深圳实验学校高中部2024-2025学年度第一学期第一阶段考试

高一英语

时间：120分钟满分：150分

第一部分听力理解（共15小题；每小题1分，满分15分）

第一节每段对话仅读一遍

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 三个选项中选出最佳选项。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。

1. When will the man arrive at the party?

A. At 7: 30.　B. At 8: 00.　C. At 8: 30.

2. How does the man help the woman?

A. By filling out the form for her.

B. By telling her his personal information.

C. By reading the information on the form.

3. What is the woman going to do?

A. Pay for the shoes.　B. Go to the shoe shop.　C. Borrow money from the man.

4. What is the relationship between the speakers?

A. Teacher and student.　B. Doctor and patient.　C. Classmates.

5. What are the speakers talking about?

A. What the man's hobby is.

B. Whether the man learned drawing.

C. When the man went to high school.

第二节

听下面对话或独白。每段对话或独白后有几个小题，从所听到的内容中获取信息，回答相应小题。听每段对话或独白前，你将有时间阅读各个小题，每小题5秒钟；听完后，各小题将给出5秒钟的作答时间。每段对话或独白读两遍。

听第6段材料，回答第6至8题。

6. What ticket will the woman take?

A. First class on the express train.

B. First class on the overnight train.

C. Second class on the overnight train.

7. When will the woman get to Brussels?

A. 9: 00 a. m.　B. 7: 00 p. m.　C. 7: 00 a. m.

8. What will be free on the train?

A. Meals.　B. Coffee.　C. Fruits.

听第 7 段材料，回答第 9 至 11 题。

9. Where does the woman read the article?

A. From the newspaper.　B. On the web.　C. In the magazine.

10. Why does the man hate the idea?

A. He worries the safety.　B. He enjoys the quiet.　C. It costs extra expense.

11. What does the man give to support his opinion?

A. A story of a scientist.　B. A scientific research.　C. Some common sense.

听第 8 段材料，回答第 12 至 15 题。

12. What happens to people as they grow older?

A. They take happiness for granted.

B. They believe happiness is simple.

C. They feel it harder to experience happiness.

13. What do teenagers think of happiness?

A. Conditional.　B. Complicated.　C. Magic.

14. Which is NOT the element of happiness in psychologists' eyes?

A. Pleasurable relaxation time.　B. An ideal life partner.　C. Pleasing work.

15. What is the speaker's understanding of happiness?

A. Freedom leads to happiness.

B. Happiness is enjoying what we have.

C. Happiness is about what happens to us.

第二部分单项选择（共 15 小题；每小题 1 分，满分 15 分）

从每题所给的四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

1. The famous musician along with his students _____ the piano quite well, but she _____ it since last year.

A. plays; didn't play　　B. play; didn't play

C. plays; hasn't played　　D. play; hasn't played

【答案】C

【解析】

考查主谓一致和时态。句意：这位著名的音乐家和他的学生钢琴弹得很好，但她从去年开始就没有弹钢琴了。分析句子可知，该句第一空为谓语动词的填入，主语 The famous musician along with his students 为 along with 连接的复合主语，遵循就远原则，即主语 The famous musician 为第三人称单数，所以为动词三单形式。该句第二空由时间状语 since last year 可知，为现在完成时。故选 C 项。

2. By the 11th century, compasses _____ used by Chinese to navigate their ships at sea.

A. were　　B. had been　　C. would be　　D. have been

【答案】B

【解析】

考查动词时态和语态。句意：到了 11 世纪，中国人已经用圆规在海上为船只导航。根据该句 By the 11th century 时间状语可知，此处为过去完成时，结合 compasses 和 use 为被动关系，所以为过去完成时的被动语态结构。故选 B 项。

3. The young couple will have to rent a house, for their new one _____.

A. is being decorated　　B. was decorated

C. will decorate　　D. had decorated

【答案】A

【解析】

考查动词时态和语态。句意：这对年轻夫妇将不得不租房子，因为他们的新房正在装修。根据前文 The young couple will have to rent a house 可知，此处表示“新买的房子正在装修”，故句子应用现在进行时表示此时正在进行的动作，且主语 their new one 为单数名词和动词 decorate 为被动关系，所以为现在进行时的被动语态结构。故选 A 项。

4. I enjoyed the evening <u>that we spent together by the sea</u>.

What sentence element (句子成分) does the underlined part serve as?

