

2025 学年第二学期杭州市高三年级教学质量检测

英语试题卷

本试卷分选择题部分和非选择题部分。选择题部分 1 至 10 页，非选择题部分 11 页至 12 页。满分 150 分，考试用时 120 分钟。

考生须知：

1. 答卷前，考生务必将自己的姓名、考生号、考场号、座位号填写在答题卡上。
2. 回答选择题时，选出每小题答案后，用铅笔把答题卡上对应题目的答案标号涂黑。如需改动，用橡皮擦干净后，再选涂其他答案标号。回答非选择题时，将答案写在答题卡上。写在本试卷上无效。
3. 考试结束后，将答题卡交回。

选择题部分

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纸上。

第一节（共 5 小题：每小题 1.5 分，满分 7.5 分）

听下面 5 段录音。每段录音后有一个小题，从题中所给的 A、B、C 三个选项选出最佳选项。听完每段录音后，你都有 10 秒钟的时间来回答有关小题和阅读下一小题。每段录音播放两遍。

1. What will the man do for the woman?
A. Return her books. B. Buy her a coffee. C. Review her plan.
2. What has most probably caused the delay?
A. Heavy traffic. B. The app failure. C. The truck breakdown.
3. What is the woman doing?
A. Doing a fitness test. B. Checking into a hotel. C. Going through security.
4. Where does the conversation probably take place?
A. At a service desk. B. In an electronics store. C. In a computer classroom.
5. Who suggested trying the chocolate?
A. The man. B. The tour guide. C. The woman's mother.

第二节（共 15 小题：每小题 1.5 分，满分 22.5 分）

听下面 5 段录音。每段录音后有几个小题，从题中所给的 A、B、C 三个选项选出最佳选项。听每段录音前，你将有时间阅读各个小题，每小题 5 秒钟；听完后，每小题都有 5 秒钟的作答时间。每段录音播放两遍。

听下面的录音，回答第 6、7 小题。

6. What is the man doing?

- A. Polishing his writing.
- B. Registering on a website.
- C. Checking his bank account details.

7. What is the woman trying to do?

- A. Persuade the man not to waste time.
- B. Help the man improve his writing skills.
- C. Stop the man from giving away personal information.

听下面的录音，回答第 8 至 10 小题。

8. What did the man do last night?

- A. He enjoyed a play live.
- B. He performed in a play.
- C. He watched a live broadcast.

9. What does the man imply about students today?

- A. They like to watch shows in person.
- B. They don't read the original texts enough.
- C. They have more opportunities to see live plays.

10. What is the woman concerned about?

- A. Students skipping reading.
- B. Students misinterpreting plays.
- C. Students showing less interest in plays.

听下面的录音，回答第 11 至 13 小题。

11. What are the speakers talking about?

- A. Tidying up the garage.
- B. Planning a camping trip.
- C. Preparing for an emergency.

12. What has the man packed?

- A. Flashcards.
- B. Energy bars.
- C. Credit cards.

13. Where does the woman prefer to stay?

- A. At home.
- B. In a shelter.
- C. At a campsite.

听下面的录音，回答第 14 至 17 小题。

14. Who is the man?

- A. A helpline advisor. B. A school teacher. C. A personal trainer.

15. What makes the woman feel bad?

- A. Trying to please family.
B. Comparing herself online.
C. Being glued to her phone.

16. What does the man suggest?

- A. Improving online images.
B. Stopping using social media.
C. Focusing on real-life connections.

17. What does the woman think she needs?

- A. Someone to comfort her. B. More family support. C. Some alone time.

听下面的录音，回答第 18 至 20 小题。

18. What is the speaker's favorite topic on TV?

- A. How the human body works.
B. How learning evolves with age.
C. How the brain changes with learning.

19. What do we know about the speaker's book?

- A. It's his first book. B. It's about first aid. C. It talks about Lego.

20. How can the speaker's work be described?

- A. Quiet but rewarding. B. Simple but fascinating. C. Challenging but interesting.

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

We all know that indigenous tribes(原住民部落) in rainforests support relatively few people, but they manage rainforests sustainably. These communities serve as guardians of an ancient wisdom and heritage passed down through generations. They possess a thorough, traditional knowledge of the forest ecosystem, using resources without exhausting them. By

contrast, the wealthy landowners, large companies and illegal loggers, in their pursuit of financial gain, have done huge damage. Their deforestation and burning of tropical rainforests are already having severe effects on global climate, biodiversity, human health, and local and regional socioeconomics.

