

2021 年沈阳市高中三年级教学质量监测(一)

英 语

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注意事项：

1. 答卷前，考生务必将自己的姓名、考号填写在答题卡上。

2. 选出每小题答案后，用铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。不能答在本试卷上，否则无效。

3. 考试结束后，考生将答题卡交回。

第一部分：听力（共两节，满分 30 分）

做题时，先将答案标在试卷上。录音内容结束后，你将有两分钟的时间将试卷上的答案转涂到答题卡上。

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 三个选项选出最佳选项，并标在试卷的相应位置。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. Where does this conversation probably take place?

A. In a bookstore.

B. In a classroom.

C. In a library.

2. At what time will the film begin?

A. 7:20

B. 7:15

C. 7:00

3. What are the two speakers mainly talking about?

A. Their friend Jane.

B. A weekend trip.

C. A radio program.

4. What will the woman probably do?

A. Catch a train.

B. See the man off.

C. Go shopping.

5. Why did the woman apologize?

A. She made a late delivery.

B. She went to the wrong place.

C. She couldn't take the cake back.

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 三个选项选出最佳选项，并标在试卷的相应位置。听每段对话或独白前，你将有时间阅读各个

小題，每小題 5 秒鐘；聽完後，各小題將給出 5 秒鐘的作答時間。每段對話或獨白讀兩遍。
聽第 6 段材料。回答第 6、7 題。

6. Whose CD is broken?

- A. Kathy's. B. Mum's. C. Jack's.

7. What does the boy promise to do for the girl?

- A. Buy her a new CD. B. Do some cleaning. C. Give her 10 dollars.

聽第 7 段材料。回答第 8、9 題。

8. What did the man think of the meal?

- A. Just so-so. B. Quite satisfactory. C. A bit disappointing.

9. What was the 15% on the bill paid for?

- A. The food. B. The drinks. C. The service.

聽第 8 段材料，回答第 10 至 12 題。

10. Why is the man at the shop?

- A. To order a camera for his wife.
B. To have a camera repaired.
C. To get a camera changed.

11. What color does the man want?

- A. Pink. B. Black. C. Orange.

12. What will the man do afterwards?

- A. Make a phone call.
B. Wait until further notice.
C. Come again the next day.

聽第 9 段材料，回答第 13 至 16 題。

13. What would Joe probably do during the Thanksgiving holiday?

- A. Go to a play. B. Stay at home. C. Visit Kingston..

14. What is Ariel going to do in Toronto?

- A. Attend a party. B. Meet her aunt. C. See a car show.

15. Why is Ariel in a hurry to leave?

- A. To call up Betty. B. To buy some DVDs. C. To pick up Daniel.

16. What might be the relationship between the speakers?

- A. Classmates. B. Fellow workers. C. Guide and tourist.

聽第 10 段材料，回答第 17 至 20 題。

17. Where does Thomas Manning work?

- A. In the Guinness Company. B. At a radio station. C. In a museum.

18. Where did the idea of a book of records come from?

- A. A bird-shooting trip. B. A visit to Europe. C. A television talk show.

19. When did Sir Hugh's first book of records come out?

- A. In 1875. B. In 1950. C. In 1955.

20. What are the two speakers going to talk about next?

- A. More records of unusual facts.

B. The founder of the company.

C. The oldest person in the world

第二部分：阅读理解（共两节，满分 50 分）

第一节（共 15 小题；每小题 2 分，满分 30 分）

阅读下面短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项。

A

Welcome to Tropical North Queensland—the only place in the world where the Great Barrier Reef meets World-Heritage-listed rainforest. Home to two World Heritage-listed natural wonders—the grand Great Barrier Reef and the ancient Daintree Rainforest. Tropical (热带的) North Queensland is famous for having some of most specific natural attractions on earth.

Stretching 2000km and holding more than 3000 reefs (礁石) and corals (珊瑚), the Great Barrier Reef is one of the world's most popular holiday destinations.

No matter your age or ability, you can easily explore the reef by taking a glass-bottom boat trip, scuba diving (水肺潜水), trying an ocean walk or flying overhead in a helicopter or plane.

