

# 2025 北京西城高三二模

## 英 语

### 第一部分：知识运用（共两节，30分）第一节（共10小题：每小题1.5分，共15分）

The elderly residents at Brookdale Senior Living have a wealth of wisdom, but they face challenges when it comes to \_\_\_\_1\_\_\_\_. Tasks like turning on devices, checking emails, and finding apps were often \_\_\_\_2\_\_\_\_, especially regarding cell phones. That was until a group of students from Canterbury School in Fort Myers, Florida, decided to \_\_\_\_3\_\_\_\_.

A few years ago, after joking about how difficult digital devices were for their grandparents, Aaron Smolyar and his two friends came up with a(n) \_\_\_\_4\_\_\_\_. They created CLEO, which stands for “Computer Literacy Education Outreach”. Their goal was to teach seniors how to use modern devices, and they \_\_\_\_5\_\_\_\_ tried emailing Brookdale to partner with them. However, when they didn’t receive a response, the teens decided to take action and simply went to the center, which is located next to their school. They offered to volunteer their \_\_\_\_6\_\_\_\_ to show the residents how to use their smartphones and connect with digital platforms.

Now, the CLEO volunteers visit Brookdale once a week, patiently helping the residents. They have developed close bonds with the seniors, making a lasting impact on their \_\_\_\_7\_\_\_\_. Jonathan Smith, a resident at Brookdale, expressed his gratitude: “I couldn’t \_\_\_\_8\_\_\_\_ how to text a picture until one of the CLEO kids explained it to me.”

The CLEO program has expanded, with six chapters nationwide. Its mission is to \_\_\_\_9\_\_\_\_ the digital divide by giving senior citizens the skills to explore the digital world. The volunteers not only teach technical skills but also form meaningful \_\_\_\_10\_\_\_\_ with the seniors. As Aaron Smolyar put it, “I don’t think we realized how much we were going to learn from the seniors themselves.”

- |                    |                  |                 |                |
|--------------------|------------------|-----------------|----------------|
| 1. A. health       | B. fashion       | C. technology   | D. creativity  |
| 2. A. engaging     | B. confusing     | C. stimulating  | D. rewarding   |
| 3. A. work         | B. study         | C. wait         | D. help        |
| 4. A. idea         | B. theory        | C. product      | D. answer      |
| 5. A. proudly      | B. initially     | C. deliberately | D. definitely  |
| 6. A. money        | B. influence     | C. time         | D. attention   |
| 7. A. communities  | B. careers       | C. businesses   | D. lives       |
| 8. A. rely on      | B. check out     | C. figure out   | D. look into   |
| 9. A. bridge       | B. assess        | C. witness      | D. accept      |
| 10. A. impressions | B. relationships | C. agreements   | D. expressions |

### 第二节（共10小题；每小题1.5分，共15分）

阅读下列短文，根据短文内容填空。在未给提示词的空白处仅填写1个恰当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。请在答题卡指定区域作答。

#### A

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

China has big plans for space exploration. The country is making steady progress in its manned lunar program and aims to land Chinese astronauts \_\_\_\_11\_\_\_\_ the moon by 2030, the China Manned Space Agency said on

March 3. The design work for key project \_\_\_\_12\_\_\_\_ (component), including the Mengzhou manned spacecraft and the Wangyu lunar suit, is progressing on schedule. The space agency also \_\_\_\_13\_\_\_\_ (announce) plans for two manned spaceflights this year — Shenzhou XX and XXI — as well as the Tianzhou 9 cargo mission to the Tiangong space station. Crew members for the two flights \_\_\_\_14\_\_\_\_ (select) and are undergoing training.

### B

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

Staple foods (主食) in China typically include rice and noodles. but soon a new type may join the list: potato-turned rice. This rice-shaped starch (淀粉) product \_\_\_\_15\_\_\_\_ (make) from potatoes, is undergoing initial production in Zhaotong, Yunnan Using a new technology, this \_\_\_\_16\_\_\_\_ (innovation) product has the potential \_\_\_\_17\_\_\_\_ (turn) potatoes into a widely accepted staple food in China helping improve the country's food security.

### C

阅读下列短文，根据短文内容或括号内所给词的恰当形式填空。

Last year was \_\_\_\_18\_\_\_\_ (hot) on record, highlighting the significance of green technology in 2025. One key green technology is carbon capture (收集) and storage(CCS), \_\_\_\_19\_\_\_\_ involves separating CO<sub>2</sub> from other gases at emission (排放) sources before they are released into the atmosphere, and \_\_\_\_20\_\_\_\_ (transport) the CO<sub>2</sub> to an underground location to be stored. CCS projects are now storing about 45 million tons of CO<sub>2</sub> yearly, roughly equal to the emissions of 10 million cars. The growth of clean energy continues, with wind and solar power expected to overtake coal in electricity generation.

## 第二部分：阅读理解（共两节，38分）第一节（共14小题；每小题2分，共28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，并在答题卡上将该项涂黑。

### A

#### Travel Style: Group Backpacking Adventure

Perfect for first time travelers such as Gap Year or University students looking to explore Nepal & India with a group of like-minded people!

**Age Range:** 18 — 22

**Accommodation:** hotels, bunkhouses, guest houses

**Transport:** public and private buses, internal flights, trains, boats, taxis

**Fees:**

**7 weeks: £4,250**

For available start dates, check out the “Dates & Availability” section — you may need to scroll (滚动) right to view the prices and book on. You can secure your place on your chosen adventure with a deposit (保证金) of either £300 or 10% of the trip price, whichever is higher. The remainder is paid leading up to the program departing.

