

2026 北京中考真题

英 语

满分 60 分，考试时间 90 分钟。

第一部分

本部分共 33 题，共 40 分。在每题列出的四个选项中，选出最符合题目要求的一项。

一、单项填空（每题 0.5 分，共 6 分）

从下面各题所给的 A、B、C、D 四个选项中，选择可以填入空白处的最佳选项。

1. My father is a nature lover. _____ favourite activity is hiking in the forest.

- A. His B. Her C. Their D. Your

2. Joe started to study Traditional Chinese Medicine _____ the age of 18.

- A. on B. at C. to D. for

3. The traffic laws say that everyone _____ wear the seat belt when travelling by car.

- A. must B. can C. may D. would

4. The Mid-Autumn Festival is one of _____ festivals in China.

- A. popular B. more popular C. most popular D. the most popular

5. — _____ do you visit the science museum?

— Once a month.

- A. How much B. How long C. How often D. How soon

6. We lost the game, _____ we didn't lose hope in ourselves.

- A. and B. but C. so D. or

7. The "Reading Beijing" event _____ thousands of students every year.

- A. draws B. drew C. will draw D. has drawn

8. —What is Dad doing in the study?

—He _____ on his laptop.

- A. works B. worked C. will work D. is working

9. So far, they _____ several meetings to discuss their plans for a field trip.

- A. have B. had C. are having D. have had

10. Mum _____ dinner for us when I got home from school.

- A. cooks B. is cooking C. was cooking D. will cook

11. A charity concert _____ in the gym the day before yesterday.

- A. held B. was held C. will hold D. will be held

12. —Could you tell me _____ as volunteers tomorrow?

—Yes. We're going to clean up litter in the park.

- A. what we did B. what did we do C. what we will do D. what will we do

二、完形填空（每题 1 分，共 8 分）

阅读下面的短文，掌握其大意，然后从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项。

The day I walked into Westfield High School, I felt like everyone in the hallway somehow knew I was the new kid. Three weeks earlier, my family moved across the country after my mum changed jobs. _____13_____ a new school in the middle of the term felt like hitting reset on my whole life.



At lunch that first day, I sat at a corner table pretending (假装) to be very interested in my phone while _____14_____ searching for “how to survive being the new kid”. Teen articles kept saying the same thing—feeling worried during a school transition (过渡期) is normal. That helped a little, but it still felt _____15_____.

The first week was awful. I got lost looking for the chemistry class, mispronounced a teacher's name, and accidentally walked into the wrong classroom twice. But something small started to _____16_____ when a boy asked if I wanted to join his group in the science lab. That made the whole day easier. One thing I learned quickly is that most students don't _____17_____ you as much as you think. Everyone is busy worrying about their own things.

Slowly, I found a way to _____18_____. Instead of trying to do many big things right away, I focused on simple things, like learning two classmates' names a week and asking one question in a class. Those small wins slowly built up my confidence.

By the end of the term, things looked very _____19_____. I joined the photography club and started hanging out with my classmates after school. Changing schools in the middle of the term was not easy, but it taught me something important about resilience (适应力) and _____20_____. Feeling uneasy does not last forever. If you are the new kid right now, hang in there. The hallway that feels strange today may become the place where you begin your new stage of life.

13. A. Starting B. Visiting C. Supporting D. Enjoying
14. A. suddenly B. excitedly C. angrily D. secretly
15. A. unwise B. unreasonable C. uncomfortable D. unimportant

- | | | | |
|------------------|--------------|---------------|----------------|
| 16. A. return | B. change | C. increase | D. move |
| 17. A. push | B. judge | C. protect | D. respect |
| 18. A. show up | B. stand out | C. come back | D. fit in |
| 19. A. different | B. strange | C. common | D. serious |
| 20. A. honesty | B. freedom | C. confidence | D. cooperation |

三、阅读理解（每题 2 分，共 26 分）

（一）

A

阅读下列周末休闲活动介绍，请根据人物意愿和需求匹配最适合的活动，并将活动所对应的选项（A、B、C、D）填在相应位置上。其中一个选项为多余选项。

Fun Activities on Weekends

A	Do you want to ride a horse? Welcome to try it in our park. All our horses are carefully chosen and well-trained. They are safe to ride, even for beginners. So, don't wait! Come and enjoy this exciting sport.	B	Are you a fan of biking? Join us and bike around the lake. Just follow the flat paths (小路), and you will be greeted by beautiful flowers and trees. Best of all: You can have a happy time outdoors and make new friends!
C	Welcome to our family-friendly garden in the city centre. We have many kinds of flowers. You can learn about their names and the places they come from. By the way, you will find many snack shops at the south gate.	D	Hope to ride a 50-year-old train? If so, our activity is your right choice. Get on the train for a relaxing two-hour trip around the city. You can have a great time while enjoying the beautiful view along the way.

