

绝密★启用前

## 2025 届高三第一学期 12 月质量检测

## 英 语

全卷满分 150 分, 考试时间 120 分钟。

## 注意事项:

1. 答题前, 先将自己的姓名、准考证号填写在试卷和答题卡上, 并将条形码粘贴在答题卡上的指定位置。
2. 请按题号顺序在答题卡上各题目的答题区域内作答, 写在试卷、草稿纸和答题卡上的非答题区域均无效。
3. 选择题用 2B 铅笔在答题卡上把所选答案的标号涂黑; 非选择题用黑色签字笔在答题卡上作答; 字体工整, 笔迹清楚。
4. 考试结束后, 请将试卷和答题卡一并上交。

## 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。

例: How much is the shirt?

A. £19.15.      B. £9.18.      C. £9.15.

答案是 C。

1. What is the probable relationship between the speakers?

A. Neighbours.      B. Workmates.      C. A couple.

2. What will Lucy do tomorrow?

A. Play cards.  
B. Go home by train.  
C. Celebrate her grandpa's birthday.

3. Where does the woman intend to go?

A. To a clothes store.      B. To a supermarket.      C. To Andy's home.

4. What does the man really want to buy?

A. An academic report.      B. Some pet food.      C. A copy of a book.

5. How much will the man pay in total?

A. \$3,000.      B. \$4,000.      C. \$5,000.

## 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. When does Joe get up in the morning?

A. At around 6:15 a.m.      B. At around 6:00 a.m.      C. At around 5:45 a.m.

7. What is Joe doing at 12:50 p.m.?

A. Attending a class.      B. Taking a test.      C. Having lunch.

听第 7 段材料,回答第 8 至 10 题。

8. What does the woman plan to use the car for?  
 A. Picking up her husband. B. Going to work. C. Travelling with parents.

9. What does the man think of electric cars?  
 A. They're energy efficient. B. They require more maintenance. C. They're cheaper.

10. Why does the man know a lot about cars?  
 A. He sells cars. B. He's a taxi driver. C. He is a fan of cars.

听第 8 段材料,回答第 11 至 13 题。

11. What does the latest AI technology mentioned in the conversation do?  
 A. Create complete music compositions. B. Copy specific artists perfectly. C. Replace human artists entirely.

12. How does the man feel about AI replacing artists' jobs?  
 A. He thinks AI will definitely replace them. B. He believes AI is more of a tool to assist artists. C. He is worried that AI will make artists outdated.

13. What does the man suggest people do regarding AI?  
 A. Rely only on AI for creative work. B. Learn to cooperate with AI for future success. C. Ignore AI and stick to traditional methods.

听第 9 段材料,回答第 14 至 17 题。

14. Where does the conversation probably take place?  
 A. In a school canteen. B. In a food store. C. In a restaurant.

15. How many children are there in the woman's family?  
 A. 10. B. 9. C. 8.

16. What does the woman's mother do?  
 A. A shop assistant. B. A teacher. C. A store owner.

17. What do we know about the woman's neighbours?  
 A. They are hard-working. B. They are warm-hearted. C. They are creative.

听第 10 段材料,回答第 18 至 20 题。

18. What is the first attraction mentioned in the tour?  
 A. Buckingham Palace. B. Big Ben Clock. C. Madame Tussauds.

19. What will the listeners do at the end of the tour?  
 A. Visit Buckingham Palace. B. Appreciate the Tower of London. C. Take a boat ride on the Thames.

20. What is the speaker mainly talking about?  
 A. A sightseeing schedule. B. The world-famous attractions. C. An appointment with the Queen.

## 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

#### Four Must-Read Books

##### *Eating Animals*

*Eating Animals* by Jonathan Safran Foer explores farming, vegetarianism, veganism, and food morality. It combines investigative reporting and memoir (回忆录) to examine meat consumption's implications (可能的影响). Rather than labeling meat-eating as "bad", Foer considers the broader context, including industrial farming and environmental

destruction. He doesn't aim to persuade readers but encourages them to question their dietary choices.