A. adverbial (状语)　　B. complement (补语)

C. attributive (定语)　　D. appositive (同位语)

【答案】C

【解析】

考查句子成分。句意：我很喜欢我们一起在海边度过的那个夜晚。划线部分是什么句子成分？根据句意及所给句子可知，I 是主语，enjoyed 是谓语，the evening 是宾语，that we spent together by the sea 是定语从句，修饰先行词 evening，其中 that 在从句中作宾语。故选 C。

5. Please leave the lights <u>on</u> when you walk out of the room.

What sentence element does the underlined part serve as?

A. adverbial (状语)　　B. complement (补语)

C. attributive (定语)　　D. appositive (同位语)

【答案】B

【解析】

考查句子成分。句意：你走出房间时，请把灯开着。分析句子可知，这是一个祈使句，是“leave+宾语+宾语补足语”结构，leave 是谓语动词，“the lights”是名词作宾语，“on”是副词，在句中作宾语补足语，表示宾语的状态，when 引导时间状语从句。故选 B 项。

6. The concert concluded with a symphonic choir (交响合唱团) performance of *My Motherland* by the Wuxi Shanhe Chorus, leaving a deep _____ on the audience.

A. collection　　B. moment　　C. pressure　　D. impression

【答案】D

【解析】

考查名词词义辨析。句意：音乐会以交响合唱团演唱无锡山河合唱团的《我的祖国》结束，给观众留下了深刻的印象。A. collection 收集；B. moment 时刻；C. pressure 压力；D. impression 印象。leave a deep impression on 为固定搭配，意为“给……留下深刻印象”，此处为名词 impression“印象”，满足句意要求。故选 D 项。

7. He vividly recalls a teenager surnamed Liang who showed great passion and _____ for basketball despite having never played the sport.

A. theme　　B. talent　　C. feature　　D. detail

【答案】B

【解析】

考查名词词义辨析。句意：他生动地回忆起一个姓梁的少年，尽管从未打过篮球，但他对篮球表现出了极大的热情和天赋。A. theme 主题；B. talent 天赋；C. feature 特点；D. detail 细节。设空处和空前的“passion”并列作 who 引导的定语从句的宾语，先行词为 teenager；根据空后的“despite having never played the sport(尽管从未打过篮球)”可知，尽管从未打过篮球，但他对篮球表现出了极大的热情和天赋。故选 B。

8. The feeling of enjoying applause and cheers after finishing the running race was beyond _____.

A. debate　　B. doubt　　C. control　　D. description

【答案】D

【解析】

考查名词词义辨析。句意：跑完全程后享受掌声和欢呼的感觉是无法形容的。A. debate 争论；B. doubt 怀疑；C. control 控制；D. description 描述。根据句意可知，此处为名词 description“描述”，满足句意要求。故选 D 项。

9. English was invented by people, not computers, and it _____ the creativity of the human race.

A. reflects B. argues C. selects D. judges

【答案】A

【解析】

考查动词词义辨析。句意：英语是人发明的，而不是电脑，它反映了人类的创造力。A. reflects 反映；B. argues 争论；C. selects 选择；D. judges 判断。根据“the creativity of the human race.”可知，此处为动词 reflects“反映”，表示“反映了人类的创造力”。故选 A 项。

10. People living in mountainous areas and deep valleys have long _____ with poor facilities, _____ inadequate roads to the outside world.

