

**九年级英语**

**2025.01**

**学校\_\_\_\_\_\_姓名\_\_\_\_\_\_准考证号\_\_\_\_\_\_**

**注意事项**

**1．本试卷共10页，共三部分，50道题，满分100分。考试时间120分钟。**

**2．在试卷和答题纸上准确填写学校名称、姓名和准考证号。**

**3．试题答案一律填涂或书写在答题纸上，在试卷上作答无效。**

**4．在答题纸上，选择题用2B铅笔作答，其他题用黑色字迹签字笔作答。**

**第一部分**

**本部分共13题，共31分。根据题目要求，完成相应任务。**

**一、听后选择（每题1.5分，共9分）**

**听下面三段对话或独白。每段对话或独白后有两个小题，从每题所给的A、B、C三个选项中选出最佳选项。每段对话或独白你将听两遍。**

请听一段对话，完成第1至第2小题。

1．What subject are the speakers talking about?

A．Math. B．Chemistry. C．History.

2．What does the girl think of the subject?

A．Interesting. B．Useful. C．Easy.

请听一段对话，完成第3至第4小题。

3．What does the boy want to do?

A．To taste local food. B．To find a bank. C．To see a film.

4．How will the boy get there?

A．By bus. B．By bike. C．On foot.

请听一段独白，完成第5至第6小题。

5．What can you learn from the talk?

A．You need to pay for some shows.

B．You can take some online lessons.

C．You can visit online museums anytime.

6．Why does the speaker give the talk?

A．To advise students to choose some courses.

B．To tell students about the rules of museums.

C．To offer a good choice to spend winter vacation.

**二、听后回答（每题2分，共12分）**

**听对话，根据对话内容笔头回答问题。每段对话你将听两遍。**

**请听一段对话，完成第7小题。**

7．How much is the schoolbag?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**请听一段对话，完成第8小题。**

8．What’s the boy looking for?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**请听一段对话，完成第9小题。**

9．Where will the girl volunteer this weekend?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**请听一段对话，完成第10小题。**

10．What are sky lanterns usually made of?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

请听一段对话，完成第11至第12小题。

11．How does the girl feel about the school marathon?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

12．What should the girl do before the race?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**三、听后转写（共10分）**

听短文，写出短文的主要内容。短文的开头已经给出。请注意语法正确，语意连贯。短文你将听三遍。

|  |  |  |
| --- | --- | --- |
| 1．Time and place:  at our school \_\_\_\_\_\_ | The Photo Competition | 4．For more information:  \_\_\_\_\_\_ |
| 2．Purpose:  discover the beautiful things around us | 3．Things to do:  ●choose a photo  ●\_\_\_\_\_\_  ●describe it with a few words |

13．I’ve got some information about…

**第二部分**

**本部分共32题，共49分。在每题列出的四个选项中，选出最符合题目要求的一项。**

**四、单项填空（每题1分，共11分）**

**从下面各题所给的A、B、C、D四个选项中，选出可以填入空白处的最佳选项。**

1. It is my mother’s birthday this Wednesday. I have got a present for \_\_\_\_\_\_\_\_.

A. her B. him C. you D. me

【答案】A

【解析】

【详解】句意：这个星期三是我妈妈的生日。我为她准备了一份礼物。

考查人称代词辨析。her她、她的，人称代词宾格或形容词性物主代词；him他，人称代词宾格；you 你、你们，人称代词主格或宾格；me我，人称代词宾格。根据题干可知，for是介词，后接人称代词宾格；结合语境，此处指的是给妈妈的礼物。故选A。

2. It’s a good idea to visit Harbin \_\_\_\_\_\_\_\_ winter.

A. at B. on C. in D. to

【答案】C

【解析】

【详解】句意：冬天去哈尔滨是个好主意。

考查介词辨析。at用于具体的钟点前；on用于具体的某一天或者具体某一天的上/下午/晚上；in用于年/月/季节或泛指的某一天的上午，下午和晚上前；to朝，向。根据所给空后面的“winter”可知，指的是在冬天。故选C。

3. — Mom, must I clean my room now?

— No, you \_\_\_\_\_\_\_\_. You can do it after dinner.