#### **WHAT’S INCLUDED:**

##### **·Pre-departure support**

- Airport pick-up and return transfer
- Three meals a day for the duration of the trip
- Program transfers
- All activities and tours as described in the brochure
- 24/7 Emergency Backup
- Financial Failure Protection

#### **WHAT IS NOT INCLUDED:**

- Flights to/from destination
- Travel Insurance
- Visa & Vaccinations
- Spending Money(souvenirs, optional activities, etc.)
- Tips for local tour guides and drivers

#### **Who is this program designed for?**

This program is for anyone looking to volunteer and travel through Nepal and India’s most sought-after destinations. There is no prior experience required although the minimum age is 18 and you must also have your doctor sign our medical form confirming you are medically fit to participate. On most days, you may find yourself on your feet for 6 hours or more, so a reasonable level of fitness is required to participate.

#### **What is the food like?**

Three meals a day are included, and these will be a mixture of local and western cuisine. Meals while at the volunteering projects are cooked for you, then while we are travelling we will either buy food to cook at our accommodation or visit local restaurants and cafes. Expect lots of rice, dried beans, spices and flavour! Vegan and vegetarian diets can be accommodated. Please check with us regarding further dietary requirements and/or health conditions.

#### **Who will be supervising me?**

Throughout your expedition you will be accompanied by an Expedition Leader. At various stages of your expedition, we also make use of the services of local support staff including project coordinators, drivers and guides.

#### **How much spending money do I need?**

You will need money for extra meals, drinks & snacks, as well as for any activities not on our list. We advise you to budget for £70/€80/\$100 per week (this is a guideline only).

21. Who is most suitable for this program?

- A. A 15-year-old teenager who is keen on adventure.
- B. A 30-year-old man with prior travelling experience.
- C. A 19-year-old university student who is medically fit.

D. A 21-year-old explorer who prefers travelling on his own.

22. What is included in the program fee?

A. Flights.

B. Meals.

C. Travel Insurance.

D. Visa & Vaccinations.

23. What do we know about the program?

A. Different dietary requirements will be taken into account.

B. Participants will be accompanied by an Expedition Leader only.

C. The money for three meals, extra drinks and snacks is included in the fees.

D. One needs to pay the total fees to secure his place on the chosen adventure.

## B

In the quiet town of Greenfield, situated in the hills of upstate New York, David Lee had built a life around his art. His small studio in an old Victorian house was a sanctuary (庇护所) where he painted landscapes that captured (展现) the heart of the town he loved. The walls were covered with pieces of art, each one reflecting his dedication and passion.

One crisp autumn evening, as the sun set, casting a golden glow over the town, David worked on what he believed was his best piece yet. Lost in his work, he barely noticed a flash of light in the corner of his eye.

It was a neighbor who first saw the smoke. By the time David realized what was happening, the fire had spread through half of his studio. He rushed outside, horrified to see the flames (火焰) consuming everything he had worked so hard for. Within minutes, his studio was reduced to ashes.

The following days were clouded with sorrow. David wandered the streets of Greenfield, confused and with no purpose. Friends and neighbors offered their support, but nothing could replace the years of work destroyed. One evening, as he sat on a bench in the town square, he noticed children drawing with chalk on the pavement. Their laughter and creativity cut through his despair.

David realized his passion for art wasn't tied to the physical space of his studio. It was something deeper within him. He decided to start over, to rebuild his life and art anew.

With the help of his friends, David set up a small workspace in the community center. He began painting again, this time with renewed purpose. His first piece was an acknowledgment of Greenfield, capturing the town's resilience (坚韧). As he painted, he felt a sense of peace he hadn't felt in weeks.

One day, while finishing a challenging piece, a young girl approached him. "What are you painting?" she asked.

David smiled. "It's a story," he said. "A story of resilience and hope."

The girl nodded, her eyes reflecting the colors on the painting. "It's beautiful," she said.

David felt warmth in his chest. He realized his art was about more than just paintings — it was about connecting with others and sharing his journey. From then on, David painted not only for himself but for everyone who needed a reminder of the beauty in the world. Though his studio had changed, his passion for art had been renewed, and in that, he found a new kind of resilience.

24. How did David feel after the fire destroyed his studio?

A. Angry and bitter.

B. Grateful and content.

C. Lost and empty.

D. Anxious and regretful.

25. What is the significance of the children drawing on the pavement?

- A. Their creativity helps David find joy again.
- B. They are a reminder of the fire's destruction.
- C. They represent the future of art in Greenfield.
- D. They show how the town has forgotten about David's art.

26. What is the theme of David's first new painting after the fire?

- A. Renewal.
- B. Resilience.
- C. Peace.
- D. Passion.

27. What can we learn from the passage?

- A. The flash today is the silence tomorrow.
- B. The less you expect, the more you appreciate.
- C. The flame that burns you may also light your way.
- D. The greatest roadblocks are the ones you cannot see.

### C

The human being is a “social animal,” as Aristotle suggested. We have a fundamental need to belong. Yet we find ourselves in the middle of an epidemic of loneliness and isolation. How, then, might we encourage the feelings of connectedness that are so crucial to our well-being?

Over the past several years, my colleagues and I have conducted scientific studies suggesting that experiential purchases tend to bring people more happiness than material ones. In recent research, we investigated another downstream consequence of spending on experiences rather than things: it can promote a greater sense of social connection.

We conducted a series of 13 experiments involving 1,980 participants. We asked people to think about either experiential or material purchases they had made and then rate their thoughts and feelings about those purchases on nine-point scales. In some of our studies, people reported feeling more connection with someone who had made the same experiential purchase than someone who had made the same material purchase. This reflects the fact that experiential purchases are more central to an individual's identity: our data show that people feel more similar to and more connection with someone who purchases the same experience as them because they believe this kind of consumption tends to represent more of one's true, essential sense of self.

These findings apply even when people think about how their experiences differ. Knowing that another person has a better version of what you have can create a sense of social distance. What we observe, however, is that this distance feels less wide when it comes to experiential purchases compared with material ones.

We also discovered that experiential consumption fosters (促进) a sense of social connectedness more broadly, not just to those who have made a similar purchase. People who reflected on experiences they had acquired — rather than material goods — reported a broader sense of connection to humanity.

