

Cooking or baking has become a common cure for stress or feeling down, but there might actually be some science behind it. A study conducted by researchers followed 658 people for two weeks and found that a little creativity each day can go a long way towards happiness and satisfaction in daily life.

“There is growing recognition in psychology research that creativity is associated with emotional functioning,” Tamlin Conner, lead author on the study, explained. “However, most of this work focuses on how emotions benefit or prevent creativity, not whether creativity benefits or hampers (妨碍) emotional well-being.” By following detailed diaries kept by the study subjects, Conner found that in addition to feeling happier, people who worked on little creative projects every day also felt they were “flourishing”—a psychological term that describes the feeling of personal growth.

This isn’t the first time researchers have drawn a line connecting making food with positive feelings. In recent years, psychologists have started spending more time exploring cooking and baking as a therapeutic (治疗的) tool to help people dealing with things like depression and anxiety.

“When I’m in the kitchen, measuring the amount of sugar or butter I need for a recipe—I am in control,” baker John Whaite, who won “The Great British Bake Off” in 2012, told BBC.

For people like Whaite, who is suffering from manic depression, baking can help their mood by providing small tasks to focus on in a manner similar to meditation (冥想). In order to put together a good meal, cooks have to be constantly in the moment, adding ingredients, adjusting the heat of the stove and tasting their food—all of which can be helpful techniques in treating some forms of mental illness.

“A lot of us turn to baking when we’re feeling low.” Melanie Denyer, the founder of the Depressed Cake Shop, a bakery designed to draw awareness to mental health conditions, says. “Some of us even started baking because they were ill and needed something simple as a focus. And there is genuinely something very therapeutic about baking.”

Baking may not be a be-all and end-all cure for mental illness, but anyone in need of lifted spirits should consider pulling out the flour and warming up the oven.

8. What is the focus of most psychology research on creativity and emotions?

- A. The benefits of creative projects on emotions.
- B. The impacts of emotion on creativity.
- C. The harm of creativity to emotional well-being.
- D. The effects of creativity on emotional well-being.

9. Why do some psychologists explore cooking as a therapeutic tool?

- A. To provide an alternative form of meditation.
- B. To promote healthy and balanced eating habits.
- C. To assist individuals in handling mental problems.
- D. To help people with serious physical illnesses.

10. How did John Whaite benefit from baking?

- A. It won him “The Great British Bake Off”.
- B. It helped him gain a sense of control.
- C. It cured his depression through meditation.
- D. It enabled him to become more creative.

11. What is the main idea of the passage?

- A. Cooking and baking are creative activities.
- B. Baking is a complete cure for mental illness.
- C. Small creative tasks lead to improved emotional well-being.
- D. Following recipes leads to personal growth in creativity.

【答案】8. B 9. C 10. B 11. C

【导语】这是一篇说明文。文章说明了一些创造性任务比如烹饪和烘焙有益于心理问题的治疗。

【8题详解】细节理解题。根据第二段中“However, most of this work focuses on how emotions benefit or prevent creativity, not whether creativity benefits or hampers emotional well-being.(然而,大部分的研究都集中在情绪如何促进或阻碍创造力,而不是创造力是否有利于或阻碍情绪健康。)”可知,大多数关于创造力和情感的心理学的重点是情绪对创造力的影响。故选B项。

【9题详解】细节理解题。根据第三段中“In recent years, psychologists have started spending more time exploring cooking and baking as a therapeutic tool to help people dealing with things like depression and anxiety.(近年来,心理学家开始花更多的时间探索烹饪和烘焙作为一种治疗工具来帮助人们处理抑郁和焦虑等问题。)”可知,一些心理学家探索烹饪作为一种治疗工具是为了帮助个人处理心理问题。故选C项。

【10题详解】推理判断题。根据第四段中“When I’m in the kitchen, measuring the amount of sugar or butter I need for a recipe—I am in control.(当我在厨房里时,测量一份食谱所需的糖或黄油的量时,我可以控制。)”可知,烘焙帮助他获得了一种控制感。故选B项。

