

山东省潍坊市 2021-2022 学年高一上学期期中考试

英语试题

第一部分 听力（共两节，满分 30 分）

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. What is the man?

A. A cook. B. A waiter. C. A manager.

2. What are the speakers mainly talking about?

A. Who to meet Prof. Lee.

B. How to finish the project.

C. When to hand in the report.

3. What time does the woman's watch show?!

A. 7:50. B. 7:20. C. 7:30.

4. Where is the man now?

A. At Fifteenth Avenue. B. Behind Trump Tower. C. Opposite McDonald's.

5. What will the weather be like tomorrow?

A. Sunny. B. Rainy. C. Windy.

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 三个选项中选出最佳选项。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、7 题。

6. What class has the woman taken?

A. A history class. B. A geography class. C. A psychology class.

7. How long will the woman take the class every week?

A. One hour. B. Two hours. C. Four hours.

听第 7 段材料，回答第 8、9 题。

8. What happened to the woman?
- A. She took the wrong direction.
B. She missed the first No. 46 bus.
C. She wouldn't reach the museum on time.
9. How will the woman probably go to the museum?
- A. By bus. B. On foot. C. By train.

听第 8 段材料，回答第 10 至 12 题。

10. What does the woman think of her trip?
- A. Quite satisfying. B. Just so-so. C. A bit annoying.
11. What is the man doing?
- A. Boarding the plane.
B. Seeing the woman off.
C. Expressing thanks to Mrs. Zhang.
12. Where does the woman most probably live?
- A. In Austria. B. In Australia. C. In China.

听第 9 段材料，回答第 13 至 16 题。

13. Where does the conversation take place?
- A. In the company. B. In the hospital. C. On the phone.
14. Why does the man talk with the woman?
- A. For a date with the doctor. B. For a medical report. C. For some medicine.
15. What did the man do last year?
- A. He hurt himself. B. He had a physical check. C. He got an immediate care.
16. When will Dr. Jensen be free?
- A. At 10:00 this Monday. B. At 3:00 next Monday. C. At 3:30 next Wednesday.

听第 10 段材料，回答第 17 至 20 题。

17. What does the speaker mainly talk about?
- A. His school lessons.
B. His important friends in life.
C. Some values learned from his brother.
18. How did the speaker probably feel when he said sorry to Mrs. Holt?

A. Nervous. B. Amazed. C. Confused.

19. Which was the most important lesson Steve taught?

A. Learning to respect life.

B. Returning the object to the loser.

C. Being responsible for his behavior.

20. How many lessons are talked about?

A. Two. B. Three. C. Four.

第二部分 阅读（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。

A

“I had been reading under moonlight! This Keep It Simple lamp (灯) spread sunshine all across the room.”

--Jean Kauffman

Keep It Simple

My light has combined (结合) classic lamp design with an advanced light source. The combination provides more light for reading or any other task.

You need:

- Up to 300 footcandles (英尺烛光) for reading but you're getting only 30-50 footcandles.
- A quality of light better for older eyes.
- Less glare (炫光) in the field that you can see.

The first light source designed for lamps

This new lighting solution will send off up to 10 times more light than the single bulb you are now using—for only 32 watts!

Its LED bulb (灯泡) group may appear to be “upside down”—but the four bulbs’ spread of light is actually down and out, perfect for task light.



Its arm is up to
6 inches



The shade provides soft and wide
spread of light

Seeing is believing

100% risk free trial (试用) and a promise that the lamp you buy will be replaced or repaired without paying any money if it goes wrong within three years.

Take advantage of our 30 day risk free trial and see what you've been missing.

List Price \$395

Now only \$375 with FREE SHIPPING.

Visit us on line at morelamplight.com or call 1-888-211-6305

Order now with Coupon code DJ49 for FREE SHIPPING.

Already have a lamp you like?



Take advantage of our 599 sale on the more Lamplight light source.

21. What makes Keep ht Simple lamp perfect for our reading?

- A. The amount of light. B. Is design and light source.
C. The upside down bulbs. D. Less glare for older eyes.

22. How much should you pay for a Keep I Simple lamp now?

- A. \$375. B. \$395. C. \$99. D. \$276.

23. Where can the text probably be found?

- A. In a novel. B. Ina report. C. In a magazine. D. In a history book.

