

7. What does the woman plan to do next?

- A. Take a writing exam.
- B. Visit her dream college.
- C. Join in volunteer activities.

听第 7 段录音，回答第 8 至 10 题。

8. What is the main topic of the conversation?

- A. Diet.
- B. Housework.
- C. University life.

9. What does the man think of cleaning?

- A. It's uninteresting.
- B. It's difficult.
- C. It's stressful.

10. What will the speakers have for dinner tonight?

- A. Noodles.
- B. Chicken.
- C. Dumplings.

听第 8 段录音，回答第 11 至 13 题。

11. Where does the conversation probably take place?

- A. In an office.
- B. In a classroom.
- C. In a chocolate shop.

12. How does Tina concentrate on her tasks?

- A. By working at a quiet place.
- B. By setting a deadline for herself.
- C. By making them small and manageable.

13. How does Tina reward herself?

- A. With some sweets.
- B. With a new goal.
- C. With more tasks.

听第 9 段录音，回答第 14 至 17 题。

14. What is Mia doing before her ballet class?

- A. Having dinner.
- B. Filling her bag.
- C. Doing her schoolwork.

15. What does the man think of Mia's ballet class?

- A. Rewarding.
- B. Demanding.
- C. Interesting.

16. Why is Mia excited today?

- A. She will cook on her own.
- B. She will celebrate her birthday.
- C. She will read books with her friends.

17. What will the man do this Saturday?

- A. Move house.
- B. Try a restaurant.
- C. Visit the woman.

- Lunch from Fair Oaks Burger will be served for all participants.
- The site and restrooms are accessible.

What's Required:

Eaton Canyon remains closed to the general public during the ongoing restoration. Access on April 8 is limited to approved, registered volunteers ONLY. Please do not visit the Canyon without prior registration and confirmation.

21. What is the aim of Eaton Canyon Land Restoration?

- A. To sustain the recovered ecosystem.
- B. To return native plants and wildlife.
- C. To change Eaton Canyon land forever.
- D. To plant new trees for the following decades.

22. How many organizations cooperate with LA County Parks?

- A. 3.
- B. 4.
- C. 5.
- D. 6.

23. What do we know about the restoration?

- A. Tourists are admitted.
- B. Parking is forbidden.
- C. Bottled water is provided.
- D. Registration is needed.

B

Chris Steedman majored in law and politics at university. Today, however, he spends his working hours bending over a piano with a tuning wrench, a special tool for adjusting the strings. "I'm not a concert pianist," he says, "but I've trained my ears to hear what most people simply walk past."

Chris runs Legacy Piano Services, tuning and restoring pianos. He has been doing this for nearly a decade after completing a three-year piano tuning course. What first drew him in was a simple gift—his mother signed him up for piano lessons one Christmas.

The job demands a surprising set of skills. "You're working with strings that vibrate (震动) hundreds of times per second," Chris explains. "Turn the tuning pin (指针) too far and the note goes flat or sharp. You have to feel it, not just hear it." He rarely uses electronic apps, preferring his trained ear, though he keeps a tuning fork for reference. "On a hot day, the fork runs sharp. On a cold day, it drops. You always have to account for the room."

Temperature is a constant factor. Before a concert, a piano must be tuned to match the temperature during the performance. "Once the audience comes in, body heat warms the hall," Chris says. "Wood expands. If you tune too early, the piano goes out of tunes."

Of course, not everything goes smoothly. Chris has encountered pianos unplayed for thirty

years, with broken strings and other problems. “That’s where my real passion is—bringing new life to pianos left unattended,” he says. “Seeing the joy on someone’s face when they hear their grandmother’s old piano sing again—that’s why I do this.”

24. What is necessary for Chris’s work?

- A. Law education.
- B. Piano talent.
- C. Sharp hearing.
- D. Electronic apps.

25. What is crucial when tuning for a concert?

- A. Employing advanced digital devices.
- B. Using tuning tools unavailable to others.
- C. Working in a consistently cool environment.
- D. Adjusting for the heat generated by listeners.