【11题详解】主旨大意题。根据第二段中“Conner found that in addition to feeling happier, people who worked on little creative projects every day also felt they were ‘flourishing’—a psychological term that describes the feeling of personal growth.(Conner发现,每天从事一些创造性小项目的人除了感到更快乐之外,还觉得自己‘蓬勃发展’——这是一个描述个人成长感觉的心理学术语)”和第五段中“For people like Whaite, who is suffering from manic depression, baking can help their mood by providing small tasks to focus on in a manner similar to meditation.(对于像怀特这样患有躁狂抑郁症的

人来说,烘焙可以像冥想一样让他们专注于一些小事情,从而改善他们的情绪。)”可知,本文主要讲述了小的创造性任务可以改善情绪健康。故选 C 项。

D

For many consumers, low prices are often equal to cheap products. While everyone loves a good bargain (特价商品), low prices can harm how your product is viewed. Instead of getting a great deal, customers often believe that you get what you pay for. Though everyday low-pricing strategies can work for some companies, they're not always the best idea for certain lines of business.

Consumer perceptions play a significant role in strategic pricing. Despite all the promotions surrounding great deals, it turns out that cheaper isn't always better. Research from Vanderbilt University suggests that low prices can **backfire** because consumers sometimes see them as signs of low-quality products. However, researchers also found that consumers sometimes see low prices as simply good deals. Shoppers' perceptions depend on what they're thinking about when deciding whether or not to buy a product.

If consumers come across a low-priced product or service, they may see it as either a good deal or not worth their time and money. How consumers think about price is just as important as the actual price itself.

Consumers rarely have complete information and use various strategies to fill gaps in their knowledge when considering products. One strategy involves using naive theories: informal explanations used by consumers to make sense of their environment. A consumer may perceive an upscale (高档的) company's prices are too high or assume discount retailers' (零售店) products are inferior (次的) due to its reputation being associated with lower quality items than other stores selling similar goods.

Companies can influence how customers feel about their low prices by conducting market research and improving marketing strategies focused on highlighting product quality rather than just value alone which tends towards making people rate cheaper products more favorably. When companies focus on the product quality in marketing materials, consumers look more favorably upon more expensive products. However, when companies focus on value, consumers rate cheap products more favorably.

Businesses can also identify their customer base and narrow their marketing efforts to become perceived as a specialist. This leaves customers less likely to question pricing strategies because they trust that the company knows what it's doing and has done its research into what works best for them.

12. What does research from Vanderbilt University suggest?

- A. Strategic pricing determines shoppers' perceptions.
- B. Promotions are linked with high-quality products.
- C. Consumers only see low prices as a real bargain.
- D. Consumers' perceptions of low prices vary greatly.

13. What does the underline word "backfire" mean in Paragraph 2?

- A. Produce an opposite result.
 - B. Cause a serious explosion.
 - C. Meet people's expectations.
 - D. Have a positive effect.
14. How can companies influence consumers' feelings about their low prices?
- A. By emphasizing product quality.
 - B. By targeting a wider audience.
 - C. By offering more promotions.
 - D. By lowering prices even further.

15. What is the best title of this article?

- A. Low prices are always a good thing for businesses
- B. Low prices can sometimes scare off customers
- C. Companies should focus on value rather than quality
- D. Companies should ignore consumers' perceptions of price

【答案】12. D 13. A 14. A 15. B

【导语】本文是一篇说明文。文章介绍了虽然消费者喜欢特价商品,但是低价会损害消费者对于产品的看法,从而影响购买情况,对此公司会采取相应的营销策略来影响消费者对产品的看法。

【12 题详解】推理判断题。根据第二段中“Research from Vanderbilt University suggests that low prices can **backfire** because consumers sometimes see them as signs of low-quality products. However, researchers also found that consumers sometimes see low prices as simply good deals. (范德比尔特大学的研究表明,低价可能会……因为消费者有时会将其视为低质量产品的标志。然而,研究人员也发现,消费者有时会把低价看作是划算的交易)”可知,范德比尔特大学的研究显示消费者有时会把低价看作低质量,有时会把低价看作划算,这是两种差异很大的看法。由此可知,该研究表明消费者对低价的看法差别很大。故选 D 项。

