



听第 8 段录音，回答第 11 至 13 题。

11. How did the woman apply for the job?  
A. Through the company's website.  
B. By sending the company an email.  
C. By calling the company's hotline.
12. Why did the woman quit her previous job?  
A. It wasn't well-paid.                      B. It wasn't a good fit.                      C. It wasn't interesting.
13. What does the man think of the woman's job change?  
A. Dangerous.                      B. Courageous.                      C. Cautious.

听第 9 段录音，回答第 14 至 17 题。

14. What does the school plan to do next term?  
A. Cut down the costs of printed textbooks.  
B. Update the software of electronic readers.  
C. Replace printed textbooks with digital ones.
15. What does the man think of the digital devices?  
A. Cheaper in the long term.              B. Less efficient in learning.              C. Beneficial to people's health.
16. Why is the woman against using digital devices?  
A. They are too expensive.              B. They disturb students' focus.              C. They have limited features.
17. What is the probable relationship between the speakers?  
A. Former schoolmates.              B. Workmates.                      C. Teacher and student.

听第 10 段录音，回答第 18 至 20 题。

18. Which country has the highest percentage of adult learners?  
A. Australia.                      B. France.                      C. Sweden.
19. Why do most younger adults choose to go back to school?  
A. To seek better career chances.  
B. To prove their learning ability.  
C. To gain the missed qualifications.
20. What's the program mainly about?  
A. The popularity of online learning.  
B. The comparison of education systems.  
C. The rising trend of adult education.

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)

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳答案。

A

Looking to freshen up your plate this year? Why not start with a produce (农产品) subscription box? They're great for the environment, fantastic for local farmers, and good for your budget. No shade to conventional grocery stores though; shop where you can, however it works best for you!

**Farmer Jones Farm**

Products Available: Vegetables, animal proteins  
Price: Boxes start at£89

Farmer Jones Farm is a second-generation family farm as part of The Chef's Garden in Ohio. The team invests in organic and sustainable farming practices which benefit both the plants and the soil. For inspiration on how to prepare your delicious box of fresh vegetables, check Farmer Jones Recipes, organized by vegetable and box type!

## **Hungry Harvest**

Products Available: Vegetables, proteins, snacks

Price: Order minimums start at£40

Hungry Harvest wants us to use every part of every plant. By working with local farmers to rescue fresh fruits and vegetables that would otherwise go to waste, the company delivers fresh produce to our doors instead. The boxes come in a variety of sizes and Hungry Harvest shares simple recipes.

## **Oddbox**

Products Available: Fruit, vegetables

Price: Boxes start at £12

Oddbox sources fresh produce from dozens of fairly paid suppliers across the country. Its fruits and vegetables arrive at your doorsteps in recyclable packaging. Its weekly sustainable produce boxes start at £12. Leftover(剩余的) produce is donated to organizations fighting food poverty in the UK.

## **Hungryroot**

Products Available: Vegetables, meals, meat, seafood

Price: Boxes start at £70

Hungryroot's subscription boxes are the perfect combination of your standard produce delivery box and meal delivery kits. Through an online quiz, you' ll receive a box each week, catering to (迎合) your preferences and needs. The fresh produce is zero-waste sourced with recipes that help fight food waste, and packaging that's recyclable.

21. What do Hungry Harvest and Oddbox have in common?

- |  |                                    |
|--|------------------------------------|
| A. They offer proteins and vegetables. | B. They help reduce produce waste. |
| C. They cooperate with local farmers.  | D. They provide cooking recipes.   |

22. Which of the following offers to meet personal needs?

- |                       |                |
|-----------------------|----------------|
| A. Farmer Jones Farm. | B. Oddbox.     |
| C. Hungry Harvest.    | D. Hungryroot. |

23. What is the author's purpose in writing the text?

- |   |   |
|---|---|
| A. To persuade people to buy local produce.       | B. To compare different produce delivery boxes.     |
| C. To advise people to spend within their budget. | D. To recommend four produce subscription services. |

## **B**

Every morning at 7:15, the flower lady appears at the 86<sup>th</sup> Street subway entrance. Her name is Maria, though people usually call her la señora de las rosas. For twenty-three years, rain or shine, she has sold single roses from a metal cart for \$2 each.