A. needn’t B. mustn’t C. shouldn’t D. can’t

【答案】A

【解析】

【分析】

【详解】句意：——妈妈，我现在必须打扫房间吗？ ——不，不需要。你可以在晚饭后做。

考查情态动词。needn’t不需要；mustn’t禁止；shouldn’t不应该；can’t不能。根据英语语法，对于must开头一般疑问句，若要作否定回答，可用needn’t，不用mustn’t。故选A。

4. Taking part in different activities makes Jack \_\_\_\_\_\_\_\_ than before.

A. outgoing B. more outgoing C. most outgoing D. the most outgoing

【答案】B

【解析】

【详解】句意：参加不同的活动使杰克比以前更加外向。

考查形容词比较级。根据“than”可知，此处用形容词比较级形式more outgoing，意为“更外向的”。故选B。

5. —\_\_\_\_\_\_\_\_ volleyball is this?

—It may be Carla’s. She loves playing volleyball.

A. Who B. What C. Which D. Whose

【答案】D

【解析】

【详解】句意：——这是谁的排球？ ——这可能是卡拉的。她喜欢打排球。

考查特殊疑问句。Who谁；What什么；Which哪个；Whose谁的。根据“It may be Carla’s.”可知，指的是物品的所属，故用whose来提问。故选D。

6. —Linda, would you like to go to the party with me this Sunday?

—I’d love to, \_\_\_\_\_\_\_\_ I have to look after my little sister.

A. or B. but C. for D. so

【答案】B

【解析】

【详解】句意：——琳达，这个星期天你愿意和我一起去参加聚会吗？ ——我很想去，但我得照顾我的小妹妹。

考查连词辨析。or或；but但是；for为了；so所以。根据“I have to look after my little sister.”可知，此处表示转折，用but连接。故选B。

7. The students \_\_\_\_\_\_\_\_ book reports when the teacher came into the classroom.

A. write B. wrote C. are writing D. were writing

【答案】D

【解析】

【详解】句意：老师走进教室时，学生们正在写读书报告。

本题考查时态。write一般现在时；wrote一般过去时；are writing现在进行时；were writing过去进行时。根据“when the teacher came into the classroom.”判断本句为时间状语从句，译为“当……时”从句为一般过去时，主句用过去进行时。故选D。

8. If you keep working hard, you \_\_\_\_\_\_\_\_ your dream one day.

A. achieve B. achieved C. will achieve D. have achieved

【答案】C

【解析】

【详解】句意：如果你继续努力，总有一天会实现你的梦想。

考查条件状语从句。该句是if引导的条件状语从句，遵循主将从现，主句用一般将来时will achieve。故选C。

9. I \_\_\_\_\_\_\_\_ a lot of useful sentences since I started watching English movies.

A. learn B. learned C. will learn D. have learned

【答案】D

【解析】

【详解】句意：自从我开始看英语电影以来，我已经学会了很多有用的句子。

考查动词时态。根据“since I started watching English movies”可知，since引导时间状语从句，主句用现在完成时，其结构为have/has+done，主语为I，助动词用have。故选D。

10. These days AI \_\_\_\_\_\_\_\_ by more and more people around the world.

A. use B. used C. is used D. was used

【答案】C

【解析】

【详解】句意：现如今AI被全世界越来越多的人使用。

考查被动语态。AI与选项核心词use之间是被动关系，需被动语态。根据“These days”可知，此句为一般现在时态，需一般现在时的被动语态，其结构为be+done，主语为AI，be动词用is，动词use的过去分词为used。故选C。

11. —Can you tell me \_\_\_\_\_\_\_\_?

—On November 4, 2024.

A. when the Shenzhou-18 spaceship landed B. when did the Shenzhou-18 spaceship land

C. when the Shenzhou-18 spaceship will land D. when will the Shenzhou-18 spaceship land

【答案】A

【解析】

【详解】句意：——你能告诉我神州18号飞船什么时候着陆吗？——2024年11月4日。

考查宾语从句。空后是宾语从句，从句要用陈述句语序，即主语在前，谓语在后，B和D是疑问句语序，故排除B和D。过去发生的事，用一般过去时。故选A。

**五、完形填空（每题1.5分，共12分）**

阅读下面的短文，掌握其大意，然后从短文后各题所给的A、B、C、D四个选项中，选择最佳选项。



“What’s that?” wondered Jamilla. She was sitting under her favorite \_\_\_\_12\_\_\_\_ in her family backyard, reading a storybook, when she noticed something sticking out of the ground near the roots (根).

