

南充市高 2025 届高考适应性考试（三诊）

英语

本试卷分为试题卷和答题卡两部分，其中试题卷共 12 页，答题卡共 2 页。满分 150 分，考试时间 120 分钟。

注意事项：

1. 答卷前，考生务必将自己的姓名、考生号等填写在答题卡上。
2. 回答选择题时，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。回答非选择题时，将答案写在答题卡上，写在本试卷上无效。
3. 考试结束后，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你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。

例: How much is the shirt?

- A. £19.15. B. £9.18. C. £9.15.

答案是 C。

1. What is Haley going to do this afternoon?

- A. Take part in an activity. B. Hang out with Alex. C. Prepare for an exam.

2. What are the speakers mainly talking about?

- A. Repairing a TV set. B. Buying a new TV set. C. Watching a TV program.

3. Where are the speakers probably?

- A. In a shop. B. In a hospital. C. In a hotel.

4. What does Lily think of eating raw food?

- A. Harmful. B. Healthy. C. Strange.

5. Why does the woman move house?

- A. For friendly neighbors.
B. For a convenient location.
C. For a comfortable environment.

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. Who accompanied the woman to the hospital?

- A. The man. B. Her sister. C. Her mother.

7. What is the woman allergic to?

- A. Dust. B. Seafood. C. Mangoes.

听第 7 段材料，回答第 8 至 10 题。

8. What is Mr. Foster doing now?

- A. Chairing a meeting. B. Having a meal. C. Meeting business partners.

9. Why does the woman expect to meet Mr. Foster?

- A. To ask for leave. B. To discuss a project. C. To make a vacation plan.

10. At what time will the woman see Mr. Foster?

- A. 1:00 p. m. B. 1:30 p. m. C. 2:30 p. m.

听第 8 段材料，回答第 11 至 13 题。

11. What does the woman dislike about the black pants?

- A. The material. B. The color. C. The style.

12. What color pants does the woman buy?

- A. Blue. B. Brown. C. Red.

13. Why is there only a 10% discount for the pants?

- A. The discount policy is fixed.
B. It's the style of the last season.
C. It's newly shelved.

听第 9 段材料，回答第 14 至 16 题。

14. How will the man improve his paper?

- A. By deleting unnecessary sentences.
B. By adding a couple of points.
C. By correcting grammar mistakes.

15. When should the man submit his paper?

- A. Before June 5th. B. Before June 7th. C. Before June 12th.

16. What is the woman busy doing?

- A. Opening a teahouse. B. Organizing a party. C. Working on her paper.

听第 10 段材料，回答第 17 至 20 题。

17. Who may be the target audience of the speech?

- A. Customers. B. Teachers. C. Employees.

18. What activities are included in the program?

- A. Public speaking and team meetings.
B. Lectures and outdoor activities.
C. Performances and group competitions.

19. What is one benefit of joining in the program?

- A. Gaining professional knowledge.
- B. Bettering the ability to help others.
- C. Applying for extra paid holidays.

20. What is a must for joining the program?

- A. Signing up on paper.
- B. Past experience.
- C. A registration fee.

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 2.5 分，满分 37.5 分）

阅读下列短文，从每题所给的四个选项（A、B、C 和 D）中选出最佳选项。

A

As you head back to school, you may be looking for appropriate ways to strengthen the education you're getting in the classroom. You can try podcasts!

Flyest Fables, ages 6-12

It adapts classic tales for kids and explores a variety of characters, identities, and experiences, including that of a young boy who is being bullied and a military soldier experiencing homelessness. The episodes range from about 10 to 25 minutes, perfect for you to listen to before falling asleep.

But Why: A Podcast for Curious Kids, all ages

But Why is a podcast designed to answer kids' most pressing questions, asked directly by kids themselves. Experts respond to kids' calls to address some of life's biggest questions—questions like: Where does money come from? Why do we have to go to school? And even bigger topics: Who makes the laws? Why can't kids vote?