I first noticed her during my chaotic freshman year in college. Rushing to catch the train one October day, I tripped over a loose sidewalk brick, dropping my textbooks everywhere. Before I could react, Maria was beside me, gathering the pages with hands weathered by decades of work. “Be careful, my kid,” she said softly, pressing a rose into my palm(手心). “Today needs beauty.”

That rose sat in a coffee cup on my dormitory desk for weeks. When it withered (凋谢), I returned to buy another —— and ended up listening to Maria’s stories between customers. She had immigrated (移居) from Colombia at sixteen, raised three children as a single mum, and kept this corner colourful with flowers even after the increase in rent forced her to close her actual shop.

Last winter, Maria disappeared for two weeks. Regular customers whispered worries until a New York Post reporter discovered the truth: she’ d used her savings to pay a neighbor’ s medical bill. When she reappeared, wearing an oversized coat, the line at her cart stretched around the block. Strangers brought bottles of hot chocolate; a ballet dancer performed pirouettes for her amusement.

On my graduation day, I brought Maria a handmade crown of flowers. She laughed, her wrinkles deepening like sunlit petals(花瓣), and pinned it above her usual seat.

Now, as a teacher, I tell my students about the woman who turned a simple street corner into a sanctuary of kindness. For twenty-three years, she didn't just sell roses —— she spread hope, warmth, and the quiet magic of caring for strangers, proving beauty lives in ordinary hearts.

24. What is the function of paragraph 1?

- A. To introduce the conflict of the story.
- B. To highlight the theme of the story.
- C. To present the image of the character.
- D. To describe the status of the character.

25. Why did Maria press a rose into the author's palm in paragraph 2?

- A. To make a friend.
- B. To offer comfort.
- C. To explain beauty.
- D. To secure a customer.

26. What can be inferred about Maria from paragraph 4?

- A. Her family shaped her kindness.
- B. Her kindness earned her deep respect.
- C. Her actions encouraged more donations.
- D. Her reliance on neighbors grew over time.

27. Why are Maria's wrinkles compared to sunlit petals in paragraph 5?

- A. To reflect the hardships of her life.
- B. To describe her natural aging.
- C. To suggest her love for her flower business.
- D. To reveal her shining inner beauty.

### C

Picture yourself halfway up a winding trail, lungs burning, legs trembling, the summit still out of sight. You want to stop but you don't. Something quiet and steady inside keeps you moving. That inner force, psychologists call grit(毅力)—— the combination of persistence(坚持) and passion that keeps us going after goals.

A new study from researchers at the China University of Geosciences explored what really develops that quality in young adults —— routine workouts in the gym or unpredictable adventures in the wild. Over 1,200 university students took part in a 16-18 week course in either traditional physical education or outdoor education. Their grit levels were measured before and after the courses from two aspects: persistence of effort and consistency of interest. The answer, it turns out, lies somewhere between sweat and scenery.

Both groups improved, but the difference was striking. Outdoor education produced bigger gains across every measure of grit, especially persistence. Students who spent a term facing real-world challenges became mentally stronger. That sense of mastery——“I can handle this”—— builds the same kind of grit linked to lower anxiety, better dealing with stress, and greater life satisfaction. In contrast, traditional PE improved students' persistence but actually reduced their interest consistency —— their ability to stay engaged with long-term goals. Repetitive routines, limited autonomy, and predictable settings may weaken curiosity over time. Outdoor education, however, **thrives** on uncertainty.

Newness doesn't just keep us entertained; it keeps us engaged. From the perspective of Self-Determination Theory, outdoor programs meet the three psychological needs that fuel motivation: autonomy (you choose how to face challenges), competence (you see progress), and relatedness (you rely on teammates). Together, they create a powerful recipe for inner motivation.

This study shows that the environment we learn in shapes not just our bodies but our minds' ability to persist. In a world of digital distraction (分心) and instant satisfaction, outdoor education reminds us that grit grows through hardship. For anyone seeking for long-term change, the message is simple: step outside.

28. Which one is most beneficial to the development of grit?

- A. Running on the same school track.
- B. Swimming in a sports center pool.
- C. Climbing mountains in a natural park.
- D. Playing basketball in an indoor stadium.

