

南充市高2026届高考适应性考试(二诊)

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,将答题卡收回。

第一部分 听力(共两节,满分30分)

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

第一节(共5小题;每小题1.5分,满分7.5分)

听下面5段对话。每段对话后有一个小题,从题中所给的A、B、C三个选项中选出最佳选项。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。每段对话读两遍。

1. How does the man usually spend his free time?
A. He reads novels. B. He does sports. C. He watches TV.
2. What does the woman want to borrow from the man?
A. His glasses. B. His textbook. C. His notes.
3. What is the woman trying to do for the man?
A. To correct a mistake. B. To remind the man. C. To change the topic.
4. What is the woman doing?
A. Discussing a movie role.
B. Waiting for the staff list.
C. Looking for her sister.
5. What subject are the speakers focusing on?
A. Parental pressure on kids.
B. Children's study habits.
C. Ways to interest children in learning.

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 is the woman trying to find?
A. A part-time job. B. A new hobby. C. A delivery service.
7. How is the man's job?
A. It's boring. B. It's well-paid. C. It's low-stress.

听第7段材料,回答第8、9题。

8. What does the woman think of the man?
A. He is luckier than others.
B. He is much better than others.
C. He is physically taller than others.
9. What plan does the woman have for the man?
A. To let him rest. B. To offer him a car. C. To move him up.

听第8段材料,回答第10至12题。

10. What does the man think is ignored in American food?
A. Nutrition. B. Taste. C. Variety.
11. Why do Americans eat much meat and chicken?
A. To enjoy delicious food. B. To get enough nutrition. C. To ease hunger.
12. What makes Americans grow better according to the woman?
A. Good appetite. B. Natural conditions. C. Eating habits.

听第9段材料,回答第13至16题。

13. How are the speakers feeling now?
A. Disappointed. B. Regretful. C. Excited.
14. Why did the woman miss the Mini Fair last year?
A. She had a work-related activity.
B. She was busy preparing her dolls' house.
C. She lost interest in model train sets.
15. What is the woman most likely to buy this year?
A. Model cars. B. Small plants and trees. C. Tiny model people.

16. Where will the two speakers meet?
 A. By the ticket desk. B. In the restaurant hall. C. At the toilet entrance.
- 听第 10 段材料, 回答第 17 至 20 题。
17. What are the materials of Flora's greeting cards?
 A. Waste products. B. Art paper. C. Colorful stamps.
18. What made Flora start selling these cards?
 A. Her business course. B. Her unemployment. C. Her neighbors' opinions.
19. What is marked on each of Flora's greeting cards?
 A. The company's name. B. The collection place. C. The production date.
20. What is Flora's main purpose in making and selling these cards?
 A. To raise awareness of pollution.
 B. To make her business a trend.
 C. To offer help to her neighbors.

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 A、B、C、D 四个选项中选出最佳选项。

A

Volunteer in Kenya with Projects Abroad and take part in projects that work to address the needs of local communities. You'll experience life in this lively country.

Conservation Volunteer Work

Work with people your age to protect local ecosystems and endangered wildlife while learning from conservation staff. You will help protect threatened species, remove alien plants, build waterholes, and more. You'll live at the conservancy in the beautiful African grassland.

Volunteer Work with Children

Help disadvantaged children learn through play by organizing fun and educational activities. You'll also take part in basic renovation work to better and brighten the classroom environment. Keep the children entertained and focused on different activities, allowing the teacher to work with students who are struggling.

Medical Internships

Join a medical internship for teenagers, and gain experience by learning directly from

doctors and nurses. Add value to your CV, and give benefits to your future career. You will work in a clinic or hospital and do health checks during visits in disadvantaged areas. This will give you a great insight into healthcare challenges people face. During your time you will live with a host family in a small town of Nanyuki. Our staff will be with you every step, and will be there to guide you.