Faced with these accelerating impacts, we urgently need sustainable management of rainforest resources. A multi-faceted approach combining conservation, sustainable use, and international cooperation is essential for rainforest protection.

- Selective logging and replanting - introduced in Malaysia (Figure 1) - avoids the completely destructive clear felling (砍伐).
- Ecotourism, such as in Costa Rica and Malaysia, introduces people to the natural world and provides long-term income to local people and governments.
- Conservation and education encourages preservation of rainforests in national parks and nature reserves for scientific research (e.g. the Caura Basin, Venezuela).
- International agreements recognize the global importance of rainforests in combating climate change. They include “debt-for-nature-swapping” agreements under which some donor countries and organisations reduce their debt repayment demands in return for calling a stop to destructive logging.

The Forest Stewardship Council (FSC) promotes sustainably managed forestry through education programmes and its FSC-labelled products.

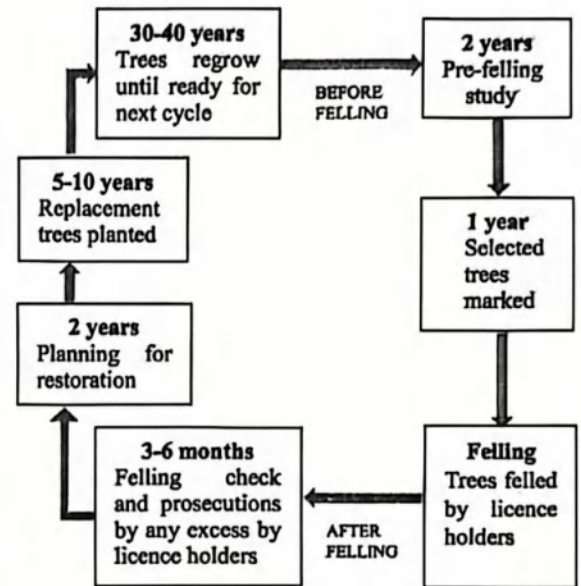


Figure 1 Malaysia's Selective Management

21. What has caused serious damage to rainforests?

- A. Profit-driven activities.
- B. Traditional farming practices.
- C. The decline of local economy.
- D. Deforestation by indigenous tribes.

22. According to Figure 1, how long does forest regeneration take before the next cycle?

- A. 3-6 months.
- B. 10-15 years.
- C. 30-40 years.
- D. 60-70 years.

23. Which practice reflects global collaboration in rainforest management?

- A. Selective logging.
- B. Debt-for-nature swaps.
- C. Developing ecotourism.
- D. Establishing natural parks.

Maya's dreams were not gentle. They were insistent, unfolding in the blank spaces of her accounting textbooks as broken lines of poetry. The future had already been drafted by her parents: a degree in business, a stable job, security. Her writing was a "pleasant hobby," a phrase that made her pen feel like a ghost in her hand.

The conflict was not a single conversation but a quiet, constant pressure. Her father saw her notebooks as evidence of a dangerous, risky world. Her mother worried the stories were an escape from a real life that demanded practical things. Maya complied, studying spreadsheets by day, but at night, she fed a blog under a false name. That was her real voice, a whispered rebellion (反抗).

Yet, the outside world offered no sanctuary. The comments on her blog felt like an X-ray. The other writers at the workshops she attended criticized her work with a tone she couldn't bear. Rejections from magazines carried a sharper pain - they weren't just rejecting a hobby, but the refined craft she'd worked so hard for!

Then, a moment of recognition struck, though it came with its own cost. A literary journal accepted a story - but requested thorough revisions that would take apart its hopeful ending. For a week, Maya wrestled with it, feeling like refusing. Finally, she rewrote it. The new ending held both love and distance, ambition and sacrifice. It was published.

After that, she began volunteering at a community center, not as a famous author, but as a fellow struggler. She showed teenagers her early drafts, full of red ink and doubt. "The conflict isn't the obstacle to your dream," she'd tell them. "It's the material. Don't write a fairytale. Write the storm. And then, write the person learning to stand in the rain."