B

Michael J. Fox became famous all over the world after starring as Marty McFly in *Back to the Future* in 1985. Six years later, aged 29, he developed Parkinson's disease. Since then, Fox—who is now 60 years old—has helped raise over \$1.5 billion to help find a cure for the progressive nervous system disorder.

As the world's largest non-profit (非盈利) organization that provides money for Parkinson's research, the Michael J. Fox Foundation focuses on speeding up a cure for Parkinson's disease and improved treatments for those living with the condition—which influences about seven to ten million people worldwide. The Michael J. Fox Foundation tries to achieve is goals through a highly aimed research program coupled with active worldwide efforts of scientists, Parkinson's patients, business leaders, persons taking part in clinical trial (临床试验), and volunteers. Raising over \$1.5 billion in research so far, the non-profit has basically changed the path of progress toward a cure.

The Canadian actor said that these treatments have already helped huge numbers of people, including himself. He said, “I enjoy life more. I’m more comfortable in my skin(皮肤) than I was 20 years ago. I can sit down and not be nervous. I couldn’t do that 25 years ago.”

Recently Fox told of his hope that biomarkers (生物指标) will be the next big step towards treating and perhaps even stopping the disease. “If we can find ways to discover the condition before it’s obvious, if we could take a piece of hair and find it, then we could treat it preventively and then maybe you don’t get it,” he explained.

One thing Fox is sure of: He won’t stop fighting until there’s a cure.

24. What made Michael J. Fox world famous in 1985?

- A. His great wealth. B. His personal research.
C. His performance in a film. D. His fight against a disease.

25. What is the purpose of the Michael J. Fox Foundation?

- A. To make money. B. To work with scientists.
C. To improve people’s life. D. To find a cure for Parkinson’s disease.

26. Which of the following best describes Michael J. Fox?

- A. Confident. B. Strong-willed. C. Caring. D. Curious.

27. What could be the most suitable title for the text?

- A. I enjoy my life more B. I realized my dream.
C. I won’t stop until it happens D. I am not nervous now.

C

Researchers at the University of British Columbia in Canada have found that humans grew cacao (可可) trees and used cacao starting around 5,300 years ago. But the new discovery shows people grew cacao trees about 1,500 years earlier than what was known before. The researchers found evidence (证据) of cacao’s use at an old village in the highlands of southeastern Ecuador. Time has had little influence on the village, so they were able to find a lot of evidence of the use of cacao after examining the remains of very old objects at the Santa Ana-La Florida archaeological site.

The researchers found very small pieces from the cacao tree in the remains of containers and other objects. They also found a substance (物质) in the cacao tree but not in its wild relatives. This suggests that humans grew the tree for food purposes.

But thousands of years ago, cacao was used to make drinks. The objects on which cacao was found suggest a lot about how people used the substance at that time. They clearly drank it. There is no decided history of indigenous (土著) populations in South or Central America using cacao to make chocolate the way people do now. By the time Spanish explorers arrived in Central America in the late 1400s, people were using it to make hot and cold chocolate drinks with spices. By the 1580s, Spain began buying cacao from abroad and spreading it to other European countries. By the 1800s, technology developed in the Netherlands made it possible to turn cacao into a solid (固体的) chocolate product.

Laiskonis, who teaches chocolate-making classes at the Institute of Culinary Education, introduces his students to the history of chocolate. He tells his students, for example, about a recipe (配方) from the 1600s that mixed Mayan and Aztec types of cacao drinks with European influences. Laiskonis said chocolate is “something that’s always been changing.”

28. What does paragraph I mainly talk about?

- A. Great changes in the village. B. Remains of the use of cacao.
C. Cacao trees about 5,300 years ago. D. Cacao’s story older than once thought.

29. Why did humans grow cacao trees?

- A. To make containers. B. To do a research.
C. To satisfy the needs of life. D. To spread cacao abroad.

30. What do we know about the history of chocolate drinks?

- A. Spain spread them to all over the world.
B. Europeans made chocolate drinks with spices.
C. Native Americans used chocolate as it is today.
D. The Netherlands developed the solid chocolate.

31. What is Laiskonis’ idea about chocolate?

- A. It has been improving. B. It remains the same style.
C. It influences Europe greatly. D. It interests college students.

D

The challenge with refusing to be addicted to food is, well, the food. It tastes good. It looks good. It smells really good. Saying no is an uphill fight. “It’s not about willpower,” says McManus from Brigham and Women’s Hospital.

