



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. What is the probable relationship between the speakers?

- A. Friends.
- B. Teacher and student.
- C. Interviewer and interviewee.

7. What is Jenny mainly doing in China now?

- A. Working.
- B. Studying.
- C. Travelling.

听第 7 段录音, 回答第 8 至 10 题。

8. Where does the conversation take place?

- A. On a train.
- B. On a platform.
- C. In a shopping mall.

9. When will the woman's train leave?

- A. In 10 minutes.
- B. In 15 minutes.
- C. In 45 minutes.

10. What is the woman complaining about?

- A. Not enough seating on the train.
- B. The WiFi hasn't improved.
- C. The ticket is too expensive.

听第 8 段录音, 回答第 11 至 13 题。

11. Who is the man most likely to be?

- A. A tour guide.
- B. A zoo keeper.
- C. A charity manager.

12. What will the students see in the morning?

- A. Penguins.
- B. Giraffes.
- C. Tigers.

13. What time will the students probably see the giraffes?

- A. At 10:45.
- B. At 11:15.
- C. At 15:00.

听第 9 段录音，回答第 14 至 16 题。

14. What is Lydia doing with OpenClaw?
- A. To send daily work emails.
 - B. To check available schedules.
 - C. To make appointments with clients.
15. What did Lydia buy the second-hand computer for?
- A. To run OpenClaw.
 - B. To store important files.
 - C. To prepare for her exams.
16. Why is Lydia using OpenClaw now instead of waiting?
- A. She needs it for urgent work.
 - B. She finds it safer to use.
 - C. She wants to try it out.

听第 10 段录音，回答第 17 至 20 题。

17. What was the Europeans' attitude toward coffee in the beginning?
- A. Doubtful.
 - B. Favorable.
 - C. Negative.
18. When did Americans begin to drink coffee?
- A. The 1600s.
 - B. The 1700s.
 - C. The 1800s.
19. Where is coffee usually roasted?
- A. In coffee-buying countries.
 - B. In coffee-growing countries.
 - C. In hot areas near the equator.
20. Which type of coffee is used in cheap instant coffee?
- A. Arabica coffee.
 - B. Robusta coffee.
 - C. Freeze-dried coffee.

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、D 四个选项中选出最佳选项。

A

Need more than just light? Our adjustable Spotlight Desk Lamp brings targeted natural LED lighting to your workspace — perfect for focused tasks, from drafting and drawing to reading and working late. The all-metal swing arm design and clean industrial look make it a statement piece for your home office, studio, or creative desk. Bright, flexible, and built to last.

Key Features

- Spotlight precision light: A focused light that reduces light waste and improves clearness for close-up work.
- Stepless dimming (10%–100%): Adjust brightness smoothly with a one-touch control.
- Flexible & fully adjustable: Three-direction adjustable arm plus a turnable lamp head for different angles and heights.
- Eye-friendly lighting: No blue light, visual discomfort, or flicker (频闪) (RG0).
- True color: CRI ≥ 95 for accurate color appearance (useful for art and design work).

Price

- Regular price: \$219.99
- Sale price: \$199.99 (Save 9%)

Returns

- 30-day return policy: items can be returned or exchanged within 30 days of delivery.

Returnable items (within 30 days)	Non-returnable items
Damaged/broken/soiled on arrival Incorrect size/color received	Items outside the 30-day time frame
Unwashed, unworn, unused items that did not meet expectations	Washed, worn, used, or misused item

- Return conditions: items must be in the same condition as received, with labels, in original packaging, and with a receipt of purchase.
- Authorization required: all returns must be authorized via the Support Center. A return without an RMA (Return Merchandise Authorization) form will not be accepted.
- How to start a return: email support@honeywellsmartlighting.com and obtain an RMA and return address.

21. Who would find the Spotlight Desk Lamp particularly useful?

- A. A piano tuner.
- B. A fashion designer.
- C. A flight attendant.
- D. A fitness instructor.

