

泉州市 2026 届高中毕业班质量监测（二）

2026.01

高三英语

(试卷满分：150 分，考试时间：120 分钟)

★祝马到成功★

注意事项：

1. 答题前，考生须在试题卷、答题卡规定的位置填写自己的准考证号、姓名。考生应认真核对答题卡上粘贴的条形码的“准考证号、姓名”与考生本人准考证号、姓名是否一致。
2. 回答选择题时，选出每小题答案后，用铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。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，考生须将试题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，并标在试卷的相应位置。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。每段对话读两遍。

例：How much is the shirt?

- A. £19.15. B. £9.18. C. £9.15.

答案是 C。

1. What will Judy do?
A. Set up an animal shelter.
B. Look after the animals.
C. Adopt a homeless animal.
2. When will the talk be given?
A. On the 10th. B. On the 13th. C. On the 16th.
3. What are the speakers talking about?
A. Cold weather. B. Morning jog. C. A nearby café.
4. What does the man prefer for his holiday?
A. Lively scenes. B. Peaceful moments. C. Social interactions.

5. What does the man imply?
- A. He enjoyed teaching.
 - B. He took up drawing there.
 - C. He desired to stay longer.

第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

听下面 5 段对话或独白。每段对话或独白后有几个小题，从题中所给的 A、B、C 三个选项选出最佳选项，并标在试卷的相应位置。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. Where are the speakers?
- A. In a cinema.
 - B. On an airplane.
 - C. On a train.
7. What does the woman ask the man to do?
- A. Order some snacks.
 - B. Call an attendant.
 - C. Pass on a message.

听第 7 段材料，回答第 8 至 10 题。

8. What is the woman learning to operate?
- A. A camera.
 - B. A projector.
 - C. A photocopier.
9. Which button is for standby mode?
- A. The red one.
 - B. The green one.
 - C. The blue one.
10. What can be adjusted by turning the wheel?
- A. The colour.
 - B. The brightness.
 - C. The image size.

听第 8 段材料，回答第 11 至 13 题。

11. What is the man doing?
- A. Doing an interview.
 - B. Planning for leisure time.
 - C. Consulting school subjects.
12. What has Laura been interested in recently?
- A. Playing the guitar.
 - B. Joining a singing group.
 - C. Doing ballet.
13. What is Laura's future plan?
- A. To learn English well.
 - B. To become a geography teacher.
 - C. To promote AI-enabled education.

听第 9 段材料，回答第 14 至 17 题。

14. Who are the speakers?

- A. Teacher and student. B. Fellow researchers. C. Classmates.

15. What will the woman do this year?

- A. Learn psychology. B. Change her major. C. Direct some films.

16. What did the man advise the woman to do?

- A. Engage in class more.
B. Seek insights about success.
C. Interact with more students.

17. What does the woman invite the man to do?

- A. Offer film-making tips.
B. Get involved in her project.
C. Make comments on her project.

听第 10 段材料，回答第 18 至 20 题。

18. What aspect of the colouring-in books attracts buyers?

- A. Element of childhood memories.
B. Simple painting skills.
C. Digital features.

19. What does colouring-in books' success affect?

- A. Pencil qualities. B. Pencil sales. C. Pencil price.

20. What is the text mainly about?

- A. Social media's impact on popular art.
B. A colouring-in book craze among adults.
C. The struggle of pencil production.

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。

A

The best United States museums offer diverse reasons to explore the nation. Plan your journey by checking out some top picks:

Birmingham Museum of Art

Birmingham is a destination for historic architecture, theatres, and James Beard award-winning Southern food. And one of the best samples of the local culture is the city's Museum of Art. The museum houses over 24,000 pieces from global cultures, plus a fine collection of Renaissance and Academic art. Don't miss the museum's Charles W. Ireland Sculpture Garden. In an effort to make art more accessible to the blind and people with vision loss, the garden features several sculptures meant to be touched.

Denver Museum of Nature & Science (DMNS)

While attracting many families, this Denver museum is best known for its great exhibitions that draw huge crowds. You can expect ticketed and timed temporary exhibitions that showcase everything from the treasures of China to the culture of Cuba. Its massive, varied collection features a giant dinosaur skeleton (骨架), plus exhibits on outer space and the human body.