29. What does the underlined word“**thrives**” in paragraph 3 mean?

- A. Focuses.                      B. Grows.                      C. Depends.                      D. Survives.

30. Why is Self-Determination Theory mentioned in paragraph 4?

- A. To explain outdoor programs' motivational effect. B. To analyze the physical benefits of newness in life.  
C. To introduce the popularity of outdoor education. D. To define the key driving factors of motivation.

31. What is the main idea of the text?

- A. Grit contributes to the long-term change.                      B. Outdoor challenges build a tougher mind.  
C. Natural scenery improves mental health.                      D. Routine workouts weaken inner motivation.

## D

Beneath the ocean's surface lies a secret world of light. While bioluminescence —— the ability of living things to produce their own light —— has long interested scientists, a lesser-known phenomenon called bio-fluorescence(生物荧光) is now stealing the spotlight.

Bio-fluorescence occurs when sea animals absorb light at one wavelength and send it out at another, creating vivid lights in colors like green, red, or orange. Unlike bioluminescence, which produces light through chemical reactions, bio-fluorescence depends on absorbing light from outside to glow. This natural light show is not just for beauty; it serves critical survival functions.

In the coral reefs(珊瑚礁) of the Pacific, researchers observed corals sending out green under blue light.“It’ s a dance of partnership guided by light,” explains marine biologist Dr. Kenji Nakamura. Without this interaction,coral bleaching(白化)——a major threat to coral ecosystems—— would speed up.

Another wonder comes from the Hawaiian bobtail squid(短尾乌贼). When threatened by hunters, it releases a cloud of bio-fluorescent ink. The sudden burst of light confuses attackers, buying the squid precious seconds to escape. Dr. Emily Carter who led the study notes,“This is evolution's version of a smoke screen —— but far more shining.”

The discovery of GFP —— green fluorescent protein (绿色荧光蛋白)—— in jellyfish in 1962 revolutionized science. Researchers realized GFP could be used to mark specific cells, making invisible processes visible. Today, it lights up nerve cells in brain studies, helping map out connections in diseases like Alzheimer’ s.“GFP is a window into the brain's hidden workings,” says brain scientist Dr. Maria Gonzalez.

Scientists are now copying bio-fluorescence to develop sustainable technologies. For example, fluorescent proteins inspire energy-efficient LED lighting, and bio-fluorescent markers could improve medical imaging.“Nature's designs are blueprints for human innovation,” says materials scientist Dr. Raj Patel.

Yet mysteries remain. Over 200 species of bio-fluorescent fish were recently discovered, their purposes still unclear. As submarines dive deeper, each expedition reveals new players in this beautiful underwater light show,proving that the ocean's depths still guard ancient secrets.

32. How is bio-fluorescence different from bioluminescence?

- A. It is drawing less attention.                      B. It produces brighter lights.  
C. It needs an outside light source.                      D. It makes better use of chemical reactions.

33. What can we learn about the examples in paragraphs 3 and 4?

- A. They both describe light-based hunting methods.  
B. They both explain the formation of a close partnership.  
C. They both highlight potential threats to the environment.  
D. They both show survival functions of bio-fluorescence.

34. What is the main use of GFP in science?

- A. To protect corals from bleaching.                      B. To create more efficient LED lights.  
C. To treat the disease of Alzheimer’ s.                      D. To visualize cells for better observation.

35. What is the best title for the text?



- A. Bio-fluorescence: Nature's Hidden Light Show
- B. Bio-fluorescence: Nature's Display of Beauty
- C. Bioluminescence: Ocean's Ancient Magic Power
- D. Bioluminescence: Colourful Window into Ocean Secret

## 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。

Adults should be getting at least 150 minutes of moderate-intensity (中等强度) exercise every week, according to the Physical Activity Guidelines published recently. The guidelines advise adults to do muscle-strengthening activities of moderate or greater intensity at least twice per week. \_\_\_36\_\_\_

“Engaging in a variety of exercises is definitely beneficial,” Voos, who is head team doctor for a football team, said. “Your body needs different ranges of motion, strength and stability. \_\_\_37\_\_\_”

This is especially true for children. Sports medicine experts have long encouraged kids to play multiple sports and not to specialize in one at a young age. A lot of data on the topic shows children who specialize in a sport when young have an increased risk of injury. \_\_\_38\_\_\_ They are less bored with exercise and enjoy greater sports achievements when they are older.

