

南充市高 2025 届高考适应性考试（一诊）

英语试题

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. 答题前，考生务必将自己的姓名、准考证号填写在答题卡上。
2. 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。不能答在本试卷上，否则无效。
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)

回答听力部分时，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. Where is Mr. Smith most probably?

A. At home.

B. At Sun Valley.

C. In his office.

2. Which platform should the speakers reach?

A. No. 2.

B. No. 4.

C. No. 8.

3. What are the speakers mainly talking about?

A. A roommate.

B. Hobbies.

C. Living habits.

4. How did the man spend last weekend?

A. Going fishing.

B. Doing gardening.

C. Repairing his car.

5. What does Jim do?

A. A teacher.

B. A driver.

C. A car seller.

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 man doing?

- A. Driving a car. B. Teaching the woman. C. Directing traffic.

7. How does the woman feel about the man's response in the end?

- A. Annoyed. B. Encouraged. C. Pleased.

听第 7 段材料, 回答第 8 至 10 题。

8. What's wrong with the man?

- A. He is in poor health. B. He is heavily in debt. C. He is out of work.

9. What's the reaction of the man's wife to his problem?

- A. She is always complaining to him.
B. She is optimistic about the future.
C. She is trying not to mention it.

10. What will the woman probably do next?

- A. Find a good doctor for the man.
B. Ask her friends to help the man.
C. Introduce the man's wife to her friends.

听第 8 段材料, 回答第 11 至 13 题。

11. Where does the conversation take place?

- A. At home. B. In a restaurant. C. In a factory.

12. Who made the robot?

- A. A young teacher. B. A German engineer. C. An old cook.

13. What does the woman want to do?

- A. Buy her mother a robot cook.
B. Take a cooking course in Beijing.
C. Hold a birthday party.

听第 9 段材料, 回答第 14 至 17 题。

14. Why does the man come to the woman?

- A. To attend a meeting. B. To meet Mr. Bush. C. To decorate her new office.

15. When does the conversation probably take place?

A. In the morning.

B. In the afternoon.

C. In the evening.

16. How long has the man been traveling around Europe?

A. For two months.

B. For a fortnight.

C. For ten days.

17. What do we know about the man?

A. He is a complete stranger to the woman.

B. He failed to visit the company's branches last time.

C. He visited some design centers in Europe.

听第 10 段材料，回答第 18 至 20 题

18. What is the speaker doing?

A. Giving a scientific report.

B. Introducing a play.

C. Making an announcement.

19. What will the headmaster do at 9 o'clock tomorrow?

A. To meet the newcomers.

B. To listen to the speeches.

C. To talk about the courses.

20. Why will the new students take a test?

A. To test themselves on a video they watched.

B. To check their understanding of a lecture.

C. To find out their level of English.

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，并在答题卡上将该选项涂黑。

A

Sri Lanka: Wildlife and Wonders of the Spice Island

From cloud forests and spice gardens to tea estates and holy temples, the tiny island nation of Sri Lanka has so much to offer.

You will be amazed at historical wonders as you climb the steps of Sigiriya, tour the muralled caves of Dambulla and walk along the walls of Galle Fort. Learn about traditional Sri Lankan cuisine during hands-on cooking classes and tastings of Ceylon tea. Embark on morning and afternoon campaign in famous national parks, searching for the incredible wildlife — such as peacocks, elephants, leopards and more.

WHAT TO EXPECT

• Accommodations

Throughout the expedition (探险), you will stay in ideally located, high-end hotels with many convenient facilities.

• Expedition Team

A National Geographic Expert and an Expedition Leader will accompany this trip, as well as local guides who will join you along the way.

• Transportation

All of your transportation needs during your stay in Sri Lanka have been arranged as specified in your trip schedule. When spending time on your own, you may choose to visit a site that requires transportation not in the plan after informing your expedition leader.

