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英语试卷

（时间：120分钟，分值：150分）

注意事项：

1. 答卷前，考生务必将自己的姓名、准考证号、座位号和班级填写在答题卡上。

2. 回答选择题时，选出每小题答案后，用铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。回答非选择题时，将答案写在答题卡上。写在本试卷上无效。

3. 考试结束后，将本试卷、答题卡和草稿纸一并交回。

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. What is the woman dissatisfied with?

A. The color.　　B. The material.　　C. The price.

2. What is Kira going to do this weekend?

A. Go to the cinema.　　B. Relax at home.　　C. Buy potato chips.

3. Where did the astronauts give the science lesson?

A. In the space station.　　B. In a science class.　　C. In the school hall.

4. When does Jeff exercise?

A. On Mondays.　　B. At the weekends.　　C. Every weekday.

5. What do we know about the twins?

A. They are excellent goalkeepers.

B. They are different in character.

C. They are fond of different sports.

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，每小题将给出 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. Why does the woman change her booking time?

A. She wants to get a discount.

B. The courts are fully booked.

C. There's equipment maintenance.

7. What is the woman advised to do?

A. Pay online in advance.

B. Get there ahead of time.

C. Bring her own equipment.

听第 7 段录音，回答第 8 至 10 题。

8. Where have they decided to go?

A. A Chinese restaurant.　　B. A Japanese restaurant.　　C. An Italian restaurant.

9. What is the most important thing for their choice of restaurant?

A. Distance from home.　　B. Service and price.　　C. Family's preference.

10. What is the probable relationship between the speakers?

A. Tourist and guide.　　B. Wife and husband.　　C. Customer and waitress.

听第 8 段录音，回答第 11 至 13 题。

11. Why does the man make the call?

A. To apply for a job.

B. To learn more about a post.

C. To get used to the position.

12. How much can a part-time office assistant earn a week?

A. $50.　　B. $100.　　C. $200.

13. What does the company offer for this job?

A. Additional training.

B. Extra weekend work.

C. Frequent business trips.

听第 9 段录音，回答第 14 至 16 题。

14. What is the name of Daniel's garden?

A. Queen of Roses.　　B. The Green Whispers.　　C. Rosary.

15. What makes Daniel love roses?

A. Her grandmother's influence.

B. The beauty of various flowers.

C. Her love for taking photos of roses.

16. What is Daniel's greatest challenge in planting roses?

A. Looking after them daily.

B. Getting her hands dirty.

C. Meeting scary animals.

听第 10 段录音，回答第 17 至 20 题。

17. How did the speaker tour Binondo Chinatown?

A. By plane.　　B. On foot.　　C. By bus.

18. Where did the speaker begin his tour?

A. At a local tea shop.　　B. At Divisoria Market.　　C. At the Binondo Church.

19. What was most impressive to the speaker?

A. Diverse cultures.　　B. The street food.　　C. Old buildings.

20. What did the speaker learn from the local people's stories?

A. The way to negotiate prices.

B. The place to make a better living.

C. The courage to embrace new life.

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，从每题所给的四个选项(A、B、C、D)中，选出最佳选项。并在答题卡上将该选项涂黑。

A

Walking along railways offers a remarkably convenient way to reach Europe's wild nature straight off the train. Here are four outstanding routes to explore:

Petworth Way, England

Time: 2 days

Route: Haslemere to Arundel

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This peaceful two-day walk enters the South Downs National Park, winding softly through cornfields, woodlands and church towers. Hikers can step off the trail (路线) to explore Petworth's historic house — which holds paintings by Turner and a deer park — before spending the evening in the village and continuing to Arundel for a train back to London.

Hardangervidda, Norway

Time: 4–5 hours

Route: Finse to Hardangerjokulen glacier

Starting from Finse station, this half-day journey explores Europe's largest mountain plateau. Hikers cross glacier-carved valleys where Arctic foxes and reindeer live, heading toward the thick ice of Hardangerjokulen glacier (冰川). The peak hiking season runs from July to August as the winter snow melts.