Why do we eat when we're not hungry? It could be out of joy, but there's a good chance that it's because we're anxious, mad, tired, sad, bored. As they are recognized as stress (压力), the brain gives out cortisol, which can increase the food intake, says Dr. Lilian Cheung, a lecturer at the Harvard TH. Chan School. As a result, we may turn to food. Too often we eat while watching television, doing work, talking on the phone. We have little chance to realize that we are full and end up eating more.

So what can we do? We should make eating as attractive as possible. Leave a space and use a good plate. Sit down—standing is speed—and taste the meal; if you're with others, enjoy the company. It can be just 15 minutes, but everything slows down and you'll feel more satisfied.

“We need to eat with all of our senses,” Cheung says.

And that goes for all food. There's no need to **eliminate** the things that taste good but aren't the healthiest. Things like ice cream and cake are often connected to something worth celebrating. When they're coming up, we can use smaller plates and let the treats sit in our mouth. When we fully get ourselves in the experience, a little is usually enough and there's no need to feel guilty (内疚的) for having it.

Before making any food decision, ask ourselves “Do I really want that?” But it doesn't always work and it's difficult to be always wise. McManus says that's all right. Perfection is never the goal, especially at the beginning. “It's an ongoing practice,” she says. “Over time we'll see a big difference.”

32. What is probably the major cause of eating when we're not hungry?

A. Stress. B. Pleasure. C. Willpower. D. Anxiety.

33. What is Cheung's suggestion on eating?

A. Using expensive plates.

B. Standing to taste the food.

C. Asking someone to keep company.

D. Turning eating into complete enjoyment.

34. What does the underlined word “eliminate” mean in paragraph 4?

A. Recommend. B. Avoid. C. Choose. D. Challenge.

35. What does McManus mainly intend to tell us in the last paragraph?

A. Well begun is half done. B. Every coin has two sides.

C. Rome was not built in a day. D. The early bird catches the worm.

第二节（共 5 小题： 每小题 2.5 分， 满分 12.5 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。

Many people agree that our lives have been changed by the Internet, but I have recently realized that I live nearly my entire life online!

36 I usually have messages from friends or family, and I always reply right away. Then I open my favourite online radio station and listen to music while I get ready for school. While I'm eating breakfast, I often read news articles online. On my way to school, I usually wear my earphones so I can listen to an English podcast (播客) with interesting talks about many different topics. 37

At lunch, I like to check some online forums (论坛) about topics I'm interested in, such as pop music and TV shows. I read the updated posts from other forum members and post my own thoughts. 38, It's also a good way to connect with others who share the same interests as me. On the way home from school, I almost always play with one of the many learning apps on my phone.

After dinner, I start my homework, and that often means going online to do research. My history teacher, my Chinese literature teacher, and my English teacher all often give homework. 39 So I'm nearly always online in the evening, reading online resources (资源) for my homework.

My final thing to do every day is to listen to an audio book online before I go to sleep! 40 However, I don't like to look at a screen just before bedtime, so audio books are the perfect thing for me. It's a great way to fall asleep.

- A. I finish my homework before 9:00 p.m.
- B. Sometimes I like to read an online book.
- C. I think they will be helpful to other people.
- D. It's a good way to improve my English listening.
- E. I listen especially on days when English is the first lesson.
- F. And they require me to go online and look up information.
- G. In the morning, I wake up and immediately check my messages.

高中期中考试真卷

第三部分 语言运用（共三节，满分 40 分）

第一节（共 15 小题：每小题 1 分，满分 15 分）

阅读下面短文，从短文后各题所给的四个选项（A、B、C 和 D）中，选出可以填入空白处的最佳选项。

I loved my first grade teacher, Mrs. Gross. She had such a sweet smile and a 41 way about her, I wasn't sure what her age was at the time but she already 42 very grandmotherly. She was soft-spoken and had a very gentle 43 of humor. Unlike some teachers she never 44 at or punished her students. To me it felt like having a second grandmother as my teacher. Every day I arrived at her classroom and sat 45 at my desk with a big smile on my face. Throughout all my years of school I always 46 the time in her classroom the most fondly.