【13 题详解】词义猜测题。根据第二段中“Despite all the promotions surrounding great deals, it turns out that cheaper isn't always better. Research from Vanderbilt University suggests that low prices can **backfire** because consumers sometimes see them as signs of low-quality products. (尽管有各种促销活动,但事实证明,便宜并不总是更好。范德比尔特大学的研究表明,低价可能会……因为消费者有时会将其视为低质量产品的标志)”可知,低价促销不一定得到好的结果,因为消费者有时会把低价看作低质量。由此推知,backfire 意思是“产生相反的结果,适得其反”。故选 A 项。

【14 题详解】细节理解题。根据倒数第二段中“Companies can influence how customers feel about their low prices by conducting market research and improving marketing strategies focused on highlighting product quality rather than just value alone which tends towards making people rate cheaper products more favorably. (公司可以通过进行市场调查和改进营销策略来影响消费者对其低价产品的感受,这些营销策略侧重于强调产品质量,而不仅仅是价值,这往往会让人们更青睐便宜的产品)”可知,公司会通过强调产品质量来影响消费者对于低价的感受。故选 A 项。

【15 题详解】主旨大意题。通读全文可知，文章介绍了虽然消费者喜欢特价商品，但是低价会损害消费者对于产品的看法，从而影响购买情况，对此公司会采取相应的营销策略来影响消费者对产品的看法。因此，B 项“低价有时会吓跑顾客”符合文章大意，适合作为标题。故选 B 项。

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。

Users should reduce their screen time

According to the researchers from National Center for Biotechnology Information (NCBI), long and consistent use of social media can lead to depression, stress, and anxiety among users of all ages. ____16____ This effect is driven by a constant urge to check and interact with the content on these platforms.

However, if you reduce the time you spend on your phone every day, you can spare a few more hours for outdoor activity. ____17____ Reducing your screen time also allows you to develop better in-person relationships. Positive social interactions release mood-boosting neurochemicals that promote overall happiness.

Here are a few tips to reduce your screen time:

Set limits. Many mobile devices and apps can record the amount of time you spend on your device. You might decide you only want to spend three hours online each day. From there, you can track your time to ensure you don't go beyond the limit.

Remove distractions (使人分心的事物). Whenever you're working on something else, try placing your phone in another room or closing your laptop. ____18____ You might also be less likely to conduct an Internet search that turns into an extended browsing (浏览) session.

____19____ Accessing the Internet takes seconds, which can easily become a convenient habit. However, making specific plans to see friends or go outside can help you deliberately break away from the screen.

Create a habit. ____20____ For example, instead of grabbing your phone first thing in the morning, leave a pen and paper beside your bed and spend a few minutes journaling when you wake up. This way, you can train your brain to enjoy alternative forms of happiness and lessen the urge to log on to social media immediately.

A. Plan activities.

B. Develop friendships.

C. The process takes continuous effort.

D. Many users even experience social media addiction.

E. It means reminding yourself of other sources of entertainment.

F. Research shows many positive effects, such as lower blood pressure and stress.

G. This way, you will have less desire to pick up your phone each time the screen lights up.

【答案】16. D 17. F 18. G 19. A 20. E

【导语】这是一篇说明文。文章介绍了一些减少看屏幕时间的一些建议。

【16 题详解】上文“According to the researchers from National Center for Biotechnology Information (NCBI), long and consistent use of social media can lead to depression, stress, and anxiety among users of all ages. (据美国国家生物技术信息中心 (NCBI) 的研究人员称，长期使用社交媒体会导致所有年龄段用户的抑郁、压力和焦虑。)”说明长期使用社交媒体对身体不利，选项 D “许多用户甚至对社交媒体上瘾。”承接上文，继续说明社交媒体的不利因素。D

【17 题详解】上文“However, if you reduce the time you spend on your phone every day, you can spare a few more hours for outdoor activity. (然而，如果你每天减少花在手机上的时间，你就可以多抽出几个小时进行户外活动。)”说明如果少看手机，就可以多进行户外活动，选项 F “研究显示了许多积极的影响，比如降低血压和压力。”承接上文，和上文存在因果关系，是户外活动的结果。故选 F 项。

