

北京市朝阳区 2024 年中考英语一模试卷

一、单项填空(每题 0.5 分, 共 6 分)从下面各题所给的 A、B、C、D 四个选项中, 选择可以填入空白处的最佳选项。

1. My father is interested in news and _____ favourite program is *News 30 Minutes*.

- A. her B. his C. your D. their

2. Usually I make breakfast for my family _____ Saturdays.

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

3. — Must I hand in the report now?

— No, you _____. Tomorrow is OK.

- A. can't B. needn't C. mustn't D. shouldn't

4. Sam is good at running. He is one of _____ runners in the school football team.

- A. fast B. faster C. fastest D. the fastest

5. — _____ have you lived in Binzhou?

— For about ten years.

- A. How soon B. How often C. How long D. How much

6. John feels excited _____ he is going to have a tennis match with an excellent player this weekend.

- A. because B. but C. or D. so

7. — Chris, what are you doing?

— I _____ to some music.

- A. listen B. am listening C. listened D. will listen

8. Kate and her classmates _____ part in an interesting art activity after school yesterday.

- A. take B. took C. will take D. have taken

9. We will live in a greener world if we _____ the earth well.

- A. protect B. are protecting C. protected D. will protect

10. Betty _____ Chinese chess since she was five years old.

- A. learns B. was learning C. has learned D. will learn

11. The Paris Olympic Games _____ from July to August, 2024.

- A. holds B. will hold C. is held D. will be held

12. — Tony, do you know _____?

— Next Friday afternoon.

- A. when we have the School Talent Show B. when do we have the School Talent Show
C. when we will have the School Talent Show D. when will we have the School Talent Show

二、完形填空(每题 1 分, 共 8 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。

As I waited for the speech to start, I felt a touch on my shoulder. Looking up, I found a young woman smiling at me, holding a notebook. I _____13_____ at once who she was.

The week before we had shared emails, and I told her I would be sitting in the front row. I always sat at the front because I'm _____14_____ and needed to watch the way the speaker's lips (嘴唇) move. "I'm Rosie," the young woman said. She was the first person I'd ever met who was my age and wore hearing aids. At my school, I was the only person who wore hearing aids. So I was surprised to see Rosie wearing them. She tied her hair back, and didn't try to _____15_____ them like I did.

After the speech, Rosie and I carried on talking. She always remembered to look at me when we talked. I didn't have to worry that she'd _____16_____ away, and I'd miss a joke or statement. We both tried to make communication clear and noticeable. I once _____17_____ that deafness was some kind of weakness but here was Rosie, who was clever, wise, full of fun and deaf. What was the big _____18_____?

I felt like a window had opened on my own experience as a deaf person. Partly it was the joy of being able to talk _____19_____. We discussed noisy social events, or group conversations, where we felt like outsiders. The knowledge that I wasn't the only deaf student at school made the experience feel less lonely.

We continued to share notes on being deaf. Learning to speak up for myself as a deaf person in the workplace was hard. But Rosie was more positive, and she held up a _____20_____ to my own experience, setting a good example for me. Our friendship has become an important part of who I am as well.



13.

- | | | | |
|-------------|------------|------------|-----------|
| A. realized | B. laughed | C. studied | D. forgot |
|-------------|------------|------------|-----------|

14.

- | | | | |
|----------|----------|---------|---------|
| A. short | B. blind | C. deaf | D. poor |
|----------|----------|---------|---------|

15.

- | | | | |
|---------|---------|-----------|-----------|
| A. wear | B. hide | C. follow | D. expect |
|---------|---------|-----------|-----------|

16.

- | | | | |
|--------|---------|---------|---------|
| A. put | B. take | C. give | D. turn |
|--------|---------|---------|---------|

17.

- | | | | |
|------------|------------|------------|----------|
| A. doubted | B. thought | C. noticed | D. chose |
|------------|------------|------------|----------|

18.

A. plan

B. task

C. deal

D. rule

19.

A. openly

B. quietly

C. slowly

D. politely

20.

