

莆田市 2026 届高中毕业班适应性练习

英语

(试卷满分：150 分，考试时间：120 分钟)

注意事项：

1. 答题前，先将自己的姓名、准考证号填写在试卷和答题卡上，并将准考证号条形码粘贴在答题卡上的指定位置。
2. 选择题的作答：每小题选出答案后，用 2B 铅笔把答题卡上对应题目的答案标号涂黑。写在试卷、草稿纸和答题卡上的非答题区域均无效。
3. 非选择题的作答：用黑色签字笔直接答在答题卡上对应的答题区域内。写在试卷、草稿纸和答题卡上的非答题区域均无效。
4. 请保持答题卡整洁，避免折叠。考试结束后，请将答题卡上交。

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 段录音。每段录音后有一个小题，从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段录音后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. Where will the speakers meet Erica's father?

- A. At the cinema. B. At the car shop. C. At the coffee shop.

2. What does the man want to do?

- A. Open the window. B. Change his seat. C. Sit in the back.

3. How can the woman be described?

- A. She's a professional mover.
B. She's a caring neighbor.
C. She's very strong.

4. What does the man say about the new manager?

- A. He is tall. B. He is kind. C. He is childlike.

5. What makes Linda angry?

- A. Tom left the drink out. B. Tom studied too loudly. C. Tom drank all the juice.

第二节 (共 15 小题; 每小题 1.5 分, 满分 22.5 分)

听下面 5 段录音。每段录音后有几个小题, 从题中所给的 A、B、C 三个选项中选出最佳选项。听每段录音前, 你将有时间阅读各个小题, 每小题 5 秒钟; 听完后, 每小题都有 5 秒钟的作答时间。每段录音播放两遍。

听第 6 段录音, 回答第 6、7 题。

6. Where are the speakers probably?

- A. On a quiz show. B. In a zoo. C. In a bank.

7. Why did Julie fail to get the \$500,000?

- A. She misheard the question.
B. She didn't answer in time.
C. Her first answer was wrong.

听第 7 段录音, 回答第 8、9 题。

8. What is the probable relationship between the speakers?

- A. Father and daughter. B. Coach and boxer. C. Doctor and patient.

9. What does the audience want according to the man?

- A. To see the woman win. B. To see the woman lose. C. To see an exciting match.

听第 8 段录音, 回答第 10 至 12 题。

10. What's the reason Jenny wants the new job?

- A. It is easy. B. It pays better wages. C. It offers career growth.

11. Where did Jenny learn about the position?

- A. From a previous co-worker.
B. From an advertisement.
C. From a friend.

12. How many children does Jenny have?

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

听第 9 段录音, 回答第 13 至 16 题。

13. What is the conversation mainly about?

- A. Cleaning beaches. B. Detecting ocean plastic. C. Building new ships.

14. Why is the Pacific Ocean specifically mentioned?

- A. It is the largest ocean. B. It contains the most trash. C. It is home to rare species.

15. What is the advantage of the new system?
- A. It can locate small plastic.
 B. It can clean up the oceans.
 C. It can measure ocean pollution.
16. Why is the woman concerned about plastic in the ocean?
- A. It damages ships. B. Animals are eating it. C. It blocks waterways.

听第 10 段录音，回答第 17 至 20 题。

17. What made sweet foods special in ancient civilizations?
- A. They were hard to make.
 B. They were the safest foods.
 C. They were only given to important people.
18. Which country traded sugarcane first?
- A. China. B. India. C. Macedonia.
19. When was the cupcake invented?
- A. In the 1200s. B. In the 1300s. C. In the 1800s.
20. Why did it take so long for more recipes to be published?
- A. The materials were too expensive to waste.
 B. There was a lack of demand for sugar.
 C. People perfected desserts early on.

