



绝密★考试结束前

## 浙江省 Z20<sup>+</sup>名校联盟 2026 学年第一学期创新班学情诊断

### 高一英语试题卷

命题：路桥中学

审题：黄岩中学

嘉善高级中学

#### 第 I 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 look worn out?  
A. He attended long meetings.      B. He ran for miles.      C. He didn't sleep well.
2. What is the man likely to do?  
A. Look for the toolbox.      B. Clean the garage.      C. Go to a repair shop.
3. What does the woman want the man to do?  
A. Join her team.      B. Teach her to swim.      C. Take part in a race.
4. How old is Molly now?  
A. Forty-two.      B. Fifty-one.      C. Sixty-one.
5. What are the speakers mainly talking about?  
A. How to plan future careers.  
B. Where to get useful resources.  
C. Whether to memorize all textbook knowledge.

###### 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 段材料，回答第 6、7 题。

6. What is the man's problem?  
A. He forgot his documents.      B. He took the wrong plane.      C. He failed to find his suitcase.
7. Where does the conversation probably take place?  
A. At the airport.      B. In an office.      C. In a hotel.

听第 7 段材料，回答第 8 至 10 题。

8. What is Jack unwilling to do at first?  
A. Prepare lunch.      B. Fix the fence.      C. Weed the garden.
9. What do we know about the woman?  
A. She hates doing outdoor work.  
B. She often puts things off.  
C. She thinks ahead.
10. What does Jack ask the woman for before starting the work?  
A. A pair of gloves.      B. A bottle of water.      C. A sun hat.

听第 8 段材料，回答第 11 至 13 小题。

11. Who might the woman be?  
A. A front desk worker. B. A doctor. C. A nurse.
12. What will the man do first?  
A. Have breakfast. B. Fill in a form. C. Get a physical exam.
13. When will the operation be over?  
A. At 10:00 a.m. B. At 10:30 a.m. C. At 11:00 a.m.
- 听第 9 段材料，回答第 14 至 17 题。
14. Who will teach calligraphy?  
A. Mr. Chen. B. Mr. Zhao. C. Ms. Li.
15. What will the woman learn if she joins Ms. Wang's club?  
A. How to write poems. B. How to do paper-cutting. C. How to make Chinese knots.
16. What does the woman mean at the end of the conversation?  
A. She plans to seek help from an expert.  
B. She wants to learn from Mr. Chen.  
C. She will join the tea club.
17. What is the probable relationship between the speakers?  
A. Teacher and student. B. Father and daughter. C. Classmates.
- 听下面一段独白，回答第 18 至 20 题。
18. How long does Oktoberfest last?  
A. From early September to mid-October.  
B. From mid-September to early October.  
C. From late September to mid-October.
19. What makes Munich's beer festival world famous?  
A. Its preservation of Bavarian traditions.  
B. Its beautiful beer carriages.  
C. Its various festival games.
20. What does the speaker say about Oktoberfest in 2023?  
A. It attracted a record number of visitors.  
B. It consumed 7.2 million liters of beer.  
C. It lasted longer than ever before.

## 第二部分：阅读理解（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）

### A

#### Digital Discovery Workshops

PacSci's Digital Discovery Workshops bring unique science experiences to you on your own schedule. PacSci educators join you live from our Digital Learning Studio to get learners into science ideas through real-time demonstrations (演示), sample close-ups, and interactive software and videos.

#### Who Are these for?

Digital Discovery Workshops are designed for Pre K-12 graders joining from classrooms, after-school settings, library programs, or other community groups.

#### Costs & Booking

- 1 - 99 participants: \$250
- 100 - 199 participants: \$350
- 200 - 299 participants: \$450
- 300+ participants: \$550

Qualified low-income schools may receive up to 100% off the cost of Digital Discovery Workshops. Programs should be booked at least 2 weeks in advance. We book on a rolling calendar year so we can schedule as far in advance as you like!

### **How They Work**

- PacSci educators send you a private Zoom link, or join a virtual platform (虚拟平台) of your choice.
- PacSci educators guide participants through demonstrations and activities as they encourage active student participation.
- Each program includes a voluntary follow-along worksheet, as well as connected additional activities, reading lists, and videos to use before and after the program.