### *Braiding Sweetgrass*

*Braiding Sweetgrass*, by Indigenous author Robin Wall Kimmer, explores the relationship between humans and the land. As a member of the Citizen Potawatomi Nation, Kimmer connects her cultural and historical lessons with Western views on plants and animals. She aims to highlight their importance in our world and the wisdom we can gain from them. The book won the 2014 Sigurd F. Olson Nature Writing Award.

### *The Uninhabitable Earth*

*The Uninhabitable Earth*, by David Wallace Wells, offers a detailed examination of our treatment of the planet and the future consequences of our actions. The book argues that existing measures are inadequate to prevent the consequences of climate change. Wells reviews past disasters and forecasts the state of the Earth by 2100 if current trends continue, emphasizing a cruel reality with its opening line: "It is worse, much worse, than you think."

### *Silent Spring*

*Silent Spring*, written by Rachel Carson, is a creative environmental work credited with bringing the environmental movement into mainstream focus. The book highlights the harmful effects of pesticides (杀虫剂), particularly DDT, leading to its eventual ban in 1972. It promoted a significant shift in US pesticide policy and played a crucial role in the establishment of the Environmental Protection Agency (EPA).

21. What is the main theme of *Eating Animals*?

- A. The background of vegetarianism.
- B. The benefits of industrial farming.
- C. The limited choices of people's diets.
- D. The broader implications of meat consumption.

22. What can we know about *Silent Spring*?

- A. It explores the relationship between animals and plants.
- B. It contributes to a ban on the use of DDT.
- C. It focuses on personal health benefits of dietary changes.
- D. It won the 2014 Sigurd F. Olson Nature Writing Award.

23. What is the common feature of the four books?

- A. They promote specific dietary choices.
- B. They discuss the history of environmental laws.
- C. They raise awareness about environmental issues.
- D. They inspire readers to sustain their ways of living.

## B

As China's aging population continues to rise, a groundbreaking service has emerged that is significantly enhancing the quality of life for many elderly individuals: assisted bathing services. These services not only provide essential hygiene (卫生) care but also restore dignity to those who struggle with mobility issues.

Li Xinnian, an 80-year-old resident of Yonghua Xincheng residential community in Handan, Hebei province, is one such beneficiary. After suffering a stroke (中风) last year, he found it increasingly difficult to move and had not taken a proper bath since. Concerned about the risk of slipping and falling, his family used wet towels to help him clean himself. However, things changed when his daughter, Li Yingli, discovered a local company offering in-home bathing services.

At first, Li felt ashamed at the thought of being bathed by others, but after experiencing the first bath, he noticed a remarkable improvement. His skin became healthier, and even his eyes appeared brighter. Now, he looks forward to using the bathing service every month.

The company behind this innovative service was founded by Jia Yunfei, a 26-year-old businessman who previously volunteered at a nursing home. There, he noticed that many seniors went months without a bath because of mobility issues. Recognizing the business potential, Jia travelled extensively to learn about the industry and established Handan Shan'ende Home Care Services Co last year.

Despite initial challenges in recruiting (招聘) professionals for this new industry, Jia trained staff in over 30 nursing skills. After two months of intensive practical training, they officially started offering their services. Promotion through free trials helped build their reputation, leading to increased demand. Today, Jia's team serves more than 25 clients a month, with regular customers making up 35% of their customers.

Assisted bathing services have become increasingly popular across China, particularly in cities like Beijing and Taiyuan. As the demand grows, so does the need for standardized guidelines to ensure safe and healthy development of this vital industry.

24. How did Li Xinnian feel initially about the idea of being washed by others?

A. Excited.      B. Contented.      C. Embarrassed.      D. Astonished.

25. What motivated Jia Yunfei to start Handan Shan'ende Home Care Services Co?

A. The desire to provide free bathing services to the old.  
 B. The suffering of many seniors going months without a bath.  
 C. A gap in the market for luxury home care services.  
 D. The wish to earn money by using nursing skills.

