

## 2019年北京市朝阳区高三二模英语考试逐题解析

## 第一部分：知识运用（共两节，45分）

第一节 阅读下列短文，根据短文内容填空。（共10小题；每小题1.5分，共15分）

在未给提示词的空白处仅填写1个适当的单词，在给出提示词的空白处用括号内所给词的正确形式填空。

## A

My trip to Paris was so memorable. First of all, the hotel was fantastic. It overlooked the Seine, the famous river I (1) \_\_\_\_\_ (read) about in so many poems. We listened to the laughter of the children and watched the river run by (2) \_\_\_\_\_ (slow) below. Next, Montmartre was a wonderful place for painters. The air was filled with the sounds of happy people and the smell of paint. (3) \_\_\_\_\_ I enjoyed most were the cafes. There I had a cup of coffee and watched people on the street. Everyone had a sense of style.

1.

【答案】 had read

【解析】 本题考查谓语动词时态语态；根据提示词可知，read为动词，应在“I (1) \_\_\_\_\_ (read) about in so many poems”中作谓语动词，整句句意是“它可俯视我在很多诗中读过的著名的塞纳河”。“读”是发生在“俯视”之前的动作；故正确答案是had read。

2.

【答案】 slowly

【解析】 本题考查副词；根据提示词可知，slow本身是形容词，修饰动词run应为副词形式；故正确答案是slowly。

3.

【答案】 What

【解析】 本题考查名词性从句；在句子“(3) \_\_\_\_\_ I enjoyed most were the cafes”中，“(3) \_\_\_\_\_ I enjoyed most”在“were the cafes”前作主语，从句“(3) \_\_\_\_\_ I enjoyed most”中少主语；故正确答案是 What。

## B

Football is a popular sport with fans all over the world. There is, however, an indoor version of the game (4) \_\_\_\_\_ (know) as “table football”. It was invented in 1921 and people (5) \_\_\_\_\_ (get) great pleasure from it since then. The game is played on a special table. Players control their “team” by turning sticks, to which the “players” are attached. As in real football, (6) \_\_\_\_\_ (point) will be awarded when putting the ball in the other players’ goal. Table football requires using hands and eyes together excellently, which is really exciting.

4.

【答案】 known

【解析】 本题考查非谓语动词；根据提示词可知，know 是动词，本句中系动词为 is，因此 know 充当非谓语动词，其形式主语是“an indoor version of the game”，句意是“一种室内版的游戏被称作桌上足球”，因此使用 know 的被动形式；故正确答案是 known。

5.

【答案】 have got

【解析】 本题考查谓语动词时态语态；根据标志词“since”自从，可知本空应使用现在完成时；故正确答案是 have got。

6.

【答案】 points

【解析】 本题考查名词；句意“像真正的足球比赛一样，当把球踢进对方球门时就会得分”，point 为可数名词；故正确答案是 points。

## C

Shark attacks can be deadly, but they are not common. Each year, sharks usually kill fewer than 10 people worldwide, and about 100 people (7) \_\_\_\_\_ (injure). You are more likely to be attacked in parts of the sea (8) \_\_\_\_\_ tourists throw in food to bring in sharks. However, people are dangerous to sharks, too. 60 million sharks are killed (9) \_\_\_\_\_ food and medicine every year. As a result, some kinds of sharks may die out completely. (10) \_\_\_\_\_ (protect) these wonderful animals, some countries have made programs to help them survive.

7.

【答案】 are injured

【解析】 本题考查谓语动词时态语态；根据提示词可知，injure 为动词；应在句子“about 100 people \_\_\_\_\_ (injure)”中作谓语动词，100人应该是“被伤害”；故正确答案是 are injured。

8.

【答案】 where

【解析】 本题考查定语从句；句意“你在游客们把食物扔进去吸引鲨鱼的海域更容易被袭击”，从句“tourists throw in food to bring in sharks”结构完整；故正确答案是 where。

9.

【答案】 for

【解析】 本题考查介词；句意“每年有6000万鲨鱼被捕杀作为食物和药物”，因此for在句中表示“为了”；故正确答案是 for。

10.

【答案】 To protect

【解析】 本题考查非谓语动词；根据提示词可知，protect 是动词，逗号后句意“一些国家已经制定了拯救他们的项目”，“保护这些珍稀的动物”则是项目的目的，因此应使用 to do 结构表示目的；故正确答案是 To protect。



## 第二节 完形填空（共20小题；每小题1.5分，共30分）

阅读下面短文，掌握其大意，从每题所给的A、B、C、D四个选项中，选出最佳选项，并在答题卡上将该项涂黑。

### The sandwich man

Michael rises every morning at 4:00, in good and bad weather, and walks into his sandwich shop. By 5:50, he's making the rounds of the shelters on Centre Streets. He \_\_\_\_\_ (11) out 200 sandwiches to the homeless, before beginning his workday.

It started 20 years ago when Michael came across a homeless man named John. He began to help him \_\_\_\_\_ (12) effort then. Day after day, he brought John some food and, when it was really \_\_\_\_\_ (13), a resting place in his car while he worked. Once he asked John if he wanted to get cleaned up. It was a(an) \_\_\_\_\_ (14) offer, because Michael thought John would refuse. \_\_\_\_\_ (15), John said, "Are you going to wash me?" Michael knew that he was looking at a \_\_\_\_\_ (16) of his promise. It was at the moment that Michael \_\_\_\_\_ (17) to help the homeless.

Michael began his work. He received no sponsorship, saying, "I'm not fetting media \_\_\_\_\_ (18). I just want to do some good in my way. There are days when it's snowing, and I have a hard time leaving my warm bed and the \_\_\_\_\_ (19) of my family to go downtown with sandwiches. But I've \_\_\_\_\_ (20)."

Michael makes 200 sandwiches everyday for the past 20 years. "I don't simply \_\_\_\_\_ (21) the sandwiches on a table for the homeless to pick up. I shake their hands and \_\_\_\_\_ (22) them a good day," says Michael. Once Mayor (市长) Koch came to make the rounds with him. They \_\_\_\_\_ (23) the media, and it seemed like it was just the two of them. But of all Michael's \_\_\_\_\_ (24), working side by side with the Mayor was not as important as working next to someone else...

