

C. no pain, no gain

D. many hands make light work

14. ---Sorry, it's already 6 o'clock. I have to be off for an important dinner.

---OK. _____.

A. It couldn't be better

B. You really have me there

C. Take your time

D. Let's call it a day

二、完形填空：先通读下面的短文，掌握其大意，然后在每小题所给的四个选项中，选出可以填入空白处的最佳选项。(本大题共 10 小题，每小题 1 分，共 10 分)

It was our first Thanksgiving in the new house and I wanted everything to be perfect. But my plan for everyone to contribute some preparation work couldn't be carried out for my husband's business trip. Even worse, I had to ___1___ two days of planned vacation finishing the extra work. By Wednesday, since I didn't get an ideal table with fresh flowers, beautiful drinking glasses and various homemade desserts, I just hoped that I'd find a clean tablecloth and eight ___2___ forks.

In my perfect Thanksgiving, there wouldn't be any orange in my salad because I hadn't made the shopping list. There would be no perfect family photos to record that day because I hadn't got the broken camera ___3___. Someone had brought home the wrong toilet paper, which made me break down.

I don't remember what my son asked me as he was vacuuming (吸尘), but I do remember my serious mom-face before barking out an ___4___. The noise and anger are terrible to kids everywhere that they might as well ___5___ me. But he didn't.

Instead of disappearing from view, my second-grader turned off the vacuum and walked across the room to face me. He never said a word. He just put his arms around me, making me feel a deep sense of ___6___ of myself until today.

The end result was that it was a(n) ___7___ Thanksgiving. The people I loved gathered around my table and dined just one choice of the pie. My dad used a mismatched fork without ___8___. My daughter drew a picture of us where everyone smiled.

My son took a(n) ___9___ to teach me that sometimes we need a hug (拥抱) most when we are least huggable. This is the best gift you can give. One size fits all and no one ever minds if you ___10___.

1. A. spare

B. waste

C. offer

D. save

2. A. amazing

B. challenging

C. satisfying

D. matching

3. A. worked

B. fixed

C. dealt

D. hired

4. A. idea

B. instruction

C. order

D. answer

5. A. punish

B. praise

C. avoid

D. comfort

6. A. pride

B. shame

C. confidence

D. surprise

7. A. fashionable

B. awful

C. perfect

D. meaningful

8. A. sadness

B. doubt

C. complaint

D. worry

9. A. risk

B. break

C. chance

D. lead

10. A. receive

B. return

C. refuse

D. remind

三、阅读理解：阅读下面的短文，然后根据短文内容，在每小题所给的四个选项中选出最佳选项。(本大题共 13 小题，每小题 2 分，共 26 分)

A

<p style="text-align: center;">The Road Not Taken <i>Robert Frost (1874-1963)</i> Two roads diverged in a yellow wood,</p>	<p style="text-align: center;">And both that morning equally lay</p>
---	--

<p>And sorry I could not travel both And be one traveler, long I _____▲_____</p> <p>And looked down one as far as I could To where it bent in the undergrowth;</p> <p>Then took the other, as just as fair, And having perhaps the better claim, Because it was grassy and wanted wear, Though as for that the passing there Had worn them really about the same,</p> <p>Word bank: diverge 分离 bend (bent bent) 弯曲 claim 所求</p>	<p>In leaves no step had trodden black Oh, I kept the first for another day! Yet knowing how way leads on to way, I doubted if I should ever come back.</p> <p>I shall be telling this with a sigh Somewhere ages and ages hence: Two roads diverged in a wood, and I — I took the one less traveled by, And that has made all the difference.</p> <p>tread (trod trodden) 践踏 sigh 叹息 hence 多年之后</p>
--	---

- Which word can be put in _____▲_____ in the poem?
A. jumped B. stood C. chose D. climbed
- From the poem, "I" chose a road that is _____.
A. smooth B. straight C. bent D. dangerous
- According to the poem, we can infer that "I" _____ "my" choice.
A. Regret B. enjoy C. don't mind D. can't believe

B

Little Women

Chapter 1 Four sisters

"Christmas won't be Christmas without any presents," grumbled (嘀咕) Jo, lying on the rug (地毯).

"It's so awful to be poor!" agreed Meg, looking down at her old dress.

"It's not right for some girls to have plenty of pretty things, and others to have nothing at all," added little Amy with a sad sniff (轻呼).

"We've got father and mother, and each other," said Beth gently.

The four young faces on which the firelight shone brightened at the cheerful words, but darkened again as Jo said sadly, "We haven't got father, and shall not have him for a long time." She didn't say "perhaps never", but each silently added it, thinking of father far away at the war in the South.