A. contacted; specifically B. exchanged; enormously

C. struggled; particularly D. suited; obviously

【答案】C

【解析】

考查动词词义辨析和副词词义辨析。句意：长期以来，生活在山区和深谷的人们一直在与落后的设施作斗争，尤其是通往外界的道路不足。A. contacted; specifically 联系；专门地；B. exchanged; enormously 交换；巨大地；C. struggled; particularly 斗争；尤其；D. suited; obviously 适合，明显地。根据句意可知，该句第一空为动词 struggled“斗争”，满足句意要求；该句第二空为副词 particularly“尤其”作状语，满足句意要求。故选 C 项。

11. Walking along the road in the Forbidden City, one will _____ a huge stone with nine dragons sculpted.

A. come across B. settle for C. look forward to D. deal with

【答案】A

【解析】

考查动词短语辨析。句意：在故宫的路上行走时，人们会遇到一块雕刻着九条龙的巨大石头。A. come across 偶然遇见；B. settle for 勉强接受；C. look forward to 期待；D. deal with 处理。根据句意及空后“a huge stone with nine dragons sculpted”，空处需要一个动词短语来表示偶然遇到或发现某物，A 选项符合句意。故选 A。

12. Filming the fun moments behind the scenes not _____ to the public, the vlogs show the athletes' lively and amazing personalities.

A. confident B. visible C. intelligent D. powerful

【答案】B

【解析】

考查形容词词义辨析。句意：拍摄幕后有趣时刻的视频博客不仅展示了运动员生动和惊人的个性，这些时刻对公众来说并不是可见的。A. confident 自信的；B. visible 明显的，可见的；C. intelligent 聪明的；D. powerful 强大的。根据句意和空后“to the public”可知，空处需要一个形容词来描述这些幕后时刻对公众的可见性，B 选项符合句意。故选 B。

13. Italy is a great country which is famous for its _____ combination of ancient and modern attractions.

A. sharp　　B. extra　　C. curious　　D. unique

【答案】D

【解析】

考查形容词词义辨析。句意：意大利是一个伟大的国家，以其独特的古老与现代景点相结合而闻名。A. sharp 尖锐的；B. extra 额外的；C. curious 好奇的；D. unique 独特的。根据“is famous for”和“attractions”可知，意大利的古代和现代景点的融合是独一无二的。故选 D。

14. The historian stressed the importance of studying documents in their historical _____ to fully understand their value.

A. tradition　　B. option　　C. schedule　　D. context

【答案】D

【解析】

考查名词词义辨析。句意：这位历史学家强调了在历史背景下研究文献的重要性，以充分了解它们的价值。A. tradition 传统；B. option 选择；C. schedule 日程表；D. context 背景。根据句意可知，此处为名词 context“背景”，满足句意要求。故选 D 项。

15. The museum _____ a collection of artworks, providing visitors with a rich and immersive (沉浸式的) experience into the world of art.

A. contains　　B. reminds　　C. memorizes　　D. recognizes

【答案】A

【解析】

考查动词词义辨析。句意：这博物馆里有一些列的艺术收藏品品，为游客提供了一个丰富而身临其境的艺术世界体验。A.contains 包含；B.reminds 提醒；C.memorizes 记忆；D.recognizes 识别。设空处在句中作谓语，根据空后“a collection of artworks(许多艺术收藏品)”可知，这个博物馆包含许多艺术品。故选 A。

第三部分阅读理解（共两节，满分 50 分）

第一节（共 15 小题；每小题 2. 5 分，满分 37. 5 分）

阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项，并在答题纸上将该项涂黑。

A

Talking Together About Collaboration (合作)

Monday, June 19, 11:30 a.m.

The Museum of Modern Art

Free with Museum admission

The ongoing Talking Together conversation series provides an opportunity to think deeply about a broad but timely theme. Understanding that art provides connections to each other and the world around us, we will consider this month's theme, "collaboration," through selected works in the exhibition Robert Rauschenberg: Among Friends.

This session is led by Paula Stuttman.

