

单元素养测评卷(一)

Unit 1

(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 does the man mean?
A. He doesn't plan to move.
B. He's looking for an apartment.
C. He was told the dormitory was full.
- ()2. How many books can a person borrow at most?
A. Seven. B. Eight. C. Eleven.
- ()3. What season is it now?
A. Summer. B. Autumn. C. Winter.
- ()4. What will the man do next?
A. Have a snack. B. Drive the car. C. Get some drinks.
- ()5. What does the woman remind the man to do?
A. Meet Prof. Lee. B. Revise the report.
C. Hand in the report.

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. What are the speakers mainly talking about?
A. Where to move.
B. Whether to buy a car.
C. How to save more money.
- ()7. What does the man advise the woman to do?
A. Go to work by subway.
B. Have a rest.
C. Change her job.

听第7段材料,回答第8、9题。

- ()8. What did the woman buy last week?
A. A pair of green shoes. B. A new sofa.
C. A green dress.
- ()9. What colour is the speakers' old sofa?
A. Light blue. B. Brown. C. Yellow.

听第8段材料,回答第10至13题。

- ()10. What do we know about the man?
A. He's into sports all the time.
B. He got hurt in the experiment.
C. He's thinner than before.
- ()11. Who might Robinson be?
A. The woman's classmate. B. A chemistry teacher.
C. Nancy's husband.
- ()12. How long has Tom been married?
A. 10 years. B. 8 years. C. 2 years.
- ()13. Where does the man live now?
A. In Houston. B. In San Antonio. C. In New York.

听第9段材料,回答第14至17题。

- ()14. Why does David come here?
A. To send a package. B. To pick up his package.
C. To make a complaint.
- ()15. What is the relationship between David and Jane?
A. Strangers. B. Brother and sister.
C. Old friends.
- ()16. What did David put into the package?
A. Some clothes. B. Some money.
C. Some gifts for kids.
- ()17. What does David worry about?
A. The food. B. The safety of the package.
C. The cost of sending the package.

听第10段材料,回答第18至20题。

- ()18. How long has Sophie been running the painting course?
A. Two years. B. Three years. C. Ten years.
- ()19. What are the students required to do after the 6th week?
A. Work in groups. B. Finish more homework.
C. Create their own artworks.
- ()20. Where will the exhibition be held?
A. At a local gallery. B. At a museum.
C. At a college.

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

You've raced to the supermarket only to realise you've left the shopping list home. You need to memorise which groceries to pick up before you forget. Thankfully, there's a memory aid that's perfect for the job: the peg-word method.

What is the peg-word method?

It employs a set of pre-determined words, regarded as peg words, for the to-be-remembered information. Peg words act as a structure to help you remember particular items. Essentially, you're hanging information you need to recall on these pegs, which allows it to be recalled quickly and easily.

Initially, to use this method, you will have to remember the peg words as well as the numbers:

one = bun two = shoe three = tree four = door five = hive

six = sticks seven = heaven eight = gate nine = vine ten = hen

The next step is to create associations between the information you need to remember and the item linked with the corresponding number. If the first item, for instance, is milk, then you need to visualise the milk and a bun (小圆面包) together. The more unusual you can make your image, the more likely you are to remember it. In this case, you could imagine a bun drinking a glass of milk.

Why is it useful?

As the case shows, it is most useful when it comes to remembering lists and you can recall the listed items easily in order. Another way to use this memory aid is to memorise important numbers, like phone numbers or dates. For instance, you need to remember that William Shakespeare was born in the year 1564. First, change that number to bun-hive-sticks-door. Then imagine a story to help you remember the series:

William Shakespeare put a bun in a beehive to coat it in honey, but he didn't like how sticky it became so he threw it at a door.

The peg-word method has been widely recognized as a helpful memory aid. For more information, please visit <https://jojomemory.com>.

- () 21. How can we apply the peg-word method to recall an item?
- List out different meanings of the item.
 - Visualise the item and memorise its image.
 - Choose the item's peg word and remember it.
 - Create a visual link between the item and its peg word.
- () 22. What is the best way to remember the number 347 with the peg words in the table?
- A hen drinks from a bottle of wine.
 - A load of eggs grow like fruit on a tree.
 - A tree grows through the door to heaven.
 - An apple shoots out of a bun and hits the door.
- () 23. What is the purpose of this passage?
- To introduce a helpful memory method.
 - To advertise a brain training programme.
 - To highlight the importance of peg words.
 - To analyse the necessity of training memory.

B

My birth was a little more dramatic than the standard way a baby enters the world. I was born missing my left hand. Indeed, my limb (手臂) difference could have been a disaster if it hadn't been for what happened next. A nurse placed me in my mother's arms and instructed, "You will take her home. You will love her and treat her as normal."