Tour du Mont Blanc

Time: 7–11 days

Route: Tours around Mont Blanc

Beginning near Les Houches station, this multi-day route circles Mont Blanc through three countries (France, Italy, Switzerland). It crosses high Alpine passes, rushing rivers, and flower fields. Hikers spend nights at mountain houses providing hot meals and beds. The recommended window is from late June to mid-September.

Caminito del Rey, Spain

Time: 3–4 hours

Route: Ardales to El Chorro

Wooden footpaths hang along sheer canyon walls up to 700 meters above the Guadalhorce River. Once considered extremely dangerous, a recent repair project made the trail safer while keeping its drama. Tickets cost €10 self-guided or €18 guided, and it offers a special discount if tickets are booked in advance.

21. Which route allows hikers to see Arctic wildlife?

A. Petworth Way.　　B. Hardangervidda.

C. Tour du Mont Blanc.　　D. Caminito del Rey.

22. What do Petworth Way and Tour du Mont Blanc have in common?

A. Both provide overnight stays.

B. Both are open only in summer.

C. Both feature rich historical heritage.

D. Both involve cross-country hiking trips.

23. What makes Caminito del Rey unique among the four routes?

A. It is easily accessible by train.

B. It is still considered dangerous.

C. It can be completed within a day.

D. It offers early-bird prices for booking.

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B

As the daughter of a foreign reporter, I had taken after my late father in his habit of asking questions, approaching my family history with great eagerness. Yet every time I tried to interview my mother, she would cut me off or reply impatiently. All the forceful methods I used trying to dig up her memories had failed. The questions I thought would build a rope bridge connecting us only made us more distant.

One day, during an argument, she said, "Why don't we take this outside?" My mother never minded getting her hands dirty. Slowly, we began turning the rough yard outside my house into a garden. I, a plant killer, grew more patient as she taught me about the plant world. All the dogged energy I had brought to uncover my family history began to soften as I watched how the plants hold themselves to the earth. Their roots are twisted and spreading — seldom exactly what we expect.

In the garden, my mother began speaking more openly. As she talked about the past, I began to understand her dislike of questions. She had moved abroad twice: to the UK in the 1960s, then to Canada in the 1970s. As an Asian woman living in all-white neighborhoods, she had spent decades fielding unwelcome questions from strangers. The memories she shared were incomplete, and she held back facts she considered private, but it felt like enough. Her silence was not coldness, but an old instinct (本能) to protect her private peace.

One day, shortly after a heavy rain, I realized I had no more questions. I had made peace with what needed to be left deep in the dark soil, untouched. I was no longer just the reporter's daughter with an urge to dig for answers, but also the gardener's daughter who had learned how to soften and let go.

24. Why did the author fail to learn her mother's past?

A. She pushed her mother too hard.

B. She lost interest in family history.

C. Her mother suffered from memory decline.

D. Her mother disapproved of her father's job.

25. What does the underlined word "dogged" in paragraph 2 mean?

A. Gentle.　　B. Emotional.　　C. Determined.　　D. Complicated

26. What was the reason for the mother's silence?

A. Complaints about the neighborhood.

B. Painful feelings about her late husband.

C. Habit of guarding privacy from outsiders.

D. Dislike and coldness towards her daughter.

27. What has the author come to realize?

A. Time can heal all previous injuries.

B. It is never too late to make changes.

C. Curiosity builds the strongest bridges.

D. Acceptance matters more than answers.

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C

Today's teenagers live at least half their lives online. They study, socialize and game on digital platforms more than any generation before. Yet this online life comes with hidden dangers: identity theft, phishing attacks, and oversharing of information. Cybersecurity experts warn that young people are especially at risk because they often trust technology blindly and share details freely without considering long-term results.