Drawing Is a Way of Thinking

Monday, June 19, 1:30 p.m.

The Museum of Modern Art

Free with Museum admission

The act of drawing allows us to understand an artwork through mark making. Join us in this ongoing series as we explore artworks through drawing and conversation. This week we draw from a selected work in the exhibition Robert Rauschenberg: Among Friends.

This session is led by Paula Stuttman

Sunset Viewings

Monday, June 19, 8:15 p.m.

MoMA PS1

One of artist James Turrell's celebrated Skyspaces, Meeting is a site-specific installation (现代雕塑装置) that invites viewers to look upwards toward a clear view of the sky. The installation features a multicolored lighting program synchronized (同步) to sunrise and sunset.

When the sunset lighting program falls outside of regular museum hours, MoMA PS1 is hosting special after-hours viewings on Monday evenings. These events have limited capacity and require an advance ticket.

Postwar Art Wore Red

Thursday, June 29, 11:30 a. m

The Museum of Modern Art

Free with Museum admission

Join us for a lively discussion about the work of artists featured in the exhibition Making Space: Women Artists and Postwar Abstraction, which shines a spotlight on the impressive but still relatively under-recognized achievements of women artists after the end of World War II.

This session is led by Tamara Kostianovsky.

16. What similarity do the first two events share?

A. They start at the same time　　B. They select the same works.

C. They involve the same artist.　　D. They explore the same theme

17. Which of the following is true about Sunset Viewings?

A. It is intended to watch sunrise and sunset.　　B. It is free of charge.

C. It offers activities after closing time.　　D. Viewers can engage at weekends.

18. Who is in charge of the discussion about female artists?

A. James Turrell.　　B. Paula Stuttman.

C. Robert Rauschenberg.　　D. Tamara Kostianovsky.

【答案】16. C17. C18. D

【解析】

【导语】这是一篇应用文。文章主要介绍了四个艺术活动的情况，包括时间、特色以及艺术家。

【16 题详解】

细节理解题。根据 **Talking Together About Collaboration** 部分中“This session is led by Paula Stuttman.(本次会议由 Paula Stuttman 主持)”以及 **Drawing Is a Way of Thinking** 部分“This session is led by Paula Stuttman.(本次会议由 Paula Stuttman 主持)”可知，前两个活动的相似之处是涉及同一位艺术家。故选 C。

【17 题详解】

细节理解题。根据 **Sunset Viewings** 部分中“One of artist James Turrell’s celebrated Skyspaces, Meeting is a site-specific installation (现代雕塑装置) that invites viewers to look upwards toward a clear view of the sky. (艺术家 James Turrell 著名的天空空间之一，会议是一个特定地点的现代雕塑装置，邀请观众向上看向清晰的天空)”以及“These events have limited capacity and require an advance ticket.(这些活动的人数有限，需要提前购票)”以及“When the sunset lighting program falls outside of regular museum hours, MoMA PS1 is hosting special after-hours viewings on Monday evenings.(当日落照明项目在常规博物馆时间之外时，MoMA PS1 将在周一晚上举办特别的下班后观赏活动)”可知，关于 **Sunset Viewings** 正确的是在关门时间后提供活动。故选 C。

【18 题详解】

细节理解题。根据最后一段中“Join us for a lively discussion about the work of artists featured in the exhibition Making Space: Women Artists and Postwar Abstraction, which shines a spotlight on the impressive but still relatively under-recognized achievements of women artists after the end of World War II. This session is led by Tamara Kostianovsky.(与与我们一起热烈讨论在“制造空间：女性艺术家和战后抽象”展览中展出的艺术家的作品，该展览聚焦于二战结束后女性艺术家令人印象深刻但仍相对不被认可的成就。本次会议由 Tamara

Kostianovsky 主持)”可知，Tamara Kostianovsky 负责讨论女性艺术家。故选 D。

B

If you’re looking for inspiration to get healthy and stay active, look no further than Edna Giordano.