<u>21</u>	 Amy	I plan to go to the city centre, learn more about flowers, and try some tasty snacks.
<u>22</u>	 Mike	I'd love to try horse riding. It sounds perfect for me because I really like exciting activities.

23	 Hazel	I really want to have a bicycle ride along the water while enjoying the beautiful view.
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(二) 阅读下列短文，根据短文内容，从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项。

B

Linda always dreamed of having many great toys, but buying them all was almost impossible.

One afternoon, exploring behind her apartment building, Linda discovered something wonderful. An elderly woman was creating beautiful playthings using thrown-away materials and natural objects. She built a tower from parts of cardboard boxes, and a tiny house with sticks, leaves, and stones.

“How do you make such wonderful toys without buying anything?” Linda asked, amazed.

“The best toys aren’t bought in stores,” the woman smiled warmly. “They’re created with your own hands and imagination. Everything, even the things people throw away, can become something magical. You just need a little creativity.”

Inspired (受到启发), Linda began trying out some ideas at home. She found treasures everywhere. A shoe box became a toy theatre. Old socks turned into materials for fashion dolls and old magazines became their clothes. Plastic bottles were used to build rocket ships. Soon, Linda’s bedroom became a world of wonder. Each creation taught her something about design, engineering, and storytelling.

One day, Linda went to see her teacher, Mr. Thompson, with an idea. “What if we have a toy-making workshop where students can make their own toys for show-and-tell?” Mr. Thompson was uncertain. Linda then presented the toys she had made, showing him how well-designed and interesting they were.

Surprised by her creativity, Mr. Thompson decided to have an activity named “Invention and Innovation (创新) Week” to encourage students to make and show their creative works. Linda was excited and began to teach other students her toy-making skills.

During the week, something magical happened. The handmade toys fired everyone’s imagination in ways store toys never could, inspiring stories, games and plays. Some teachers even started to include creative toy-making in their lessons. A local newspaper reported on these young inventors. Other schools wanted to follow their creative practice.

The big success of the activity filled Linda with pride. She realised creativity can also be about finding

possibilities in seemingly useless materials.

24. How did Linda feel when she saw the elderly woman making playthings?

- A. Proud. B. Satisfied. C. Warm. D. Amazed.

25. What activity did Linda suggest to Mr. Thompson?

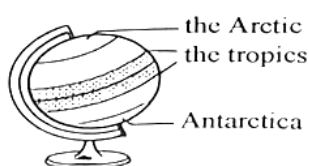
- A. A fashion design show. B. A toy-making workshop.
C. A storytelling competition D. A second-hand magazine fair

26. What did Linda learn from her experience?

- A. Teaching others helps us learn more quickly.
B. Friendship may develop from sharing stories.
C. Creativity can mean finding hidden possibilities.
D. Exploring nature leads to the discovery of beauty.

C

While the size of Arctic sea ice has dropped by about 40 percent over 40 years, until recently, the size of the sea ice around Antarctica was slowly increasing. Then, after 2015, Antarctic ice extent (范围) fell from a record high to several record lows, losing an area as large as Greenland.



Some research has suggested that higher air temperatures may be the cause. However, two new studies show that ocean warming played a bigger role in this dramatic change. As part of global ocean circulation (全球海洋环流), warm saltwater moves southward from the tropics and circles Antarctica 200 metres below the surface. But temperature and saltness records of the past 20 years suggest that this warm deep saltwater has been rising towards the surface, where it can melt (融化) sea ice.