Oregon Museum of Science and Industry (OMSI)

Perfect for the young and young-at-heart, OMSI is a magnificent museum that will keep the whole family entertained for days. The museum is home to five halls packed with more than 200 interactive natural-science and technology exhibits and labs, a motion simulator, the state's most technologically advanced four-story-screen movie theatre, and special seasonal exhibits.

Kansas Union Station

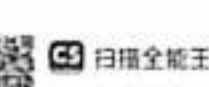
In addition to being one of the most beautiful train stations in the country after a complete restoration of its full Beaux Arts glory, the station is the place to be, even if you're skipping the rail. The most recent additions to the station include: a permanent rail history exhibit, a planetarium where you can explore space and stars, a science centre for kids, and a movie theatre.

21. Which museum best suits individuals with visual disabilities?
 - A. Birmingham Museum of Art.
 - B. Denver Museum of Nature & Science.
 - C. Kansas Union Station.
 - D. Oregon Museum of Science and Industry.
22. What is a distinguished characteristic of OMSI?
 - A. Special temporary exhibits.
 - B. Family-friendly atmosphere.
 - C. Interactive sci-tech experience.
 - D. Technology-themed collections.
23. What can visitors enjoy in both Kansas Union Station and DMNS?
 - A. Giant dinosaur displays.
 - B. Exhibitions about vehicles.
 - C. Diverse cultural collections.
 - D. Places to learn about astronomy.

B

Everyone has heard that it's vital to get seven to nine hours of sleep a night. Get anything less, and you are more likely to suffer from poor health in the short and long term. But in recent years, scientists have discovered a rare group of people who consistently get little shut-eye and are no worse for wear.

Natural short sleepers, as they are called, are genetically wired to need only four to six hours of sleep a night. These exceptions suggest that quality, not quantity, is what matters. If scientists could figure out what these people do differently, it might, they hope, provide insight into sleep's very nature.



Ying-Hui Fu, a human geneticist and neuroscientist at UC San Francisco, recalls there is one family whose members woke up early but didn't go to bed early, and felt refreshed after only about six hours of sleep. They were the first people identified with familial natural short sleep, a condition that runs in families like other genetic features. Fu and her colleague Ptaček thought the short sleep originated from a mutation (变异) in a gene called DEC2. The researchers went on to genetically engineer the DEC2 mutation into mice, showing that the animals need less sleep than their littermates.

Over time, the researchers have identified seven genes associated with natural short sleep. Like mice, people who are naturally short sleepers seem to be immune (免疫的) to the ill effects of short sleep. If anything, they do extraordinarily well. Research suggests that such people are ambitious, energetic and optimistic, with remarkable recoverability against stress and higher thresholds (阈值) for pain.

But though sleep has a strong genetic component, it can also be shaped by the environment. Knowing that better sleep is possible, and understanding the basis, could point the way to interventions to improve sleep, enabling more people to live longer, healthier lives.

24. What does the underlined part "no worse for wear" in paragraph 1 mean?

- A. Unharmed. B. Uncomfortable. C. Abnormal. D. Exhausted.

25. What can we know about the mentioned family in paragraph 3?

- A. They are early to bed and early to rise.
B. Their sleep quality depends on the quantity.
C. They are genetically built to require less sleep.
D. DEC2 is a decisive factor in their health condition.

26. What is the ultimate goal of this research?

- A. To develop tools for editing sleep genes.
B. To improve sleep quality for better health.
C. To identify specific sleep-related genes.
D. To create universal sleep reduction programs.

27. What can be a suitable title for the text?

- A. Less Shut-Eye, Better Health B. Sleep Quality and Gene Mutation
C. The Ones Who Need Less Sleep D. The Hidden Costs of Short Sleep

C

I have always been a person that needed to have the time to explore or experience something before I could make personal meaning. I often found that without first-hand experiences, I would soon forget. And nature always helped me remember and make connections to other concepts and ideas.

Confucius' saying "I hear and I forget. I see and I remember. I do and I understand." became clear to me through Dr. Bill Belzer. At the camp, he led us city kids — raised amid concrete, blacktop and little green space — on adventures. Every morning he would offer a stream hike, mud hike, or nature study of some sort. At first, I held back from joining him. However, when I saw the other campers returning from their outings happy and excited, I went to nature study because it seemed fun, and it was!