26. What brings Chris’s greatest professional satisfaction?

- A. Gaining chances to perform in concerts.
- B. Cooperating with celebrated musicians.
- C. Instructing others in piano maintenance.
- D. Restoring forgotten instruments to sound.

27. Which words best describe Chris’s attitude to his job?

- A. Careful and devoted.
- B. Responsible and modest.
- C. Serious and curious.
- D. Confident and disciplined.

C

The soft song of the wren (鸲鹀) once commonly marked sunrise in the central Amazon jungle. But recently, it was a rare wonder when the song cut through the morning darkness. This has received little public attention, yet it is ringing alarm bells among bird scientists. According to their research, numerous bird species are growing increasingly rare, from the Amazon rainforest in Brazil to protected reserves in Ecuador and Panama.

By comparing long-term bird monitoring data over recent decades, researchers have found birds are disappearing from surprising places—expanses of forest untouched by fires, logging or human clearing. These aren’t migratory species in decline because of habitat loss on distant continents; many spend their entire lives in a single area of trees. Further study shows that all studied bird species weigh less now than in the 1980s, suggesting they are not well fed. The hardest-hit species are insect-eating birds, including the musician wren and the black-tailed leaf-tosser, some of which have declined by nearly 80 percent.

Given that insect populations are highly sensitive to temperature and rainfall changes,

scientists suspect climate change might be the underlying cause of the birds' decline. To explore the exact link between climate patterns and bird survival, researchers launched an experiment in the Amazon. They set up irrigation systems in undisturbed forest plots, supplementing dry-season rainfall to reproduce the wetter conditions of the 1980s. Early results are promising: compared with birds in unwatered areas, those in watered areas have higher fat levels, fewer stress signals and more active reproductive behavior.

Combining long-term observations and experimental evidence, scientists reached a conclusion: climate change is the leading cause of the mysterious bird decline in untouched rainforests. Higher dry-season temperatures and unstable rainfall patterns damage the food chain by reducing insect numbers.

Although the research might help explain why birds are disappearing, it may not point to any solutions. "The best that we can do is really try to slow down climate change as much as possible," says Corey Tarwater, a University of Wyoming ecologist.

28. What phenomenon is presented in paragraph 1?

- A. Damage to forest bird habitats.
- B. Secrets of biodiversity reserves.
- C. Decline of forest bird populations.
- D. Threats to endangered bird species.

29. What can be inferred from paragraph 2?

- A. Forest birds hardly rely on insects for food.
- B. Food shortage accounts for the loss of birds.
- C. Migratory birds are facing greater challenges.
- D. Human activities are to blame for bird decline.

30. Why did researchers conduct the Amazon experiment?

- A. To figure out effects of climate on birds.
- B. To restore damaged rainforest ecosystems.
- C. To increase insect numbers in dry seasons.
- D. To protect endangered insect-eating birds.

31. What is the best title for the passage?

- A. Forest Birds: The Victims of Habitat Destruction
- B. Irrigation Test: A Crucial Lifeline for Forest Birds
- C. Climate Change: A Hidden Threat to Forest Birds
- D. Insect Decline: The Underlying Cause of Bird Loss

D

Aging has a serious impact on the hippocampus, the part of the brain that plays a central

role in learning and memory. Scientists at UC San Francisco have now identified a protein that appears to drive much of the decline of memory.

To understand what changes with age, the researchers tracked shifts in genes and proteins in the hippocampus of mice over time. Among everything they examined, only one stood out as consistently different between young and old animals. That protein is called FTL1. Older mice showed higher levels of FTL1. At the same time, they had fewer connections between nerve cells in the hippocampus and performed worse on cognitive (认知的) tests.

When the team boosted FTL1 levels in young mice, the effects were striking. Their brains began to look and function more like those of older mice, and their behavior reflected this shift. Lab experiments revealed more details. Nerve cells engineered to produce high amounts of FTL1 developed simplified structures, forming short, single extensions instead of the complex, branching networks seen in healthy cells.

The most surprising result came when researchers reduced FTL1 in older mice. The animals showed clear signs of recovery. Connections between brain cells increased, and their performance on memory tests improved.

