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秘密★启封并使用完毕前【考试时间：2023年3月15日下午15:00-17:00】

南充市高 2023 届高考适应性考试（二诊）

英语试题

本试卷分为试题卷和答题卡两部分，其中试题卷共 12 页，答题卡共 2 页。满分 150 分，考试时间 120 分钟。

注意事项：

1. 答题前，考生务必将自己的姓名、准考证号填写在答题卡上。
2. 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。不能答在本试卷上，否则无效。
3. 考试结束后将答题卡收回。

第一部分 听力(共两节，满分 30 分)

回答听力部分时，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你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 三个选项选出最佳选项，并标在试卷的相应位置。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。

例：How much is the shirt?

A. £ 19.15.

B. £ 9.18.

C. £ 9.15.

答案是 C。

1. What is special about the woman's trip this year?

A. She'll take a ship.

B. She'll go abroad.

C. She'll fly to Singapore.

2. What does the man plan to do?

A. Start a company.

B. Design a new product.

C. Employ more people.

3. What will the woman probably do?

A. Come back on Friday.

B. Buy the trousers at once.

C. Have the trousers shortened.

4. Where does this conversation take place?

A. In a shop.

B. In a restaurant.

C. In a supermarket.

“二诊”英语试卷第 1 页（共 12 页）

5. What are the speakers talking about?

A. A broken bridge.

B. A car accident.

C. A traffic jam.

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 discussing?

A. Why the woman is taking the shuttle.

B. When the woman has her classes.

C. Where the man's next class is.

7. What will the man do?

A. Walk to the other side of the school.

B. Wait for a bus with the woman.

C. Have a class.

听第 7 段材料，回答第 8 至 9 题。

8. Where will the woman have the desks delivered?

A. To No.52C York Avenue.

B. To No.8 York Avenue.

C. To No.5 York Avenue.

9. What is said about the delivery?

A. It will receive a 10% discount.

B. It will be paid in cash.

C. It will arrive ahead of time.

听第 8 段材料，回答第 10 至 12 题。

10. What did the man lose?

A. The receipt.

B. The plane tickets.

C. The wallet.

11. What does the woman think of the man?

A. He is forgetful.

B. He is too busy.

C. He is careless.

12. Where does the woman suggest the man search?

A. In his suitcase.

B. In his pockets.

C. In his desk.

听第 9 段材料，回答第 13 至 16 题。

13. What does Sabina think is the most important for a competition?

- A. To be physically fit.
- B. To be mentally prepared.
- C. To be professionally trained.

14. What does Sabina think about before going on court?

- A. The competitor.
- B. The technique.
- C. The training.

15. What do we know about Sabina?

- A. She became stronger after eating some meat.
- B. She played a game at Wimbledon two weeks ago.
- C. She is a vegetarian.

16. What will Sabina do after she stops playing tennis?

- A. Enjoy her free time.
- B. Train tennis players.
- C. Find a full-time job.

听第 10 段材料，回答第 17 至 20 题。

17. What day is it today?

- A. Wednesday.
- B. Thursday.
- C. Saturday.

18. What skill can campers learn through this trip?

- A. How to make use of cooking equipment.
- B. How to avoid dangerous animals.
- C. How to find safe natural food.

19. How will campers cook food?

- A. With a camping cooker.
- B. On a hot rock.
- C. With a frying pan.

20. What can campers drink?

- A. Juices.
- B. Boiled water.
- C. Hot chocolate.

第二部分 阅读理解（共两节，满分 40 分）

第一节（共 15 小题：每小题 2 分，满分 30 分）

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

A

Starting a new book can feel like a bit of a commitment, but it doesn't have to be! Here are four books you can read in a single day.

The House on Mango Street

Released in 1984 and written by Mexican-American author Sandra Cisneros, *The House on Mango Street* is only 103 pages long. It's a rapid read for those looking to dip their toes into the water, but it still deals with complex themes and important subject matters including language, race, ageing and troubles.