22. What is a selling point of the lamp?

- A. Adjustable colors.
- B. Better clarity.
- C. Wider light coverage.
- D. Fixed brightness.

23. In which of the following situations can a customer return the lamp?

- A. Used for two months.
- B. Without the receipt.
- C. Damaged on delivery.
- D. Without its original packaging.

B

Recently, I was talking with the mother of a student I taught nearly 15 years ago. “He still has his magazine! I know exactly where it is,” she said. It might be surprising that a young adult has kept a middle school English assignment for over a decade, but I often hear this about my favorite activity: the magazine project.

Originally, this project was designed to solve a common problem in teaching writing: How can we fully engage students so that they will take the time to edit, revise, and polish their work? I know that letting students choose their writing topics can improve engagement, so I created a project that asks students to choose a topic of personal interest and spend most of a semester writing, designing, and publishing their own magazine on that topic. The combination of topic choice and a final published magazine greatly improves my students’ investment in their writing all semester long.

When I introduce the project, this big choice usually attracts students, but many don’t believe that they really do get to choose. They fire questions at me, asking if their whole magazine can be about adventure rides, or the vast mystery of space. I always assure them that they can write about whatever interests them. I can’t possibly anticipate what kinds of writing might engage every eighth grader, and giving them a free choice is the best way to do that. Consequently, our classroom becomes lively as writers eagerly share ideas.

Twenty-five years ago, students stuck their pages together. But now we give them the option of creating an online magazine using modern technology. This eliminates printing expenses while developing valuable computer skills. We usually schedule the final due date just before our school’s open house so that the magazines can be displayed for the community.

These unique magazines make a powerful statement about what matters to our students. And every time a former student tells me they still keep their magazine, it confirms the true meaning of this project.

24. What was the students’ main problem in writing?

- A. Low confidence.
- B. Limited techniques.
- C. Weak motivation.
- D. Insufficient materials.

25. What made students highly engaged in the project?

- A. Chances for adventures.
- B. Personal choice of topics.
- C. Talks with famous writers.
- D. Discussion of mysteries.

26. What does the author want to convey in the last paragraph?

- A. Academic pressure limits creativity.
- B. Good habits should be formed early.
- C. Modern technology transforms education.
- D. Personal involvement creates lasting value.

27. Which of the following best describes the author?

- A. Innovative and supportive.
- B. Thoughtful and brave.
- C. Energetic and competitive.
- D. Humble and responsible.

C

A household washing machine can generate up to 500 grams of microplastics each year, with much ending up at wastewater treatment plants and ultimately spread onto fields.

Scientists have been seeking ways to remove microplastics before they enter the environment. “Existing filter (过滤) systems, however, have serious disadvantages,” explains Dr. Leandra Hamann of the University of Bonn. “Some quickly become blocked, others do not work efficiently.”

To find a better solution, Hamann turned to biology for ideas. The team focused on fish that feed by filtering water — the result of evolution. Their gill arch (鳃弓) system forms a structure that is widest at the mouth and narrows towards the gullet (食道). The structure is covered in tiny teeth, creating a natural filter network. “During food intake, the water flowing through it is filtered, and the microplastic-free water is then released back into the environment,” explains Hamann. “However, some organisms are too big for this. Thanks to the shape, they then roll towards the gullet, where they are collected until the fish swallows, which empties the system.”

This nature-inspired design prevents blockages and traps nearly all microplastics — exactly the two key advantages needed for a washing machine microplastic filter. To build a version for washing machines, the researchers recreated the gill arch system and tested various filter sizes and opening angles. After comparing different structural dimensions, ultimately, the team identified a combination of parameters, which enabled the system to separate more than 99% of the microplastics without blockage in lab experiments. With no complex moving parts, the design is low-cost. Captured microplastics could be pressed inside the machine to squeeze out remaining water, with the resulting tiny plastic balls removed and thrown in the ordinary garbage.

The researchers hope companies will refine the design for potential commercial application, which could at least partially reduce microplastic spread. The need is pressing: studies suggest microplastics may pose severe health risks, and they’ve already been found in breast milk — and even human brains.