【18 题详解】上文“Remove distractions (使人分心的事物). Whenever you're working on something else, try placing your phone in another room or closing your laptop. (当你在做其他事情的时候，试着把你的手机放在另一个房间或者关上你的笔记本电脑。)”建议把手机或电脑放在另一个房间，选项 G “这样，每次屏幕亮起的时候，你就不会那么想拿起手机了。”承接上文，和上文存在因果关系，是手机电脑不在身边的结果。故选 G 项。

【19 题详解】下文“However, making specific plans to see friends or go outside can help you deliberately break away from the screen. (然而，制定具体的计划去见朋友或外出可以帮助你有意地摆脱屏幕。)”说明计划活动有帮助，选项 A “计划活动。”概括本段主题，给出计划活动的建议。故选 A 项。

【20 题详解】上文“Create a habit. (养成习惯。)”和下文“For example, instead of grabbing your phone first thing in the morning, leave a pen and paper beside your bed and spend a few minutes journaling when you wake up. (例如，早上起床第一件事不是拿起手机，而是在床边放一支笔和一张纸，醒来后花几分钟写日记。)”建议使用其他的娱乐形式代替手机，并养成习惯，选项 E “这意味着提醒自己其他的娱乐来源。”承上启下，建议使用其他娱乐来源。故选 E 项。

第三部分语言运用(共两节，满分 30 分)

Recently an old friend reached out to me to ask about the success I've had in my life and how I achieved it. He has similar goals as me: get in shape, get into ____21____ more seriously, and be fluent in Japanese.

____22____ I haven't entirely achieved my long term goals yet in any of these 3 categories, he's seen that I've made some ____23____ on my journey to achieving these goals and wanted my ____24____.

We had a nice hour and a half ____25____ on the phone about this and it seemed that he was pretty ____26____ in the end. A week went by and he told me that he signed up for a personal fitness trainer, is studying music theory, and ____27____ me video clips (片段) of him studying Japanese. He's posting ____28____ on social media about all of the progress he's making. He's doing great!

I'll have to let him know that progress isn't linear (直线的) and that he'll eventually hit some bumps (凸块) in the _____ 29 _____, but I will help him out when that bump _____ 30 _____.

I'm grateful for him giving me the _____ 31 _____ to give him advice, and I'm glad to see that he's investing the time and money to _____ 32 _____ his life. He even posted about how thrilled he is with all the recent _____ 33 _____ in his life.

Even if you're still not where you want to be, there are a lot of people out there who want what you have and who are impressed with how far you've come. It's good to _____ 34 _____ how far you've come, be proud of yourself, and recognize how much you can help others _____ 35 _____ the same.

- | | | | |
|--------------------|----------------|---------------|-------------------|
| 21. A. trouble | B. labor | C. music | D. science |
| 22. A. Though | B. If | C. Since | D. Unless |
| 23. A. sense | B. money | C. prediction | D. progress |
| 24. A. policy | B. advice | C. warning | D. congratulation |
| 25. A. negotiation | B. debate | C. chat | D. argument |
| 26. A. annoyed | B. offended | C. shocked | D. motivated |
| 27. A. left | B. owed | C. fetched | D. sent |
| 28. A. permanently | B. temporarily | C. regularly | D. suddenly |
| 29. A. road | B. game | C. mirror | D. campaign |
| 30. A. flies | B. comes | C. ends | D. stops |
| 31. A. opportunity | B. right | C. freedom | D. ability |
| 32. A. share | B. improve | C. affect | D. protect |
| 33. A. risks | B. purposes | C. examples | D. changes |
| 34. A. describe | B. suggest | C. realize | D. decide |
| 35. A. record | B. achieve | C. explain | D. announce |

【答案】21. C 22. A 23. D 24. B 25. C 26. D 27. D 28. C 29. A 30. B 31. A 32. B
33. D 34. C 35. B

【导语】这是一篇夹叙夹议文。作者通过和朋友分享自己的成功经验表达了帮助别人进步所产生的快乐。

【21题详解】考查名词词义辨析。句意：他和我有相似的目标：保持身材，更认真地接触音乐，流利地说日语。A. trouble 麻烦；B. labor 劳动；C. music 音乐；D. science 科学。根据后文“studying music theory”可知，他们都想接触音乐。C