A. notebook

B. light

C. flag

D. mirror

三、阅读理解(每题 2 分, 共 26 分)

阅读下列招募介绍。请根据人物意愿匹配最适合的志愿项目, 并将所对应的 A、B、C、D 选项填在相应位置上。选项中有一项为多余选项。

Volunteers Wanted

A	B
Clean the West Park! Six volunteers are wanted. We need help clean up the West Park. We will help to collect rubbish and protect the environment there. If you are free, join us.	Beautify the Garden Park! We need eight volunteers who are strong. We need to plant more trees and flowers to make the Garden Park more beautiful. Join us if you are free.
C	D
Guide the East Park! Five volunteers are wanted. We need to create a guide to important places in the East Park. We will create maps and write descriptions of the places in the guide. Come and help.	Help the Central Park! We need four volunteers to work in the Central Park. We can make posters or speeches to teach people how to protect the environment here and call on more people to join us.

21. I love doing volunteer work and I am good at drawing maps.

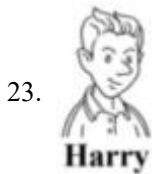


Alice

22. I am a strong boy and I'd like to plant trees and flowers.



Tony



23. I enjoy making posters and I have some good ways to protect the environment.

(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。



A 16-year-old boy named Li Tao lived in a small town in China. One day, while Li Tao was doing his science homework, he came up with a great idea. He worked out a way to make a new type of power supply (供应) for his town, which had a problem with its electricity supply.

To make his idea come true, Li Tao began to experiment at home. He was so confident that nothing could stop him from inventing. He made and took apart many models. Even though he faced lots of challenges and failures, he didn't give up. He fixed his mistakes, changed his plans, and kept working hard.

After two years of hard work, he finally succeeded. He made a small device (设备) that could change wind power into electrical power successfully. This was a new, environmentally-friendly way for his town's power problem.

News about Li Tao's invention quickly spread around his school and town, and everyone really took pride in his achievement. The group of science-technology of the town decided to help him improve the invention. He was invited to give a speech to encourage other teenagers to learn more about science and be more creative in the Science and Technology Meeting.

His story encourages teenagers that being young is not a barrier (阻碍) to achieve their dreams. Even a common teenager can do something amazing!

24. What was the problem of the town where Li Tao lived?

- A. Water pollution. B. Experiment device testing.
C. Electricity supply. D. Wind power lightning protection.

25. When Li Tao faced challenges and failures, he _____.

- A. encouraged other teenagers to join him
B. fixed his mistakes and kept working hard
C. gave a speech and learnt more about science
D. asked the group of science-technology for help

26. How did people feel after knowing Li Tao's invention?

- A. Excited. B. Proud. C. Confident. D. Surprised.

In a culture that focuses so strongly on success, it's easy to feel like a failure. But according to the organizational psychologist Adam Grant, that might be because we're thinking about achievements all wrong.

Many people think that achievements are tied closely to innate (天生的) ability, so they give up on activities they find challenging. That's a mistake. Dr. Grant writes in his new book, *Hidden Potential*(潜能): *The Science of Achieving Greater Things*. The following are the three key points from his book that could help you unlock your own hidden potential.

Accept discomfort. Dr. Grant argues that success is more about gradual (逐渐的) growth than achieving immediate victories. And one of the most effective methods for skill development is to challenge oneself. "The discomfort we feel offers a chance for new learning," Dr. Grant explained in an interview and he also stressed the importance of welcoming such moments. According to him, stepping outside our comfort zones (区域) may actually encourage greater growth. He also suggests accepting mistakes as a natural part of the learning process. Besides, he stresses that making mistakes is necessary for progress. Without enough efforts and mistakes, development becomes challenging.

Keep things interesting. Dr. Grant warns us about burnout, which happens when we work too much. But he also talks about "bore out", which is feeling tired from not having enough to do. He suggests adding fun activities and new things to learn to our daily life. In his book, he says basketball player Stephen Curry got rapid improvement after college because of a coach who focused on different activities and games in his training periods, rather than repetitive (重复的) practice. Dr. Grant mentions that trying out different skills helps people improve faster. If you're stuck, he advises taking a break and doing something enjoyable. This can improve your confidence and skills, helping you make progress.