One such memory is still with me to this day. We were doing math problems that were 47 on the blackboard while Mrs. Gross walked through the classroom 48 our work. I finished first and lifted my head up just as Mrs. Gross walked up behind me. She looked at my work and 49. Then she said, "This is really good work, Joe. You are a very 50 boy." As she walked on, she 51 touched my shoulder and I felt 52 in my heart. It felt so good to be 53. It felt so good to be appreciated (欣赏). From that moment on I always tried my best. I always 54 my study. I always wanted to be as smart as she 55 I already was.

41. A. kind B. formal C. senior D. hard
42. A. seemed B. proved C. looked D. got
43. A. sense B. ability C. advantage D. feeling
44. A. stared B. pointed C. rushed D. shouted
45. A. carefully B. happily C. politely D. safely
46. A. remembered B. took C. spent D. killed
47. A. discussed B. printed C. stuck D. fixed
48. A. carrying B. deciding C. preparing D. checking
49. A. left B. joked C. smiled D. explained
50. A. unique B. lively C. smart D. outgoing
51. A. properly B. gently C. slowly D. suddenly

52. A. curiosity B. warmth C. nervousness D. surprise

53. A. called B. questioned C. seen D. helped

54. A. focused on B. made up for C. depended on D. showed off

55. A. agreed B. realized C. guessed D. thought

第二节（共 10 小题；每小题 1.5 分，满分 15 分）

阅读下面材料，在空白处填入一个单词或括号内单词的正确形式。

Some adults worry that you're more interested in the screen than the world around. They think of you 56 the "face down generation" because you use your phone so much and they wonder 57 you will deal with school, friends, and family. Are today's teenagers too busy texting and 58 (take) selfies (自拍) to become successful in real life, as you would say?

Other adults worry that today's youth don't want to face the challenges of adult life. Many children born in the 1990s and 200s 59 (raise) by "helicopter parents" who were always there 60 (guide) and help them with a busy schedule 61 (fill) with homework and extra-curricular activities. With parents who do everything for them, today's youth seem to prefer to live like teenagers even when they are in 62 (they) 20s or 30s.

Does the face-down generation need a heads-up? Well, probably not. The fact is that many of them are better educated and 63 (creative) than past generations. They also seem to be enthusiastic (热情的) and willing to become 64 (leader). More young people than ever volunteer to help their communities.

So if you're one of the oh-ohs, there's reason to be 65 (hope) about the future. Things are looking up for the face-down generation.

第三节 单词拼写（共 10 小题；每小题 1 分，满分 10 分）

请根据首字母和汉语提示写出单词的正确形式，每空只填一词。

66. Jiuzhaigou is an e_____ (极其) beautiful place.

67. As a teenager, my son a_____ (钦佩) pop stars a lot.

68. His trip to India made a strong i_____ (印象) on him.

69. My sister has just a_____ (申请) for a driving license.

70. I'll make an a_____ (安排) for you to be met at the airport.

71. Experienced workers are p_____ (更喜欢) in every factory.

72. A_____ (事实上), I'm busy at the moment - can I call you back?

73. For more information, e_____ (联系) us at tourinfo@travelperu.org.

74. Our English teacher often asks us to c_____ (集中注意力) in class.

75. This course seems difficulty and isn't s_____ (适合的) for freshman students.

第四部分 写作（共两节，满分 30 分）

第一节（满分 15 分）

假定你是李华，你的好朋友 Sam 的学校成立了表演社团和篮球社团，他发邮件向你询问该参加哪个社团。请你回复邮件，内容包括：

1. 你的建议；
2. 你的理由（不少于两条）。

注意：

1. 词数 80 左右；
2. 请按如下格式在答题卡的相应位置作答。

Dear Sam,

Yours,

Li Hua

第二节（满分 15 分）

阅读下面材料，根据其内容和所给段落开头语续写一段。使之构成一篇完整的短文。

Johnny was sound asleep when he was awakened (唤醒) by a loud noise. He opened his eyes and lay listening. He could hear shouts and cries coming from the outside. He quickly through on his T-shirt and put on a pair of jeans, and rushed out of the house.

A huge number of people stood at one of the houses further up the street. The house was on fire and thick clouds of smoke were floating (漂浮) up into the clouds. Johnny went back into the house and made a call to the fire department. Then, he ran out again towards the house on fire.

It was Mr. Ong's house. Mr. Ong and his wife were safely out of the house but their young daughter was still caught inside the burning house. The neighbors were using buckets of water to put out the fire but it didn't work. John could hear the cries of the girl inside the burning house.

