宁波市2026学年第一学期高考模拟考试

高三英语试卷

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段录音。每段录音后有一个小题，从题中所给的A、B、C三个选项中选出最佳选项。听完每段录音后，你都有10秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. Why does the man make the call?

A. To arrange a ride.　　B. To get a morning call.　　C. To change his flight.

2. Why did Kevin leave the basketball team?

A. He was too busy.　　B. He wanted to coach.　　C. He got injured.

3. Where does the conversation probably take place?

A. At a gas station.　　B. At a repair shop.　　C. At a car park.

4. What does the woman suggest Tom do?

A. Ask for help.　　B. Read it aloud.　　C. Take a break.

5. What is the probable relationship between the speakers?

A. Boss and assistant.　　B. Postman and customer.　　C. Husband and wife.

第二节（共15小题；每小题1.5分，满分22.5分）

听下面5段录音。每段录音后有几个小题，从题中所给的A、B、C三个选项中选出最佳选项。听每段录音前，你将有时间阅读各个小题，每小题5秒钟；听完后，每小题都有5秒钟的作答时间。每段录音播放两遍。

听第6段录音，回答第6、7题。

6. What are the speakers mainly talking about?

A. Leo's cousin's wedding.　　B. Leo's video making.　　C. Leo's sleep problem.

7. What does Leo think of making videos?

A. It's a good business.　　B. It's a challenging job.　　C. It's an enjoyable hobby.

听第7段录音，回答第8至10题。

8. What is probably the man's job?

A. A hotel receptionist.　　B. A tour guide.　　C. A shop assistant.

9. Why does the woman want the bike for the whole day?

A. To visit some sights.　　B. To get some exercise.　　C. To meet a friend.

10. What must the woman do to get her ID card back?

A. Pay for the lock. B. Return the bike on time. C. Go to the North Gate.

听第 8 段录音，回答第 11 至 13 题。

11. What gave Rachel the idea for the tool library?

A. Her grandfather's advice. B. A request from neighbors. C. Some unwanted tools.

12. What does Rachel enjoy most about her work?

A. Helping people fix things.

B. Signing up new members.

C. Meeting people online.

13. What will the man do next?

A. Play some music. B. Talk to a listener. C. Become a member.

听第 9 段录音，回答第 14 至 16 题。

14. Why will the run start from the park?

A. The field is unavailable. B. The park is much closer. C. Parking is easier there.

15. What is Lucy worried about?

A. The extra cost. B. The waiting time. C. The number of runners.

16. What will Lucy do tonight?

A. Order some bottles. B. Phone Anna's cousin. C. Design the posters.

听第 10 段录音，回答第 17 至 20 题。

17. How long was last year's trip?

A. Eight days. B. Ten days. C. Twelve days.

18. What will the students do on Thursday afternoon?

A. Visit a wildlife center.

B. Attend a Chinese lesson.

C. Watch a local performance.

19. What does the speaker advise the students to do about the food?

A. Try to finish every dish.

B. Inform the hosts in advance.

C. Learn to cook it themselves.

20. Why does the speaker ask the students to pack light?

A. They'll ride bikes daily.

B. Airline limits are strict.

C. They must carry bags upstairs.

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

How accurately can you judge the world around you without measuring it? From the height of a doorway to the number of buttons in a jar, everyday objects offer plenty of opportunities to test your judgement.

The Spot On Challenge 2027 is now open for registration at the Riverside Science Centre. Entry is free for students aged 14–18. No prior experience is necessary – just a willingness to give it a go.

How It Works

You will visit six stations, each with a different estimation task. You have three minutes at each station to write down your estimate and briefly explain your thinking.

Work individually, using the pencils and blank paper provided. Measuring tools, calculators and phones are not allowed.

To register, email your full name, age and school to *spoton@riverside.org*. Your confirmation email will include details of the optional workshop and the challenge.

Key Dates

Arrangements	**Date**
Registration deadline	31 March 2027
Optional workshop	10 April 2027
Challenge day	24 April 2027

Registrations received after the deadline cannot be accepted.

What to Expect

At the optional workshop, a science educator will show you how to estimate by comparing objects with familiar ones. You can then use measuring tools to check your guesses. Workshop attendance is not required for the challenge.