Her ink was no longer just for dreams. It was for mapping the risky, beautiful, and completely unique territory of a real life being lived.

24. What is the root of Maya's inner struggle?

- A. Choosing between two stable jobs.
- B. Living a double life between work and family.
- C. Balancing her dream with family's expectations.
- D. Seeking a balance between reality and fantasy.

25. What does the underlined word "complied" in paragraph 2 mean?

- A. Obeyed.
- B. Panicked.
- C. Protested.
- D. Wondered.

26. What might Maya learn from her submission experience?

- A. Getting published isn't hard.
- B. Standing your ground is a virtue.
- C. You have to pay a fee to get recognized.
- D. You have to compromise sometimes to succeed.

27. What is Maya's advice to the teenagers?

- A. Choose proper material.
- B. Turn storms into stories.
- C. Build castle before dreaming.
- D. Dream big and dare to fail.

C

In recent years, consumers have increasingly sought “clean-label” foods - products made with natural ingredients. This trend has driven scientists to search for safe, natural preservatives. They have turned their attention to a part of the cashew nut (腰果) that is often thrown away - the shell. From it, they extract Cashew Nut Shell Liquid (CNSL) and find that it contains special natural substances that can fight bacteria and prevent decay(变质). While this dark liquid has been studied for use in industries like paint and medicine, its potential for preserving food had not been fully explored until now.

The scientists designed a careful experiment to test whether CNSL could help preserve beef, one of the most widely consumed meats globally. They applied the liquid to beef samples at different concentrations. Some meat was left untreated as controls. The samples were then stored under different conditions - some at room temperature and others in refrigeration - for two weeks.

During storage, a detailed microbiological evaluation was conducted to quantify total viable(活菌) counts and specific spoilage organisms, including *Pseudomonas* spp., *Clostridium* spp., and *Proteus* spp. Physicochemical analyses monitored changes in pH and water activity, while bacteria growth was assessed during storage at room temperature. The scientists discovered that the CNSL-treated meat showed significantly less bacterial growth than untreated meat. The effect was strongest at higher concentrations, with a 2.0% solution providing excellent protection while maintaining meat quality. Even at room temperature, it effectively delayed the meat's souring process and reduced bacteria growth, helping the beef stay fresh-looking longer.

The researchers note that further studies are needed to understand whether the liquid affects the taste and texture of the beef, and how it might be combined with modern packaging for even better results. Still, this study opens a window into nature's own way of keeping food fresh - hidden inside a humble cashew shell.

28. Why are scientists studying cashew nut shells?
- A. To reduce waste in the food industry.
 - B. To improve the taste of processed foods.
 - C. To find natural alternatives to artificial preservatives.
 - D. To develop new industrial materials for paint and medicine.
29. What was the primary focus of the microbiological evaluation?
- A. The variety of cashew species.
 - B. The safety of refrigerated beef.
 - C. The changes in pH and water activity.
 - D. The effectiveness of CNSL against bacteria.
30. What does the experiment suggest about CNSL?
- A. It can improve meat quality over time.
 - B. It performs best at room temperature.
 - C. It speeds up the meat's souring process.
 - D. Its concentration and the storage life are closely related.
31. What is the author's attitude towards the future of CNSL?
- A. Fully convinced.
 - B. Cautiously optimistic.
 - C. Hesitant and doubtful.
 - D. Neutral and objective.

D

Are we about to use Gene Editing Technology to grow wings? Will we all be uploading our brains to the Amazon cloud? If you love science and engineering, sci-fi is the place you turn to to imagine the answers. The problem is that many people are getting the wrong messages from these visions of tomorrow.

There are two main ways that people misread sci-fi. Let's start with the simpler one, known as the Torment Nexus Problem. Coined in a 2021 tweet, it refers to a situation in which people read or watch a sci-fi story but focus on its futuristic tech - which, in the original stories, is often the very source of human suffering - rather than the story's actual point. As a result, you get billionaire Peter Thiel co-founding a company called Palantir, named after the fantasy tech of the "seeing stones" in *The Lord of the Rings* that drive their users to evil and madness. Palantir's products have recently been used in airstrikes on Gaza. The author J. R. R. Tolkien would not be amused.

