

保密★启用前

## 2026 届高三 10 月大联考（新课标卷）

## 英 语

本卷满分 150 分，考试时间 120 分钟。



扫码查个性化报告

## 注意事项：

- 答卷前，考生务必将自己的姓名、准考证号填写在答题卡上。
- 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。
- 考试结束后，将本试卷和答题卡一并交回。

## 第一部分 听力（共两节，满分 30 分）

## 第一节（共 5 小题；每小题 1.5 分，满分 7.5 分）

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

例：How much is the shirt?

- A. £ 19.15.                      B. £ 9.18.                      C. £ 9.15.

答案是 C。

## 1. When will the concert end?

- A. At 8:00.                      B. At 9:30.                      C. At 10:00.

## 2. What is the probable relationship between the speakers?

- A. Friends.                      B. Teacher and student.                      C. Salesperson and customer.

## 3. What advice did the woman fail to follow?

- A. Sleeping early.                      B. Eating healthily.                      C. Exercising more.

## 4. Where are probably the speakers?

- A. In a hospital.                      B. In a drugstore.                      C. At home.

## 5. What will the woman probably do next?

- A. Rest her legs.                      B. Give instructions.                      C. Use the equipment.

## 第二节（共 15 小题；每小题 1.5 分，满分 22.5 分）

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

听第 6 段材料，回答第 6、7 题。

## 6. How does the woman feel about going to the cafeteria?

- A. Concerned.                      B. Calm.                      C. Regretful.

## 7. What are the speakers mainly talking about?

- A. A dining experience.                      B. A famous chef.                      C. A lunch plan.

听第 7 段材料，回答第 8、9 题。

## 8. What kind of books does the woman want to borrow?

- A. Literature.                      B. History.                      C. Art.

## 9. How many ways does the man offer for the woman to register?

- A. One.                      B. Two.                      C. Three.

听第 8 段材料，回答第 10 至 12 题。

## 10. Why did the woman choose to be a teacher?

- A. Because of the pressure from her family.  
B. Because of a teacher's encouragement.  
C. Because of her passion for the work.

## 11. What does the woman think is the best part of her job?

- A. Being with children.  
B. Winning others' respect.  
C. Learning different things.

## 12. What does the woman want her students to be?

- A. Lifelong learners.                      B. Creative thinkers.                      C. Good communicators.

听第 9 段材料，回答第 13 至 16 题。

## 13. How long has the man trained?

- A. For months.                      B. For weeks.                      C. For days.

## 14. What is the man mainly worried about?

- A. Poor preparation.                      B. Physical injuries.                      C. Public attention.

15. What suggestion does the woman give the man?  
 A. Checking his pace.      B. Enjoying the view.      C. Watching other runners.
16. How does the man finally respond?  
 A. He requests a sign.  
 B. He still feels anxious.  
 C. He accepts the encouragement.
17. Who is the speaker talking to?  
 A. Parents.      B. Teachers.      C. Students.
18. What are Lily's flower pots made of?  
 A. Metal boxes.      B. Glass bottles.      C. Paper containers.
19. Why did Mark create the "Light-Up Notebook"?  
 A. To save more paper.      B. To help memorize notes.  
 C. To solve visibility issues.
20. Which powers Sarah's city model?  
 A. Solar energy.      B. Water cars.      C. Ocean waste.

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

Tour Information About Adventure Peak Outdoor Park

Pricing

\$12 per person for group adventure tours.

Student Discounts

We offer discounts to high school groups from schools with limited budgets! To qualify, your group must finish a feedback survey after the tour. Discounts cover tour fees and partial transportation costs. Submit transportation receipts within 30 days of your visit to secure the discounts.

Group Size Rules

Each group needs one guide for every 15 participants. If your group does not have enough guides, an extra \$30 fee will be charged for each missing guide. Groups must have at least 10 people and no more than 40. For groups of over 40, call us to arrange a custom tour.

Operating Hours

The park is open daily from 9:00 am to 5:00 pm. Group tours can be booked any time during opening hours.

Booking Policies

Book at least two weeks in advance! Register online or fill out a Group Tour Form with multiple date choices. We'll send a confirmation email within two working days after receiving your booking.

Visitor Guidelines

- Guides and teachers must stay with the group and set a good example.
- No one should wander off alone — stay with your group at all times.
- Respect the natural environment and equipment.
- Keep voices down to avoid disturbing wildlife.