Finally, we found that after people think about a fulfilling experience, they express a greater desire to engage in social activities than they do after they reflect on an important possession. Experiences connect us with others, and they provide memories of such connection that people can revisit. These memories, in turn, can encourage engagement in even more sociality.

One clear takeaway from this research — like the many studies on experiential spending and happiness done to date — is that people would likely be wise to increase their spending on “doing” rather than “having.” But our work points to another implication as well. Communities could benefit in many ways from encouraging experiential

pursuits. Policymakers can support access to public parks, beaches and museums, for example. Improved funding for the arts and performance spaces can be a way for communities to ensure that shared experiences continue to bring people together. Directing resources toward more community engagement might promote improvements in societal well-being.

28. What can be learned about experiential purchases?

- A. They effectively prevent social distancing.
- B. They promote involvement in social events.
- C. They allow people to discover their true selves.
- D. They reduce the likelihood of social comparison.

29. According to the passage, policymakers had better \_\_\_\_\_.

- A. address the funding challenges of communities
- B. advocate the importance of social well-being
- C. prioritize the construction of public spaces
- D. finance local cultural events and festivals

30. What is the purpose of this passage?

- A. To argue against materialism in modern society.
- B. To suggest ways to reduce loneliness and isolation.
- C. To compare the economic value of goods and experiences.
- D. To show how experiences boost connection and well-being.

## D

A theme at this year's World Economic Forum (WEF) meeting was the perceived need to "accelerate breakthroughs in research and technology." Some of this discussion was motivated by the climate emergency, some by the opportunities and challenges presented by generative artificial intelligence. Yet in various conversations, it seemed to be taken for granted that to address the world's problems, scientific research needs to move faster.

The WEF meeting took place just two weeks after Harvard University President Claudine Gay stepped down after complaints were made about her political science scholarship. Gay's troubles came after Stanford University President Marc Tessier Lavigne stepped down, after an internal investigation concluded that his neuroscience research had "multiple problems" and "fell below customary standards of scientific **rigor**." Although it may be impossible to determine just how widespread such problems really are, it's hard to imagine that the phenomenon of high-profile scholars correcting and withdrawing papers has not had a negative impact on public trust in science and perhaps in experts broadly.

In recent years we've seen important papers withdrawn because of questionable data or methods. In one interesting case, Frances H. Arnold, who shared the 2018 Nobel Prize in Chemistry, voluntarily withdrew a paper when her lab was unable to reproduce her results — but after the paper had been published. In an open apology, she stated that she was "a bit busy" when the paper was submitted and "did not do my job well." Arnold's honesty is admirable, but it raises a question: Are scholars at highly competitive places such as Harvard and Stanford rushing to publishing rather than taking the time to do their work right?

It's impossible to answer this question scientifically because there's no scientific definition of what constitutes "rushing". But there's little doubt that we live in a culture where academics at leading universities are under enormous pressure to produce results — and a lot of them — quickly. However, nearly a century passed between biochemist Friedrich Miescher's identification of the DNA molecule and suggestion that it might be involved in inheritance (遗传) and the clarification of its double-helix (双螺旋) structure in the 1950s. And it took just about half a century for geologists and geophysicists to accept Alfred Wegener's idea of continental drift (漂移).

There's plenty of circumstantial evidence that scientists and other scholars are pushing results out far faster than they used to. One recent study put the number at more than seven million a year, compared with fewer than a million as recently as 1980. Another study found 265 academic authors — two thirds of whom were in the medical and life sciences — published a paper every five days on average. The numbers suggest that the research world has prioritized quantity over quality. Researchers may need to slow down — not speed up — if we are to produce knowledge worthy of trust.

31. What does the word “rigor” underlined in Paragraph 2 most probably mean?

- A. Quickness and convenience.
- B. Flexibility and openness.
- C. Strictness and precision.
- D. Fame and popularity.

32. DNA and continental drift are examples to demonstrate that \_\_\_\_\_.

- A. good science takes time
- B. science advances with time
- C. research across disciplines is needed
- D. breakthroughs seldom happen by chance

33. Which of the following situations can best reflect the author's concern?

- A. A researcher fails to produce evidence for his paper.
- B. A university loses young talent due to a lack of funding.
- C. An editor overlooks the errors in a writer's research methods.
- D. A scholar publishes a paper with limited data to gain recognition.

34. Which would be the best title for the passage?

- A. The Danger of Fast Science
- B. The Need for Trust in Science
- C. An Alarming Warning to Science Editors
- D. A Popular Trend towards Rushing Science

## 第二节（共 5 小题；每小题 2 分，共 10 分）

根据短文内容，从短文后的七个选项中选出能填入空白处的最佳选项

In our fast-paced, technology-driven world, the act of eating has transformed from a mindful practice to an often hurried and distracted (分心的) activity. Distracted eating, characterized by consuming food while engaging in other activities such as watching television, scrolling through smartphones, or working at a desk, is becoming increasingly widespread. \_\_\_\_\_35\_\_\_\_\_

The common presence of digital devices and the constant demands of modern life have contributed to the rise of distracted eating. \_\_\_\_\_36\_\_\_\_\_ For instance, office workers frequently eat lunch while replying to emails, and students snack during online classes. This behavior is not limited to any specific age group.

Distracted eating has several negative effects on physical and mental health. When attention is divided between eating and another activity, it becomes challenging to recognize signals of being full. \_\_\_\_\_37\_\_\_\_\_ Studies have shown a correlation between distracted eating and an increased intake of calories, contributing to weight gain and obesity.

Eating while distracted can impair digestion. The body needs to be in a relaxed state for proper digestion, but multitasking can create a state of mild stress, affecting the digestive process. This can lead to discomfort, bloating, and other gastrointestinal issues. \_\_\_\_\_38\_\_\_\_\_ This reduces the overall nutritional quality of the diet, impacting long-term health.