DATES & PRICES

DATE	DOUBLE OCCUPANCY	SINGLE OCCUPANCY
Jan. 4-14, 2026	\$8,095	\$10,495
Feb. 8-18, 2026	\$8,195	\$10,595
Mar. 15-25, 2026	\$8,295	\$10,695
Apr. 19-29, 2026	\$8,395	\$10,795

Prices are per person based on double or single occupancy and booking before September 5, 2025 can bring you \$400 saving per person. If you want to know more about this trip, [click here](#) or call (888) 966-8687 or contact your Travel Advisor.

21. Where can visitors admire historical wonders in Sri Lanka?

- A. In the spice garden.
- B. In the thick forest.
- C. In the muralled caves.
- D. In the wildlife park.

22. What can visitors do during the journey?

- A. Stay in a top grade homestay.
- B. Travel with local government leaders.
- C. Change an expedition guide.
- D. Choose transportation out of plan.

23. How much will a couple pay for a trip in March, 2026 at least?

- A. \$20,590.
- B. \$15,790.
- C. \$8,295.
- D. \$7,495.

B

We've all been there: lying in bed wide awake and desperately wondering how to get to dreamland. While having trouble drifting off to sleep isn't unusual, it still can be frustrating. Fortunately sleep experts are gaining an increasingly strong understanding of what's happening in the brain during the process.

Falling asleep is a big shift for your brain. This switch is governed in part by environmental cues, such as light or temperature. A hot summer night or a bright streetlamp beside the window can interfere (干扰).

The process of nodding off can also be affected by your emotions. “You need to feel both physically and psychologically safe to sleep,” says Roxanne Prichard, a neuroscientist at the University of St. Thomas, Minnesota. “If you are sleeping next to someone you don’t trust, if you’re worried that the newborn that you’re caring for might stop breathing, it’s going to be hard to fall asleep.”

One of the recommendations to address insomnia is getting out of bed and sitting somewhere quietly with dull light and just relaxing, doing something boring. You could use the time to read, listen to calming music, or do breathing exercises — anything that slows and comforts your body and mind. But avoid snacking, exercise and screens.

It’s also important to resist the urge to concentrate on your worries, especially in the middle of the night. Not only will those thoughts keep you awake, you also probably won’t make much progress on what’s keeping you up because your prefrontal cortex (前额叶皮质), a part of the brain that is good at planning and analysis, doesn’t function well for the poor blood supply at night.

Keep it in mind that even if your night’s rest is incomplete, avoid the urge to make up for it by sleeping in or napping the next day. “If you nap during the day, especially longer naps, then your brain gets few signals of sleep and will be less likely to fall asleep quickly at bedtime,” says Prichard. If losing sleep interferes with your ability to function during the day, which could indicate something physiological is at play, seeing a doctor would be necessary.

24. Which of the following is most likely to cause trouble in sleep?

- A. A slow soft tune.
- B. A dull streetlamp.
- C. A cool summer night.
- D. A two-day-old baby.

25. Why is it hard to make much progress on the concerns in the middle of the night?

- A. The resistance may make people worried.
- B. The brain can’t plan and analyze problems.
- C. The prefrontal cortex works less efficiently.
- D. The problems may keep people awake.

26. What’s Prichard’s attitude towards naps in the day for night’s incomplete rest?

- A. Opposed.
- B. Ambiguous.
- C. Supportive.
- D. Neutral.

27. What’s the author’s purpose in writing this passage?

- A. To highlight the negative effects of sleep loss.
- B. To illustrate the process of falling asleep in the brain.
- C. To explain the causes of poor sleep and offer solutions.
- D. To discuss the importance of a good sleep environment.

While there are several easy ways to help protect yourself against mosquito-borne diseases, there's another solution that sounds appealing: What if we could just make all the mosquitoes disappear?

Plenty of research has revealed food webs of bigger mammals, such as lions or leopards. And for good reason — they're much easier to observe than tiny mosquitoes, which often breed in pools of water. Mosquitoes of all ages and sexes serve as a food source for all kinds of creatures, such as fish, turtles, migratory songbirds, and bats. Moreover, males in many mosquito species eat only nectar (花蜜), making some species major pollinators (传粉者) of plants such as some crops and flowers.