【22题详解】考查连词词义辨析。句意：虽然我还没有完全实现这三个方面的长期目标，但他看到我在实现这些目标的过程中取得了一些进步，并想要我的建议。A. Though 虽然；B. If 如果；C. Since 自从；D. Unless 除非。后文“he's seen that I've made some _____ 3 _____ on my journey to achieving these goals and wanted my _____ 4 _____.”和“I haven't entirely achieved my long term goals yet in any of these 3 categories,”之间是转折关系。故选A项。

【23题详解】考查名词词义辨析。句意：虽然我还没有完全实现这三个方面的长期目标，但他看到我在实现这些目标的过程中取得了一些进步，并想要我的建议。A. sense 感觉；B. money 钱；C. prediction 预测；D. progress 进步。根据语境和后文“to achieving these goals”可知，虽然作者没有完全达到目标，但取得了进步。故选D项。

【24题详解】考查名词词义辨析。句意：虽然我还没有完全实现这三个方面的长期目标，但他看到我在实现这些目标的过程中取得了一些进步，并想要我的建议。A. policy 政策；B. advice 建议；C. warning 警告；D. congratulation 祝贺。根据前文“he's seen that I've made some _____ 3 _____ on my journey to achieving these goals”可知，他想要作者的建议。故选B项。

【25题详解】考查名词词义辨析。句意：我们在电话里聊了一个半小时，最后他似乎很有积极。A. negotiation 谈判；B. debate 辩论；C. chat 聊天；D. argument 争论。根据前文“he's seen that I've made some _____ 3 _____ on my journey to achieving these goals and wanted my _____ 4 _____.”和“on the phone”可知，我们电话聊天。故选C项。

【26题详解】考查形容词词义辨析。句意：我们在电话里聊了一个半小时，最后他似乎很有积极性。A. annoyed 恼怒的；B. offended 冒犯的；C. shocked 震惊的；D. motivated 积极的。根据后文“A week went by and he told me that he signed up for a personal fitness trainer, is studying music theory”可知，朋友很有积极性。故选D项。

【27题详解】考查动词词义辨析。句意：一个星期过去了，他告诉我他请了一个私人健身教练，正在学习音乐理论，还给我发了他学习日语的视频片段。A. left 离开；B. owed 拥有；C. fetched 取；D. sent 寄，发。根据语境和后文“me video clips (片段) of him studying Japanese”可知，他给作者发了视频。故选D项。

【28题详解】考查副词词义辨析。句意：他定期在社交媒体上发布他取得的所有进展。A. permanently 永久地；B. temporarily 暂时地；C. regularly 规律地；D. suddenly 突然地。根据语境和后文“on social media about all of the progress he's making”并结合选项可知，他定期在网上发布取得的进展。故选C项。

【29题详解】考查名词词义辨析。句意：我必须让他知道进步不是直线的，前进的道路上他最终会遇到一些困难，但当困难来临时我会帮助他。A. road 道路；B. game 游戏；C. mirror 镜子；D. campaign 运动。根据前文“he'll eventually hit some bumps (凸块)”可知，前进的道路是曲折的。故选A项。

【30题详解】考查动词词义辨析。句意：我必须让他知道进步不是直线的，前进的道路上他最终会遇到一些困难，但当困难来临时我会帮助他。A. flies 飞；B. comes 来；C. ends 结束；D. stops 停止。根据前文“I will help him out”可知，当困难来临时，我会帮助他。故选B项。

【31题详解】考查名词词义辨析。句意：我很感激他给我机会给他建议，我很高兴看到他投入时间和金钱来改善他的生活。A. opportunity 机会；B. right 权利；C. freedom 自由；D. ability 能力。根据前文“I'm grateful for him giving me”和后文“to give him advice”可知，他给了作者给他建议的机会。故选A项。

【32题详解】考查动词词义辨析。句意：我很感激他给我机会给他建议，我很高兴看到他投入时间和金钱来改善他的

生活。A. share 分享; B. improve 提高; C. affect 影响; D. protect 保护。根据前文 “he’s investing the time and money” 和后文 “his life” 可知, 他将改善生活。故选 B 项。