注意：

高中期中考试真卷

1. 续写词数应为 80 左右；
2. 请按如下格式在答题卡的相应位置作答。

Without thinking twice, Johnny broke into the house.

参 *考 *答 *案

1-5 BCBCA 6-10 ABABA 11-15 BACAB 16-20 CCAAB

21-23 BAC 24-27 CDBC 28-31 DCDA 32-35 ADBC 36-40 GDCFB

41-45 ACADB 46-50 ABDCC 51-55 BBCAD

56. as 57. how 58. taking 59. were raised 60. to guide

61. filled 62. their 63. more creative 64. leaders 65. hopeful

66. extremely 67. admires 68. impression 69. applied 70. arrangement

71. preferred 72. Actually 73. contact 74. concentrate 75. suitable

写作

第一节

Dear Sam,

How is everything going? I'm writing to give you some advice on which club to choose. In my opinion, the Acting Club is more suitable for you. The reasons are as follows.

To start with, interest is the best teacher. Since you are interested in acting, you'd better choose what you like. In addition, you can develop kinds of abilities, especially your language skills in the Acting club. Most of all, you will have a good chance to experience a different life by playing different roles.

I hope my suggestions can be helpful to you. Best Wishes!

Yours,

Li Hua

第二节

略

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A. A cook. B. A waiter. C. A manager.
2. What are the speakers mainly talking about?
A. Who to meet Prof. Lee.
B. How to finish the project.
C. When to hand in the report.
3. What time does the woman's watch show?
A. 7:50. B. 7:20. C. 7:30.
4. Where is the man now?
A. At Fifteenth Avenue. B. Behind Trump Tower. C. Opposite McDonald's.
5. What will the weather be like tomorrow?
A. Sunny. B. Rainy. C. Windy.

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听第 7 段材料，回答第 8、9 题。

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C. Expressing thanks to Mrs. Zhang.

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“I had been reading under moonlight! This Keep It Simple lamp (灯) spread sunshine all across the room.”

--Jean Kauffman

Keep It Simple

My light has combined (结合) classic lamp design with an advanced light source. The combination provides more light for reading or any other task.

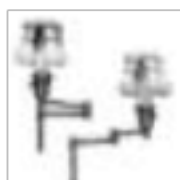
You need:

- Up to 300 footcandles (英尺烛光) for reading but you're getting only 30-50 footcandles.
- A quality of light better for older eyes.
- Less glare (炫光) in the field that you can see.

The first light source designed for lamps

This new lighting solution will send off up to 10 times more light than the single bulb you are now using—for only 32 watts!

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21. What makes Keep ht Simple lamp perfect for our reading?
A. The amount of light. B. Is design and light source.
C. The upside down bulbs. D. Less glare for older eyes.
22. How much should you pay for a Keep I Simple lamp now?
A. \$375. B. \$395. C. \$99. D. \$276.
23. Where can the text probably be found?
A. In a novel. B. Ina report. C. In a magazine. D. In a history book.

B

Michael J. Fox became famous all over the world after starring as Marty McFly in *Back to the Future* in 1985. Six years later, aged 29, he developed Parkinson's disease. Since then, Fox—who is now 60 years old—has helped raise over \$1.5 billion to help find a cure for the progressive nervous system disorder.

As the world's largest non-profit (非盈利) organization that provides money for Parkinson's research, the Michael J. Fox Foundation focuses on speeding up a cure for Parkinson's disease and improved treatments for those living with the condition—which influences about seven to ten million people worldwide. The Michael J. Fox Foundation tries to achieve is goals through a highly aimed research program coupled with active worldwide efforts of scientists, Parkinson's patients, business leaders, persons taking part in clinical trial (临床试验), and volunteers. Raising over \$1.5 billion in research so far, the non-profit has basically changed the path of progress toward a cure.

The Canadian actor said that these treatments have already helped huge numbers of people, including himself. He said, "I enjoy life more. I'm more comfortable in my skin(皮肤) than I was 20 years ago. I can sit down and not be nervous. I couldn't do that 25 years ago."

Recently Fox told of his hope that biomarkers (生物指标) will be the next big step towards treating and perhaps even stopping the disease. "If we can find ways to discover the condition before it's obvious, if we could take a piece of hair and find it, then we could treat it preventively and then maybe you don't get it," he explained.

One thing Fox is sure of: He won't stop fighting until there's a cure.