Additional Information

- All participants will receive a free adventure kit including a water bottle and a mini first-aid packet.
- Tours run rain or shine, but we offer a 50% refund if you cancel your tour more than 7 days before the scheduled date.

21. What should schools with limited budgets do to qualify for discounts?  
 A. Cover full transportation expenses.      B. Submit the tour fee receipts in time.  
 C. Complete a post-tour survey.      D. Apply for it thirty days in advance.
22. What will happen if a group lacks guides?  
 A. Free equipment is offered.      B. Group size must be reduced.  
 C. The tour may be canceled.      D. An additional fee is required.
23. What must visitors do during the park tour?  
 A. Always stick with the group.      B. Document rare wildlife.  
 C. Bring their own water bottles.      D. Learn first-aid skills.

B

For many people, joking about a disability feels completely wrong. But for Sean Towgood, a Canadian writer and actor with cerebral palsy (大脑性瘫痪), humor is not just acceptable — it's important. In fact, it's the heart of his popular TV series *You're My Hero*, now in its second season on CBC Gem.

Towgood not only creates the show but also plays the main character, Ian, a funny and sometimes difficult young man who is in a wheelchair. The show draws inspiration from Towgood's real-life experiences, using comedy to reveal both the absurd challenges and everyday struggles of living with a disability. "When people are laughing, they're more open," Towgood says. "They don't even realize they're learning something."

Unlike many shows where disabled characters are either tragic or unusually inspirational, *You're My Hero* presents Ian as fully human — kind, stubborn, awkward, and funny. Towgood wants viewers to look past the wheelchair and start seeing the real person. "I just want to show what my life is really like," he explains. "Sometimes it's confusing or frustrating, but it can also be fun."

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In the writers' room, Towgood sets one rule: if something makes the team laugh, it can stay. That openness brings surprising honesty to the show. Season 2 features moments hardly seen on television, like awkward dates and difficulties in finding proper seating for wheelchair users.

The show's strong cast includes well-known Canadian comedy stars and a new face this season: wrestling legend Chris Jericho, who plays Ian's long-absent father. Jericho describes the role as dramatic and funny — a new challenge for him to grow as an actor.

For Towgood, the greatest reward is hearing viewers say, "That's me." In a world where disabled people are often left out of the media, *You're My Hero* proves that true stories, told with heart and humor, can open minds, break barriers, and bring us closer together.

24. What's the central theme of the TV series *You're My Hero*?
- A. Using humor to address disability challenges.  
B. Daily battles to overcome physical limits.  
C. Exceptional achievements inspiring others.  
D. Fighting fixed mindsets with real humor.
25. How can we describe the characters in Towgood's show?
- A. Extremely motivating.                      B. Quite miserable.  
C. True-to-life.                                  D. Easy-to-please.
26. What is special about Season 2 of *You're My Hero*?
- A. It brings back the original cast.              B. It explores rarely shown topics.  
C. It focuses on a father-son story.              D. It highlights Ian's personal growth.
27. Which is a reward Towgood gets from the show?
- A. Receiving awards for the series.              B. Improving his storytelling skills.  
C. His audience feeling represented.              D. His family becoming famous.  
C

Feeding the world's growing population sustainably presents a significant environmental challenge, as traditional farming practices often overuse resources through too much water use, deforestation, soil loss, and pesticide (杀虫剂) overuse. To ameliorate this, the World Wide Fund for Nature (WWF) is exploring soilless agriculture as a potentially more environmentally sound alternative. This innovative technique involves growing crops with their roots covered in nutrient-rich water.

A recent WWF report highlights the potential of soilless agriculture to conserve both land and water resources. By getting rid of the need for soil, it also avoids soil loss, minimizes food loss through carefully controlled environments, and reduces the reliance on pesticides. For example, greenhouse hydroponics (水培) requires only about 10% of the water used in traditional farming while occupying significantly less land. Vertical (垂直的) hydroponics, which involves growing crops arranged in layers, further reduces land and water requirements, although it currently necessitates artificial lighting that consumes a lot of energy.

Interestingly, the WWF study revealed that conventionally grown lettuce in California currently has a lower carbon footprint compared to lettuce potentially grown in a soilless system in St. Louis. However, the report suggests that advancements in lighting technologies and a shift towards a more renewable energy power network could make soilless agriculture a more effective food production method in the future. Innovations such as light-related fibers for direct sunlight transmission indoors and genetic engineering to develop crops specifically suited for indoor environments hold promise for enhancing the sustainability of soilless farming.