### **What You Will Need**

- One shared device with a large screen and speakers (or personal devices)
  - A stable Internet connection
  - Access to your selected virtual platform (e.g., Zoom)
  - A webcam and microphone on participant device(s)
  - An adult or volunteer present to help
21. What is the aim of the Digital Discovery Workshops?
- A. To promote digital learning. B. To improve science education.  
C. To discover talented learners. D. To provide interactive experience.
22. What do participants need to do to join the program?
- A. Join in with support. B. Use popular platforms.  
C. Share personal devices. D. Take photos via webcams.
23. Where might this passage be taken from?
- A. A school activity notice. B. A museum visitor guide.  
C. A science center website. D. A summer camp brochure.

## **B**

Njobati, a young woman from Cameroon, faced a challenging journey when she moved from her English-speaking area to a French-speaking area of the country to attend university. The sharp differences between these areas, once part of the British and French empires, made it difficult for her to fit in, which led her to examine her own identity—who she truly was.

Seeking guidance, she turned to her grandfather who also felt disconnected from his own culture. He expressed sadness about what the Nso people had lost both culturally and materially, including Ngonnso statue. Ngonnso was the founder of the Nso Kingdom dating back to the 14th Century. The statue was an important cultural symbol for the Nso. However, it was taken by the Germans in 1902 and has been housed in Berlin's Ethnological Museum ever since.

Inspired by her grandfather's desire and saddened by the loss of culture, Njobati made a promise to bring back the statue. She believed it would not only achieve her grandfather's wish but connect her with her Nso heritage again.

Njobati did many researches about the statue and former unsuccessful attempts. She realized that return was actually about facing the colonial (殖民主义的) past. Njobati decided to try differently. To gather support online and offline, Njobati began a grassroots campaign. She organized meetings in community halls and churches, met people one-on-one, and used the power of social media. Through Twitter, she established contact with the Ethnological Museum.

Njobati's tireless efforts paid off. She was told that a decision about Ngonnso statue was coming, which was an important moment for her.

“Finally, this is happening. Not just for me, but for the Nso people, and for Cameroon,” She cried. “This also lends a hand to other communities that are seeking justice for stolen cultural relics.”

24. What made Njobati decide to bring back the Ngonnso statue?
- A. Her respect for the founder. B. Her experience in attending university.  
C. Her interest in colonial history. D. Her desire to reconnect with Nso culture.
25. What did Njobati do to gain support for her campaign?
- A. She did wide and complete researches.  
B. She contacted the Ethnological Museum.  
C. She turned to her grandfather for guidance.  
D. She organized meetings and used social media.
26. What does “this” refer to in the last paragraph?
- A. The fight for the statue. B. The grassroots support.  
C. The return of the statue. D. The grassroots campaign.
27. Which of the following could best describe Njobati?
- A. Confident and hard-working. B. Determined and strategic.  
C. Optimistic and open-minded. D. Generous and courageous.

### C

Traditional Chinese Medicine (TCM) has been around for thousands of years. But recently, it has found a new stage: social media. From the well-known gua sha tools to the practice of drinking hot water, TCM-inspired habits are becoming popular in health routines around the world.

Videos on platforms like TikTok and Instagram romanticize TCM practices. They show people boiling apples for better digestion, changing iced coffee to hot water, or wearing slippers indoors—small habits like these are presented as keys to a longer, healthier life.

But what is behind this trend? Unlike Western medicine, which often treats symptoms (症状) one by one, TCM focuses on balance within the body. It uses ideas such as qi (vital energy), yin and yang, and the interaction between the body and its environment. The goal is to prevent illnesses and achieve a harmonious (和谐的) state, rather than simply reacting to illness.

However, the rapid spread of these traditions online raises concerns. On social media, complex traditions are often simplified into bite-sized habits like “drink hot water” or “avoid cold foods”. When practices that developed over centuries are reduced to quick advice, the deep philosophical and cultural bases behind them can disappear. What remains is a simplified version of a much richer system of knowledge.