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）

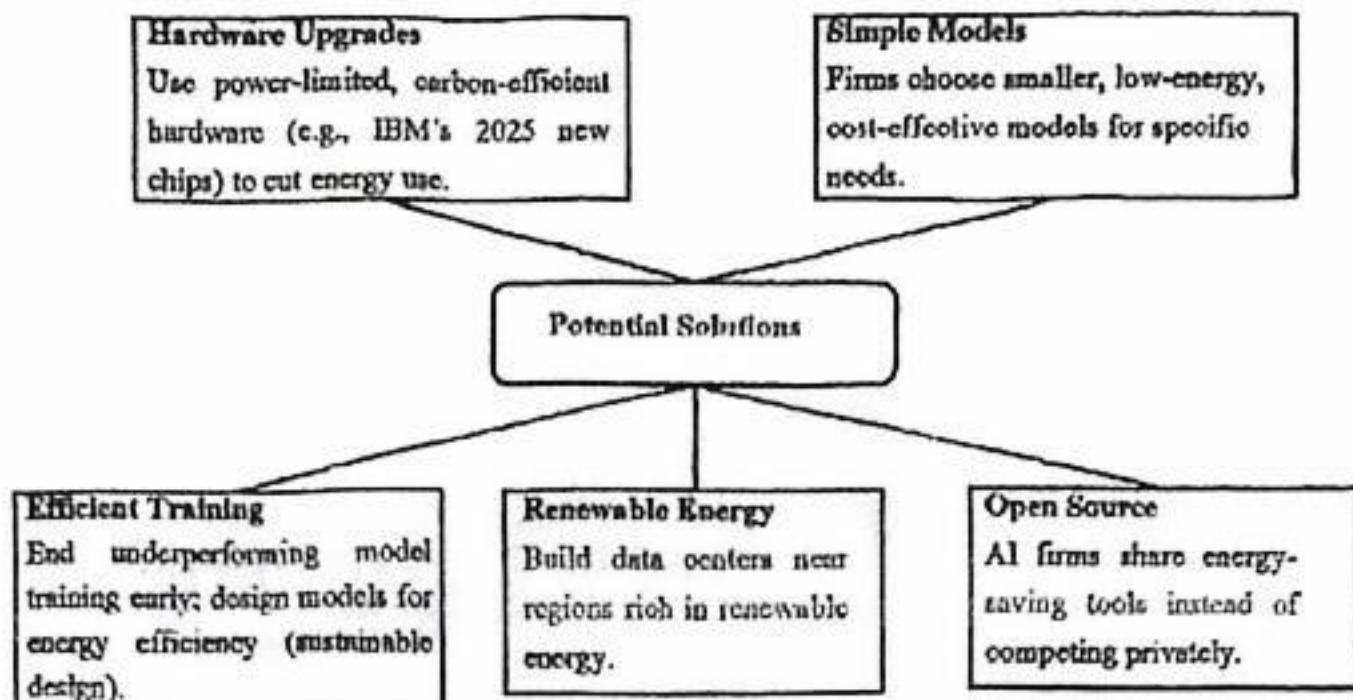
阅读下列短文，从每题所给的 A、B、C 和 D 四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

A

AI consumes large amounts of energy: a single ChatGPT response uses around 10 times the electricity of a Google search, and its more than 400 million weekly active users increase demand. DeepSeek claimed higher energy efficiency but also faced doubts, keeping AI's energy use a persistent concern. Here is the daily energy comparison between ChatGPT and Google search.

Operation Type	Energy Per Search	Daily Energy Use
ChatGPT Response	0.0029 kWh	621.4 MWh
Google Search	0.0003 kWh	10.8 MWh

Given the energy consumption, AI adoption won't slow as firms view it as essential, so a smart strategy is needed to employ AI's benefits while meeting sustainable goals. Luckily, industry experts are developing various solutions to address this challenge.



The AI-related energy risks have gained visibility, triggering public awareness and action. Yet focusing on energy alone cannot break the cycle of increasing environmental and operational pressures. "To address AI-energy risks and unlock long-term value, companies and investors must move beyond their narrow roles in the AI value chain. They should pursue strategies that create shared value by advancing business goals while benefiting society and the environment," notes Lauren Smart in World Economic Forum.