The practice of mindful eating, which involves paying full attention to the experience of eating, has been linked to improved mental health outcomes. In contrast, distracted eating can contribute to stress and anxiety, as it reduces the enjoyment and satisfaction of meals.

\_\_\_\_\_39\_\_\_\_\_ Creating specific areas for eating, free from digital devices and work related materials helps to establish a clear boundary between mealtime and other activities. Establishing and following regular meal times can reduce the temptation to eat while multitasking. This encourages a more structured approach to eating. Engage in mindful eating by focusing on the sensory experience of food — its taste, texture, and aroma. This can enhance the

enjoyment of meals and improve satiety recognition.

As awareness of the issue grows, it is hoped that more people will recognize the benefits of mindful eating and make conscious (自觉的) efforts to enjoy their meals fully and healthily.

A. Addressing distracted eating requires conscious effort and lifestyle changes.

B. Over time, this habit may weaken the brain's ability to associate food with satisfaction.

C. Eating in response to boredom, rather than genuine hunger, is a frequent consequence of such behavior.

D. This shift in eating habits has significant consequences for our health and well-being.

E. This can lead to overeating, as individuals are less aware of how much they have consumed.

F. People are multitasking more than ever, trying to maximize productivity by combining meal times with other activities.

G. Distracted eaters may make poorer food choices, choosing convenience foods that are often high in sugar, fat, and salt.

### 第三部分：书面表达（共两节，32分）

#### 第一节（共4小题；第40、41题各2分，第42题3分，第43题5分，共12分）

阅读下面短文，根据题目要求用英文回答问题。请在答题卡指定区域作答。

If you listen to some self-improvement lectures about success, you'll hear a familiar saying: Hustle (忙碌) harder. It sounds like success is just a matter of willpower and that the life of your dreams is within reach. Many young people are buying into this mindset, spending every waking hour working toward ambitious goals, only to find themselves worn out and unfulfilled.

Hustle culture promises success, but it often leads to burnout and disappointment. The truth is that success and fulfillment don't come from constant struggle. They come from something deeper and more sustainable: persistence (坚持).

Hustle culture praises big goals. But what the experts won't tell you is that most of those goals require a mix of timing, luck, and sometimes even genetics. No matter how hard you hustle, success isn't always within your control. Persistence culture, on the other hand, takes a different approach. Instead of focusing on massive, high-risk goals, it emphasizes consistent effort over time. It encourages growth, learning, and steady improvement—factors that are within your control.

Hustle culture focuses on goals, ignoring the process. It tells you to chase success at all costs, even if that means doing things you hate along the way. For example, you love podcasting (制作播客). You enjoy the connection with your audience. But if you follow hustle culture, your focus shifts to profit, audience growth, and social media engagement. To "succeed," you have to learn marketing strategies that you don't actually enjoy.

Persistence culture, in contrast, prioritizes the process itself. It asks: Do you enjoy what you're doing? When you love the process, you don't need external approval to keep going. Success becomes a byproduct of consistency and passion. Instead of measuring success by external factors, it asks: How can I improve? Maybe your podcast isn't getting millions of downloads, but are you becoming a better interviewer?

Are you developing new skills? These are the measures that matter because they're within your control.

40. How do many young people feel after following the "hustle harder" mindset?

41. Where do success and fulfillment come from?

42. Please decide which part is false in the following statement, then underline it and explain why.



> *Hustle culture focuses on massive, high-risk goals, measures success by external factors and prioritizes the process.*

43. How are you going to put “Persistence Culture” into practice in your daily life? (In about 40 words)

---

**第二节（20 分）**

44. 假设你是红星中学高三学生李华。你校校报英语专栏在举办“我最难忘的一节课（My Most Unforgettable Class）”征文比赛。请你用英文投稿，内容包括：

- 1.介绍这节课：
- 2.说明最难忘的原因。

注意：词数 100 左右

**My Most Unforgettable Class**

---

---

---

---

---

## 参考答案

### 第一部分：知识运用（共两节，30分）

#### 第一节（共10小题：每小题1.5分，共15分）

【答案】1. C 2. B 3. D 4. A 5. B 6. C 7. D 8. C 9. A 10. B

【导语】这是一篇记叙文。主要讲述了佛罗里达州迈尔斯堡坎特伯雷学校的一群学生帮助老年人使用技术，通过为老年人提供探索数字世界的技能来弥合数字鸿沟。

##### 【1题详解】

考查名词词义辨析。句意：Brookdale Senior Living 的老年居民拥有丰富的智慧，但在技术方面，他们面临着挑战。A. health 健康；B. fashion 时尚；C. technology 技术；D. creativity 创造性。根据后文“Tasks like turning on devices, checking emails, and finding apps”可知，主要是技术方面的困难。故选 C。

##### 【2题详解】

考查形容词词义辨析。句意：像打开设备、检查电子邮件和寻找应用程序这样的任务常常令人困惑，尤其是在手机方面。A. engaging 迷人的；B. confusing 令人困惑的；C. stimulating 使人兴奋的；D. rewarding 有益的。根据上文“they face challenges”可知，面临技术的挑战说明对这些感到困惑。故选 B。

##### 【3题详解】

考查动词词义辨析。句意：直到佛罗里达州迈尔斯堡坎特伯雷学校的一群学生决定提供帮助。A. work 工作；B. study 学习；C. wait 等待；D. help 帮助。根据后文“Their goal was to teach seniors how to use modern devices”可知，这些学生决定帮助老人使用技术。故选 D。

##### 【4题详解】

考查名词词义辨析。句意：几年前，亚伦·斯莫亚尔和他的两个朋友开玩笑说，他们的祖父母很难使用数码设备，于是他们想出了一个主意。A. idea 想法；B. theory 理论；C. product 产品；D. answer 回答。根据后文“They created CLEO, which stands for ‘Computer Literacy Education Outreach’.”(他们创建了 CLEO，即“计算机素养教育推广”)可知，他们想出了一个主意来帮助老人使用技术。故选 A。