Further experiments showed that FTL1 also affects how brain cells use energy. In older mice, higher levels of the protein slowed cellular metabolism (新陈代谢) in the hippocampus. However, when researchers treated these cells with a compound that boosts metabolism, the negative effects were prevented.

Villeda, the leading scientist from UC San Francisco, believes these findings could pave the way for treatments that target FTL1 and reduce its effects in the brain. “We’re seeing more opportunities to relieve the worst consequences of old age,” he said. “It’s a hopeful time to be working on the biology of aging.”

32. Why is the study focused on hippocampus?

- A. Because it is the driver of aging.
- B. Because it is essential to memory.
- C. Because proteins in it keep changing.
- D. Because its function differs with ages.

33. What does the underlined word “engineered” in paragraph 3 mean?

- A. Modified.
- B. Ignored.
- C. Separated.
- D. Destroyed.

34. What can be learned about FTL1 in the experiment?

- A. It reduces brain energy.
- B. It affects brain function.
- C. It boosts cell metabolism.
- D. It improves cell structures.

35. Which aspect of the study does the last paragraph mainly talk about?

- A. Its designs. B. Its purpose. C. Its findings. D. Its significance.

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。

Perhaps, you are a smart person with good knowledge and creative ideas, but when you enter a brand-new environment, it is not easy for new people to recognize and respect you immediately. Luckily, there are several practical ways to deal with these problems.

Be curious and be willing to learn new things actively. In a new environment, you may face many challenges outside your own field. 36 They can be more flexible and better meet new job requirements.

Have a good sense of judgment. When working or studying in new surroundings, you should make wise and careful decisions. 37 Instead, you should focus on long-term goals and insist on what is truly right.

Be confident and make eye contact while communicating. Looking confident is necessary when talking with others. 38 Before entering, you can encourage yourself, hold your head high and smile. Looking others in the eye helps you build trust and connection.

Set clear goals and express your ideas properly. When working with others, a clear goal and practical plan are quite important. Let others know your goals clearly. 39 Besides, treat your teammates with respect as equals.

Be ready to help others warmly. Don't just focus on your own work. After finishing your own tasks, offer help to others patiently. 40

- A. It's unnecessary to wait for others to help you.
- B. For example, you may feel nervous in a job interview.
- C. You should not be troubled by unimportant short-term choices.
- D. Many people find it hard to adapt to new environment smoothly.
- E. In this way, you can quickly get along well with people around you.
- F. People who keep an open mind to new knowledge have an advantage.
- G. Try to find the ideas that can bring people together and express them clearly.

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，从短文后各题所给的 A、B、C、D 四个选项中，选出可以填入空白处

的最佳选项。

My life-changing experience led me to sell our house, car, and possessions to see the world. That may seem 41, but let me explain.

My first international trip was to Bangkok in 2018. The experience 42 my life and made me realize I was existing, not living.

In Bangkok, we took a day 43 to the Wildlife Friends Foundation Thailand, and it 44 my perspective. We learned how 45 animal tourism is. By taking part in activities like taking pictures with large cats or riding elephants, we actually 46 the illegal wildlife trade and animal cruelty. These actions 47 the animals and guarantee things will never get 48. I must admit I was never an animal lover but being up close with elephants 49 something within me and made me want to give back.

When I left Thailand, my 50 of happiness changed. It was no longer 51 with material possessions, but with the 52 of life I longed for. I realized what truly 53 is the love of your family. Seeing the Thai people were happy with their families, I decided to 54 one of the most invaluable things in the world, time. After all, all the money in the world can't 55 you more time.