21. How much more daily energy does ChatGPT consume than Google Search?
 A. 632.2 MWh. B. 621.4 MWh. C. 610.6 MWh. D. 10.8 MWh.
22. Which of the following is an effective measure to cut AI energy use?
 A. Adopting energy-saving chips. B. Selecting larger models.
 C. Establishing more data centers. D. Encouraging firm competitions.
23. What does Lauren Smart suggest AI companies do?
 A. Generate shared benefit B. Gain public recognition
 C. Follow existing strategies D. Maximize investor's profits

B

Do I think the sky is falling? Sort of.

The game of life is hard, and a lot of us are playing hurt. I ache for the world but naturally I'm mostly watching the Me Movie, where balance and strength are beginning to fail. What can we do as the creaking (嘎吱响的) elevators of age slowly go down? The main solution is to get outside every day, ideally with friends. Old friends—even thoughts of them—are my comfort.

Recently I was walking along a beach with Neshama. We go back 50 years. She is 84, short and strong. Every so often, she bent down somewhat cautiously and picked up small items into a small cloth bag. "What are you doing?" "I'm picking up micro litter. I try to help where I can."

I reminded her of an old story. A great warhorse found a tiny sparrow (麻雀) struggling to

straighten a bent tree in the wind. The horse laughed and doubted its power, but the sparrow replies, "One does what one can." This is what older age means; we do what we can.

We continued our walk. Neshama bent to pick up bits of litter and started to slip, but I caught her and we laughed. We are so physically vulnerable in older age. We have caught each other a lot and have come through some periods of darkness and overwhelming losses, but friendship makes it all a rowing machine for the soul. We can take it as long as we feel and give love, and laugh gently at ourselves as we fall apart. We know by a certain age the great lies in our life—if you do or achieve this or that, you will be happy and rich. No. Love and service make us rich.

24. What does the author think of her present life?
- A. She enjoys making new friends.
 - B. She feels more struggles over aging process.
 - C. She finds it challenging to handle family crises.
 - D. She wants others to learn from her life experiences.
25. What message does the story of the sparrow convey?
- A. Age makes small efforts less meaningful over time.
 - B. Strength in numbers is necessary to change the world.
 - C. Even the smallest action will contribute to a bigger result.
 - D. Every small action counts, no matter how insignificant it seems.
26. What does the underlined phrase "a rowing machine" most probably mean?
- A. A tool that brings physical exercise and strength.
 - B. An endless routine that traps people in life troubles.
 - C. A spiritual support that helps get through hardships.
 - D. A burden that wears people down mentally over time.
27. What can be the best title for the text?
- | | |
|--------------------------------|-------------------------------|
| A. Dark Days, Heavy Hearts | B. Little Steps, Full Hearts |
| C. Fading Age, Fading Strength | D. Old Friends, Forever Homes |

C

Nature words like river, moss and blossom have appeared less frequently in books over the past years. This decline, according to a study by professor Miles Richardson from the University of Derby, mirrors a broader change he has traced (追踪) through 220 years of records on urbanisation, the loss of wildlife in neighbourhoods, and parents no longer passing on engagement with nature to their children.

The computer modelling in the study also predicts an "extinction of experience", with future generations continuing to lose an awareness of nature because it is not present in increasingly built-up neighbourhoods, while parents no longer pass on an "orientation" (倾向) towards the natural world. This is consistent with findings from other studies, which identify adult nature connectedness as the strongest predictor of whether a child will become close to nature.

Richardson said that when he tested policy and urban environmental changes in the model he was surprised at the scale of the changes required to restore the connection to nature. Increasing biodiverse green spaces in a city by 30% might look like significant progress for wildlife and people, but Richardson found a city might need to be 10 times greener to turn around declines in nature connection.