A man had \_\_\_\_\_ (25) from the sandwich takers, and Michael thought about him from time to time. He hoped the man had moved on to a more \_\_\_\_\_ (26) environment. One day, the man came back, greeting Michael and \_\_\_\_\_ (27) sandwiches of his own to hand out. He said Michael's daily food, warm handshakes and wishes had given him the \_\_\_\_\_ (28) he badly needed. After achieving some success, he decided to do the same thing as Michael.

The moment needed no \_\_\_\_\_ (29). The two men worked silently, side by side, handing out their sandwiches. It was another day on Centre Streets, but a day with just a little more \_\_\_\_\_ (30).

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11. A. picks            B. sets            C. gives            D. finds
12. A. with            B. around            C. from            D. over
13. A. sunny            B. warm            C. cloudy            D. cold
14. A. silly            B. empty            C. crazy            D. free
15. A. Fortunately            B. Disappointedly  
C. Surprisingly            D. Thankfully
16. A. test            B. gift            C. trick            D. view
17. A. demanded            B. agreed            C. pretended            D. determined
18. A. benefit            B. attention            C. sympathy            D. information
19. A. comfort            B. wealth            C. value            D. honor
20. A. suffered            B. hesitated            C. managed            D. wondered
21. A. check            B. lay            C. match            D. cover
22. A. witness            B. predict            C. follow            D. wish
23. A. ignored            B. blamed            C. confirmed            D. handled
24. A. situations            B. memories            C. schedules            D. professions
25. A. escaped            B. volunteered  
C. disappeared            D. survived
26. A. competitive            B. complex            C. familiar            D. stable
27. A. carrying            B. seeking            C. occupying            D. treating
28. A. responsibility            B. permission  
C. encouragement            D. achievement
29. A. purpose            B. dialogue            C. relief            D. doubt
30. A. luck            B. fun            C. pride            D. hope

11.

**【答案】 C**

**【解析】** 本题是动词题；根据文章最后一段 “The two men worked silently, side by side, handing out their sandwiches.” 可知, Michael 要给无家可归的人分发 (give out) 三明治。其余选项含义为: pick out (挑出, 辨认出), set out (出发; 着手), find out (发现, 查明); 故正确答案是 C。

12.

**【答案】 A**

**【解析】** 本题是介词题; 根据后一句, Michael 给 John 食物并提供休息地点, 可知, Michael 在用 (with) 自己的努力帮他。其余选项含义为: around (围绕), from (来自), over (在……上面); 故正确答案是 A。

13.

**【答案】 D**

**【解析】** 本题是形容词题; 根据句意, 日复一日, Michael 给 John 提供食物, 并且在冷 (cold) 天在自己的车里给 John 提供休息的地方。其余选项含义为: sunny (阳光明媚的), warm (温暖的), cloudy (多云的); 故正确答案是 D。

14.

**【答案】 B**

**【解析】** 本题是形容词题; 根据下一句 “because Michael thought John would refuse” 可知, Michael 在邀请的时候就认为 John 会拒绝, 所以是一个无意义的 (empty) offer。其余选项含义为: silly (愚蠢的), crazy (疯狂的), free (免费的; 自由的); 故正确答案是 B。

15.

**【答案】 C**

**【解析】** 本题是副词题; 根据上一句, “Michael thought John would refuse”, 而之后的回答并没有拒绝, 可知, 这里应该是转折, 并且令人感到惊喜 (surprisingly)。其余选项含义为: Fortunately (幸运地), Disappointedly (失望地), Thankfully (感激地); 故正确答案是 C。

16.

【答案】 A

【解析】 本题是名词题；根据上一句，John 试探性地问了一句，Michael 终于知道，自己此刻看到的一切都是对他自己所做出的承诺的检验 (test)。其余选项含义为：gift (礼物；天赋)，trick (把戏；诡计)，view (看法；视野)；故正确答案是 A。

17.

【答案】 D

【解析】 本题是动词题；根据前文，Michael 被问，并且下一句 “Michael began his work.”，可知，此刻 Michael 下定决心 (determine) 帮助无家可归的人。其余选项含义为：demand (要求)，agree (同意)，pretend (假装)；故正确答案是 D。

18.

【答案】 B

【解析】 本题是名词题；根据前后句，Michael 没有拉赞助，并且他说 “I just want to do some good in my way.”，可知，他并不是想引起媒体关注 (attention)，只是想以自己的方式做点好事。其余选项含义为：benefit (优势；益处)，sympathy (同情)，information (信息)；故正确答案是 B。

19.

【答案】 A

【解析】 本题是名词题；根据本句中的 and 之前的 “my warm bed” 可知，这里应该选一个和 warm 并列的词汇，即家庭的舒适 (comfort)。其余选项含义为：wealth (财富)，value (价值)，honor (荣耀)；故正确答案是 A。

20.

【答案】 C

【解析】 本题是动词题；根据前一句，下雪天越来越冷，离开温暖的床和家的舒适区对我来说太难，而后一句转折 But，可知 Michael 还是坚持做成了 (manage)。其余选项含义为：suffer (遭受)，hesitate (犹豫)，wonder (想知道)；故正确答案是 C。

21.

**【答案】 B**

**【解析】** 本题是动词题；根据句意可知，他没有直接把三明治放置在桌子上，可知答案是 lay（放置）。其余选项含义为：check（检查），match（匹配），cover（覆盖）；故正确答案是 B。

22.

**【答案】 D**

**【解析】** 本题是动词题；根据句意可知，此处他与无家可归者握手并祝福他们，可知答案是 wish（祝福）。其余选项含义为：witness（见证），predict（预测），follow（跟随）；故正确答案是 D。

23.

**【答案】 A**

**【解析】** 本题是动词题；根据下文 “it seemed like it was just two of them” ,能推断出，文章中说的是他们在忽略媒体，可知答案是 ignore（忽略）。其余选项含义为：blame（责备），confirm（确认），handle（处理）；故正确答案是 A。

24.