The Midnight Library

The Midnight Library from the English author Matt Haig was released in 2020. It's 288 pages, which makes it a little more challenging but still absolutely doable in a single day. The novel is all about storytelling, with Nora Seed exploring the "what ifs" of her life.

The Perilous Life of Jade Yeo

Released in 2012 and written by the fantastic Malaysian-English author Zen Cho, the page count is an extremely manageable 76 pages, which makes this another effective first read in one day. The novel is set in London in the 1920s and follows the life of another writer, Jade Yeo. There is even enough time for readers to appreciate a film adaptation of the book after reading it.

Stardust

The 1999 novel by English author Neil Gaiman is a perfect presentation of the writer's fantasy stylings at their best. *Stardust*, which became a major motion picture, sits at 256 pages. It's epic in its scale, but the reader can fit the novel into a single day, giving them a true sense of absolute escapism to the fantasy land of Stormhold.

21. What is NOT involved in the book written by Sandra Cisneros?

- A. Language. B. Race. C. Literature. D. Growing old.

22. Which book is a bit more difficult to finish in a day?

- A. *The House on Mango Street*. B. *The Midnight Library*.
C. *The Perilous Life of Jade Yeo*. D. *Stardust*.

23. What do *The Perilous Life of Jade Yeo* and *Stardust* have in common?

- A. They are both set in London. B. They are both intended for fantasy readers.
C. They were both made into a film. D. The characters in the two books are fictional.

B

For years, I lived out of a suitcase, ever ready to get on a flight whenever I got a chance. Discovering the world through the eyes of a writer, I diligently added note to every experience, committing it to paper for when memory faded. I was always eager for the next destination.

However, the pandemic brought all my flights of fancy to a sudden halt, as it did for everyone else. With the world locked down for months, the desire for travel in me waned. What place was better than home? But what really was home?

I was born in the coastal city of Mumbai. Having lived here for 15 years, there were parts I knew at length and loved, and others beyond my comfort zone, which I hadn't explored. I decided to become a tourist, seeing the city anew through the eyes of a visitor, rather than my bored ones as a local. I went on a sunset cruise for the first time on a tiny sailboat on the magical Arabian Sea.

But most of the time we spent indoors. The United Nations World Tourism Organization said the biggest challenge of pandemic travel is the uncertainty and the different rules in different countries to obey.

I finally got on a plane to make it to the closest destination possible to us by flight—the sunshine state of Goa, less than an hour away from Mumbai. Putting my toe into soft powdery sand was precious, even after a lifetime of exotic travel. After a week of bliss on the beach, though, I was relieved to be back home.

Ever since, I have made a few short journeys but the travel bug seems to have been put down, at least for now. But even as tourists will be flocking all over as revenge travel takes over, I have realized that there is no place quite like home.

24. What does the underlined word “waned” mean in paragraph 2?

- A. Appeared. B. Paused. C. Declined. D. Climbed.

25. What is the biggest challenge to travel during the pandemic time?

- A. The crowded traffic in certain destinations.
B. People's fear of being infected by the viruses.
C. The high cost of travelling in such a special time.
D. The different policies to observe in different nations.

26. Which statement is NOT correct according to the text?

- A. The exotic travel is better than that of at home.
B. The author used to have great passion for travelling.
C. The author felt relaxed after a week of fun on the beach.
D. The author explored his/her city from a new perspective.

27. Which can be a suitable title for the text?

- A. My Travelling Thirst Satisfied at Home B. My Desire for Travelling in the Pandemic
C. My Revenge Travelling after the Pandemic D. Challenges of Travelling Taken at Home

C

From little hummingbirds (蜂鸟) to big wild geese, roughly half of the world's more than 10,000 bird species migrate. Longer wings and strong flying muscles often help these birds fly in the air for a long distance. But a new study of nearly all bird species suggests many migrators share another unexpected flight aid: lighter-colored feathers.