26. What was the difficulty when Jia Yunfei started a business?

A. Training staff.      B. Hiring professionals.  
 C. Insufficient funding.      D. Little demand for the service.

27. What is the author's purpose in writing the text?

A. To introduce the rise of assisted bathing services in China.  
 B. To describe elderly individuals struggling with mobility issues.  
 C. To show potential businesses in the market of nursing home.  
 D. To explain how to restore dignity to the old unable to tend themselves.

C

From an early age, many of us are encouraged to apologize to those we have hurt. Phrases like "Say sorry to your brother" or "Apologize to your friend for taking her toy" are common. And this only continues as we get older. Musicians from John Lennon to Justin Bieber have written hit songs about the importance of saying sorry.

A recent research suggests that apologizing may benefit the person doing the apologizing, both mentally and physically. Researchers surveyed 235 students at a university in the US. The participants were asked to recall a recent experience where they wronged someone and felt regretful. They were then asked if they apologized and completed questions related to their self-forgiveness as well as their mental and physical health in the past week.

The study found that those who had offered an apology were more likely to have forgiven themselves. In turn, those who experienced self-forgiveness reported better mental health and better physical health. The physical health benefits seemed to be triggered (引起) at least in part by the mental health benefits. As one of the researchers, Jichan Kim of Liberty University, puts it, "If self-forgiveness helps you restore emotional well-being, then it is possible that you will also enjoy benefits in physical well-being."

This study supports other research finding that self-forgiving people have better mental and physical health. These other researchers suggest that forgiving yourself may help alleviate (减轻) negative emotions while increasing life satisfaction and contributing to better health. When we make mistakes in our relationships that are bound to occur, practising self-forgiveness can be an important way we can maintain our relationships while also protecting our own mental and physical health.

The current study is limited in that it cannot show cause and effect, but only that

apologies and self-forgiveness seem to go along with better mental and physical health. But it makes sense that it would be beneficial to accept ourselves more fully, despite our mistakes. As Kim suggests, “By self-forgiving, you are developing a view of yourself as imperfect yet with intrinsic(内在的) worth that no one can take away from you.”

28. What is the function of Paragraph 1?

- A. To stress the ways of apologizing.
- B. To set the stage for the study discussed.
- C. To describe the background of the study.
- D. To introduce the common social practice.

29. What is self-forgiveness probably associated with according to the study?

- A. More guilt and regret.
- B. Higher risks of depression.
- C. Increased anger and anxiety.
- D. Better sleep and less tiredness.

30. What is Jichan Kim's view on self-forgiveness?

- A. It should be avoided to maintain humility.
- B. It helps restore physical and mental well-being.
- C. It makes people overconfident about their beliefs.
- D. It is unnecessary for those who rarely make mistakes.

31. What can be the best title for the text?

- A. Is It Healthy to Forgive Yourself?
- B. What Should You Do When Wronged?
- C. Is It Important to Seek Apologies from Others?
- D. How Is Mental Health Improved Through Forgiveness?

D

In the early 2000s, scientists began developing self-healing materials that could repair internal damage all by themselves, which attract more and more research interest around the world.

The best-known self-healing materials have built-in microcapsules filled with a glue-like chemical that can repair damage. If the material cracks(破裂) inside, the capsules break open, the repair material comes out, and the crack seals(密封) up. It works in a similar way to a type of adhesive(胶粘剂) called epoxy, which is supplied in the form of two liquid polymers(聚合物) in separate containers. When you mix the liquids together, a chemical reaction occurs and a strong adhesive (a copolymer) forms.

Self-healing materials can use built-in capsules in a variety of different ways. The simplest approach is for the capsules to release an adhesive that simply fills the crack and sticks the material together. In a slightly different approach, the main body of the material is a solid polymer, while the capsules contain a liquid monomer(单体). When the material fails and the capsules break, the monomer mixes with the polymer, more polymerization occurs, and the damage is healed effectively by creating more of the original material to replace the damaged area.

Built-in healing agents are simple and effective, but they do have a drawback: interrupting the structure of the material with capsules can actually weaken it, potentially increasing the risk of failure—which is the very problem we’re trying to solve! Now the human body doesn’t fix damage this way, with quick makeshift repair materials waiting inside every bit of skin and bone in case we happen to cut ourselves or fall over. Instead, our body has an amazingly powerful vascular system (a network of blood vessels of different sizes) that transport blood and oxygen for energy and repair. If damage occurs, our blood system simply makes extra resources flow to the places where they’re needed, but only when they’re needed.