##### 【5题详解】

考查副词词义辨析。句意：他们的目标是教老年人如何使用现代设备，他们最初试图给布鲁克代尔发电子邮件，希望与他们合作。A. proudly 骄傲地；B. initially 首先；C. deliberately 故意地；D. definitely 肯定。根据后文“tried emailing Brookdale to partner with them”以及后文“However, when they didn’t receive a response, the teens decided to take action and simply went to the center, which is located next to their school.”(然而，当他们没有收到回复时，这些青少年决定采取行动，直接去了位于他们学校旁边的中心)可知，最初的尝试是给布鲁克代尔发电子邮件，希望与他们合作。故选 B。

##### 【6题详解】

考查名词词义辨析。句意：他们自愿花时间向居民展示如何使用智能手机并与数字平台连接。A. money 金钱；B. influence 影响；C. time 时间；D. attention 注意力。根据后文“to show the residents how to use their smartphones and connect with digital platforms”可知，展示如何使用智能手机并与数字平台连接需要花费时

间。故选 C。

**【7 题详解】**

考查名词词义辨析。句意：他们与老年人建立了密切的联系，对他们的生活产生了持久的影响。A. communities 社区；B. careers 事业；C. businesses 生意；D. lives 生活。根据后文 “I don't think we realized how much we were going to learn from the seniors themselves.(我认为我们没有意识到我们可以从前辈身上学到多少东西)” 可知，与老年人建立了密切的联系对他们的生活产生了持久的影响。故选 D。

**【8 题详解】**

考查动词短语辨析。句意：布鲁克代尔的居民乔纳森·史密斯表达了他的感激之情：“我不知道怎么用短信发图片，直到 CLEO 的一个孩子向我解释了这一点。” A. rely on 依靠；B. check out 借出；C. figure out 弄清楚；D. look into 调查。根据后文 “how to text a picture until one of the CLEO kids explained it to me” 可知，孩子解释了如何用短信发图片，说明之前弄不清楚。故选 C。

**【9 题详解】**

考查动词词义辨析。句意：它的使命是通过为老年人提供探索数字世界的技能来弥合数字鸿沟。A. bridge 缩小；B. assess 评估；C. witness 目击；D. accept 接受。根据后文 “the digital divide by giving senior citizens the skills to explore the digital world” 以及上文 “Their goal was to teach seniors how to use modern devices” 可知其使命是通过为老年人提供探索数字世界的技能来弥合数字鸿沟。故选 A。

**【10 题详解】**

考查名词词义辨析。句意：志愿者不仅传授技术技能，还与老年人建立了有意义的关系。A. impressions 印象；B. relationships 关系；C. agreements 协议；D. expressions 表达。根据上文 “They have developed close bonds with the seniors” 可知，此处指志愿者与老年人建立了有意义的关系。故选 B。

**第二节（共 10 小题；每小题 1.5 分，共 15 分）**

**【答案】** 11. on 12. components

13. announced

14. have been selected

**【导语】**这是一篇说明文。文章主要介绍了中国的太空探索计划。

**【11 题详解】**

考查介词。句意：3 月 3 日，中国载人航天机构表示，我国载人探月工程正在稳步推进，目标是到 2030 年实现载人登月。短语 land on 表示“降落”。故填 on。

**【12 题详解】**

考查名词的数。句意：包括“梦舟”载人航天器和“望宇”月球服在内的关键项目部件的设计工作正按计划推进。根据 including the Mengzhou manned spacecraft and the Wangyu lunar suit 可知数量大于一用复数形式作宾语。故填 components。

**【13 题详解】**

考查时态。句意：中国航天局还宣布了今年两次载人航天飞行计划——神舟 20 号和 21 号，以及前往天宫空间站的天舟 9 号货运任务。动作发生在过去用一般过去时。故填 announced。

**【14 题详解】**

考查时态语态。句意：这两次飞行的机组人员已经选定，正在接受训练。主语 Crew members for the two flights 与谓语构成被动关系，且表示过去的动作对现在的影响，用现在完成时的被动语态，助动词用 have。故填 have been selected。

**【答案】** 15. made

16. innovative

17. to turn

**【导语】**这是一篇说明文。文章主要介绍了昭通生产的一种土豆转化大米。

**【15 题详解】**

考查非谓语动词。句意：这种由土豆制成的米状淀粉产品正在昭通进行初步生产。此处 make 与 product 构成被动关系，故用过去分词作定语。故填 made。

**【16 题详解】**

考查形容词。句意：使用一种新技术，这种创新产品有可能使土豆成为中国广泛接受的主食，有助于改善中国的粮食安全。作定语，修饰名词 product 用形容词 innovative。故填 innovative。

**【17 题详解】**

考查非谓语动词。句意：使用一种新技术，这种创新产品有可能使土豆成为中国广泛接受的主食，有助于改善中国的粮食安全。短语 have the potential to do sth.表示“有可能……”。故填 to turn。

**【答案】** 18. the hottest

19. which 20. transporting

**【导语】**这是一篇说明文。主要说明了绿色技术碳捕获和储存（CCS）可以将二氧化碳释放大气之前将其与其他气体分离，并将二氧化碳运送到地下储存。

**【18 题详解】**

考查最高级。句意：去年是有记录以来最热的一年，凸显了绿色科技在 2025 年的重要性。根据后文 on record 可知为最高级，前面加 the。故填 the hottest。

**【19 题详解】**

考查定语从句。句意：一项关键的绿色技术是碳捕获和储存（CCS），它涉及在排放源将二氧化碳释放大气之前将其与其他气体分离，并将二氧化碳运送到地下储存。非限制性定语从句修饰先行词 carbon capture and storage(CCS)，在从句作主语，指物，故填 which。

**【20 题详解】**

考查非谓语动词。句意：一项关键的绿色技术是碳捕获和储存（CCS），它涉及在排放源将二氧化碳释放大气之前将其与其他气体分离，并将二氧化碳运送到地下储存。短语 involve doing sth.表示“涉及做某事”，故填 transporting。