28. What do the researchers aim to do?

- A. To remove microplastics completely.
- B. To overcome the existing drawbacks.
- C. To upgrade wastewater treatment plants.
- D. To improve washing machine efficiency.

29. What is paragraph 3 mainly about?
- A. What problems plastics bring to fish.
 - B. Where some organisms are collected.
 - C. Why the gill arch system has tiny teeth.
 - D. How fish trap microplastics from water.
30. What does the underlined “parameters” in paragraph 4 probably mean?
- A. Lab methods.
 - B. Mechanical tools.
 - C. Processed data.
 - D. Replacement parts.
31. What can be inferred from the last paragraph about the design?
- A. It can end microplastics spread.
 - B. It will pose potential health risks.
 - C. It will revolutionize home appliances.
 - D. It may have application prospects.

D

“I just need you to validate (认可) my feelings.” It’s a phrase constantly heard — and it reveals something fascinating about our cultural moment. Validation has become the currency of care, the thing we believe we need most from others. But what if the deepest human need is to know we matter — regardless of whether others see things our way?

Validation came into psychology as a corrective tool. In the mid-20th century, Carl Rogers advocated empathetic listening and unconditional positive regard, reacting against then mainstream practice, which often interpreted, corrected, or reframed clients’ experiences. To him, validation meant: your feelings exist, they make sense within your internal world, and they deserve to be heard.

However, as psychological language migrated into (融入) popular culture, validation gradually detached from its clinical roots. It changed into a broader moral expectation: if I feel something, others should validate it. This shift has had profound consequences and validation becomes an exhausting test, a relational chore, a skill to perform.

In fact, what most of us are really looking for when we fish for validation is being valued. Being valued does not depend on moment-to-moment agreement, nor does it require constant confirmation. Being valued means being seen as a whole person and accepted regardless of the experience one is having.

When someone is valued, they can be corrected without being devalued; they can be

disagreed with without feeling rejected. A parent who values their child can say, “I love you, and I’m not buying you that toy.” Validation may ease an emotional state, but being valued shapes the self. Validation can be spoken; value is felt.

The exit from endless validation-seeking is clear: learn to distinguish between having emotions and being defined. A mature sense of worth comes from internalized experiences of being valued: by others first, and eventually by yourself. It grows when you can reflect on your emotions, differentiate past from present, and remain solid even when your perceptions are challenged. This is what allows both connection and growth.

32. Why did Carl Rogers stand for validation?

- A. To follow mainstream opinion.
- B. To correct patients’ conclusions.
- C. To make validation a destination.
- D. To value clients’ inner experience.

33. What does the underlined “this shift” in paragraph 3 refer to?

- A. The unwillingness to reflect.
- B. The fear of moral expectation.
- C. The enthusiasm for popular culture.
- D. The strong desire for full agreement.

34. What does the author agree with about being valued?

- A. It helps construct self-concept.
- B. It provides constant agreement.
- C. It offers psychological security.
- D. It avoids various forms of correction.

35. What enables people’s connection and growth?

- A. The constant challenge of validation.
- B. The pursuit of a realistic sense of self.
- C. A rejection of internalized experiences.
- D. A changeable and questioning mindset.

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。

William Shakespeare may have written that “all the world’s a stage”, but sadly theaters witness a decline in school visits due to budget pressures. 36

The most obvious benefit is academic. Students watching a live play outperform those seeing the same play as a film adaptation on knowledge of content and vocabulary. 37 When seeing it brought to life, they can build a thorough understanding in discussing the staging and interpretations of stage directions.

Live theater also teaches how to develop relationships. People’s heart rates synchronize (同步) in a theater audience. This is a behavior that has been shown to enhance social bonding. 38 In fact, the common heightened emotion of watching a play also teaches students that it’s ok to feel and express emotions such as sadness.

39 Schools really welcome using theater and plays to open up difficult discussions where students can explore diverse perspectives and accept others with an open mind. As a result, students are more likely to accept statements such as “I think people can have different opinions about the same thing”.