There are also numerous ways to experience the beauty of the planet's oldest tropical rainforest without having an impact on its clean environment, thanks to a huge range of eco-friendly options. While exploring these sites is on every visitor's must-do list, there also are countless other exciting discoveries to be made in this wonderful sun-kissed corner of Australia.

Keep this important information on hand during your holiday.

Emergency

Police and fire services Ph: 000

Cairns Police Ph: +617 4030 7000

Cairns 24 Hour Medical Centre Ph: 617 4052 1119

Bank & shopping hours

Most banks are open from 9 am to 4 pm weekdays.

Major shopping centres are open 9 am-5 pm Monday to Saturday (with extended shopping until 9 pm on Thursday) and 10 am-4 pm Sunday.

Transportation

Sunbus, a local bus service, runs from the northern beaches to the southern suburbs through the Cairns CBD.

Visit www.sunbus.com.au or Ph: +617 4057 7411.

Cars, recreational vehicles, four-wheel drives, and bicycles are available for hire.

Visit www.transportation.com.au or Ph: +617 131 008.

21. What can you do in the Tropical North Queensland ?

- A. Climb the Great Barrier Reef B. Experience a desert walk
C. Take a wood-bottom boat trip D. Explore the old rainforest

22. If you want to rent a vehicle, you can call _____

- A. 617 4052 1119 B. 617 4057 7411
C. 617 131 008 D. 617 4030 7000

23. Where can you possibly see the text?

- A. A scientific report B. A tourist guidebook
C. A book review D. A movie poster

B

When I first got the bird, it must have only just been hatched. Its mother had disappeared, leaving it alone and shivering in the face of the north wind. I decided to take it straight back and build it a new home.

At that time, we grew a great many flowers in our house. Next to one hanging orchid (兰花) I hung another empty flowerpot and it was in this pot that the bird was to have its new home. When Dad got home, he immediately discovered **the new addition** to our family. Without saying a word, he turned around and left the house. After some time, he returned and I saw that he had a handful of grass and pine needles. Obviously, Dad thought the nest I had made was far too rough and so he had decided to decorate it himself.

“A bird born at this time of year won’t survive the winter.” In spite of this prediction on the bird’s future, Dad very carefully fashioned the nest himself. Soon I found “Nuo Nuo” (Dad had named him) had started to grow feathers. They looked like such fine little hairs that you could only notice them if you looked really closely. I only discovered them because every day I would cup him in my hands and look at him.

Dad probably realized that he had been a little cruel in his prediction. You see, he had already started training Nuo Nuo to walk. As you know, Nuo Nuo lived in a flowerpot, not a cage or anything. When he had nothing else to do, he walked around his little home. There were times when he was a bit naughty too and he jumped down onto our dining table.

It was obvious that Nuo Nuo didn’t realize he was a bird. He perhaps thinks he was one of the family. But it is not enough for a bird to walk, it must fly as well. Dad soon began attempting to make him learn this new ability, but it was not an easy task. After all, nobody in our family had mastered the art of flying. we didn’t even have wings. How could we ask Nuo Nuo to do something that we had no means of doing ourselves?

The flying lessons went on regardless. Dad jumped off a chair, waving his arms as if his life depended on it, in an attempt to encourage Nuo Nuo to shake his wings. Surprisingly, this stupid action of Dad’s did actually have an effect. Nuo Nuo began to shake his wings and started to rise.

Everything is hard at the beginning. But seeing as what we had already started, the fact that Nuo Nuo couldn’t fly was no reason not to continue trying. Nuo Nuo learnt to fly finally and he survived the winter as well.

24. According to the text, what is **the new addition** to the family?

- A. one hanging orchid B. another empty flowerpot
C. the little bird D. a handful of grass

25. Why is it not an easy task to make the bird learn to fly?

- A. Because the bird was raised in the cage.
B. Because the bird was one of the family.

- C. Because the family didn't want to teach him to fly.
- D. Because the family didn't have relevant experience.

26. What's the family's attitude towards the bird?

- A. Cruel
- B. Considerate
- C. Tolerant
- D. Unconcerned

27. What can we learn from the last paragraph?

- A. All the predictions may come true.
- B. Nothing is difficult at the beginning.
- C. Everything deserves a try though hard.
- D. There is always a reason to do something.