24. What made Michael J. Fox world famous in 1985?
- A. His great wealth. B. His personal research.
C. His performance in a film. D. His fight against a disease.
25. What is the purpose of the Michael J. Fox Foundation?
- A. To make money. B. To work with scientists.
C. To improve people's life. D. To find a cure for Parkinson's disease.
26. Which of the following best describes Michael J. Fox?
- A. Confident. B. Strong-willed. C. Caring. D. Curious.
27. What could be the most suitable title for the text?
- A. I enjoy my life more B. I realized my dream.
C. I won't stop until it happens D. I am not nervous now.

C

Researchers at the University of British Columbia in Canada have found that humans grew cacao (可可) trees and used cacao starting around 5,300 years ago. But the new discovery shows people grew cacao trees about 1,500 years earlier than what was known before. The researchers found evidence (证据) of cacao's use at an old village in the highlands of southeastern Ecuador. Time has had little influence on the village, so they were able to find a lot of evidence of the use of cacao after examining the remains of very old objects at the Santa Ana-La Florida archaeological site.

The researchers found very small pieces from the cacao tree in the remains of containers and other objects. They also found a substance (物质) in the cacao tree but not in its wild relatives. This suggests that humans grew the tree for food purposes.

But thousands of years ago, cacao was used to make drinks. The objects on which cacao was found suggest a lot about how people used the substance at that time. They clearly drank it. There is no decided history of indigenous (土著) populations in South or Central America using cacao to make chocolate the way people do now. By the time Spanish explorers arrived in Central America in the late 1400s, people were using it to make hot and cold chocolate drinks with spices. By the 1580s, Spain began buying cacao from abroad and spreading it to other European countries. By the 1800s, technology developed in the Netherlands made it possible to turn cacao into a solid (固体的) chocolate product.

Laiskonis, who teaches chocolate-making classes at the Institute of Culinary Education, introduces his students to the history of chocolate. He tells his students, for example, about a recipe (配方) from the 1600s that mixed Mayan and Aztec types of cacao drinks with European influences. Laiskonis said chocolate is “something that’s always been changing.”

28. What does paragraph I mainly talk about?

- A. Great changes in the village. B. Remains of the use of cacao.
C. Cacao trees about 5,300 years ago. D. Cacao’s story older than once thought.

29. Why did humans grow cacao trees?

- A. To make containers. B. To do a research.
C. To satisfy the needs of life. D. To spread cacao abroad.

30. What do we know about the history of chocolate drinks?

- A. Spain spread them to all over the world.
B. Europeans made chocolate drinks with spices.
C. Native Americans used chocolate as it is today.
D. The Netherlands developed the solid chocolate.

31. What is Laiskonis’ idea about chocolate?

- A. It has been improving. B. It remains the same style.
C. It influences Europe greatly. D. It interests college students.

D

The challenge with refusing to be addicted to food is, well, the food. It tastes good. It looks good. It smells really good. Saying no is an uphill fight. “It’s not about willpower,” says McManus from Brigham and Women’s Hospital.

Why do we eat when we’re not hungry? It could be out of joy, but there’s a good chance that it’s because we’re anxious, mad, tired, sad, bored. As they are recognized as stress (压力), the brain gives out cortisol, which can increase the food intake, says Dr. Lilian Cheung, a lecturer at the Harvard TH. Chan School As a result, we may turn to food. Too often we eat while watching television, doing work, talking on the phone. We have little chance to realize that we are full and end up eating more.

So what can we do? We should make eating as attractive as possible. Leave a space and use a good plate. Sit down—standing is speed—and taste the meal; if you're with others, enjoy the company. It can be just 15 minutes, but everything slows down and you'll feel more satisfied.

“We need to eat with all of our senses,” Cheung says.

And that goes for all food. There's no need to **eliminate** the things that taste good but aren't the healthiest. Things like ice cream and cake are often connected to something worth celebrating. When they're coming up, we can use smaller plates and let the treats sit in our mouth. When we fully get ourselves in the experience, a little is usually enough and there's no need to feel guilty (内疚的) for having it.

Before making any food decision, ask ourselves “Do I really want that?” But it doesn't always work and it's difficult to be always wise. McManus says that's all right. Perfection is never the goal, especially at the beginning. “It's an ongoing practice,” she says. “Over time we'll see a big difference.”