Finally, theater helps open students’ eyes up to the range of jobs available within the industry. 40 There are many backstage roles, which often don’t become obvious until you experience a live performance.

Given these significant benefits — academic, emotional, social, and occupational — schools should guarantee that students never miss out on these transformative experiences.

- A. Plays don’t just require actors.
- B. Live theater makes class discussion intolerable.
- C. The actual journey to the theater also boosts social tolerance.
- D. A synchronized audience is perfect for building social tolerance.
- E. The shared experience of something moving helps people connect.
- F. Yet, live theater experiences remain vital for students’ development.
- G. For those studying English plays, a text of a play is merely a blueprint.

第三部分 语言运用 (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, 从每题所给的 A、B、C、D 四个选项中选出最佳选项。

We had many family traditions. For my birthday, which is in October, the kids insisted we jump into a pile of 41 for “my tradition”. We would pile them up, bury each other and stuff them down the back of our shirts. Even as my kids grew older, they 42 to let the tradition die. But I never quite got the 43 — to me, it seemed a little childish.

Then the kids grew up and 44 home. My daughter volunteered in Bulgaria, and my son was away for college. Realizing it would be my first birthday without them, I began to 45 them.

On my birthday morning, I was somewhat 46 to find two pieces of mail, one from each of them. I was eager to see what kind of birthday 47 they had for me.

I opened my daughter’s envelope first, and caught my breath as a bright red leaf 48. Stuck to the leaf was a post-it note. I read it, unable to contain my 49. “Dad, this is a Bulgarian leaf. The residents helped me 50 your tradition. Don’t forget, I’m still part of our family.” My son’s envelope had a golden leaf in it. 51 for him, there was no note. Yet I could 52 him simply putting a leaf in an envelope, knowing I would understand.

That morning I finally understood family traditions: security, 53, and an identity larger than themselves. They are the 54 that holds families together. Since that day, I have never doubted the 55 and meaning of valued family traditions.

- | | | | |
|------------------|----------------|---------------|---------------|
| 41. A. books | B. leaves | C. gifts | D. boxes |
| 42. A. offered | B. agreed | C. hoped | D. refused |
| 43. A. point | B. concept | C. secret | D. difference |
| 44. A. left | B. hit | C. returned | D. welcomed |
| 45. A. support | B. believe | C. miss | D. call |
| 46. A. curious | B. surprised | C. confident | D. relieved |
| 47. A. wishes | B. memories | C. invitation | D. dinner |
| 48. A. dried out | B. flew away | C. fell out | D. blew by |
| 49. A. doubts | B. sorrow | C. panic | D. tears |
| 50. A. start | B. honor | C. challenge | D. understand |
| 51. A. Painful | B. Fortunate | C. Suitable | D. Typical |
| 52. A. picture | B. observe | C. remember | D. leave |
| 53. A. dignity | B. fulfillment | C. reputation | D. belonging |
| 54. A. blanket | B. standard | C. glue | D. goal |
| 55. A. origin | B. power | C. sign | D. result |

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。

In Chenjiagou village in Henan province, countless arms rose slowly like clouds 56 (part). The weight of hundreds of bodies shifted from one leg to the other. The palms extended forward in controlled grace — all in perfect unison (一致).

The hundreds of *taijiquan* practitioners 57 (be) a mix of locals and visitors. They traveled thousands of miles 58 (specific) to the birthplace of the martial art 59 the first International *Taijiquan* Day on Saturday. The scene is repeated daily throughout China, where 60 number of *taijiquan* practitioners is currently around 78.6 million.

On TikTok, videos show practitioners from around the world. They learn training routines, discuss the art's philosophy and document their *taijiquan* journeys, the destination of 61, in many cases, ends up being Chenjiagou. For Western learners, *taijiquan* offers a different way of understanding the body. It changes the focus from external 62 (strong) to internal awareness. They practice to seek health, but often find something 63 (deep) in the process.