Four judges will use our usual scoring system, awarding points according to how close each estimate is to the actual measurement. Finishing early brings no extra points.

After the competition, staff will reveal the actual measurements. You can then try the measuring tools yourself and discuss which approaches work best.

The winner will receive £50 in cash, and four runners-up will each receive books worth £25.

21. What is the purpose of the text?
    A. To explain the everyday uses of estimation.
    B. To offer tips on improving estimation skills.
    C. To seek student volunteers for a science event.
    D. To invite students to an estimation competition.
22. Which of the following students meets the entry requirements?
    A. A 15-year-old new to estimation challenges.
    B. A 16-year-old signing up via email in April.
    C. A 17-year-old entering as a two-person team.
    D. A 19-year-old with strong mathematical skills.
23. What can be expected in the Spot On Challenge 2027?
    A. A £25 cash prize for being a runner-up.
    B. Detailed feedback from the four judges.
    C. Updated competition scoring procedures.
    D. An estimation workshop led by an expert.

B

The scale of plastic pollution is so terrifying that I mostly try to avoid thinking about it. Is there anything individuals can do about a problem on this scale? I'm pessimistic. But when my friend challenged me to stop using single-use plastic for a month, I hesitated. Still, in the interest of being useful, or at least being entertainingly defeated, I agreed.

At the supermarket, the shelves were packed with plastic. Apart from onions, garlic and cabbage, vegetables without plastic packaging were hard to find. With such narrow choices, meals were as boring as I was: oats for breakfast, homemade beans for lunch, potatoes for dinner. Plastic wrappings are claimed to save a lot of food waste, acting as a barrier to oxygen. However, a 2022 WRAP program found that for apples, bananas and cucumber, the impact of plastic packaging on shelf life was demonstrated to be minimal. What actually made a huge difference was refrigerating at 4°C.

Food wasn't the only head-scratcher; I struggled with household stuff. I upgraded the normal floss (牙线) to silk floss and switched to bamboo-based brushes; they were fine, but a further expense. So were "recyclable" toothbrush heads, which needed to be returned to the manufacturer for recycling. Researching further, I realized they were recycled into walking sticks, not more toothbrush heads. Another "eco" toothbrush manufacturer turned out not to have recycled any of its brushes yet. The current recycling system does more to comfort our minds than to clear our bins: "recyclable" often describes a possibility, not a reality.

When the month ended, despite all these efforts, my final box of plastic shame contained 20 items. It was a combination of stuff beyond my control, online deliveries, medical necessity, and the various other failures mentioned above. I could achieve a low – not a no – plastic existence, but there was a massive sacrifice of convenience and money. Consumers won't just choose to sacrifice their convenience; structures need to come first. Fundamental change will depend less on individual sacrifice than on government intervention and technology innovations that make reducing plastic use an easy option.

24. What led the author to accept the plastic-free challenge?
    A. A belief in the power of individual action.
    B. A promise to back a friend's green project.
    C. A wish to make a practically useful attempt.
    D. A plan to raise public awareness of pollution.
25. Why is the WRAP program mentioned in paragraph 2?
    A. To prove the high cost of supermarket packaging.
    B. To promote a new method of refrigerating produce.
    C. To explain the popularity of plastic in supermarkets.
    D. To illustrate the limited effect of plastic on shelf life.
26. What is the author's attitude towards the current recycling system?
    A. Supportive. B. Objective. C. Skeptical. D. Tolerant.
27. According to the author, what is key to effective plastic reduction?
    A. Strict control over deliveries.
    B. Active policy and tech support.
    C. Strong consumer commitment.
    D. Wide use of eco-friendly items.

C

Maybe it is the dream job, the fitness goal, or simply getting through a difficult life period. We often tell ourselves that once we arrive there, we will finally feel different. And sometimes, for a while, we do. But the feeling rarely lasts as long as we expect it to. Before long, we find ourselves searching for the next thing that will make us feel good again.

Psychologists call this the "hedonic treadmill (享乐跑步机)", our tendency to quickly adapt to life's highs and lows before returning to a relatively stable level of happiness. It helps explain why even the lives we once dreamed of can start to feel ordinary, and why chasing more does not always bring the satisfaction we expect.

