

单元素养测评卷 (一)



Unit 10

(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 is the woman looking for?
A. Frozen food. B. Sausage.
C. Oil.
- ()2. What is the relationship between the speakers?
A. Husband and wife. B. Colleagues.
C. Boss and employee.
- ()3. How much does the man actually need to pay?
A. 46 dollars. B. 54 dollars.
C. 100 dollars.
- ()4. What did the man do?
A. He moved to a new place. B. He sold some souvenirs.
C. He took a good trip.
- ()5. What does the man think of the art exhibition?
A. Quite amazing. B. Rather boring.
C. Poorly organized.

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 is the woman's final destination?
A. New York. B. San Francisco.
C. Los Angeles.
- ()7. What do we know about the woman?
A. She may refuse the man's suggestion.
B. She needn't pay extra charge.
C. She missed her flight to New York.

听第7段材料,回答第8至10题。

- ()8. What do both Mary and Paul have for breakfast?
A. Ham and oranges. B. Bread and butter.
C. Bread and eggs.
- ()9. Where does Paul probably come from?
A. Britain. B. China. C. America.
- ()10. Where does the woman often have lunch?
A. In a dining hall. B. In her office.
C. In her kitchen.

听第8段材料,回答第11至13题。

- ()11. Why does the man make the phone call?
A. To change a meeting time.
B. To talk with Brian Hibberd.
C. To leave a message.
- ()12. What is Brian Hibberd doing?
A. Making a phone call. B. Going on a holiday.
C. Attending a meeting.
- ()13. At what time will the man meet Brian Hibberd this Wednesday?
A. At 3:00 pm. B. At 4:15 pm.
C. At 4:50 pm.

听第9段材料,回答第14至17题。

- ()14. Who does James buy a gift for?
A. His father. B. His sister.
C. His roommate.
- ()15. What does James think of choosing a gift?
A. Interesting. B. Difficult. C. Easy.
- ()16. What is the most important for a gift according to Linda?
A. Being impressive. B. Being decorative.
C. Being practical.
- ()17. How can James choose the colour in Linda's opinion?
A. By referring to the receiver's last backpack.
B. By choosing the most popular colour.
C. By asking the receiver's advice.

听第10段材料,回答第18至20题。

- ()18. Why should the dirt be loose?
A. To fill the pot. B. To let the roots spread.
C. To let more sun in.
- ()19. How does the speaker measure the water?
A. By counting up. B. By using her finger.
C. By checking the pot.

()20. What is the talk about?

- A. Protecting a tree. B. Growing a plant.
C. Preserving some apples.

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

Volunteer by supporting a local animal rescue centre in Costa Rica!

If you like animals and are also interested in preserving the environment, you will be perfect for this programme. You will be helping out in and supporting a local animal shelter. Not only does this shelter take in homeless animals, but also wild animals which are in bad condition.

In addition to the caretaking of the animals, volunteers help us welcome visitors at the entrance and answer any questions that visitors may have about the shelter or its animals. As volunteers spend more days in the shelter, knowledge about wildlife management will grow.

Requirements

* You need to be at least 15 years old on the programme start date at the high school level or above.

* Speaking English is a basic requirement.

* No restrictions on nationality. Helping hands both in Costa Rica and beyond are welcome.

* Your helping hand will be required from 09:00 to 15:00 on Monday, Tuesday, Wednesday, Thursday, Saturday and Sunday.

Programme fees

Duration	Programme fees
1 week (minimum stay)	\$ 350
2 weeks	\$ 700
3 weeks	\$ 1,050
4 weeks	\$ 1,400
5 weeks	\$ 1,750
50 weeks (maximum stay)	\$ 17,500

* Booking payments (15%): The booking payment is simply to reserve your volunteer placement. Payment is made by PayPal. You can also pay using a credit card.

* Final payments (85%): Your final payment will be agreed with Volunteer Now Costa Rica during the application process.

- () 21. What can a volunteer do in the rescue centre?
- A. Communicate with visitors.
B. Get trained to place animals.
C. Give lectures about animals.
D. Search for homeless animals.
- () 22. Who can volunteer in the programme?
- A. A French-speaking adult.
B. A primary schoolchild.
C. A college student from America.
D. A local person free on Fridays.
- () 23. How much should a volunteer pay at least to make a reservation?
- A. \$ 52.5. B. \$ 105. C. \$ 297.5. D. \$ 350.

B

For people living with dementia (痴呆), a new programme offers a supportive path to building social connections and reducing loneliness through music. Led by the Institute for Therapy through the Arts, Musical Bridges to Memory (MBM) is a 12-week programme designed to bridge relationships between people with dementia, their families, and the greater community that serves them through live musical interactions, training, and research in music-based approaches.