Edna, who lives in Canada, has become famous for the fitness level she maintains at age 91. The mom of five, grandmother of twenty-one and great-grandmother of four still drives now. “I’ve always had a busy lifestyle because, let's face it, with that many children, you have to be busy,” Edna said. “So, I never really thought about it. That’s just the way I live.” She said she only really began to focus on her fitness in her 60s, when she was forced to retire from her job at a local hospital. She had to face the fact that she was 60.

To keep herself busy, Edna began gardening again that she had to abandon due to her busy work. She said she also started going to the gym in her 60s, which she still does every other day. “I have to keep my feet to the fire because it’s cold in the morning in winter, and when it’s snowy or icy out there, I don’t really get enthusiastic about going outside, ” she said. “But I make myself do it and mark it on the calendar. So I cannot take any shortcuts.”

Edna said she focused on walking at the gym for her cardiovascular (心血管) health and also included lots of weight lifting in her routine to maintain her bone strength. “When in the gym, I don’t try to break any records or compete with anyone else,” Edna said. “I only push myself to do better all the time, and I only compete with myself.”

When it came to her age, Edna said the people at the gym didn't realize she's 91. She prefers it that way, because when people do realize she’s in her 90s, they’ll surely demand to help her. “I know them well. But I don't really want help,” said Edna. “It’s funny to say that, but I like to be independent.”

19. What made Edna leave her job in. the hospital?

A. Her turning 60.　　B. Her looking after many kids.

C. Her wish to live a busy life.　　D. Her suffering from a disease.

20. What do we know about Edna after retirement?

A. She lives in a cold place all year round.　　B. She manages to be a regular at the gym.

C. She develops a new hobby for gardening.　　D. She likes to take shortcuts in her daily life.

21. Which of the following best describes the people at the gym?

A. Competitive.　　B. Humorous.　　C. Cautious.　　D. Caring.

22. What can we learn from Edna’s story?

A. The elderly also enjoy trends.　　B. Experience beats youth.

C. A positive attitude extends life.　　D. Fitness is fit for everyone.

【答案】19. A20. B21. D22. C

【解析】

【导语】这是一篇记叙文。主要讲述了 91 岁的高龄老人埃德娜退休后一直保持健身的习惯，以积极的态度面对生活的故事。

19 题详解】

细节理解题。根据第二段中“She said she only really began to focus on her fitness in her 60s, when she was forced to retire from her job at a local hospital. She had to face the fact that she was 60.(她说，她直到 60 多岁才真正开始关注自己的健身，当时她被迫从当地一家医院退休。她不得不面对自己已经 60 岁的事实。)”可知，埃德娜是因为年龄到了 60 岁被迫离开医院工作的。故选 A 项。

【20 题详解】

推理判断题。根据第三段中“She said she also started going to the gym in her 60s, which she still does every other day.(她说她在 60 多岁时也开始去健身房，现在她仍然每隔一天去一次。)”可推知，退休后，埃德娜设法成为健身房的常客。故选 B 项。

【21 题详解】

推理判断题。根据最后一段中“When it came to her age, Edna said the people at the gym didn't realize she's 91. She prefers it that way, because when people do realize she's in her 90s, they'll surely demand to help her.(谈到她的年龄，埃德娜说，健身房的人都不知道她已经 91 岁了。她更喜欢这样，因为当人们意识到她已经 90 多岁了，他们肯定会要求帮助她。)”可推知，健身房的人们是关心埃德娜的。故选 D 项。

【22 题详解】

推理判断题。根据倒数第二段中“I only push myself to do better all the time, and I only compete with myself. (我总是督促自己做得更好，我只和自己竞争。)”以及最后一段中“When it came to her age, Edna said the people at the gym didn't realize she's 91.(谈到她的年龄，埃德娜说，健身房的人都不知道她已经 91 岁了。)”可推知，我们能从埃德娜的故事中学到积极的态度可以使他的生活充满活力，也可以延年益寿。故选 C 项。

C

It happens countless times a day. A flower’s bright color and the smell of sweet nectar (花费) attract a bee. The bee stops by for a quick taste and small grains of pollen (花粉) stick to its body. The bee then travels to another flower of the same type and leaves the pollen as it has another meal. This is an example of animal pollination (授粉) — a process extremely important to plant reproduction.