C

Confused by food nutrition labels? You're not alone. Now, researchers have suggested an alternative: labelling the amount and type of exercise needed to burn off the calories.

Current food and drink labels display nutritional information such as the amount of calories and fat. However, researchers led by Prof. Amanda Daley at Loughborough University say that these labels are having a limited effect on changing buying habits. Instead, they propose a labelling system called 'physical activity calorie equivalent or expenditure' (PACE) (体育活动热量当量), which shows how many minutes or miles of physical activity are needed to burn off the calories. For example, a small bar of milk chocolate contains 230 calories, which would take about 42 minutes of walking, or 22 minutes of running, to burn off.

They **pooled** the data from 14 previous studies which compared the impact of PACE labelling with that of other types of food labelling, or with no food labelling at all. They calculated that PACE labelling could cut a person's daily calorie intake by up to 200 calories. "Public health agencies may want to consider the possibility of including policies to promote PACE food labelling as a strategy that contributes to the prevention and treatment of obesity (肥胖) and related diseases," said the researchers.

The UK's Royal Society for Public Health has already called for PACE labelling to replace the current system. However, not everyone is convinced. A spokesperson for the eating disorder charity Beat said: "We believe that anti-obesity campaigns that focus on weight instead of health are ineffective and that recommending more exercise is an ineffective and over-simplistic approach to a complex problem. Most urgently, public health campaigns must consider people's mental as well as their physical health, moving from obesity-shaming to evidence-based campaigns that build confidence and support healthy eating."



28. What additional information can you get from PACE labels compared with the current ones?
 A. Exercise advice B. Fat content
 C. Nutrition facts D. Calorie content
29. What does the underlined word “pool” in Paragraph 3 probably mean?
 A. collected B. distributed C. deleted D. proved
30. What can we know from Beat’s comments?
 A. Obesity is a physical problem and can be solved by increasing exercise.
 B. Obesity is related to eating habits and can be tackled by cutting calories.
 C. Obesity is no simple problem but can be settled by focusing on weight.
 D. Obesity is complicated and should be tackled physically and mentally.
31. What’s the best title for the text?
 A. PACE: A new labelling option B. Nutrition: A basic step towards health
 C. Labelling: A smart advisor for shopping D. Excise: An effective treatment for obesity

D

Imagine reading a story titled “Pursuing Success.” That would be an inspiring story, wouldn’t it? Maybe—but maybe not. It might well be the story of someone whose never-ending chase for more and more success leaves them unsatisfied and incapable of happiness.

Though it isn’t a conventional medical addiction, for many people success has addictive properties. Obviously, success goes with praise. To a certain extent, praise stimulates the neurotransmitter dopamine (神经递质多巴胺), which contributes to all addictive behaviors.

The desire for success may be in humans’ nature, but specialness doesn’t come cheap. Success is tough work, and it requires bearing the cost of losing. In the 1980s, the physician Robert Goldman famously found that more than half of ambitious athletes would be willing to take a drug that would kill them in five years in exchange for winning every competition they entered.

Unfortunately, success is endless. The goal can’t be satisfied; most people never feel “successful enough.” The high only lasts a day or two, and then it’s on to the next goal. Psychologists call this the hedonic treadmill (快乐跑步机现象), in which satisfaction wears off almost immediately and we must run on to the next reward to avoid the feeling of falling behind.

People should get off the treadmill. But quitting isn’t easy for addicts. For people hooked on substances, withdrawal can be a painful experience, both physically and psychologically, research finds that depression and anxiety are common among outstanding athletes after their

careers end. Olympic athletes, in particular, suffer from the “post-Olympic blues.”

Just like wine, success in and of itself is not a bad thing. Both can bring fun and sweetness to life. But both become bossy when they are a substitute for—instead of a complement(补充物) to—the relationships and love that should be at the center of our lives.