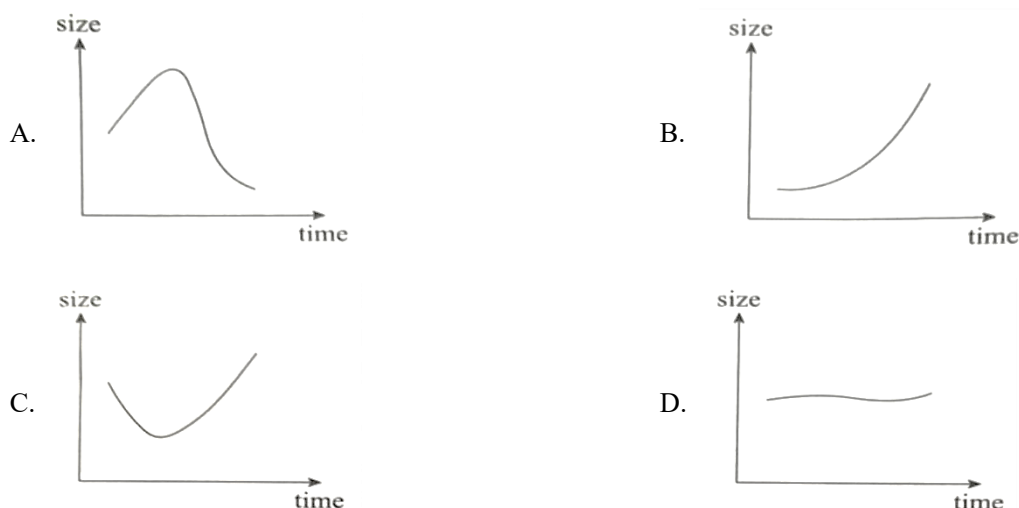
Antarctica is encircled by a belt of strong winds and storms. Climate change has pushed this storm belt southward, bringing more rain and snow into the sea ice area, according to a study by Earle Wilson and other researchers at Stanford University. The rain and snow create a layer (层) of fresh surface water that better protects the bottom of the sea ice from warm deep saltwater, allowing it to grow to its 2014 record high. But the same southward-moving storm belt also brings stronger winds. These winds blow surface water and ice forward. As this happens, warm deep saltwater rises up to fill the empty space.

Between 2014 and 2016, this wind-driven rising began to get the upper hand against the protective layer of

increased rain and snow, and sea ice began to melt away. When the researchers input the recorded ocean data (数据) into a computer model, it projected that sea ice would grow and then become smaller, as it did in the real world.

The researchers plan to study and model other things, which also likely play roles throughout Antarctica. Examples include changes in sea ice movement and increases in ocean mixing resulting from more storms. By studying the ocean data, they hope to build a model to project changes in Antarctic sea ice in the years to come.

27. Which of the following best shows the Antarctic sea ice changes around 2015?



28. In which order are the following events discussed in Paragraph 3?

- ① Warm deep saltwater rises to the surface.
- ② A layer of fresh surface water is created.
- ③ Surface water and ice are blown forward.
- ④ More rain and snow are brought into the sea ice area.

- A. ②④①③ B. ②④③① C. ④②①③ D. ④②③①

29. Which of the following is the best title for this passage?

- A. Where is Antarctic sea ice loss taking us?
- B. Is this the cause of Antarctic sea ice loss?
- C. Will a new model explain Antarctic sea ice melting?
- D. How does fresh surface water protect Antarctic sea ice?

D

The internet has provided us with unmatched ways to get information but it is also sounding alarms. Some experts argue that the internet will produce forgetfulness in the minds of those learning to use it, because they won't practise their memory.

Is the internet really doing harm to our memories—or will our doubtful experts be proven wrong? After all, the

brain's attention system (系统) and preferences for novel experiences were already there long before the digital age, and our ability to remember is nearly inexhaustible (无穷尽的). According to Michael Merzenich, a brain researcher, every brain is a work in progress; it keeps changing throughout our lives, depending on how we use it.

But our brains don't work well when we're not focused. When we repeatedly check text messages and social media during work, we are weakening our ability to form both short-and long-term memories, experts say. The flooding of information influences our ability to remember, too. Though our brains are designed to look for new data, too much of it may be causing this natural drive to go wild. The **compulsion** to continuously take in information means we often check social media when we should be doing "memory housekeeping" by giving our brains some rest. Another problem: the effortless way of receiving information online. Trying to actively recall (回忆) data is a good workout for the brain, but today we are using online search tools instead.

However, the internet may be changing only what we remember, not our ability to do so, suggests Columbia University psychologist (心理学家) Betsy Sparrow. In fact, the internet is becoming an outside hard drive for our memories. Some worry that this is having a negative effect on society, but Sparrow suggests this will change our way of learning from a focus on remembering facts to one on understanding ideas.

As is shown in a 2008 study, using the internet exercised the brain more than reading among older adults with strong computer skills. And two Harvard psychologists argue that not needing to remember facts might free our minds to focus on more meaningful tasks.