Researchers say that having more lightly colored feathers than non-migrating birds may help these long-distance flyers stay cool as they work hard under the hot sun to fly.

It's known that color can help birds hide from some dangerous animals which can hunt them as food, or attract mates by standing out. But color has delicate effects too, including regulating temperature by absorbing or reflecting light, says Kaspar Delhey. For example, bird eggs laid in colder climates tend to be darker, which may help keep them warm.

Migrating birds push their bodies to the physiological limit, which creates more heat. Some species deal with the problem by flying to cooler air during daytime. "If overheating is a problem in migratory birds, another way of dealing with that would be to evolve lighter colors that absorb less heat," Delhey says.

Delhey and his colleagues analyzed over 20,000 pictures of 10,618 bird species, ranking wing lightness for each species and comparing that with how far the birds fly. On average, lightness slightly increased with migratory distance, the team found. The longest-distance migrators were about 4 percent lighter than no-migrators, an effect that wasn't explained by size, climate or habitat type for different species.

"It's not a big difference," Delhey says, noting that many migrators are darkly colored, perhaps for reasons unrelated to flight. But the trend was significantly consistent.

28. What advantage of the migrators is beyond people's knowledge?

- A. They have large groups. B. They have longer wings.
C. They have strong bodies. D. They have lighter-colored feathers.

29. Why does the author mention the example of the bird eggs?

- A. To indicate that the dark colors can reflect light.
- B. To explain why birds keep eggs warm in cold climates.
- C. To prove that color plays a role in adjusting temperatures.
- D. To show how color helps birds avoid being seen by hunters.

30. What problem do migrators have to deal with during migration?

- A. The lack of food.
- B. The long distance.
- C. The cooler and cooler climate.
- D. The increasing body temperature.

31. How did the researchers get their conclusion?

- A. By checking figures.
- B. By making comparisons.
- C. By making questionnaires.
- D. By drawing pictures.

D

In principle, it sounds simple: eat less and move more. This dietary advice for handling obesity has been around for decades. Yet, despite all the calorie counting, dieting and exercising, worldwide obesity rates just keep soaring up. In a recent paper, researchers question the basic assumption of whether taking in more calories than you burn/really is the primary cause of obesity. They argue that the evidence actually points the other way: we are driven to overeat because we are getting fatter.

This may seem incredible, but consider the rapid adolescent growth. As their growth rate speeds up, teenagers may eat much more than they used to. Does this “overeating” cause the rapid growth? Or does the rapid growth make teens hungrier so they eat more? Clearly the latter, as adults won’t grow taller, no matter how much they eat. A few hours after eating a high-carb meal, the number of calories in the blood stream drops dramatically, so we get hungrier sooner. From this perspective, the difficulty resisting hunger that so many dieters have isn’t a sign of poor discipline, but rather a biological problem involving how our bodies distribute the calories we consume.

A low-calorie, low-fat diet further restricts an already limited supply of energy, worsening hunger without addressing the underlying tendency to store too many calories in body fat. Consequently, weight loss becomes a battle between mind and metabolism(新陈代谢) that most people will probably lose.

Although much more research will be needed to test this controversial idea, it is time to

question the basic assumptions about cause and effect, calories and weight gain that have dominated our thinking for decades.

32. What can be inferred from the first paragraph?

- A. It is extremely tough to deal with overweight.
- B. Eating less and moving more will make you lose weight.
- C. We are forced to eat more food because we are getting fatter.
- D. Taking in more calories than you burn is the main cause of obesity.

33. Why is it difficult for dieters to resist hunger according to the text?

- A. Because the dieters are fond of eating a high-carb meal.
- B. Because some of the dieters are weak in self-discipline.
- C. Because the number of calories in the blood drops dramatically.
- D. Because the case is more related to the distribution of calories taken in.