That is exactly what happened. I played sports, acted in theatre, excelled in school and had play dates with friends. While I did get some stares and "polite" questions about my disability, I was lucky because I wasn't made fun of for it.

However, that fact that I was different hit me hard my first day of high school. I was 13, an age when kids are already very self-conscious and the need to fit in is intensified. I remember one of the other kids on the school bus stared just a little too long at my left arm. I felt a sudden urge to hide my hand, so I slipped it into my pocket. I told myself that I'd just hide it that one day, while I was trying to make friends. But one day of hiding turned into a week, a month, and years—25 of them to be exact.

When I was 38 years old, tired of hiding and lonely, I met someone special and invited him in. The combination of me finally feeling ready to unhide and his willingness to go through the un hiding process with me was exactly what I needed. For the first time in my life, I allowed someone to really hold my limb, look at it, touch it, love it—love me. I saw my limb difference as

something unique about me, something that should be shown, not hidden.

It was a transformational experience, and I learned to love me too. It changed how I lived my entire life and made me happier. I also discovered and joined the Lucky Fin Project, an organisation devoted to people with all types of disabilities.

Hiding things, especially from loved ones, is tiring and lonely, and it prevents us from getting help and support. It's time to change that.

- () 24. What was the author's childhood like?
- She had no social interactions with friends.
 - She was raised with care and treated normally.
 - She faced some challenges in school activities.
 - She was upset about the attention to her difference.
- () 25. What happened to the author when she was 13 years old?
- She began to ignore her disability.
 - She suffered prejudice from some kids.
 - She started hiding herself away from friends.
 - She became sensitive due to her self-awareness.
- () 26. How did the author change when she stopped hiding?
- She started to open up and be herself.
 - She met someone who cured her disability.
 - She was fed up with the company of others.
 - She reduced involvement in the disability group.
- () 27. What can we learn from this passage?
- Misfortune is a good teacher.
 - Disability is not a barrier to success.
 - Self-acceptance can lead to self-love.
 - Nothing beats the feeling of being loved.

C [2024·江苏淮安高二期中]

A new study involving nearly 50,000 people from four continents offers new insights into identifying the quantity of daily walking steps that will best improve adults' health and longevity (长寿), and whether the ideal number of steps differs across people of different ages. The study represents an effort to develop an evidence-based public health message about the benefits of physical activity. The often-repeated 10,000-step-a-day saying grew out of a decades-old marketing activity for a Japanese pedometer (计步器), with no science to back it up.

Led by physical activity professor Amanda Paluch, an international group of scientists conducted an experiment among

adults aged 18 and older. They grouped the nearly 50,000 participants into four comparative groups according to average steps per day. The lowest step group averaged 3,500 steps; the second, 5,800; the third, 7,800; and the fourth, 10,900 steps per day. Among the three higher active groups, there was a 40%—53% lower risk of death, compared to the lowest step group.

More specifically, for adults 60 and older, the risk of early death leveled off at about 6,000—8,000 steps per day, meaning that more steps than that provided no additional benefits for longevity, while for adults younger than 60, it leveled off at about 8,000—10,000 steps per day.

"So, what we saw was this continuing reduction in risk as the number of steps increases, until it levels off. Interestingly, the study found no definitive association with walking speed," Paluch says.

The new study supports and expands findings from another study led by Paluch before, which found that walking at least 7,000 steps a day reduced middle-aged people's risk of early death. "There's a lot of evidence suggesting that moving even a little more is beneficial, particularly for those who are doing very little physical activity," Paluch says. "More steps per day are better for your health."

- () 28. Why did the scientists carry out the new study?
- To know about people's health condition.
 - To explain the pedometer's working principles.
 - To determine the best physical activity for people.
 - To provide a scientific guideline on daily walking.
- () 29. What do the underlined words "leveled off" in Paragraph 3 mean?
- Turned higher.
 - Became stable.
 - Fell sharply.
 - Changed rapidly.
- () 30. What does the experiment find?
- The old should walk as much as possible.
 - Young people usually walk more than the old.
 - The most beneficial steps differ by age groups.
 - Walking pace is the key to avoiding early death.
- () 31. What does Paluch advise people doing little physical activity to do?
- To walk more steps.
 - To control walking speed.
 - To limit walking distance.
 - To track the number of steps.

D [2024·广东惠州荣超中学高二期中]

As environmental concerns continue to increase, many people are left wondering how they can balance the need to travel with the need to protect the planet. One particular dilemma that has received significant attention is air travel.