**【答案】 B**

**【解析】** 本题是名词题；根据句意可知，在 Michael 看来，他所有的记忆中，与市长共同工作并没有什么不同，可知答案是 memories（记忆）。其余选项含义为：situation（情形），schedule（日程），profession（职业）；故正确答案是 B。

25.

**【答案】 C**

**【解析】** 本题是动词题；根据下文 “He hoped the man had moved on to a more stable environment” 可知，是一位流浪汉消失了，可知答案是 disappeared（消失）。其余选项含义为：escape（逃跑），volunteer（志愿做），survive（幸存）；故正确答案是 C。

26.

【答案】 D

【解析】 本题是形容词题；根据上下文语境，流浪汉消失后，Michael 应该是希望他能搬到一个更为稳定的环境中，可知答案是 **stable**（稳定的）。其余选项含义为：**competitive**（有竞争力的），**complex**（复杂的），**familiar**（熟悉的）；故正确答案是 D。

27.

【答案】 A

【解析】 本题是动词题；通过句意此处为重新出现的流浪汉带着自己做的三明治出现了，可知答案是 **carrying**（带来）。其余选项含义为：**seek**（寻找），**occupy**（占领），**treat**（款待）；故正确答案是 A。

28.

【答案】 C

【解析】 本题是名词题；根据上下文，此处说的是流浪汉说过去的自己极度需要的是鼓舞，可知答案是 **encouragement**（鼓舞）。其余选项含义为：**responsibility**（责任），**permission**（许可），**achievement**（成就）；故正确答案是 C。

29.

【答案】 B

【解析】 本题是名词题；根据下文 “The two men worked silently” 可知，文中这句意为“此刻无需言语”，可知答案是 **dialogue**（对话）。其余选项含义为：**purpose**（目的），**relief**（舒缓），**doubt**（怀疑）；故正确答案是 B。

30.

【答案】 D

【解析】 本题是名词题；根据语境这应该是这事有着更多希望的一天，可知答案是 **hope**（希望）。其余选项含义为：**luck**（运气），**fun**（趣味），**pride**（骄傲）；故正确答案是 D。

## 第二部分：阅读理解（共两节，40分）

## 第一节（共15小题；每小题2分，共30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，并在答题卡上将该项涂黑。

## A

Nowadays we all know it's best to eat healthy, limiting our intake of fat, sugar and salt. We at Fineways

### What's on your food label (标签)?

the nutritional value of each product.

Our easy-to-read labels explain simply what is in your food. They show

Supermarkets have reduced the levels of these in 1000 products and are doing so for a further 950 this year. Besides, we have introduced a new labelling system to find you make informed choices as you purchase food, in order to suggest a healthy way of life.

When you buy food, you need to know exactly what you will be eating. We would rather the customer decides after reading the nutritional information on the packet. So our new food labels provide an at-a-glance breakdown of

you:

- How much sugar, fat and salt are in each serving
- How many calories one serving contains
- The percentages of your guideline daily amounts (GDAs) for each of these.

#### What are Guideline Daily Amounts?

GDAs are a guide to the total amount of calories, sugar, fat, salt and other elements we should eat in a day. According to experts, GDAs for a

typical adult are:

Calories 2000 kcal

Sugar 90 g

Fat 70 g

Salt 6 g

Please note that children and active adults have different nutritional requirements. For more information please visit [www.foodlabels.com/health](http://www.foodlabels.com/health).

### Numbers count

Here is an example of our new labelling:

#### Chicken salad sandwich pack

Calories	256kcal	13%	GDA
Sugar	3.1g	4%	GDA
Fat	4.8g	7%	GDA
Salt	1.1 g	19%	GDA

Knowing the information about each product you buy means that you can miss healthy foods with less healthy treats, while still keeping within the recommended daily amounts.

So be informed about your shopping with Fineway's new health — conscious labels!

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31. What is the advantage of Fineways' new food labels?

- A. They provide extra nutritional information.
- B. They warn customers about unhealthy foods.
- C. They show different customers' nutritional needs.
- D. They remind customers of the harm of unbalanced nutrition.

31.

【答案】 A

【解析】 本题考查文章细节；根据文章第二段最后一句 “So our new food labels provide an at-a-glance breakdown of nutritional value of each product.” 可知 “Fineways' new food labels” 可以使每一种产品的营养价值一览无余，与 A 选项表意一致；故正确答案是 A。

32. According to the passage, the new labelling system can help to \_\_\_\_\_.

- A. reduce the amount of food you take
- B. follow GDAs by mixing various foods
- C. make your choice of more delicious food
- D. satisfy the growing demands for nutrition

32.

【答案】 B

【解析】 本题考查文章细节；根据第三段 “They show you:” 部分第三项 “the percentages of your guideline daily amounts(GDA) for each of these” 可知，新的标签系统显示了每种营养成分的每日摄入量(GDA)的百分比，与 B 项表意一致；故正确答案是 B。

33. Where is the passage most probably taken from?

- A. A dinner menu.
- B. A research report.
- C. A fashion magazine.
- D. An advice brochure.

33.

【答案】 D

【解析】 本题考查出处推断题；本文主要介绍了“new food label system”是什么，并通过描述它的好处向人们推广这一体系，且提供了它的使用例子，是建议册（advice brochure）的文体特征；故正确答案是 D。



## B

### Open water swimming

I had only swum in open water a few times, and always in gentle lakes, so I wasn't prepared for how rough Lake Windermere appeared on a cold day. A swimmer told me the water felt colder than it had been measured, and that the water was a bit rough. But I, along with 10,000 others, was about to complete the challenge.

Most of the people taking part were doing a one-mile race, and 10 races were planned over the weekend. There seemed to be a mix of open-water enthusiasts alongside complete beginners — which is precisely the aim of the swims, to get as many people as possible completing their own challenge. The oldest woman competing was 77, taking part in the two-mile race, alongside a man who last year had swum in every one-mile race.

I had chosen the third one-mile race of the day. There were over 600 people in my race. We were taken through an acclimatization area, a children's paddling pool-sized part of the lake where we moved in to feel how cold the water was. "Not too bad" was everyone's thought! Then we headed out towards the middle of the lake.