Simply encouraging adults to engage with nature is often insufficient. More effective are measures that build nature connection such as forest schools from an early age. Research indicates that government initiatives reshaping early education and urban design must be consistently applied over the next 25 years. Once established, this connection can become self-sustaining.

Richardson said the scale of societal change required might not be as challenging as it appeared. A study in Sheffield found that people spent just 4 minutes and 36 seconds on average in natural spaces each day. "Increase that by ten, and people are spending 40 minutes outside every day—that may be enough," he said. "The key is to make these gains last across generations," he added.

28. What change has Richardson traced in his study?

- A. Urbanisation has damaged wildlife habitats.
- B. People have less direct contact with nature.
- C. Nature words have disappeared from books.
- D. Parents spend more time outdoors with kids.

29. What might cause future generations to have "extinction of experience" in the model?

- A. They are raised away from nature.
- B. They can't adapt to changes in nature.
- C. High-rise buildings fill neighbourhoods.
- D. Schools offer few nature science lessons.

30. What is a most effective solution to the issue according to the text?

- A. Advancing long-term policies.
- B. Launching eco-friendly campaigns.
- C. Enlarging green space in certain areas.
- D. Focusing on raising adults' awareness.

31. What did the study on people in Sheffield show?

- A. Nature contact varies from city to city.
- B. People's living habits are hard to change.
- C. A new way to measure nature time is needed.
- D. Small efforts help improve contact with nature.

D

What if the solar panels that once powered our homes could, after their retirement, help power the electric vehicles of tomorrow? This vision is now becoming a reality in the laboratories of the Qingdao Institute of Bioenergy and Bioprocess Technology, where scientists have successfully turned old solar panels into high-performance lithium battery (锂电池) materials.

This advancement responds directly to two pressing challenges. First, solar panels typically have a lifespan of 25–30 years, and mountains of solar waste are expected in the coming decade. Second, conventional lithium batteries, which rely on graphite anodes (石墨负极), are rapidly hitting their energy limit of 300 watt-hours per kilogram, which falls short of the ever-increasing demands of electric vehicles.

So, how does this recycling strategy work? Researchers extract tiny silicon particles (硅颗粒) from retired solar panels to create battery anodes. Silicon has long been seen as a good replacement for graphite because it can store nearly ten times more lithium. However, here's the issue: during charging and discharging, silicon particles expand up to 300% and then shrink back, causing cracks that quickly wear out the battery. To solve this, the team added a special chemical liquid. The key lies in a thin film that forms on the anode's surface—a protective layer that holds cracked particles together and minimizes unwanted reactions.

This approach works remarkably well. In tests, batteries using recycled silicon anodes delivered an energy density (密度) of 340.7 Wh/kg—well beyond graphite's theoretical limit. After 200 charges, they still held 83.1% of their original capacity. Ecologically, the process turns waste into valuable battery components, significantly reducing both the economic and environmental impacts.

"The sustainable sourcing of silicon from old solar panels cuts waste," said Dong Tiantian, a researcher at QIBEBT. "Turning solar waste into battery parts also lowers battery costs." With solar installations booming worldwide, this recycling strategy closes the loop: waste from one green technology becomes the raw material for another—a true circular economy in renewable energy.

32. What two major problems does this breakthrough address?

- A. High battery costs and low EV adoption rates.
- B. Short panel lifespan and weak recycling systems.
- C. Lithium shortage and falling solar panel efficiency.
- D. Solar panel waste and limited battery energy density.

33. What is the key to making the recycled silicon anode work properly?

- A. The temperature of operation.
- B. The number of charging cycles.
- C. The formation of a surface layer.
- D. The purity of the chemical liquid.

34. Why does the author mention the battery tests in paragraph 4?

- A. To prove silicon is better than graphite.
- B. To highlight the environmental benefits.
- C. To present the actual performance of the battery.
- D. To show the cost advantage of recycled materials.

35. What is the broader significance of this research according to the last paragraph?

- A. It removes the need for lithium.
- B. It improves solar panel efficiency.
- C. It will soon replace all graphite batteries.
- D. It offers a circular solution to both problems.