MBM involves participants in weekly sessions, which include interactive performances and training in communication skills to improve caregivers' relationships with loved ones living with dementia. According to a 2022 study that examined MBM's impacts, this music-based therapy (疗法) can increase social engagement between caregivers and their loved ones despite ongoing declines in cognitive (认知的) health.

Research shows people with dementia benefit from interventions that control their preserved cognitive and functional abilities. Music taps into our implicit memory (内隐记忆), linking us to past experiences and emotions without the need for conscious awareness. This is especially true for music that is personally meaningful to us, such as a favourite song, which can promote brain plasticity and cognition.

Neurologist Dr Ronald Devere notes, "Musical understanding, musical emotion, and musical memory can survive long after other

forms of memory and cognitive function have disappeared." Even as cognition declines, music can help to promote connection and shared communication—making it an efficient tool to support people with dementia.

In addition to improving communication, MBM positively impacts mood and alleviates the caregivers' burden. Caregivers who participated in this programme reported significant reductions in distress (痛苦) as a result of improved communication through music. In short, the programme's positive health impacts extend beyond individuals with dementia to their families and loved ones because it facilitates communication and social connection, particularly in cases where verbal language is no longer possible.

These findings add to decades of research that demonstrates music can positively impact our health, and they provide further insights into the benefits of the MBM programme for people with dementia and their caregivers. They also correspond with other community-based interventions to use music to promote healing.

- () 24. What can we learn about the MBM programme?
- A. It needs to be more creative.
B. It cures patients of dementia.
C. It targets more than dementia patients.
D. It involves different types of musical instruments.
- () 25. How does music affect dementia patients?
- A. It makes their memory implicit.
B. It promotes their conscious awareness.
C. It can bring back their past memories.
D. It enables all their memories to stay long.
- () 26. What does the underlined word "alleviates" in Paragraph 5 mean?
- A. Relieves. B. Shifts.
C. Distributes. D. Measures.
- () 27. Which aspect of the programme does the last paragraph stress?
- A. Its focus. B. Its significance.
C. Its background. D. Its process.

C

Next time you hear people say that Neanderthals (穴居人), an extinct type of man living in Europe in the Stone Age, aren't so bright, tell them this story.

At least 400,000 years ago, campfires went mainstream as early humans used them as a means of survival. As time went by, they made fires inside the caves where they lived and did so without a fireplace or a chimney.

This is no easy skill. "When you make a fire in an enclosed space, there is a danger of breathing in smoke. And in many cases, it doesn't allow one even to stay near the fire because of smoke," said Ran Barkai, an archaeologist at Tel Aviv University.

So how did Neanderthals do it? Barkai and his team were determined to find out. They built a virtual model of the Lazaret Cave on France's Mediterranean coast—a place early humans called home 170,000 years ago. The scientists placed 16 fireplaces throughout the cave and studied where the smoke went. "In the middle of the cave is the best place if you wish to avoid as much smoke as possible," said Barkai. As it happens, the middle of the cave is exactly where prehistoric people put their fires for generations.

Barkai said there was a bit of trial and error involved. "It's clear to us that Neanderthals made a survey of the cave once they entered and invited a Neanderthal interior designer. And then they decided where they put the kitchen, the sleeping area and so on," he said.

Sarah Hlubik of George Washington University wasn't involved in the study but called it clever. "The experiment illustrates how early humans used their intelligence to deal with a punishing climate. What I want most is to take a look at other sites that have relatively complete and undamaged caves and see if the practice supports their conclusion," she said.

- () 28. What can we know from Paragraph 2?
- A. Neanderthals used a fireplace in a unique way.
B. The caves where Neanderthals lived had a chimney.
C. Neanderthals relying on campfires breathed in much smoke.
D. The way Neanderthals made use of fires developed over time.
- () 29. Why did Barkai's team build a virtual model of the Lazaret Cave?
- A. To choose the perfect place for the 16 fireplaces.
B. To study prehistoric humans' hobbies and habits.
C. To research what materials Neanderthals burnt to make fires.
D. To find out how Neanderthals used fires in a blocked place.

- () 30. How did early Neanderthals avoid smoke when making fires?
- A. By keeping the fires away from the bedrooms.
 - B. By putting the fires at the entrance of the cave.
 - C. By making fires in the central part of the cave.
 - D. By making some holes in the cave to let smoke out.
- () 31. How did Sarah Hlubik evaluate the experiment?
- A. Its results seemed to be quite believable.
 - B. Its results needed more supporting evidence.
 - C. Its results were not as reliable as she had thought.
 - D. Its results were the same as some other studies had revealed.