Giraffe & Lion Conservation

Work with conservation experts to preserve biodiversity for future generations. You can protect endangered Rothschild's Giraffe and lions by monitoring their populations and helping with daily conservation tasks, and stop their numbers from declining in Soysambu. You will live at the farmhouse on the conservancy with other volunteers. This is the ultimate African adventure!

21. Which project can improve the learning conditions?

- A. Conservation Volunteer Work. B. Medical Internships.
 C. Volunteer Work with Children. D. Giraffe & Lion Conservation.

22. What can volunteers gain from the Medical Internships?

- A. Healthcare services. B. A perfect CV. C. Practical skills. D. A medical license.

23. What can volunteers do together with conservation experts?

- A. Dig a variety of waterholes. B. Track the numbers of endangered wildlife.
 C. Protect the beautiful grassland. D. Share accommodation at the conservancy.

B

I've been interested in the natural world ever since I was a little boy. Every weekend, I'd check out as many books about animals from the library as I could carry. I dreamed of following in Jane Goodall's footsteps, going away for years to live in the wild and study animals. Sometimes I'd crouch in the grass for hours, iPad in hand, hoping to get the perfect shot of a grasshopper.

Over the years, I've changed in many ways, but my love of nature and science has never faded. Since I entered high school, I have been in the Science Olympiad team. That old sense of wonder I felt as a child when studying animals came rushing back. Every day brings new adventures. One day, I might be exploring the birth of the universe as an astronomer; the next, I could be studying the rocks beneath my feet as a geologist.

I'm lucky to have so many amazing teammates. Together, we've run tests to perfect the design of our model car. We've pretended to be forensic (法医的) scientists, solving “crimes” by

studying different objects.

I used to prefer working alone. I once thought a team could succeed only if everyone was an expert. Working with my Science Olympiad teammates has changed my mind. I've learned that teamwork isn't just about dividing up the work — it's about combining strengths. No great achievement, from landing on the moon to mapping the human genome, has ever been made alone. It always takes thousands of people working together to make the impossible possible.

I'm eager for my next science adventure. But unlike before, I now know that I won't be a lone explorer. My teammates will be by my side, learning and growing alongside me.

24. What did the author do every weekend as a child?

- A. He studied animals in the wild. B. He borrowed animal books from the library.
C. He read books about Jane Goodall. D. He photographed grasshoppers with his iPad.

25. What features the author's activities in high school?

- A. It covers a range of science fields. B. It focuses on designing model cars.
C. It requires working alone for long periods. D. It is always related to studying animals.

26. Which proverb best reflects the author's new view on cooperation?

- A. Birds of a feather flock together. B. Many hands make light work.
C. Great minds think alike. D. A chain is no stronger than its weakest link.

27. What can be a suitable title for the text?

- A. The Power of Scientific Curiosity B. The Joy of Studying Animals
C. From a Lone Explorer to a Team Player D. Adventures in the Science Olympiad Team

Bamboo is a highly renewable resource, and its cellulose (纤维素) fibres can be turned into a hard, easy-to-shape plastic for use in cars and household appliances. This bamboo-based plastic is not only as strong and long-lasting as common plastics for such uses, but also can be reused and break down easily in soil.

Plastics made from living things, or bioplastics, are increasingly popular, but they still make up only around half a percent of global plastic production. This is partly because they are not as strong as oil-based plastics and can't be easily used in common factory production processes.

Now, Dawei Zhao at Shenyang University of Chemical Technology in China and his team have developed a way to produce plastic from bamboo cellulose, which can match or even beat the qualities of many widely used plastics. "Bamboo's rapid growth makes it a highly renewable resource, though its current uses are still largely traditional," says Zhao.

Zhao's team first treated the bamboo with certain chemicals and an acid, breaking down the strong chemical bonds to produce a mixture of smaller cellulose molecules (分子). Adding alcohol then made these molecules rearrange into a strong, solid plastic. Andrew Dove at the University of Birmingham, UK, says the plastic's toughness is similar to commonly used engineering plastics. However, its rigidity means its possible uses aren't the most widespread. "It's not going to replace the main plastics used in packaging," says Dove. "But while it's aiming at a smaller group of engineering plastics, it could still help reduce worries about getting enough material for some plastics we use now."