A famous study in 1978 followed three groups of people: lottery (彩票) winners, disabled accident victims and a control group. The researchers found that lottery winners experienced an immediate rise in happiness, which returned to previous levels after one year. Surprisingly, the accident victims experienced intense unhappiness, but after a year, their happiness levels stabilized, so that they were only just slightly less happy than the people who won the lottery. Essentially, according to hedonic adaptation theory, the effects of external events are short-lived – your happiness will ultimately return to baseline levels.

Does this mean there's no real benefit in going after things we think will improve our lives? On the contrary, therapist Victoria Froome says that while the concept can initially feel demotivating, this knowledge can actually be empowering. Instead of a new car or relationship milestone, it's our internal states that can lead us to a sense of contentment. "The types of events that tend to cause lasting effects are those that relate to identity, relationships, skills, values and strengths," explains Dr Froome.

A key takeaway from the hedonic treadmill is that happiness can't be found in constant upgrades, achievements, or chasing the next rush. If endlessly searching for more is leaving you burned out, taking steps to feel more grounded could be the key to getting back on track.

28. Which situation best reflects the "hedonic treadmill"?

A. Finding lasting joy in a new hobby.
B. Growing bored soon after a dream trip.
C. Setting higher targets after a failure.
D. Giving up a tough fitness goal halfway.

29. What did the 1978 study find?

A. The baseline happiness was reshaped by major events.
B. The long-term mood depended on financial conditions.
C. The happiness gap between groups narrowed over time.
D. The emotional impacts remained strong for some years.

30. Why does Dr Froome view hedonic adaptation as empowering?

A. It redirects people's attention to inner growth.
B. It helps people achieve relationship milestones.
C. It spares people the trouble of setting new goals.
D. It encourages people to pursue material rewards.

31. Which can be a suitable title for the text?

A. Breaking Free from the Endless Chase
B. The Secret to Winning Big in Life
C. Speeding Up on the Hedonic Treadmill
D. The Way to Control Daily Emotions

D

Invented in 1816, the traditional stethoscope (听诊器) has been a vital part of every doctor's toolkit, yet some warning signs in heartbeat and blood flow are too slight for the human ear to detect. Now, a team at Imperial College London has developed a new version that can diagnose (诊断) heart failure, heart valve disease and abnormal heart rhythms almost instantly.

The device is about the size of a playing card. It is placed on a patient's chest to take an ECG (心电图) recording of the electrical signals from their heart. Meanwhile, a microphone records the sound of blood flowing through the heart. This information is sent securely to be analysed by AI algorithms, which have been trained on health data from tens of thousands of people and can detect subtle heart problems a human would miss. A test result, indicating whether the patient has been flagged as at-risk or not, is sent straight back to a smartphone.

Such rapid screening is vital in primary care, as early detection of these conditions can slow disease progression and save lives. However, family doctors face a major challenge: early warning signs – such as tiredness or shortness of breath – are frequently elusive, as they can easily be mistaken for normal aging or stress, and there are no universally effective tools to confirm the diagnosis. In fact, 70%–80% of heart failure cases are only diagnosed after an emergency hospital admission. The AI-enabled stethoscope could be a game-changer, giving doctors a quick, simple tool to spot problems earlier, so patients can get the right treatment sooner.

The breakthrough does carry an element of risk, with a higher chance of people wrongly being told they may have a heart problem when they do not. Dr Patrik Bächtiger said this could lead to unnecessary anxiety and tests for some people. Still, for other patients, using the AI stethoscope could catch warning signs which might otherwise go unnoticed. He added that the device should be used for patients who come in with such unexplained symptoms, rather than for routine checks in healthy people.