【33 题】考查名词词义辨析。句意: 他甚至在帖子中表示, 他对最近生活中的变化感到非常兴奋。A. risks 风险; B. purposes 目的; C. examples 例子; D. changes 变化。根据前文 “how thrilled he is” 可知, 他最近生活发生好的变化。D 项。

【34 题详解】考查动词词义辨析。句意: 知道你走了多远, 为自己感到骄傲, 并意识到你可以帮助别人取得同样的成就, 这是件好事。A. describe 描写; B. suggest 建议; C. realize 意识到; D. decide 决定。根据后文 “be proud of yourself” 可知, 认识到到自己的进步而感到自豪。故选 C 项。

【35 题详解】考查动词词义辨析。句意: 知道你走了多远, 为自己感到骄傲, 并意识到你可以帮助别人取得同样的成就, 这是件好事。A. record 记录; B. achieve 实现, 达到; C. explain 解释; D. announce 宣布。基于前文分析可知, 作者帮助朋友取得了进步, 所以说, 你可以帮助别人实现同样的成就。故选 B 项。

第二节(共 10 小题;每小题 1.5 分, 满分 15 分)

For people interested in learning more about the ethnic (少数民族) Miao culture, an ideal place to experience it is an ethnic Miao community, called Qianhu, in Guizhou Province. 36 has preserved the distinctive cultural traditions of the Miao ethnic group exhibited in the forms of architecture, arts, and daily lifestyle.

This world’s largest Miao community consists 37 a dozen smaller settlements 38 (spread) over rolling mountains. Singing is 39 essential part of local life. The Miao people begin to learn how to sing as early as they can speak.

The Miao people are also known for making fine embroidery (刺绣). Different from other parts of China, the themes 40 (express) in Miao embroidery are showy, 41 (imagine), and often based on folklores (民俗). Meanwhile, Miao people can 42 (effortless) arrange colors in a way that avoids awkwardness. This is a truly natural gift.

Another fine element of the Miao culture is wearing silver ornaments (装饰). For most of their history, the Miao people 43 (have) no written language, so they had to preserve and pass on their heritage through visual elements, like carving history on silver ornaments. Over time, this craft has evolved into a vehicle 44 represents the Miao culture and spirit.

The Miao songs, embroidery, and silver ornaments all convey the rich, profound history of the Miao people and 45 (symbol) the continuity of their culture and traditions.

【答案】36. It 37. of 38 spreading 39. an 40. expressed 41. imaginative 42. effortlessly
43. had 44. that/which 45. symbolize

【导语】本文是一篇说明文。文章介绍了贵州省黔湖是了解苗族文化的理想去处, 苗族的歌曲、刺绣和银饰都传达了它丰富而深厚的历史和文化。

【36 题详解】考查代词。句意: 它以建筑、艺术和日常生活的方式保存了苗族独特的文化传统。根据上下文可知, 空处指的是上文提到的 Qianhu, 是一个地点, 应用代词 it 指代, 且空处位于句首, 首字母需大写。故填 It。

【37 题详解】考查介词。句意: 这是世界上最大的苗族社区, 由十几个分布在连绵起伏的山脉上的小定居点组成。根据 “consists” 并结合句意可知, 此处用固定短语 consist of, 意为 “由……组成”, 空处需用介词 of。故填 of。

【38 题详解】考查非谓语动词。句意: 这是世界上最大的苗族社区, 由十几个分布在连绵起伏的山脉上的小定居点组成。分析句子可知, 空处是修饰 settlements 的后置定语, 是非谓语动词, spread 和 settlements 逻辑上是主动关系, 需用 spread 的现在分词形式 spreading。故填 spreading。

【39 题详解】考查冠词。句意: 唱歌是当地生活必不可少的一部分。分析句子可知, 空处是泛指, 表示 “一个”, 且 essential 以元音音素开头, 需用不定冠词 an。故填 an。