第二节 (共 5 小题; 每小题 2.5 分, 满分 12.5 分)

阅读下面短文, 从短文后的选项中选出可以填入空白处的最佳选项。选项中有两项为多余选项。

Lining up to board a plane shows how we now pay to skip waiting. The more you pay, the sooner you can get on the plane and the less likely you will have to check a bag. 36 When did the act of waiting get such a bad reputation?

37 We savor (品尝) the anticipation like a child waiting for summer vacation. Perhaps the person waiting in line to see his favorite singer perform enjoys the night more because of the time invested in getting into the venue.

As world speeds up, balance between instant and delayed satisfaction no longer matches people's expectations. This shift turns waiting into a source of shame, which damages mental health. 38 Being forced to wait is often seen as a sign of being less well off or "left behind". It encourages impatience and disrespect for those who are caught waiting.

The ability to wait patiently is important for a civilized society. If we lose patience and can't wait in line or for our turn, we end up feeling the stress of a fast-paced world. Furthermore, if we call people who wait "losers", we are being unfair and may act without thinking how our actions affect others. 39

Of course, we should not have to wait patiently for everything. For example, there are times when injustice deserves immediate action. Asking people to wait can be a planned delay of change. 40 In a larger context, we all need to understand waiting not only as a necessary evil but also as an important function which keeps us in step with those we share life with.

- A. It encourages people to act without patience.
- B. It's not just airlines—museums and parks do the same.
- C. Waiting can actually enhance our appreciation of something.
- D. Therefore, some people now view waiting as a waste of time.
- E. Yet negative experiences with waiting shouldn't blind us to its value.
- F. When we look down upon waiting, we risk losing part of our shared humanity.
- G. This thinking makes waiters seem less important, which is harmful to treat others.

第三部分 英语知识运用 (共两节, 满分 30 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 A、B、C 和 D 四个选项中, 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。

One day, our neighbor called again to invite my daughter Angie over to play. Angie refused, so I had to say a fib (小谎) which sounded a little 41 than a plain refusal. This small 42 forced me to face a long-held struggle: a ridiculous 43 of upsetting anyone, which made it difficult for me to say no.

I remember another time that same year. My sister dropped by 44 with her children. For extra income, she needed me to babysit while she covered someone else's 45 that evening.

Exhausted by my two younger kids, I could feel the 46 aroused inside me. Reluctantly, I agreed on a 47 basis. I was trying to be 48 but was seized with anger.

Aware of my discomfort, my sister asked what was wrong. Before I knew it, the truth 49: she always put me on the spot and never asked me 50! She looked at me in the eye, arguing it's my 51. "If you didn't want to, you should have said no! You can't agree to do and then blame me! Blame yourself!"

I was 52 at first, but it was the hard truth. I had to 53 the floor, crying on my knees, to realize I needed to change.

I bought a book and took a class about healthy 54. I've learned to keep 55 relationships with others and with myself. My "yes" means yes, and "no" means no—that's where my power and freedom are.

- | | | | |
|---------------------|-----------------|---------------|---------------|
| 41. A. nicer | B. louder | C. harder | D. sharper |
| 42. A. incident | B. celebration | C. view | D. accident |
| 43. A. promise | B. belief | C. habit | D. fear |
| 44. A. frequently | B. unexpectedly | C. casually | D. briefly |
| 45. A. shift | B. package | C. schedule | D. visit |
| 46. A. comfort | B. effort | C. conflict | D. joy |
| 47. A. rare | B. optional | C. sudden | D. regular |
| 48. A. silent | B. pleasant | C. curious | D. worried |
| 49. A. wandered off | B. slipped out | C. got away | D. came about |
| 50. A. at last | B. for free | C. in advance | D. right away |
| 51. A. dream | B. routine | C. fault | D. opinion |
| 52. A. angry | B. amazed | C. surprised | D. delighted |
| 53. A. escape | B. find | C. clean | D. hit |
| 54. A. debate | B. lifestyles | C. boundaries | D. appetite |
| 55. A. distant | B. honest | C. close | D. special |

第二节 (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。

A skywell, or “tian jing” in Mandarin, 56 (date) back to the Ming dynasty, is a typical feature of a traditional home in China. Despite their hundreds of years of 57 (exist) and proven practicality, skywell buildings have often been forgotten by people who prefer modern facilities. Over the past two decades, however, skywell buildings have been making a comeback.