Nobody spoke for a minute; then Meg said, "Mother advised not having any presents this Christmas because it is going to be a hard winter for everyone; and she thinks we shouldn't spend money for pleasure when our men are suffering (受难) in the army. We can't do much, but we can make our little effort. But I am afraid I don't." Meg shook her head thinking regretfully of all the pretty things she wanted.

"But I don't think the little we should spend would do any good," said Jo. "We've each got a dollar, and that won't help the army much. I agree not to expect anything from mother or you. Let's each buy ourselves what we want, and have a little fun. We work hard to earn it."

"I do, teaching those tiresome children nearly all day when I really want to enjoy myself at home," complained Meg.

"You don't have half such a hard time as I do," said Jo. "How would you like to be shut up for

hours with a nervous, fussy old lady, who is never happy, and worries you till you're ready to fly out of the window or cry?"

"It's naughty to fret; but I do think washing dishes and keeping things tidy is the worst work in the world. It makes me cross; and my hands get too stiff to practice my music at all", Beth looked at her rough hands with a sigh that anyone could hear.

"I don't believe any of you suffer as I do," cried Amy, "for you don't have to go to school with rude girls who laugh at your lessons or your dresses and say bad words because your father isn't rich."

4. According to the passage, who is the most pessimistic (悲观的) and who is the most optimistic (乐观的)?

A. Meg; Beth

B. Jo; Amy

C. Meg; Amy

D. Amy; Beth

5. According to the passage, which of the following is TRUE?

A. Their father died when he was fighting with others

B. The passage is a story about three girls and a boy in a family.

C. Their father is away at the war, leaving them at home with their mother.

D. The four children in the passage all work and make their own money.

6. What do they think of their mother's suggestion of not having any Christmas gift?

A. They all agreed to the suggestion of not having any Christmas gifts.

B. They all agreed to save the money and buy a gift for each other.

C. They all agreed that giving the money to the army was of much help.

D. They all agreed that giving the money to the army was of little help.

C

Alone in the wilderness. Nothing but jungle. A world of shadow with the rays of light falling like blonde hair from the crowns of the giant trees. Jungle in the midday sun. Everything motionless. Not a sound from sky or earth. Complete silence. Only some coconuts falling, very far away. The world reduced to the soft touch of cool grass along my naked back, and a sweet smell of rich soil and vegetation. Lying with closed eyes beside my heavy fruit and firewood, I enjoyed the feeling of fresh blood steaming through every part of my body and fresh jungle air filling every corner of my body.

Resting motionless, I could see the sun through my closed eyelids, alone in the sky, as lonely as I, and as motionless and silent as everything else. The earth had surely stopped turning and somewhere on this planet there was supposed to be noisy traffic in busy streets. What a crazy, unbelievable thought!

Another coconut fell, to make the world come to a complete standstill. I had to roll over onto my stomach to feel that at least I could move and make noises. Then I found company (陪伴). A little brown ant was struggling (挣扎) to find its way with a bit of dry straw (稻草) through the jungle of leaves and grass below my nose, I wondered if I could give the little fellow a lift with its burden (重负), but it showed not the slightest sign of tiredness and struggled on with all six legs, head first or head last, waving its feelers energetically as if the trip had just started. Who ever saw a tired ant? Tiredness, disagreeable tiredness, is impossible to hunted animals, slaves and modern man. It is as great an effort for an officer to walk five blocks with a heavy brief-case as it is for a farmer to cross a valley with a goat on his back. It is as hard to get up and climb or run when you have been seated for years as it is to get up and walk when you have been in bed for months. The body is strange. Spare it, and you get really tired for almost nothing; use it and almost nothing makes you really tired.

I rose to my feet, I had heard a horse neighing down in the valley. Above me, on the open highland places, there were wild horses. But down in the valley there was never a horse if there wasn't a man on it. Somebody was making his way up the valley and my wife was alone.

7. What's the right order of the following events?

- ① I heard a horse neighing down in the valley.
- ② I went to the jungle.
- ③ I found an ant crying a bit of dry straw.
- ④ I lay on the ground to have a break.
- ⑤ I picked fruits and chopped firewood.

A. ②③⑤①④

B. ⑤③②④①

C. ②⑤④③①

D. ⑤④③②①

8. How does the writer feel about the ant?

- A. He admired its behaviour toward work.
- B. He was amazed at its tireless efforts.
- C. He had pity on the little ant.
- D. He was happy to have its company.

9. It can be inferred from the last paragraph that the writer would probably _____.

- A. work harder than before
- B. talk to the man on the horse
- C. make his way home
- D. stay in the valley to enjoy the beautiful view

D

Fear may be felt in the heart as well as in the head, according to a study that has found a link between the cycles of a beating heart and the chance of someone feeling fear.