D

At a conference last week, I received an interesting piece of advice: “Assume you are wrong.” The advice came from Brian Nosek, a fellow psychology professor. He wasn’t objecting to any particular claim I’d made—he was offering a strategy for pursuing better science, and for encouraging others to do the same.

To understand the context for Nosek’s advice, we need to take a step back—to the nature of science itself. Despite what many of us learned in elementary school, there is no single scientific method. Just as scientific theories change, so do scientific methods.

Assuming you are right might be a motivating force, sustaining the enormous effort that conducting scientific work requires. But it also makes it easy to interpret criticisms as personal attacks, and for scientific arguments to develop into personal battles. Beginning, instead, from the assumption that you are wrong, a criticism is easier to be viewed as a helpful pointer, a constructive suggestion for how to be less wrong—a goal that your critic probably shares.

Nosek’s advice may sound pessimistic, but it’s not so foreign to science. Philosophers of science sometimes refer to the “pessimistic meta-induction (元归纳)” on the history of science; all of our past scientific theories have been wrong, so surely our current theories will turn out to be wrong, too. That doesn’t mean we haven’t made progress, but it does indicate that there is always room for improvement—ways to be less wrong.

I like the advice because it builds in an awareness of our limitations and readiness to accept the unknown (“There are things I do not know!”) along with a sense that we can do better (“There are things I do not know yet!”). It also builds in a sense of

community—we’re all in the same boat when it comes to falling short of getting things right. Perhaps the focus on a shared goal—our goal as scientists and humans of being less wrong—can help make up for any harm in scientific motivation or communication.

- () 32. Why did Nosek send the advice?
- A. To express opinions about the author’s claims.
 - B. To remind the author to be open to criticism.
 - C. To encourage the author to take up science.
 - D. To better the author’s understanding of psychology.
- () 33. How does assuming you are wrong help?
- A. It motivates scientists to make efforts.
 - B. It addresses personal attacks and conflicts.
 - C. It sets a constructive improvement goal.
 - D. It contributes to a deeper insight into yourself.
- () 34. What does the author think of science theories?
- A. Dynamic.
 - B. Testable.
 - C. Pioneering.
 - D. Well-established.
- () 35. Which of the following is the best title for the text?
- A. Accept the unknown
 - B. Aim to be less wrong
 - C. Get engaged in psychology
 - D. Dig into the nature of science

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。

Discovering your true self is vital to happiness!

Have you found focusing on yourself is at the bottom of the to-do list, because you feel everyone else in your life comes first? 36. _____ Now is exactly the perfect time to get to know yourself in order to understand yourself.

This isn’t just about identifying your favourite outfit, haircut or flavour of ice cream. 37. _____ It’s an opportunity for personal growth that can help you make better choices for your well-being and lifelong happiness.

There are many tools to help you develop a deeper sense of yourself, including journaling and other forms of creative expression. You can use a guided journal to explore your thoughts and feelings or just free write whatever comes to mind. It’s up to you what you want to do. 38. _____

39. _____ Take note of how you respond to people, what makes you happy, and what makes you unhappy. This can help you identify patterns that are holding you back, such as feeling insecure or being easily angered. Once you’ve identified these patterns, you can work to change them.

An often overlooked yet very important factor in self-discovery is having healthy boundaries in your personal life. 40. _____ Clearly communicating your boundaries is also a way to show others that you are in control of your own behaviour and can expect the same from them. This is a sign of maturity and respect, two characteristics that are key to having healthy relationships.

- A. It’s one thing to know your personality type.
- B. It’s a great way to show that you care about others.
- C. Taking time for ourselves has been looked down upon.
- D. Another way is to observe your behaviour in different situations.
- E. It allows you to focus on the needs of yourself without ignoring others.
- F. But try not to get caught up in the criticism or judgement of your writing.
- G. It’s about understanding your inner world and how you fit into the outer world.

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 四个选项中选出最佳选项。

For the past 18 years, my daughter has been around me all the time. Now that she is in college, the 41 of our relationship has totally changed and our relationship is completely 42. I’m not going to be there every morning to have breakfast with her. I won’t know when she’s mad or when she’s happy. Here’s a little story of our new 43.

A week ago, my daughter wanted to 44 so she called me during the day as I was in meetings. I 45 her later on, but she was in class. At midnight, she reached out 46 to ask if we could talk. Well, guess what? I was 47. I thought we would talk the next day, but she was not 48.

Research shows that parents are 49 when their children are grown up, but for me that is when I start to get concerned. I am always left to 50, how can I, as a parent, remain 51 to my daughter to guide, support and love through life’s changes?