\_\_\_39\_\_\_ Voos said football players at training camp might do a lot of conditioning one day, then work on flexibility and balance the next, then move onto strength training, all of which is intermixed with playing football. “So even at the highest levels, our athletes are exposing their bodies to different motions,” Voos said.

Another plus to shaking things up with your exercise routine, especially if you prefer one activity, is that it helps prevent the plateau (高原) effect. \_\_\_40\_\_\_ That's because your body has become very efficient at the movements. To overcome such pauses, you need to change your movement routine and stimulate your body in different ways.

While changing up your exercise is important for many reasons, experts don't have specific recommendations for how many different exercises you need to do each week or month to achieve the most benefit. But it's important to work all of your muscle groups each week, if possible, to strengthen them all.

- A. However, the children who don't specialize tend to be healthier.
- B. This is a period of time when progress in your favored sport stops.
- C. They also note that varying your exercises can prevent overuse injuries.
- D. But adults and even professional athletes need to vary their routines, too.
- E. Cross-training lets your body see all of those different movements each week.
- F. So they say even simple exercises done at work or home are beneficial, too.
- G. Those who have the largest amount in their physical activity live the longest.

## 第三部分 语言知识运用(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。

When Legacy Jackson was 2, she and her family spent a cold Christmas morning in downtown. For people in need, they \_\_\_41\_\_\_ hot soup and warm clothes. Legacy's mom said, “Volunteering is our family \_\_\_42\_\_\_ and it's just part of who we are.”

By the time Legacy was 4, she had started to \_\_\_43\_\_\_ something about the community service events she participated in. There would never be any kids and the projects weren't really \_\_\_44\_\_\_ and fun for her age group. So she wanted to start a new volunteer group, specifically for kids. With her mom's help, Little Legacies was finally \_\_\_45\_\_\_ in 2016. Until now, Little Legacies has \_\_\_46\_\_\_ more than 120 service projects, such as making cards for kids in the hospital, collecting \_\_\_47\_\_\_ to fill Little Free Library boxes, and giving gifts during the holidays.

One of Legacy Jackson's favorite events was for International Dance Day in 2023. She helped \_\_\_48\_\_\_

a dance workshop for young people living at Gateway180, a shelter for families experiencing homelessness. About15 girls attended. Legacy and her volunteers taught them different dances, and \_\_49\_\_ costumes, makeup and lunch. At the end of the day, these girls put on a performance \_\_50\_\_. Other events Legacy and her fellow volunteers have hosted at Gateway180 are more casual, where everybody just comes to play and enjoys each other’ s \_\_51\_\_.

Legacy is very \_\_52\_\_ on the kids. She likes seeing kids' smiling faces. For her, spreading joy and kindness is the \_\_53\_\_."I like making other people happy," she says."That has to be one of the greatest 54\_\_." She doesn't know exactly how long or how far the group will go, but she is \_\_55\_\_ of its growth.

- |                    |               |                 |                  |
|--------------------|---------------|-----------------|------------------|
| 41. A. sorted out  | B. handed out | C. found out    | D. brought out   |
| 42. A. celebration | B. situation  | C. tradition    | D. expectation   |
| 43. A. invent      | B. notice     | C. remember     | D. imagine       |
| 44. A. challenging | B. helpful    | C. tough        | D. entertaining  |
| 45. A. designed    | B. reformed   | C. managed      | D. launched      |
| 46. A. evaluated   | B. hosted     | C. reported     | D. attracted     |
| 47. A. toys        | B. books      | C. stamps       | D. coins         |
| 48. A. lead        | B. remove     | C. describe     | D. appreciate    |
| 49. A. stored      | B. reserved   | C. provided     | D. borrowed      |
| 50. A. carefully   | B. awkwardly  | C. hurriedly    | D. successfully  |
| 51. A. company     | B. praise     | C. memory       | D. service       |
| 52. A. dependent   | B. hard       | C. easy         | D. focused       |
| 53. A. fortune     | B. method     | C. goal         | D. difficulty    |
| 54. A. rewards     | B. mistakes   | C. difficulties | D. opportunities |
| 55. A. tired       | B. proud      | C. fearful      | D. unsure        |

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。

A high-tech district in Beijing has opened an all-service robot store to push a national drive to develop humanoid (类人的) robots. The goal is to help robotics companies commercialize an effort that has 56\_(large) concentrated on research until now.