Demonstrating its commitment to this approach, WWF has brought together various investors to partner with vertical farms in launching a soilless agriculture facility in St. Louis. This joint effort aims to establish a truly innovative farm by reusing local materials and focusing on achieving both environmental and social objectives. St. Louis was selected as the site for this pilot program due to the availability of unused buildings suitable for transformation into indoor farms and its strong pool of plant science professionals.

28. Which can replace the underlined word "ameliorate" in paragraph 1?
- A. Assess.                      B. Improve.                      C. Clarify.                      D. Predict.
29. What can we know about vertical hydroponics?
- A. It is water-free.                      B. It is cost-effective.  
C. It is short-lived.                      D. It is energy-intensive.
30. What does paragraph 3 mainly talk about?
- A. Traditional farming's advantages.              B. Soilless agriculture's future vision.  
C. Applications of lighting technologies.              D. Challenges for a soilless system.
31. Why did WWF choose St. Louis to carry out the program?
- A. It meets physical and technical needs.              B. It provides WWF with more resources.  
C. It has experience in soilless agriculture.              D. It offers ways of stopping local pollution.

D

Scientists have gotten one step closer to growing replacement teeth in the lab, a development that could pave the way for new alternatives to unpleasant dental fillings (补牙材料).

The team developed a special material that allows cells to communicate with one another just as they would in the body, thus enabling them to develop into tooth cells. The process allows scientists to grow teeth from a patient's cells in the lab. It could one day enable damaged or infected teeth to be replaced by real teeth, rather than being repaired using fillings and other dental procedures.

In a new study, the researchers described how they made a crucial breakthrough by developing this new material. It was made from the hydrogel, a soft material that can absorb large amounts of water and copy the environment around cells in the body, known as the matrix (基质).

"This meant that when we introduced the cultured cells, they were able to send signals to each other to start the tooth-formation process," said study co-author Zhang Xuechen, a researcher at King's College London. "Previous attempts had failed, as all the signals were sent in one go. This new material releases signals slowly over time, reproducing what happens in the body."

Such tooth replacements would be longer-lasting and stronger. Still, the researchers are far from implanting (将……移植入) them into a patient. They're working to figure out the best way for a tooth to be introduced into the body. "We could transplant the young tooth cells at the location of the missing tooth and let them grow inside the mouth. Alternatively, we could create the whole tooth in the lab before placing it in the patient's mouth. For both options, we need to start the very early tooth development process in the lab," Zhang said. Despite these challenges, the development could pave the way for new alternatives to fillings and implants.

32. What is a characteristic of the new material?

- A. It lets cells grow into real teeth.
- B. It is made from patients' own cells.
- C. It perfectly suits the lab environment.
- D. It replaces fillings in dental procedures.

33. What caused the failure of the previous attempts according to Zhang?

- A. The cells failed to develop properly.
- B. The signals were released too quickly.
- C. The material didn't adapt to the body.
- D. The tooth-formation process was too short.

34. What does the author think of the immediate application of a replacement tooth?

- A. Challenging.
- B. Promising.
- C. Fruitful.
- D. Unnecessary.

35. What can be the best title for the text?

- A. Alternatives to replacement teeth have hit the market
- B. A special material makes it possible for cells to talk
- C. Lab-grown teeth could offer new choices to implants
- D. Scientists have made great breakthroughs in implants

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。

Mud kitchens, modern upgrades (升级) from childhood mud pie making, have emerged as valuable outdoor play spaces. Comprising simple setups like tables with recycled kitchenware, they can adapt to any location, even balcony gardens. 36.

When children engage in mud kitchen play with those of their age, they learn how to share, take turns, negotiate roles, and communicate their ideas effectively. 37. This way, their social interactions and emotional intelligence get improved.

Mud kitchens are also beneficial to sensory development. Handling mud, water, and other natural materials stimulates a child's sense of touch, sight, and smell. 38. Sensory play is particularly beneficial to younger children as it supports cognitive development and hand-eye coordination (协调).

Of course, playing with mud kitchens also encourages children to explore the natural world and develop a deeper appreciation of their environment. 39, such as the consistency of mud when mixed with varying amounts of water. This hands-on exploration supports early scientific learning and observation skills.

40. In an age where screen time is increasing, mud kitchens offer an engaging way to get children active and outdoors. It provides a hands-on experience that captures their attention without the need for digital devices. By integrating mud kitchens into playtime, parents and educators can provide children with an enriching and joyful outdoor experience that supports overall growth and learning.