"There may be costs caused by our increased dependence on the internet, but generally the benefits are going to outweigh those costs," says Benjamin Storm, a psychologist. "It seems pretty clear that memory is changing, but is it changing for the better? At this point, we don't know."

30. What does the word "**compulsion**" in Paragraph 3 most probably mean?

- A. Longing. B. Ability. C. Chance. D. Promise.

31. What can we learn from the passage?

- A. Internet users remember facts better than non-users.
B. Novel experiences improve the brain's attention system.
C. Checking social media can give the brain proper breaks.
D. The internet may produce a change of focus in learning.

32. How does Benjamin Storm feel about the effects of the internet on memory?

- A. Uneasy and doubtful. B. Positive but still uncertain.
C. Negative but still hopeful. D. Encouraged and confident.

33. What is the writer's main purpose in writing this passage?

A. To argue for a belief.

B. To challenge a solution.

C. To present different views.

D. To examine causes and effects.

第二部分

本部分共 5 题，共 20 分。根据题目要求，完成相应任务。

四、阅读表达（第 34 — 36 题每题 2 分，第 37 题 4 分，共 10 分）

阅读短文，根据短文内容回答问题。

Being busy often seems important in today's world. Full calendars, nonstop notifications (消息提醒), and long to-do lists make it feel like progress is always happening. However, many people end their days very tired and wonder why their big goals are still far away. The truth is that being busy is different from being effective: One fills time and the other creates results. Understanding the difference is important because it helps you control your attention, make smarter choices, and focus on what truly matters.

Busyness gives a false sense of achievement because it fills time with activity. Answering emails, attending meetings, and checking off small tasks create the illusion (幻觉) of progress. However, activities of this kind often have no real purpose and fail to move important goals forward. What's more, busy people often let outside tasks take over their time. As a result, they have little control over time, which leads to stress and little progress.

Effectiveness, however, is measured (衡量) by results, not activity. Rather than ask how much was done, effective people ask what was achieved. They prioritise (优先考虑) tasks that create meaningful change, even if those tasks require more focus and more effort. For example, they decide ahead of time what is worth their energy and then prioritise their time for important work. This planned method reduces unnecessary tasks and creates space for deep, focused effort.

The real cost of busyness lies not in time spent, but in progress lost. Being busy often hides the fact that little of real value is being achieved. Effective people, on the other hand, often take a break from their work to check if they are keeping to their goals. When you stop measuring your days by how full they are and start measuring them by what truly moves you forward, work becomes more purposeful and life feels more satisfying.

34. Why is it important to understand the difference between being busy and being effective?

35. What is the result when busy people let outside tasks take over their time?

36. How does the planned method of effective people work?

37. What do you plan to do to be an effective student? Why? (Please give two reasons.)

五、文段表达（10 分）

38. 从下面两个题目中任选一题，根据所给的中文和英文提示，完成一篇不少于 50 词的英语文段写作。文中已给出的内容不计入总词数。所给提示词语仅供选用。请不要写出真实的校名、姓名和地名。

题目①

38. 假设你是李华，你们学校正在开展“Green Graduation”主题活动。为此，英语社团公众号进行了关于毕业生处理学习资料方式的问卷调查。下表展示了部分调查结果。请结合表格内容，用英语给公众号留言，谈谈你毕业后处理学习资料的打算和理由。

What students will do with used learning materials

What students will do	Percentage of students
Take them to a recycling centre	62%
Give them away for reuse	35%
Throw them away	3%

提示词语：environment, save, reduce, useful

内容提示：

- What can you learn from the results?
- What will you do with your used learning materials?

Why?

This table shows what students will do with their used learning materials after graduation.

题目②

39. 假设你是李华，你们学校正在开展“科学护眼，光明未来”主题活动。为此，英语社团公众号计

划推出“我的护眼好习惯”专栏，现面向全体师生征稿。请用英语给公众号投稿，分享你的护眼习惯及其带来的益处。

提示词语：eye exercises, take a break, outdoors, relax, avoid

内容提示：

- What do you often do to protect your eyes?
- What benefits have you got?

Eye health matters to everyone.