Jamilla often dug for treasure in the backyard. Now she put down the book and began to dig, \_\_\_\_13\_\_\_\_ a small clay piece. Then out came five more! She washed them clean and found some lines and letters etched (蚀刻) into four of the six pieces. Did they have a secret message? \_\_\_\_14\_\_\_\_, Jamilla brought the pieces to her grandfather.

“Papa, look at what I found! What do these lines and letters mean?” she asked.

“That’s quite a special \_\_\_\_15\_\_\_\_ you found. Give me those pieces of clay,” her grandpa said. “Let’s see if we can put them together like doing a jigsaw puzzle.”

They soon found four pieces that seemed to \_\_\_\_16\_\_\_\_ together.

“What do you see about the lines?” her grandfather asked.

Staring at the pieces, Jamilla noticed that some letters ended up under each other.

“They don’t spell anything,” she told her grandpa.

“That’s true. But you’ll find out soon.” Grandpa took out their family book in which the names of every generation (一代人) were written. “Now look at how the letters go in order. Then look at the names in the book.”

“A, R, L, J: those four letters on the clay are in the same order as the initials (首字母) in the book!” she called out, \_\_\_\_17\_\_\_\_.

“You’re right, dear Jamilla. And here’s why: I made a pot out of wet clay on the day you were born,” Papa said proudly. “And then I etched the initials of our family members into it before the clay became dry. Later, I planted seeds in that pot. The seeds grew into a tree—”

“My favorite tree!” Jamilla shouted.

“Yes. But as the tree \_\_\_\_18\_\_\_\_, that pot broke,” Papa noted. “You found the roots of your family at the roots of your favorite tree.”

Jamilla thought about what her grandfather said. The broken pot she found was more than a backyard treasure: It \_\_\_\_19\_\_\_\_ her family’s history! Their family had grown bigger with every generation, just like that tree grew tall.

12. A. flower B. tree C. window D. umbrella

13. A. hiding B. expecting C. breaking D. discovering

14. A. Calmly B. Nervously C. Curiously D. Angrily

15. A. tool B. present C. treasure D. reward

16. A. fit B. mix C. move D. draw

17. A. patient B. excited C. upset D. bored

18. A. grew B. fell C. shook D. stood

19. A. ended B. tested C. changed D. recorded

【答案】12. B 13. D 14. C 15. C 16. A 17. B 18. A 19. D

【解析】

【导语】本文主要讲述Jamilla在树根下发现了一些粘土碎片，她把这些碎片给爷爷看，爷爷告诉她这些碎片是粘土罐的碎片，这个粘土罐是爷爷在她出生那天做的，上面刻着他们家族的名字，这个粘土罐是她家族历史的记录。

【12题详解】

句意：她正坐在自家后院她最喜欢的树下，读一本故事书，这时她注意到树根附近有东西伸出地面。

flower花；tree树；window窗户；umbrella雨伞。根据“something sticking out of the ground near the roots”可知，此处说的是Jamilla在树下读书。故选B。

【13题详解】

句意：现在她放下书，开始挖掘，发现了一小块粘土碎片。

hiding隐藏；expecting期望；breaking打破；discovering发现。根据“Now she put down the book and began to dig, …a small clay piece.”可知，她发现了一块粘土碎片。故选D。

【14题详解】

句意：好奇地，Jamilla把这些碎片带给了她的爷爷。

Calmly冷静地；Nervously紧张地；Curiously好奇地；Angrily生气地。根据“Did they have a secret message”可知，Jamilla对此很好奇。故选C。

【15题详解】

句意：你找到了一个相当特别的宝藏。

tool工具；present礼物；treasure宝藏；reward奖品。根据“Jamilla often dug for treasure in the backyard.”以及下文“The broken pot she found was more than a backyard treasure”可知，此处说的是一个特别的宝藏。故选C。

【16题详解】

句意：他们很快就找到了四块看起来很吻合的碎片。

fit适合，相配；mix混合；move移动；draw画。根据“Let’s see if we can put them together like doing a jigsaw puzzle.”可知，此处说的是四块看起来很吻合的碎片。故选A。

