

扶沟高中 2019-2020 学年度下期高一第一次质量检测题

英语试卷

第一部分 听力 (略)

第二部分 阅读理解 (共两节, 满分 42.5 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 A、B、C 和 D 四个选项中, 选出最佳选项, 并在答题卡上将该项涂黑。

A

Festival of Light, Longleat Safari Park, Wiltshire

Longleat is celebrating its 50th anniversary this year. Giant lanterns take the shape of some of the park's animals, and there are also lots of characters in Beatrix Potter's book, such as Peter Rabbit, Jemima Puddle-Duck, Squirrel Nutkin, to mark the 150th anniversary of the author's birth. There is also a 20-metre-high birthday cake.

- £27. 85, adult/£20.65, child/under-threes, free.
- 15 Dec. to 2 Jan.

Festival of Light, Enchanted Park, Gateshead

Enchanted Park is an interactive (交互的) walk through Saltwell Park, just south of the town centre, along a trail of light with performances and sculptures. The story being told is a Midwinter Night's Tale, inspired by the 400th anniversary of William Shakespeare's death. Visitors can join stories and songs with Santa, and attend decorating workshops.

- £8, adult/£2, child/under-fours, free.
- 11--27 Dec.

Christmas Glow, RHS Wisley, Surrey

The garden is glowing with giant lighted flowers. Some of the trees are brilliant, too. The glasshouse is decorated like a gingerbread house, and displays seasonal plants. There are lanterns around the lake. The cafe serves hot chocolate and apple juice.

- £9.90, adult/£3.60, child/28, family.
- 20 Dec. to 2 Jan.

Christmas at Kew Gardens, London

Kew is a special place to visit at any time of the day or year, but the festive light show gives it a magical twist, as the mile-long trail through the garden is decorated with 60,000 lights. Some of the garden's oldest and tallest trees are also beautifully lit along the way.

- £16, adult/£10, child/under-fours, free.
- 24 Dec. to 2 Jan.

- C. helpful but careless D. kind but shy
26. In recognition of his brave action, Aaron _____.
- A. was rewarded a mobile phone by his mum
B. got the great name of Superman
C. received a bravery badge from his nursery
D. was given a lot of money as pocket money
27. What's the main purpose of the passage?
- A. To tell us an interesting story.
B. To call on us to learn from the boy.
C. To describe a little boy's super deeds.
D. To show how lucky the woman was.

C

Many facts suggest that children are overweight and the situation is getting worse, according to the doctors. I feel there are a number of reasons for this.

Some people blame the fact that we are surrounded by shops selling unhealthy, fatty foods, such as fried chicken and ice cream, at low prices. This has turned out a whole generation of grown-ups who seldom cook a meal for themselves. If there were fewer of these restaurants, then probably children would buy less take-away food.

There is another argument that blames parents for allowing their children to become overweight. I agree with this, because good eating habits begin early in life, long before children start to visit fast food shops. If children are given fried chicken and chocolate rather than healthy food, or are always allowed to choose what they eat, they will go for sweet and salty foods every time, and this will carry on throughout their lives.

There is a third reason for this situation. Children these days take very little exercise. They do not walk to school. When they get home, they sit in front of the television or their computers and play computer games. Not only is this an unhealthy pastime (消遣), it also gives them time to eat more unhealthy food. What they need is to go outside and play active games or sports.

The above are the main reasons for this problem, and therefore we have to encourage young people to be more active, as well as steering them away from fast food shops and bad eating habits.

28. According to the text, what kind of children may eat more unhealthy food? ____
- A. Those who often do sports. B. Those who often watch television.
C. Those who often have meals at home. D. Those who often walk to school.
29. The author thinks that children are becoming overweight because _____.
- A. they can't choose what to eat

35. Which of the following CAN'T you do in order to deal with autumn blues?

- A. Eat more food very low in calories and sugar.
- B. Take outdoor activities or sports.
- C. Keep the balance of nerves that transmit information.
- D. Reset the biological clock regulating mood, sleep and hormones.

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，并在答题卡上将该项涂黑。选项中有两项为多余选项。

Once you've decided what's really important to you, you still need some practical suggestions to help you organize your time more efficiently. The following five time management tips will be very helpful for you.

Never do everything at a time. 36 For other activities that simply need to be done, you'd better see if you can spend less time on them. It may be possible to put some of these off for days, or even weeks, while you focus on the things that really matter.

37 The greater control you have over a goal, the greater your chance of reaching it is. For example, you need to have more control over increasing your skills at a certain job than over becoming president of your company.

Keep track of your time. 38 How much time is being lost on unimportant activities? Where do most of your interruptions come from? Do they occur during certain time periods or on specific days of the week? Once you have this information, it will be easier for you to arrange your time next time.

Expect the unexpected. You need make plans in your life. 39 And allow for the unexpected. If you need to be somewhere and you think you can make it in 15 minutes, allow 25. Leave some blocks of time throughout the day unscheduled so that you have a buffer (缓冲) against the unexpected.

Take periodic breaks. I use applied focus sessions in which I do 45 minutes of focused effort, followed by 15 minutes of something else. After 45 minutes, our ability to focus begins to become weak. 40 This is often when my best ideas come to mind and I end up feeling re-energized and ready to make things happen.

- A. Set realistic goals.
- B. However, don't make yourself too busy.
- C. You'll never know until you give them a try.
- D. Focus on activities that bring important results.
- E. I like to do my most challenging tasks early in the day.
- F. I use those 15 minutes for walking around, getting a drink, and so on.