We'd been warned that the first 100 metres would be really rough. However, somewhere near the 750m mark I was still waiting for the calm; it felt more like swimming in the sea than a lake. I tried to focus on my breathing and technique, and just keep going. As I approached the 400m-to-go mark my lower right leg became painful. I recalled overhearing people talking about how they kept swimming through the pain, so I tried. But it didn't work. I began to feel the entire leg tight and painful. I didn't want to stop, so I bent my right knee and just kicked with the left leg.

Finally I saw the finishing post, and I just concentrated on getting there — still one-

legged. My finishing time was 38 minutes 25 seconds but that didn't matter — the atmosphere was fantastic and everyone felt a sense of achievement, whatever their time. I'm hooked, and want to give it another go. I've already signed up for my next open-water swim.



34. How did the author feel before the race?

- A. Scared of the most challenging race.
- B. Disappointed by the difficult conditions.
- C. Concerned about the other swimmers in the race.
- D. Determined to be as tough as the people around her.

34.

【答案】 D

【解析】 本题考查文章细节；根据文章第一段 “But I, along with 10,000 others, was about to complete the challenge.” 可知我已经下定决心要和其他参赛者一样完成挑战与 D 选项 “Determined to be as tough as the people around her.” 表意一致；故正确答案是 D。

35. Why does the author mention the two people in Paragraph 2?

- A. To stress the importance of the race.
- B. To praise the experienced swimmers.
- C. To show the wide range of the participants.
- D. To introduce the various events of the race.

35.

【答案】 C

【解析】 本题考查文章细节；根据文章第二段 “There seemed to be a mix of open-water enthusiasts alongside complete beginners—which is precisely the aim of the swims, to get as many people as possible completing their own challenge.” 可知作者提到这两个人是为了说明参赛者的范围广泛，与 C 选项 “To show the wide range of the participants.” 表意一致；故正确答案是 C。

36. The author suggests in Paragraph 4 that \_\_\_\_\_.

- A. the race would cause breathing problems
- B. the race became harder than she had expected
- C. it was really necessary to prepare for tough swims
- D. it would have been easier if she had taken others' advice

36.

【答案】 B

【解析】 本题考查文章细节；文章第四段 “it felt more like swimming in the sea than a lake” 以及 As I approached the 400m-to-go mark my lower right leg became painful. I recalled overhearing people talking about how they kept swimming through the pain, so I tried. But it didn't work. I began to feel the entire leg tight and painful.可知作者游地很艰难，比预想地要难，与 B 项 “the race became harder than she had expected” 表意一致。故正确答案是 B。

37. What does the author talk about in the last paragraph?

- A. Her confidence in her own ability.
- B. Her pride in having swum so quickly.
- C. Her eagerness to repeat the experience.
- D. Her surprise at having managed to finish.

37.

【答案】 C

【解析】 本题考查细节，由文章最后一段 “I'm hooked, and want to give it another go. I've already signed up for my next open-water swim.” 可知作者已经报名参加下一场比赛了，与 C 选项 “Her eagerness to repeat the experience.” 表意一致；故正确答案是 C。

## C

**The Alexander technique**

Until earlier this year, I didn't know anything about the Alexander technique — and saw no reason to think I should do. One day, the backache I regularly suffered was more painful. I was brought up to think that the preferred way of dealing with aches is to do nothing and hope they'll go away, but I eventually went to the doctor. After examining me, he said, "You actually have bad posture (姿势). Go off and learn the Alexander technique." Three months later I could walk straighter and sit better.

The Alexander technique is a way of learning how you can get rid of harmful tension in your body. The teaching focuses on the neck, head and back. It trains you to use your body less severely and carry out the movements that we do all the time with less effort. There is a little effort in the lessons themselves, which sets apart the Alexander technique from yoga or pilates, which are exercise-based. A typical lesson involves standing in front of a chair and learning to sit and stand with minimum effort. You spend some time lying on a bench with your knees bent to straighten the spine (脊椎) and relax your body while the teacher moves your arms and legs to train you to move them correctly.

The technique helps to break the bad habits accumulated over years. Try folding your arms the opposite way to normal. This is an example of a habit the body has formed which can be hard to break. Many of us carry our heads too far back. The head weighs four to six kilos, so any inappropriate posture can cause problems for the body. The technique teaches you to let go of the muscles holding the head back, allowing it to go back to its natural place on the top of our spines.

So who was Alexander and how did he come up with the technique? Frederick

Alexander, an Australian actor born in 1869, found in his youth that he had vocal (声音的) problems during performances. He analyzed himself and realized his posture was bad. He worked on improving it, with excellent results. He brought his technique to London and opened a teacher-training school, which is still successful today.

So if you're walking along the road one day with shoulders bent forward, feeling weighed down by your troubles, give a thought to the Alexander technique. It will help you walk tall again.



38. What does the author suggest in Paragraph 1?

- A. She felt no better after the treatment.
- B. She got bored with the Alexander technique.
- C. She was sceptical about the doctor's method.
- D. She was unwilling to seek treatment for her backache.

38.

【答案】 D

【解析】 本题考查细节题; 由文章第一段“I was brought up to think that the preferred way of dealing with aches is to do nothing and hope they'll go away I was brought up to think that the preferred way of dealing with aches is to do nothing and hope they'll go away”可得知作者认为治疗疼痛最好的方法就是什么都不做, 然后希望疼痛会消失; 故正确答案是 D。

39. What is the principle of the Alexander technique?

- A. Physical tension shouldn't be completely relieved.
- B. The technique shouldn't be combined with other exercises.
- C. The practice of the technique shouldn't be attempted alone.
- D. Familiar physical actions shouldn't be done with much effort.

39.