32. How does the new stethoscope outperform the traditional one?
    A. By simplifying the design of medical toolkits.
    B. By using AI to screen and cure heart diseases.
    C. By analyzing sound and electrical data via AI.
    D. By sending treatment plans to doctors' phones.
33. What does the underlined word "elusive" in paragraph 3 mean?
    A. Too rare to draw doctors' attention.
    B. Too slight to identify with certainty.
    C. Too complex to be controlled in time.
    D. Too mild to cause physical discomfort.
34. What does Dr Patrik Bächtiger advise regarding the new device?
    A. Redesigning it to remove false positive results.
    B. Avoiding its use due to the risk of extra anxiety.
    C. Applying it to routine checks for healthy people.
    D. Limiting its use to patients with suspicious signs.
35. How is the text organized?
    A. A challenge, a solution and a caution.
    B. A question, a debate and a conclusion.
    C. A failure, an adjustment and a success.
    D. A theory, an experiment and a discovery.

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

阅读下面短文，从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

We occasionally hear from parents and teachers that school is for learning facts and getting qualifications, not for making friends. Indeed, acquiring knowledge and achieving good academic records do matter. __36__ I believe making friends and socialising are also critical to our growth and prepare us for the future.

__37__ We had to negotiate roles, divide tasks, and resolve disagreements with classmates we barely knew. These skills, not gained from textbooks, prove essential as we transition from school into the workforce.

Schools also throw us together with people we would never otherwise meet. Different languages, different traditions, different ways of seeing the world – these differences can be uncomfortable at first. __38__ In a globalised world, that kind of appreciation is a necessity and schools serve as places for such cultural exchange.

Then there is the quiet, often overlooked benefit: making friends as a contributor to our emotional well-being. Research has shown positive friendships can reduce anxiety, especially during the teenage years. __39__ This can also help us stay focused on our studies, which is why, I believe, making friends does not stand in the way of learning.

In conclusion, it is one-sided to claim that we go to school only for facts and qualifications. This view ignores the role making friends and socialising play in students' overall development. __40__ Schools should therefore actively facilitate healthy friendships and social interactions.

A. That said, these are not the only purposes of school.
B. Students can make friends beyond their school circles.
C. Consider the group project we worked on last semester.
D. Learning to connect with others is itself part of education.
E. Over time, though, such encounters can help us embrace diversity.
F. Such differences lead students to value their culture above others.
G. Given our stressful routines, they offer a sense of emotional relief.

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 四个选项中选出最佳选项。

I'd seen pictures of the leaning Tower of Pisa my entire life: tourists posing creatively to "support" the leaning wall. The way they posed looked charming and __41__.

To create a(n) __42__ day of our own, we had bought timed tickets – expecting no line and no waiting to enter the tower. Yet, as we reached the entrance area, we saw a huge crowd waiting there to take photos, with cameras raised in every direction. This centuries-old __43__ felt more like a film set. People carefully __44__ themselves to hold it up or push it over, while someone shouted, "No, your other left!" Even my children waited __45__ for their turn to pose.

Disappointingly, the heat and our ticket time soon called us away. As we made our way toward the entrance, my anticipation gave way to __46__. I wondered whether my legs, already unsteady from the heat, would carry me to the top. Feeling dizzy, I __47__ my steps. But I kept climbing, mostly because I had spent too long __48__ this moment to turn back now.

When I finally stepped out onto the top of the tower, the city __49__ beneath us. Cool air moved across. After the terrible heat below, it felt __50__. Below me, nothing about the scene __51__. Only the way I was looking at it. I'd brought __52__: the photographs, the view from the top, the memories we'd carry home. Yet the __53__ I remember most are the heat, the crowd, the tiredness – not because they went according to plan, but because they didn't.

By the time we were on our way back down, I had __54__ the version of the day I'd previously envisioned. The children had long since given up on posing, already arguing about ice cream. They were simply __55__ the day.

41.	A. lifeless	B. effortless	C. pointless	D. harmless
42.	A. budget-friendly	B. art-themed	C. adventurous	D. perfect
43.	A. landmark	B. ceremony	C. theater	D. tradition
44.	A. equipped	B. dressed	C. positioned	D. covered
45.	A. nervously	B. eagerly	C. politely	D. quietly
46.	A. anxiety	B. relief	C. delight	D. boredom
47.	A. counted	B. practiced	C. stopped	D. slowed
48.	A. looking forward to	B. getting through	C. facing up to	D. putting off
49.	A. recovered	B. faded	C. unfolded	D. collapsed
50.	A. amusing	B. refreshing	C. exhausting	D. frightening
51.	A. ended	B. worked	C. changed	D. settled
52.	A. possessions	B. invitations	C. instructions	D. expectations
53.	A. pictures	B. moments	C. promises	D. routines
54.	A. abandoned	B. defended	C. preferred	D. regretted
55.	A. planning	B. judging	C. living	D. recording