参考答案

第一部分

本部分共 33 题，共 40 分。在每题列出的四个选项中，选出最符合题目要求的一项。

一、单项填空（每题 0.5 分，共 6 分）

从下面各题所给的 A、B、C、D 四个选项中，选择可以填入空白处的最佳选项。

1. 【答案】A

【详解】句意：我的父亲是一位自然爱好者。他最喜欢的活动是在森林里远足。

His 他的；Her 她的；Their 他们的；Your 你的。根据“My father”可知是男性，修饰名词 activity 应用形容词性物主代词 His。应填 His。

2. 【答案】B

【详解】句意：乔在 18 岁时开始学习中医。

on 在……上面；at 在……时刻；to 到；for 为了。根据“_____ the age of 18”可知，此处考查固定搭配“at the age of...”，意为“在……岁时”。故选 B。

3. 【答案】A

【详解】句意：交通法规规定每个人乘车时必须系安全带。

must 必须；can 能；may 可能；would 将会。根据“The traffic laws say”可知，法律规定的行为是强制性的义务，表示“必须”，填 must。

4. 【答案】D

【详解】句意：中秋节是中国最受欢迎的节日之一。

popular 受欢迎的，原级；more popular 更受欢迎的，比较级；most popular 形式错误；the most popular 最受欢迎的。此处符合“one of+the+形容词最高级+复数名词”固定句型，应填 the most popular。

5. 【答案】C

【详解】句意：——你多久参观一次科学博物馆？——一个月一次。

How much 多少，提问数量或价格；How long 多长时间，提问时间段；How often 多久一次，提问频率；How soon 多久，提问将来时间。根据答语“Once a month.”可知是对频率提问，因此填 How often。

6. 【答案】B

【详解】句意：我们输了比赛，但是我们没有对自己失去希望。

and 和，并且；but 但是；so 所以；or 或者，否则。根据“We lost the game”与“we didn’t lose hope in ourselves”可知，前后句意存在转折关系，输比赛通常令人沮丧，但没有失去希望，表示转折用 but。

7. 【答案】A

【详解】句意：“阅读北京”活动每年吸引成千上万的学生。

根据时间状语 every year 表示经常性动作，应用一般现在时；主语 event 是第三人称单数，谓语用 draws，应填 draws。

8. 【答案】D

【详解】句意：——爸爸在书房里做什么？——他正在笔记本电脑上工作。

根据问句“What is Dad doing in the study?”可知，时态为现在进行时，表示动作正在进行，答语应用现在进行时，因此填 is working。

9. 【答案】D

【详解】句意：到目前为止，他们已经召开了几次会议来讨论他们的实地考察计划。

根据时间状语“So far”可知，句子应用现在完成时，结构为 have/has+过去分词。主语“they”是复数，助动词用 have；实义动词 have 的过去分词是 had，因此填 have had。

10. 【答案】C

【详解】句意：当我放学到家的时候，妈妈正在为我们做晚饭。

根据“when I got home from school”可知从句是一般过去时，表示过去某个时刻正在进行的动作，主句应用过去进行时，was cooking 符合题意。

11. 【答案】B

【详解】句意：前天体育馆里举行了一场慈善音乐会。

根据时间状语“the day before yesterday”可知，句子时态为一般过去时；主语“A charity concert”与动词“hold”之间是被动关系，因此使用一般过去时的被动语态（was/were+done）。

12. 【答案】C

【详解】句意：——你能告诉我明天我们作为志愿者将要做什么吗？——是的。我们要去公园清理垃圾。

宾语从句需用陈述语序，即“引导词+主语+谓语”，排除 B 和 D 两项疑问语序；主句“Could you tell me”中 Could 只是委婉礼貌的提问语气，并非一般过去时，主句整体属于一般现在时，遵循“主现从不限”的规则；根据时间状语“tomorrow”及答语可知动作发生在将来，应用一般将来时，排除 A 项。

二、完形填空（每题 1 分，共 8 分）

【答案】13. A 14. D 15. C 16. B 17. B 18. D 19. A 20. C

【导语】本文主要讲述了作者作为转校生，在学期中途来到新学校的经历。起初感到不安，但通过从小事做起，逐渐融入了新环境，建立了自信，并明白了适应力的重要性。

【13 题详解】

句意：在学期中途开始一所新学校感觉就像是整个人生按下了重启键。

根据前文“my family moved across the country”和“I was the new kid”可知，作者是转学，所以是“开始”

(Starting)一所新学校。 Visiting“参观”：只是短暂参观，不是长期上学；Supporting“支持”，语义完全无关；Enjoying“享受”：“享受新学校”和后文“人生按下重启、内心忐忑”消极情绪矛盾。