Air travel is known to be one of the most carbon-intensive forms of travel. According to a report by the European Environment Agency, aviation is responsible for around 3% of the EU's greenhouse gas emissions, and that number is expected to grow in the coming years. In addition, aircraft contribute to other types of air pollution, such as particulate matter and nitrogen oxides.

For environmentalists who advocate reducing our carbon footprint, this brings up a difficult question: Should we avoid flying altogether?

On the one hand, it's easy to see why environmentalists would want to keep away from air travel. By doing so, they could dramatically reduce their carbon footprint and set an example for others. Additionally, some argue that air travel perpetuates (使永久) a culture of over-consumption, which is contradictory to environmental values.

However, there are also arguments in favour of air travel; for one, air travel enables people to experience different cultures, build relationships, and expand their knowledge in ways that might not be possible otherwise. It can also facilitate business trades and contribute to economic growth. Moreover, some experts believe that technological advancements could make air travel more sustainable in the future. For example, some airlines are experimenting with biofuels and electric planes, which could dramatically reduce the emissions associated with air travel.

So what's the answer? Ultimately, it's up to each individual to decide whether the benefits of air travel outweigh the environmental costs. However, there are steps that everyone can take to reduce their impact. For example, travellers can choose to fly less frequently, decide on direct flights, and offset (抵消) their emissions through programmes like carbon offsetting. In the end, the key is to remain aware of the environmental impact of our choices and to make informed decisions based on our own values and priorities.

()32. What's the function of Paragraph 2?

- A. To clarify the effect of air travel.
- B. To make a comparison.

C. To present an argument.

D. To describe various greenhouse gases.

()33. What may supporters of air travel agree to?

- A. It helps avoid economic problems.
- B. It promotes globalization in some sense.
- C. It will make biofuels popular in the near future.
- D. It will accelerate the development of electric planes.

()34. What is probably the author's attitude to air travel?

- A. Approving. B. Doubtful.
- C. Objective. D. Opposed.

()35. What is the text mainly about?

- A. Environmental concerns about air travel.
- B. Whether we should travel by air or not.
- C. How to reduce the pollution air travel causes.
- D. The advantages and disadvantages of air travel.

第二节(共5小题;每小题2.5分,满分12.5分)

[2024·安徽蚌埠第二中学高二期中]

阅读下面短文,从短文后的选项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。

Perhaps you've stopped doing what you want because you're afraid of what others think of you. You feel that you must do what they expect and that you must meet their expectations. Otherwise you'll lose their approval. 36. _____ Then, you'll be able to do what you want freely.

Think about yourself, about what you really like and are interested in. You must lead your life independently. 37. _____ However, you might feel afraid to do it because you've always done everything to gain the approval of others. You need to get out of that zone, move to new places, and explore your full potential.

By surrounding yourself with people who think like you, you'll realize that you don't feel judged. Then, you'll start doing what you really want. 38. _____ Your new friends will integrate into your life and you'll also keep your genuine friends. On the other hand, those who are always ready to see the negative and question what you're trying to do will drift away.

To overcome your fear of what others think and of their non-approval, you should start talking about your plans. For instance, you might want to tell a handful of friends your wishes and dreams. 39. _____ You'll have confidence in yourself and you'll be able to go on your new path without any fear.

It's unavoidable that not everything will be plain sailing, and you'll find obstacles along your way. 40. _____ People in your

environment often don't understand what you do no matter how much you explain it, so ignore them.

- A. There is no need to think about what you want.
- B. You don't have to change your circle of friends.
- C. Your life belongs to you, as well as your actions.
- D. By talking to them, you'll be able to organise your plans and ideas.
- E. If this is the case, it's time to start working on your self-esteem.
- F. You must do what you want without being affected by what others think.
- G. However, you must trust in yourself and seek the necessary strength to move forward.

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)

[2024·辽宁名校联盟高二联考]

阅读下面短文,从每题所给的A、B、C、D四个选项选出最佳选项。

I was shocked to see my baby Dani with a cleft(唇裂) at his birth. After the delivery, I wasn't 41 to see my baby. All I could do was ask for information about Dani. Dani had his surgery on the seventh day! It was a terrible experience. I buried myself in great 42.

Things 43 when I met Dr Anastassov, who brought Smile Train—sponsored cleft care to Bulgaria. Dr Anastassov was my 44 from the moment we met. He helped me build the confidence in Dani's 45. At six, Dani finished his speech therapy and could speak as 46 as everyone else.

Dani wanted to be a 47. When he began his formal training, the medical exam was very 48 for him. They knew he was different, even if they couldn't immediately tell how. So they worked him harder than the others. But Dani showed great 49 and passed. He is now 50 his dream as a pilot!