【17题详解】

句意：她兴奋地喊道。

patient耐心的；excited激动的；upset沮丧的；bored无聊的。根据“A, R, L, J: those four letters on the clay are in the same order as the initials (首字母) in the book!”可知，她发现了这些秘密，因此感到很激动。故选B。

【18题详解】

句意：但是随着树的生长，罐子破了。

grew生长；fell落下；shook摇晃；stood站着。根据“But as the tree…, that pot broke”可知，此处说的是随着树的生长，罐子破了。故选A。

【19题详解】

句意：它记录了她家的历史！

ended结束；tested测试；changed改变；recorded记录。根据“Their family had grown bigger with every generation, just like that tree grew tall.”可知，此处说是记录了家族的历史。故选D。

**六、阅读理解（每题2分，共26分）**

**（一）阅读下列活动介绍，请根据人物需求或喜好匹配最适合的活动，并将活动所对应的选项（A、B、C、D）填在相应位置上。其中一个选项为多余选项。**

**A**

**Traditional Chinese Culture Week**

|  |  |
| --- | --- |
| A  **Hanfu Show**  Hanfu is a kind of traditional clothing in China. Hanfu Show is a great activity where you can dress up in beautiful clothes learn about its history and have a lot of fun. Would you like to have a try? | B  **Paper Cutting**  Paper-cuts are usually beautiful decorations at Chinese festivals. To make paper-cuts, you just need a piece of red paper and a pair of sharp scissors. Each pattern has a special meaning behind it. |
| C  **Clay Art Workshop**  Clay art is well known and popular. It’s like magic to make all sorts of animals, characters and objects out of soft wet earth with your own hands! It’s relaxing and it connects us to ancient traditions. | D  **Chinese Knot Making**  Chinese knot is a traditional art form that has been around for thousands of years. Are you ready to learn how to make colorful knots that carry special meanings? Let’s get started on this interesting journey! |

20. \_\_\_\_\_\_\_\_ I enjoy making animals, flowers, or even my favorite superhero out of clay.

21. \_\_\_\_\_\_\_\_ I’m writing a report on traditional Chinese clothing. I’m looking for more information about it.

22. \_\_\_\_\_\_\_\_ 学科网(www.zxxk.com)--教育资源门户，提供试卷、教案、课件、论文、素材以及各类教学资源下载，还有大量而丰富的教学相关资讯！I plan to make decorations for the Spring Festival. It’s amazing to turn red paper into beautiful artworks.

【答案】20. C 21. A

22. B

【解析】

【导语】本文是三个人的需求或喜好与最合适的活动相匹配。

【20题详解】

根据“I enjoy making animals, flowers, or even my favorite superhero out of clay.”可知，Mark喜欢用粘土制作动物、花朵，甚至是最喜欢的超级英雄。选项C“粘土艺术工作坊”与之匹配。故选C。

【21题详解】

根据“I’m writing a report on traditional Chinese clothing. I’m looking for more information about it.”可知，Helen正在写一篇关于中国传统服饰的报告并且正在寻找有关它的更多信息。选项A“汉服秀”与之匹配。故选A。

【22题详解】

根据“I plan to make decorations for the Spring Festival. It’s amazing to turn red paper into beautiful artworks.”可知，John打算为春节做装饰品。将红纸变成精美的艺术品。选项B“剪纸”与之匹配。故选B。

**（二）阅读下列短文，根据短文内容，从短文后各题所给的A、B、C、D四个选项中，选择最佳选项。**

**B**

**A School Trip to the Aquarium**



“We have to stay together so no one will get lost,” Ms. Lane said as she lined the class up when they got to the aquarium, the place for their school trip today.

As Erica listened to Ms. Lane, she held her best friend Lisa’s hand, and the class moved forward in one big group.

Their first stop in the aquarium was to see the penguins. Lisa was so excited that she ran right up to the glass. Erica noticed that some of the penguins walked together. Others had little baby penguins by their side.

“How come some of those penguins stay together?” Erica asked Ms. Lane.

“Well, some penguins stay together to keep each other warm and safe,” explained Ms. Lane. “By using some signals (信号) like we do, they let other penguins know if there is danger, while others take care of their babies. Without the group, the babies would get lost or go hungry.” Ms. Lane continued and then asked the class to line back up and find their partners.

“Look, we are like the penguins,” said Lisa as she waddled (摇摆地走) next to Erica.