Stuff You Missed in History Class, ages 13+

iHeart Radio's Stuff You Missed in History Class highlights the strange, overlooked, and intentionally left-out history lessons from mainstream classrooms. The stories cover complex and relevant science facts, like how smallpox（天花）was wiped out, and shares histories lost over time.

Culture Kids Podcast, ages 5+

Culture Kids Podcast is a multicultural journey through diverse cultures around the world, co-hosted by Kristen Kim and her curious 6-year-old son Asher. The show features international foods, holiday celebrations, famous landmarks, and more, while centering topics that children will find most interesting.

21. Who is the Flyest Fables podcast most suitable for?

- A. Teenagers interested in history.
- B. Pupils keen on classic stories.
- C. Parents expecting to bond with kids.
- D. Students exploring science facts.

22. What distinguishes But Why from the others?

- A. It adapts classic tales into modern stories.
- B. It answers questions posed directly by children.
- C. It focuses on historical events ignored by schools.
- D. It is co-hosted by a parent and a young child.

23. Which podcast best teaches kids about Lunar New Year?

- A. Flyest Fables.
- B. But Why: A Podcast for Curious Kids.

B

In the heart of the small town of Greenfield, there was a man named Mr. Thompson. He wasn't a celebrity, nor did he hold a high-profile position. He was just an ordinary man with an extraordinary heart.

Mr. Thompson had a small hardware store that he had run for decades. But his store was more than just a place to buy tools. It was a community center. People would come in not only for nails but also to share their joys and sorrows. He would patiently listen to the old man's tales of the good old days, offer advice to the young couple fixing up their first home, and even provide a small loan to the struggling single mother to buy a new heater for her kids.

One bitter winter, the town was hit by a severe snowstorm. Power lines were down, and many elderly residents were left in the cold. Without hesitation, Mr. Thompson closed his store, loaded his truck with generators, blankets, and food, and set out to help those in need. He walked through the snow-covered streets, delivering warmth and hope to every doorstep. He spent days making sure everyone was safe and comfortable, barely taking a break for himself.

His selfless acts didn't stop there. Every year, he sponsored a local student's college education. He believed that education was the key to a better future and wanted to give a chance to those who couldn't afford it.

Mr. Thompson's actions taught the people of Greenfield the true meaning of kindness, compassion, and community spirit. He may not have made headlines, but in the hearts of the townspeople, he was a true hero, whose story would be passed down through generations, inspiring everyone to make a difference in their own way.

24. What made Mr. Thompson's hardware store special?

- | | |
|--|--|
| A. Offering discounts to the locals. | B. Providing house-fixing service. |
| C. Serving as a place for interaction. | D. Selling various high-quality tools. |

25. How did Mr. Thompson help those in need during a bitter winter?

- | | |
|--|---------------------------------------|
| A. He delivered supplies door-to-door. | B. He swept the snow-covered streets. |
| C. He offered his store as a shelter. | D. He funded a local college. |

26. What can be inferred about the future of the community in Greenfield?

- A. It will face more severe natural disasters like the snowstorm.
B. The spirit of kindness and community will continue to thrive.
C. The local economy will decline without Mr. Thompson's store.
D. It will provide residents with the opportunity to receive education.

27. What is the author's purpose in writing the text?

- A. To describe the challenges of living in a small town.
B. To criticize the lack of support for small businesses.
C. To promote the importance of education in Greenfield.
D. To highlight the impact of an ordinary individual.

C

Did the holidays mess up your sleep patterns? Maybe you stayed up late ringing in the new year, or changed

time zones while traveling. Science journalist Lynne Peeples describes an experiment in which she lived for 10 days in an underground dugout, with no exposure to sunlight or clocks.

Peeples recalls she quickly lost sense of time, and began suffering from clumsiness and brain fog, “I think day seven or eight, I was just dropping everything and couldn’t move properly.” Throughout the experiment, Peeples charted her temperature, and heart rate. Later, she worked with scientists to analyze the data she had gathered over the 10-day period.