Ask for advice and give it, too. Dr. Grant points to Harvard Business School research that found it's more helpful to ask for advice, which focuses on what you can do better in the future. Furthermore, advice has positive effect, changing your mindset to what you can do right. We often perform better after we give other people advice, too, in what Dr. Grant refers to as the "coach effect". That's because we are more likely to focus on advice that we have already given to others, he says. One study he mentions discovered that high school students who were chosen by chance to offer encouragement to younger students went on to get better grades.

27. Dr. Grant would suggest _____ to unlock your own hidden potential.

- | | |
|--------------------------------|----------------------------------|
| A. accepting mistakes | B. having repetitive practice |
| C. shortening learning process | D. achieving immediate victories |

28. Why does Dr. Grant mention the Harvard Business School research in Paragraph 5?

- A. To point out the importance of asking for advice among students.
- B. To show the connection between coach effect and encouragement.
- C. To present examples of high school students' educational achievements.
- D. To stress the benefits of giving and receiving advice on better performance.

29. What is the passage mainly about?

- A. The effects of keeping things interesting.
- B. The reasons of keeping things interesting.
- C. The ways to unlock your own hidden potential.
- D. The difficulties in unlocking your own hidden potential.

Should I worry about skipping breakfast (不吃早饭)?

Is breakfast the most important meal of the day? It probably depends on what you're doing for the rest of it. Before the industrial revolution (工业革命), most people had leftovers or nothing for breakfast. Edward Bernays created a marketing project in the 1920s that made eggs and bacon a common breakfast choice. But in today's world, fewer people work physically challenging jobs, so is it still necessary to begin the day with a protein-rich (富含蛋白质的) meal or a bowl of porridge? Does it matter if you don't and might there actually be health benefits to breaking your fast later in the day?

First, let's hear from the breakfast supporters. Some studies suggest that breakfast-skippers have a risk of heart disease and high blood sugar, across a range of populations around the world. At the same time, other studies show breakfast-skippers are more likely to choose poorer foods throughout the day which makes sense, as skipping breakfast seems to keep levels of the hunger hormone ghrelin (饥饿激素) high, while the satiety hormone leptin (饱腹感激素瘦素) stays suppressed.

Breakfast eaters often have healthier habits, but not always. What if some people really care about their health but choose to skip breakfast? Well, actually...

"Skipping breakfast can be described as a kind of 'time-restricted feeding (限时进食)', as you reduce the 'window' when you can eat," says the nutritionist (营养学家) Drew Price. "If I was working with someone who wanted a breakfast-skipping-type plan, then I would be paying more attention than ever to what they are eating to make sure they get enough protein, healthy fats and other beneficial nutrients. However, skipping breakfast isn't suitable for everyone, especially those people with disordered eating, certain health conditions, and those who are young or elderly, for whom balanced energy intake is important."

What should you do then? Just eat in the way that lets you make the most healthy choices, most long-lastingly. If that means a couple of fried eggs and some vegetables at 7 a.m., great, but if all you need to make it to 11 a.m. is a strong cup of coffee, don't worry about it too much. Oh, and if a bowl of porridge can help guide you away from your basic needs, then go for it—we can all use a bit of help in the morning, after all.

30. According to the passage, which health risk is connected with skipping breakfast?

- A. Cancer.
- B. Stomachache.
- C. Cold.
- D. Heart disease.

31. The word "suppressed" in Paragraph 2 is closest in meaning to _____.

- A. controlled
- B. organized
- C. balanced
- D. recorded

32. The writer probably agrees that _____.

- A. the best breakfast habit depends on yourself

- B. disordered eating is a good idea for children
- C. balanced energy intake is the key to a healthy life
- D. skipping breakfast brings people more food choices

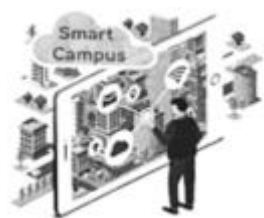
33. What is the writer's main purpose of writing this passage?

- A. To introduce the history and development of breakfast.
- B. To provide breakfast meal suggestions for improving health.
- C. To highlight how the marketing influences breakfast choices.
- D. To discuss whether you need to worry about breakfast skipping or not.

四、阅读表达(共 10 分)

阅读短文，根据短文内容回答问题。

School Life Made Easier



Making school life simpler and more convenient is becoming a reality with the use of technology, especially in China where many schools are using inventions like AI.