The class moved as a group to the next room where there was a big tank filled with fish of different shapes and sizes.

“Why are all those little fish swimming together?” asked a boy.

“For protection,” said Ms. Lane.

“What kind of protection?” Erica asked.

“Well, since they are small, if they were on their own, other bigger fish could eat them,” said Ms. Lane. “But when they all swim together, they look like a bigger fish. This way they won’t be seen as a bunch of small fish. Such a group of fish is called a school.”

“Like us,” said Lisa. “We are a school because we all stay together, and no one gets lost.”

“Some schools of fish stick together in order to survive in their environment,” added Ms. Lane.

Erica watched the fish swim together. She liked that the fish and the penguins helped each other by staying in a group.

23. During the visit at the aquarium, \_\_\_\_\_\_\_\_.

A. the kids were divided into several groups

B. Lisa asked a lot of questions about the fish

C. students tried to finish their biology homework

D. Ms. Lane explained why penguins stayed together

24. According to the passage, the little fish swam together to \_\_\_\_\_\_\_\_.

A. send some signals B. keep each other warm

C. protect each other D. keep their baby fish fed

25. At the end of the school trip, Erica probably realized \_\_\_\_\_\_\_\_.

A. the power of teamwork B. the importance of courage

C. the meaning of friendship D. the value of independence

【答案】23. D 24. C 25. A

【解析】

【导语】本文讲述了一个学校旅行到水族馆的故事。学生们在老师的带领下，参观了企鹅和鱼类展区。通过观察企鹅和鱼类的行为，学生们了解到它们为了生存而群居的习性。这个故事强调了团结和合作的重要性。

【23题详解】

细节理解题。根据第四段“How come some of those penguins stay together?” 和第五段“Well, some penguins stay together to keep each other warm and safe,” explained Ms. Lane. “By using some signals (信号) like we do, they let other penguins know if there is danger, while others take care of their babies. Without the group, the babies would get lost or go hungry.”可知，在参观水族馆期间莱恩女士解释了企鹅为什么待在一起。故选D。

【24题详解】

细节理解题。根据第“ ‘Well, since they are small, if they were on their own, other bigger fish could eat them,’ said Ms. Lane. ‘But when they all swim together, they look like a bigger fish. This way they won’t be seen as a bunch of small fish. Such a group of fish is called a school.’ ”可知，小鱼游到一起是为了互相保护。故选C。

【25题详解】

推理判断题。根据最后一段“Erica watched the fish swim together. She liked that the fish and the penguins helped each other by staying in a group.”可知，在学校旅行结束时，埃里卡可能意识到了团队合作的力量。故选A。

**C**

Nowadays, most of the world’s population lives in the city, where poor air quality and noise pollution are common, and there is little chance to connect with nature. People may prefer going outdoors and enjoying the health benefits of being in nature. So, don’t be surprised that your doctor gives you a prescription (处方) for parks instead of pills.

Nature prescribing, gaining its popularity recently, involves a doctor encouraging patients to spend time in nature as a health activity. The nature-based activities have developed as an effective healthcare treatment to improve people’s well-being.

What are the nature prescriptions like? Well, doctors may give patients a variety of choices. Patients may choose direct exposure (接触) to nature, by using a natural space for running, walking, open-water swimming, or other physical activities. Other times, the exposure to nature might not be that obvious, such as biking along a path near a river on the way to work. Patients may also be encouraged to participate in environmental protection projects. For example, they can help build bird houses in forests, which provide a safe space for birds to live in and raise their young.

Research into nature prescribing activities has found that participants experience both physical and mental health benefits. For example, nature-based activities can result in a reduction of blood pressure and better heart health. Besides, spending time in nature has been linked to lower levels of stress and anxiety. Not only that, an outdoor program in nature involving a group of people can also reduce feelings of loneliness among participants.

Nature prescribing has been carried out successfully throughout the world. For example, in England, the Wildfowl & Wetlands Trust runs the Blue Prescribing Project. The project provides opportunities for people with poor mental health in London to enjoy wetland environment. This has led to great improvement of their situation.

However, there are still several challenges when nature prescribing is adapted to different settings. One major difficulty is the need to train qualified health providers who can organize effective activities, which takes time and requires money. Moreover, since some patients may not find certain nature-based activities interesting, more activities need to be designed to meet various needs.

