绝密★启用前

皖豫天一名校联盟2026年高三10月适应性联考

英语试题

2026年10月

第一部分 听力（共两节，满分30分）

做题时，先将答案标在试卷上，录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

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 Tom practice so hard?

A. To get a new piano. B. To prepare for a show. C. To win a competition.

2. What does the man mean?

A. He has a limited budget.

B. He is satisfied with the price.

C. He thinks the hotel is expensive.

3. What might the woman be?

A. A doctor. B. A nurse. C. A reporter.

4. Where will the speakers go?

A. A gallery. B. A square. C. A mall.

5. What is the woman doing?

A. Inquiring about a course. B. Scheduling an appointment. C. Arranging a class meeting.

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 does the woman need to collect?

A. Balloons. B. Flowers. C. Tires.

7. When is the man probably using the car?

A. At 11 a. m. B. At 3 p. m. C. At 7 p. m.

听第 7 段录音，回答第 8 至 10 题。

8. Why does Anna come to Shanghai?

A. For study. B. For sightseeing. C. For work.

9. What makes Anna a bit disappointed in Shanghai?

A. The weather. B. The food. C. The language barrier.

10. What will Anna probably do after the conversation?

A. Board a plane. B. Buy a souvenir. C. Visit her daughter.

听第 8 段录音，回答第 11 至 13 题。

11. What does the woman initially suggest Calvin do?

A. Relax at home. B. Do some study. C. Learn about a museum.

12. What can visitors do in the museum?

A. Play with a robot. B. Create a video. C. Design some exhibits.

13. What is the relationship between the speakers?

A. Teacher and student. B. Guide and visitor. C. Brother and sister.

听第 9 段录音，回答第 14 至 16 题。

14. Why did the man leave his last job?

A. It was not promising. B. He was not well-paid. C. His boss was too strict.

15. What position is the man probably applying for?

A. Engineer. B. Secretary. C. Salesperson.

16. What does the woman value most about the man?

A. His university major. B. His language skills. C. His work experience.

听第 10 段录音，回答第 17 至 20 题。

17. What was the Europeans' attitude toward coffee in the beginning?

A. Tolerant. B. Favorable. C. Doubtful.

18. When did Americans begin to drink coffee?

A. In 1600. B. After 1773. C. Before 1673.

19. Where is coffee usually roasted?

A. In coffee-buying countries.

B. In coffee-growing countries.

C. In hot areas near the equator.

20. What is used in instant coffee?

A. Arabica. B. Robusta. C. Milk.

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

This is a space for movement. We offer reformer classes that are fun and dynamic. While the heart of what we do is develop joyful, energizing movement, the outcome is powerful: reduced pain, less stress, improved mobility and a body that feels stronger, more balanced and more alive every day.

The Reformer Room is open 7 days a week. Whether a complete beginner or an experienced mover, you are welcome. With expert instructors and a supportive atmosphere, the studio is to help you build strength, improve mobility and move with confidence. If you're looking to challenge yourself, recover, tone muscles up or simply take time for yourself, The Reformer Room is the best choice.

Class Type & Price

* Group Classes

Discover the power of moving together. Our group reformer classes combine mindful strength training, controlled Pilates(普拉提) techniques, and energizing flow to create a transformative full-body experience. $330 for 10 packs, but first-time clients enjoy a special offer: $75 for 3 packs, which is valid for one-time purchase only.

* Privates & Duets(双人)

Personalized sessions tailored to your goals, pace, and body. Perfect for beginners or anyone wanting deeper instruction and faster results.

- 1:1 private reformer session: $99 one pack; $699 for 10 packs
- Duet session:

  $60 per person per pack ($120 for two people)

  One 50-minute session for two people — each person must create an account and sign the liability waiver(免责声明)
- Ongoing Duet Membership: $375 per person per month

  Semi-private training for two clients

  Both participants must each have active duet membership

  Reserved weekly sessions and priority scheduling

  Opening Hours: 08:00–20:30

  Venue: Lakeview House, Milton Keynes

  Booking: To check availability or book a class, please call the Reformer teacher directly.

  Jo: 07715 141587; Maria: 07971 536404

21. What does The Reformer Room bring to its customers?

A. Free professional training.　　B. Recovery from workout injuries.

C. Better work-life balance.　　D. Physical and mental well-being.

22. How much should a new-to-the-studio couple pay at least for 3 packs of group classes?

A. $75.　　B. $150.　　C. $180.　　D. $360.

23. What should you do if you want to reserve a class?

A. Visit the studio in person.　　B. Apply for membership.

C. Contact the teacher by phone.　　D. Sign the liability waiver online.

B

Jennifer Ruesink was featured in *UW* News for her recent research, offering a new, non-chemical approach to controlling burrowing shrimp(蝲蛄虾) populations in shellfish-growing areas.