**第二部分：阅读理解（共两节，38 分）**

**第一节（共 14 小题；每小题 2 分，共 28 分）**

**【答案】** 21. C 22. B 23. A

【导语】这是一篇应用文。文章主要介绍了一个旅行项目的情况，包括费用和提供的服务等情况。

【21 题详解】

细节理解题。根据表格中 “Perfect for first time travelers such as Gap Year or University students looking to explore Nepal & India with a group of like-minded people! Age Range:18 — 22 (非常适合第一次旅行者，如间隔年或大学生，希望与一群志同道合的人一起探索尼泊尔和印度！年龄范围：18 到 22 岁)” 可知，一个身体健康的 19 岁大学生最适合这个项目。故选 C。

【22 题详解】

细节理解题。根据 WHAT’S INCLUDED 部分 “• Three meals a day for the duration of the trip (• 旅行期间一日三餐)” 可知，项目费用包括餐食。故选 B。

【23 题详解】

细节理解题。根据倒数第三段 “Vegan and vegetarian diets can be accommodated. Please check with us regarding further dietary requirements and/or health conditions. (纯素食主义者和素食饮食是可以适应的。请向我们查询进一步的饮食要求和/或健康状况。)” 可知，将考虑不同的饮食要求。故选 A。

【答案】24. C 25. A 26. B 27. C

【导语】这是一篇记叙文。文章主要讲述了大卫·李的绘画工作室被烧毁，里面的作品也都烧毁了，在沮丧和迷茫的时候他看到孩子们在人行道上用粉笔画画。因此重新点燃了他内心对绘画的热爱。

【24 题详解】

细节理解题。根据第四段 “The following days were clouded with sorrow. David wandered the streets of Greenfield, confused and with no purpose.(接下来的几天充满了悲伤。大卫在格林菲尔德的街道上徘徊，茫然无措)” 可知，大火烧毁了大卫的工作室后，他感到迷失和空虚。故选 C。

【25 题详解】

细节理解题。根据第四段 “One evening, as he sat on a bench in the town square, he noticed children drawing with chalk on the pavement. Their laughter and creativity cut through his despair.(一天晚上，当他坐在镇广场的长凳上时，他注意到孩子们在人行道上用粉笔画画。他们的笑声和创造力打破了他的绝望)” 可知，孩子们在人行道上画画的意义是他们的创造力帮助大卫重新找到了快乐。故选 A。

【26 题详解】

细节理解题。根据第六段 “He began painting again, this time with renewed purpose. His first piece was an acknowledgment of Greenfield, capturing the town’s resilience (坚韧).(他又开始画画了，这次带着新的目标。他的第一部作品是对格林菲尔德的认可，捕捉了这个小镇的韧性)” 可知，火灾后大卫的第一幅新画的主题是韧性。故选 B。

【27 题详解】

推理判断题。根据最后一段 “Though his studio had changed, his passion for art had been renewed, and in that, he found a new kind of resilience.(虽然他的工作室换了，但他对艺术的热情又重燃了，在那里，他发现了一种新的韧性)” 结合文章主要讲述了大卫·李的绘画工作室被烧毁，里面的作品也都烧毁了，在沮丧和迷茫的时候他看到孩子们在人行道上用粉笔画画重新点燃了他内心对绘画的热爱。由此可知，从本文可以得出

“灼伤你的火焰，也能照亮你的道路”。故选 C。

【答案】28. B 29. D 30. D

【导语】这是一篇说明文。文章主要说明了体验式购物可以促进参与社会活动，解释了研究开展的过程以及带来的启发。

【28 题详解】

细节理解题。根据第二段 “In recent research, we investigated another downstream consequence of spending on experiences rather than things: it can promote a greater sense of social connection.(在最近的研究中，我们调查了把钱花在体验上而不是实物上的另一个下游后果：它可以促进更强的社会联系感)” 可知，体验式购买可以促进参与社会活动。故选 B。

【29 题详解】

细节理解题。根据最后一段 “Policymakers can support access to public parks, beaches and museums for example. Improved funding for the arts and performance spaces can be a way for communities to ensure that shared experiences continue to bring people together. Directing resources toward more community engagement might promote improvements in societal well-being.(例如，政策制定者可以支持进入公园、海滩和博物馆。改善对艺术和表演空间的资助可以成为社区确保共享体验继续将人们聚集在一起的一种方式。将资源用于更多的社区参与可能会促进社会福祉的改善)” 可知，政策制定者最好资助当地的文化活动和节日。故选 D。

【30 题详解】

推理判断题。通读全文，并根据第二段 “Over the past several years, my colleagues and I have conducted scientific studies suggesting that experiential purchases tend to bring people more happiness than material ones. In recent research, we investigated another downstream consequence of spending on experiences rather than things: it can promote a greater sense of social connection.(在过去的几年里，我和同事进行的科学研究表明，体验式购买往往比物质购买给人们带来更多的幸福感。在最近的研究中，我们调查了把钱花在体验上而不是实物上的另一个下游后果：它可以促进更强的社会联系感)” 可知，文章主要说明了体验式购物可以促进参与社会活动，解释了研究开展的过程以及带来的启发。由此推知，这篇文章的目的是展示体验如何促进联系和幸福感。故选 D。

【答案】31. C 32. A 33. D 34. A

【导语】这是一篇说明文。文章主要说明了如今科学研究存在急于发表论文，过于注重数量导致了很多问题。

【31 题详解】

词句猜测题。根据划线词上文 “his neuroscience research had “multiple problems” and “fell below customary standards of scientific (他的神经科学研究存在 “多重问题”，并且 “低于科学……的标准)” 可知，斯坦福大学的校长因他的神经科学研究存在 “多个问题” 且 “低于科学严谨性的惯常标准” 而辞职。由于研究存在问题且未达到标准，这里的 “rigor” 意味着在科学研究中高水平的严格性和精确性。故划线词意思是 “严格、精确”。故选 C。