Every time I went to Belzer's nature study, everyone was observing, touching, listening, so was our leader. With each discovery we made on the walk, new things would come to light, inspiring unexpected connections. Occasionally Bill would come over and say, "What do you see?" It was not planned, it was spontaneous (自发的) and we were attracted to this kind of play and exploration.

With this in the mind, I took the leap into this kind of learning by organising a stream stroll at the university where I taught.

Each undergraduate was assigned a group of about four or five first-grade children. And with a splash, we were all explorers. The undergraduates initially tried to guide the children to see specific things, but later found that the children had their own exploration directions, so they turned to follow the children's rhythm and were shocked by this unplanned exploration.

Learning about nature and our earth, to make a personal connection, must be through involvement in something over time. That's the proof: a lasting connection to nature and learning is formed not in classrooms, but in doing.

28. How did the author initially feel about joining Dr. Belzer's nature study?

- A. Cautious. B. Hesitant. C. Prepared. D. Curious.

29. Why does the author mention Dr. Belzer's camp?

- A. To recall a memorable childhood adventure.
B. To prove city kids lack exposure to nature.
C. To demonstrate learning through direct experience.
D. To present the figure of Dr. Bill Belzer.

30. What happened when the undergraduates freed the children?

- A. The kids' self-directed discoveries amazed them.
B. The undergraduates took over the role of guiding.
C. The children lost interest without clear direction.
D. The activity became chaotic and unproductive.

31. What is the author's main argument in the text?

- A. Teachers should receive training in outdoor education.
B. Lasting learning comes from personal involvement in doing.
C. Unplanned exploration is the best way for children to learn.
D. Nature study is more effective than classroom instruction.

D

On a laboratory bench in Cambridge, Massachusetts, polished round blocks of black concrete sit bathed in liquid and wrapped in wires. Damian Stefaniuk presses a switch — the blocks, wired to an LED, make the bulb to life. This success promises a new future for energy storage.

Renewable energy like solar and wind is not always available, requiring batteries for storage. However, lithium (锂) batteries face shortages and can produce poisonous chemicals, driving the search for alternatives. This is where Stefaniuk's concrete comes in: he and colleagues create supercapacitors from water, cement (水泥), and carbon black. The supercapacitor's core lies in carbon black's high ability to conduct electricity. Mixed with cement and water, it forms concrete with conductive networks.

Supercapacitors are highly efficient at storing energy but differ from batteries in some ways. They can charge much more quickly and their energy storage density is enough to power a 10-watt LED bulb for 30 hours. However, supercapacitors also release stored power rapidly, making them less useful in devices such as mobile phones, laptops, or electric cars that require a steady supply of energy.

One application of supercapacitors is to create roads that store solar energy and then release it to recharge electric cars wirelessly as they drive along a road. The rapid release of energy from the supercapacitor would allow vehicles to get a rapid boost to their batteries. Another would be as energy-storing foundations of houses — 30 to 40 cubic meters meets a household's daily needs, Stefaniuk notes: "Walls, foundations or columns can support structures and store energy."

While reducing lithium reliance, carbon-cement supercapacitors have environmental impacts: cement production is responsible for 5–8% of global carbon dioxide emissions, and the carbon-cement needed would need to be freshly made rather than added to and used in existing structures. But there may be a way of overcoming the problem, adds Michael Short, who leads the Centre for Sustainable Engineering at Teesside University. His colleagues are already working on low-emissions cement that is made from the by-products of the steel and chemical industries.

32. What is a primary purpose of Stefaniuk and his colleagues' research?

- A. To develop new applications of concretes.
- B. To introduce a material for lithium batteries.
- C. To study the properties of cement mixture.
- D. To create a new approach for energy storage.

33. What is paragraph 2 mainly about?

- A. The growing adoption of renewable energy.
- B. The process of making a new storage device.
- C. The problems with current lithium battery technology.
- D. The reasons for developing carbon-cement supercapacitors.