One of the most common risks is oversharing on social media. Many teens post photos showing school uniforms, daily schedules, or home locations. Such information can be collected by strangers, who may use it to locate them offline or steal their identities. In a recent survey, more than 60 percent of teens admitted they had shared something online that they later regretted.

Phishing is another major threat. Phishing attacks use fake (虚假的) messages or websites that seem official to trick people into giving away passwords or personal data. Teens often click links in gaming messages or fake school announcements, putting their devices at risk. Once the devices are infected, viruses can secretly record activity, lock files, or steal sensitive information.

Cybersecurity experts suggest that technology companies are responsible for protecting young users. Many platforms have introduced safety features like automatic privacy filters (过滤器) and controlled messaging, but these tools work best when combined with user awareness. Once something is online, it can remain forever, potentially affecting the user's future college applications and job opportunities. Schools and parents are therefore urged to teach cybersecurity skills early.

The online world is not dangerous by nature, but it requires responsibility and awareness. By learning simple habits, teens can continue to enjoy the benefits of digital life while keeping their privacy secure. In the battle of online security, knowledge and caution are the best defenses.

28. What makes teenagers easy targets for online traps?

A. Their blind love for online games.　　B. Their easy access to smart devices.

C. Their uncritical trust in digital tools.　　D. Their regret over sharing information.

29. Which activity is most likely to expose people to a phishing attack?

A. Entering passwords on a shopping website.　B. Clicking strange links in gaming messages.

C. Sharing pictures about beautiful scenery.　　D. Arranging files on computers regularly.

30. What is paragraph 4 mainly about?

A. Joint efforts to ensure online safety.　　B. Permanent effects of past social posts.

C. Essential roles of schools and parents.　　D. Safety defenses provided by platforms.

31. Which is the best title for the passage?

A. Rise of Online Platforms　　B. Risk of Social Media

C. Online Security for Teenagers　　D. Technical Solutions to Digital Traps

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D

Previous research has shown that moderate (适中的) exercise, the kind that raises heart rate and quickens breathing, can sharpen thinking and boost mood. To find whether there is a floor for these brain benefits, researchers at the University of Tsukuba in Japan investigated the potential of a 10-minute jog, so gentle that it barely counts as running, to produce measurable mental gains.

The study chose 24 healthy young adults. Each completed two separate sessions: sitting quietly on a running machine for 10 minutes and running at a very light pace for 10 minutes. Before and after both sessions, participants completed the Stroop test — a task where people name the color a word is printed in rather than read the word itself. For example, if the word "RED" is printed in blue ink, the correct answer is "blue". The task measures how well the brain can override an automatic response and stay on task. They also filled out mood questionnaires. While they completed the test, brain scanning tracked blood flows in their brains.

Results showed that participants finished the Stroop test faster and reported feeling more alert and pleasant after running than after resting. Brain scans supported this, showing increased activity in areas tied to concentration and decision-making. Furthermore, sensors (传感器) revealed that participants whose heads bounced more during the jog reported a greater mood lift, though that bouncing had no clear connection to better mental performance.

The researchers noted several limitations. The brain-imaging equipment lacked extra sensors to filter (过滤) non-brain signals. Their exploration of head movement was limited because the study compared only sitting still with running, not walking. Additionally, the study included only healthy young adults. Nevertheless, the idea challenges a common assumption that exercise has to hurt to benefit the brain. A jog gentle enough to hold a conversation through can produce a meaningful mental and emotional lift.

32. What did the researchers aim to find out?

A. Why moderate exercise boosts mood.　　B. Whether light jogging benefits the brain.

C. How raised heart rates sharpen minds.　　D. What level of jogging counts as running.

33. Why did researchers adopt the Stroop test?

A. To assess participants' mental focus.　　B. To examine effects of jogging on mood.

C. To monitor blood flows during a workout.　　D. To measure reading speed after running.

34. What does the study imply about exercise?

A. The mental benefits apply to all ages.

B. Head bouncing guarantees mental gains.

C. Effective exercises need no intense effort.

D. Skipping workouts damages physical health.

35. What might future research focus on?

A. Removal of old brain scanners.

B. Further study on the benefits of walking.

C. Tests on participants from broader groups.

D. Comparison between sitting still and running.

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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。

I take a long walk in my nearest park every day. There are different trees to look at, an ever-changing cast of flowers to smell, and enthusiastic birdsong to listen to. ___36___ I'm really into nature, but not that into feeling it with my hands. Research, though, suggests we may benefit a lot from reaching out to touch nature around us.