One example is a school in Tianjin, which uses a smart campus (校园) system (系统) from a tech company. In classes, students get hands-on experience using simulation (模拟) devices and VR glasses, exploring rocket launches and the structure inside rockets through fun and interactive (互动的) learning. Similarly, in swimming classes, “By wearing smart earphones, they can receive real-time instructions from the coach underwater, making sure it’s safe,” Li Rui, the school’s vice-principal, told CCTV.

At a school in Anhui, technology is improving PE classes. Self-testing tools with AI visual analysis (可视化分析) technology are used for activities like running, jumping, sit-ups, and skipping rope. A facial recognition system records students’ faces, allowing them to receive performance results immediately after each exercise. “Before, when I threw the shot put (铅球), the teacher had to use a ruler to measure the distance. Now, the results are produced automatically (自动地). You can also see which parts of your exercise need improvements, with the teacher then helping to guide you to make those improvements,” said Wu Shengguo from the school.

Besides China, smart campus technologies are getting popularity. A university in Australia uses an app, allowing students to visualize the human heart in 3D. This tool helps students understand the heart’s different parts and blood flow.

Universities worldwide are also using AI to create helpful digital assistants (助手). A college in the UK introduced a chat robot. It provides students with information about attendance records, courses, and class timetables, making it easier for students to manage their school lives.

Smart campuses are not just about “smart” learning; they are changing how students learn, study, and interact with their schools. These technologies are making education more interesting and convenient for students all over the world.

34. What technology does the school in Tianjin use from the tech company?

35. When can students at the school in Anhui receive performance results in PE classes?

36. How does the chat robot make it easier for students of the college in the UK to manage their school lives?

37. Would you like to study in a smart campus? Why or why not? (Please give two reasons.)

五、文段表达(10 分) 从下面两个题目中任选一题, 根据所给提示, 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。请不要写出你的校名和姓名。

38. 假设你是李华, 你的英国笔友 Peter 最近在北京学习, 面对新环境, 他感到有些不适应, 并发来邮件向你求助。请你用英文给他回复。告诉 Peter 你收到邮件的感受以及你的具体建议。

提示词语: sorry, change some habits, make new friends, join in clubs

提示问题:

•How do you feel when you know Peter’s problem?

•What’s your advice to help Peter?

Dear Peter,

How is it going?

Wish you a wonderful time in Beijing.

Yours,

Li Hua

39. 某英文网站正在开展以“突破自我, 我拼过”为主题的征文活动。假设你是李华, 请用英语写一篇短文投稿, 谈谈你对“突破自我”的看法, 简单描述你为了突破自我而拼搏的一次经历以及你的收获。

提示词语: important, overcome difficulties, a sports meeting, a strong will

提示问题：

- What do you think of breaking through yourself?
- How did you break through yourself that time?
- What have you learnt from the experience?

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1. My father is interested in news and _____ favourite program is *News 30 Minutes*.

- A. her B. his C. your D. their

【答案】B

【解析】

【详解】句意: 我爸爸对新闻很感兴趣, 他最喜欢的节目是《新闻 30 分》。

考查物主代词辨析。her 她的; his 他的; your 你的; their 他们的。根据“My father is interested in news”可知, 父亲对新闻感兴趣, 此处介绍的是他喜欢的新闻节目, 应用 his 指代“My father”。故选 B。

2. Usually I make breakfast for my family _____ Saturdays.

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

【答案】C

【解析】

【详解】句意: 通常我在星期六为我的家人做早餐。

本题考查介词。at+钟点, 表示在几点钟; in+年/月, 表示在某年或某月; on+星期/具体的日子, 表示在星期几或某一天; to 向。on Saturdays 在星期六, 故选 C。

3. — Must I hand in the report now?

— No, you _____. Tomorrow is OK.

- A. can't B. needn't C. mustn't D. shouldn't

【答案】B

【解析】

【详解】句意: ——我必须现在交报告吗? ——不, 你不需要。明天交就可以。

考查情态动词用法。can't 不能; needn't 不需要; mustn't 不准; shouldn't 不应该。根据“Must I hand in the report now?”可知这是一个 must 开头的一般疑问句, 否定回答用 need't, 故选 B。

4. Sam is good at running. He is one of _____ runners in the school football team.

- A. fast B. faster C. fastest D. the fastest

【答案】D

【解析】

【详解】句意: 萨姆擅长跑步。他是学校足球队中最快的跑步者之一。

考查形容词的最高级。根据“He is one of...runners”可知, 此处考查“one of the+形容词最高级+复数名词”结构, 表示“最……之一”。故选 D。

5. —_____ have you lived in Binzhou?