【14 题详解】

句意：第一天吃午饭时，我坐在角落的桌子旁，假装对手机很感兴趣，同时偷偷地搜索“如何作为新来的孩子生存下来”。

根据“pretending to be very interested in my phone”（假装对手机很感兴趣）可知，作者不想让别人知道他在搜什么，所以是“偷偷地、秘密地”（secretly）搜索。suddenly“突然”语境不符；excitedly“兴奋地”：兴奋和自卑不安心境相反；angrily“生气地”：愤怒情绪原文没有。

【15 题详解】

句意：那有一点帮助，但仍然感觉很不舒服。

根据前文“feeling worried during a school transition is normal”以及转折连词“but”可知，虽然文章说正常，但作者自己心里还是觉得“不舒服/不安”（uncomfortable）。unwise“不明智的”、unreasonable“不合理的”、unimportant“不重要的”均贴合不了转学新生孤单别扭的心情。

【16 题详解】

句意：但是当一个小男孩问我是否想加入他在科学实验室的小组时，一些小事开始发生改变。

根据前文“The first week was awful.”（第一周很糟糕）和后文“That made the whole day easier.”可知，情况开始发生“改变”（change）。return“返回”：没有回去的对象；increase“增加”：不能用来形容处境；move“移动”：侧重物理位移，不能形容境遇。

【17 题详解】

句意：我很快学到的一件事是，大多数学生并不像你想象的那样评判你。

根据后文“Everyone is busy worrying about their own things.”可知，每个人都忙于自己的事情，没空去“评判”（judge）你。push“推”、protect“保护”、respect“尊重”代入句意逻辑不通。

【18 题详解】

句意：慢慢地，我找到了融入的方法。

根据后文“I focused on simple things, like learning two classmates’ names a week...”可知，作者在努力“融入”（fit in）新环境。show up“出现”：语义完全不匹配；stand out“突出，显眼”：“出风头”和作者小心翼翼从小事做起的做法相反；come back“回来”：语义完全不匹配。

【19 题详解】

句意：到学期末，情况看起来大不相同了。

根据后文“I joined the photography club and started hanging out with my classmates after school.”可知，与刚开始的糟糕情况相比，现在情况变得“不同”（different）了。strange“陌生的”：陌生是刚来时的状态；

common“常见的”和 serious“严肃的，严重的”均不符合前后对比的文意。

【20 题详解】

句意：在学期中途转学并不容易，但它教会了我关于适应力和自信的重要一课。

根据前文“Those small wins slowly built up my confidence.”可知，这段经历教会了作者适应力和“自信”

(confidence)。honesty“诚实”和 freedom“自由”原文无对应线索；cooperation“合作”不是文章核心主旨感悟。

三、阅读理解（每题 2 分，共 26 分）

（一）

【答案】 21. C 22. A 23. B

【导语】 本文主要介绍了四项周末休闲活动，根据三位人物各自的出行需求、爱好，匹配对应的合适活动。

【21 题详解】

根据“I plan to go to the city centre, learn more about flowers, and try some tasty snacks.”可知，Amy 计划去市中心、了解花卉、品尝小吃。选项 C“欢迎来到我们位于市中心的家庭友好型花园。这里有多种花卉，您可以了解它们的名称和产地。顺便一提，南门附近有许多小吃店。”与之匹配。

【22 题详解】

根据“I’d love to try horse riding. It sounds perfect for me because I really like exciting activities.”可知，Mike 想要骑马，喜欢刺激的活动。选项 A“欢迎来我们的公园尝试。我们所有的马都是经过精心挑选和训练的。它们骑起来很安全，即使是初学者也能驾驭。所以，别再犹豫了！快来享受这项刺激的运动吧。”符合 Mike 的需求。

【23 题详解】

根据“I really want to have a bicycle ride along the water while enjoying the beautiful view.”可知，Hazel 想沿水边骑行、欣赏美景。选项 B“加入我们，一起环湖骑行吧。只需沿着平坦的小路前行，沿途就能欣赏到美丽的花草树木。”，匹配 Hazel 的需求。

（二）阅读下列短文，根据短文内容，从短文后各题所给的 A、B、C、D 四个选项中，选择最佳选项。

【答案】 24. D 25. B 26. C

【导语】 本文是一篇记叙文，讲述琳达受老人启发，利用废旧材料手工制作玩具，并在校内发起创意手工活动的故事。

【24 题详解】

第三段末尾“Linda asked, amazed.”表明琳达看到老妇人制作玩具时的感受是惊讶的。

【25 题详解】

第六段 “What if we have a toy-making workshop where students can make their own toys for show-and-tell?” 表明她建议的活动是玩具制作工作坊。