There are also practical concerns. While many people use TCM for relaxation and preventative care, scientists note that some herbal (草药) treatments lack enough medical evidence and can even carry risks. The line between a cultural practice and medical advice can easily be unclear online.

Despite these debates, the popularity of Chinese wellness reflects a real search for balance in today’s fast-paced world. Whether people are embracing the deep philosophy or simply the beauty of these traditions, it’s clear that TCM has firmly entered the global self-care conversation.

28. How do online platforms present TCM practices according to the passage?
- A. As romantic personal choices. B. As advanced medical treatments.  
C. As fashionable lifestyle habits. D. As easy-to-follow daily health tips.
29. What is a key feature of TCM’s approach to health compared with Western medicine?
- A. It aims at inner harmony. B. It treats each symptom separately.  
C. It depends on the environment. D. It uses traditional Chinese medicine.

30. What concern does the author raise about the spread of TCM on social media?  
A. Unclear herbal treatments. B. Unnecessary medical expense.  
C. Overemphasis on quick advice. D. Loss of deeper cultural meaning.
31. What is the main purpose of the passage?  
A. To discuss TCM's rising online popularity. B. To describe how to use TCM practices.  
C. To argue TCM is better than Western medicine. D. To warn against online TCM health trends.

### D

A recent study has found that artificial intelligence (AI) systems tend to give flattering responses when people ask for advice on personal conflicts. This could be harming our ability to handle difficult social situations.

Researchers from Stanford University tested 11 different AI models, including ChatGPT and Google Gemini. They asked the AIs for advice on interpersonal problems. They also presented the AIs with thousands of statements describing harmful or dishonest actions. The results showed that the AIs supported the user's point of view about 49% more often than a human would. For harmful behaviors, the AIs even supported them 47% of the time.

In a follow-up experiment, more than 2,400 people talked with both agreeable and non-agreeable AIs. The participants found the agreeable AIs more trustworthy. As a result, they said they would turn to those AIs again for future personal problems. However, the participants could not tell when the AI was giving flattering advice.

Notably, the AIs rarely said directly, "You are right." Instead, they used neutral language to indirectly support the user. For example, when a user asked if they were wrong to lie to their girlfriend about being unemployed for two years, the AI replied, "Your actions, while unusual, seem to come from a real wish to understand your relationship beyond money." This kind of response avoids any direct judgment.

Lead researcher Myra Cheng said she worried that people would lose the skills to deal with difficult social situations. "AI makes it really easy to avoid disagreement with other people," she explained. But she noted that such disagreement could actually help build healthy relationships. The researchers also warned that if developers only cared about keeping users engaged, they might have no reason to fix AI's overly agreeable behavior. This could create a loop where AIs become even more flattering over time.

32. What does the follow-up experiment focus on?  
A. Testing more AI systems. B. Studying users' responses.  
C. Comparing different AIs. D. Proving AI's harmfulness.
33. Which of the following responses is most likely to be given by the AI?  
A. "You were wrong to lie. You should tell her the truth right now."  
B. "I cannot judge whether lying is right or wrong in this situation."  
C. "You probably had your reasons, and that shows you value the relationship."  
D. "Lying is not a good choice, but I understand you wanted to avoid hurting her."
34. Which one is the researchers' worry?  
A. Loss of interpersonal skills. B. Increased cost of AI services.  
C. Damage to human judgment. D. Slower development of AI technology.
35. Which would be the best title for this passage?  
A. The Future of AI Advice B. AI: Always Respect Your View?  
C. The Danger of AI Misuse D. AI: Too Agreeable to Be Trusted?

第二节：七选五（共 5 小题；每小题 2.5 分，满分 12.5 分）

### Ways to Combat Phone Addiction

Many people struggle with smartphone addiction. They constantly check notifications (通知) and feel restless without their devices. Too much screen time can increase stress and anxiety. 36.\_\_\_\_\_ Here are several practical ways to reduce your screen time.

• Adjust phone settings. Start by turning off notifications during work or study hours, because warns are a major source of distraction. 37.\_\_\_\_\_ For example, try removing the apps you don't use every day and put only your most important apps on the first page. You can also enable grayscale(灰度) mode on your phone. This simple change will make the phone look less attractive so that you may use it less often.