The philosophy of *taijiquan* traces back to Chenjiagou. In the 17th century, Chen Wangting integrated principles from the ancient Book of Changes, or *I Ching*, and Taoist breathing techniques 64 (create) the martial art. Over centuries, it has evolved into a discipline for health and mind-body development. Its practice 65 (ground) in the principles of balance and dynamic flow, making it suitable for individuals of all ages and physical abilities.

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

假定你是李华, 你的英国笔友 Mary 制作了一张关于中国茶文化的海报 (见右图), 来信征求你的意见。请给她写一封回信, 内容包括:

1. 你的评价;
2. 你的建议。

注意:

- (1) 写作词数为 80 左右;
- (2) 请按如下格式在答题卡的相应位置作答。



Dear Mary,

I am really glad to receive your poster about Chinese tea culture.

Yours,

Li Hua

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。

“1, 2, 3, FIRE DRAGON!” I shouted, my voice cutting through the sweat-filled air as our team followed the call. But beneath the surface of our harmonized cheers, a gap was growing.

We were preparing for the Chinese Cultural Evening (CCE), our biggest performance of the year, and the pressure hung heavy over us like a storm cloud. Two-hour practices were like endless marathons: holding the dragon’s bamboo spine (脊椎) until our hands bled, bending our bodies to follow the dragon head’s lead until our muscles screamed, with pains on our knees and exhaustion in our bones. Nine of us — those inside the dragon’s body — pushed each other harder, perfecting every movement, while the tenth member, Emma, who held the pearl (宝珠), now stood off to the side.

The pearl was supposed to be the dragon’s guiding light — the force that guided the dragon forward, symbolizing wisdom and purpose. But Emma, once eager to lead our dance, now stayed away from the group during practices, her movements slow, her eyes locked on the floor. She thought holding the pearl was not as important as being part of the dragon body. The conflict worsened when, during a practice for a key trick — where the dragon was supposed to “follow” the pearl in a graceful movement — Emma’s slow, unenthusiastic waves upset the entire team. The dragon head fell, the body fell apart, and the tail hit a pile of chairs, making all the decorations crash loudly onto the floor.

“Emma, can you please focus and keep up?” Jake, our dragon head, shouted, his voice sharp with frustration. “We’re not here to waste time — this is CCE, not a casual practice!” Emma’s face turned red, and she held the pearl tighter. The rest of the team whispered in agreement, their glances fixed between Emma and me, waiting for me to take charge.

As team leader, I felt a knot (结) in my stomach: I could have scolded Emma, demanded she do better, but that would only increase our tension.

注意:

- (1) 续写词数应为 150 左右;
- (2) 请按如下格式在答题纸的相应位置作答。

I called a break, determined to bring us closer together.

With a new sense of unity, the atmosphere of our practice changed.

2025-2026 学年福州市高三年级五月质量检测

英语试卷参考答案

第一部分

1-5 ACBAC

6-10 ABBAC

11-15 BCCBA

16-20 CABAB

第二部分

21-23 BBC

24-27 CBDA

28-31 BDCD

32-35 DDAB

36-40 FGECA

第三部分

41-45 BDAAC

46-50 BACDB

51-55 DADCB

56. parting

57. were

58. specifically

59. for

60. the

61. which
grounded

62. strength

63. deeper

64. to create

65. is

注: 56-65 题如出现可接受的答案, 由评卷点裁定, 酌情给分。此次大小写错误不扣分。

第四部分

(略)

听力部分原文

第一节

Text 1

M: [1] I can't find my ticket for the London Morning concert tonight.

W: Did you check your jacket pocket? You wore it yesterday when we went to that restaurant.

M: Just checked—nothing.

Text 2

M: I'm considering Tim for the next headmaster position. He's been a reliable assistant.

W: He is nice. [2] But he's better as a teacher than as a manager.

Text 3

M: I'll take these dolls for my twins. Two for \$7 is good, but \$5 each is too expensive.

W: Tell you what—buy this \$2 book, and I'll give you the two-for-\$5 deal.

