

准考证号_____ 姓名_____

(在此试卷上答题无效)

漳州市 2025 届高三毕业班第三次教学质量检测

英语试题

本试题卷共 8 页, 67 题。全卷满分 150 分。考试用时 120 分钟。

注意事项:

1. 答题前, 考生务必将自己的姓名、班级、考场填写在答题卡上。
2. 回答选择题时, 选出每小题的答案后, 用 2B 铅笔把答题卡上对应题目的答案标号涂黑。如需改动, 用橡皮擦干净后, 再选涂其他答案标号。回答非选择题时, 将答案写在答题卡上, 写在本试卷上无效。
3. 考试结束后, 将本试卷和答题卡一并交回。

第一部分 听力(共两节, 满分 30 分)

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

第一节 (共 5 小题; 每小题 1.5 分, 满分 7.5 分)

听下面 5 段对话。每段对话后有一个小题, 从题中所给的 A、B、C 三个选项中选出最佳选项。听完每段对话后, 你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段对话仅读一遍。

例: How much is the shirt?

A. £ 19. 15.

B. £ 9. 18.

C. £ 9. 15.

答案是 C。

1. What will the man do this weekend?

A. Visit a volunteer center.

B. Look after animals.

C. Clean the house.

2. Whose birthday is it today?

A. The daughter.

B. The father.

C. The mother.

3. Where is the man now?

A. In America.

B. In Canada.

C. In Mexico.

4. How is the girl feeling now?

A. Confused.

B. Excited.

C. Worried.

5. What's the relationship between the speakers?

A. New colleagues.

B. Distant relatives.

C. Former classmates.

第二节 (共 15 小题; 每小题 1.5 分, 满分 22.5 分)

听下面 5 段对话或独白。每段对话或独白后有几个小题, 从题中所给的 A、B、C 三个选项中选出最佳选项。听每段对话或独白前, 你将有时间阅读各个小题, 每小题 5 秒钟; 听完后, 各小题将给出 5 秒钟的作答时间。每段对话或独白读两遍。

听第 6 段材料, 回答第 6, 7 题。

6. What do the speakers have in common?

A. They both have a daughter.

B. They enjoy learning Chinese.

C. They both come from California.

7. Where will they probably meet this evening?

A. In a zoo.

B. In a park.

C. In a restaurant.

听第 7 段材料,回答第 8 至 10 题。

8. What is the man doing?

- A. Having a business meeting.
- B. Discussing fashion trends.
- C. Choosing a suit.

9. What color does the man prefer?

- A. Black.
- B. Brown.
- C. Navy blue.

10. What is the woman?

- A. A customer.
- B. A tailor.
- C. A salesgirl.

听第 8 段材料,回答第 11 至 13 题。

11. How will the woman travel this afternoon?

- A. By taxi.
- B. By train.
- C. By plane.

12. Why does the woman leave a long time in advance?

- A. To buy a gift.
- B. To avoid traffic jam.
- C. To post her suitcase.

13. Who will the woman visit?

- A. Her mother.
- B. Her brother.
- C. Her daughter.

听第 9 段材料,回答第 14 至 17 题。

14. What are the speakers talking about?

- A. The man's past and future.
- B. The man's mistakes and progress.
- C. The man's advantages and disadvantages.

15. How does the man improve his handwriting?

- A. By learning from Mr. Conner.
- B. By taking calligraphy classes.
- C. By teaching himself.

16. What will the man pay more attention to in the future?

- A. His grammar.
- B. His handwriting.
- C. His pronunciation.

17. What's the woman's advice?

- A. Keeping practicing.
- B. Learning from mistakes.
- C. Finding greater challenges.

听第 10 段材料,回答第 18 至 20 题。

18. What can be accepted?

- A. Clothes.
- B. Tables.
- C. Fridges.

19. When can the man's team make the pickup?

- A. At 9:00 a. m. on Saturday.
- B. At 10:00 a. m. on Thursday.
- C. At 7:00 p. m. on Wednesday.