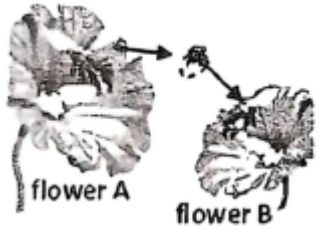
It’s not only plants that depend on animal pollination — humans do, too. Worldwide, nearly a thousand plants that we grow for food, spices, clothing fibers, and medicine depend on it. If pollination suddenly stopped, we would have no apples, tomatoes, coffee, and many other goods. This important process is carried out by more than 200, 000 different animal species known as pollinators. Flies and beetles — the original pollinators — date back 130 million years to the first flowering plants. Birds, butterflies, and ants also do their part. Even nonflying mammals help out:

monkeys tear open flowers with their hands, accidentally spreading pollen into the air and onto their fur.

Pollinators are therefore important, but they are also at risk. Climate change, habitat loss, and invasive predators (入侵捕食者) all threaten them. The United States, for example, has lost over 50 percent of its honeybees over the past ten years. A serious threat facing bees is colony collapse disorder. when worker bees mysteriously disappear from their colony. Scientists are still trying to identify its cause.

There is a quote said by Einstein that if bees ever disappeared, man would only have four years left to live. "Whether that's true or not does not really matter," says wildlife photographer Louie Schwartzberg, "the key point is that there is a real danger." "The healthiest food we need to eat," he says, "would disappear without pollinating plants. It's pretty serious. "

23. What might be left on flower B, as is shown in the picture?



A. Nectar. B. Pollen. C. Leaves. D. Fur.

24. What can be inferred from Paragraph two?

A. Pollination means a lot to fruits and grains.

BHumans won't be affected without pollination.

C. Monkeys are involved in pollination on purpose.

D. Flies and birds are among the original pollinators.

25. What threat are honeybees faced with?

A. Invasive predators. B. Habitat loss.

C. Colony collapse disorder. D. Climate change.

26. What does the underlined "a real danger" in the last paragraph refer to?

A. A threat to human survival. B. The shortage of food.

C. A drop in the number of bees. D. The disappearance of healthy food.

【答案】23. B24. A25. C26. D

【解析】

【分析】本文是一篇说明文。文章介绍了蜜蜂授粉对生态和人类的重要意义及这一方式所面临的威胁。

【23 题详解】

细节理解题。根据文章第一段中"The bee stops by for a quick taste and small grains of pollen (花粉) stick to its

body. The bee then travels to another flower of the same type and leaves the pollen as it has another meal.(蜜蜂停下来快速品尝，小粒花粉粘在它的身体上。蜜蜂然后飞到另一朵同类型的花上，并在进食时留下花粉)”可知，一只蜜蜂从一朵花上飞到另一朵花上后会留下花粉；由此可知，图中蜜蜂从花朵 A 飞到花朵 B 上，可能会在花朵 B 上留下花粉。故选 B 项。

【24 题详解】

推理判断题。根据文章第二段中“It’s not only plants that depend on animal pollination — humans do, too. Worldwide, nearly a thousand plants that we grow for food, spices, clothing fibers, and medicine depend on it. If pollination suddenly stopped, we would have no apples, tomatoes, coffee, and many other goods. (不仅植物依赖动物授粉，人类也一样。在世界范围内，我们种植的食物、香料、服装纤维和药物等近千种植物都依赖于它。如果授粉突然停止，我们将没有苹果、西红柿、咖啡和许多其他商品。)”可知，人类种植的食物、香料、服装纤维和药物等近千种植物都依赖于授粉，没有授粉，苹果、西红柿、咖啡和许多其他商品也将不存在；因此，从第二段可推断出授粉对水果和谷物来说意义重大。故选 A 项。