Being Dani's mother is a(n) 51. He has been so successful because we 52 him to understand that people with clefts should not be 53, because they can do anything.

Now I 54 Smile Train to help those like my son. I 55 my experience with them. I'm happy to work here and make a change for the better every day.

()41. A. persuaded B. invited

C. allowed D. forced

()42. A. relief B. pain

C. security D. loneliness

- ()43. A. changed
C. worsened
()44. A. challenge
C. evidence
()45. A. attitude
C. recovery
()46. A. loudly
C. clearly
()47. A. pilot
C. doctor
()48. A. valuable
C. interesting
()49. A. excitement
C. contribution
()50. A. living
C. breaking
()51. A. chance
C. mission
()52. A. promised
C. ordered
()53. A. pitied
C. compared
()54. A. set up
C. turn to
()55. A. replace
C. confirm
- B. continued
D. mattered
B. choice
D. inspiration
B. gift
D. virtue
B. firmly
D. gently
B. trainer
D. spaceman
B. difficult
D. practical
B. difference
D. strength
B. spreading
D. discovering
B. fact
D. honour
B. raised
D. begged
B. supported
D. controlled
B. work with
D. care about
B. draft
D. share

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。

The 78th United Nations General Assembly passed a resolution on Friday, officially 56. _____ (announce) the Lunar New Year, also known as the Spring Festival, as a UN floating holiday. Experts said the move shows the 57. _____ (significance) influence of Chinese culture and will contribute 58. _____ the promotion of the Global Civilization Initiative.

The Lunar New Year not only bears the ideas of peace and harmony 59. _____ (value) by Chinese civilization but also carries the common values of humanity such as family harmony and harmonious coexistence between humans 60. _____ nature.

The reason why the Lunar New Year can pass national borders and is increasingly welcomed by many countries 61. _____

(lie) mainly in the rich cultural heritage of China and the driving force of globalization. As the world's second-largest economy, China's cultural elements have spread alongside its economic influence. In the trend of globalization, people's interest in diverse cultures is 62. _____ (gradual) increasing, and the Lunar New Year has become a major means for people 63. _____ (communicate) and connect.

Therefore, the official 64. _____ (recognize) of the Chinese New Year as a UN holiday fully reflects an emphasis on the inheritance and innovation of civilization, 65. _____ will promote exchanges and mutual learning among diverse world cultures and actively embody the UN's values of diverse and inclusive cultural ideals.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

你校英语报 *English World* 将开展以“Every person is remarkable!”为主题的征文活动,征集身边楷模的故事。假如你是该报主编,请根据下面的提示写一则英语征稿启事。内容包括:

1. 征稿的主题和内容;
2. 投稿方式和截止时间;
3. 呼吁大家积极参与。

注意:写作词数应为 80 个左右。

Contributions Wanted

English World

第二节(满分 25 分) [2024·福建福州高二期中]

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。

In a small town, Greenfield, lived Alex, a high school student. Alex's sanctuary (庇护所) was a mix of video games and late-night snacking, a habit that not only distanced him from the world but also gradually ruined his health.

“Hey, Alex, need a wider door to walk through?” taunted (嘲笑) Mike, a classmate whose words were as sharp as knives, in front of their classmates. The laughter that followed was a familiar sting, one that Alex had grown accustomed to, yet it hurt deeper each time.

At home, Alex's escape into virtual realities became his

feeling of emotional comfort, until one evening, his father, Bryan, decided it was time for change.

“Alex, we need to talk,” Bryan said, his tone soft yet firm. “I've seen how hard things have been for you...and I think it's time we made a change.”

“It's just how things are, dad. I can't change how people see me,” Alex responded. “Maybe you can't change how others see you, Alex,” Bryan added gently, “but we can change how you see yourself, maybe, how you feel. Let's try to adopt a healthier lifestyle, together. What do you say?”

Doubtful but inspired by his father's suggestion, Alex agreed. They started a journey that introduced morning jogs, replaced chips and sodas with fruits and water, and most importantly, opened a channel of communication that had long been inactive.

The road was not without its obstacles. Mike's taunts continued. “Are you planning to run a marathon, Alex?” Mike laughed loudly. “Maybe I am,” Alex replied, his voice steadier than he felt.

As time flew, the transformation within Alex became obvious, not just in his physical appearance, but also in his behaviours. He found himself slowly stepping out of the shadow of his insecurities.

Then came the annual school 2-mile run, an activity Alex had never dreamed of participating in. Yet, this year was different.

注意:续写词数应为 150 个左右。

Paragraph 1:

With confidence and physical strength, Alex decided to sign up. _____

Paragraph 2:

After the race, as the crowd's cheers continued, Bryan approached Alex. _____