Although it isn't as cheap as some common plastics, Zhao's team found that it can be completely recycled while keeping 90% of its original strength, which can lower production costs, making it more lucrative. They also reported that it breaks down naturally within 50 days, although similar claims for other so-called biodegradable (可生物降解的) plastics have not always proven true.

28. What is an advantage of bamboo-based plastic?

- A. It is more durable than oil-based plastics.
B. It is recyclable and can break down easily.
C. Its fibres are stable and hold the shape well.
D. Its production requires no chemical treatment.

29. How did Zhao's team turn bamboo into solid plastic?

- A. By rearranging cellulose molecules with alcohol.
B. By mixing bamboo with engineering plastics.
C. By breaking chemical bonds to get larger molecules.
D. By heating bamboo with special chemicals.

30. What can be inferred from Dove's comment on Zhao's bamboo plastic?

- A. It is too rigid to be used in any packaging products.
B. It is tougher than traditional engineering plastics.
C. It will replace common packaging plastics in the near future.
D. It may serve specific engineering purposes despite its limits.

31. What does "lucrative" in the last paragraph mean?

- A. Economically attractive. B. Structurally strong.
C. Easily recyclable. D. Highly durable.

D

"Call me Ishmael." This famous literary opening line is one I, as a mathematician, am embarrassed to admit I never moved past for a long time. For me, *Moby-Dick* was a book that remained unread on my "should-have-read" list, and I never got around to it. My intellectual priorities simply did not include long novels about whales. That changed when I heard a friend mention it contained a reference to cycloids (摆线), beautiful mathematical curves that have fascinated thinkers for centuries.

Feeling curious, I finally read *Moby-Dick* and was delighted to find it full of mathematical metaphors. I realized it is not just Melville; authors like Tolstoy and Joyce also include mathematical ideas in their works. Yet, the deeper and broader connections between mathematics and literature have not received enough attention. In fact, the two are often seen as completely separate. In some education systems, students even have to choose between focusing on either math and science or on the humanities. This choice is unfortunate, because the two fields are deeply connected, and understanding this link can greatly increase our appreciation of both.

This imagined line between math and literature is actually a modern idea. For most of history, mathematics was part of every educated person's cultural awareness. Plato's *Republic*, written around the 4th century BC, suggested an ideal education covering both arithmetic and language skills. There is a deeper reason for this connection: the universe is full of underlying structure, pattern and order, and mathematics is the best tool we have for understanding it — that's why mathematics is often called the language of the universe. Since humans are part of this universe, our creative expressions, like literature, naturally show a tendency for pattern and structure.

The sense of balance we get from a great novel, where all parts fit together perfectly, mirrors what a mathematician experiences with a beautiful proof. Literature is filled with ideas that a mathematically sensitive mind can detect. Therefore, seeing math and literature as part of the same pursuit — to understand our world — adds new dimensions of enjoyment to our favorite writing.

32. What initially motivated the author to read *Moby-Dick*?

- A. A sense of shame for not having read a classic.
- B. The desire to improve his mathematical skills.
- C. A friend's remark about its mathematical content.
- D. His long-standing interest in stories about whales.

33. What is the author's attitude towards the educational trend of separating subjects?

- A. Supportive.
- B. Indifferent.
- C. Neutral.
- D. Disapproving.

34. Why does the author mention Plato's *Republic* in paragraph 3?

- A. To criticize modern education systems.
- B. To explain the origin of mathematical curves.
- C. To show the historical separation of math and literature.
- D. To illustrate the ancient integration of math and literature.

35. Which statement will the author agree with according to the text?

- A. Great novels depend heavily on mathematical ideas.
- B. Mathematicians are better at appreciating literature.
- C. Recognizing math-literature connections boosts reading joy.
- D. Great novels and math proofs offer a different sense of balance.