20. What does the man say about using their service?

- A. Risk-reducing.
- B. Money-saving.
- C. Eco-friendly.

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

How to Take Your "Before" and "After" Photos

Suppose you're about to start a weight-loss or body-shaping journey that will change your body and your life, nothing shows the results of this experience better than a set of "before" and "after" photos. Whether you just want to keep them as a personal reminder, or share your story with the world, prepare to be an expert to get high-quality photos!

Camera, Photographer, and Location

It's best to use a digital camera.

If you have a camera stand, that's great; otherwise, try to get someone to take your photos—don't worry, he or she doesn't have to be a professional photographer!

Choose a well-lit area in front of a plain wall. The simpler the background is, the more attention will be on you and your transformation.

Dress Code(密码)

A swimsuit or form-fitting workout clothes work best. You should show as much of your body as you're comfortable with, but please keep it appropriate for public consumption.

Photo Composition

Take full-body photos and make sure your face can be clearly seen.

Try to take the photos from different angles, such as a front view and a side view.

Whatever you do, consistency is key!

Ideally, your "before" and "after" photos will show you doing the same poses, wearing the same clothes, in the same place both before and after your transformation. This way, your body is the only thing that can be seen changing.

Timing

Make sure to take the photos at the beginning, during, and end of your program so that you can see your progress over time. If you're doing a 90-day program, for example, you could take photos on Day 1, and then on Day 30, Day 60, and Day 90 until you're done.

21. What is the aim of a set of "before" and "after" photos?

A. To record a touching story.

B. To remember a trip.

C. To share a workout method.

D. To show a transformation.

22. What is needed before taking "before" and "after" photos?

A. A plain setting.

B. A fashionable dress.

C. A high-tech camera.

D. A well-trained photographer.

23. Which of the following can probably guarantee high-quality "before" and "after" photos?

A. Taking photos every day.

B. Adopting a unique angle.

C. Making your face visible.

D. Wearing a consistent smile.

B

Barbara Rieco, a woman with a firm desire to become an author, witnessed the realization of her long-prized dream this Christmas season. Her grandson, Chad Cooper, played a crucial role in making it happen.

Though Rieco authored the children's book *More! More! More!* as early as in 1972, the path to publication had been filled with rejections for four decades. Nevertheless, she kept trying to publish this book. The concept of abandoning her dream simply has never crossed Rieco's mind. The story of *More! More! More!* focuses on Prissy Miss and her exploration of gratitude and the power of make-believe. It draws inspiration from Rieco's early years in a middle-class Philadelphia family and her later experiences at Project Head Start, where she was deeply touched by the sight of poverty and her desire to assist those in need grew.

Cooper, engaged in production and design, discovered a book file in his grandmother's computer during one of his visits. After his grandmother told him the story about the book file, Cooper was moved by her perseverance(毅力), and due to the story's potential, he decided to take matters into his own hands.

Cooper self-published the book and enlisted(争取) the talent of illustrator Yuri Moyashi to vividly bring the story to life. After its release, the TikTok video recording the moment he presented the published book as a Christmas gift to Rieco has gained over 4 million views and 800 000 likes, causing an outpouring of admiration from viewers. Several hundred copies of the book were sold within a month, and it has an online presence on *moremoremore.net*.

Encouraged by this success, plans for an audio-book and a hardcover edition are underway. Rieco has other unpublished works that she is eager to pursue, and both she and Cooper are now determined to help others realize their dreams concerning writing. This heartwarming journey not only shows the power of perseverance but also the great impact of familial support in the pursuit of one's creative ambitions.

24. What do we know about Barbara Rieco?

- A. She suffered a tough childhood.
- B. She possesses a strong determination.
- C. She donated money to the poor people.
- D. She attaches great importance to family.

25. What may contribute to Cooper's idea to publish the book?

- A. Deep sympathy for his grandmother.
- B. A responsibility to assist those in poverty.
- C. Strong faith in the prospect of Rieco's story.
- D. An ambition to work with the talented illustrator.