We may have to 52 the way we communicate. My daughter encouraged me to go digital. That's how I ventured into the world of social media, following her updates and occasionally sharing my own experiences. Through this 53 presence, the physical gap is 54 and I feel I still have an active role in her life. This experience serves as a reminder that 55, however scary, holds the promise of growth in our shared journey.

- () 41. A. problem B. progress
 C. goal D. context
- () 42. A. cold B. special
 C. different D. casual
- () 43. A. normal B. idea
 C. approach D. solution
- () 44. A. catch up B. take over
 C. check out D. break away
- () 45. A. visited B. touched
 C. tried D. e-mailed
- () 46. A. by taxi B. by text
 C. in private D. in person
- () 47. A. stupid B. angry
 C. excited D. asleep
- () 48. A. available B. interested
 C. ready D. guilty
- () 49. A. saddest B. busiest
 C. happiest D. best
- () 50. A. decide B. wonder
 C. investigate D. distinguish
- () 51. A. kind B. appreciative
 C. sensitive D. relevant
- () 52. A. voice B. ignore
 C. shift D. continue
- () 53. A. human B. virtual
 C. physical D. permanent
- () 54. A. widened B. formed
 C. broken D. bridged
- () 55. A. college B. relationship
 C. change D. communication

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。

Three hundred years ago, merchants from Shanxi Province started a daring journey along the ancient tea road, spanning over 10,000 kilometres 56. _____ (introduce) Chinese tea flavours to the world. Unknowingly, they also brought back foreign glassware craftsmanship, 57. _____ developed successfully in Qixian County.

There 58. _____ (be) 53 glassware production companies in Qixian at present, making over 8,000 product 59. _____ (variety). Last year, they produced 250,000 metric tons of glassware products valued 60. _____ an estimated 2.3 billion *yuan*. Its success results from skilled craftsmanship and automation.

The workers' attention to detail and artistic talent make Qixian's glassware stand out in the highly 61. _____ (compete) global market. Yet, there is the twin challenge of limited output and high production expenses.

Qixian assigns high-end and personalized creations to skilled craftsmen and leaves 62. _____ (simple) and standardization to the precision of machines. This approach maintains product quality, meets market needs, and preserves 63. _____ unique core that sets them apart.

The journey to transform Qixian's glassware companies into time-honoured brands may be a 64. _____ (wind) path, but the persistence and innovation the businesses possess will help them get there 65. _____ (eventual), said Li Jiansheng, chairman of Qixian Honghai Glass Co Ltd.

第四部分 写作(共两节,满分 40 分)

第一节(满分 15 分)

假如你是李华,上周六你校学生会举办了“走进社区,服务大家”的公益活动。请你为校英文报写一篇报道,内容包括:

1. 活动过程;
2. 你的收获和感悟。

注意:1. 写作词数应为 80 个左右;

2. 可适当增加细节,以使行文连贯。

Students' voluntary work in a community

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。

Sarah, a high school student, had a great passion for baking. With her parents' support, Sarah dreamed of opening her own bakery, a place where she could turn her interest into a business. However, she knew the importance of improving her skills and gaining real-world experience.

Therefore, every Saturday, without fail, she would set up a small but charming table at a local park. The park, filled with families and laughter, was the perfect place for Sarah to sell her creations. Her table, neatly laid out with colourful home-made cookies and cakes, attracted passers-by with the desserts' smell.

On a particularly bright and sunny afternoon, as Sarah was carefully arranging her chocolate cookies and cakes, her attention was drawn to an elderly woman sitting alone on a bench. The woman, with her silver hair and sad eyes, seemed lost in thought. As the hours went by, Sarah noticed that the woman remained where she was, seemingly forgotten by the world. A sense of concern washed over Sarah. So she decided to act. She poured a cup of warm tea carefully and cut a generous slice of her rich chocolate cake, a crowd favourite, and approached the woman.

"I thought you might like some snacks," Sarah said with a warm, inviting smile. The woman's face lit up as she accepted the treat. "Thank you, dear. I haven't had such a delicious treat since my retirement," she responded, her voice soft yet filled with gratitude. As she enjoyed the cake, tears rolled down her face.

A little shocked, Sarah asked what had happened. The woman introduced herself as Mrs Wilson, who had been a baker before she retired. Since losing her husband to cancer a week ago, she had been living alone. Her visits to the park were her escape from the loneliness that filled her quiet home. Sarah listened attentively, her heart touched by the woman's story.

注意:续写词数应为 150 个左右。

Paragraph 1:

Sarah decided to help Mrs Wilson out. _____

Paragraph 2:

Over time, their unlikely friendship became noticed in the park. _____