34. What is an application for supercapacitors?
- A. Powering home appliances continuously.
 - B. Wirelessly charging electric vehicles on roads
 - C. Serving as the main battery for mobile phones.
 - D. Replacing all traditional building foundations.
35. What does Short's current research focus on?
- A. Reducing reliance on carbon-cement.
 - B. Upgrading existing structures.
 - C. Tackling high carbon footprint.
 - D. Simplifying low-cost ingredients.

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。

Glance through your WeChat Moments or TikTok feed, and you'll see all kinds of posts: a friend strongly recommending a "magic study method" that guarantees top grades or a video claiming "eating chocolate every day prevents colds". 36 The answer lies in critical thinking.

Critical thinking doesn't mean being negative or arguing with everyone. It simply means taking a step back, asking questions, and refusing to accept information at face value. 37 We tend to believe things that fit our existing ideas or that lots of people are talking about. But this autopilot mode can mislead us.

Imagine your teammate suggests a plan that everyone else nods along with immediately in a group discussion. A critical thinker won't just agree to avoid conflict. They'll ask: Do we have the resources to pull this off? 38 Is there a better way to divide the work?" These questions don't make you a troublemaker — they make the project stronger.

39 You've probably heard "you're either a math person or a language person." A critical thinker would look for evidence. Research on learning styles proves while people have preferences, anyone can improve at math or languages with the right method. Critical thinking turns you from a passive learner into an active one who takes charge of their own education.

Next time you're about to hit "share" on a post or accept a "fact" as true, stop for 10 seconds. 40 You'll be surprised by how much better your decisions become and how much more confident you feel in your own voice. After all, the smartest students aren't the ones who know all the answers — they're the ones who know how to ask the right questions.

- A. Our brains love shortcuts.
- B. Turn off your brain's autopilot.
- C. Does this plan fit our deadline?
- D. Why might they share this information?
- E. How do you decide which of these to believe?
- F. Social media is where critical thinking is most needed.
- G. Critical thinking also shines in facing study misconceptions.

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。

I turn eight today. I'm not just any eight-year-old. I ranked first on my math test. I'm sure I'm a math 41. So, today whatever I say goes. Grandma gets it. She has made my favourite chocolate-strawberry cake and even plans to 42 my no-screen-time mom to play video games with me.

But Grandpa? He's sleeping on his only grandson's birthday! I'm upset because he's 43 me. Mom asks me to wait, but I can feel the 44 rising inside me. I start screaming and crying.

I am still angry when Grandpa 45. After putting in his false teeth with difficulty, he invites me for a walk. Unwillingly, I follow him to 46 into the garden.

I know he's about to 47 me: respect your elders, etc. Instead, he 48 asks me to help him sit down on a bench soon after. For a second, I remember it's my birthday and I can do whatever I want. But when I see his legs 49 while bending his knees, I rush over to help him. Grandpa can 50 walk though he used to hike whole mountains. I start to 51 something in my chest.

Putting his wrinkly hand over mine, Grandpa says, "Tell me about the video game you 52, and I'll tell you my 53. We'll listen to each other. Deal?" I cry again, but this time it feels 54. Strangely, it feels more like my 55 than ever.

- | | | | |
|----------------------|----------------|----------------|------------------|
| 41. A. expert | B. miracle | C. genius | D. prince |
| 42. A. remind | B. pressure | C. forbid | D. permit |
| 43. A. rejecting | B. criticising | C. disturbing | D. ignoring |
| 44. A. anger | B. confidence | C. empathy | D. gratitude |
| 45. A. comes to | B. pulls over | C. turns up | D. sets off |
| 46. A. vanish | B. inch | C. burst | D. march |
| 47. A. transform | B. comfort | C. lecture | D. defeat |
| 48. A. vividly | B. sharply | C. urgently | D. softly |
| 49. A. shaking | B. bleeding | C. swinging | D. straightening |
| 50. A. energetically | B. gracefully | C. steadily | D. barely |
| 51. A. eliminate | B. capture | C. feel | D. reinforce |
| 52. A. develop | B. love | C. release | D. stream |
| 53. A. predictions | B. collections | C. preferences | D. stories |
| 54. A. different | B. loyal | C. conscious | D. fascinating |
| 55. A. ceremony | B. birthday | C. lifestyle | D. portrait |

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。

Tea is the most popular drink in the world after water. The story of tea begins in ancient China, where legend credits its discovery to Emperor Shennong in 2737 BCE. According to legend, while the emperor was boiling water, some 56 (leaf) from a nearby wild tree blew into his pot, resulting in a 57 (refresh) drink and the popularity of tea in China. Initially, it 58 (consume) for its healing (治疗) properties, but quickly became a daily drink. By the Tang Dynasty (AD 618–907), tea drinking was well established in Chinese society 59 an art form and a social activity.