【32 题详解】

细节理解题。根据倒数第二段 “However, nearly a century passed between biochemist Friedrich Miescher’s

identification of the DNA molecule and suggestion that it might be involved in inheritance (遗传) and the clarification of its double-helix (双螺旋) structure in the 1950s. And it took just about half a century for geologists and geophysicists to accept Alfred Wegener's idea of continental drift (漂移). (然而, 从生物化学家弗里德里希·米歇尔鉴定出 DNA 分子并提出它可能与遗传有关, 到 20 世纪 50 年代对其双螺旋结构的澄清, 已经过去了近一个世纪。地质学家和地球物理学家仅仅用了半个世纪的时间就接受了阿尔弗雷德·韦格纳的大陆漂移学说。)可知, DNA 和大陆漂移就是证明好的科学需要时间的例子。故选 A。

### 【33 题详解】

细节理解题。根据最后一段 “There's plenty of circumstantial evidence that scientists and other scholars are pushing results out far faster than they used to. (有大量的间接证据表明, 科学家和其他学者推出结果的速度比过去快得多。)” 以及 “Another study found 265 academic authors — two thirds of whom were in the medical and life sciences — published a paper every five days on average. The numbers suggest that the research world has prioritized quantity over quality. Researchers may need to slow down — not speed up — if we are to produce knowledge worthy of trust. (另一项研究发现, 265 位学术作者——其中三分之二在医学和生命科学领域——平均每五天发表一篇论文。这些数字表明, 研究界更看重数量而不是质量。如果我们要产生值得信任的知识, 研究人员可能需要放慢速度, 而不是加快速度。)” 可知, “学者发表了一篇数据有限的论文以获得认可” 最能反映作者的担忧。故选 D。

### 【34 题详解】

主旨大意题。根据第一段 “A theme at this year's World Economic Forum (WEF) meeting was the perceived need to “accelerate breakthroughs in research and technology.” Some of this discussion was motivated by the climate emergency, some by the opportunities and challenges presented by generative artificial intelligence. Yet in various conversations, it seemed to be taken for granted that to address the world's problems, scientific research needs to move faster. (今年世界经济论坛会议的一个主题是人们认为有必要 “加速研究和技术的突破”。其中一些框架是由气候紧急情况推动的, 另一些是由可生成人工智能带来的机遇和挑战推动的。然而, 在各种对话中, 人们似乎理所当然地认为, 要解决世界上的问题, 科学研究需要加快步伐。)” 结合文章主要说明了如今科学研究存在急于发表论文, 过于注重数量导致了很多问题。可知, A 选项 “快速科学的危险” 最符合文章标题。故选 A。

## 第二节 (共 5 小题; 每小题 2 分, 共 10 分)

【答案】35. D 36. F 37. E 38. G 39. A

【导语】这是一篇说明文。主要说明了在快节奏的科技时代, 分心进食愈发普遍, 其因数字设备和现代生活需求而生。分心进食对身心健康有害, 会导致暴饮暴食、消化问题, 影响食物选择。而正念饮食有益心理健康。可通过改变生活方式来解决分心进食, 人们应重视正念饮食以健康用餐。

### 【35 题详解】

根据上文 “In our fast-paced, technology-driven world, the act of eating has transformed from a mindful practice to an often hurried and distracted (分心的) activity. Distracted eating, characterized by consuming food while engaging in other activities such as watching television, scrolling through smartphones, or working at a desk, is becoming increasingly widespread. (在我们这个快节奏、科技驱动的世界里, 吃的行为已经从一种用心的练

习变成了一种经常匆忙和分心的活动。分心进食的特点是一边吃东西一边看电视、刷智能手机或伏案工作，这种现象正变得越来越普遍。) ”可知，上文提到在快节奏、技术驱动的世界里，饮食行为从一种有意识的行为变成了匆忙且分心的活动，分心进食越来越普遍。本句承接上文，指出这种饮食行为的变化会带来不良后果，引出下文对分心进食影响的阐述，故 D 选项 “这种饮食习惯的转变对我们的健康和幸福有重大影响。” 符合语境，故选 D。

### 【36 题详解】

根据上文 “The common presence of digital devices and the constant demands of modern life have contributed to the rise of distracted eating. (数码设备的普遍存在和现代生活的不断需求导致了分心进食的增加。)” 可知，上文指出数字设备的普遍存在和现代生活的持续需求导致了分心进食的增加，本句进一步解释了为什么会出现分心进食，故 F 选项 “人们比以往任何时候都更加一心多用，试图通过把吃饭时间和其他活动结合起来来最大限度地提高效率。” 符合语境，故选 F。

### 【37 题详解】

根据上文 “Distracted eating has several negative effects on physical and mental health. When attention is divided between eating and another activity, it becomes challenging to recognize signals of being full. (分心进食对身心健康有几个负面影响。当注意力在吃东西和其他活动之间分散时，识别吃饱的信号就变得很困难。)” 可知，上文提到当注意力分散在进食和其他活动之间时，很难识别饱腹感信号，本句说明这种难以识别饱腹感信号的结果是过度进食，故 E 选项 “这可能会导致暴饮暴食，因为人们很少意识到自己吃了多少。” 符合语境，故选 E。

### 【38 题详解】

根据上文 “Eating while distracted can impair digestion. The body needs to be in a relaxed state for proper digestion, but multitasking can create a state of mild stress, affecting the digestive process. This can lead to discomfort, bloating, and other gastrointestinal issues. (分心时吃东西会损害消化。身体需要处于放松状态才能正常消化，但多任务处理会造成轻微的压力，影响消化过程。这会导致不适、腹胀和其他胃肠道问题。)” 可知，上文提到分心进食会影响消化，导致不适、腹胀和其他胃肠道问题。本句进一步说明了分心进食在食物选择方面的不良影响，与上文一起阐述分心进食的负面效应，故 G 选项 “分心的食客可能会做出更糟糕的食物选择，他们会选择高糖、高脂肪和高盐的方便食品。” 符合语境，故选 G。