【40 题详解】考查非谓语动词。句意: 与中国其他地区不同, 苗绣所表达的主题是华丽的, 富有想象力的, 通常基于民间传说。分析句子可知, 空处是修饰 themes 的后置定语, 是非谓语动词, express 和 themes 逻辑上是被动关系, 需用 express 的过去分词形式 expressed。故填 expressed。

【41 题详解】考查形容词。句意: 与中国其他地区不同, 苗绣所表达的主题是华丽的, 富有想象力的, 通常基于民间传说。分析句子可知, 空处作句子的表语, 形容苗绣的主题, imagine 的形容词形式 imaginative “富有想象力的” 符合句意。故填 imaginative。

【42 题详解】考查副词。句意: 同时, 苗族人可以毫不费力地以一种不笨拙的方式安排颜色。分析句子可知, 空处修饰谓语动词 arrange, 需用 effortless 的副词形式 effortlessly, 意为 “毫不费力地”, 作状语。故填 effortlessly。

【43 题详解】考查时态。句意: 在他们的大部分历史中, 苗族人没有书面语言, 所以他们必须通过视觉元素来保存和传承他们的遗产, 比如在银饰上雕刻历史。分析句子可知, 空处作句子的谓语, 句子描述的是过去发生的事情, 时态用一般过去时, 需用 have 的过去式 had。故填 had。

【44 题详解】考查定语从句。句意: 随着时间的推移, 这种工艺已经演变成一种代表苗族文化和精神的工具。分析句子可知, 空处引导限制性定语从句, 修饰先行词 vehicle, 先行词指物, 关系词在从句中作主语, 需用关系代词 that 或 which。故填 that/which。

【45 题详解】考查动词的时态和主谓一致。句意: 苗族的歌曲、刺绣和银饰都传达了苗族丰富而深刻的历史, 象征他们文化和传统的连续性。分析句子可知, 空处和前面的谓语 convey 并列, 作句子的并列谓语, 时态为一般现在时, 主语 The Miao songs, embroidery, and silver ornaments 是复数, 谓语复数形式, 需用 symbol 的动词形式 symbolize, 意为 “象征”。故填 symbolize。

第四部分写作(共两节, 满分 40 分)

第一节(满分 15 分)

46. 假如你是某国际学校学生李华, 在过去的一个月里, 你多次参加所在社区的社区服务活动, 现向校英文报投稿, 内容包括: 1. 服务经历; 2. 你的感受。

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。

【答案】Last month I took part in a community service project organized, which proved to be a truly rewarding experience.

To help young people develop a better sense of social responsibility and contribute more to our community, a series of activities were conducted. For instance, we paid regular visits to the nursing home to keep the seniors company. We also handed out leaflets to passers-by to raise people's awareness of environmental protection.

By volunteering in those activities, I clearly understand that everyone can do their part to make a positive impact on the lives of others.

【导语】本篇书面表达属于记叙文。要求考生向校英文报投稿, 介绍自己参加所在社区的社区服务活动的经历和感受。

【详解】1. 词汇积累

参加: take part in→participate in 帮助: help→assist

例如: for instance→for example 积极的: positive→active

2. 句式拓展

简单句变复合句

原句: We also handed out leaflets to passers-by to raise people's awareness of environmental protection.

拓展句: We also handed out leaflets to passers-by, which aimed to raise people's awareness of environmental protection.

【点睛】【高分句型 1】Last month I took part in a community service project organized, which proved to be a truly rewarding experience. (运用了 which 引导的非限制性定语从句)

【高分句型 2】To help young people develop a better sense of social responsibility and contribute more to our community, a series of activities were conducted. (运用了非谓语动词不定式作目的状语)

第二节(满分 25 分)

47. 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。

I looked around the crowded waiting room at the hospital and sighed. Would the doctor be able to see my eight-year-old son next? I couldn't stop shaking as the wound in his forehead was deep.

We were at the hospital because another child had thrown a rock at Luke during the break as he was running around the corner.

Luke received four stitches (缝针). I fought back the urge to cry. For the next two days, his eye was swollen shut and black and blue. I felt like I'd had a mini nervous breakdown. Every time I tried to sleep or tend to do some housework, horrible thoughts crept into my mind. What if he'd lost his eye? What if he'd had brain damage? His doctor assured me he was going to be fine, but the what-ifs kept coming. Fear had taken over, and then the fear turned to anger. I was angry with the child who'd thrown the rock. I just couldn't shake it. What was she thinking? She should have known better.