26. If patients want to take part in nature prescribing activities, they can \_\_\_\_\_\_\_\_.

A. swim for hours in an indoor swimming pool

B. plant trees in the local park near their houses

C. paint birds and flowers at community libraries

D. watch environmental protection programs on TV

27. What do you know about nature prescribing from the passage?

A. It can never take the place of having medicine.

B. It fails to benefit patients when carried out in London.

C. It requires further development to meet different needs.

D. It works much better for physical health than mental health.

28. Which might be the best title for the passage?

A. From Indoors to Outdoors: An Active Way to Relax

B. A Step into the Wild: The Time to Protect Our Planet

C. A Trip Through Forests: A Chance to Enjoy the Beauty

D. From Pills to Parks: The Influence of Nature on Health

【答案】26. B 27. C 28. D

【解析】

【导语】本文主要讲述了自然处方对人们身体和精神健康的好处以及目前存在一些挑战。

【26题详解】

推理判断题。根据“Patients may choose direct exposure (接触) to nature, by using a natural space for running, walking, open-water swimming, or other physical activities. Other times, the exposure to nature might not be that obvious, such as biking along a path near a river on the way to work. Patients may also be encouraged to participate in environmental protection projects.”可知，患者可以选择直接接触自然或者参与环境保护项目，B选项“在他们家附近的公园里种树”符合。故选B。

【27题详解】

细节理解题。根据“Moreover, since some patients may not find certain nature-based activities interesting, more activities need to be designed to meet various needs.”可知，它需要进一步发展以满足不同的需求。故选C。

【28题详解】

最佳标题题。通读全文可知，本文主要讲述了自然处方对人们身体和精神健康的好处以及目前存在一些挑战。因此文章的最佳标题是“从药丸到公园：自然对健康的影响”。故选D。

**D**

“You always mess things up.” “What a stupid thing to do!” Have you ever said these things to yourself? The inner critic (批评者) is that voice inside your head saying you are not good enough—it constantly judges you.

Inner critics develop for various reasons. The most commonly discussed one is that this voice of self-doubt comes from things we heard as kids. If parents often put themselves or their children down, those hurtful words can stick. For example, if a mom talks about her weight a lot, her daughter might start to think the same way about her own body. Similarly, if a parent criticizes the child’s grades, that child might end up giving himself up on schoolwork.

Beneath the inner critic lies vulnerability (脆弱). Deep down, our critics are hurt and afraid, and develop as a maladaptive form of self-protection. Imagine coming home excited about winning a drawing contest, only to be laughed at by your older brother. The next time you achieve something, you might be unwilling to share it—or worse, not even recognize your success. This might seem smart, but it makes things harder for you in the long run.

The inner critic makes quite the effort to protect us from painful experiences. It keeps us small, shy, and always on the hunt for ways to prevent shame and failure. As a wounded part in need of care, the inner critic longs to be heard and befriended.

To heal (愈合) the wound, it’s important to first identify the inner critic. When you hear a voice in your head suggesting you shouldn’t try because you’ll only fail, recognize it and say:“Oh, my critic is here!” Indeed, it is part of us and isn’t going away, but doing this can create some space between you and the critic.

Once you realize its presence, you can meet the inner critic with curiosity and compassion (同情), so you can recover from the hurt behind negative self-talk. Parenting experts suggest getting down on the child’s level when providing support. This works for the inner critic too. Instead of towering over it, try meeting it where it’s at. You might say, “It’s okay to feel scared sometimes. What’s causing this feeling?” or “We all make mistakes. Would you call a friend stupid for doing that?”

Only by befriending your inner critic can you start to heal from the pain and fear behind its voice. It takes time and patience, but it’s worth it. Give it a try—for your own well-being.