【答案】 D

【解析】 本题考查细节题, 根据文章第二段第三句“*It trains you to use your body less severely and carry out the movements that we do all the time with less effort. There is little effort in the lessons themselves, which sets apart the Alexander technique from yoga or pilates, which are exercise-based*”, 句意是“它训练你不那么剧烈地使用你的身体, 并且以更少的努力完成我们一直在做的动作。这些课程本身并不需要付出多少努力, 这使得亚历山大健身法有别于瑜伽或普拉提”; 故正确答案是 D。

40. What can we learn about Frederick Alexander?

- A. He managed to recover his vocal powers.
- B. He was eager to make a name for himself.
- C. He developed a form of exercise for actors.
- D. He had to leave home to develop his technique.

40.

【答案】 A

【解析】 本题考查细节题，由“Frederick Alexander”定位到文章倒数第二段“Frederick Alexander, an Australian actor born in 1869, found in his youth that he had vocal (声音的) problems during performances. He analyzed himself and realized his posture was bad. He worked on improving it, with excellent results.”。可知他发现自己的表演时有声音的问题，并努力改进，取得了优异的成绩；故正确答案是 A。

41. What is the main idea of the passage?

- A. The occurrence of back pain is widespread.
- B. Alexander improved the technique to treat body pain.
- C. The Alexander technique helps overcome posture problems.
- D. People with back pain are victims of inappropriate postures.

41.

【答案】 C

【解析】 本题考查主旨题；文章是说明文，主要介绍了亚历山大疗法。根据文章最后一段“So if you're walking along the road one day with shoulders bent forward, feeling weighed down by your troubles, give a thought to the Alexander technique. It will help you walk tall again.”。句意是“所以，如果有一天你走在路上，双肩前倾，感到烦恼的重压，想想亚历山大的疗法吧。它会帮助你再次挺直腰杆”；故正确答案是 C。

## D

### **Don't put it off, do it now!**

Why do we spend so much time not doing the work we should do, or putting off small jobs that have piled up to create a big problem? Procrastinating, as putting things off like this is called, is in our character we have naturally since birth; we avoid dull or difficult jobs until it's too late to do anything else.

“We often put things off although we know it will make life more stressful,” says Dr. Steel, an authority on the science of motivation. “If these tasks were fun, we'd just do them now. We put off what is difficult or unpleasant, such as the paperwork that needs doing before leaving the office or cleaning the bits of your home that people can't see. But the fact is, the less people procrastinate, the more money they have, the better relationships they have, and the healthier they are.” This is obvious when you look at the couples who don't argue about whether anyone has cleaned the kitchen, and the people who simply go for a run instead of endlessly rescheduling it in their heads.

Of course, there are the rest of us, who feel the small jobs piling up around us daily. “We've evolved to respond to the moment, and not to set our sights too far in an uncertain world,” Dr. Steel adds. “We are not set up to appreciate long-term rewards, whether it's the benefit of a four-year degree, doing exercise or dieting. We usually feel the cost now and the reward comes much later.” According to Dr. Steel, we have two decision-making systems. They are the limbic, which is responsible for the short term, and the prefrontal cortex, which deals with the future. We bounce between long-term goals and short-term temptations, so we need goals that will translate our plans for the limbic system.

Let's take the example of students' writing essays. They should set themselves

targets and word counts per day. These are thus turned from seemingly endless tasks into something concrete with measured progress. Dr. Steel recommends such techniques, or “pre-commitments”, adding that leaving you a month before the “deadline” makes it more likely a task will be completed. The benefit is that you’ll avoid the embarrassment of not following up on something people are expecting you to do — telling everyone you are going to take up jogging makes you more likely to do so.

Overcoming procrastination finally comes down to planning, which, if you’re not careful, becomes procrastination in itself. But it is worth making sure you have everything in place. “Successful people don’t pretend they don’t procrastinate,” Dr. Steel says. “People who pretend they have willpower are less successful.” Instead, plan for procrastination: make your work environment a temple of productivity by cutting out what stops you paying your attention, so you can really focus on moving forward.



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42. What does the author say about procrastination in Paragraph 1?

- A. It is something many people can't help.
- B. It is an excuse people often use in public.
- C. It is caused by the technology in people's life.
- D. It is more common when people have small jobs to do.

42.

【答案】 A

【解析】 本题考查细节；定位题干关键字位于第一段第二句“Procrastinating, as putting things off like this is called, is in our character we have naturally since birth.”可知，拖延是我们从出生以来就带有的天生的性格。A选项“它是许多人不由自主的事”，故正确答案是A。

43. In paragraph 3, Dr. Steel believes that people who procrastinate should \_\_\_\_\_.

- A. attempt to overcome their natural tendencies
- B. take the advice of others in the same situation
- C. be aware that their problem is relatively small
- D. find out more about the way they make decisions

43.

【答案】 A

【解析】 本题考查细节；定位题干关键字位于第三段第三句，“We are not set up to appreciate long-term rewards”，我们并不欣赏长期目标，和最后一句“We bounce between long-term goals and short-term temptations, so we need goals that will translate our plans for the limbic system.”该句意为“我们在长期目标与短期诱惑之间摇摆不定，所以我们需要能够将我们的计划转化为边缘系统（即负责短期的边缘脑区）的目标。”与A项所说的“试图克服他们的自然趋势”意思一致，故正确答案是A。

44. Why does Dr. Steel recommend making “pre-commitments” in Paragraph 4?

- A. They are an alternative to impossible goals.
- B. They make challenges feel more manageable.
- C. They are an effective way of impressing others.
- D. They allow people to achieve their aims sooner.

44.

【答案】 B

【解析】 本题考查细节；定位题干关键字位于第四段“Dr. Steel recommends such techniques, or ‘pre-commitments’, adding that leaving you a month before the ‘deadline’ makes it more likely a task will be completed.” 该句意为“Dr. Steel 推荐了这样的技术，或者说是“事先承诺”，在截止日期前留给你一个月时间，让任务更可能被完成。” 故正确答案是 B。

45. What does the author do by saying the underlined sentence?

- A. Encourage the reader to develop plans effectively.
- B. Advise the reader to deal with complex tasks quickly.
- C. Warn the reader against spending too long getting organized.
- D. Remind the reader to take the time to focus properly on a task.

45.