The second major way people misread science fiction could be called the Blueprint Problem. Essentially, it's the mistaken idea that sci-fi provides an exact model for what is coming next and if we copy what happens in sci-fi, we will arrive in a glorious future. The

Blueprint Problem inspired a lot of early space programmes in the 1950s, which prioritised putting humans into space rather than exploring it remotely with robotic spacecraft. We were told AI would become our obedient servants and brilliant experts in so much sci-fi over the past century, making robocops and holographic(全息的) doctors seem inevitable - but they aren't.

Science fiction isn't a map or a prescription. Instead, it is a world view, a way of approaching problems with the underlying assumption that things don't have to be the way they are. The future isn't predetermined; it's a process, and people are actively shaping it.

32. The mention of "Palantir" serves to show that _____ .

- A. Tolkien's work has inspired real-world evil
- B. name-choosing is vital for a company's image
- C. sci-fi serves as a practical guide for inventors
- D. the sci-fi story's true message often goes unnoticed

33. What is the "Blueprint Problem" as described in paragraph 3?

- A. Having robots take over human jobs.
- B. Viewing sci-fi as a perfect future model.
- C. Expecting authors to engineer real tech.
- D. Favoring robots over astronauts in space.

34. What does the author imply in the last paragraph?

- A. Sci-fi exposes the essence of things.
- B. Sci-fi is a rigid guide for future planning.
- C. Sci-fi is a mindset for re-examining reality.
- D. Sci-fi predicts specific technological outcomes.

35. What can be a suitable title for the passage?

- | | |
|-----------------------------------|--|
| A. The Misreading Traps of Sci-Fi | B. The Hidden Dangers of Sci-Fi |
| C. The Moral Dilemmas in Sci-Fi | D. The Technological Fantasies of Sci-Fi |

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。

Street names help us figure out where we are. This can be understood both literally and metaphorically. Some names, like 125th Street, are just descriptions. But often, streets are named after people, which places us in a historical or political context too.

Not far from where my brother lives in north London is a street called Kitchener Road. Just behind the lamp post was an old sign, made of thick iron, bearing the name. 36 That sign seems to say this person was and still is deserving of recognition. But Kitchener Road reminded me of Britain's history of colonial(殖民地的) rule, as the Kitchener (1850-1916) was a cruel British military officer across Asia and Africa.

Saying street names are markers of history attracts two types of criticism. One is that it's nothing more than a storm in a teacup. Street names don't really matter. 37 But honoring people responsible for killing through street names preserves a celebratory view of that past and normalises it in daily life. So what should we do?

38 Another option is the Amsterdam approach. There, a street honoring anti-apartheid(反种族隔离) leader Albert Luthuli has a sign noting: "Formerly: Louis Botha street," named after a prime minister of colonial South Africa.

Where such names remain, people are creating walking tours to provide full context. In Glasgow, a tour was organized to make people know about the city's role in the enslavement of people. 39 It builds thoughtful ways forward locally.

Walking away from Kitchener Road, I thought of a different Kitchener: the legendary Trinidadian calypso musician. Upon arriving in England, he sang London is the Place for Me. If Kitchener Road must keep its name, I'd prefer to imagine they honor the "King of Calypso," not the colonial butcher. 40

- A. Residents rarely notice the street names.
- B. My view is that such streets be renamed.
- C. Perhaps we should consider the evidence.
- D. Perhaps that is a take-back we can all adopt.
- E. Another, changing these names erases history.
- F. This kind of practice is creative response to damaging histories.
- G. To name a street after a person is a way of honoring their achievements.

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、D 四个选项中选出可以填入空白处的最佳选项。

Dr. James Leong is an eye doctor in Wellington. For years, his demanding schedule was a constant 41 - caught in a tug-of-war between his patients and a mountain of

paperwork. Every day was a ____42____. He'd see up to 50 patients, then spend his evenings and weekends buried under medical notes and reports. "The exhausting routine ____43____ me of family time. When my daughter asked why I missed her school play again, I showed her the ____44____ pile of charts in my trunk." Dr. Leong said.

Just when it seemed like things couldn't get any ____45____, a new technology entered the picture - a digital assistant called an AI scribe. This "co-pilot" listens to doctor-patient ____46____, instantly transcribes(记录) notes, drafts reports, and organizes documentation.