G. Find out where your time is going and try to keep a time journal for a week.

第三部分 英语知识运用（共两节，满分 52.5 分）

第一节 完形填空（共 20 小题；每小题 2 分，满分 40 分）

阅读下面短文，从短文后各题所给的A、B、C和D四个选项中，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。

One minute means a lot in one's life.

During his college years, Rogers 41 a summer in an Idaho logging camp (伐木场). When the boss had to leave for a few days, he put Rogers in charge.

" 42 if the men refuse to follow my orders?" Rogers asked. He thought of Tony, an immigrant worker who 43 all day, giving the other men a 44 time.

"Fire them," the boss said. Then, as if 45 Rogers' mind, he added, "I suppose you think you are going to fire Tony if you get the 46. I'd feel 47 about that. I have been logging for 40 years. Tony is the most 48 worker I've ever had. I know he is a troublemaker and that he 49 everybody and everything. But he comes in first and leaves last. There has not been an 50 for eight years on the hill where he works."

Rogers took over the next day. He went to Tony and spoke to him. "Tony, do you know I'm in charge here today?" Tony grunted (嘟囔). "I was going to fire you the first time we tangled (纠缠), 51 I want you to know I'm not," he told Tony, 52 what the boss had said.

When Rogers finished, Tony 53 the spadeful (铲子) of sand he had held and tears streamed 54 his face.

That day Tony worked harder than ever before.

Twelve years later Rogers met Tony again who was now the 55 for railroad construction for one of the largest logging companies in the West. Rogers asked him how he came to California and happened to have such 56.

Tony replied, "If it hadn't been for the one 57 you talked to me back in Idaho, I would have killed somebody someday. One minute 58 my whole life."

Effective managers know the 59 of taking a moment to point out what a worker is doing well. But what a 60 a minute of yes can make in any relationship!

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|--------------------|---------------|------------|-------------|
| 41. A. wasted | B. spent | C. trained | D. traveled |
| 42. A. What | B. How | C. Why | D. Who |
| 43. A. troubled | B. helped | C. smiled | D. spoke |
| 44. A. easy | B. surprising | C. happy | D. hard |
| 45. A. recognizing | B. having | C. bearing | D. reading |
| 46. A. chance | B. order | C. support | D. evidence |
| 47. A. proud | B. bad | C. ugly | D. well |

- | | | | |
|--------------------|--------------|----------------|---------------|
| 48. A. quarrelsome | B. elegant | C. reliable | D. silent |
| 49. A. respects | B. protects | C. hurts | D. hates |
| 50. A. accident | B. chance | C. opportunity | D. argument |
| 51. A. and | B. or | C. besides | D. but |
| 52. A. lying | B. adding | C. smiling | D. replying |
| 53. A. threw | B. dropped | C. carried | D. lifted |
| 54. A. through | B. on | C. down | D. in |
| 55. A. boss | B. worker | C. driver | D. immigrant |
| 56. A. railroad | B. companies | C. life | D. success |
| 57. A. word | B. thing | C. minute | D. lesson |
| 58. A. saved | B. changed | C. colored | D. lost |
| 59. A. importance | B. method | C. result | D. influence |
| 60. A. choice | B. decision | C. difference | D. conclusion |

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

根据短文内容，从短文后的七个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。

If you are already making the time to exercise, it is good indeed! With such busy lives, it can be hard to try and find the time to work out. 61 Working out in the morning provides additional benefits beyond being physically fit.

- Your productivity is improved. Exercising makes you more awake and ready to handle whatever is ahead of you for the day. 62

- Your metabolism (新陈代谢) gets a head start. 63 If you work out in the mornings, then you will be getting the calorie (卡路里) burning benefits for the whole day, not in your sleep.

- 64 Studies found that people who woke up early for exercise slept better than those who exercised in the evening. Exercise energizes you, so it is more difficult to relax and have a peaceful sleep when you are very excited.

- 65 If you work out bright and early in the morning, you will be more likely to stick to healthy food choices throughout the day. Who would want to ruin their good workout by eating junk food? You will want to continue to focus on positive choices.

There are a lot of benefits to working out, especially in the mornings. Set your alarm clock an hour early and push yourself to work out! You will feel energized all day long.

A. You will stick to your diet.

- B. Your quality of sleep improves.
- C. You prefer healthy food to fast food.
- D. There is no reason you should exercise in the morning.
- E. You can keep your head clear for 4-10 hours after exercise.
- F. After you exercise, you continue to burn calories throughout the day.
- G. If you are planning to do exercise regularly, or you're doing it now, then listen up!

第四部分 写作(共一节, 满分 25 分)

书面表达 (满分 25 分)

2022 年北京张家口冬奥会将如期在北京和张家口举行。为了确保冬奥会圆满成功, 组委会发起了志愿者招募活动。假定你是学生李华, 希望能成为其中一员。请按要求用英文给组委会写一封申请信, 内容包括:

- 1. 个人情况;
- 2. 自身优势;
- 3. 服务承诺。

注意: 1. 词数 100 左右;

2. 可以适当增加细节, 以使行文连贯;

3. 开头和结尾已为你写好, 不计入总词数。

参考词汇: 2022 北京张家口冬奥会 2022 Beijing-Zhangjiakou Winter Olympic Games

Dear Sir/ Madam,

My name is Li Hua. _____

Thank you!

Yours faithfully,

Li Hua