【答案】 C

【解析】 本题考查细节理解；划线句子的意思是“克服拖延最终要靠做好计划，但如果你不小心，就把做计划这件事本身变成了拖延。” 故正确答案是 C。

## 第二节 (共5小题; 每小题2分, 共10分)

根据短文内容, 从短文后的七个选项中选出能填入空白处的最佳选项。选项中有两项为多余选项。

**Films and computer games**

In just a few decades the gaming industry has become much bigger than the film business. What is called “interactive entertainment” makes more money than Hollywood cinema. Is there any way of making films more appealing to people who like to play computer games?

Making a film out of a best-selling computer game can guarantee a large audience. \_\_\_\_\_ (46) Nowadays films are made with similar ones. They have attractive action scenes relying on fantasy effects as well. Gaming markets consist of science-fiction games, and film-makers have also set films in science-fiction worlds. \_\_\_\_\_ (47) Any attempt to borrow more than the setting from a game is certain to fail.

Why do gamers feel disappointed by films based on their favorite games? One of the reasons is technical. Now everything can be computer-produced. \_\_\_\_\_ (48) However, filming a scene from 20 different cameras would cost a fortune, so it simply isn't done in the film version — leaving the gamers feeling that the film didn't look as real as the computer game.

\_\_\_\_\_ (49) In a film the director doesn't show you some things to keep you have the feeling of excitement or anxiety. For example, you wouldn't be interested in watching the film if you knew the identity of the murderer. But this is not true for computer games. When you play a game, you have to do certain tasks to continue to the new level. \_\_\_\_\_ (50) You are always in control as a player, while in the cinema you never control the action. You just sit and watch.

There can be some interaction between films and computer games on different levels. For all the similarities between technologies and special effects, we shouldn't forget that a story and a game are fundamentally different.

- A. Cameras matter in another sense, too.
- B. The success of a game usually lies in the use of special effects.
- C. You can't influence what happens at all in the computer games.
- D. Computer games may show the action from a number of views easily.
- E. The game has a good chance of being as successful as the film on which it is based.
- F. You must be able to have access to all the information in order to decide what to do next.
- G. However, the difficulty for film producers appears to be knowing where and when to stop.

46.

**【答案】 B**

**【解析】** 挖空方式：段中空；解题语句：空前空后两句；考查方式：承接上文。空前一句表明，“用最畅销的电脑游戏制作电影可以保证拥有大量的观众。”，B选项说的是“游戏的成功通常在于特效的运用。”，前文与B选项是顺承关系，同时与后文中的“Nowadays films are made with similar ones.”，“现在电影都是用类似的方式制作的”。“类似的方式”与“特效的运用”，形成对应；故正确答案是B。

47.

**【答案】 G**

**【解析】** 挖空方式：段中空；解题语句：空前空后两句；考查方式：与上文形成转折。空前一句表明，“游戏市场由科幻游戏组成，电影作者也将电影设定在科幻世界中。”，而后说“任何试图从游戏中借用超出背景的努力都注定会失败。”可知前文应该说的有些时候有些内容是不能尝试的；故正确答案是G。

48.

**【答案】 D**

**【解析】** 挖空方式：段中空；解题语句：空前空后两句；考查方式：与上文形成转折。本段讲的是为什么游戏玩家对游戏改编的电影失望的原因。空前一句表明，“现在一切都可以用电脑制作。”，而后句说“然而，用20个不同的摄像机拍摄一个场景会花费一大笔钱，所以不会在电影版本中完成——这让玩家觉得电影看起来不像电脑游戏那么真实。”可知，后文说的是“电影中难实现”，与之转折的是“游戏中容易实现”，与选项D的“Computer games may show the action from a number of views easily.”文意匹配；故正确答案是D。

49.

**【答案】 A**

**【解析】** 挖空方式：段首空；解题语句：空后一句；考查方式：引出下文。段首句一般为文段的概括，引出下文。选项中说“从另一种意义上来说，摄影机也很重要”，这里的下文指出，“在电影中，导演为了保持兴奋或焦虑感，不会让你看到一些东西。”接下来用例子论证了这一观点；故正确答案是A。

50.

【答案】 F

【解析】 挖空方式：段中空；解题语句：空前空后两句；考查方式：与下文形成转折。空后一句表明“然而你在电影中却永远无法控制接下来的动作，你只能坐着看。”，与 F 选项中游戏“必须获得所有信息来决定接下来做什么”形成转折。同时，上下文的主语都为“you”；故正确答案是 F。



第三部分：书面表达（共两节，35分）

第一节（15分）

假设你是红星中学学生会主席李华。下个月学校将到所在社区开展“美化家园”和“社区讲堂”两次志愿者活动。你班交换生 Jim 打算参加其中的一项活动，发来邮件咨询。请你给 Jim 回复一封邮件，内容包括：

1. 推荐一项活动；
2. 简述可做的事情；
3. 表达愿望。

- 注意：
1. 词数不少于 50；
  2. 开头和结尾已给出，不计入总词数。

Dear Jim,

Yours,

Li Hua

(请务必将作文写在答题卡指定区域内)

应用文：本篇作文是推荐信，与2017年北京高考真题十分相似。先在首段推荐一项志愿者活动，再在第二段介绍志愿者活动的主要内容，最后结尾处表达对于社区活动的愿望。本篇写作除了要包含最基本的内容要点，还需要开放性的构思。建议考生平时加强构思训练，以合理的结构和逻辑完成写作，才能完成“应用文解决实际问题”的写作任务。语言方面，建议选择生活化的词汇和交际句，做到准确简洁。



【范文】

*Dear Jim,*

I'm glad to know you would like to involve in the upcoming voluntary activity and I really appreciate you are keen on being a part of it. Of the two alternatives, the latter one, community lecture room, is recommended.

This activity is aimed at helping the community residents have a better understanding of American lifestyle, in which you're expected to fulfill the role as a cultural ambassador. For one thing, you can teach them some daily spoken English to bring you closer to the residents, and meanwhile develop their knowledge of American culture. For another, you can share a few practical English learning methods or tools with the residents, such as an English- Chinese dictionary or some Apps so that they can have fun learning the language and do it in high spirits.

Hope you have a good time in this voluntary activity and your coming will absolutely light up the day!