### 【39 题详解】

根据后文 “Creating specific areas for eating, free from digital devices and work related materials helps to establish a clear boundary between mealtime and other activities. Establishing and following regular meal times can reduce the temptation to eat while multitasking. This encourages a more structured approach to eating. Engage in mindful eating by focusing on the sensory experience of food — its taste, texture, and aroma. This can enhance the enjoyment of meals and improve satiety recognition. (创建特定的用餐区域，远离电子设备和与工作相关的材料，有助于在用餐时间和其他活动之间建立清晰的界限。建立并遵循规律的用餐时间可以减少在一心多用时吃食的诱惑。这鼓励了一种更有条理的饮食方式。专注于食物的感官体验——它的味道、质地和香气，从而专心进食。这样可以增加用餐的乐趣，提高饱腹感。)” 可知，下文提到创造特定的进食区域，建立和遵循规律的用餐时间等改变生活方式的措施来解决分心进食的问题。故 A 选项 “解决进食分心问题需要有



意识的努力和生活方式的改变。”符合语境，故选 A。

### 第三部分：书面表达（共两节，32 分）

#### 第一节（共 4 小题；第 40、41 题各 2 分，第 42 题 3 分，第 43 题 5 分，共 12 分）

【答案】40. They feel worn out and unfulfilled.

41. They come from something deeper and more sustainable: persistence.

42. *Hustle culture focuses on massive, high-risk goals, measures success by external factors and prioritizes the process.*

According to the passage, hustle culture ignores the process instead of prioritizing the process itself.

43. I'll prioritize consistent effort over grand goals. For instance, in podcasting, I'll focus on improving interviewing skills and storytelling daily rather than chasing downloads. By valuing small, measurable progress and passion, I'll build sustainable growth without burnout.

【导语】本文是一篇议论文。文章主要对比了“忙碌文化”和“坚持文化”对成功的影响。

#### 【40 题详解】

考查细节理解。由文章第一段中 “Many young people are buying into this mindset, spending every waking hour working toward ambitious goals, only to find themselves worn out and unfulfilled. (许多年轻人接受了这种心态，把醒着的每一个小时都花在朝着雄心勃勃的目标努力上，结果却发现自己疲惫不堪、毫无成就感。)” 可知，许多年轻人在遵循“更努力地忙碌”的心态后，感觉疲惫不堪且毫无成就感。故答案为：They feel worn out and unfulfilled.

#### 【41 题详解】

考查细节理解。由文章第二段中 “The truth is that success and fulfillment don't come from constant struggle. They come from something deeper and more sustainable: persistence (坚持). (事实是，成功和成就感并非来自持续的挣扎。它们来自更深层次、更可持续的东西：坚持。)” 可知，成功和成就感来自更深层次、更可持续的东西——坚持。故答案为：They come from something deeper and more sustainable: persistence.

#### 【42 题详解】

考查细节理解。由文章第四段中 “Hustle culture focuses on goals, ignoring the process. (忙碌文化关注目标，忽视过程。)” 以及第五段中 “Persistence culture, in contrast, prioritizes the process itself. (相比之下，坚持文化将过程本身置于首位。)” 可知，“Hustle culture focuses on massive, high-risk goals, measures success by external factors and prioritizes the process.” 这句话中 “prioritizes the process” 部分错误。忙碌文化忽视过程，而不是将过程置于首位。故答案为：*Hustle culture focuses on massive, high-risk goals, measures success by external factors and prioritizes the process.* According to the passage, hustle culture ignores the process instead of prioritizing the process itself.

#### 【43 题详解】

开放性题目，此题要求回答：你打算如何在日常生活中实践“坚持文化”？答案不唯一，合理即可。例如：我会优先考虑持续努力，而非追求宏大目标。例如，在制作播客时，我会专注于每天提升采访技巧和讲故事的能力，而不是一味追求下载量。通过重视微小且可衡量的进步以及保持热情，我将实现可持续的成长，同时避免过度劳累。故答案为：I'll prioritize consistent effort over grand goals. For instance, in

podcasting, I'll focus on improving interviewing skills and storytelling daily rather than chasing downloads. By valuing small, measurable progress and passion, I'll build sustainable growth without burnout.

## 第二节（20分）

### 44. 【答案】

#### My Most Unforgettable Class

The most unforgettable class I've ever attended was an English class focusing on the concept of EQ.

Rather than mere instruction, our teacher presented a real-life conflict between two students, born from careless words and actions. In class, she first let us identify their low-EQ behavior. After that, she challenged us to craft solutions rooted in empathy. Finally, she wrapped up the class with universal truths for navigating such conflicts — lessons extending far beyond the classroom.

What makes this class unforgettable is not just its engaging case study, but the profound truth it uncovered: To show empathy for others and manage our own emotions is to cultivate harmony within and without. This realization, simple yet timeless, will serve me well for the rest of my life.

【导语】本篇书面表达属于应用文。要求考生以李华的身份，写一篇征文投稿，介绍最难忘的一节课及其难忘原因。

#### 【详解】1. 词汇积累

集中注意力于：focus on → concentrating on

仅仅：mere → only

呈现，展示：present → show

揭示：uncovered → reveal

#### 2. 句式拓展

同义句转换

原句：The most unforgettable class I've ever attended was an English class focusing on the concept of EQ.

拓展句：The most unforgettable class I've ever attended was an English class which focused on the concept of EQ.

【点睛】【高分句型1】The most unforgettable class I've ever attended was an English class focusing on the concept of EQ.（运用了现在分词短语 focusing on the concept of EQ 作定语）

【高分句型2】What makes this class unforgettable is not just its engaging case study, but the profound truth it uncovered: To show empathy for others and manage our own emotions is to cultivate harmony within and without.（运用了 What 引导的主语从句）