

单元素养测评卷(一)

Unit 4

(时间:120分钟 分值:150分)



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段对话。每段对话后有一个小题,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 sport is the woman going to play?
A. Tennis. B. Football. C. Badminton.
- ()2. What is the woman?
A. A doctor. B. A salesperson. C. A waitress.
- ()3. When does the plane take off?
A. At 7:30. B. At 8:30. C. At 9:30.
- ()4. How will the speakers probably get to the restaurant?
A. By bus. B. By car. C. On foot.
- ()5. What does the man order?
A. A piece of cake. B. A cup of coffee. C. Some chicken.

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。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。

听第6段材料,回答第6、7题。

- ()6. Why does John feel bad?
A. He is worried about his study.
B. He can't buy a new car.
C. His parents sold their car for his college.
- ()7. What does John decide to do?
A. Work hard.
B. Buy a new car.
C. Drop out of school.

听第7段材料,回答第8、9题。

- ()8. Why is the man making the phone call?
A. To make a reservation.
B. To track a booking.
C. To invite the woman.

- ()9. How much should the group pay for the visit?
A. \$ 10. B. \$ 20. C. \$ 40.

听第8段材料,回答第10至13题。

- ()10. Why does John come to Professor Smith?
A. To ask for her help.
B. To hand in his design.
C. To apply for a competition.
- ()11. What is the focus of this year's competition?
A. Energy conservation.
B. Conventional wisdom.
C. Innovative thinking.
- ()12. What made John choose the dishwasher?
A. Its unique look.
B. Its market value.
C. Its convenience.
- ()13. What inspired John's design?
A. Beaches. B. Rock pools. C. Glass.

听第9段材料,回答第14至17题。

- ()14. What do we know about the speakers?
A. They are colleagues.
B. They are close friends.
C. They've never met before.
- ()15. What did the man's brother give him?
A. A photo. B. A T-shirt. C. A baseball.
- ()16. What does the woman like best?
A. Dancing. B. Singing. C. Playing tennis.
- ()17. What will the speakers do next?
A. Have some food.
B. Watch a game.
C. Check out the clubs.

听第10段材料,回答第18至20题。

- ()18. When is the thunderstorm expected?
A. On Saturday. B. On Sunday. C. Next week.
- ()19. Which part will expect a temperature rise next week?
A. The north part.
B. The south part.
C. The whole part.
- ()20. What will the weather be like next week?
A. Cool. B. Warm. C. Cold.

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

If you want to know something about British life, their spirit, and even their humour, watching some classic British films will certainly help. Here are some recommended to you.

Notting Hill

After the success of his film *Four Weddings and a Funeral*, writer and producer Richard Curtis captured the essence of being British in 1999's *Notting Hill*. Set against the background of affluent (富足的) West London, the film became popular for its charming and funny portrayal (刻画) of a British nobody trying to impress a Hollywood star.

The Full Monty

This 1997 film is a Sheffield-based comedy about six unemployed men who form a group to make money for a better life. Despite its humour, the film dives deeper into some serious issues surrounding working-class culture. *The Full Monty* is an uplifting film that gives an insight into the work and life of the working class in Britain.

Trainspotting

Danny Boyle's 1996 comedy-drama *Trainspotting* is about a group of Scots in the 1980s, based on the book by Irvine Welsh. With a cast of truly great actors including Ewan McGregor, the tale impressed the audience globally. It rapidly became a critical success.

Monty Python's Life of Brian

Featuring a jam-packed cast of comedic stars, *Monty Python's Life of Brian* tells the story of a young man who is in a case of mistaken identity. The film reflects the unusual and wonderful British sense of humour. As a film guaranteed to entertain, *Monty Python's Life of Brian* is not to be missed by those looking for an insight into what makes the British laugh.

- ()21. What can the audience learn about by watching *The Full Monty*?
A. Hardships of comedic stars.
B. Daily life of people in West London.
C. Unique experiences of some Scots.
D. Life of the British working class.

- () 22. What kind of film does *Monty Python's Life of Brian* belong to?
 A. A comedy film. B. A science fiction film.
 C. An action movie. D. A horror movie.
- () 23. Which of the following films is adapted from a book?
 A. *Notting Hill*.
 B. *The Full Monty*.
 C. *Trainspotting*.
 D. *Monty Python's Life of Brian*.

B

Leslie Jones is a well-known comedian and actress, best known for her time on *Saturday Night Live* (SNL) and her work in stand-up comedy. Her journey into comedy started unexpectedly.

When she was a college freshman, a friend signed her up for a campus comedy contest. Despite having no previous experience in stand-up, she immediately felt comfortable on stage and won the contest. This experience lit her passion for comedy. However, Leslie Jones faced challenges in pursuing (追求) a professional comedy career.