- | | | | |
|--------------------|----------------|------------------|---------------|
| 41. A. reasonable | B. simple | C. certain | D. extreme |
| 42. A. disturbed | B. transformed | C. protected | D. ruined |
| 43. A. trip | B. job | C. care | D. lesson |
| 44. A. presented | B. reshaped | C. blocked | D. reflected |
| 45. A. promising | B. confusing | C. popular | D. cruel |
| 46. A. investigate | B. restrict | C. support | D. monitor |
| 47. A. cheated | B. rescued | C. hurt | D. trained |
| 48. A. fairer | B. clearer | C. easier | D. better |
| 49. A. awakened | B. balanced | C. buried | D. destroyed |
| 50. A. experience | B. journey | C. memory | D. definition |
| 51. A. associated | B. compared | C. familiar | D. decorated |
| 52. A. habit | B. miracle | C. quality | D. standard |
| 53. A. remains | B. happens | C. matters | D. works |
| 54. A. take back | B. give up | C. break through | D. put off |
| 55. A. control | B. buy | C. waste | D. share |

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。

Chinese embroidery, known as “*xiu*”, implies beauty and magnificence, 56 (represent) a five-colored picture. Embroidery was an elegant task for fair ladies bound at home, and also a good pastime 57 which they might devote their intelligence and passion.

Chinese embroidery is a brilliant treasure in Chinese art. The oldest embroidered product in China on record 58 (date) from the Shang Dynasty, when it symbolized social status. It was not until later on, as the national economy developed, 59 embroidered products entered common people’s lives.

Through progress over Zhou Dynasty, the Han Dynasty witnessed a 60 (remark) leap in embroidery in both technique and art style. Court embroidery 61 (set) and specialization came into being. The genuine embroideries 62 (find) in Mawangdui Han Tomb are the best evidence of this prosperity. The Song Dynasty saw a peak in both quantity and quality of embroidery, which developed into an art through the 63 (combine) of calligraphy and painting, and new tools and skills were invented.

Considered as a symbol of China and a nice choice for Chinese souvenirs, Chinese embroidery involves a perfect integration of fine arts, aesthetic achievements and practical uses. When travelling in China, whether you are in a famous tourist city, 64 a remote minority area, you may buy some embroidery products as special gifts 65 (send) your family or friends.

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，你校英文报正在举办“A Skill That Inspires Me”征文活动。请你写一篇短文投稿，分享你假期学会的一项新技能。内容包括：

- (1) 简要描述；
- (2) 体验和感受。

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。

A Skill That Inspires Me

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。

Mara was a quiet teenage girl who loved drawing in her spare time. She seldom shared her works with others, fearing they were too ordinary. Deep down, she longed to be seen, but fear always held her back.

Living next door was Lila, her dearest friend. They had known each other for years and often spent time together at Mara's home. So Lila had long seen how warm and lovely Mara's drawings were, and truly believed she had a great gift for art.

One day, a poster put up in their community called for local residents to create a hand-drawn display board for the shared library box in the nearby park, to remind people to return books on time. Lila rushed to Mara and eagerly encouraged her to give it a try. With her friend's sincere encouragement, Mara decided to challenge herself and began to work on her design. While she was working on the design, Lila stayed with her, sharing creative ideas.

Suddenly, her cat Pepper jumped onto the draft and left a clear paw (爪子) print in the corner. Mara felt upset at first, worried her work was ruined. But Lila told her it looked special and unique. After a moment's thought, she turned the print into a small flower with soft lines leading to a library box to remind people of timely returns.

At that moment, Mara came to realize that imperfections didn't have to ruin a creation. Sometimes, they could even bring unexpected warmth and beauty. It was a tiny but new idea to her, one that quietly planted a seed of courage in her heart. But deep down, she still doubted if she was ready to show it to others.

When the deadline arrived, anxiety flooded her mind. Holding the finished display board in her arms, she stood hesitantly by the door, her hands trembling. Old doubts came back—would others think her work too simple? Too plain? She fell into deep silence, unable to gather the courage to take that final step outside.

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。

Just then, a soft knock came at the door.

Days later, word came that her work was displayed in the park.