Tests on healthy volunteers found that they were more likely to feel a sense of fear at the moment when their hearts are contracting (收缩) and pumping blood around their bodies, compared with the point when the heartbeat is relaxed. Scientists say the results suggest that the heart is able to influence how the brain reacts to a fearful event, depending on which point it is at in its regular cycle of contraction and relaxation.

Sarah Garfinkel at the Brighton and Sussex Medical School said "Our study shows for the first time that the way in which we deal with fear is different depending on when we see fearful pictures in relation to our heart."

The study tested 20 healthy volunteers on their reactions to fear as they were shown pictures of fearful faces. Dr Garfinkel said, "The study showed that fearful faces are better noticed when the heart is pumping than when it is relaxed. Therefore our hearts can also influence what we see and what we don't see---and guide whether we see fear."

To further understand this relationship, the scientists also used a brain scanner (扫描仪) to show how the brain influences the way the heart changes a person's feeling of fear.

"We have found an important **mechanism** by which the heart and brain 'speak' to each other to change our feelings and reduce fear," Dr Garfinkel said.

"We hope that by knowing more about how fear is dealt with and ways that it could be reduced, we may be able to develop more successful treatments for anxiety (焦虑) disorders, and also for those who may be suffering from serious stress disorder."

10. What is the finding of the study?

- A. One's heart influences how he feels fear.
- B. Fear is a result of one's heartbeat.
- C. Fear can't be felt because of one's relaxed heartbeat.
- D. One's fast heartbeats are likely to cause fear

11. The study was carried out by studying _____.
- A. volunteers' heartbeats when they saw terrible pictures
 B. the time volunteers saw fearful picture and their health conditions
 C. volunteers' reactions to horrible pictures and results from their brain scans
 D. different pictures shown to volunteers and their heartbrain communication
12. Which of the following is closest in meaning to "**mechanism**" in Paragraph 6?
- A. Order. B. System. C. Machine. D. Treatment.
13. This study may contribute to _____.
- A. treating anxiety and stress better
 B. explaining the cycle of fear and anxiety
 C. finding the key to the heartbrain communication
 D. understanding different fears in our hearts and heads

第 II 卷(主观题 共 40 分)

四、词汇运用 (本大题共 8 小题, 每小题 1 分, 共 8 分)

(A)根据句意和汉语注释, 在答卷标有题号的横线上, 写出单词的正确形式。

1. A college education can cost much in the United States, especially at a _____ (私人的) school.
2. We cannot imagine how the actress could remember such a long _____ (台词) within a short time.
3. How can officers expect to win confidence of the people _____ (除非) they come to the people with clean hands?
4. Sadly, my cousin had his wallet _____ (偷) while in a shopping mall.

(B)根据句意, 在答卷标有题号的横线上, 写出括号内所给单词的适当形式。

5. We now know that it's not true _____ (wealth) counties have good ways to deal with the health risks.
6. There may not be _____ (possible) for you to feel happy if you spend too much time on one thing.
7. I do not think much of her as a _____ (music) but highly of her as a mother.
8. How ugly! I _____ (simple) can't think why I bought this pair of socks.

五、动词填空: 用括号内所给动词的适当形式填空。(本大题共 6 小题, 每小题 1 分, 共 6 分)

1. ---I'm afraid Novel COVID-19(新冠病毒) _____ (spread) for a long time.
 --- That's why we still have to wear face masks to protect ourselves.
2. ---Betty is not coming for the party tonight.
 ---You're kidding. She _____ (promise).
3. I want to go home so badly. Nothing _____ (beat) home cooking.
4. May, we're glad you _____ (arrive). We are driving on the way to the station to pick you.
5. Whenever we kids come over, Auntie Susan just stands there and watches us _____ (make) sure we don't break anything.
6. ---Why were you late for the meeting?
 ---Because I _____ (catch) in the heavy traffic during the morning rush hour.

六、阅读填空: 每个空格只能填一个单词。(本大题共 5 小题, 每空 1 分, 共 5 分)

Many people often lose their chance to live life to the fullest because of procrastination, which means that they always delay (推延) doing something that must be done at once. Moreover, because they often put off their plans till "tomorrow", they are less likely to achieve their goals and will give up their dreams and goals finally.

Why do some people not take action at once? Depending someone else rather than doing by oneself

is one of the reasons. Another cause of procrastination is that people do not value each moment in their day. In fact, it's surprising how much you can do if you just decide to do little things with the little time you have. Also those who often procrastinate can always find a good reason for something they refuse to do at once. If you are one of those who often delay, then it's time for you to make a decision to act now because things happen only when we decide to act.