34. What can we learn about a low-calorie, low-fat diet according to Paragraph 3?

- A. It causes people to feel hungrier.
- B. It solves the tendency for too much fat.
- C. It provides the energy people need.
- D. It makes people lose their metabolism.

35. What is the author's attitude towards the cause and effect between calories and weight gain?

- A. Supportive.
- B. Doubtful.
- C. Objective.
- D. Indifferent.

第二节（共 5 小题；每小题 2 分，满分 10 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。

Speaking with people who are suffering is difficult. ____ 36 ____ Sometimes it's just difficult to know what to say. Words fail us. Here are some tips for talking about illness with loved ones.

____ 37 ____ Visit them, or if that's not possible, just call them. Don't worry if you weren't there in their exact hour of need. It's important to let them know you've been thinking of them and that you regret the delay.

Ask specific open questions. Your friend will no doubt have a routine response to "How are you feeling?" So steer away from routine politeness by asking specific open questions, such as, "So much has happened since we last spoke, tell me what's been going on with you." ____ 38 ____

Don't argue with them. You may indeed believe that drinking herb tea is a cure-all, or a friend of your friend might well have benefited from a dietary change. ____ 39 ____ Your friend is likely

exhausted and sensitive, so there is no need to contradict their lived experience. Let them lead the conversation about their health, which is a small concession that you should make.

Know how to assist them. If you've given them enough room to talk, you should have a wealth of information about how to help them. 40 Do they like being in the garden? Maybe you've been cutting your own lawn and could bring the mower round before you put it away.

- A. Reach out to your unwell loved one.
- B. Approach the situation in a gentle manner.
- C. But remember where you are and why you are there.
- D. People in pain can often be bad-tempered, distant or greatly in need.
- E. Your sick friend or relative is literally an expert in what it's like to live with sickness.
- F. Specific information such as diagnosis and symptoms is what they are willing to share.
- G. Make suggestions to your friends based on your close listening and knowledge of their history.

第三部分 语言知识运用(共两节, 满分 45 分)

第一节 完形填空 (共 20 小题; 每小题 1.5 分, 满分 30 分)

阅读下面短文, 从短文后各题所给的四个选项 (A、B、C 和 D) 中, 选出可以填入空白处的最佳选项, 并在答题卡上将该项涂黑。

While there isn't anything unique about an 8-year-old longing for a pet dog, the extremes to which Jenna Bates was willing to go make her unique.

"My dad really didn't want a dog, so I knew I had to do something super 41 to earn one," she said. Then Jenna 42 with a deal her father couldn't 43. She'd 44 sugar of all types for a year, and her parents would reward her strong 45 with a puppy dog.

"Oh, she'll never it," Mr. Bates said. He figured a day of watching her friends eat pizza would end any more about dogs.

After all, Jenna had never even 48 to read a food label before making this deal. 49 her affection for sweets, she started the deal with confidence.

As Jenna read the 50 on the food, she was 51 to learn most chips, ketchup, bread, and crackers had added sugar.

"Then I looked at my 52 meal, and then I looked at my normal lunch. I thought, 'What did I do?'" she said. "But then, I thought, 'I can do it for my dog!'" Then that kept 53 over and over.

Actually, she found herself 54 her new living way so completely that she had no plans to give it up.

Dad 55 brought forward his end of the 56 earlier this month. The family 57 for two hours to pick up their 58 member — Lucy, the golden doodle.

Jenna may not be sure how much longer she'll stay away from sugar, 59 she is sure about one thing—being a dog owner is even better than she'd 60.