Perhaps more than any other animal, bats are often regarded as being the mosquito's greatest threat. Surely removing all the mosquitoes would affect bats more than most? Not so, says Winifred Frick, a bat biologist at the University of California, Santa Cruz. Most bats actually eat whatever they can catch — mosquitoes, beetles, or otherwise. "There aren't any bat species that specialize specifically on mosquitoes," says Frick. In fact, some mosquito species are most active during the day, meaning bats would have very few opportunities to feed on them at all.

The disappearance of mosquitoes would have massive consequences for global health, however. In all, mosquitoes account for more than 700,000 human deaths each year. Mosquitoes are the primary cause for malaria. But we might not need to wipe out mosquitoes to turn around the situation. In recent years, researchers have made promising breakthroughs in preventing disease spreading by infecting mosquitoes with parasitic (寄生的) bacteria, which can make mosquitoes less harmful to other creatures.

And it's important to remember that not all mosquito species are responsible for the destructive diseases. In fact, many want nothing to do with us. "There are some species that live in wetlands that will feed mainly on frogs and other amphibians," says Michael Hutchinson, a professor in insect research. There are also mosquito species not known to be bloodsuckers. In fact, they actually hunt other mosquitoes during their early stage.

28. What's the function of the question in the first paragraph?

- A. To raise doubts about the new appealing way.
- B. To arouse further thinking and introduce the topic.
- C. To encourage readers to give specific answers.
- D. To inform readers of mosquitoes' disappearance.

29. What statement may Frick agree with?

- A. Bats take mosquitoes as the greatest threat when hunting.
- B. Bats need to seek new habitats when mosquitoes are gone.
- C. Bats may not be severely impacted without mosquitoes.
- D. Bats will face extinction owing to the lack of mosquitoes.

30. What does the underlined phrase “turn around” mean in Paragraph 4?

- A. Develop rapidly.
- B. Maintain properly.
- C. Reduce greatly.
- D. Improve gradually.

31. What can be done to prevent mosquitoes spreading diseases according to the passage?

- A. Infecting other creatures with parasitic bacteria.
- B. Hunting mosquitoes which feed mostly on frogs.
- C. Applying bacteria to mosquitoes to reduce harm.
- D. Killing all mosquitoes responsible for the diseases.

D

ChatGPT maker OpenAI from the United States stepped up the global artificial intelligence (AI) race when it published its text-to-video generation tool Sora, which is capable of generating complex scenes with a very high degree of accuracy, including multiple characters, specific types of movements, themes and backgrounds.

This made Chinese people think about the gap in AI technology between China and America. An significant question was raised: Will AI become China's new productive force?

On Feb. 16, Zhou Hongyi, founder of cybersecurity firm 360 Security Technology, said Sora may bring a huge disruption (扰乱) to the advertising industry, movie trailers and the short-video industry; what's more, the realization of generative AI may be shortened from 10 years to one or two years. “Although the development level of large-scale models in China seems to be close to GPT-3.5, there is still an 18-month gap compared to GPT-4.0. Besides, the AI technology in America should still have secret development, whether it is GPT-5.0 or machine self-learning to generate content,” Zhou said, adding that it is worth paying attention to.

However, China has a broader market for the application of AI technologies. Or, to put it simply, China needs to apply such technologies to real use, and develop them into productive forces, narrowing the gap between itself and the US.

Jia Jiaya, founder of smart manufacturing (制造业) company SmartMore, told that GPT-4.0 is less efficient in the industrial sector and that's where Chinese companies found opportunities. China is the only country now in the world that has developed all the industrial categories. China's supply

and industrial chains offer comprehensive services from raw material supply, component production, distribution, assembly, processing and logistics to final delivery to consumers. It means that any technology will have its best application prospect here in the Chinese market, and without application or commercial use, technology means zero.