宁德市 2026 届高中毕业班五月份质量检测
英语参考答案及评分标准

第一部分 听力

第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

1. C 2. A 3. C 4. B 5. B

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

6. C 7. C 8. B 9. A 10. B 11. A 12. C 13. A 14. C 15. A
16. B 17. C 18. A 19. B 20. B

第二部分 阅读

第一节（共 15 小题；每小题 2.5 分，满分 37.5 分）

21. A 22. B 23. D 24. C 25. D 26. D 27. A 28. C 29. B 30. A
31. C 32. B 33. A 34. B 35. D

第二节（共 5 小题；每小题 2.5 分，满分 12.5 分）

36. F 37. C 38. B 39. G 40. E

第三部分 语言运用

第一节（共 15 小题；每小题 1 分，满分 15 分）

41. D 42. B 43. A 44. B 45. D 46. C 47. C 48. D 49. A 50. D
51. A 52. C 53. C 54. A 55. B

第二节（共 10 小题；每小题 1.5 分，满分 15 分）

56. representing 57. to 58. dates 59. that 60. remarkable
61. was set 62. found 63. combination 64. or 65. to send

第四部分 写作

第一节（满分 15 分）

作答示例

A Skill That Inspires Me

During the winter holiday, I learned a new skill—cooking. It was not easy at the beginning, but I decided to challenge myself.

I started with simple dishes, following recipes step by step. Sometimes I burned the food or added too much salt. However, I never gave up. I kept practicing and gradually became better. The whole process was tiring but really meaningful.

This skill has inspired me a lot. It makes me more independent and lets me understand my parents' hard work. More importantly, I realize that nothing is impossible with patience and practice.

一、评分原则

1. 本题总分为 15 分，按 5 个档次给分。
2. 评分时，先根据文章的内容和语言初步确定其所属档次，然后以该档次的要求来衡量，确定或调整档次，最后给分。
3. 词数少于 60 和多于 100 的，酌情扣分。
4. 评分时应注意的主要内容为：内容要点、应用词汇和语法结构的丰富性和准确性及上下文的连贯性。
5. 拼写与标点符号是语言准确性的一个方面，评分时，应视其对交际的影响程度予以考虑。英、美拼写及词汇用法均可接受。
6. 如书写较差以致影响交际，可将分数降低一个档次。

二、内容要点

1. 简要描述；
2. 体验和感受。

三、各档次的给分范围和要求

| | |
|-----------|--|
| 第五档 | 覆盖了全部内容，富有逻辑性，完整地表述了写作要求。 |
| (13~15 分) | 使用了多样而且合适的词汇和语法结构，可能有一些错误，但完全不影响理解。有效地使用了语句间的衔接手段，全文结构清晰，意义连贯。 |
| 第四档 | 覆盖了主要内容，比较富有逻辑性，比较完整地表述了写作要求。 |
| (10~12 分) | 使用了比较多样而且合适的词汇和语法结构，可能有一些错误，但不影响理解。比较有效地使用了语句间的衔接手段，全文结构比较清晰，意义连贯。较好地完成了试题规定的任务。 |
| 第三档 | 覆盖了基本内容，有一定逻辑性，基本表述了写作要求。 |
| (7~9 分) | 使用了一些而且基本合适的词汇和语法结构，错误较多，但基本不影响理解。有效地使用了一些语句间的衔接手段，全文结构基本清晰，意义基本连贯。基本完成了试题规定的任务。 |
| 第二档 | 覆盖了一些内容，没有逻辑性，未表述写作要求。 |
| (4~6 分) | 使用了很少合适的词汇和语法结构，错误很多，影响理解。没有使用语句间的衔接手段，全文结构混乱，意义不连贯。未能完成了试题规定的任务。 |
| 第一档 | 内容很少，没有逻辑性，未达到写作要求。 |
| (1~3 分) | 词汇和语法结构错误很多，影响理解。没有使用语句间的衔接手段，全文结构混乱，意义不连贯。未能完成试题规定的任务。 |
| 0 分 | 未能传达给读者任何信息：内容太少，无法评判；写的内容均与所要求内容无关或所写内容无法看清。 |