- | | | | |
|----------------------|----------------|-----------------|----------------|
| 41. A. hard | B. simple | C. sharp | D. urgent |
| 42. A. caught up | B. put up | C. filled up | D. came up |
| 43. A. help | B. think | C. resist | D. regret |
| 44. A. miss | B. lose | C. link | D. quit |
| 45. A. will | B. strength | C. desire | D. purpose |
| 46. A. get | B. make | C. lose | D. bring |
| 47. A. conversations | B. options | C. sections | D. solutions |
| 48. A. agreed | B. bothered | C. aimed | D. intended |
| 49. A. In favor of | B. In terms of | C. In spite of | D. In honor of |
| 50. A. dates | B. names | C. labels | D. brands |
| 51. A. worried | B. pleased | C. thrilled | D. horrified |
| 52. A. expensive | B. healthy | C. delicious | D. entire |
| 53. A. remaining | B. reminding | C. repeating | D. reviewing |
| 54. A. expecting | B. embracing | C. evaluating | D. exploring |
| 55. A. frequently | B. cautiously | C. deliberately | D. officially |
| 56. A. bargain | B. problem | C. lesson | D. budget |
| 57. A. walked | B. chose | C. drove | D. separated |
| 58. A. oldest | B. newest | C. best | D. fastest |
| 59. A. but | B. so | C. or | D. and |
| 60. A. recommended | B. predicted | C. understood | D. imagined |

第二节 语法填空 (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。

Chengdu, the capital of Sichuan Province in China, is famous for its "abundance" for a long time. 61 (be) one of the most

destinations for tourists in China. For tourists like me, pandas are its top 63 (attract).

So it was a great honour to be invited to the non-profit Panda Base, 64 the ticket money helps pay for research. I was allowed to get up close to these 65 (adore) animals at the 600-acre centre. From tomorrow, I will be their UK ambassador. The title will be officially given to me at a ceremony in London. But I made a connection with pandas earlier, 66 (date) back to my days on a TV show in the mid-1980s, when I was the first Western TV reporter permitted 67 (film) a special unit caring for pandas rescued from starvation in the wild. My ambassadorial duties will include introducing British visitors 68 the 120-plus pandas at Chengdu and others at a research centre in the misty mountains of Bifengxia.

Chengdu is home to the rare giant panda and famous for 69 (it) gorgeous scenic spots and numerous historical sites. So if you want to see both the lovely pandas and the breathtaking scenery in one shot at the same time, you should visit Chengdu and enjoy 70 it could ever offer.

第四部分 写作（共两节，满分 35 分）

第一节 短文改错（共 10 小题；每小题 1 分，满分 10 分）

假定英语课上老师要求同桌之间交换修改作文，请你修改你同桌写的以下作文。文中共有 10 处语言错误，每句中最多有两处。每处错误仅涉及一个单词的增加、删除或修改。

增加：在缺词处加个漏字符号(Λ)，并在其下面写出该加的词。

删除：把多余的词用斜线(\)划掉。

修改：在错的词下划一横线，并在该词下面写出修改后的词。

注意：

1. 每处错误及其修改均仅限一词；
2. 只允许修改 10 处，多者(从第 11 处起)不计分。

Last Saturday, my grandparents invited us to their house in countryside to help harvest peanuts. We jumped for the invitation.

The next day, my parents and I had hardly reached the destination while we were greeted by a green peanuts field. I was so excited that I rolled up my sleeves immediate and set about dig peanuts. In the beginning, I was enthusiastic and energetic. However, after a while, my hands began to be ache and I was bathing in sweat. Grandma noticed my situation, but she reminded me to take a break before starting again.

Only then do I learn an important life lesson: harvest and comfort can not coexist.

第二节 书面表达（满分 25 分）

假设你是李华，你的英国笔友 John 对中国的传统节日非常感兴趣，清明节将至，他发来邮件询问有关清明节的信息，请你用英文给他回一封电子邮件，内容包括：

- 1.节日的时间；
- 2.节日的活动；
- 3.节日的意义。

注意：

- 1.词数 100 左右；
- 2.可以适当增加细节，以使行文连贯；
- 3.开头和结尾已给出，不计入总词数。

参考词汇：清明节 the Tomb-Sweeping Day

Dear John,

Best wishes!

Yours,
Li Hua