Materials scientists have been trying to design self-healing materials that work the same way.

32. How do the best-known self-healing materials repair damage?

- A. By mixing the material with liquid.
- B. By releasing adhesive from capsules.
- C. By adding extra layers of material.
- D. By applying heat to the cracked area.

33. What does Paragraph 3 mainly talk about?

- A. The different ways of healing damage using built-in capsules.
- B. Approaches of making built-in capsules.
- C. The creation of more original materials with liquid monomers.
- D. The process of discovering the damaged parts.

34. What is the disadvantage of built-in healing agents?

- A. They are often ineffective in repairing damage.
- B. They can weaken their own structure of adhesive.
- C. They definitely increase risks of failure at present.
- D. They may affect firmness of original materials.

35. Which can best describe how the human body repairs damage?

- A. Slow.
- B. Efficient.
- C. Challenging.
- D. Changeless.

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。

Bees may not be the most popular of insects, but it is clear that they play an important role in the health of our environment. Bees pollinate(授粉) plants. 36 But with bee populations facing a number of threats, how can we save the bees?

There are a lot of things that you can do to help save the bees. 37 Just make a commitment to help the planet and save the bees by trying one of these bee-friendly ideas.

#### Plant Something

Plant a tree, a flower, or a vegetable garden. Set up a window box or planter in your backyard. Just plant something. The more plants there are, the more bees will find food and a stable habitat. 38

#### Cut the Chemicals

It's possible that our addiction to pesticides is what is causing the world's bee populations to decline. You can reduce the amounts of chemicals that enter the environment by doing two things: Purchase organic produce whenever possible and limit your own backyard use of herbicides and insecticides, especially when plants are in bloom and bees are foraging.

#### Build a Bee Box

39 Some bees nest in wood or mud, while others make their homes on the ground. Learn more about how to build a simple bee box for the pollinators in your neighbourhood.

#### Register

If you do have good pollinator habitat in your community, register your space as part of the SHARE map. 40 You can also access planting guides, featured habitats, and more information about the threats facing the world's bees.

- A. Pollinating plants are best.
- B. Bee populations are on the decline.
- C. You don't have to be a beekeeper to do it.
- D. This is a collection of pollinator habitats from all over the world.
- E. Different types of bees need different types of habitats to survive.
- F. Without them, we wouldn't have flowers or many of the foods we eat.
- G. Stay involved in bee issues by learning about the environmental stresses.

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 四个选项中选出可以填入空白处的最佳选项。

Nobody likes to be in the hospital. It's just not that much fun, especially if the stay is a(n) 41 one. Three window washers 42 the challenge of bringing smiles to every patient's face at Le Bonheur Children's Hospital in Memphis, Tennessee.

News quickly 43 that there were superheroes descending (下降) outside the building, and adults and children alike gathered to 44 for Spider-Man or Captain America to appear. The three men 45 for the thrilling (激动人心的) surprise were Steve Oszaniec, his son Danny Oszaniec, and Jordan Emerson, who are all 46 by the commercial window cleaning firm American National Skyline. Two were dressed in Spider-Man outfits and one 47 the Captain America costume.

The men spent four hours 48 windows and spraying (喷) silly string at the kids, who, for a brief while, were able to forget about their 49 and just enjoy themselves. According to hospital spokeswoman Sara Burnett, this kind of distraction therapy really assists kids to 50 because they are able to get their minds off the 51. Oszaniec recalled, "We just went there, put the costumes on and went up. The 52 staff brought a lot of the kids to the little family room there so they could see us. It was 53. They just totally forgot they were sick for a minute. They were just 54 about it."

This heartwarming story serves as a 55 that sometimes, real-life superheroes don't wear capes (披肩)—they simply bring joy and hope to those who need it most.