At the age of 19, she received advice from Jamie Foxx, who suggested that she need more life experiences to draw material from for her comedy. Foxx advised her to go out, live life, take various jobs, and gain a broader range of experiences to enrich her comedy. Jones took Foxx's advice to heart and took on a series of jobs, including working as a justice of the peace at weddings and even working for a construction company owned by Scientologists. Throughout these experiences, she kept her ultimate goal of becoming a comedian in mind.

In her memoir, *Leslie Jones*, she reflects on her upbringing as a military brat, her journey through the male-dominated (男人主宰的) world of comedy clubs, and her eventual breakthrough when she joined the cast of *SNL* in 2014 at the age of 47.

One unique aspect of Leslie Jones' comedy style is her commitment to physical comedy, even if it sometimes results in injury. She's willing to take risks and use her physicality to get laughs from her audience. She's known for her energetic and bold performances, which often involve physical performances or exaggerated movements.

In summary, Leslie Jones' comedy career began unexpectedly in college, and despite facing initial challenges, she pursued a variety of life experiences to enrich her comedy. Her devotion to

physical comedy and her unique approach have contributed to her success in the entertainment industry.

- () 24. What do we know about Leslie Jones?
 A. She is afraid of standing on stage.
 B. She is famous for performing comedy.
 C. She has challenges in contacting people.
 D. She started her comedy career on schedule.
- () 25. Why did Leslie Jones do all kinds of work?
 A. To make her comedy colourful.
 B. To give some advice on Foxx.
 C. To remember her ultimate goal.
 D. To keep her friendship with Foxx.
- () 26. What made Leslie Jones successful in comedy?
 A. Her spirit of taking risks.
 B. Her exaggerated eye contact.
 C. Her unique physical performances.
 D. Her desire for gaining experiences.
- () 27. Which of the following best describes Leslie Jones?
 A. Responsible. B. Easy-going.
 C. Self-confident. D. Hard-working.

C

I came across the book *Essentialism : The Disciplined Pursuit of Less* from a library app and I can say that after reading, it did not disappoint.

The book fits into the personal development category. It talks about how important it is to focus on absolutely important things and remove the unnecessary distractions. The common problem, Greg McKeown says, is spotting the important things. Essentialism means continuously defining where we can create the most value, then finding ways to execute these tasks most effortlessly.

In *Essentialism*, McKeown draws on experience and insight from working with the leaders of the most innovative companies in the world to show how to achieve the pursuit of less. More importantly, by applying a more selective standard for what is essential, the pursuit of less allows us to regain control of our own choices so we can channel our time, energy and effort into making the highest possible contribution towards the goals and activities that matter.

McKeown further explores the difference between an essentialist and a non-essentialist. He gives fantastic and relatable examples from his life as well as from others' to illustrate how functioning as

a non-essentialist is harmful to both you and those around you. He says the primary difference in both of them is the one who says yes to everything and the other (the essentialist) says yes only to the things that matter.

He also tells that a non-essentialist will commit to everything and put his personal priorities aside while that is opposite in case of the essentialist. Whether it is in work-life or personal life, a non-essentialist will try to do more by quick-fix solutions but an essentialist will focus on removing barriers and nothing else. He also gives us examples of famous people like Mahatma Gandhi who followed essentialism.

Finally, the book tells us how to set out the important things in our life—like a routine of 8 hours of sleep, daily journals or playing or relaxing every day to let our minds rest. In today's fast-paced life, McKeown says, restfulness is a precious escape from the noisy world.

- () 28. What does the underlined word "execute" in Paragraph 2 mean?
 A. Carry out. B. Switch between.
 C. Watch out for. D. Get away from.
- () 29. What is mainly stressed in Paragraph 3?
 A. The significance of essentialism.
 B. The inspiration for the book.
 C. Achievements of essentialists.
 D. Strategies for pursuing less.
- () 30. Which of the following is a feature of essentialists?
 A. Commitment to daily work.
 B. High efficiency in work.
 C. Positive influence by celebrities.
 D. Concentration on priorities.
- () 31. What does McKeown suggest people do?
 A. Avoid tiring work if possible.
 B. Find meaning in everyday life.
 C. Take a break when necessary.
 D. Remain restless and unmotivated.

D

When glaciers melt, they leave behind infertile (贫瘠的) landscapes. But a new study found that within just three years, such exposed land was restored by llamas (美洲驼), whose activities enriched the soil and promoted plant growth. By the foot of Peru's melting Uruashraju glacier, researchers partnered with

local farmers to farm llamas on four specific plots. For three days a month from 2019 to 2022, the llamas grazed (吃草) on the plots, fertilizing them with waste and spreading seeds from droppings.