32. What does the underlined word “this” refer to in Paragraph 2?

- A. The appearance of advanced AI tool, Sora.
- B. The race of artificial intelligence.
- C. The generation of complex scenes.
- D. The high degree of operation accuracy.

33. What can we learn about the AI development in the US from Paragraph 3?

- A. Sora may bring a huge disruption to local industries.
- B. Generative AI has already been put into practical use.
- C. The AI development in the US is 18 months ahead of China.
- D. Its development level may be beyond what the world knows.

34. According to Jia Jiaya, why can China find opportunities in the industrial sector?

- A. China’s AI technology is more advanced than America.
- B. China can offer the most promising application future.
- C. China has applied AI technologies to all industrial categories.
- D. China possesses the largest group of consumers in the world.

35. What is the best title for the passage?

- A. AI: China's New Productive Force
- B. Sora: A New Step for the World
- C. Manufacturing: A New World for AI
- D. ChatGPT-4.0: A Gap Between China and America

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。

It can be challenging to force yourself to start a bunch of productive habits out of nowhere. Luckily, with a few minor changes, anyone can set the stage for success. 36. With the right attitude and a little effort, you’ll be crossing tasks off of your to-do list faster than you can write them out!

Use a daily planner

37. Being productive has more to do with organization than effort, so put 5-10 minutes aside every night (or morning) to map out how you’re going to spend the day ahead of you.

Complete important tasks before lunch

Most people are more productive in the morning, so do key tasks early. If you want to pitch a new service to a few important clients, make those calls before noon. If you're struggling to maintain your energy later in the day and you aren't at work, take a short rest. 38.

Declutter your home or workspace

A clean desk and an organized home will help you stay focused. 39. At the end of each day, spend a few minutes throwing out the trash, putting things away, and organizing your workspace or home to get rid of clutter.

40

It's hard to be productive if you think you're doing something pointless. Start pushing yourself to find the significance in every single thing you do before you start. If you walk around all day feeling like you're wasting your time, you're never going to get anything done!

- A. Find the value in the boring stuff
- B. Reward yourself for building habits
- C. Mapping your day out will keep you focused on what's important
- D. All it takes is a little bit of preparation and a healthy dose of positive thinking
- E. A 20-minute nap is a great way to put yourself back into a productive headspace
- F. It may be hard to push through that first week if you aren't used to doing something
- G. Chaos has a way of drawing your attention away from whatever task you're trying to do

第三部分 语言知识运用(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。

When informed that I was to stay in the hospital for a few days for treatment, I never expected it would be such a wonderful experience.

A young doctor friend 41 me after his long day, remembering that I had mentioned consistent stomach pain. When he learned I had taken pain killers without being to a 42, he insisted that my stomach pains be taken seriously. I was 43 to the hospital by him immediately. He accompanied me in the emergency room, and said all the right things to get me through the process 44. I only got him to 45 me until midnight when my daughters came. I am forever 46. Two hours later, I was told I was to be 47.

I enjoyed all the unaccustomed 48. Dear friends came to visit, and all my kids came. Nurses and doctors were particularly attentive, though I would never dream of 49 others.

Messages of love and concern filled my phone. Between treatments, I 50 with other patients, and got interviewed by a delightful student nurse, doing a paper. What fun! My story would be included in her 51!

I realized how many people 52. I am overwhelmed with gratitude for the outpouring of love, the messages and visits and continued support. This experience serves as a 53, making me aware of the wonderful people whose love gives me 54 and who fill my life with joy. And finally, stay well and please, do not 55 a consistent stomachache!