Carried by travelers from China, tea moved along the old silk roads to the Middle East by the 10th century. There, people of high status and learned groups took to it. It became 60 key part of friendly meetings and thoughtful talks in nice gardens and private rooms, eventually 61 (give) rise to a well-developed tea way of life that stressed warmth, companionship, and 62 (pure).

Tea traveled along trade routes to the Middle East and Europe. 63 (primary) through the efforts of Portuguese and Dutch traders in the 16th century. By the 17th century, tea had become 64 (fashion) among European nobility, particularly in Britain. 65 it evolved first into a symbol of status and later into a drink enjoyed by people of all classes.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

你校近期组织了一次“Campus Beautification Day”实践活动。学校英文报以此为题征文。请你写一篇短文投稿，谈谈收获和不足，并提出建议。

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。

Campus Beautification Day

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。

As a very shy writer who had been sending out manuscripts (手稿) for years, I couldn't decide what scared me more: never getting published, or finally getting published and having to talk about my book in front of people. It was a tough choice. I wasn't just a little nervous — I was truly afraid of speaking to strangers. Once, at a small writers' group, I almost cried when it was my turn to introduce myself.

“You live like an island,” my editor Lucy told me after I declined a promotional opportunity. “Publishing means delivering your heart to the world. Step out, or your words remain trapped on paper.” Her words hurt but they were true.

At the suggestion of my friends, I attended a Toastmasters meeting. Taking the leap was the hardest step I had ever taken. But the warmth of the members there disarmed me, particularly Max, a retired professor and a seasoned instructor in the club. His calm presence was quietly encouraging. I signed up, with the hope of gradual change.

Then, unexpectedly, I was offered a contract of publishing my book: I was over the moon! Right then, I ran into my friend Barb, a teacher. “You must speak to my class!” she insisted. “Oh, no,” I shook my head, my face flushing. “I'm not ready.”

Days later, Lucy called. "We need to schedule your college campus talks — it's in the contract. Society needs to see its creators." Hanging up, I felt my stomach tightened.

At the next Toastmasters meeting, my anxiety was quite visible. During a break, Max approached. "You seem burdened tonight," he observed gently.

"The editor is forcing me into public talks. I'm terrified," I whispered.

He smiled, his eyes knowing. "We all begin here, facing that same mirror," he said. "If you turn your back on the world, you only see your own shadow. But if you face it, you'll see it reflected back not as a judge, but as a space waiting for your voice. Your fear isn't the barrier — your silence is."

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。

These words just struck me and I decided to step out.

Driving to the high school on the big day, I tried to overcome my anxiety.

泉州市 2026 届高中毕业班质量监测 (二)

英语试题参考答案及评分标准

第一部分 听力 (共两节, 满分 30 分)

1—5 BCABC 6—10 ACBBC 11—15 ACCAC 16—20 ABABB

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)

21—25 ACDAC 26—30 BCBCA 31—35 BDDBC

第二节 (共 5 小题; 每小题 2.5 分, 满分 12.5 分)

36—40 EACGB

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)

41—45 CBDAA 46—50 BCDAD 51—55 CBDAB

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

56. leaves	57. refreshing	58. was consumed	59. as	60. a
61. giving	62. purity	63. primarily	64. fashionable	65. where

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

【作答示例】

One possible version:

Campus Beautification Day

Our school's Campus Beautification Day was a rewarding experience. We cleaned up litter, planted flowers, and worked together closely, which strengthened our sense of teamwork and responsibility for our campus.

However, there were shortcomings. Some students lacked enthusiasm, and we didn't have enough tools, slowing down our progress. Also, no follow-up plan was made to maintain the beauty.

I suggest organising pre-activity lectures to encourage participation, preparing more tools, and setting up a volunteer team to check the campus regularly. This way, our campus will stay beautiful long-term.