Now Dr. Leong is no longer ____47____ to a keyboard, free to do what he does best: ____48____ with his patients. "It ____49____ my human intelligence for where it matters most," he says. The ____50____ is transformative. Dr. Leong can see a patient and have a follow-up letter ____51____ by the time they reach reception. Over the last three months alone, the new tech has ____52____ over 250,000 specialist consultations in New Zealand and Australia.

This is more than just a story about ____53____; it's a solution that gives doctors back their time and passion for ____54____. For Dr. Leong, it's finally possible to be both a dedicated physician and a present ____55____.

- | | | | |
|----------------------|---------------|---------------|---------------|
| 41. A. choice | B. change | C. reminder | D. battle |
| 42. A. risk | B. rush | C. blessing | D. experiment |
| 43. A. relieved | B. robbed | C. warned | D. informed |
| 44. A. neat | B. dusty | C. towering | D. hidden |
| 45. A. worse | B. clearer | C. fancier | D. easier |
| 46. A. conversations | B. arguments | C. stories | D. secrets |
| 47. A. drawn | B. exposed | C. addicted | D. chained |
| 48. A. consult | B. negotiate | C. connect | D. sympathize |
| 49. A. shows off | B. tries out | C. frees up | D. relies on |
| 50. A. theory | B. difference | C. recovery | D. decision |
| 51. A. ready | B. open | C. read | D. discussed |
| 52. A. selected | B. recorded | C. predicted | D. supported |
| 53. A. belief | B. schedule | C. kindness | D. technology |
| 54. A. paperwork | B. medicine | C. management | D. education |
| 55. A. friend | B. expert | C. parent | D. innovator |

非选择题部分

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。

Before sunrise, Beijing parks look ordinary in winter - bare trees, empty benches, a few early risers. But then, a melody begins, ____ 56 ____ (float) through the air, and suddenly the space is transformed. People gather, strangers become neighbors, ____ 57 ____ art fills the public space with possibility.

Sun Chubo, a young bamboo flute(长笛) professional from the China National Opera and Dance Drama, has moved the stage from the theater to the masses. The countless ____ 58 ____ (like) both offline and online prove that this is ____ 59 ____ means for art to burst forth with vigorous and dynamic vitality.

“In outdoor performances, I can see everyone’s expressions up close. It is much easier to intuitively(直觉地) sense whether the audience enjoys the piece I am playing and ____ 60 ____ (feel) their emotions directly,” Sun told the Global Times.

When artists move into public spaces to create and perform, art steps out from the closed environment of theaters into the more open settings of public life, making itself truly seen, ____ 61 ____ (hear), and participated in. Meanwhile, authentic audience feedback and the ____ 62 ____ (interact) atmosphere of live events often inspire artists, pushing them to reconsider ____ 63 ____ they express themselves through their work.

From the depths of a bamboo forest to city squares, the venue may change, but the connection between art and the public ____ 64 ____ (remain) constant. When performers enter more public spaces and residents pause ____ 65 ____ art, this “mutual journey” in the city’s public spaces gives art its truest warmth.

第四部分 写作（共两节，满分 40 分）

第一节（满分 15 分）

假定你是李华，你校部分学生常以各种理由请假，不参加课间跑活动。为此，请写一篇短文向校英文报投稿，内容包括：（1）陈述现象；（2）提出劝告和建议。

注意：

- （1）写作词数应为 80 个左右；
- （2）请按如下格式在答题卡的相应位置作答。

Show up for Inter-class Running

第二节（满分 25 分）

阅读下面材料，根据其内容和所给段落开头语续写两段，使之构成一篇完整的短文。

On the morning of her seventh birthday, Zahara awoke feeling excited. All she had dreamed of for months was a bicycle of her very own - a red one, swift as the wind. When she dashed downstairs and saw the large, ribbon-topped box waiting, her heart soared. Inside gleamed the most perfect bike she could imagine. "It's magnificent!" she cried, giving it a test spin around the kitchen tiles. She named it "Comet"(彗星) on the spot.

That very afternoon, the school carnival was buzzing with noise and music. Zahara rode Comet proudly alongside her best friends, Lily and Chloe. When Lily spotted a stand selling personalized bike license plates, the idea was irresistible. "We have to get matching ones!" she exclaimed. The three girls hurried over, their coins clutched tightly.