Skywells were designed to cool buildings in an era well 58 air-conditioning. The main purpose of a skywell is to allow in light, improve ventilation (通风) 59 harvest rainwater. The wind can enter the indoor space through the opening, when it 60 (blow) above a skywell house. Because outdoor air is often cooler than indoor air, the incoming breeze travels down the walls to the 61 (low) stories and creates airflows by replacing warmer indoor air, 62 rises and leaves through the opening.

Skywells continue to inspire today's climate adaptive design and innovations in passive cooling, according to Wang Zhengfeng, 63 postdoctoral researcher in environmental humanities who 64 (previous) trained as an architect. When 65 (ask) about why skywells have caught more attention of modern Chinese people, Wang says the courtyard is also designed to serve as a gathering space for families or communities, and comes with cultural meanings.

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

你校英语俱乐部计划举行英文演讲比赛, 主题是“AI 生成的画作算不算真正的艺术作品?” 请你写一篇英文演讲稿, 表达你的观点。

注意:

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

Are AI-generated Paintings Real Art?

Good afternoon, everyone!

Thank you for listening!

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。

Every New Year's Eve, as a family tradition, everyone—uncles, aunts, cousins—gathers at one house to celebrate the coming of the new year, having a big dinner and doing the countdown. This year, the gathering would be held in Alex's home and he was so looking forward to it.

Preparing a big dinner is never easy. Mom started the rush early. She was in the kitchen, as busy as a bee. "I hope Dad will be back soon," Mom said to Alex. Dad was a mechanic, responsible for a district's power lines. "He promised he'd get off work at four." Alex replied and volunteered to be the "decoration helper".

At 6:00, the bell rang. It was Aunt Jenny and Uncle Mark, but no Dad. By 6:30, the house was well-decorated and Alex had hung a red lantern high above the doorway, the symbol of happiness and reunion. Mom managed to finish the cooking when the bell rang again. It was Grandma and Grandpa, together with Uncle Jack's family. Still no Dad. Outside the cold wind was getting stronger. Mom was worried.

While waiting for Dad, Alex turned on the music and kept busy chatting with all the guests about holidays and his school life. Mom texted and called Dad, but, no answer.

At 7:15, stomachs made noise louder than the music. Alex found Mom in the bedroom and he heard Dad say "Sorry" over the phone. Mom handed the phone to Alex, disappointment written on her face. "What happened, Dad?" Dad shouted over the wind, "The main power line is broken! All

the workers are here. We have to fix it, or many people will have a cold and dark night. I am so sorry, but you know ... this is my duty." Then, how about the gathering without Dad?

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。

Back to the living room, Alex decided to act as a perfect host.

At 11:50, the door opened and in came Dad, looking tired.

莆田市 2026 届高中毕业班适应性练习参考答案

英 语

第一部分 听力

1-5. CBBAA 6-10. ACBCC 11-15. CABBA 16-20. BCBCA

第二部分 阅读

21-23 CAA 24-27 BDCB 28-31 BAAD 32-35 DCCD 36-40 BCFGE

第三部分 语言知识应用

第一节

41-45 AADBA 46-50 CDBBC 51-55 CADCB

第二节

56. dating 57. existence 58. before 59. and 60. blows

61. lower 62. which 63. a 64. previously 65. asked

第四部分 写作

第一节 作答示例

范文一

Are AI-generated Paintings Real Art?

Good afternoon, everyone!