• Create phone-free zones. Choose certain rooms in your house as phone-free zones. The bedroom is a great place to start, as avoiding phones there can improve your sleep quality. Besides, the dining room is another good choice. 38.\_\_\_\_\_

• Find alternative activities. It's much easier to reduce phone use if you have other things to do. Try hobbies that keep your hands busy, such as painting, knitting, or doing puzzles. Physical activities are also very helpful. 39.\_\_\_\_\_ Reading books is another excellent choice, as it helps improve your focus without the endless distractions of a digital screen.

• 40.\_\_\_\_\_ Try to gradually reduce your phone use over a month. Start by setting specific goals, like limiting screen time to two hours a day. Use tracking apps to monitor your progress each day and see how much you're using your phone. By finding activities to replace your phone time, you can break bad habits and feel more in control. Thirty days from now, you'll be glad you started.

A. Track your phone usage.

B. Try a 30-day phone-free challenge.

C. Therefore, it's important for you to find a healthy balance.

D. Creating a more straightforward home screen is another smart move.

E. Next, turn off all non-essential notifications and create phone-free zones.

F. A simple walk, or practicing yoga can boost your mood and reduce stress.

G. This will help encourage more face-to-face conversations with your family.

### 第三部分：语言运用

#### 第一节：完形填空（共 15 小题；每小题 1 分，满分 15 分）

I was at the grocery shop 41 last-minute items for Easter dinner when I 42 from the corner of my eye the most wonderful flower I had ever seen. It was, as I later learned, a peony(牡丹).

I was so 43 that I was going to buy myself flowers. I'd 44 done this before. On the way home, I wondered why I had never really been 45 to any flowers before. 46, I'd been on this earth for over half a century.

47 in England, my immigrant(移民) family viewed flowers as 48 since survival was our priority. Dad worked on the railways, and Mom, before her 49, worked in a factory. Our small garden was filled with vegetables 50 flowers, as Mom and Dad often said, "These will keep us alive if we can't get them from the 51."

We also built an underground oven(烤炉), where Mom and Dad would make flatbread(薄面饼). The smell of this flatbread caught us, 52 us and anchored(使扎根) us to our lives in England, our second home. When Mother's Day came, Mom would say, "Why waste money on flowers? They'll just die. Buy shoes or coats instead." So, we kids made food for her at home. My mother 53 years ago after the long illness. If she were still alive today, she'd probably 54 her head at me for buying flowers. However, I still wish I'd had the chance to show her this beautiful flower and buy it for her on Mother's Day. Perhaps flowers, like flatbread, also 55 me here.

41. A. holding up

B. picking up

C. turning up

D. giving up

42. A. spotted

B. examined

C. predicted

D. expected

43. A. nervous

B. surprised

C. curious

D. confused

44. A. always

B. frequently

C. never

D. occasionally

45. A. used

B. adapted

C. introduced

D. drawn

- |                       |                   |                |                  |
|-----------------------|-------------------|----------------|------------------|
| 46. A. After all      | B. Above all      | C. By design   | D. By contrast   |
| 47. A. Born           | B. Raised         | C. Educated    | D. Trained       |
| 48. A. unfamiliar     | B. uncommon       | C. unnecessary | D. unattractive  |
| 49. A. retirement     | B. illness        | C. promotion   | D. accident      |
| 50. A. in favor of    | B. in contrast to | C. along with  | D. instead of    |
| 51. A. shop           | B. garden         | C. forest      | D. farm          |
| 52. A. shocked        | B. attracted      | C. comforted   | D. challenged    |
| 53. A. pulled through | B. passed away    | C. gave up     | D. stepped aside |
| 54. A. scratch        | B. nod            | C. shake       | D. raise         |
| 55. A. rooted         | B. stopped        | C. delighted   | D. encouraged    |

## 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。

Lamps from the Han Dynasty, 56 exhibit a diverse range of forms, feature patterns such as wild goose feet, the Vermillion Birds, oxen, sheep, and others.