Lily and Chloe found their names in an instant among the neat rows of letters. But Zahara scanned the display again and again. ADAM, AMY, ANNA...her eyes moved down the alphabet, past the ZACKs and ZOEs, but her name was nowhere to be seen. A small knot of disappointment tightened in her stomach.

"Excuse me," she asked the stand attendant, "are there any more plates in the back?" The man shook his head, barely looking up from his newspaper. "Please, could you check?" Zahara insisted, her voice hopeful. He sighed. "What's the name?" "Zahara," she said clearly. He frowned. "Come again? Spell it." Z-A-H-A-R-A, she spelled out, each letter feeling heavier than the last.

To her horror, a snicker(暗笑) came from behind her. Zac, a boy from the grade above, was watching. "Of course they don't have it," he called out. "It's not even a real name! Za-HAIR-uh! Sounds like you've got fuzzy hair!" A few other kids nearby giggled. Zahara's cheeks flamed, and the world seemed to shrink to the sound of that cruel version of her name. Tears filled her eyes as she fled, leaving the stand and the laughter behind.

注意：

- (1) 续写词数应为 150 个左右；
- (2) 请按如下格式在答题纸的相应位置作答。

The moment she got home, Zahara shouted, "I'm done with being called Zahara!"

Her handmade plate on the bike, Zahara left for school early in the morning.

绝密★启用前

2025 学年第二学期杭州市高三年级教学质量检测

英语学科 参考答案

第一部分 听力 (共两节, 满分 30 分)

1-5 BACBB 6-10 BCACA 11-15 CBAAB 16-20 CACAC

第二部分 阅读 (共两节, 满分50分)

第一节 (共15小题; 每小题2.5分, 满分37.5分)

21-23 ACB 24- 27 CADB 28- 31 CDDDB 32-35 DBCA

第二节 (共5小题; 每小题2.5分, 满分12.5分)

36-40 GEBFD

第三部分 语言运用 (共两节, 满分30分)

第一节 (共15小题; 每小题1分, 满分15分)

41-45 DBBCA 46-50 ADCCB 51-55 ADDBC

第二节 (共 10 小题; 每小题 1.5 分, 满分 15 分)

56. floating 57. and 58. likes 59. a 60. to feel/ feel
61. heard 62. interactive 63. how 64. remains 65. for

第四部分 写作 (共两节, 满分 40 分)

第一节 (满分 15 分)

Show up for Inter-class Running

Lately, I've noticed more students skipping our daily inter-class run, with excuses like "feeling unwell" or "drowning in homework." To many of them, the run feels like another chore.

But from my perspective, the run is a valuable "Brain Break." It not only boosts our well-being, but it sharpens focus for upcoming lessons.

If you've found it hard to show up, here are some great ideas. First, find a running mate. Having a partner to offer encouragement - or even share a quick chat - can make the distance feel shorter. Setting a small weekly reward for perfect attendance is also a great motivator.

Let's lace up and show up! Every step invests in a healthier, more vibrant you!

第二节 (满分 25 分)

Paragraph 1: The moment she got home, Zahara shouted, "I'm done with being called Zahara!" Mom was surprised and asked what was wrong. Frustrated, Zahara recounted the whole story. Hearing it out, mom explained, softly, "Sweetie! Your name means a shining flower! It was the name of a brave Queen in your father's hometown!"

Stunned, Zahara fell in deep thought. Soon a new determination sparked within her. "I'm going to let everyone know Zahara is a beautiful name!" she declared. Then she thought of the plate. An idea struck her. She spent the evening carefully crafting one, on which each letter of her name was in the form of a flower.

Paragraph 2: Her handmade plate on the bike, Zahara left for school early in the morning. As she arrived, the unique, glittering plate immediately caught her classmates' attention. Her best friends, Lily and Chloe, exclaimed, "That's amazing! It's even better than the bought ones!" Zac, who didn't see the plate at first, came over and shouted, "Hey, Za-HAIR-uh!" "It's Zahara!" Meeting his gaze squarely, she pointed to the plate. "See? It means 'flower that shines.'" Before he could reply, she hopped on Comet and rode away, leaving the mean jokes far behind. As she pedaled, she felt a deep sense of pride, knowing that her name was a blessing, not a burden.