- A. Mud kitchens are more than just messy fun
- B. There are many benefits offered by these play areas
- C. It boosts curiosity about how different materials interact
- D. There's no limit to the role-play possibilities of a mud kitchen
- E. This cooperative play enhances their ability to work as a team
- F. A mud kitchen is typically a table with items such as old pots and pans
- G. Playing with different materials enhances their sensory perception and motor skills

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## 第三部分 语言运用 (共两节, 满分 30 分)

## 第一节 (共 15 小题; 每小题 1 分, 满分 15 分)

阅读下面短文, 从每题所给的 A、B、C 和 D 四个选项中, 选出可以填入空白处的最佳选项。

One day, Mr. Johnson announced the science challenge — building a bridge with Popsicle (冰棍) sticks. Hearing this, I immediately 41 the prize: a gold trophy (奖杯). My 42 Leo cast a confident glance at me. We'd been competitors since third grade.

I drew detailed blueprints, determined to win. But halfway through, my bridge 43 under weight testing. Leo's structure stood taller, yet moved 44 from side to side, threatening to fall. 45, we glared across the classroom until Mr. Johnson 46, "Some burdens need shared shoulders."

47, I approached Leo. "Your base is strong," I admitted. "But my joints could 48 it." Leo paused, and then smiled, saying, "Deal! Let's 49 our designs." We worked after school, debating angles and 50 the sticks. I learned his patience; he 51 my precision. Slowly, a steady and 52 bridge emerged — stronger than either of us could have built alone.

On the day of the competition, our 53 held 3 times the required weight! The trophy shone between us. Leo cut the ribbon (丝带) tying it and handed me half. "54?" he asked. I held his hand, "Always." That day, we didn't just win a competition. We built a bridge beyond it — one paved with teamwork and shared 55.

- |                   |               |                |                    |
|-------------------|---------------|----------------|--------------------|
| 41. A. won        | B. fetched    | C. eyed        | D. approached      |
| 42. A. opponent   | B. instructor | C. assistant   | D. neighbor        |
| 43. A. went up    | B. fell apart | C. burned down | D. took shape      |
| 44. A. gracefully | B. repeatedly | C. shakily     | D. unconditionally |
| 45. A. Surprised  | B. Terrified  | C. Annoyed     | D. Bored           |
| 46. A. suggested  | B. ordered    | C. complained  | D. insisted        |
| 47. A. Suddenly   | B. Hesitantly | C. Hopelessly  | D. Secretly        |
| 48. A. defeat     | B. replace    | C. test        | D. stabilize       |

- |                  |              |               |              |
|------------------|--------------|---------------|--------------|
| 49. A. revise    | B. exchange  | C. combine    | D. abandon   |
| 50. A. gluing    | B. polishing | C. separating | D. recycling |
| 51. A. supported | B. improved  | C. monitored  | D. admired   |
| 52. A. solid     | B. wooden    | C. attractive | D. practical |
| 53. A. devotion  | B. creation  | C. blueprint  | D. joint     |
| 54. A. Problems  | B. Prizes    | C. Partners   | D. Promises  |
| 55. A. interest  | B. success   | C. challenge  | D. plan      |

## 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。

## Craftsmanship Shines in London

The "Tiangong Kaiwu" Exhibition 56 (hold) in London on May 12. Organized by the *Art and Design* magazine, this cultural event drew over 140 guests, including artists, academics, and media professionals.

Centered on reinterpreting ancient Chinese 57 (wise) through modern designs, the exhibition featured 120 carefully selected artworks. 58 (highlight) included Dulong blankets with rainbow patterns, delicate silver items carved with high precision, 59 amazing porcelain (瓷器). These pieces 60 (full) demonstrated four core aesthetic (美学的) principles: Material Beauty, Artisan Ingenuity, Vessels' Elegance, and Timeless Relevance.

61 (divide) into three sections, the exhibition underlined how traditional techniques fuel rural development and cross-cultural dialogues. Dr. David Francis of the University of London noted, "Seeing Dulong masterpieces in London is extremely exciting! China is safeguarding its heritage while 62 (enable) its evolution."

Running 63 May 18, the exhibition hosted workshops and lectures 64 (deepen) Sino-British creative exchanges. As Guy Salter, London Craft Week founder, observed, Chinese craftsmanship perfectly interprets "harmony between humanity and nature", 65 philosophy now popular globally.