Peeples says her time in the darkness illustrates the importance of daylight, “Those inputs of light and dark tell the body that it’s day and night. When we don’t get daylight, things go awry.”

We have trillions of tiny “clocks” in our bodies. Really, when you think about it, nearly every cell in your body has a clock. And these clocks evolved to be in tune with each other and with the sun to help our bodies to do the right things at the right time.

The science suggests that light across the whole day is crucial, but in particular, morning light. It’s pretty clear that during the daytime, especially in the early hours, getting daylight will help readjust our rhythms.

We all tick a little differently. Those inner clocks in our bodies tick at around 24 hours. For some of us, the clocks take a little longer than 24 hours. While for others, their clocks run faster and can finish a full cycle in just under 24 hours.

If we have a shorter circadian rhythm (昼夜节律), we might more likely be early birds. It’s easier for us to go to sleep early at night and we might wake early. And on the contrary, there are the extreme night owls, who may be at their peak late and be awake and alert into the night and then wanting to sleep in late in the morning.

28. How did Lynne Peeples conduct the experiment?

- | | |
|--------------------------------------|------------------------------------|
| A. By monitoring brain-fog symptoms. | B. By observing stay-up changes. |
| C. By comparing sleep patterns. | D. By tracking some physical data. |

29. What does the underlined phrase “go awry” in Paragraph 3 mean?

- | | |
|-----------------------|-----------------------|
| A. Become disordered. | B. Speed suddenly. |
| C. Stay stable. | D. Improve gradually. |

30. What can we know about the tiny “clocks”?

- | | |
|---|--|
| A. They exist in some specific cells. | B. They work independently of each other. |
| C. They help the body function regularly. | D. They tick at exactly 24-hour intervals. |

31. What can be inferred about “extreme night owls”?

- | |
|---|
| A. Their body clocks run faster than a 24-hour cycle. |
| B. They may perform most actively late at night. |
| C. They are more productive in the morning. |
| D. They have no biological clocks in their cells. |

D

In today’s fast-paced world, studying for long hours without a break has become a norm for many students. However, this approach often leads to burnout, reduced concentration, and lower recollection rates. Studies have shown that taking regular studybreaks is a key strategy for maintaining mental clarity, boosting productivity, and

improving overall learning effectiveness.

Michelle Connolly, an educational consultant said, “Taking breaks during study sessions isn’t a luxury; it’s a necessity for both cerebral (大脑的) recovery and emotional well-being.” It’s about creating a harmonious blend that respects your mental boundaries while pushing the limits of your academic performance. Striking a balance is critical for peak cognitive performance and overall well-being. Integrating effective rest periods strategically into your study sessions can enhance your ability to learn and remember information.

Cognitive performance benefits significantly from breaks. Breaks help ease mental exhaustion that accumulates during prolonged study. You might notice after long periods of intense focus, your concentration starts to fade. This is because of cognitive load, a concept in cognitive science suggesting your brain has a limited capacity for information processing. When you take a break, you essentially allow your brain to “cool off” and reduce this load, thereby restoring your ability to concentrate and maintain focus during study.

Attention Restoration Theory underlines the value of breaks, especially those involving nature or relaxation, to rejuvenate (恢复) your capacity for concentration. Likewise, the Conservation of Resources Theory suggests that by conserving mental resources through regular breaks, you can better manage stress and avoid burnout. One of the most popular methods is the Pomodoro Technique, which suggests studying for 25 minutes and taking a 5-minute break. After four cycles, you take a longer break, typically 15-30 minutes. This technique leverages the brain’s natural rhythms to keep it fresh and focused.

By understanding the science behind studybreaks and using strategies like the Pomodoro Technique, you can optimize your study sessions and maintain a balanced approach to learning. Remember, productivity isn’t just about working harder; it’s about working smarter—and studybreaks are a key part of that equation.

32. What is Michelle’s attitude toward putting breaks into study sessions?

- A. Approving. B. Indifferent. C. Skeptical. D. Neutral.