Personally, I believe that AI-generated paintings are not completely real art. True art comes from human creators' deep emotions, life insights, and unique personal experiences—things that AI can never truly possess. AI merely recombines massive amounts of existing artworks using programmed algorithms. It lacks independent thinking, consciousness, and a soul.

However, this doesn't mean AI is worthless. Actually, it can serve as a powerful tool for human artists, helping them explore new possibilities and break through blocks. Anyway, works filled with human warmth and spiritual resonance deserve the name of real art.

Thank you for listening!

范文二

Are AI-generated Paintings Real Art?

Good afternoon, everyone!

In my view, AI-generated artworks are a new kind of real art. Admittedly, AI itself has no feelings, but every AI work is guided by human designers' ideas, choices, and creativity. AI opens a brand-new world of art, allowing more people to enjoy creating regardless of their training. It enriches our art world with fresh styles and possibilities. Instead of arguing whether it is real art, we should learn to use AI properly as a tool to create more touching, meaningful, and beautiful works together.

Thank you for listening!

应用文阅卷评分细则：

内容要点	要点 1	你的观点（4分）
	要点 2	说明理由（5分）
	要点 3	演讲稿的得体性（3分）

1.内容要点定档次：

如果要点不齐全，就是三档（7-9），再根据语言表达做微调。

2.语法，语言：

- 1) 要点齐全，句子基本可读，评卷老师能大致看懂想表达的意思，给基本分 10 分。
- 2) 要点齐全，句子相对正确，没有非常基本的语法错误如词性弄不清楚的错处，用平实而正确的句子写完整，得分应在 12 分左右。
- 3) 14-15 分 要点齐全，表达正确，行云流水，会用一些漂亮的表达，衡水体，偶尔一两个划痕无伤大雅。

第二节 作答示例

Back to the living room, Alex decided to act as a perfect host. He told all the relatives about Dad's situation. Everyone immediately expressed sincere respect for Dad's devotion. Encouraged by their words, Alex took on his own responsibility. He served the dishes, poured drinks, and shared amusing stories about his school life. The dining room was soon filled with laughter and warmth again, perfectly keeping the festive evening alive despite Dad's absence. Time ticked by as they enjoyed the gala on TV, waiting for the final moment.

At 11:50, the door opened and in came Dad, looking tired. He was covered in snow, but his eyes lit up at the sight of the brightly lit living room. Mom rushed to him, helping him take off his heavy coat, while Alex brought him a bowl of hot soup. Dad apologized guiltily. Alex hugged him tightly. As the clock struck twelve, the whole family gathered around, counting down happily. Listening to the cheers, Alex truly understood the weight of responsibility. The ordinary man standing beside him was indeed an unsung hero keeping the city warm.

读后续写阅卷评分细则：

1.故事发展的合理性定档次

续写内容的质量、完整性以及与原文情境的融洽度。故事基本发展逻辑如下：
新年家庭聚会传统——父亲因工作无法及时回来——Alex 决定担当责任.....

Para 1: Back to the living room, Alex decided to act as a perfect host.

核心任务：描写 Alex 如何代替父亲主持聚会、承担责任

Para 2: At 11:50, the door opened and in came Dad, looking tired.

核心任务：描写父亲归来、家人团聚的感人时刻

续写基调：第一段以“担当”为主旋律（温暖、懂事），第二段以“团圆”为高潮。故事中，父亲用行动诠释了责任，Alex 也在这晚学会了担当。

2.语法，语言：

所使用词汇和语法结构的准确性，恰当性和多样性。

3.结构：

上下文的衔接和全文的连贯性。

英语听力文稿

Text 1

M: **Where are we meeting your dad**, Erica? At the movie theater?

W: No, he wanted to see us earlier to talk about buying a car. **We're meeting for coffee first at the cafe.**

Text 2

M: Excuse me, **would you mind trading places with me?**

W: Sorry, I specifically booked this window seat. Maybe try the seat behind us near the passage.