29. Why does the writer use the examples in Paragraph 2?

A. To stress the harmful effect of self-doubt.

B. To describe the common problems kids face.

C. To compare how different parents treat their kids.

D. To explain how inner critics develop from childhood.

30. The words “a maladaptive form of self-protection” in Paragraph 3 are closest in meaning to “\_\_\_\_\_\_\_\_”.

A. an unhealthy way to stay safe B. a helpful tool to improve yourself

C. an ineffective try to keep calm D. a smart method to deal with failure

31. Which of the following would the writer most probably agree with?

A. The inner critic usually keeps people from feeling scared.

B. The inner critic actually looks for understanding and support.

C. Negative self-talk helps one create space to avoid mistakes.

D. Negative self-talk can successfully push people to work harder.

32. What is the writer’s main purpose in writing this passage?

A. To advise us to silence our inner critics.

B. To warn about the negative side of inner critics.

C. To guide us to treat inner critics like our dear friends.

D. To show advantages of making peace with inner critics.

【答案】29. D 30. A 31. B 32. C

【解析】

【导语】本文介绍了如何处理自己的内心批评家。

【29题详解】

细节理解题。根据“Inner critics develop for various reasons. The most commonly discussed one is that this voice of self-doubt comes from things we heard as kids.”可知，作者使用第2段中的例子是为了解释内心的批评家是如何从童年发展起来的。故选D。

【30题详解】

词句猜测题。根据“This might seem smart, but it makes things harder for you in the long run.”可知，划线词的含义与“一种不健康的自我保护方式”最接近。故选A。

【31题详解】

推理判断题。根据“Parenting experts suggest getting down on the child’s level when providing support. This works for the inner critic too.”可推知，内心的批评家实际上寻求理解和支持。故选B。

【32题详解】

主旨大意题。根据“Only by befriending your inner critic can you start to heal from the pain and fear behind its voice. It takes time and patience, but it’s worth it. Give it a try—for your own well-being.”可知，作者写这篇文章主要目的是引导我们像对待亲爱的朋友一样对待内心的批评者。故选C。

**第三部分**

**本部分共5题，共20分。根据题目要求，完成相应任务。**

**七、阅读表达（第46-48题每题2分，第49题4分，共10分）**

阅读短文，根据短文内容回答问题。



Strength training, a type of exercise, is used to build strength, power, and endurance (耐力). Many adults do strength training, but is it safe and useful for children? People used to think that strength training was not useful and even dangerous for children, possibly causing injuries that could affect their growth. However, the latest study shows that strength training does improve children’s overall health.

When children do strength training, they get stronger as their muscles (肌肉) grow! The strength training can most likely make them better, faster and stronger. “It is so beneficial for their bodies, like their bones, joints and metabolic (新陈代谢的) health,” says Becca Rigg, a professional trainer at a fitness center. She knows all about the positive effects of strength training. She takes her kids to strength workouts two to three times per week.

“I also love the message teenagers receive when exercising this way: They may feel more confident when they finish such hard and tiring training. It is also rewarding for them to see results. They are, indeed, getting stronger while having a better image,” explains Rigg, “Sometimes they make strength training part of their life and it’s easier for them to get involved in the training later.”

How do kids get started? Just like other activities, it is very important to learn the correct way to do it. For strength training, it is a must to learn from an experienced coach because the coach can make sure children do movements safely and correctly. In the early stage, it is best for teens to simply use their body weight, such as doing push-ups and squats. Bodyweight movements can then be made more difficult by adding equipment or weights, for example, a barbell or dumbbells.

So, let’s cheer our kids on as they lift, pull, and push their way to a stronger future. With our support and care, they’ll grow up ready to take on whatever life throws at them.

33 What does the latest study show about strength training?

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34. How often does Becca Rigg take her kids to strength workouts?

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35. Why is it a must to learn from an experienced coach?

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36. As a teenager, would you like to make strength training part of your life? Why? (Please give two reasons.)

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【答案】33. The latest study shows that strength training does improve children’s overall health.

34. She takes her kids to strength workouts two to three times per week.

35. Because an experienced coach can make sure children do movements safely and correctly.

36. Yes, I’d like to. Because it can enhance my self-confidence and benefit my health.

【解析】

【导语】本文主要讲述了力量训练对儿童健康的积极影响。

【33题详解】

根据“However, the latest study shows that strength training does improve children’s overall health.”可知，最新的研究表明力量训练确实提高了儿童的整体健康水平。故填The latest study shows that strength training does improve children’s overall health.

34题详解】

根据“She takes her kids to strength workouts two to three times per week.”可知，她每周带她的孩子进行两到三次力量训练。故填She takes her kids to strength workouts two to three times per week.

【35题详解】

根据“For strength training, it is a must to learn from an experienced coach because the coach can make sure children do movements safely and correctly.”可知，因为一个有经验的教练能确保孩子安全正确地做动作。故填Because an experienced coach can make sure children do movements safely and correctly.