Mira Grönroos, a researcher at the Finnish Environment Institute, asked people to touch various natural materials for 20 seconds as part of an experiment. She found that the amount and variety of microbes (微生物) on their skin increased even after they cleaned their hands with tap water. The idea of more bacteria on our skin might not sound appealing, yet when there is a rich mix of microbes living together, they keep each other in check and crowd out more harmful bacteria. ___37___

The benefits of contact with nature may run much deeper. ___38___ In a sandbox experiment, children exposed to microbe-rich soil showed changes in immune (免疫的) markers in their blood. These changes may help the immune system fight off threats without becoming overactive. ___39___ At a daycare center in Finland, government funding has helped transform the yard, adding woodchips, a bigger sand area and a wooden pathway among pine trees. In a Finnish office, "green walls" made of living plants are installed to bring workers closer to nature.

___40___ But the findings so far are enough to encourage us to reach out and touch trees, to sit in the grass — not to be afraid of a little mud.

A. Still, there is more for science to discover.

B. The sensory experience usually stops there.

C. This balance, in turn, helps keep our skin healthy.

D. Such findings are already shaping real-world practices.

E. It may influence the direction of future scientific research.

F. This kind of coexistence among microbes is common in nature.

G. Exposure to diverse microbes may benefit our immune system.

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第三部分　英语知识运用（共两节，满分 30 分）

第一节　完形填空（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四个选项（A、B、C、D）中，选出可以填入空白处的最佳选项。

The plane pushed through driving rain as it approached Manchester. After years of living abroad, I had a ___41___ feeling as I returned to my hometown, which still held the painful memories of my late friends.

After a few days, I was heading out to a barbershop when I heard something ___42___ the ground. I looked down to see a pigeon on its back with its wings spread out, its whole body ___43___.

The ___44___ happened just as kids were leaving the local primary school, so within minutes a small chorus of little ones ___45___. While a circle of confused adults stared down at the poor bird, unsure what to do, the kids were more ___46___, "Can we get an ambulance for her?" I took off my coat, bent down and ___47___ the pigeon in it. I had become the ambulance for this pigeon that had just landed there ___48___, just as I had a few days before.

I took her home and put her in a shoebox, with an old T-shirt lining the bottom. I called friends for ___49___ and one suggested trying Facebook, where, to my ___50___, I discovered Manchester Pigeon Rehab, a non-profit group involved in pigeon rescue. Its volunteers have ___51___ skills, from arranging X-rays to dressing wounds and ___52___ broken wings. Their collective effort runs entirely on ___53___.

I took her across the city to a volunteer's home, where she was ___54___. Although unlikely to fly again, she would recover and live out her days in comfort. I began to feel much ___55___ about coming back home, and forever grateful to her for showing me another side to the city I thought I knew.

41. A. sinking	B. refreshing	C. satisfying	D. disappointing
42. A. hit	B. kiss	C. cross	D. shake
43. A. bending	B. rolling	C. trembling	D. stretching
44. A. alarm	B. crash	C. rescue	D. panic
45. A. passed	B. played	C. waited	D. formed
46. A. nervous	B. curious	C. decisive	D. puzzled
47. A. lifted	B. wrapped	C. covered	D. picked
48. A. precisely	B. willingly	C. timely	D. accidentally
49. A. help	B. comfort	C. company	D. reference
50. A. pride	B. regret	C. surprise	D. confusion
51. A. simple	B. general	C. limited	D. different
52. A. handling	B. folding	C. raising	D. spreading
53. A. profit	B. interest	C. goodwill	D. reputation
54. A. in poor shape	B. in good hands	C. out of place	D. out of reach
55. A. calmer	B. closer	C. better	D. clearer