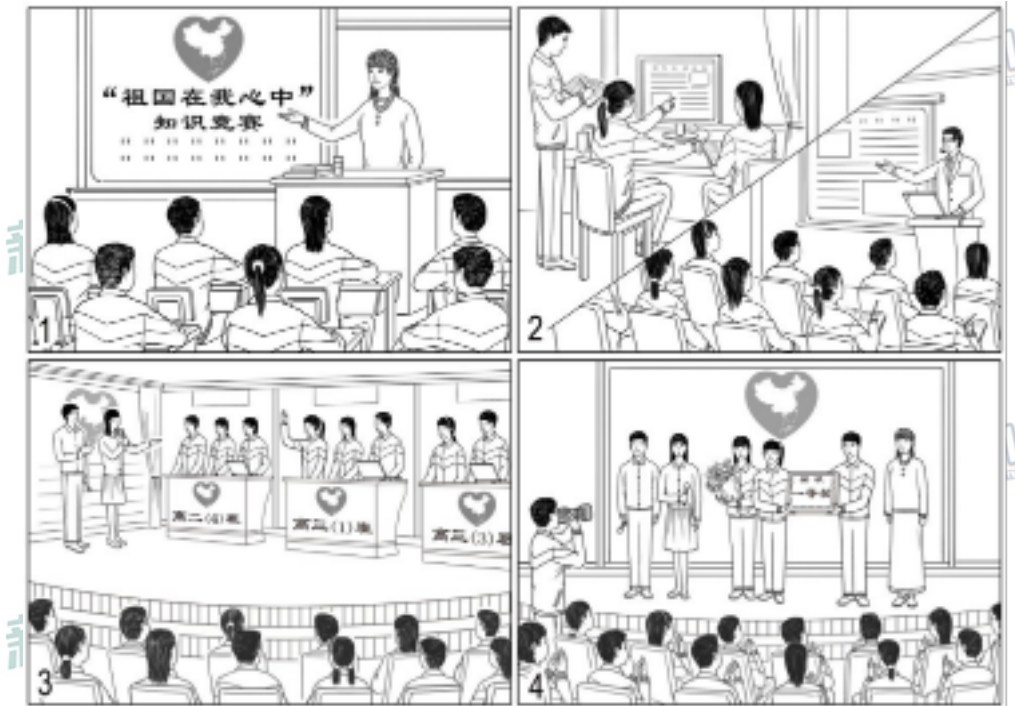
*Yours,*

*Li Hua*



## 第二节 (20分)

假设你是红星中学高三(1)班学生李华。为迎接建国70周年,上个月学校组织了“祖国在我心中”主题知识竞赛。请根据以下四幅图的先后顺序,介绍你和同学们参加活动的完整过程,并以“A Significant Event”为题,给校刊“英语角”投稿。词数不少于60。



A Significant Event

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 (请务必将作文写在答题卡指定区域内)

本篇文章以“参与知识竞赛”为主题，围绕我参加学校组织的“祖国在我心中”的主题知识竞赛的过程展开，属于校园活动的范畴，是历年高频考点，贴合考生的实际生活。四幅图的要点分别是：**【通知比赛】**、**【上网查询、听演讲】**、**【比赛过程】**、**【舞台领奖】**，图片整体内容不偏不倚，是学生熟悉的场景图，难度正常。。考生应该注意的是一切围绕着得分点进行答题。第一，注意要点齐全且表达准确；第二，要注意打开作文分数的上限靠文章的合理且丰富的展开，既包括了对中文内容的合理展开设计，又包括了对于丰富英文词句的灵活且恰当调用；第三，要控制整个文章之中的各种错误，严格避免不通顺的信息传递，避免各种句法、词法等细节错误；第四，注意图与图之间的衔接过渡以及结尾处可以围绕中心进行升华。



【范文】

## A Significant Event

Last month, I participated in a knowledge contest to celebrate the 70th anniversary of our motherland, which turned out to be extremely rewarding.

At a class meeting, our teacher announced that there would be a “Motherland in My Heart” knowledge contest, which greatly sparked my interest. Luckily, I, together with two other classmates, got the chance to compete on behalf of our class and I made up my mind to win glory.

We devoted the next few days to careful preparation. Cooperating effectively, we searched online for relevant information, including our profound history and our amazing development. Our teacher even invited an expert to present a vivid and informative lecture, which greatly increased our efficiency.

Then came the competition day. Due to adequate preparation and full support from the whole class, we were the first to answer the questions accurately most of the times. We were even able to cover some of the toughest questions while others got stuck and couldn't come up with the correct answer.

At the end of the competition, we were honoured to win the first prize. Holding the prize and flowers on the stage, we were greeted with wild applause from the audience. The competition ended with great success, for it promoted our understanding of our motherland and made us swell with pride in what our country achieved.

## 2019年北京市朝阳区高三二模

### 英 语

#### 参考答案及评分标准

#### 第一部分：知识运用（共两节，45分）

##### 第一节 语法填空（共10小题；每小题1.5分，共15分）

- |                |                |
|----------------|----------------|
| 1. had read    | 2. slowly      |
| 3. What        | 4. known       |
| 5. have got    | 6. points      |
| 7. are injured | 8. where       |
| 9. To protect  | 10. To protect |

##### 第二节 完形填空（共20小题；每小题1.5分，共30分）

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 11. C | 12. A | 13. D | 14. B | 15. C |
| 16. A | 17. D | 18. B | 19. A | 20. C |
| 21. B | 22. D | 23. A | 24. B | 25. C |
| 26. D | 27. A | 28. C | 29. B | 30. D |

#### 第二部分：阅读理解（共两节，40分）

##### 第一节（共15小题；每小题2分，共30分）

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 31. A | 32. B | 33. D | 34. D | 35. C |
| 36. B | 37. C | 38. D | 39. D | 40. A |
| 41. C | 42. A | 43. A | 44. B | 45. C |