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。

"Look at these oranges! Order now, and we'll pack and ship them instantly." In an orange orchard (果园) in Jiangxi Province, 27-year-old Sun Lei is livestreaming the latest harvest. Behind him, freshly picked oranges are transported by drone __56__ the orchard to a nearby processing center. There, they are sorted, packed and shipped, each step __57__ (demand) speed and care. For online buyers, the freshness of the orchard is only __58__ click away.

When Sun first tried livestreaming, his videos struggled to gain attention. Later, as he began documenting the people and work behind the fruit, his stories __59__ (strike) a chord with viewers. Within months, his follower count skyrocketed. "That made me realize that selling agricultural products doesn't __60__ (necessary) require a big company – just a smartphone and sincere storytelling," he said.

Sun's story is part of a wider trend. Across China, young people are using livestreaming to promote locally grown products and open new sales __61__ (channel). In the past, farmers gathered at local fairs, sometimes waiting all day for traders __62__ (show) up with a take-it-or-leave-it offer. Today, a sale can be completed online within minutes. Online sales have also brought farmers better returns, sometimes doubling the price previously __63__ (offer) in the field.

The trend has brought visible changes to many rural communities, __64__ many young residents once left to work elsewhere and houses stood vacant. Today, however, short-video platforms and e-commerce are attracting young people back, making __65__ possible for them to build careers by helping local farmers reach wider markets.

第四部分　写作（共两节，满分40分）

第一节（满分15分）

假定你是校英文报编辑李华。本期校报的"Global Voices"栏目征稿截止后，你收到交换生 Chris 提交的一篇优秀文章，他希望文章仍能在本期刊登。请你给他写一封回复邮件，内容包括：

（1）你的决定；

（2）说明理由。

注意：

（1）写作词数应为 80 个左右；

（2）请按如下格式在答题纸的相应位置作答。

Dear Chris,

Thank you for submitting your article to our "Global Voices" column.

Yours,

Li Hua

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。

My 11-year-old daughter, Bayleigh, was born with cerebral palsy (脑瘫). The doctors told me she would never walk, run or be able to live a normal life. But I wasn't going to let anyone tell her what she could and couldn't do. She took her first steps when she was two.

I was so proud of how far she'd come. But Bayleigh still had her struggles. Being different from her peers bothered her, and she was afraid to talk to other children. Sometimes she would stand by the window, watching children in the neighborhood ride bikes. She could ride her adapted bike well enough, but the fear of being stared at or left out kept her from joining them.

Sometimes a person needs a gentle push to step outside their comfort zone. Bayleigh had always loved animals, and we'd been looking for a cat for a while. Perhaps visiting an animal shelter and meeting the people there would be a good place to start.

Eventually I found a shelter in a nearby town. As soon as I read the introduction to Popcorn, a cute orange kitten, I knew he was meant for us. He had been diagnosed with cerebellar hypoplasia – the feline (猫科的) version of cerebral palsy. When I showed Bayleigh the picture, her face lit up. Popcorn was just like her, she said. When I told her we would have to visit the shelter to bring him home, Bayleigh nodded slowly.

That's progress, I thought. She had always been nervous about unfamiliar places and meeting new people. A few days later, we drove to the shelter. Bayleigh stayed close to my side as we entered, but she didn't ask to leave. She even managed a shy "thank you" when a volunteer handed Popcorn to her.

We immediately fell in love with Popcorn. He was unsteady on his feet, but curious, playful and daring. A few days later, my nephew Mac came over to meet the kitten.

注意：

（1）续写词数应为150个左右；

（2）请按如下格式在答题纸的相应位置作答。

I overheard Mac ask Bayleigh, "Will he ever be able to climb the stairs?"

Watching Popcorn master the new skill seemed to awaken something in Bayleigh.