—For about ten years.

- A. How soon B. How often C. How long D. How much

【答案】C

【解析】

【详解】句意：——你在滨州住了多久了？——大概有十年了。

考查特殊疑问句。How soon 多久以后；How often 多久一次；How long 多长时间；How much 多少；根据答语“For about ten years.”可知，是问多长时间，故选 C。

6. John feels excited _____ he is going to have a tennis match with an excellent player this weekend.

- A. because B. but C. or D. so

【答案】A

【解析】

【详解】句意：约翰很兴奋，因为这个周末他要和一位优秀的网球选手进行一场网球比赛。

考查连词辨析。because 因为；but 但是；or 或者；so 所以。分析“John feels excited...he is going to have a tennis match with an excellent player this weekend.”可知，前后句是因果关系，前果后因，应用 because 引导原因状语从句。故选 A。

7. —Chris, what are you doing?

—I _____ to some music.

- A. listen B. am listening C. listened D. will listen

【答案】B

【解析】

【详解】句意：——克里斯，你在做什么？——我正在听音乐。

考查动词时态。根据问句的时态为现在进行时态，可知答语时态也应为现在进行时态，其构成是：am/is/are+doing。故选 B。

8. Kate and her classmates _____ part in an interesting art activity after school yesterday.

- A. take B. took C. will take D. have taken

【答案】B

【解析】

【详解】句意：昨天放学后凯特和她的同学参加了一个有趣的艺术活动。

考查动词时态。根据“yesterday”可知，本句是一般过去时，动词用过去式。故选 B。

9. We will live in a greener world if we _____ the earth well.

- A. protect B. are protecting C. protected D. will protect

【答案】A

【解析】

【详解】句意：如果我们好好保护地球，我们将会生活在一个更绿色的世界。

考查条件状语从句的时态。if 引导的条件状语从句，采用“主将从现”原则，故选 A。

10. Betty _____ Chinese chess since she was five years old.

A. learns B. was learning C. has learned D. will learn

【答案】C

【解析】

【详解】句意：贝蒂从五岁起就开始学习中国象棋。

考查时态。根据句意和时间状语从句“since she was five years old”可知，此处要用现在完成时，其构成为 have/has done。故选 C。

11. The Paris Olympic Games _____ from July to August, 2024.

A. holds B. will hold C. is held D. will be held

【答案】D

【解析】

【详解】句意：巴黎奥林匹克运动会将于 2024 年 7 月至 8 月举行。

考查一般将来时的被动语态。根据“July to August, 2024”可知，句子时态用一般将来时；主语 The Paris Olympic Games 和谓语动词 hold 之间是被动关系，要用被动语态 will be done。故选 D。

12. —Tony, do you know _____?

—Next Friday afternoon.

A. when we have the School Talent Show B. when do we have the School Talent Show
C. when we will have the School Talent Show D. when will we have the School Talent Show

【答案】C

【解析】

【详解】句意：——Tony，你知道我们什么时候有学校才艺表演吗？——下周五下午。

考查宾语从句的句序和时态。根据“do you know”可知主句为一般现在时，此时宾语从句可以根据语境选择时态；再由“Next Friday afternoon.”可知宾语从句应使用一般将来时。选项 AB 为一般现在时，故排除；宾语从句应使用陈述语序。故选 C。

二、完形填空(每题 1 分，共 8 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。

As I waited for the speech to start, I felt a touch on my shoulder. Looking up, I found a young woman smiling at me, holding a notebook. I _____13_____ at once who she was.

The week before we had shared emails, and I told her I would be sitting in the front row. I always sat at the front because I'm _____14_____ and needed to watch the way the speaker's lips (嘴唇) move. “I'm Rosie,” the young woman said. She was the first person I'd ever met who was my age and wore hearing aids. At my school, I was the only person who wore

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/205323022232011333>