【26 题详解】

最后一段 “She realised creativity can also be about finding possibilities in seemingly useless materials.” 表明琳达学到的核心经验是关于创造力的本质。选项 C “Creativity can mean finding hidden possibilities” 符合对原文的同义转述。

【答案】27. A 28. D 29. B

【导语】本文主要讲述了南极海冰在 2015 年前后从增加转为急剧减少的现象，并探讨了其可能的原因，包括海洋变暖和风暴带南移的影响。

【27 题详解】

根据第一段 “until recently, the size of sea ice around Antarctica was slowly increasing. Then, after 2015, Antarctic ice extent fell from a record high to several record lows” 可知，南极海冰在 2015 年前缓慢增加，之后急剧下降，因此图表应呈现先升后降的趋势，对应 A 选项。

【28 题详解】

根据第三段 “bringing more rain and snow into the sea ice area... The rain and snow create a layer (层) of fresh surface water... These winds blow surface water and ice forward... warm deep saltwater rises up to fill the empty space” 可知，首先风暴带南移带来更多雨雪 (④)，雨雪形成淡水层 (②)，随后更强风吹走表面水和冰 (③)，最后暖咸水上升填补空间 (①)，故顺序为④②③①，对应 D 选项。

【29 题详解】

全文围绕南极海冰损失的原因展开，从空气温度到海洋变暖，再到风暴带作用，最后提到建模研究，均是在探究原因，因此 B 选项 “这是南极海冰损失的原因吗？” 最符合文章主旨，适合作为本文标题。

【答案】30. A 31. D 32. B 33. C

【导语】本文是一篇议论文，围绕互联网对人类记忆力的影响展开多方观点讨论，一方面指出分心刷屏、被动检索信息会削弱记忆形成能力，另一方面多位研究者认为互联网只是改变记忆存储内容与学习模式，整体利大于弊，但记忆最终向好还是向坏尚无定论。

【30 题详解】

根据第三段上下文 “The compulsion to continuously take in information means we often check social media...” 可知，这种 “compulsion” 驱使人们不断查看社交媒体，甚至影响了大脑休息。结合选项，A 项 Longing (渴望、强烈愿望) 最符合这种难以控制的冲动之意。

【31 题详解】

根据第四段中 Betsy Sparrow 的观点“...this will change our way of learning from a focus on remembering facts to one on understanding ideas.”可知，互联网可能会改变我们的学习方式，从关注记忆事实转变为关注理解理念。

【32 题详解】

根据最后一段 Benjamin Storm 的话“generally the benefits are going to outweigh those costs”（总体上利大于弊，态度积极）以及“At this point, we don't know.”（目前我们还不知道，表示不确定），可以看出他的态度是积极但仍存不确定性的。

【33 题详解】

通读全文可知，文章第一段提出专家担心互联网导致健忘，随后几段分别引用了 Michael Merzenich、Betsy Sparrow、Harvard psychologists 以及 Benjamin Storm 等不同专家的观点，讨论了互联网对记忆力的负面影响和正面改变。作者并未单方面论证某一种信念，而是客观呈现了关于该话题的不同观点。

第二部分

本部分共 5 题，共 20 分。根据题目要求，完成相应任务。

四、阅读表达（第 34 — 36 题每题 2 分，第 37 题 4 分，共 10 分）

- 【答案】34. Because it helps you control your attention, make smarter choices, and focus on what truly matters.
35. They have little control over time, which leads to stress and little progress.
36. It reduces unnecessary tasks and creates space for deep, focused effort.
37. I plan to make a daily to-do list and rank tasks by importance. First, it helps me focus on key tasks instead of wasting time on easy but unimportant tasks. Second, it allows me to set aside quiet time for deep-learning, which improves my understanding and reduces last-minute stress.