As is the case worldwide, glaciers are disappearing in Peru's Cordillera Blanca Mountains at an alarming rate. And as the ice melts, nearby ecosystems wither; they lose access to summertime supplies of fresh water and sometimes encounter harmful acidic minerals in rocks once covered by the glaciers.

Llamas may help counter some of these effects. Their transformation of the land, as seen in the new study, could reduce rock weathering and help the soil hold onto more dampness, thus limiting the acidic run-off that can poison farmers' crops. Such pollution is one reason why local farmers partnered with the researchers. The animals' behaviour could one day even generate new grasslands as soil quality improves.

The idea that animal grazing may positively impact a landscape is not new. Nor is rewilding, the push to bring key species back to their native ecosystems, unique to the Cordillera Blanca Mountains. In Finland, for example, the indigenous Sami are working to reintroduce reindeer in deforested land, potentially restoring it. But the size and speed of the changes the llamas helped bring about surprised the researchers. From 2021 to 2022, the average amount of plant cover in the llama plots grew from about 9 percent to nearly 14 percent—faster than it did in four control plots. The research underscores the valuable roles animals play in shaping landscapes. Ecologist Kelsey Reider of James Madison University in Harrisonburg, Va. says, "The animals themselves are doing a lot."

- () 32. What did the new study find?
- A. Llamas could help improve ecology.
B. Llamas needed to be exposed to soil.
C. Llamas might survive poor situation.
D. Llamas were able to stop ice melting.
- () 33. What does the underlined word "wither" in Paragraph 2 probably mean?
- A. Expand. B. Arise. C. Integrate. D. Worsen.
- () 34. Why did the farmers work with the researchers?
- A. Because they longed to be more learned.
B. Because they profited from the research.
C. Because they wanted to keep llamas away.
D. Because they failed to know llamas' behaviour.

- () 35. What can we know from the last paragraph?
- A. Llamas restore the forest in Finland.
B. Wildlife helps a lot in restoring nature.
C. The idea of rewilding isn't common.
D. The research should collect more data.

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。

How to be less emotional

Being overly emotional may mean reacting to feelings like anger, sadness and fear quickly instead of letting all of your intelligence weigh in. Chances are, if you feel overly emotional, you are relating to your emotions in a way that isn't always constructive. 36. _____

Identify emotions. It's important to know what you feel so you can adequately address each emotion appropriately. 37. _____ If you feel anger, for instance, you may start to notice your breathing quickening, your muscles tensing, or your skin feeling flushed. If you're happy, you may notice smiling or feelings of lightness in your body.

38. _____ They can help calm you down when you're experiencing overwhelming emotions. If you're feeling overwhelmed by emotional intensity, pause to focus on your breathing. Breathing techniques can help you manage your emotions more effectively and help you handle intense emotions better. You may notice that as you experience intense emotions, they bring you further from experiencing yourself and your body.

Monitor your expectations. Sometimes, the way you feel may be influenced by how you expect to feel. 39. _____ If you notice yourself placing expectations on how you "should" feel, hold off on making that judgement until you've completed the situation. Or, you may consider which situations you want to enter into beforehand.

Adjust your routines to reduce stress. Think about what events trigger your strong emotions, and try to either avoid them or control your response. For instance, if you tend to get anxious because you often run late for work, adjust your morning routine so you are not rushing. 40. _____

- A. Cope with your emotions.
B. Practise breathing techniques.

- C. However, it's important to learn to regulate your emotions.
D. If you feel anxious, you may notice you burn a lot of emotional energy worrying.
E. Start to reflect on how your body feels when you notice an emotion coming through.
F. If there is a group of people that bring out lots of unpleasant emotions, decrease your time with them.
G. For instance, if you expect that watching a movie may make you sad, you may end up feeling sad.

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四个选项中选出可以填入空白处的最佳选项。

A Florida police officer is receiving praise for his swift response to rescuing two distressed swimmers caught in rip currents (离岸流) on a Tuesday afternoon.

Brooke Qualls, a witness to the incident, expressed her 41 at Officer Dylan Coffman's actions, stating, "It's just amazing seeing him go out there and how quick and 42 his actions were."

Qualls had just 43 her shift in Flagler Beach when she observed Officer Coffman spring into action. "Literally I watched him 44 out of his police car, rip off his vest, and 45 into the water and save not one, but two people who were so far back in the water, 46 in horrible rip currents," she said.

Sean McSweeney, another 47 of the incident, was equally moved by the officer's heroic actions.

"I'd never seen anything like it. It was shocking, yet 48, to witness a rescuer 49 so swiftly, and it was truly remarkable," he said.