41. A. overnight	B. comfortable	C. lengthy	D. temporary
42. A. dealt with	B. took on	C. thought of	D. got through
43. A. spread	B. broke	C. emerged	D. followed
44. A. care	B. call	C. hunt	D. wait
45. A. anxious	B. suitable	C. responsible	D. famous
46. A. employed	B. monitored	C. inspected	D. protected
47. A. made	B. wore	C. hired	D. loved
48. A. opening	B. climbing	C. cleaning	D. visiting
49. A. courage	B. patience	C. trouble	D. cure
50. A. heal	B. play	C. start	D. change
51. A. record	B. pain	C. regret	D. stress
52. A. library	B. school	C. nursery	D. hospital
53. A. uncontrollable	B. unstoppable	C. unbelievable	D. unreasonable
54. A. crazy	B. worried	C. puzzled	D. serious
55. A. dream	B. reminder	C. task	D. wish

## 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。

Children from the Soong Ching Ling Peace Angel Art Troupe recently had the opportunity to perform for distinguished guests from Africa at the Great Hall of the People.

Preparing for this performance gave the troupe members 56 (value) insights into African cultures. "I could feel the 57 (eager) of every member to seize this opportunity. The teachers introduced us to African songs and instruments, 58 (open) a window to understanding African cultures," said Liu Shenhe, a member of the troupe.

Zhang Haoyang, 59 is a member of the art troupe's percussion (打击乐器) group, enjoys the art of performing percussion and over the years, his teachers 60 (introduce) him to various percussion instruments while teaching him about the musical expressions of different countries.

His curiosity about African traditional culture 61 (fire) while learning to play the djembe, a drum from West Africa. Zhang said that having the chance to play the djembe 62 such an occasion to welcome honoured guests from afar made him nervous but also motivated him 63 (display) the spirit of Chinese youth in the new era.

These energetic children, with their talent 64 enthusiasm, demonstrated the warmth of Chinese youth to the world, showing that the friendship between China and African countries will grow 65 (deep) and stronger in the future.

**第四部分 写作(共两节,满分 40 分)****第一节 (满分 15 分)**

假定你是李华,上周五你和英国朋友 David 一同参加了你校举办的学习中国画的活动。请你给加拿大笔友 Jim 写一封电子邮件分享这次经历。内容包括:

1. 活动内容;
2. 你的收获和感想。

注意:

1. 写作词数应为 80 左右;
2. 请按如下格式在答题卡的相应位置作答。

Dear Jim,

Yours sincerely,  
Li Hua

**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。

Monet van Deventer is a high school teacher from Cape Town, South Africa. One bright afternoon, she was on a routine drive when she found her fuel gauge(油表) showed she was low on fuel. Therefore, she drove to the nearest gas station to refuel her car. Little did she know, a simple oversight would turn into an extraordinary encounter.

As she pulled into the gas station, she reached for her wallet to pay, only to discover it was missing. She hadn't realized until then that she had no cash or cards with her. Panic set in as she looked at the red warning light on her fuel gauge, knowing that driving off with an empty tank was unsafe.

Nkosikho Mbele, the gas station attendant, noticed her concern immediately. Out of professional habit, he approached her car to wash her windows. Monet, still in a state of anxiety, tried to stop him. "I'm really sorry," she said, "but I've forgotten my card. I can't pay for the fuel or the window cleaning."

Nkosikho knew that Monet couldn't drive far with such low fuel. "Madam, you can't be on the road with an empty tank," he said. "I'll cover the cost for your fuel," he offered. "It's only about 100 rands (around seven dollars) and whenever you are near again, you can just give me back my R100."

At that moment, she didn't have time to think, and before she knew it, Nkosikho was already filling up her tank. The gesture was especially remarkable, considering that Nkosikho earned a minimum wage, and 100 rands was nearly a full day's pay for him. Yet, he didn't hesitate, even though he knew there was no guarantee he'd see that money again.

Monet expressed her deep gratitude and drove away from the gas station.

注意:

1. 续写词数应为 150 左右;
2. 请按如下格式在答题卡的相应位置作答。

A few days later, Monet returned to the gas station.

But the story didn't end there.