32. What can be inferred from the first two paragraphs?
- A. Success doesn't always bring positive results.
 - B. A traditional medical addiction leads to success.
 - C. The passion for constant success is rarely praised.
 - D. Success addiction has already drawn wide attention.
33. Why did the author mention the research findings of Robert Goldman?
- A. To argue that athletes deserve more rewards.
 - B. To illustrate success is a tough and cruel job.
 - C. To describe the routine training of an ordinary athlete.
 - D. To express his opinion on success: no pains, no gains.
34. What can success bring to a success addict according to psychologists?
- A. Satisfaction and a sense of pride
 - B. Confidence and lifelong happiness
 - C. Anxiety and short-lived happiness
 - D. Relaxation and endless motivation
35. What does the author suggest people do about pursuing success?
- A. Stop chasing success
 - B. Give up love and relationships
 - C. Chase success at any cost
 - D. Reflect on what matters in life.

第二节（共 5 小题；每小题 2 分，满分 10 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。选项中有两项为多余选项。

How to Avoid Identity Theft

Every year, a large quantity of personal information is leaked into the wrong hands. Millions of people suffer the identity theft. Maybe there's spyware on their computer, or a service they use has a security problem, leaving customers at risk of exposure. But there is no need to fear. It's a lot easier than you might think to set up proper defenses. 36. Here's how.

- **Clean your computer and smart-phone**

37 before you put new security measures into place. This means fixing a good anti-virus program and taking the time to clear out any spyware that may have already infected your system.

- **Ensure your Wi-Fi safety**

Now that your computer is clean, you should plug any holes in your home network. It's fairly easy for potential criminals to gain access to your information if they're able to share your connection. 38. Different routers (路由器) will have different setup pages, so the actual step-by-step will vary, but the end result will be the same. Here's what to do: Enable basic password protection. You also need to change the password that allows you to access your

router's settings to begin with. Then change the original name of your wireless network. Don't use any personal information here.

● 39

Everything you just finished could be for nothing if a thief has your existing passwords, so you need to change them for every service you use. What you've heard is true: Passwords should use a variety of special characters, numbers, letters, and cases when possible. 40, and there should be a different one for each website you use.

Doing this or keeping track of it all is pain, which is why people don't do it and wind up with stolen identities. Try it, and there's no need to worry about all those problems.

- A. Dig deep with your passwords
- B. They should be close to random
- C. Use the passwords in the same way
- D. In fact, you can easily do it all in a weekend
- E. However, it is a challenge to set up a defense
- F. Make sure your devices are as spotless as possible
- G. That's why you want to be careful when using public Wi-Fi

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内处的最佳选项。

In late March six years ago, Jagger Gordon was standing in line at the grocery store. An idea 41 him and that was only the beginning. He 42 Feed It Forward—one of the country's most innovative food bank programs. It was hoped that about 11 million tons of food would be 43 to relieve hunger, which Canadians annually let go to 44.

The 50-year-old chef and starter of Toronto's Feed It Forward, is like a modern-day Robin Hood. 45 robbing from the rich, his food bank saves food that would otherwise end up in recycling bins. The food he 46 is still eatable but may not meet the picture-perfect 47 of consumers. "This is perfectly good stuff!" he says. "Maybe a pepper has a slight blemish(瑕疵), or it's not breast meat 48 whatever the desired cut is, but you can still make something that tastes 49."

With some 2,200 volunteers, the organization operates three main kitchens across the country. Until recently, the organization was 50 appropriately 3,000 people every day. During holiday seasons, its delicious roast turkeys never 51 to bring a perfect end to the annual community gathering. Since COVID-19, it has been providing food for closer to 5,000 per day and Gordon sees that COVID-19 will have an even bigger impact on communities that 52 his services.

As the year comes to an end, Feed It Forward is stockpiling (储备) turkeys. In previous years, they 53 holiday dinners—community celebrations with live music and, of course,

plenty of good food. This year will be 54—less gathering and more special deliveries. So maybe Gordon is less like Robin Hood and more like Santa. “There is need out there, and we can 55 it,” he says. “That’s my mission.”