Burrowing shrimp have been **a nuisance** for at least a century. In 1929, Belle Stevens, a University of Washington (UW) researcher, wrote: "Various means of defense against these persistent burrowers are tried but fruitless." Shellfish farmers used to use insect killers, but the chemicals also brought risks to other organisms and could be transported in water outside the shellfish growing area. Therefore, the Department of Ecology instructed farmers to stop using insect killers in 2018. Since then, family-owned shellfish farms have been losing large parts of their growing grounds to burrowing shrimp.

Later, research led by the UW has yielded a non-chemical method, which uses a custom-built platform to apply vibration(震动) and pressure to the shrimp's home. Short of oxygen, the shrimp die in a few days. The researchers tested this method at four sites and found it worked just as well as insect killers, reducing the number of live shrimp by between 72% and 98%.

"There is still a need for enough shrimp to serve as food for gray whales," said Jennifer. "We're trying to figure out how to keep them out of shellfish beds while letting them grow elsewhere."

While this proof-of-principle experiment seems promising, there's more work to do before shellfish farmers can adopt it. Right now it's a time-consuming and laborious process because everything is operated by humans. Also, more studies need to be done to determine the long-term impacts on the ecosystem.

"What we've done so far is introduce a novel control mechanism(机制). No one had thought that you could trap the shrimp underground," Jennifer said. "But this research wouldn't have happened without the investment from the state and the private landowners and growers. I have such deep appreciation for the opportunity to work with folks on something that is clearly affecting their lives."

24. What does the underlined part "**a nuisance**" in paragraph 2 mean?

A. A big trouble.　　B. A water pollutant.

C. A rare species.　　D. A local specialty.

25. What is a feature of the UW method?

A. It works effectively.　　B. It is cost-saving.

C. It is easy to operate.　　D. It frees up manpower.

26. What is Jennifer's concern about the new method?

A. It requires advanced equipment.　　B. It needs official approval.

C. It can hardly be applied in practice.　　D. It may break the ecological balance.

27. What message does Jennifer deliver in the last paragraph?

A. The new control mechanism is taking the lead.

B. The research is a joint effort of multiple parties.

C. Practical application matters more than lab research.

D. Underground shrimp-trapping technology needs improving.

C

The concept of free will is fascinating in the world of philosophy. From the perspective of the human brain, however, it is something that scientists are just starting to look into.

One study found there is surprisingly little difference in how the brain processes situations in which there are choices compared to those in which there really aren't. The researchers scanned the participants' brains in two given scenes where they had to make decisions. In the first scene, they were shown balloons of two different colors and told to pick whichever they wanted. They could use any criterion to pick a balloon. In the second scene, they were shown two identically colored balloons. In each case, they had to push a button as soon as they made a choice. The researchers monitored the brain scans to see what happened.

Lead author Lauren explained that for both free and forced decisions, the brain activity unfolded in very similar ways. Like a loading bar, it climbed steadily to the same peak level just before a choice was made. When people decided quickly, the signal increased faster. When they took longer, it rose more slowly. "That's exactly what you would expect if the brain were tracking and weighing up evidence over time, rather than simply reacting to a decision at the last moment." The fact that in both scenes the brain followed the same path indicates the process is similar. Those who made decisions faster had scans that looked more similar to each other than those who made decisions more slowly.

The similar brain patterns make it difficult to tell whether someone is really making a decision or just reacting to stimuli(刺激). The implications of this, if it holds true across various studies, will have to be debated among philosophers, but it does seem to lend some credibility to the idea that there really isn't "free will" as most people understand it.

28. What were the participants asked to do in both scenes?

A. Hit a button once they decided.
B. Report how they made choices.
C. Voice the differences of the balloons.
D. Find identically colored balloons.

29. Which of the following is a finding of the study?

A. Forced decisions require more time.
B. Human brains react to choices instantly.
C. Free choices create higher brain peaks.
D. Fast deciders show more similar brain patterns.

30. What does the last paragraph convey about free will?

A. It shapes our brain activity.
B. It depends largely on outside stimuli.
C. The common idea of it faces challenges.
D. Philosophers have reached an agreement on it.

31. What is the best title for the text?

A. New Evidence for the Existence of Free Will
B. The Advantages of Free Choices over Forced Ones
C. How Brain Science Challenges Philosophical Views
D. A Scientific Look into the Process of Decision-Making

D

Water is known to have a critical point at high temperature. At about 374℃ and 218 times atmospheric pressure, the distinction between liquid and gas is wiped out. Beyond that critical point, water is what's called a supercritical fluid(流体).