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。

As a seven-time Olympic medallist, Beard tried traditional meditation (冥想) in her training. This practice requires stillness and quiet, asking people to sit with their thoughts and turn inward. 36 That was because she failed to grasp its true meaning and even considered it totally unsuitable for her active, easily distracted personality.

After her retirement, Beard found walking meditation accidentally. She walked outdoors with relaxed steps while listening to her favourite music, which instantly brought her a sense of peace in the chaos of daily life. This immediate sense of calm convinced her to explore walking meditation further. 37

Walking meditation is not only helpful for athletes but also easy for common people. Its simplicity and flexibility are major advantages for newcomers. 38 The key is a slow, steady pace and a conscious focus on the immediate experience — the feel of the ground, the touch of the air, and the sounds of your surroundings, anywhere from parks to neighborhoods.

Furthermore, walking meditation benefits physical and mental health. Physically, it improves balance, strengthens leg muscles and stabilizes heart rate, supporting overall fitness. Mentally, it clears the mind, eases worry, and encourages a more positive outlook. 39 It does this by promoting the release of pleasure-inducing hormones such as dopamine. Long-term practice can also help develop a stronger mentality to deal with life's difficulties.

40. Different from traditional meditation, it replaces total physical stillness with gentle movement while maintaining mental focus. This combination of movement and focus makes it a unique form of meditation.

- A. Traditional meditation requires patience.
- B. Even a short-time practice can lift your spirits.
- C. However, as an active person, she gave it up later.
- D. Therefore, practicing it requires professional qualification.
- E. It demands neither special equipment nor a dedicated space.
- F. It then gradually became a daily habit, relieving her long-term anxiety.
- G. Walking meditation offers a good choice for those who cannot keep still.

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, 从每题所给的 A、B、C、D 四个选项中选出最佳选项。

I once worked on a China-led project supporting Tanzania's Ngorongoro-Lengai Geopark. I still remember the first time I met Orkotete, a dust-covered Maasai (马赛人). I could read a 41 for knowledge from him. Although the number of trainees was beyond the planned total, we still 42 him.

Each time he attended the course, he had to 43 a 150-kilometer motorcycle ride across rough roads — a 44 journey. Nevertheless, Orkotete showed an amazing passion for learning. He always sat in front, taking notes and actively asking questions. His eyes 45 the day we discussed the geological 46 of the local volcano, such as its structure, landforms and rock types. "Our ancestors have long 47 the importance of these stones and mountains by word of mouth," he said, "but today I truly understand it." Similarly, thanks to his 48, we also gained a precious local 49 to grasp the culture and the people.

After the training, he 50 applied his new knowledge to practice, and we heard he had grown into one of the area's most popular guides, 51 professional knowledge he learnt with the unique 52 of the Maasai people. Recently, a thank-you letter to the Chinese Embassy (大使馆) 53 the project's success, noting it enhanced their expertise (专长) in geoheritage conservation.

Orkotete's story taught me that meaningful assistance can 54 people's potential. When locals are given the genuine 55 to grow, their own wisdom and determination can overcome any obstacle.

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|----------------------|-----------------|----------------|-----------------|
| 41. A. thirst | B. talent | C. plan | D. preference |
| 42. A. rewarded | B. registered | C. refused | D. released |
| 43. A. complete | B. offer | C. beg | D. design |
| 44. A. delightful | B. refreshing | C. demanding | D. fearful |
| 45. A. watered | B. narrowed | C. wandered | D. shone |
| 46. A. problems | B. features | C. purposes | D. events |
| 47. A. depended on | B. searched for | C. passed down | D. made up |
| 48. A. participation | B. intervention | C. invitation | D. appreciation |
| 49. A. secret | B. benefit | C. perspective | D. reputation |
| 50. A. constantly | B. occasionally | C. randomly | D. passively |
| 51. A. combining | B. equipping | C. comparing | D. covering |
| 52. A. intention | B. language | C. judgement | D. wisdom |
| 53. A. ensured | B. promised | C. pushed | D. confirmed |
| 54. A. assess | B. waste | C. awaken | D. hide |
| 55. A. ability | B. opportunity | C. right | D. freedom |

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。

While China's national team failed to qualify for the 23rd FIFA World Cup, a fresh wave of enthusiasm for soccer is sweeping the nation, fueled by a 56 (surprise) source: City Football League.

