

# 宁波“十校”2023届高三3月联考（试题+答案+优质范文）

## 浙江省宁波“十校”2023届高三3月联考英语试题

### 第I卷

#### 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。

1. What will Matthew do on the weekend?

A. Attend an exhibition.

B. Enter a contest.

C. Visit China.

2. Where do the speakers want to go?

A. To a supermarket.

B. To a bank.

C. To a restaurant.

3. When will the man see the film?

A. At 1:30 p.m.

B. At 3:30 p.m.

C. At 5:30 p.m.

4. What are the speakers mainly talking about?

A. A noisy night.

B. A place of living.

C. Their sleeping habits.

5. Why did the man call the woman last night?

A. To give her fruits.

B. To invite her to a party.

C. To ask for her cousin's number.

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. How does the man feel about the woman's suggestion?

A. A bit disappointed.

B. Very satisfied.

C. Greatly surprised.

7. What will the speakers do on Friday evening?

A. Go shopping.

B. Eat out.

C. Pick up their children.

听第 7 段材料，回答第 8、9 题。

8. Where does the conversation probably take place?

A. In a hotel.

B. On a plane.

C. On a lake.

9. Why will the man go to Chicago?

A. To attend a meeting.

B. To visit his sister.

C. To start university.

听第 8 段材料，回答第 10 至 12 题。

10. What is the probable relationship between the speakers?

A. School friends.

B. Teacher and student.

C. Librarian and library user.

11. What does Michael say about the book?

A. It's sold at a discount price.

B. It's important for Maria's study.

C. It's written by Professor Hughes.

12. What will Michael do for Maria?

A. Share his book with her.

B. Lend her some money.

C. Ask Noah for help.

听第 9 段材料，回答第 13 至 16 题。

13. Why does the man meet the woman?

A. To look at an apartment. B. To have a meal together.

C. To deliver some furniture.

14. What does the man like about the carpet?

A. Its quality.

B. Its size.

C. Its color.

15. What does the man think of the kitchen?

A. It's well-designed.

B. It's well-equipped.

C. It's well-painted.

16. What will the man probably do next?

A. Take a bus.

B. Make a payment.

C. Talk with his wife.

听第 10 段材料，回答第 17 至 20 题。

17. Why does the speaker organize the activity?

A. To prepare for Children's Day.

B. To celebrate the end of the school year.

C. To welcome children in the neighborhood.

18. What is the activity for children about?

A. Looking for the hidden gifts.

B. Hiding around the center.

C. Having a group discussion.

19. What are the children required to do before going out?

A. Find the flags.

B. Write their names down.

C. Stay together with their parents.

20. Who will go to the other side of the center?

A. The preschool children.

B. The third-grade children.

C. The fourth-grade children.

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

### Treasure Hunt Through Modern-Day Ruins

Urban exploration of abandoned man-made structures became popular in the 1990s when modern society was fast forwarding into the next century. Left behind were relics of human civilization. Far

away from modernization, rusted in air, tangled in weeds and vines, ruins tell forgotten tales and sometimes become history in and of themselves.

### **Punch Buggy Scrapyard**

#### **MOAB, UTAH**

Vintage car lovers won't want to miss this huge car disposal yard, the impressive open-air TomTom's Volkswagen graveyard-a father-and-son cooperation begun in 1961 with eight cars. From buses to Beetles to Karmann Ghias to Squarebacks, hundreds of cars, car windows, doors and tires form a rainbow colored fleet contrasting with the dry yellow ground.

### **Game of Thrones' End**

#### **KUPARI, CROATIA**

Six miles east of Dubrovnik, one of the main filming locations of the hit series Game of Thrones' King's Landing, is a bay of abandoned hotels that witnessed Croatia's real power play. It was once a seaside resort for the military elite before the Yugoslav army destroyed it during the Croatian War in the 1990s. What exists today at the complex of former glory are overgrown weeds, graffiti and rusty remains.

### **Once Upon a Gold**

#### **ATHENS**

Stadiums that once housed tears and sweat, cheers and boos during the 2004 Olympic games are now left for weeds. The beach volleyball arena, aquatics center and other venues were abandoned because of little local interest and lack of planning when the \$15 billion grand building was being erected.

### **Twining Romance**

#### **QUEENSLAND, AUSTRALIA**

Nearly a century ago, Spanish sugarcane cutter José Paronella wanted to build a castle in the rainforest for his wife. The resulting wonderland-Paronella Park-with vines twining on stone pillars and moss peeping out from cracks has been open to the public since 1935. Its current owners are dedicated to "maintaining and preserving" the primitive beauty of this renowned carbon neutral tourist attraction with 7,500 flora and fauna (动植物).

21. Which place might interest a fan of TV series?

A.MOAB B.KUPARI C.ATHENS D. QUEENSLAND

22. What caused the Olympic stadiums to be abandoned?

A. Lack of public awareness.

B. Overgrown weeds.

C. High construction cost.

D. Insufficient planning.

23. Which of the following statement is TRUE according to the passage?

- A. Punch Buggy Scrapyard started with eighty different cars.
- B. Competitions are still held in the venues of the 2004 Olympic games.
- C. Game of Thrones' End is a glorious theatre where plays were performed.
- D. Paronella Park is preserved to present its original and natural beauty.