32. What is probably the major cause of eating when we're not hungry?

A. Stress. B. Pleasure. C. Willpower. D. Anxiety.

33. What is Cheung's suggestion on eating?

A. Using expensive plates.

B. Standing to taste the food.

C. Asking someone to keep company.

D. Turning eating into complete enjoyment.

34. What does the underlined word “eliminate” mean in paragraph 4?

A. Recommend. B. Avoid. C. Choose. D. Challenge.

35. What docs McManus mainly intend to tell us in the last paragraph?

A. Well begun is half done. B. Every coin has two sides.

C. Rome was not built in a day. D. The early bird catches the worm.

第二节（共 5 小题： 每小题 2.5 分， 满分 12.5 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。

Many people agree that our lives have been changed by the Internet, but I have recently realized that I live nearly my entire life online!

____36____ I usually have messages from friends or family, and I always reply right away. Then I open my favourite online radio station and listen to music while I get ready for school. While I'm eating breakfast, I often read news articles online. On my way to school, I usually wear my earphones so I can listen to an English podcast (播客) with interesting talks about many different topics. ____37____

At lunch, I like to check some online forums (论坛) about topics I'm interested in, such as pop music and TV shows. I read the updated posts from other forum members and post my own thoughts. ____38____, It's also a good way to connect with others who share the same interests as me. On the way home from school, I almost always play with one of the many learning apps on my phone.

After dinner, I start my homework, and that often means going online to do research. My history teacher, my Chinese literature teacher, and my English teacher all often give homework. ____39____ So I'm nearly always online in the evening, reading online resources (资源) for my homework.

My final thing to do every day is to listen to an audio book online before I go to sleep! ____40____ However, I don't like to look at a screen just before bedtime, so audio books are the perfect thing for me. It's a great way to fall asleep.

- A. I finish my homework before 9:00 p.m.
- B. Sometimes I like to read an online book.
- C. I think they will be helpful to other people.
- D. It's a good way to improve my English listening.
- E. I listen especially on days when English is the first lesson.
- F. And they require me to go online and look up information.
- G. In the morning. I wake up and immediately check my messages.

第三部分 语言运用 (共三节, 满分 40 分)

第一节 (共 15 小题: 每小题 1 分, 满分 15 分)

阅读下面短文, 从短文后各题所给的四个选项 (A、B、C 和 D) 中, 选出可以填入空白处的最佳选项。

I loved my first grade teacher, Mrs. Gross. She had such a sweet smile and a ____41____ way about her, I wasn't sure what her age was at the time but she already ____42____ very

grandmotherly. She was soft-spoken and had a very gentle 43 of humor. Unlike some teachers she never 44 at or punished her students. To me it felt like having a second grandmother as my teacher. Every day I arrived at her classroom and sat 45 at my desk with a big smile on my face. Throughout all my years of school I always 46 the time in her classroom the most fondly.

One such memory is still with me to this day. We were doing math problems that were 47 on the blackboard while Mrs. Gross walked through the classroom 48 our work. I finished first and lifted my head up just as Mrs. Gross walked up behind me. She looked at my work and 49. Then she said, "This is really good work, Joe. You are a very 50 boy." As she walked on, she 51 touched my shoulder and I felt 52 in my heart. It felt so good to be 53. It felt so good to be appreciated (欣赏). From that moment on I always tried my best. I always 54 my study. I always wanted to be as smart as she 55 I already was.

41. A. kind B. formal C. senior D. hard
42. A. seemed B. proved C. looked D. got
43. A. sense B. ability C. advantage D. feeling
44. A. stared B. pointed C. rushed D. shouted
45. A. carefully B. happily C. politely D. safely
46. A. remembered B. took C. spent D. killed
47. A. discussed B. printed C. stuck D. fixed
48. A. carrying B. deciding C. preparing D. checking
49. A. left B. joked C. smiled D. explained
50. A. unique B. lively C. smart D. outgoing
51. A. properly B. gently C. slowly D. suddenly
52. A. curiosity B. warmth C. nervousness D. surprise
53. A. called B. questioned C. seen D. helped
54. A. focused on B. made up for C. depended on D. showed off
55. A. agreed B. realized C. guessed D. thought

第二节（共 10 小题；每小题 1.5 分，满分 15 分）

阅读下面材料，在空白处填入一个单词或括号内单词的正确形式。

Some adults worry that you're more interested in the screen than the world around. They think of you 56 the "face down generation" because you use your phone so much and they wonder 57 you will deal with school, friends, and family. Are today's teenagers too busy texting and 58 (take) selfies (自拍) to become successful in real life, as you would say?