Chuancho, also known as SCFL, short 57 Sichuan City Football League, is a provincial tournament in Sichuan that has captured the hearts of millions. Featuring 21 teams 58 (represent) each city in Sichuan, the league has turned weekend matches into major events that now dominate conversations across Sichuan. Tickets 59 (price) at just 10 yuan but are often in short supply, revealing the league's growing 60 (popular), compared to the expensive tickets for professional matches.

Chuancho's distinct appeal lies in its raw, authentic spirit. Its players, ranging from amateurs to semi-professionals, compete 61 (intense) for pride, honour, and their communities. This fuels pure competition, strong local pride, 62 the genuine excitement that first drew fans to football.

As Chuancho unfolds, it evolves into a platform for cultural exchange. One interesting

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phenomenon is 63 many cities create their own fight songs which weave local dishes, scenic spots and historical figures into the music 64 (highlight) the profound cultural heritage of each region.

Chuanchoo, more than just a movement, brings soccer to 65 (it) original charm and wins the hearts of ordinary people. Perhaps this grassroots revolution is exactly the spark Chinese soccer has long awaited.

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

假定你是你校劳动教育社团主席李华, 得知交换生 Alex 擅长园艺, 请给他写一封邮件邀请他加入社团并指导社团活动开展, 内容包括:

1. 社团简介;
2. 指导内容。

注意:

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

Dear Alex, I'm Li Hua, head of the Labor Education Club. <div style="text-align: right;">Yours, Li Hua</div>
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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。

One lovely weekend, my husband Max took me and our two-year-old daughter Ila for a picnic in the suburbs of Philadelphia. Also accompanying us was our ten-month-old Labrador (拉布拉多犬) D'Argo. He was a dog I picked up on a rainy night. Over the years, he had changed from a shy, frightened puppy into a gentle and loyal companion.

After our picnic, I safely fastened Ila into her car seat and waved D'Argo inside. But as I closed the door with a soft click, panic shot through me — D'Argo had accidentally stepped on the remote (遥控器), locking them both inside. Max hurried over, his face turning pale. "Where's

the key?" he asked anxiously. I pointed to the driver's seat, where the only key, attached to the remote door lock control, was lying along with my purse.

April afternoons are warm, and the temperature inside a parked car rises quickly. In just a few minutes, Ila's cheeks turned pink and sweaty. Her little hands held the seat belt tightly. D'Argo jumped restlessly from the front seat to the back, barking loudly as if he had been begging for help. "Let's break it open!" Max said, prying (撬动) at the lock with a thick branch, but the door stayed shut. "It's no use," I whispered, heart sinking. "Call 911!"

Fifteen minutes later, the police car finally arrived. The officer tried to open the lock with a metal tool but failed. Soon, two more officers arrived, but they couldn't unlock the door either.

Ila's face was flushed and shiny. Drops of sweat rolled down her cheeks, and she started crying for me. I hit the window helplessly. Seeing this, D'Argo jumped to her side at once, rubbing his head against her small hand gently and licking her tears to make her feel better.

- 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。

The officers finally suggested breaking the front driver's window to get them out. I gratefully held D'Argo in my arms, and brushed the glass pieces off his body gently.
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请在各题目的答题区域内作答，超出答题区域的答案无效

考生请勿在此区域答题

第二节 读后续写 (25分)

The officers finally suggested breaking the front driver's window to get them out.

I gratefully held D'Argo in my arms, and brushed the glass pieces off his body gently.

请在各题目的答题区域内作答，超出答题区域答案无效