【导语】本文主要讲述了忙碌与高效的区别，分析了忙碌带来的虚假成就感及负面影响，阐述了高效的特点及计划方法的好处，倡导人们追求高效而非忙碌，以实现更有目标的工作和更满意的生活。

【34 题详解】

根据文章第 1 段“Understanding the difference is important because it helps you control your attention, make smarter choices, and focus on what truly matters.”可知理解忙碌与高效区别的重要性在于它能帮助控制注意力、做出明智选择并聚焦重点。

【35 题详解】

根据文章第 2 段“As a result, they have little control over time, which leads to stress and little progress.”可知忙碌的人让外部任务占据时间会导致压力和缺乏进展。

【36 题详解】

根据文章第 3 段“This planned method reduces unnecessary tasks and creates space for deep, focused effort.”可知

高效人士的计划方法通过减少不必要任务并为专注努力创造空间来起作用。

【37 题详解】

本题为开放性试题，需结合文章关于“高效”的主题作答。答案不唯一，合理作答即可。

五、文段表达（10 分）

38. 从下面两个题目中任选一题，根据所给的中文和英文提示，完成一篇不少于 50 词的英语文段写作。文中已给出的内容不计入总词数。所给提示词语仅供选用。请不要写出真实的校名、姓名和地名。

题目①

【答案】One possible version

This table shows what students will do with their used learning materials after graduation.

62% of the students choose to take the materials to a recycling centre, while 35% give them away for reuse and 3% throw them away. It shows most students care about the environment, but still some don't treat their used learning materials properly.

As for me, I plan to give away my textbooks and notes to younger students. The reuse of textbooks saves money and reduces paper use. And my notes can serve as a useful aid, helping others understand difficult points more easily.

【详解】写作步骤

[第一步：审题立意]

确定文体：应用文，以一般现在时、一般将来时为主

明确要点：调查结果描述与结论、个人处理学习资料的打算、做法对应的理由

确定人称：第一人称（I/my）

注意事项：必须用到题目提示词语 environment、save、reduce、useful；准确覆盖表格中三项比例数据；紧扣“Green Graduation”绿色环保主题

[第二步：构思布局]

三段式结构：

开头段：点题总起句，开门见山引出本次调查的核心主题

主体段：逐一描述三类旧资料处理方式的学生占比，总结数据反映的学生环保意识现状

结尾段：自然过渡到个人毕业安排，分层阐述选择的理由，呼应绿色毕业的活动主题

[第三步：要点展开]

要点一：调查结果解读

数据描述：62% of the students choose to take the materials to a recycling centre/35% give them away for reuse/3% throw them away/62% of the students prefer to recycle the materials/35% of the students decide to give

the materials away 等

结论总结: most students care about the environment/some don't treat their used learning materials properly/most students show environmental awareness/a small number of students don't treat used materials properly 等

要点二: 个人处理计划

方案选择: give away my textbooks and notes to younger students/take used paper to a recycling centre/hand down to underclassmen/send them to a recycling station 等

要点三: 做法理由

环保维度: reduces paper use/save natural resources/protect the environment 等

实用维度: saves money/my notes can serve as a useful aid/ helping others understand difficult points more easily/make learning easier for younger students 等

题目②

【答案】One possible version

Eye health matters to everyone.

I have three habits to keep my eyes healthy. At school, I do eye exercises twice a day. When I study at home, I make sure I take a 5-minute break every 30 minutes to give my eyes a rest. And I spend at least an hour outdoors every day for some natural light.

These habits have benefited me a lot. They help me relax my eyes and avoid eye problems, so I feel more comfortable every day. Always remember: Better habits today mean healthier eyes tomorrow!

【详解】写作步骤

[第一步: 审题立意]

1. 确定文体: 议论文, 以介绍个人习惯为主, 全文以一般现在时为核心时态, 描述习惯; 结尾感悟可用现在完成时。
2. 明确要点: ① 个人护眼具体做法 ② 护眼习惯带来的益处
3. 确定人称: 第一人称 I (李华视角)
4. 注意事项: 全文不得出现真实姓名和学校名称。

[第二步: 构思布局]

三段式结构:

开头段: 已有给定首句, 引出总观点。

主体段: 分点罗列护眼行为。

结尾段: 总述习惯带来的好处并升华主题。

[第三步: 要点展开]

要点一：护眼具体做法

校园场景：do eye exercises/after classes/rest my eyes in class breaks/look at green plants around our school

居家学习场景：take a 5-minute break/give my eyes a rest/avoid reading on the bed

日常户外活动场景：spend at least one hour outdoors/get natural light/take outdoor activities

要点二：护眼带来的益处

放松眼部：relax my eyes/reduce eye tiredness/relax eye muscles

规避眼部问题：avoid eye problems/avoid short-sightedness

要点三：升华主题

倡导保护眼睛：Better habits today mean healthier eyes tomorrow!/Let's take action to protect our eyes for a promising future.