The Flagler Beach Police Department shared Qualls' photos of the 50 to their Facebook page and thanked Coffman for going the extra mile.

"Serving comes in many different ways, and thanks to Brooke Qualls for 51 this photo of Officer Dylan Coffman from the Police Department in action as he 52 yesterday to two swimmers caught in dangerous rip currents. Thanks to Officer Coffman's 53, they were successfully returned to the 54 uninjured! Coffman contributed a lot to make our city 55!" the department wrote.

- ()41. A. interest B. amazement
C. panic D. annoyance
- ()42. A. dangerous B. strange
C. terrible D. efficient
- ()43. A. finished B. assigned
C. evaluated D. survived
- ()44. A. step B. rush
C. roll D. fall
- ()45. A. drop B. drown
C. dive D. run
- ()46. A. stuck B. sunk
C. absorbed D. risen
- ()47. A. witness B. swimmer
C. victim D. officer
- ()48. A. worthy B. embarrassing
C. heart-warming D. desperate
- ()49. A. escape B. react
C. emerge D. warn
- ()50. A. conflict B. rescue
C. motion D. struggle
- ()51. A. collecting B. delivering
C. capturing D. admitting
- ()52. A. responded B. adapted
C. required D. adjusted
- ()53. A. anticipation B. inspiration
C. efforts D. challenges
- ()54. A. home B. shore
C. hospital D. office
- ()55. A. safe B. spectacular
C. famous D. free

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。

I'm a specially trained clown doctor 56. _____ job is to cheer up patients, their families and the hospital staff by 57. _____ (do) magic tricks, singing songs and telling stories and silly jokes. I chose this career because 58. _____ the experience of going to hospital when I was 59. _____ kid, and I 60. _____ (spend) much of my time there feeling frightened and

more than a little bored. So I think a clown doctor can help people by entertaining them.

61. _____ (wear) a white coat, my curly rainbow wig and a big red nose, I walk into the waiting area, where there is a familiar atmosphere of 62. _____ (bore) and tension. There, I spot a little girl called Lara whose ankle has got injured and is twice its normal size. The doctors and nurses are treating her injury. To get her attention, I begin to do a magic trick, 63. _____ has made her scared and anxious look replaced with loud laughter. Seeing their daughter so much happier has in turn made Lara's parents more 64. _____ (relax).

I hope clown doctors can help make the hospital a friendlier place to visit. After all, it really is true that "laughter is the 65. _____ (good) medicine".

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,你校将举办英语幽默故事演讲比赛,你想邀请英国交换生 Russell 参加。请你给他写一封邮件,内容包括:

1. 举办时间、地点;
2. 活动目的;
3. 演讲要求。

注意:1. 词数 80 个左右;

2. 可以适当增加细节,以使行文连贯;
3. 开头和结尾已为你写好,不计入字数。

Dear Russell,

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。

It was my job to watch my younger brother, Jack, and sister, Kelly, as we walked home from school.

"I'm tired," Kelly whined "and hungry." "Me too," added Jack. So we stopped to rest. "What do you think Mama is cooking?" I asked. "Noodles!" Kelly said. "Barbecue!" said Jack. "Come on," I stood up. "We need to keep walking."

At a busy corner, I noticed a street banner, reading "First Walking Race to Jasan Park! Climb the Mountain to Win a Washing Machine."

It might be fun to race. But could I walk fast enough to win?

At home, Mama was working in the kitchen. We had only a single burner stove, so it often took ages to prepare a meal. Sometimes when my father came back from work, Mama was still cooking with the single burner stove.

Afterwards, Mama and I washed dishes. When Mama pulled out two metal laundry tubs, her smile disappeared. I knew doing laundry hurt Mama's back and knees. Mama heated a kettle of water on the single burner stove and filled a tub. She filled the other with cold water. Then kneeling, Mama began scrubbing shirts.

Then we carried the wet laundry to the flat roof, where Mama hung it to dry. On roof tops all over the city, clothes and towels danced in the wind. I loved being on the roof with Mama, but I wished we hadn't had so much housework. Then I would have had more time to play with friends.

How I wish we would have a washing machine! Both Mama and I would be happy.

I remembered the banner and told Mama about it. Mama sighed, "Maria, many people will enter that race. You cannot expect to win."

On the race day, I woke up early. I laced up my shoes and put on a head band. Mama kissed the top of my head. "Be careful and be safe. Just keep walking!" Mama said.

At the foot of the mountain, large crowds of people gathered.

注意:续写词数应为 150 个左右。

Paragraph 1:

Then the race began. _____

Paragraph 2:

With the big cardboard box aside, I rang the doorbell of our house. _____