M: Awesome, deal.

Text 4

M: Good morning, CityGo Travel.

W: Hello! I live in Brookhaven. [4] Where does the express to Seaport leave this afternoon?

M: You can leave from either Angel Centre or Ridgewood Station, but the latter is closer to you.

Text 5

M: You're always rushing through meals.

W: Yeah, just busy with work. I used to cook proper dinners, but now I just order takeout.

M: Well, at least the takeout around here is delicious.

Text 6

M: [7]① Jenny, what are your plans after graduation?

W: I'm staying in China. [7]② My student visa will end soon, so I'm rushing to find a suitable job. My professor recommended some positions in education. I'll apply for them while taking a course on cultural adaptation.

M: That sounds practical! If you are interested in a job at Huawei, I can make an internal recommendation for you.

W: That's great. What should I do?

M: Just send me your updated application materials.

Text 7

M: Excuse me, I'm doing a customer survey. May I ask you a few questions?

W: [9] Sure, I've got about ten minutes before my train back home.

M: Great. First, what brought you into this town today?

W: I came to do some shopping.

M: What do you think of the journey?

W: [10] Well, the journey's only 45 minutes but I paid £35.70 for a return ticket. I know it's cheaper with a rail card, but I don't have one.

M: OK. Any comments on the service today?

W: The WiFi has improved, which is great for work. But the train was 15 minutes late. And there's not enough seating on the platforms.

M: Thanks for your feedback.

Text 8

M: Welcome, Greenfield School students! Great to have you here. [11]① Our park is run by the Wildlife Trust, a charity that protects endangered animals and supports wildlife education for young visitors.

W: Thanks! We've been looking forward to this trip all week. We really want to see the giraffe feeding.

M: There are two sessions every day. The morning one starts at 11:15.

W: Oh, we're joining the 10:45 walkabout tour from the bird area.

M: [12] Then you'll go past the tigers and monkeys before lunch. [13]① After lunch, take the safari bus to the giraffe area. The afternoon feeding starts at 3:00.

W: Perfect! That sounds like a really good plan. [13]② We'll do that.

M: Great. Enjoy your day. [11]② I need to check on the penguins now.

Text 9

M: Hey! Who are you texting, Lydia?

W: I'm texting OpenClaw. [14] I'm asking it to check whether I have any free time this month.

M: What? You're asking someone else to do that for you?

W: Haha, no! It's that AI agent I told you about.

M: Right, but didn't you say it's risky to install on your main computer?

W: Exactly! [15] That's why I bought a second-hand computer just for testing. It was cheap, so if anything goes wrong, my important files will still be safe.

M: Yeah, it's smart to run OpenClaw on a separate machine. I thought about trying it too, but honestly, I'm waiting for QClaw.

W: That makes sense. QClaw definitely seems safer, since it has real security teams behind it. [16] But I'm just too curious to wait. I want to see how this technology might change my daily work.

M: So how's the experiment going so far?

W: Pretty interesting. It's already helping me organize emails and schedule meetings.

Text 10

W: Hello everyone! Welcome to Global Flavors. Today, we're talking about coffee. It likely began in Africa and was grown in Yemen by the 6th century. [17] Traders brought it to Europe, but people were unsure of it at first, and it gradually won acceptance. Coffee quickly spread across the continent after that. By the 1600s, coffeehouses opened in London, Paris, and Vienna. [18] After the 1773 Boston Tea Party, Americans switched to coffee.

Coffee only grows in hot areas near the equator. The red cherries are processed in two ways. In the dry method, they're dried whole in the sun. In the wet method, workers first remove the soft part around the beans, then leave them in water before washing and

drying them. This results in better quality coffee. [19] Roasting usually happens in importing countries to bring out flavor.

Most coffee comes from two types of coffee plant. Arabica grows high up and tastes rich. [20] Robusta grows lower, has more of the stimulating substance, and is used in cheaper coffee and instant coffee. The best instant coffee is freeze-dried and cheaper ones are spray-dried.