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第二节 （共 10 小题；每小题 1.5 分，满分 15 分）

阅读下面材料，在空白处填入适当的内容（1 个单词）或括号内单词的正确形式。

High on Jingmai Mountain, dawn broke over a green peak, ___56___ (bathe) an ancient tea tree in warm light. Its huge trunk and branches looked nothing like the smaller tea plants grown in rows on commercial farms.

___57___ (global), while people drink a wide range of styles, from green to black and oolong, they all originate from the same species, one of ___58___ remains closely tied to Jingnmai Mountain. One subtype of the species, cultivated by Dai people, produces dark, rich Pu'er tea that ___59___ (regard) as a "drinkable gold" among some tea lovers.

Jingmai's well-managed lands may appear wild ___60___ (compare) with ordinary tea farms. This reflects the Blang people's ___61___ (believe) that everything has a soul, a reminder to leave nature undisturbed. As a result, they avoid chemicals and other harmful practices. The trees then shelter tea plants that grow best in shade, while a lower layer of bushes and herbs ___62___ (carpet) the forest floor and therefore helps the soil to hold water.

These farming methods not only support greater biodiversity ___63___ also benefit local communities economically, with Jingmai tea's price about 6.5 times ___64___ (high) than that of typical farms. As Zuo Jing, a professor at Anhui University, puts it, "Jingmai Mountain is like an old tea tree that has both ___65___ unique history and a powerful contemporary life force that continues to grow."

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第四部分　写作（共两节，满分 40 分）

第一节　（满分 15 分）

你校英文报正在开展主题为 “Perseverance or Flexibility” 的讨论。请你就下面这句话写一篇短文投稿。

> If what we want seems out of reach, should we keep trying or set another goal?

内容包括：

（1）表明你的观点；

（2）说明理由。

注意：

（1）写作词数应为 80 个左右；

（2）请在答题卡的相应位置作答。

第二节　书面表达（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。

That morning, I had woken up early, planning to go on a long run along the Crestline. As I suited up, my wife showed me a post from the local authorities: A hiker was missing in the area.

As a runner and hunter, I'd spent countless hours exploring the Crestline, a chain of mountains near my home in McCall, Idaho. The mountains were dotted with lakes and smaller bodies of water, like ponds and puddles (水洼) that were easy to overlook. The news reminded me of my dad. Fifteen years earlier, I had lost him in a mountaineering (登山) accident, and his loss had inspired me to get back into the sport. I figured I could help search, knowing that, as a local, I could move more quickly and cover more ground.

Around 7:30 a.m., I called the local authorities. “Can you tell me where you have teams searching?” I asked. Not wanting to set off a second rescue, the officer was hesitant at first. “I know the Crestline like the back of my hand and am used to covering dozens of miles in a day,” I told her. Plus, I had packed a map and a satellite communication device. I promised to check in with the rescue team throughout the day.

The hiker had been reported missing the day before. The local authorities told me that her name was Laura and she liked to camp alone by bodies of water. I decided to approach from the south, planning to run the length of the mountain chain and check the larger lakes marked on my map.

The distance — at least 20 miles — was routine, but I felt more focused than usual. A few hours in, I'd already visited lake after lake under the hot sun and had seen no sign of Laura. By then, I had run 17 miles and was beginning to feel tired. I considered turning back, but I couldn't shake the image of Laura waiting for rescue, as my father had been all those years ago.

注意：

（1）续写词数应为 150 个左右；

（2）请按如下格式在答题卡的相应位置作答。

I circled several smaller lakes on the map and decided to give it a go. _____

_____

_____

"Yes, I'm Laura," a week voice responded. _____

_____

_____