【25 题详解】

细节理解题。根据文章第三段中“A serious threat facing bees is colony collapse disorder, when worker bees mysteriously disappear from their colony. (蜜蜂面临的一个严重威胁是蜂群崩溃症候群，即工蜂神秘地从蜂群中消失)”可知，“蜂群崩溃症候群”是蜜蜂所面临的威胁。故选 C 项。

26 题详解】

词句猜测题。根据文章划线部分下文“‘The healthiest food we need to eat,” he says, “would disappear without pollinating plants. It’s pretty serious.”(‘我们需要吃的最健康的食物，’他说，‘如果没有授粉植物，就会消失。这很严重。’)”可知，“‘Whether that’s true or not does not really matter,” says wildlife photographer Louie Schwartzberg, “the key point is that there is a real danger .”(‘这是真的还是假的并不重要，’野生动物摄影师路易·施瓦茨伯格说：‘关键是存在着真正的危险。’)”可知，路易·施瓦茨伯格认为没有授粉植物，我们需要吃的健康食物就会消失，这是真正的危险，由此可知，划线部分 a real danger 指“健康食物的消失”。故选 D 项。

D

Comfort food makes a person feel good. Food high in sugar or fat tends to improve moods by stimulating (刺激) the brain’s reward system. So it makes sense that many of us may turn to food for comfort in times of stress. There’s some fascinating research that examines food as a source of comfort. However, the most interesting thing about this research may be that foods are far less comforting than we tend to believe they are.

Traci Mann, a professor of psychology, and colleagues conducted a series of study with college students. The researchers examined how much comfort foods actually improve moods. They provided students with one of the

three foods that they had indicated were their top personal comfort foods. After producing a negative mood by having them watch movie clips designed to increase their sadness, anger and anxiety, the researchers offered the students their comfort food.

They had to assess (评估) how they felt before and after they were supposedly comforted by ice cream, pizza or whatever they had indicated they typically ate to feel better. All of the students completed the study on two separate occasions: once when they were able to eat their comfort food and once when they were able to eat another food they liked, but they wouldn't call it a comfort food. The researchers found that comfort food did improve students' moods—but only by a little bit and not more than the other food they liked.

In another study, comfort food was compared to no food at all, and students' moods seemed to improve even when they didn't eat anything—most likely just due to the passage of time.

The take-home message from the studies? While the comfort food may make the person feel better for the time being, it does little to deal with emotional problems. Of course, everyone can indulge (纵情) in a comfort food from time to time, but overall, aim for these instances (例子) to be the exception rather than the rule.

27. Which aspect of comfort food do Traci Mann's studies focus on?

A. The degree to which it lifts moods.　　B. Its role in reducing negativity.

C. The means by which it affects moods.　　D. Its influence on physical health.

28. How were the studies carried out?

A. By analyzing questionnaires about comfort foods.

B. By watching students' different reactions to foods.

C. By collecting data about people from all walks of life.

D. By comparing students' feelings on different occasions.

29. What does the author intend to do in the last paragraph?

A. To give a fact.　　B. To make a suggestion.

C. To explain a rule.　　D. To offer an explanation.

30. What is a suitable title for the text?

A. Comfort Food Tends to Be Unhealthy　　B. Happiness from Comfort Food

C. Comfort Food May Not Work Wonders　　D. The Science behind Comfort Food

【答案】27. A28. D29. B30. C

【解析】

【导语】本文是一篇说明文。文章介绍 Traci Mann 教授和她的同事们关于安慰食物对改善情绪的影响的一系列研究，并给出了建议：可以对安慰食物偶尔放纵一下，但不应该依赖它来解决情绪问题。

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/748041047124006136