第二节（满分 25 分）

写作示例：

写作思路

Paragraph 1 *Just then, a soft knock came at the door.*

1. Lila 过来找 Mara
2. Lila 鼓励 Mara
3. Mara 鼓起勇气提交作品

Paragraph 2 *Days later, word came that her work was displayed in the park.*

1. 得知消息后，Mara 的感受
2. Mara 前往公园看自己展出的作品以及周围人的认可
3. Mara 的感悟升华

Paragraph 1 *Just then, a soft knock came at the door.* It was Lila, who had been worrying about her all afternoon. She stepped in gently and spotted the beautifully finished display board on the desk. Sensing Mara's unease and hesitation, she smiled and pointed at the lovely flower on the board, saying it was the most distinctive part of the whole design. She told Mara that perfection was not the only standard; sincerity and warmth in the work could impress people more. With Lila's patient comfort and firm encouragement, Mara's heart was filled with warmth. She wiped her nervous sweat, held the board firmly in her arms, and plucked up the courage to walk towards the community center with her best friend to hand in her design.

Paragraph 2 *Days later, word came that her work was displayed in the park.* Hearing the news, Mara was seized by a wave of surprise and excitement and invited Lila to the park together. As they approached the shared library box, Mara's eyes widened in surprise—her display board was attracting many residents to stop and appreciate it. Passers-by spoke highly of the lovely patterns and the cleverly designed flower, with some even taking photos of it. Seeing this, Mara's face turned red with excitement and pride. She finally understood that imperfection could be special and that bravery to share was more valuable than perfection. This experience not only made her more confident but also encouraged her to keep creating and showing her works to others.

一、评分原则

1. 本题总分为 25 分，按五个档次进行评分。
2. 评分时，主要从内容、语言表达和篇章结构三个方面考查，具体为：
 - (1) 续写内容的质量、续写的完整性以及与原文情境的融洽度。
 - (2) 所使用词汇和语法结构的准确性、恰当性和多样性。
 - (3) 上下文的衔接和全文的连贯性。
3. 评分时，应先根据作答的整体情况确定其所属的档次，然后以该档次的要求来综合衡量，确定或调整档次，最后给分。
4. 评分时还应注意：
 - (1) 词数少于 120 的，酌情扣分。
 - (2) 单词拼写和标点符号是写作规范的重要方面，评分时应视其对交际的影响程度予以考虑，英美拼写及词汇用法均可接受。
 - (3) 书写较差以致影响交际的，酌情扣分。

二、各档次的给分范围和要求

| | |
|----------|--|
| 第五档 | —创造了丰富、合理的内容，富有逻辑性，续写完整，与原文情境融合度高。 —使用了多样且恰当的词汇和语法结构，可能有个别小错，但完全不影响理解。 —有效地使用了语句间衔接手段，全文结构清晰，意义连贯。 |
| (21~25分) | |
| 第四档 | —创造了比较丰富、合理的内容，比较富有逻辑性，续写比较完整，与原文情境融合度比较高。 —使用了比较多样且恰当的词汇和语法结构，可能有个别小错，但完全不影响理解。 —比较有效地使用了语句间衔接手段，全文结构清晰，意义连贯。 |
| (16~20分) | |
| 第三档 | —创造了基本合理的内容，有一定的逻辑性，续写基本完整，与原文情境相关。 —使用了简单的词汇和语法结构，有一些错误和不恰当之处，但基本不影响理解。 —基本有效地使用了语句间的衔接手段，全文结构基本清晰，意义基本连贯。 |
| (11~15分) | |
| 第二档 | —未能创造合理的内容，全文逻辑性较差，续写不完整，与原文情境相关度不高。 —使用了较少词汇和语法结构，有较多错误，影响理解。 —很少使用语句间的衔接手段，结构不够清晰，意义不够连贯。 |
| (6~10分) | |
| 第一档 | —未能创造合理的内容，全文逻辑性差，续写不完整，与原文情境相关度差。 —未能使用合适的词汇和语法结构，有很多错误，影响理解。 —未能使用语句间的衔接手段，结构不清晰，意义不连贯。 |
| (1~5分) | |
| 0分 | —未能传达给读者任何信息：内容太少，无法评判；写的内容均与所要求内容无关或所写内容无法看清。 |