- | | | | |
|----------------------|-------------------|-----------------|-----------------|
| 41. A. checked up on | B. worked in with | C. closed in on | D. looked up to |
| 42. A. relative | B. nurse | C. patient | D. doctor |
| 43. A. called | B. rushed | C. pushed | D. moved |
| 44. A. efficiently | B. suddenly | C. officially | D. deliberately |
| 45. A. send | B. greet | C. admire | D. leave |
| 46. A. satisfied | B. devoted | C. indebted | D. amused |
| 47. A. compared | B. admitted | C. deserted | D. cheated |
| 48. A. conclusion | B. attention | C. excitement | D. silence |
| 49. A. understanding | B. ordering | C. bothering | D. cheering |
| 50. A. socialized | B. agreed | C. competed | D. reasoned |
| 51. A. acts | B. duties | C. studies | D. tricks |
| 52. A. cared | B. suffered | C. aged | D. matured |
| 53. A. task | B. message | C. routine | D. reminder |
| 54. A. wealth | B. value | C. strength | D. respect |
| 55. A. notice | B. overcome | C. reserve | D. ignore |

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。

Beijing Central Axis was inscribed (写入) on the UNESCO World Heritage List on July 27, 56 marks China's 59th World Heritage Site. Initially constructed in the 13th century and shaped in the 16th century, it is an 57 (influence) masterpiece running north-south through the heart of the old city of Beijing, totaling 7.8 kilometers in 58 (long).

The newly inscribed World Heritage Site, consisting of 15 components, with the Bell and Drum Towers at its northern end and Yongdingmen Gate at the southern end, 59 (present) a collection of building complexes and archaeological sites that governs the overall layout of Beijing's old city. World-famous 60 (landmark) like the Forbidden City and the Tian'anmen Square Complex, are along the Axis, and the Temple of Heaven and the Altar of the God of Agriculture 61 (locate) on

the east and west sides of the Axis.

Beijing Central Axis is 62 (true) a remarkable sight showcasing the wisdom and creativity of ancient Chinese urban planners. Years of efforts in preservation and restoration have resulted 63 the successful inscription of Beijing Central Axis, which is 64 unique blend of history, culture and architecture. It has formed a magnificent urban architectural complex, 65 (witness) the ideal order of capital cities that has influenced the buildings of traditional Chinese cities for more than two thousands years.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

你校英文论坛正在征稿，主题为“The Chinese Scientist I Admire Most”，请你写一篇短文投稿，内容包括：

1. 该科学家的主要成就；
2. 你的评价。

注意：

1. 词数 80 左右；
2. 可以适当增加细节，以使行文连贯。

The Chinese Scientist I Admire Most

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。

Henry Davis was a retired teacher who decided to take up the hobby of gardening after his wife's death. He had a big lawn and wanted to plant some colorful flower bushes, herbs and crops.

One day, Henry drove to the store to buy more gardening tools. While passing the neighborhood primary school, he noticed a boy being pressed against the wall by his classmates. “You're such a loser, Lucas!” the kids shouted at him. The boy was close to tears, trembling and not saying a word. Greatly annoyed, Henry parked the car on the side of the road and approached them.

“Why are you bullying this young boy? Do you want me to call your teachers or your parents? Leave him alone!” he shouted. Frightened by Henry, the boy's classmates ran away immediately. Henry then asked the poor boy, “Are you all right?” The boy nodded and thanked Henry for help.

After taking a good look at the boy, Henry realized that he was his neighbor Lucas, so he

offered to take Lucas home after a quick stop at the store. While at the store, Lucas discovered Henry's love for gardening. They talked about his crops and how gardening made the old man happy.

On the drive home, Henry decided to ask Lucas about his classmates. "Why are they treating you like that? Do they always give you a hard time?" he asked the boy. "Yes. Maybe because I don't like the same things as they do, they keep calling me a loser." he sighed. "Have you ever asked your parents or teachers for help?" Henry added. "I think it's better to avoid trouble if possible." Lucas shook his head helplessly.

Listening to Lucas's answer, Henry recalled his days as a teacher. If he were still on the job, he would never allow such a thing to happen to his students. Looking at this poor child, Henry was determined to do something.

注意：1. 续写词数应为 150 左右；

2. 请按如下格式在答题卡的相应位置作答。

Paragraph 1:

The next day, Henry invited Lucas to visit his garden. _____

Paragraph 2:

One month later, cornered by his classmates once again, Lucas decided not to keep silent any more.