- | | | | |
|--------------------|------------------|------------------|----------------|
| 41. A. hit | B. warned | C. reminded | D. recalled |
| 42. A. attended | B. requested | C. recommended | D. founded |
| 43. A. thrown | B. purchased | C. provided | D. buried |
| 44. A. sort | B. waste | C. treasure | D. ruin |
| 45. A. In spite of | B. Instead of | C. Regardless of | D. In favor of |
| 46. A. tastes | B. sells | C. buys | D. rescues |
| 47. A. standards | B. budgets | C. deadlines | D. conditions |
| 48. A. and | B. but | C. or | D. so |
| 49. A. terrible | B. special | C. amazing | D. tasteless |
| 50. A. feeding | B. ordering | C. interviewing | D. employing |
| 51. A. failed | B. succeeded | C. bothered | D. refused |
| 52. A. pay for | B. fight against | C. depend on | D. involve in |
| 53. A. announced | B. afforded | C. canceled | D. hosted |
| 54. A. different | B. similar | C. normal | D. simple |
| 55. A. solve | B. meet | C. predict | D. ignore |

注意：请将答案写在答题卡上。写在本试卷上无效。

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。

The Mingsha Mountain 56 (locate) in Dunhuang city in western China. It is famous for the sounds the wind makes when blowing over the dunes. As you walk through the quicksand, sometimes you can hear loud noises from beneath your 57 (foot). Hence that’s the origin of the name—the Mingsha Mountain.

Lying between the tall sand dunes, there is a little miracle. The spring, which looks like a crescent moon (新月), 58 (exist) for thousands of years, and has never dried up.

The formation and continuous existence of the Crescent Spring 59 (be) all related to its geographic location. The flowing water joins here to form it. 60 average, the evaporation (蒸发) there is more than 60 times 61 of the annual rainfall. Although it’s extremely dry here, the stable water source ensures a 62 (sustain) water supply to the spring. It’s also due to the low-lying land. Whenever there is a sandstorm, it forms 63 upward air flow between the surrounding sand mountains. The air flow sends the sand at the foot back to the top of the sand mountain, 64 (save) the Crescent Spring from being destroyed by quicksand. The Crescent Spring, 65 beauty attracts tourists from home and abroad, has become a romantic paradise for visitors.

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，你校将开展音乐选修课课程。即将来校学习的英国交换生 Peter 不知如何选择，请你给他写信提供建议，内容包括：

1. 选修课种类介绍。
2. 你的建议及理由。

选修课：optional course 民乐 folk music

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 Peter,

Looking forward to your reply.

Yours,
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。

“Happy birthday, dear Rhea, happy birthday to you!” Silence penetrated(穿透) the room.

“Make a wish,” my mom said in a sweet whisper. Now, I’m a straight A student, confident and popular, but that’s not what I was a year ago. It was my mom’s love that made me what I am today. Looking around the room filled with my friends, I couldn’t help but smile.

I wish...

Memories flooded back. The December morning breeze brushed my long, black hair as I stepped towards the doors of Hagenberg High. It was my first day of school. Only two weeks ago, my mom and I migrated to America, hoping for a bright new life.

My English was poor, and I was alone, like a lost little kid. I unknowingly avoided interacting with anyone because I was afraid they’d laugh in my face. When my English was better, I decided, I would come up to people and maybe manage to say, “Whussup?”

Finally in gym class, a friendly brown face. She almost looked like me, only happier. Her name was Caroline. At lunchtime we found ourselves enjoying the cafeteria food. She wanted me to meet her friends. “Don’t worry Rhea,” she assured me, calling me “sister”, “You’ll fit right in.”

And I did. It was as if some foreign soul entered my body and made me do things against my will. I found myself drinking beer, smoking cigarettes and skipping school. I didn't even like the taste of beer. The moment it touched my tongue I felt like I had to spit it back. But I didn't. I couldn't afford to look bad and lose my new "friends". I began to miss at least one day of school a week to hang out with them. Then I missed two, three, even four days in a row.

But while I was out having fun with my "friends," inside I was full of conflict, unhappiness and regret. I stopped practicing my English sentences in front of the mirror and instead practiced, "I don't know why the school called, mom. There must be something wrong in the system because I did not miss school today."

One day the school teacher called my mom and the truth came out.

My mom's voice awakened me from my thoughts, "Have you made your birthday wish yet, sweetie?"

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。

One day the school teacher called my mom and the truth came out.

My mom's voice awakened me from my thoughts, "Have you made your birthday wish yet, sweetie?"