33. In what way do breaks contribute to cognitive performance?

- A. By removing mental exhaustion. B. By preventing cerebral focus resetting.
C. By maximizing the brain’s capacity. D. By cutting down cognitive load.

34. Why are the different theories mentioned in Paragraph 4?

- A. To present that different theories may contradict each other.
B. To show the historical development of break-related theories.
C. To emphasize the importance of physical exercise in study.
D. To provide the theoretical support for the benefits of breaks.

35. What does the author imply in the last paragraph?

- A. Students should prioritize working harder over taking breaks.
B. Regular breaks alone are enough to achieve the best academic results.
C. True productivity combines scientific basis with practical strategies.
D. More focus should be placed on short-term goals by students.

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。

Talking to friends and family about climate change is a necessary step toward ensuring the safety of people and our planet. 36 Here, we'll share expert strategies to help you handle this conversation with confidence.

Find a relaxed moment to introduce the topic.

There's no perfect time to talk about climate change—but that doesn't make it any less important. 37 If you or your loved one is already tense or tired for whatever reason, you may struggle to have a productive conversation.

38

Look for some points of agreement between you and your friends. Even if you only agree on one small aspect, that can be enough to shift the conversation from an argument to a discussion. Once you find your common ground, keep returning to that point throughout the conversation.

Share your experiences of adopting eco-friendly habits.

Tell your friend or family member about the habits and behaviors you've changed to help the Earth. By sharing your own experiences, you're showing your loved ones that it's totally possible to make environmentally beneficial lifestyle changes. 39

Keep the door open for future discussions.

40 End the conversation respectfully and thank them for listening to your perspective and stories. Let them know that you'd love to talk more about this issue whenever they feel up to it.

By empowering others to educate themselves on climate change, you're doubling your environmental impact.

- A. Try to find some middle ground.
- B. Present a solution, not just a problem.
- C. Seek a time when everyone is in a good mood.
- D. But the topic can sometimes feel tricky to talk about.
- E. This experience could be as small as using fewer plastic bags.
- F. It's more productive to let someone reflect on the climate issue.
- G. Your loved ones' views probably won't change in one conversation.

第三部分 语言运用（共两节，满分 30 分）

第一节 完形填空（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，并在答题卡上将该项涂黑。

My last hill ride was epic—just not in the way I'd hoped it would be. It was a new kind of suffering. Although we road racers enjoy 41, that day I went too far.

About 5 miles before the finish, I 42. My jaw and left cheekbone broke. What got me into that 43? I overestimated myself. I had just 44 a road race the past weekend. It was a very technical 45 with sharp bends. After the victory, I wasn't afraid of anything.

The accident was so 46. It was the middle of a racing season. I had just started my own women's racing 47. I had people to lead and more races to win!

48, I also think I'm pretty lucky. I didn't break my legs or neck. I still had my 49, even though

my left eye wouldn't open for days afterward. Indeed, it was annoying that I couldn't 50 food. It was tough, and long, and being 51 inside got me really frustrated. But the big 52 is that I survived.

Finally, I value my family, who offered help and sent text messages and reminders to make me stay 53. During my recovery, one stood out, "Recovery is more difficult than any race, but 54 always wins."

This setback reminds me that we are almost certain to get 55 at some point during the process of achieving our goal and that it is love that made all the difference.

- | | | | |
|-----------------------|-------------------|-----------------|----------------|
| 41. A. efforts | B. achievements | C. expectations | D. struggles |
| 42. A. floated | B. crashed | C. resisted | D. separated |
| 43. A. dream | B. honor | C. mess | D. labor |
| 44. A. won | B. watched | C. organized | D. led |
| 45. A. show | B. lesson | C. course | D. report |
| 46. A. soul-awakening | B. heart-breaking | C. mind-blowing | D. eye-opening |
| 47. A. network | B. competition | C. team | D. foundation |
| 48. A. Thus | B. Still | C. Rather | D. Moreover |
| 49. A. vision | B. hearing | C. touch | D. balance |
| 50. A. buy | B. chew | C. digest | D. cook |
| 51. A. removed | B. spotted | C. needed | D. trapped |
| 52. A. change | B. problem | C. call | D. picture |
| 53. A. grateful | B. calm | C. positive | D. loyal |
| 54. A. patience | B. relief | C. creativity | D. inspiration |
| 55. A. mixed up | B. fed up | C. knocked down | D. torn down |