Other adults worry that today's youth don't want to face the challenges of adult life. Many children born in the 1990s and 200s 59 (raise) by "helicopter parents" who were always there 60 (guide) and help them with a busy schedule 61 (fill) with homework and extra-curricular activities. With parents who do everything for them, today's youth seem to prefer to live like teenagers even when they are in 62 (they) 20s or 30s.

Does the face-down generation need a heads-up? Well, probably not. The fact is that many of them are better educated and 63 (creative) than past generations. They also seem to be enthusiastic (热情的) and willing to become 64 (leader). More young people than ever volunteer to help their communities.

So if you're one of the oh-ohs, there's reason to be 65 (hope) about the future. Things are looking up for the face-down generation.

第三节 单词拼写 (共 10 小题: 每小题 1 分, 满分 10 分)

请根据首字母和汉语提示写出单词的正确形式, 每空只填一词。

66. Jiuzhaigou is an e_____ (极其) beautiful place.

67. As a teenager, my son a_____ (钦佩) pop stars a lot.

68. His trip to India made a strong i_____ (印象) on him.

69. My sister has just a_____ (申请) for a driving license.

70. I'll make an a_____ (安排) for you to be met at the airport.

71. Experienced workers are p_____ (更喜欢) in every factory.

72. A_____ (事实上), I'm busy at the moment - can I call you back?

73. For more information, e_____ (联系) us at tourinfo@travelperu.org.

74. Our English teacher often asks us to c_____ (集中注意力) in class.

75. This course seems difficulty and isn't s_____ (适合的) for freshman students.

第四部分 写作 (共两节, 满分 30 分)

第一节 (满分 15 分)

假定你是李华，你的好朋友 Sam 的学校成立了表演社团和篮球社团，他发邮件向你询问该参加哪个社团。请你回复邮件，内容包括：

1. 你的建议；
2. 你的理由（不少于两条）。

注意：

1. 词数 80 左右；
2. 请按如下格式在答题卡的相应位置作答。

Dear Sam,

Yours,
Li Hua

第二节（满分 15 分）

阅读下面材料，根据其内容和所给段落开头语续写一段。使之构成一篇完整的短文。

Johnny was sound asleep when he was awakened (唤醒) by a loud noise. He opened his eyes and lay listening. He could hear shouts and cries coming from the outside. He quickly through on his T-shirt and put on a pair of jeans, and rushed out of the house.

A huge number of people stood at one of the houses further up the street. The house was on fire and thick clouds of smoke were floating (漂浮) up into the clouds. Johnny went back into the house and made a call to the fire department. Then, he ran out again towards the house on fire.

It was Mr. Ong's house. Mr. Ong and his wife were safely out of the house but their young daughter was still caught inside the burning house. The neighbors were using buckets of water to put out the fire but it didn't work. John could hear the cries of the girl inside the burning house.

注意：

1. 续写词数应为 80 左右；
2. 请按如下格式在答题卡的相应位置作答。

Without thinking twice, Johnny broke into the house.

参 *考 *答 *案

1-5 BCBCA 6-10 ABABA 11-15 BACAB 16-20 CCAAB

21-23 BAC 24-27 CDBC 28-31 DCDA 32-35 ADBC 36-40 GDCFB

41-45 ACADB 46-50 ABDCC 51-55 BBCAD

56. as 57. how 58. taking 59. were raised 60. to guide

61. filled 62. their 63. more creative 64. leaders 65. hopeful

66. extremely 67. admires 68. impression 69. applied 70. arrangement

71. preferred 72. Actually 73. contact 74. concentrate 75. suitable

写作

第一节

Dear Sam,

How is everything going? I'm writing to give you some advice on which club to choose. In my opinion, the Acting Club is more suitable for you. The reasons are as follows.

To start with, interest is the best teacher. Since you are interested in acting, you'd better choose what you like. In addition, you can develop kinds of abilities, especially your language skills in the Acting club. Most of all, you will have a good chance to experience a different life by playing different roles.

I hope my suggestions can be helpful to you. Best Wishes!

Yours,

Li Hua

第二节

略

山东省潍坊市 2021-2022 学年高一上学期期中考试

英语试题

第一部分 听力（共两节，满分 30 分）

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

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/788025050133006074>