26. Which of the following best describes the book's publication?

- A. Ground-breaking.
- B. Far-reaching.
- C. Distinctively-marked.
- D. Widely-welcomed.

27. What do Rieco and Cooper probably intend to do next?

- A. Boost others' dreams.
- B. Generate more writings.
- C. Support others' families.
- D. Promote her book online.

C

While either a bath in the sun or a walk in the rain can contribute to shaking off the stress and recharging from the inside out, getting our hands dirty supercharges the effect to a much greater extent, according to a recent study conducted by several universities.

Over 50% of the individuals involved in the trial indicated that tending to the garden enhanced their emotional state, two-fifths of the participants stated that it helped them ease stress, and more than three quarters claimed that it presented them with a chance to establish a closer connection with nature.

Besides, gardening brings additional bonuses. Exposure to nature can help bring down blood pressure, heart rate, muscle tightness and the amount of stress. Toni Salter, who led the study, said, "Activities like the act of weeding and the task of digging within the garden can provide a comprehensive workout for our entire body, facilitating the relaxation of our physical state, so the more time we spend on gardening, the more substantial the quantity of exercise our body will receive."

Gentle exercises such as potting up seedlings(幼苗), watering and repotting plants have the potential to serve as a means of relaxation that frees us from the bonds of negative thought patterns. Being focused on nature not only increases our curiosity and makes us more flexible in our way of thinking but also, through planting and gardening, helps us develop patience and brings an optimistic expectation of the future as we wait for the harvest. "Planting a bulb(球茎) into cold winter soil, we yearn for a beautiful plant smiling in spring as well as ripe fruits nodding in autumn," says Toni.

Toni's suggestions: Choose plants and gardening elements that appeal to our senses, and look, smell, taste, listen and feel what we are dealing with. What matters is how to make the most of the time spent on it rather than focusing on how things turn out, so take our time, because taking things slowly and surely is the key to winning in the long run.

28. What advantage may gardening bring us according to the text?

- A. Bettering our body figures.
- B. Enhancing gardening skills greatly.
- C. Establishing bonds with communities.
- D. Freeing us from being worn-out mentally.

29. What does the underlined phrase "yearn for" in Paragraph 4 mean?

- A. Expect.
- B. Monitor.
- C. Purchase.
- D. Transport.

30. What is Dr. Toni's suggestion on gardening?

- A. Selecting appealing plants.
- B. Taking pleasure in the course.
- C. Focusing more on the outcome.
- D. Involving more gardening elements.

31. What is a suitable title for the text?

- A. Gardening: A Way to Develop Patience
- B. Gardening: A Cure for Mental Illnesses
- C. Gardening: An Approach to Calm the Soul
- D. Gardening: A Link to the Natural World

D

Old buildings tend to be regarded as throwaways and suitable for being torn down. Most people have not fully realized the "green" values that are linked with the upkeep of existing buildings. Actually, in fact, keeping and making use of old architectures is one of the most environmentally-sound things we can do—more than the construction of any new structures that claims to be "green".

Aged communities, which have developed and changed organically over an extended period, possess unique cultures of their own. The buildings within them are irreplaceable to the environment. Opting not to sustain such architectures essentially is like sentencing a special community to disappearance. Building "green" can be about preserving time-honored, local building traditions that respect regional cultures, rather than just using the latest and greatest technologies.

The building materials and craftsmanship (工艺) are also entitled to respect, not simply due to the environmental cost of the extraction (开采), transportation and production of them, but on account of the reality that some of such materials and the craftsmanship related will no longer exist. My little river cottage in West Virginia, which is constructed with chestnut sourced from the period prior to the die-off of the chestnut trees, is such that the material in question may never again be obtained. However, the prospective purchaser planned to tear it down, which, in my view, is not only a mark of disrespect for the material but also goes against the concept of sustainable development.

As the Preservation Green Lab report demonstrates, it takes 10 to 80 years for a new building that is 30 percent more efficient than an average-performing existing building to overcome the negative climate change consequences linked to the construction, which emphasizes the necessity of ongoing utilization (使用) of pre-existing buildings and communities, effectively preventing or minimizing the utilization of forests, farms, wildlife habitats, and open areas for novel construction undertakings.