Scientists had long predicted a second critical point at low temperature in supercooled water. Such water can stay in liquid form even below its regular freezing point for a short period. Certain odd properties of water gave scientists clues to this possibility. For example, most liquids increase in density(密度) upon cooling but water's density increases until down to about 4℃, at which it reaches a maximum. Then, further cooling makes water less dense. Water's heat capacity follows a similar trend. Scientists suspected these properties could be a sign of a critical point existing at lower temperature.

However, experiments at pressures and temperatures close to the predicted critical point are challenging because supercooled water freezes almost instantly there. "We have to do everything very quickly," one researcher said. In experiments, researchers hit each sample of ice with an infrared laser(红外激光), aiming to make the ice melt(融化). Then, with an X-ray laser, they examined the liquid's structure and density under various pressures and temperatures.

Pictures of the just-melted liquid, taken over time as the water expanded, showed how water behaved as the pressure in the sample decreased. Below the critical point, there was a distinct state transition from one liquid to another as the pressure dropped. At higher temperatures, there was no such transition between two distinct liquids, indicating that the critical point had been reached.

"The results are impressive," says physicist Greg Kimmel. "The data the researchers present show a clear picture, matching the critical point assumption. However, the work rests on one assumption: the liquid reaches a balanced state with stable matter and energy flow. Yet measurements are completed in an extremely short time, so whether the balanced state is achieved remains unknown."

32. What can be learned about supercooled water?
A. It turns into gas at 374℃.
B. It increases in density as temperature drops.
C. It may remain liquid under the normal freezing point.
D. It can reach its maximum density after being boiled.

33. What did the researchers do during the experiment?
A. They stabilized the pressure of water samples.
B. They recorded the efficiency of distinct equipment.
C. They observed water's state changes with pressure.
D. They changed the critical point of supercooled water.

34. What can we infer from Greg Kimmel's words?
A. The experiment data are totally convincing.
B. The research conclusion needs further proof.
C. The balanced state has been confirmed in tests.
D. The assumption of the critical point is groundless.

35. What is the author's purpose in writing the text?
A. To display the common wrong belief about water.
B. To introduce a study on water's second critical point.
C. To argue against the existence of water's critical point.
D. To explain the unique density changes of cooling water.

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能填入空白处的最佳选项。选项中有两项为多余选项。

It is easy to think of dental problems as something that happens suddenly, but in reality, many of the most common issues build quietly in the background, shaped by ordinary habits repeated day after day. ___36___

One of the biggest habits is also the most familiar: brushing. Most people know they should brush teeth for two minutes twice a day. ___37___ Rushing around the mouth in 30 seconds, rubbing too hard, or missing the gums(牙龈) can leave harmful bacteria behind and damage the gums. It is also worth remembering that brushing harder does not mean brushing better.

___38___ According to West House Dental, one of the most ignored risks is not always what people eat or drink, but how often their teeth are exposed to it. A sweet coffee on the way to work, a mid-morning snack, and a late-night treat can all create repeated acid attacks, giving teeth less time to recover between meals.

Regular dental appointments are also part of prevention. ___39___ A check-up can spot early signs of wear, gum diseases or problems with old fillings before they become more complicated. Hygiene(卫生) appointments can also support areas that are difficult to manage at home, particularly for those with crowded teeth, implants or bridges.

For children, the habits formed early often last the longest. ___40___ Use a timer or song. Keep sweet snacks to sensible times. These can all help dental care feel normal rather than like a battle.

A. Choose sugar-free drinks.

B. Never consider them a response to pain.

C. But technique matters just as much as frequency.

D. Make brushing part of the morning and bedtime routine.

E. Snacking is another everyday habit that can quietly affect teeth.

F. So some people have turned to electric toothbrushes for convenience.

G. That's why prevention is more about the small things one does at home.

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。

It was supposed to be an ordinary afternoon ride. John, a motorcyclist, had traveled the route dozens of times before. Rather than seeking ___41___, he was simply enjoying a few hours outdoors on this ___42___ path.

But in just a second, everything changed — his ride turned into a ___43___.

Witnesses said the motorcycle might have ___44___ a hidden bump (隆起) beneath loose dirt and that the motorcyclist got completely off ___45___. Before anyone had time to ___46___, he was thrown high into the air.

Emergency services were called ___47___ and arrived in 10 minutes. Fortunately, despite the dramatic ___48___, the rider remained conscious. He was later found to have suffered several broken bones, but doctors ___49___ that his injuries were not life-threatening. Many first rescuers admitted that the result could have been far more ___50___.