Text 3

W: **Do you need help with those boxes? Moving day can be hard.**

M: Thanks. I'm trying to get everything upstairs to my new place.

W: **I'd be happy to lend a hand. That's what good neighbors do.**

Text 4

W: What's your impression of our new manager?

M: **I felt quite small standing next to him.**

W: Yes, he's quite tall, but friendly and approachable once you get to know him.

Text 5

W: **Tom, how many times must I remind you to return the juice to the fridge?**

M: **Sorry, Linda.** I've been so absent-minded recently. It's all the research I'm doing.

W: Well, try to be more mindful next time!

Text 6

M: So, Julie, if you get this right, you win \$500,000. Ready?

W: Yes. I am ready.

M: Here is the question. What is the fastest land animal?

W: **The answer is the lion.**

M: Oh, Julie, **I'm afraid that's incorrect.**

W: Wait, I just remembered. It's the cheetah (猎豹).

M: Yes, the cheetah. I'm afraid I have to take your first answer. But you still leave with \$100,000.

W: At least it's not nothing.

M: True. Give a big hand to Julie!

Text 7

M: Stay strong. You can win this fight. One more round.

W: My shoulder hurts badly.

M: Forget the pain. Keep your guard up.

W: I'm not sure I can continue.

M: Don't look at the crowd. Focus on the belt.

W: The audience wants the other girl to win.

M: **The audience wants excitement.** Just focus on knocking her out.

W: Can I have some water?

M: Yeah. The lights are hot today. Do you need new gloves?

W: No, these are fine.

M: Alright, take a deep breath. You've got this.

W: Okay, I'll give it my best shot.

Text 8

M: Jenny, why are you right for this job?

W: I've worked in a similar role for six years.

M: **Why are you looking for a new job?**

W: The pay is good, **but I'm really looking for a place where I can grow in my career.**

M: And you think you can grow with us?

W: Absolutely. **A friend of mine works here, and she told me about this job.** She often says the company helps her build new skills and supports her career growth.

M: That's true. We do have training programs and encourage our employees to keep improving.

W: I'm eager to learn more.

M: We also offer flexible schedules.

W: That would be great — **I have five-year-old twin boys,** so flexibility would really help.

M: Perfect! We're family-friendly. As long as you do good work, we're flexible with your hours.

W: That sounds perfect!

Text 9

W: We're testing new tech to find plastic in the ocean.

M: That sounds great. With all the pollution lately, we really need it.

W: Yes. 80% of ocean waste is plastic.

M: That's shocking.

W: **It is especially bad in the Pacific Ocean. Huge amounts of garbage float there.**

M: How does your system work?

W: **We fly a special system over water.**

M: Don't we already use those?

W: Yes, but ours are better. **Old ones see trash the size of a table. Ours can see a bottle as small as a hand.**

M: Will that help clean it up?

W: Yes. It tells the cleaning ships exactly where to go.

M: I hope you succeed.

W: I just want to save the sea life. **Fish are eating the plastic.**

M: I know. We often forget about the creatures underwater.

W: Exactly. If we don't act now, it will only get worse.

M: Hope your tech makes a real difference.

Text 10

Sweet foods have a rich culture. **In ancient civilizations, sweets were special because they were only given to the most important people.** Dried fruits and honey were among the first things used to sweeten meals. **The sweet foods were not able to spread until the sugarcane (甘蔗) began to be developed in India.** Once people found a way to transport sugar easily, it reached Macedonia, then over 1000 years later China, and finally Europe in the 12th century. However, even after sugar became well-known, it was still too expensive for most people to buy on special occasions. For most people, desserts were a rare treat. Some of the desserts that we still eat and love today were designed hundreds of years ago. **The first recorded apple pie recipe was published in 1381. The first cupcake recipe appeared nearly 450 years later. Due to the expensive materials needed to cook desserts, most people didn't try to experiment with new techniques.** At present, open trade and access to information and resources have brought us the world's knowledge of desserts. Sweets can be found almost anywhere.