【36题详解】

开放性习题，答案不唯一，参考答案为：Yes, I’d like to. Because it can enhance my self-confidence and benefit my health.

**八、文段表达（10分）**

37. 从下面两个题目中任选一题，根据所给的中文和英文提示，完成一篇不少于50词的英语文段写作。文中已给出内容不计入总词数。所给提示词语仅供选用。请不要写出真实的校名和姓名。

题目①

假如你是李华，你的英国笔友Peter要来中国做交换生，并寄宿在当地一位同学家中。他给你发来邮件，询问中国人日常生活中的基本社交礼仪。请你用英语回复一封邮件，介绍一些你认为Peter应该了解的社交礼仪，并就他在拜访寄宿家庭前需做哪些准备给出建议。

提示词语：shake hands, polite, respect, gift, learn Chinese

提示问题：●What social manners in China should Peter know?

●What should he prepare before visiting the host family?

Dear Peter,

I’m excited to learn that you are coming to China. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please feel free to ask for more information.

Yours,

Li Hua

【答案】例文

Dear Peter,

I’m excited to learn that you are coming to China.

As you’ll be staying with a host family, understanding some basic Chinese social manners is important. Here are a few tips I think you should know. Firstly, when you meet someone for the first time, it’s polite to shake hands. This is a common greeting in China. Secondly, showing respect is crucial. You can do this by using both hands when giving or receiving something. It’s also polite to use honorifics when addressing older people. Before visiting your host family, consider bringing a small gift. This could be something from your home country, which would be a thoughtful way to show your appreciation. Additionally, learning a few basic phrases in Chinese would be very helpful. It shows your effort to integrate and respect the culture.

Please feel free to ask for more information.

Yours,

Li Hua

【解析】

【详解】[总体分析]

①题材：本文是一篇应用文，为电子邮件。

②时态：主要用一般现在时。

③提示：根据Peter发来的电子邮件写回信，一定要针对他在邮件中提出的问题给出具体可操作的建议。

[写作步骤]

第一步：介绍中国的基本社交礼仪。

第二步：提出关于拜访寄宿家庭前要做的准备的建议。

[亮点词汇]

①for the first time 第一次

②it’s adj. to do sth. 做某事很……

③consider doing sth. 考虑做某事

[高分句型]

①It’s also polite to use honorifics when addressing older people. (it作形式主语)

②Additionally, learning a few basic phrases in Chinese would be very helpful. (动名词短语作主语)

**题目②**

38. 良好的沟通在我们的生活中起着非常重要的作用。

某英文网站正在开展以“沟通”为主题的征文活动。假如你是李华，请写一篇英语短文投稿，描述一次你与他人通过沟通解决问题的经历，并谈谈你的收获。

提示词语：misunderstand, conversation, realize, relationship, helpful

提示问题：●How did you solve a problem through communication?

●What have you learned from the experience?

Good communication plays an important role in our life.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

【答案】例文

Good communication plays an important role in our life. I think the most useful skill to communicate better is to respect others. Last year, I went travelling with my good friends. When we made the plan, we disagreed each other. We argued about it because I thought he should follow my advice. Later, I thought about it and realized that his advice was actually pretty good. We should respect each other. I said sorry to him and then we had a good trip. Since then, our relationship has become closer. In my opinion, everyone should learn how to get on well with others. We should learn to listen and understand others. We should also respect others politely. I think learning to communicate plays an important role in our life.

【解析】

【详解】[总体分析]

①题材：本文是一篇材料作文；

②时态：时态以“一般现在时”和“一般过去时”为主；

③提示：文章应该包括两个问题要点，要适当补充，使文章内容充实；注意标点符号及大小写等问题，不要犯语法错误，注意上下文之间的逻辑关系，语意连贯。

[写作步骤]

第一步，介绍良好沟通的方式以及最有用的沟通技巧；

第二步，介绍自身的经历；

第三步，书写结语，表达感受。

[亮点词汇]

①go travelling去旅行

②say sorry to sb.向某人道歉

③get on well with sb.与某人相处得很好

[高分句型]

①When we made the plan, we disagreed each other. (when引导时间状语从句)

②We argued about it because I thought he should follow my advice. (because引导原因状语从句)

③I think learning to communicate plays an important role in our life.（宾语从句）