Once you have made your decision, write down the plan and take action at once. Making plans can help you think carefully about how you are going to do what you need to do. After understanding how to do what you want to do, get doing with the plan. No matter how small the move you make is, the little things you do accumulate (积累) over time will move you to be closer to your goals.

Here is a challenge that will also move you to be closer to your dreams and goals if taken seriously. Make a list of ten things you have been putting off. And then try to develop the habit of doing them at once.

Stay away from procrastination	
Paragraph outline	Supporting details
Problems with procrastination	<ul style="list-style-type: none"> ●Procrastination can make one 1. _____ to live life to the fullest. ●Procrastination can 2. _____ one achieving his goals. ●Some people don't make progress just because of procrastination.
Reasons why people procrastinate	<ul style="list-style-type: none"> ●People who delay doing things are usually not independent because they always ask for help from others. ●People don't realize that each moment in a day 3. _____. ●Procrastination also has something to do with making 4. _____.
Ways to stop procrastination	Make a decision. If you want to do something, do it right now and never just desire it
	Plan and act. ●By making a plan, you will understand how to do what you need to do. ●5. _____ your time doing those small things.
	Make a list. List ten things you like to delay. Make it a habit to finish them on time.

七、完成句子：按所给的汉语，用英语完成下列句子，并将答案写在答卷标有题号的横线上。(本大题共6小题，每小题1分，共6分)

1.作为一个初三学生，我别无选择只能对自己在学业上严格要求。

As a Grade Nine student, I _____ myself in schoolwork.

2.总的来说，顾客对我们的高水平服务是很满意的。

In general, the customer were very _____.

3.弗兰克很有表演天赋，参加了好几次“演员大赛”的选拔。

Frank has such a gift for acting _____ Acting Contest several times.

4.我们应该成为一个言行一致的人。

We should be a man whose word _____ his action.

5.我的老板原来在国外进修过好几年。

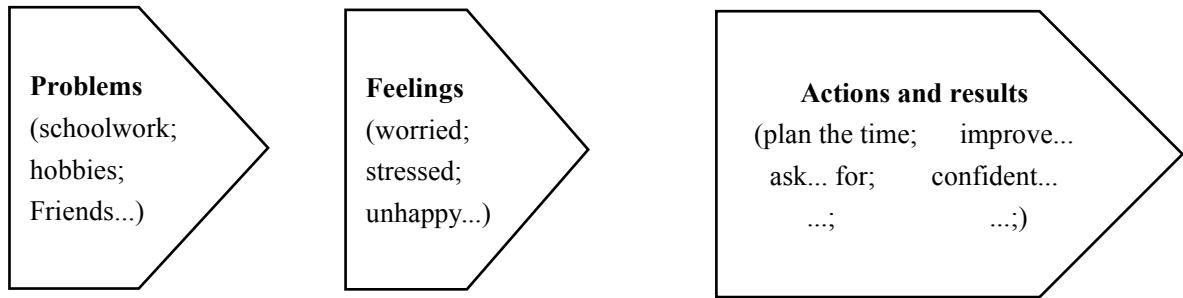
My boss _____ further education for years.

6.通常，我们日常生活中不太关注那些没多大价值的事情。

Usually, things of little value _____ in our daily life.

八、书面表达：(本大题共15分)

青少年在成长过程中常遇到各种问题。假如你是李平，你的外国好友 Erick 写信询问你在平时的生活和学习中遇到问题是如何处理的。请你根据以下流程图用英语写一封回信，分享你的经历。



注意事项:

1. 英文信须根据流程图自拟，要求语句通顺、意思连贯、符合题意；
2. 流程图中括号部分非限定性内容，仅供参考；
3. 词数在 90 个左右，信的首尾已在答题卡上给出，不计入总词数；
4. 英文信中不得使用真实的个人及学校信息；
5. 信件必须写在答题卡指定的位置上。

Dear Erick,

Thank you for writing to me. It's a great pleasure to share my experiences

What about your problem? How did you deal with it? I'm looking forward to your reply.

Best wishes,

Li Ping

参考答案

单项选择

CBACC

DBCAD

BB CD

完形填空

ADBDC

BCCAB

阅读理解

BDB

ACD

CAC

ACBA

词汇运用

private

speech

unless

stolen

wealthy

possibility

musician

simply

动词填空

will spread

promised

beats

have arrived

to make

was caught

阅读填空

fail/unable

prevent/stop

matters

excuses

Spend

完成句子

1. have no choice but to be strict with
2. satisfied with our high level of service
3. that he has tried out for
4. is as good as/ is in agreement with
5. turned out to be abroad
6. aren't paid much attention to/are paid little attention to

书面表达

根据写作内容酌情给分。