Several days later, Luke's teacher called me that evening to see how he was feeling, telling me Katie felt terrible and heartbroken over what had happened. I asked the teacher to make Katie understand she couldn't do that and remind her of the dangers of throwing rocks. The teacher agreed, which made me feel better.

I noticed that as Luke started to heal physically, I wasn't as angry. I thought about Katie and Luke. I wanted to stand up for my son, protect him, but I didn't want to mistreat Katie because I learned from the teacher Katie really was a nice kid and that she was just trying to remove the rock so no other children would trip on it.

Last night, Luke's teacher stopped by and dropped off a get-well card that Katie had made. Luck and I read it several times, and I couldn't help but feel a little choked up. It was a sincere apology.

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。

I wanted this to be a teachable moment for Luke to learn about forgiveness.

The next morning, Luke and I waited for Katie with the letter at the school gate.

【答案】One possible version:

I wanted this to be a teachable moment for Luke to learn about forgiveness. I wanted to let go of my own anger, too. I asked Luke if he was ready to forgive her. After all, his opinion counted the most. He thought about it for a moment, smiled and said, "Yes." He knew she hadn't done it on purpose. Children are so resilient and so honest. They don't hold onto resentment as adults do sometimes. Their hearts are pure, so we wrote Katie a letter together, reading, "We know it was an unfortunate accident. We forgive you, and we hope you forgive yourself."

The next morning, Luke and I waited for Katie with the letter at the school gate. Finally came Katie. When she spotted us, she paused and forced a smile. Luke trotted beside her with wild little hops, handing her the letter. No sooner had she unfolded it than a relieved and happy smile bloomed on her face, which made Luke feel much better. She skipped to give me a big hug. I hugged her back. We didn't have to say anything else; we all knew it was forgiveness that was the most important step in healing.

【导语】本文以人物为线索展开, 作者的儿子 Luke 因为被 Katie 扔了石头受了伤, 在医院缝了四针, 回到家后作者作为母亲非常心疼, 非常担心儿子的伤, 对 Katie 充满了愤怒。几天后 Luke 的老师打电话来告知 Katie 非常伤心, 作者请老师转告她以后不可以扔石头。Luke 的伤口逐渐痊愈, 作者的生气逐渐减少, 开始考虑如何支持儿子, 同时让 Katie 不受伤。昨晚老师来拜访时带来了 Katie 做的康复卡片, Luke 和作者看后都很感动。

【详解】1.段落续写：

①由第一段首句内容“我希望这是一个教导 Luke 学会宽恕的时刻。”可知，第一段可描写作者和 Luke 沟通是否原谅 Katie，然后两人给 Katie 写信表示原谅。

②由第二段首句内容“第二天早上，Luke 和我拿着信在学校门口等 Katie。”可知，第二段可描写 Luke 和 Katie 见了面，Luke 对 Katie 表示原谅，Katie 因为被原谅而感到轻松，作者对此有所感悟。

2.续写线索：教 Luke 学会宽恕——与 Luke 沟通——Luke 写信表示原谅——拿信等 Katie——Luke 原谅 Katie——感悟

3.词汇激活

行为类

①原谅：forgive/pardon/excuse

②思考：think about/consider/contemplate/give thought to

③紧紧抓住：hold onto/keep/retain/grasp

④看到：spot/observe/notice/discover

⑤停下：pause/stop/case/halt

情绪类

①愤怒：anger/annoyance/vexation/irritation

②仇恨：resentment/hate/hatred

③开心的：happy/pleasant/joyful

【点睛】[高分句型 1] I asked Luke if he was ready to forgive her. (连接词 if 引导名词性从句作 asked 的宾语)

[高分句型 2] No sooner had she unfolded it than a relieved and happy smile bloomed on her face, which made Luke feel much better. (no sooner... than... 引导时间状语从句，并引起主句部分倒装)

[高分句型 3] We didn't have to say anything else; we all knew it was forgiveness that was the most important step in healing. (it was... that... 是强调句型)