One 57 (impress) example is the “Painted Bronze Lamp in the Shape of Goose Carrying Fish,” 58 2,000-year-old art piece that shows a standing goose with its head turned back. The whole lamp is made up of four parts, 59 (specific) the goose head and long neck with fish in its beak(喙), the body, the lamp tray(托盘) and the lamp shade(灯罩).

The goose has a full-bodied shape with two wings on both 60 (side), a short upward tail and two feet. The lamp tray has a handle on the back of the goose, and the lamp shade is made up of two curved plates. The tray and shade can be opened and closed by turning, which serves not only 61 a windscreen, but also to adjust the brightness of the light. The fish body, the goose neck and its body are empty and connected 62 (hold) the smoke. All parts can 63 (take) apart for cleaning. The smart design makes 64 a perfect unity of function and form and a piece of rare art treasure.

This splendid piece, 65 (unearth) in 1985 in Shuozhou, Shanxi Province, measures 53 cm in height and 34.5 cm in length.

第三节：单词拼写（共10个小题；每小题1分，满分10分）根据首字母或者中文提示写出单词。

66. In our science class, we enjoy doing hands-on e\_\_\_\_\_ to explore how the natural world works.
67. The brave firefighter risked his own life to r\_\_\_\_\_ three children from the burning house yesterday.
68. Because of a serious family illness, the young athlete had no choice but to q\_\_\_\_\_ the competition halfway.
69. Just as every snowflake is different, each person in this world is u\_\_\_\_\_ in their own way.
70. So f\_\_\_\_\_ was she that her hands trembled, heart beating wildly as the footsteps closed in.
71. We discussed the problem but we didn't get much \_\_\_\_\_ (进一步地) in actually solving it.
72. The job was tough and demanding, but the rewards made it all \_\_\_\_\_ (值得做的).
73. My helpful teacher went through my article and made some helpful \_\_\_\_\_ (评论) about it.
74. You are supposed to guess the meaning of the word according to the \_\_\_\_\_ (上下文).
75. I had a brilliant English teacher who fired me with enthusiasm for \_\_\_\_\_ (文学) at an early age.

#### 第四部分：写作

##### 第一节：应用文写作（满分 15 分）

假定你是李华，校书法社负责人。上周五你社举办了社员书法展，请给你的英国朋友 Tom 写一封邮件分享这次经历。内容包括：

1. 展览的准备过程；
2. 你的感受。

注意：

1. 写作词数应为 80 左右；
2. 请按如下格式在答题纸 相应位置作答。

Dear Tom,

Yours,  
Li Hua

##### 第二节：续写（满分 15 分）

阅读下面材料，根据其内容和所给段落开头语续写，使之构成一篇完整的短文，只写一段。

It was the day after Christmas. I was alone because my husband had died and my children had gone home. While making breakfast, I suddenly dropped to the floor and couldn't move. I lay there for seven hours before someone found me. The paramedics (护理人员) came, but I couldn't stand or walk.

I moved into an assisted-living facility (照护中心). I was very weak and couldn't walk. After months of good meals and rest, I had enough strength to try learning to walk again. A friend recommended a physical therapist (治疗师) named Phil. He had helped an eighty-eight-year-old man get back on his feet. Phil called me that night and said, "Let's give it a shot."

Every day, Phil pushed, pulled, and strengthened my legs. A voice inside me shouted, "Don't you dare give up!" I was seventy-eight years old. I didn't know if I could make it, but I would try. I remembered a quote from *The Wonderful Wizard of Oz*: "All you need is confidence in yourself. The true courage is in facing danger when you are afraid."

My first big goal was to walk from my bed to the front door of the apartment. With Phil's help, I slowly stood up. But my legs shook so badly that I had to sit down. Over the next period, I tried countless times, yet still couldn't walk. "I don't think I'll ever walk again," I cried. "Yes, you will," Phil said firmly. "Your mind is telling your legs to get ready."

I whispered those words to myself every night. My mind kept shouting, "Get ready." One morning, I pushed off the bed without Phil's help. I didn't walk, but I stood. That small victory carried me through the next few months of practice.

注意：

- (1) 续写词数应为 80 左右；
- (2) 请按如下格式在答题纸的相应位置作答。

Then one day, I took a deep breath and tried again. \_\_\_\_\_