听力材料

Text 1

M: I'm going to the library to return these books.

W: Could you grab me a coffee on your way?

M: Sure, I was planning to walk there anyway.

Text 2

W: I've been waiting for the delivery for three hours.

M: The tracking system shows the delivery truck hasn't moved for a while.

W: I know it's rush hour, but I hope it arrives before five.

Text 3

M: Do you have any keys or metal items in your pockets?

W: No, I don't.

M: Okay. Please place your carry-on bag on the belt and walk through the scanner.

Text 4

M: I like this laptop, but I prefer the one with the larger screen.

W: You can exchange it by paying the price difference.

M: Where should I go?

W: The service desk is downstairs.

Text 5

W: The food in Mexico was incredible. Our tour guide talked us into trying the traditional chocolate with peppers, and my mum tried some.

M: I bet you must have tried it too.

Text 6

M: Hey, this website says it helps improve our writing for free. I'm signing up now.

W: Sounds useful. What do you need to enter?

M: Just basic info, like name and birthday, and bank details, plus a credit card number.

W: Wait! Credit card? If it's free, why ask for that? That's really suspicious.

M: Maybe it's just for future updates. I really want to try this out.

W: It's a classic warning. I'm shutting down your computer. I can't watch my brother get tricked like this.

Text 7

W: So Tom, how was the Shakespeare play last night? I heard you managed to get a great seat.

M: Yeah, right in the front row. It was amazing! Watching it live really brought the story to life.

W: I can imagine. When we were students, hardly anyone got to see performances in person.

M: These days, theaters not only stage more plays but also offer discounts for students.

W: That's good, but I worry some students might rely only on watching.

M: I see your point. Live shows are exciting, but they can't replace the depth that comes from reading the original text.

W: Exactly. I guess the best approach is a mix of both.

Text 8

W: Hey, Tim, why are you in your garage so early? What's all that for? A camping trip?

M: Not exactly. I'm putting together 72-hour emergency kits for my family.

W: Emergency kits? Wow, you really think it's that bad?

M: I don't think it's bad, I just think it's unpredictable. Three days without power or water can feel like forever.

W: So what? You're planning to live on survival food?

M: Not exactly simple stuff—energy bars, bottled water, a flashlight, some cash. Credit cards are useless if the system's down.

W: Okay, that part actually makes sense.

M: And shelter's another issue. You might be sent to a crowded center or nowhere at all.

W: That sounds miserable. I'd rather take my chances at home.

M: Fair enough, but having options beats having none.

Text 9

M: Hello. You're speaking with a trained listener on the holiday helpline. How can I help you?

W: Hi, I'm feeling really stressed this holiday season. Every time I look through social media, I see all these perfect family photos, decorations, and gifts. I just feel like I'm not doing enough.

M: I understand. Many people feel that way. Lots of people feel pressure to make their holidays perfect because of what they see online. How is that affecting you?

W: Well, I'm trying to spend time with my family preparing meals, but I feel completely exhausted. Even though I know these posts aren't real life, I can't stop comparing.

M: That's very common. Enjoying the moment is more important than trying to match online images. Sometimes, putting your phone away and engaging with people directly can help reduce stress.

W: I'll try that. I guess I just need someone to remind me it's okay not to be perfect.

M: Exactly. You're not alone, and taking care of yourself is what really matters.

Text 10

Speaker 1: Hi John, thank you for having me on The Week Junior Podcast today.

Speaker 2: Hi everyone. I'm Dr. Ronx. You might know me from the TV show Operation Ouch, where I show kids how the human body works in a fun and easy way. I love sharing interesting medical facts, but the topic I love most is the brain and learning. I find it amazing how our brains can adapt when we learn new things. It means that people of any age can always improve their knowledge. I recently wrote a book called Amazing Bodies. It's full of fascinating facts about how our bodies function. Writing books was a completely new experience for me, and sometimes quite difficult, but seeing the finished book was an amazing moment. When I'm not filming or writing, I work in a hospital accident and emergency department. It can be tough at times, but I enjoy the variety and helping people get better. And to relax, I love playing with Lego, and I always believe you're never too old to play.