第二节 语法填空 (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 torch for The World Games (TWG) 2025 Chengdu, named Zhumeng ("Bamboo Dream" or "Chasing Dreams"), was shown in Chengdu. 56 (inspire) by the Grand Bronze Standing Figure at the Sanxingdui Ruins, it looks like both the figure and a bamboo shoot, symbolizing strength and growth.

In China, bamboo represents humility and strength, which 57 (mirror) the sports spirit of unity and hard work. The torch's top looks like fresh bamboo shoots, showing China's 58 (open), while its overall shape reflects the sports spirit of unity and struggling. The torch's nozzle copies a sun crown design unearthed at Chengdu's Jinsha Site, which symbolizes 59 (end) energy for athletes, like sunlight. Its base reminds people 60 an old Chinese saying, "When the holy bird flies, peace will fill the world," highlighting China's wish for global harmony.

The theme song Zhumeng, sharing the torch's name, 61 (release) together. The song's lyrics were written by Tan Qiyin, 62 is also the author of the song "Yupan" (Jade Plate) that was performed by 63 (child) during the 2025 Spring Festival Gala. Mixed with orchestral (管弦乐的) music, it expresses Chengdu's warmth and the Games' passion.

TWG is 64 highest-level international multi-sport event for non-Olympic sports. It will be held in

Chengdu from August 7 to 17. Chengdu is the first Chinese mainland city 65 (host) this event, showcasing China's blend of ancient wisdom and modern sportsmanship.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

假设你是李华，你校英语社团将举办以“Technology and Life”为主题的英语演讲比赛，请你写一篇演讲稿，内容包括：

1. 科技对生活的影响；
2. 你的看法。

注意：

1. 写作词数应为 80 个左右；
2. 请按如下格式在答题卡相应位置作答。

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。

As the rising sun spread warm light over the thick woods, Alex and his loyal dog Max started their much-anticipated hiking trip. Their destination was a forest on the mountain, which was famous for its fascinating scenery and diverse wild animals. Alex, an enthusiastic nature lover and photographer, had carefully planned this trip, packing his camera with high hopes of taking some truly amazing photos of the landscape and some shy creatures that inhabited this area.

The path was peaceful, filled with sunlight shining through the thick trees above. The only sounds that they heard were birds singing and leaves moving softly as they whispered secrets in the breeze. Max, full of energy, bounded ahead, his tail swinging wildly as he excitedly explored the new surroundings.

When they went around a bend, Alex's sharp eyes caught a strange flash in the distance. His curiosity got the better of him, and he quickened his pace with Max. As he approached it, he found a large, metal object half-buried in the mud. Its worn metal parts were open wide, with sharp sawteeth (锯齿) on it. The ground around it was disturbed, with broken branches and faint boot prints—signs that someone had been here recently. The sight made Alex feel scared—a warning that even though the forest seemed calm, dangerous things might be hiding nearby.

Alex continued walking forward when suddenly he heard a scream coming from behind him. He turned around and saw a little deer lying on the metal object he had just found. Observing carefully, Alex noticed that its back leg was stuck in the metal object. The deer's eyes were wide with fear and pain, and every time it tried to get free, the sawteeth around its leg seemed to press even tighter. Alex realized that this metal object was most likely a trap left behind illegal poaching (偷猎) activities.

- 注意：1. 续写词数应为 150 个左右；
2. 请按如下格式在答题卡的相应位置作答。

Alex's heart sank at the sight.

He picked up his camera and took a photo of the deer as it bounded away.