sliced and ready to eat for snacks. Our children will ask for bites as time goes on, as they like to copy what we do," said Moore.

- A. First, don't stress.
- B. Get the kids involved.
- C. Inspire kids to eat healthy.
- D. Her daughter loved eating them raw or cooked.
- E. Make sure you are not overcontrolling or overeducating them.
- F. Both my husband and I typically add greens to our eggs at breakfast.
- G. We talk about food colors and how it's healthiest to make meals with various colors.

### 第三部分 语言运用 (共两节, 满分 45 分)

#### 第一节 (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。

I started a company when I met with a major chance that was going to take our company to the next level. Then something 36 happened. I received an email from the investor that read: "We're going to 37."

I was crushed (崩溃). The next few days I thought about this 38 and realized just how 39 I truly was. I thought maybe it was time to count my 40 and get another "real job". Luckily, I realized that having that thought meant I had a problem – my fear of 41. If I was going to keep moving forward with my company I'd have to 42 this fear of being rejected again. So, I 43 Google to help solve my problem and I found a game. The 44 of the game is to help you get over your fear of rejection by 45 seeking out rejection. I loved it. I 46 I would try it to help me remove this fear.

What came next was something I could have 47 imagined. As my rejection journey continued, I began to feel more and more 48 when asking for things, realizing I could focus on the 49 factors.

In the process of my rejection journey, here is what I learned about rejection. Avoiding it doesn't 50 mean you avoid failure. Most people believe avoiding rejection is a good thing, 51 that's not true. When we 52 away from rejection, we reject ourselves



and our ideas before the world ever has a 53 to reject them. This is the 54 form of rejection and we are overlooked by the world. Therefore, the greatest lesson I've learned from rejection is no matter what, don't be 55 by the world.

- |                     |                  |                 |                 |
|---------------------|------------------|-----------------|-----------------|
| 36. A. interesting  | B. unexpected    | C. strange      | D. different    |
| 37. A. invest       | B. quit          | C. fail         | D. lose         |
| 38. A. condition    | B. cause         | C. accident     | D. defeat       |
| 39. A. discouraged  | B. thankful      | C. fortunate    | D. considerate  |
| 40. A. losses       | B. investment    | C. money        | D. days         |
| 41. A. damage       | B. destruction   | C. rejection    | D. failure      |
| 42. A. oppose       | B. hate          | C. overcome     | D. minimize     |
| 43. A. turned to    | B. appealed to   | C. responded to | D. led to       |
| 44. A. origin       | B. outcome       | C. rule         | D. purpose      |
| 45. A. consequently | B. intentionally | C. primitively  | D. accidentally |
| 46. A. admitted     | B. suggested     | C. decided      | D. explained    |
| 47. A. never        | B. ever          | C. almost       | D. nearly       |
| 48. A. fearless     | B. powerful      | C. ashamed      | D. embarrassed  |
| 49. A. predictable  | B. controllable  | C. undesirable  | D. considerable |
| 50. A. firmly       | B. frequently    | C. hopefully    | D. necessarily  |
| 51. A. and          | B. or            | C. however      | D. but          |
| 52. A. break        | B. give          | C. look         | D. shy          |
| 53. A. reason       | B. chance        | C. motivation   | D. inspiration  |
| 54. A. worst        | B. best          | C. common       | D. rare         |
| 55. A. conquered    | B. ignored       | C. judged       | D. cheated      |

## 第 II 卷 (非选择题部分)

### 第三部分: 语言运用 (共两节, 满分 45 分)

#### 第二节 (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。

For many people of Asian descent(血统) living overseas, a Facebook group called Subtle Asian Traits has become one of the popular cultural 56 (phenomenon). Its jokes and memes – about life as a first-generation migrant – have made the page 57 (wild) popular. Almost a million people 58 (join) the group since it began. The posts, 59 can be made by anyone, have had conversations about cultural identity. It was founded by nine Chinese-Australian high school students living in Melbourne. Anne Gu, 18, one of the 60 (found), said they were delighted when the group hit 1,000 members but now it's gone crazy. "We didn't think at all that it would get this big, or so serious," she said, 61 (refer) to its growth into 62 online community for people of Asian descent.

The posts span a range of topics, but they often focus on Asian culture 63 (experience) by the children of migrants. That's 64 most members are young people from Australia, the US, Canada and the UK, rather than those living in Asia.

Anne Gu believes that the page is so popular because it identifies just little things in our lives that no one talked 65 before.

#### 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)

假设你是李华, 你校英语口语社将换届选举, 你欲参选社长, 请你写一篇英语竞选演讲稿, 进行口头竞选演讲。内容包括:

1. 竞选职位;
2. 个人优势;
3. 当选设想。

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: 概要写作 (满分 25 分)

阅读下面短文, 根据其内容写一篇 60 词左右的内容概要。

It is quite reasonable to blame traffic jams, the cost of gas and the great speed of modern life, but manners on the road are becoming horrible. Everybody knows that the nicest men would become fierce tigers behind the wheel. It is all right to have a tiger in a cage, but to have one in the driver's seat is another matter.

Road politeness is not only good manners, but good sense. It takes the most cool-headed drivers great patience to give up the desire to beat back when forced to face rude driving. On the other hand, a little politeness goes a long way towards reducing the possibility of quarrelling and fighting. A friendly nod or a wave of thanks in answer to an act of politeness helps to create an atmosphere of good will and becomes so necessary in modern traffic conditions. But such behaviors of politeness are by no means enough. Many drivers nowadays don't even seem able to recognize politeness when they see it.

However, misplaced politeness can also be dangerous. Typical examples are the driver who waves a child crossing the street at a wrong place into the path of oncoming cars that may not be able to stop in time. The same goes for encouraging old ladies to cross the road wherever and whenever they want to.

An experienced driver, whose manners are faultless, told me it would help if drivers learnt to correctly join in traffic stream without causing total blockages that give rise to unpleasant feelings. Unfortunately, modern drivers can't even learn to drive, let alone master the roadmanship. Years ago, experts warned us that the fast increase of the car ownership would demand more give-and-take (互让) from all road users. It is high time for all of us to take this message to heart.