**B**

I was a graduate student in Manhattan having breakfast on my rooftop on Sept. 11, 2001, when I witnessed planes hit the Twin Towers. For months afterwards, I shook with anxiety every morning. Unwilling to medicate, I tried everything else. Mindfulness meditation (冥想) caused panic attacks. Hot yoga built muscle but did nothing for my anxiety. I went to talks by Buddhist monks and meditation teachers hoping to attain inner peace, but in vain. Finally, I attended a SKY Breath Meditation class, which involves a 20-minute breathing regimen (养生之道) in different postures and rhythms. Though I went in skeptical, I came out calm. Two decades later, I never missed a day of my breathing practice, not even when I gave birth.



I've also devoted part of my research career to studying the benefits of breathing for mental health and well-being. Seven years after 9/11, I was working with veterans returning from war with post-traumatic stress disorder (PTSD). Traditional treatments had failed many of them, so my colleagues and I ran a randomized controlled trial to test the effects of SKY breathing. Compared with the control group, veterans practicing SKY every day for one week saw their anxiety drop to levels typical of the general population.

Even though most did not continue to practice, they maintained the benefits a year later.

Emotions influence your breathing patterns, and changing your breathing can change your emotions. For example, anxiety and anger correspond to an irregular, short, fast breath. Adopting the slower and more regular breathing pattern that corresponds to a calm feeling signals relaxation by activating the vagus nerve (交感神经), slowing heart rate, easing blood pressure, and settling you down. A simple exercise you can try is to close your eyes and breathe out for twice as long as you breathe in. Do this for five minutes in the morning, before a stressful meeting or as you transit from work to home.

24. Why did the author attend the SKY Breath Meditation class?

A. To build up muscles.

B. To relieve inner anxiety.

C. To learn more about meditation.

D. To quest for religious belief.

25. How did the author test the effects of SKY breathing?

A. She worked with healthy veterans returning from war.

B. She chose victims suffering PTSD in the 9/11 incident.

C. She divided the veterans into two groups and compared results

D. She cooperated with researchers from mindfulness meditation classes

26. What can we learn from the last paragraph?

A. Breathing interacts with emotions.

B. It is harmful to activate the vagus nerve.

C. Breathing out as long as you breathe in is a simple way to follow

D. Breathing regimen should be carried out for five minutes every morning.

27. Which of the following is the best title for the text?

A. PTSD: more awareness needed

B. SKY: better well-being attained

C. Meditation: an effective treatment

D. Breath: detailed ways to conduct

**C**

Lizards that once resided in forests but now hang around urban areas of Puerto Rico have genetically morphed (变化) to survive life in the city, researchers have found.

The Puerto Rican crested anole, a brown lizard with a bright orange throat fan, has sprouted special scales (鳞片) to better cling to smooth surfaces such as walls and windows, scientists say. "We are watching evolution as it's unfolding," said Kristin Winchel, a biology professor. As urbanization intensifies around the world, it's important to understand how organisms adapt and humans can design cities in ways that support all species, Winchell said.

The study analyzed 96 Anolis lizards, comparing the genetic makeup of forest-dwellers to those living in Puerto Rico's capital. Scientists found that 33 genes within the lizard genome were repeatedly associated with urbanization.

"You can hardly get closer to a smoking gun," said Wouter Halfwerk, an evolutionary ecologist who was not involved in the study. He said he was impressed that the scientists were able to detect such a clear genomic signature of adaptation: "The ultimate goal within the field of urban adaptive evolution is to find evidence for heritable traits and their genomic architecture."

The changes in these lizards, whose life spans are roughly seven years, can occur quickly, within 30 to 80 generations,

enabling them to escape from predators and survive in urban areas, Winchell added. The larger limbs, for example, enable them to run more quickly across a hot parking lot, and the special scales to hold onto surfaces far more smooth than trees.

The study focused on adult male lizards, so it's unclear whether females are changing in the same way or at the same rate as males, and at which point in a lizard's life the changes are occurring. Halfwerk, whose own research showed how one frog species changed its mating call in urban areas, said scientists should look next for possible constraints (限制) on the evolutionary response and how morphology relates to mating behavior.

28. What do researchers find about lizards in the study?

- A. Lizards evolve to adapt to the human cities.
- B. Lizards are not capable of surviving in the urban areas.
- C. Lizards have a negative impact on smooth surfaces of modern buildings.
- D. Lizards no longer have natural habitat in forests as a result of urbanization

29. How did the researchers conduct the study?

- A. By analyzing previous research data.
- B. By comparing different lizard species.
- C. By citing the famous scientists' words.

D. By studying Anolis lizards in urban and natural areas.

30. What was Wouter Halfwerk's attitude towards the study?

A. Favorable. B.Tolerant. C. Indifferent. D.Doubtful.

31. What can we learn from the last paragraph?

A. All frog species have changed its mating call in urban areas.

B. Only adult male lizards evolve to have larger limbs and special scales.

C. Halfwerk will continue to study how morphology relates to mating behavior

D. The future study might focus on the limitations on the evolutionary response.

## D

Given how valuable intelligence and automation are, we will continue to improve our technology if we are at all able to. At a certain point, we will build machines that are smarter than we are. Once we have machines that are smarter than we are, they will begin to improve themselves. The concern is really that we will build machines that are much more competent than we are. And the slightest divergence (分歧) between their goals and our own could destroy us.

Just think about how we relate to ants. We don't hate them. We don't go out of our way to harm them. In fact, sometimes we take

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