As Carl Elefante of Quinn-Evans Architects brilliantly said, "The greenest building is one that is already built." Hopefully, the public will come to a uniform opinion that buildings currently existing are worthy of more care and attention.

32. How do most people deal with old buildings?

- A. They treat them lightly.
- B. They treasure them heartily.
- C. They explore them fully.
- D. They restore them actively.

33. Why does the author mention his little river cottage in Paragraph 3?

- A. To explain the complexity of building houses.
- B. To demonstrate the shortage of building materials.
- C. To display the attachment to the old constructions.
- D. To highlight the virtue of keeping old constructions.

34. What do the data in Paragraph 4 imply about old buildings?

- A. They are more efficient than the new buildings.
- B. They can help avoid more environmental pollution.
- C. They can clear away the bad effects on farms nearby.
- D. They consumed less energy in the construction process.

35. What is the text mainly about?

- A. Culture values lie in green buildings.
- B. Old buildings are environment-friendly.
- C. Old constructions should be given priority.
- D. Building craftsmanship should be respected.

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。

Why do we like sports? Jamie Carragher and Declan Rice are two English footballers who have said their sport is "all about winning". However, that's not the case. 36

Watching a man hanging in a Maltese position or a woman on the balance beam(平衡木), we'll feel their unique strength. They take delight in the beauty of their bodies, and share that with us. 37 They do it with extra care and delight that invite us into what they are doing.

In a game, there is nothing wrong with an eagerness to do things well, but that's different from demanding that it must happen. Former England football manager Roy Hodgson disliked the phrase—"a must-win game". He believed much psychological suffering is created by believing "musts". A way to avoid this is to watch your language. Phrases like "I must" and "I should" only increase pressure. 38 Then we can drop back into that calm, peaceful self.

We tend to think we'll not feel satisfied until we achieve what we have expected. 39 Caitlyn Jenner, an American track and field athlete, once talked about how she still felt troubled, even after winning Olympic Gold. Remember, we can only treasure this very moment that truly exists.

Winning is frequently unimpressive, but the experience itself is enjoyable. The day after Jonny Wilkinson kicked the winning goal, he felt empty. However, he experienced a transcendence(超脱) on the field. 40 Seeking to strengthen our sense of self through "winning" will not bring us happiness, but the experience itself will.

- A. They don't just do the sport.
- B. Stick with "I want" or "I would like".
- C. Sports can reveal deep beauty and life lessons.
- D. The problem is that it doesn't tend to work that way.
- E. Doing sports can help us strengthen our body and mind.
- F. We are happiest when we lose ourselves in the experience.
- G. Seldom do we think how upset we'll be if we lose the game.

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。

Today's story comes from Bonfield, Ontario.

Last year, Darren suffered a massive heart attack in the middle of the night, which is often 41. Remarkably, it was Bear, the family dog, who 42 the danger and took 43 to save Darren's life.

Darren's wife, Janice, was awoken by Bear one night, who had come upstairs to 44 her. She followed Bear downstairs, 45 but concerned, only to find Darren 46 on the floor. "I cried, 'Oh my God!'" Janice recalled.

As Janice called 911, doctors quickly arrived and 47 Darren to the hospital, where he was 48 to have experienced one of the most severe forms of heart attack. He later had a 49 surgery, which ultimately saved his life.

Amazingly, Darren's recovery may not have been possible if Bear hadn't stepped in. His jumping on Darren's chest was a 50 form of "CPR(心肺复苏术)". "When I 51, Bear was there on my chest

and Janice was calling 911," Darren said. He 52 on waking up to Bear repeatedly jumping on his chest, which doctors believed provided just enough 53 to keep his heart going. Born from two former service dogs, Bear seemed to know something was wrong. "But he wasn't even trained to do it. He just did it. He saved me." Darren 54 Bear's act for his survival.

Today, Darren is healthy. In 55 of his bravery, Bear was admitted to the 2024 Purina Animal Hall of Fame.