## 第二节（共5小题；每小题2分，共10分）

46. B      47. G      48. D      49. A      50. F

## 第三部分：书面表达（共两节，35分）

## 第一节（15分）

## 一、评分原则：

1. 本题总分15分，按4个档次给分。
2. 评分时，先根据文章的内容和语言质量初步确定其档次，然后以档次的要求来衡量，确定或降低档次，最后给分。
3. 评分时应考虑：内容是否完整，条理是否清楚，交际是否得体，语言是否准确。
4. 拼写、标点符号或书写影响内容表达时，应视其影响程度予以考虑。英、美拼写及词汇用法均可以接受。
5. 词数少于50，从总分中减去1分。

## 二、各档次的给分范围和要求：

分值	评分标准说明
第一档 (13分 - 15分)	完全完成了试题规定的任务。 内容完整，条理清楚； 交际得体，表达时充分考虑到了交际的需求；体现出较强的语言运用能力。 完全达到了预期的写作目的。
第二档 (9分 - 12分)	基本完成了试题规定的任务。 内容、条理和交际等方面基本符合要求； 所用语法和词汇满足了任务的要求；

	<p>语法和用词方面有一些错误，但不影响理解。</p> <p>基本达到了预期的写作目的。</p>
<p>第三档</p> <p>(4分 - 8分)</p>	<p>未恰当完成试题规定的任务。</p> <p>内容不完整；</p> <p>所用词汇有限，语法或用词方面的错误影响了对所写内容的理解。</p> <p>未能清楚地传达信息。</p>
<p>第四档</p> <p>(1分 - 3分)</p>	<p>未完成试题规定的任务。</p> <p>写了少量相关信息；</p> <p>语法或用词方面错误较多，严重影响了对所写内容的理解。</p>
<p>0</p>	<p>未能传达任何信息；写的内容与要求无关。</p>

## One Possible Version

*Dear Jim,*

I'm glad to know you would like to involve in the upcoming voluntary activity and I really appreciate you are keen on being a part of it. Of the two alternatives, the latter one, community lecture room, is recommended.

This activity is aimed at helping the community residents have a better understanding of American lifestyle, in which you're expected to fulfill the role as a cultural ambassador. For one thing, you can teach them some daily spoken English to bring you closer to the residents, and meanwhile develop their knowledge of American culture. For another, you can share a few practical English learning methods or tools with the residents, such as an English- Chinese dictionary or some Apps so that they can have fun learning the language and do it in high spirits.

Hope you have a good time in this voluntary activity and your coming will absolutely light up the day!

*Yours,*

*Li Hua*



## 第二节 (20分)

## 一、评分原则:

1. 本题总分为20分,按5个档次给分。
2. 评分时,先根据文章的内容和语言质量初步确定其档次,然后以该档次的要求来衡量,确定或调整档次,最后给分。
3. 评分时应考虑:内容要点的完整性、上下文的连贯、词汇和句式的多样性及语言的准确性。
4. 拼写、标点符号或书写影响内容表达时,应视其影响程度予以考虑。英、美拼写及词汇用法均可接受。
5. 词数少于60,从总分中减去1分。

## 二、内容要点:

1. 看到宣传,响应号召;
2. 分工合作,种植花苗;
3. 效果外化,得到认可;
4. 精心维护,期待成果。

## 三、各档次的给分范围和要求:

第一档	完全完成了试题规定的任务。
18分-20分	<ul style="list-style-type: none"> <li>· 覆盖了所有内容要点;</li> <li>· 运用了多样的句式和丰富的词汇;</li> <li>· 语法或用词方面有个别错误,但为尽可能表达丰富的内容所致;体现了较强的语言运用能力;</li> <li>· 有效地使用了语句间的连接成分,所写内容连贯、结构紧凑。</li> </ul> <p>完全达到了预期的写作目的。</p>
第二档	完全完成了试题规定的任务。

15分 - 17分	<ul style="list-style-type: none"> <li>· 覆盖了所有内容要点；</li> <li>· 运用的句式和词汇能满足任务要求；</li> <li>· 语法和用词基本准确，少许错误主要为尽可能表达丰富的内容所致；</li> <li>· 使用了简单的语句间连接成分，所写内容连贯。</li> </ul> <p>达到了预期的写作目的。</p>
第三档	基本完成了试题规定的任务。
12分 - 14分	<ul style="list-style-type: none"> <li>· 覆盖了内容要点；</li> <li>· 运用的句式和词汇基本满足任务要求；</li> <li>· 语法和用词方面有一些错误，但不影响理解。</li> </ul> <p>基本达到了预期的写作目的。</p>
第四档	未恰当完成试题规定的任务。
6分 - 11分	<ul style="list-style-type: none"> <li>· 漏掉或未描述清楚主要内容；</li> <li>· 所用句式和词汇有限；</li> <li>· 语法或用词方面的错误影响了对所写内容的理解。</li> </ul> <p>未能清楚地传达信息。</p>
第五档	未完成试题规定的任务。
1分 - 5分	<ul style="list-style-type: none"> <li>· 明显遗漏主要内容；</li> <li>· 句式单调、词汇贫乏；</li> <li>· 语法或用词方面错误较多，严重影响了对所写内容的理解。</li> </ul>
0分	未能传达任何信息；所写内容与要求无关。

## One Possible Version

### A Significant Event

Last month, I participated in a knowledge contest to celebrate the 70th anniversary of our motherland, which turned out to be extremely rewarding.

At a class meeting, our teacher announced that there would be a “Motherland in My Heart” knowledge contest, which greatly sparked my interest. Luckily, I, together with two other classmates, got the chance to compete on behalf of our class and I made up my mind to win glory.

We devoted the next few days to careful preparation. Cooperating effectively, we searched online for relevant information, including our profound history and our amazing development. Our teacher even invited an expert to present a vivid and informative lecture, which greatly increased our efficiency.

Then came the competition day. Due to adequate preparation and full support from the whole class, we were the first to answer the questions accurately most of the times. We were even able to cover some of the toughest questions while others got stuck and couldn't come up with the correct answer.

At the end of the competition, we were honoured the first prize. Holding the prize and flowers on the stage, we were greeted with wild applause from the audience. The competition ended with great success, for it promoted our understanding of our motherland and made us swell with pride in what our country achieved.