\_\_57\_\_(locate) in the capital's high-tech E-Town district, the Robot Mall has a total area of about 4,000square meters across four floors. Unlike traditional robot dealers, this 4S store offers full-process services,\_\_58\_\_(cover) display, after-sales services, spare parts, and user feedback. The facility features practical applications including robots \_\_59\_\_(design) for cooking, coffee-making, sports activities and so on. From taking boxes off a shelf \_60\_ serving drinks from behind a bar, robots at the government-run facility demonstrate how far humanoid robot development \_61\_(come) over the past few decades. Besides these performing tasks, the robots on display include ones that play soccer or Chinese chess, as well as historical \_\_62\_\_(figure) such as Albert Einstein, Isaac Newton, and Li Bai,\_\_63\_\_ shows the wide variety of robotics applications.

China’ s humanoid robots are driven by advances in generative artificial intelligence (AI)\_64\_ are increasingly able to interact with their surroundings in smarter ways. The opening of this robot store is part of China’s broader strategy to lead in AI and robotics technology. According to a guideline released by the Ministry of Industry and Information. Technology, China will establish a \_\_65\_\_(rely) industrial and supply chain system of humanoid robots by 2027.

第四部分写作(共两节，满分 40 分)

第一节(满分 15 分)

假定你是李华，你校承办了“国际青少年中华文化体验营”活动。你的英国笔友 Tom 对活动相关情况颇感兴趣，来信询问。请你给他写一封回信，内容包括：(1)活动内容；(2)你的感想。  
注意：

- (1)词数 80 左右；
- (2)可适当增加细节，使内容充实，行文连贯。

Dear Tom,
I'm glad you' re interested in the International Youth Chinese Culture Experience Camp hosted by our school.
Yours sincerely, 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。

Sophia and her best friend, Melody, had been inseparable since middle school. Under the sheltering tree of their friendship, they had shared countless laughs and whispered secrets, though they had different personalities: Sophia preferred quiet reading while Melody loved exploring the new city paths on her old bicycle. Even the strongest trees can be shaken by a sudden storm. One afternoon, a small misunderstanding gathered into a dark cloud that threatened their precious bond.

It began with a crucial literature project that would significantly impact their final grade. Sophia, always the planner, had spent the entire afternoon alone in the quiet classroom preparing their presentation. Her fingers moved quickly and skillfully across the keyboard as she arranged slides and typed notes. Each slide was filled with strong arguments and well-chosen pictures that showed how hard she had worked. As evening approached, painting the classroom windows in shades of orange and grey, she kept looking at the clock. Her worry grew with every minute. Melody was late again. The empty chair beside her seemed to laugh at her, making her feel both lonely and angry at the same time.

When Melody finally rushed in, breathless and upset, her explanation came out as a confused mix of words. “I'm so sorry, but my...” she began, only to be cut off by Sophia whose patience had run out. “Something always happens with you! Do you ever stop to consider how your actions affect others?”

The sharp words flew out, and Melody's initially apologetic expression hardened instantly. “And you always have to control everything! It's so tiring trying to meet your perfect standards!” she shot back, her voice shaking with strong emotion. The air in the room became thick and difficult to breathe, filled with their hurt feelings and wounded pride. They picked up their books in angry silence, the half-finished project now representing the broken foundation of their friendship. Walking home on different sides of the street, the setting sun created two separate shadows stretching behind them —— a perfect picture of the sudden space that had grown between them.

- 注意：
- (1)续写词数应为 150 左右；
  - (2)请按如下格式在答题卡的相应位置作答。

Paragraph 1: That night, Sophia lay in bed, worried about their relationship and the project. _____
Paragraph 2: The next day, Melody arrived early at the cafe, hoping to continue her interrupted explanation.