After months of ___51___, John shared his experience online. He expressed his ___52___ to the strangers who offered timely help and the medical workers for their ___53___ treatment. Meanwhile, he wanted to warn other motorcyclists never to take any routes ___54___. Even on well-known paths, hidden risks ___55___. Meanwhile, he reminded himself to stay cautious whenever riding and value every moment of his life.

41. A. truth	B. adventure	C. companionship	D. knowledge
42. A. new	B. familiar	C. wrong	D. different
43. A. disaster	B. conversation	C. competition	D. miracle
44. A. flattened	B. shaken	C. struck	D. escaped
45. A. duty	B. contact	C. balance	D. target
46. A. leave	B. hesitate	C. consult	D. react
47. A. instantly	B. casually	C. suddenly	D. temporarily
48. A. tiredness	B. delay	C. exchange	D. impact
49. A. hoped	B. confirmed	C. recalled	D. denied
50. A. obvious	B. embarrassing	C. severe	D. satisfying
51. A. recovery	B. comparison	C. research	D. cooperation
52. A. sympathy	B. gratitude	C. confusion	D. concern
53. A. experimental	B. equal	C. tolerant	D. appropriate
54. A. lightly	B. personally	C. secretly	D. seriously
55. A. decline	B. expand	C. exist	D. vary

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。

Innovating at scale means turning breakthrough technologies from laboratory or pilot projects into products and services that can be ___56___ (wide) used across industries and society. At this year's Summer Davos, innovating at scale has overtaken technological breakthroughs as the defining theme with industry experts ___57___ (point) to China as a leading example of how AI and other emerging technologies are moving rapidly from laboratories into factories.

Zhou Yuxiang, CEO of Black Lake, said, "Last year and the year before, ___58___ (discussion) were still largely around frontier technologies at the laboratory stage. This year, we're seeing innovation being used ___59___ an increasing pace. China's AI-related products now account for about half of Black Lake's revenue(收益), ___60___ sharp rise from last year."

The industrialization of new technologies is also showing up in China's trade data. By the end of last month, both exports and imports ___61___ (post) double-digit growth, supported by strong demand for products ___62___ (tie) to AI.

Zou Jun, ___63___ is chairman of KPMG China, referred to government-backed pilot manufacturing(制造) platforms designed ___64___ (bridge) the gap between research and industrial production. The efforts are helping speed up the commercialization of emerging industries. "China offers an important example because it has the ___65___ (capable) to rapidly scale innovation," he said.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

假定你是校英文报负责人李华，报社计划增设"校园运动打卡"专栏，现面向全体同学征集日常运动小故事。请你写一则英文征稿启事，内容包括：

(1) 专栏开设目的；

(2) 稿件内容要求；

(3) 投稿方式与截止时间。

注意：

(1) 写作词数应为 80 个左右。

(2) 请按如下格式作答。

Contributions Wanted

Dear schoolmates,

_____

_____

The School English Newspaper

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。

I first spotted the dress on a Tuesday morning, hanging between a faded winter coat and a pile of second-hand scarves. It was pale purple, with tiny white flowers along the edge — exactly the kind of thing my granddaughter Mia would love. I held it up and smiled, already imagining the look on her face.

But when I checked the price tag, my smile froze. Eighteen dollars. It wasn't much for most people, but on my fixed income, eighteen dollars meant choosing between the dress and a week's worth of groceries.

I walked over to the store owner, a kind-faced woman named Dorothy. "Would you be able to hold this dress for me?" I asked. "Just until the end of the month, when I get my pension check."

Dorothy hesitated. "I'm sorry, dear. We don't hold items. First come, first served."

My heart sank. I placed the dress back on the shelf, smoothing the fabric one last time.

"May I buy the dress for you?" a voice behind me suddenly asked.

I turned to find a woman with gentle eyes and a warm smile. She was dressed simply, her coat a size too large and her shoes worn at the toes.

"Thank you, but I can't accept such a gift," I said, shaking my head.

She didn't walk away. Instead, she took a step closer and told me why it mattered so much. She'd been homeless for three years, sleeping in shelters and bus stations. Had it not been for the kindness of strangers — a hot meal here, a blanket there — she would not have survived.

"I'm no longer homeless, and my situation has improved," she said softly. "I promised myself that I would repay the kindness so many had shown me."

I was torn. Her words moved me deeply, yet I couldn't help noticing her worn shoes and the frayed cuffs (掉线的袖口) of her coat. She had climbed out of hardship, but she clearly wasn't living comfortably. Could I really let her spend her hard-earned money on a dress for my granddaughter? 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: *Seeing her expectant face, I eventually accepted her offer.* _____

Paragraph 2: *As we stepped out of the shop together, I hugged her.* _____