- | | | | |
|--------------------|----------------|----------------|--------------|
| 41. A. ordinary | B. deadly | C. frequent | D. disabling |
| 42. A. proved | B. prevented | C. avoided | D. sensed |
| 43. A. care | B. turn | C. sight | D. action |
| 44. A. warn | B. bother | C. trick | D. protect |
| 45. A. angry | B. confused | C. shocked | D. tired |
| 46. A. senseless | B. drunk | C. exhausted | D. panicked |
| 47. A. recommended | B. reported | C. accompanied | D. rushed |
| 48. A. suspected | B. required | C. confirmed | D. advised |
| 49. A. rare | B. vital | C. minor | D. temporary |
| 50. A. standard | B. ineffective | C. unique | D. untimely |
| 51. A. passed out | B. turned back | C. came around | D. moved on |
| 52. A. focused | B. counted | C. reflected | D. lived |
| 53. A. warmth | B. energy | C. space | D. pressure |
| 54. A. credited | B. assigned | C. offered | D. prepared |
| 55. A. favor | B. recognition | C. search | D. need |

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。

The British Library, which houses over 170 million items, expanded its collection last month by adding printed copies of ten web novels by Chinese authors. This followed the library's first inclusion of sixteen online Chinese novels in 2022.

These novels, originally 56 (publish) on the platform operated by Yuewen, 57 online Chinese literature company, are deeply loved by readers online. Among these novels, *Quanzhi Gaoshou* is said to have attracted 135 million readings.

Qianshanchake, a Chinese web novelist 58 work *Stacie* was listed in the collection, expresses 59 (excite) and surprise at the recognition. She believes the 60 (adventure) themes and oriental (东方的) elements in her book will resonate (使共鸣) with British and other European readers. "These themes can help break through many cultural 61 (boundary), involving more readers," she says.

Chief Operating Officer of the British Library Jas Rai 62 (say) the library is delighted to cooperate with Chinese publishers 63 (engage) more viewers in the United Kingdom. He adds that online Chinese literature showcases the growing diversity in storytelling, 64 (offer) innovative ways for global audiences to relate 65 online stories.

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, 你校外教 Karen 对本学期开设的劳技课 (labor skills class) 很感兴趣, 组织全班同学对这门课程进行讨论, 请你写一篇发言稿, 内容包括:

(1) 你的看法;

(2) 你的建议。

注意: (1) 写作词数应为 80 左右;

(2) 请按如下格式在答题纸的相应位置作答。

Dear teacher and classmates,

That's all. Thank you!

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。

There lived a ten-year-old boy named Tim in a small town. Though born in a family that struggled to make ends meet, Tim was a bright and lively boy, having a strong passion for music. He held a dream that he could perform music for many people at his own concert in the future.

One day, word reached Tim about a local music competition, the prize of which was a full scholarship to a highly regarded music academy. This was an opportunity that seemed like a golden ticket to his dream, so he made the decision to participate. After hurrying to sign up for the competition, he made a plan to practice, day in and day out, using an old guitar that had been passed down from his grandfather.

When the day of the competition finally arrived, Tim felt a mixture of nervousness and excitement. He stepped onto the stage and poured all his heart, soul, and love into the music. He felt rather satisfied with his performance.

During the following days, he waited for the result anxiously. However, he didn't win. He completely broke down, feeling all his painstaking efforts were for nothing. A deep sense of discouragement settled over him. His parents knew that his skills are not good enough but didn't know how to comfort him. Tim was always sitting, playing his old guitar in the park, with nobody to talk with.

A few weeks later, a man named Mr. Thompson moved into the neighborhood. Little did anyone know that Mr. Thompson was a guitar master who once shared the spotlight on stages with well-known bands but now sought the peace of a quiet life. One day, he happened to spot Tim sitting alone, playing the guitar with a disappointed expression. He approached Tim and started a conversation. Tim opened up to him about his experience in the competition.

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。

Mr. Thompson listened attentively and then took over the guitar.

Two years later, Tim returned to his hometown for his own concert.