

英 語

(45 分)

試験開始の合図があるまで、この問題冊子を開かず、
下の注意事項をよく読むこと。

注 意 事 項

1. 問題冊子は、14 ページあります。
2. 解答用紙は問題冊子の中央にはさんでいます。解答はすべて解答用紙に書きなさい。
3. 「始め」の合図でページ数を確認し、受験番号・氏名を書きなさい。
4. 問題の内容についての質問には、いっさい応じません。印刷のはっきりしないところがあれば、静かに手をあげなさい。
5. 時間を知りたいときにも、静かに手をあげなさい。
6. 具合が悪くなったり、トイレに行きたいときは、手をあげて、監督の先生の指示に従って行動しなさい。
7. 問題冊子は各自持ち帰ってよろしい。

【 1 】 Choose the best answer to complete each sentence.

- (1) Put your sweater on, () you'll catch a cold.
1 so 2 or 3 and 4 because
- (2) The climate of Mexico is warmer than () of Canada.
1 those 2 it
3 one 4 that
- (3) The soccer player () in the game was taken to the hospital.
1 injures 2 injured 3 injuring 4 to injure
- (4) His longtime effort finally () and he passed the exam.
1 took in 2 paid off 3 relied on 4 pulled up
- (5) I decided to go to the movie with my mother () I had
nothing better to do.
1 because 2 though 3 thanks to 4 owing to
- (6) Anyone who stops learning is old, () at twenty or eighty.
Anyone who keeps learning stays young.
1 either 2 neither 3 if 4 whether
- (7) Dr. Edwards is the most intelligent person ().
1 I ever knew 2 I never knew
3 I've never known 4 I've ever known
- (8) "Is this hat () in a smaller size?"
"Not in the same color. We have the ones in black and brown."
1 valuable 2 effective
3 impressive 4 available

(9) () the most important event in Japanese history?

1 What do you think was

2 What do you think it was

3 Do you think what it was

4 Do you think that

(10) Would you come to my office when ()?

1 you're convenient

2 you'll be convenient

3 it is convenient for you

4 it'll be convenient for you

【 2 】 Choose the best sentence to complete each conversation.

(1)

A: Hello! Please wait in this line for Thrill Coaster!

B: Excuse me. My son is four years old. Is this ride suitable for him?

A: () I think he prefers Teacup Ride over there.

B: I see. Thank you. We'll try that.

- 1 Yes, it's a lot of fun.
- 2 It's probably too scary for him.
- 3 It's very exciting and popular.
- 4 The tickets are sold over there.

(2)

A: I'm going to the Osaka Hospital next week.

B: Are you sick?

A: No, don't worry. I have a medical checkup once a year to see if I'm healthy.

B: That's a good idea. You are usually very careful about the food you eat. Also, you run every day, right?

A: Yeah, I'm trying to avoid fatty junk food and not to gain weight.

B: Me, too. ()

1 I've started working out recently.

2 I always stay in my room and play games.

3 I cannot stop eating until I'm full.

4 I guess I'll have to run for my team next week.

【 3 】 Read each conversation and answer the following question.

(1)

Fred: Mm... I'm getting hungry.

Beth: Same here. Let's try that Thai restaurant.

Fred: I went there with my friends last week and found that the food was a bit too spicy.

Beth: Was it? But several comments on the website say that it has quite a nice atmosphere.

Fred: That's true. But there's one more thing. It's rather expensive.

Question: What does Fred imply?

- 1 He is not really hungry.
- 2 He wants to try another restaurant.
- 3 He is concerned about his health.
- 4 He likes nothing about the Thai restaurant.

(2)

Ann: Hey, Tom. This is the poster of the summer music festival that I told you before.

Tom: Oh, looks like a lot of fun. Do you want to go?

Ann: Yeah, we'll probably have a good time.

The poster says there are four different types of seats.

Tom: It looks like Seat A is the most expensive. What's the difference?

Ann: I suppose Seat A is the closest to the performers. I believe it will be worth spending the money. What do you think, Tom?

Tom: Well, I don't know, I don't have much money.

Ann: Really? Oh, just a second. The poster says that they'll give 10% discount to groups of three or more. And 15% discount to groups of five or more.

Tom: That's nice. I bet Jack and Cathy will come.

Ann: Sounds good. Why don't we ask them to bring someone? The more, the merrier.

Question: What will Ann and Tom do next?

1 They will give the tickets to their friends.

2 They will check the web page of the festival.

3 They will get different types of seats.

4 They will ask their friends to join them.

【 4 】 Read the passage and answer the following questions.

[1] One young girl in Scotland decided to put pictures of her school lunches on the Internet. This changed school lunches in Scotland and other places, too. This is what happened when she was nine years old.

[2] One day, Martha Payne decided to write about school lunches on the Internet. So she started a blog. Every day she took a picture of her school lunch and wrote her comments. Was it good? Was it healthy? Were there any hairs in the lunch? She wrote what she thought. When her father saw the first picture, he could not believe it. It was not much food for a nine-year-old child. Soon many people started talking about Martha's blog.

[3] Martha's school was in a small town. Workers at the town hall did not like people saying bad things about the school. Actually, Martha did not say anything bad about the school. She only talked about her lunch. However, the town hall workers told Martha that she could not take any more pictures. Some newspapers and TV stations found out, and they reported the news. People started to talk about school lunches all over Britain.

[4] Then, changes started to happen. Students at her school were suddenly allowed to have extra fruits and vegetables. Famous chefs showed everyone how to make school lunches that were healthy and not expensive. Now students in Britain could have better school lunches because of Martha.

[5] Martha became famous, and many TV shows wanted to interview her. She did a few TV interviews, and they paid her some money.

[6] She then gave the money to a group called Mary's Meals. This group builds kitchens in schools in Africa. Martha wrote on her blog about Mary's Meals. She hoped other people would donate

some money to Mary's Meals, too. She wanted enough money for one kitchen. But to her surprise, people sent enough money for more than ten kitchens.

[7] Martha and her family went to Africa to see one of the new kitchens. They were happy to see the changes at the school. The students now had healthy lunches. And new students started to go to school because they wanted the lunches.

[8] Martha's website not only changed the lunches in Britain but also changed the lives of these African students. She says, "I'm so proud that I've been able to do all this, but I think it just shows what you can do if you really try."

Adapted from NHK Enjoy Simple English Readers True Stories, 2015.

NHK Publishing, Inc.

Question I

A Martha's father was surprised at the first picture on her blog because _____.

- 1 it looked so unhealthy that nine-year-old children should not eat
- 2 he thought the students at her school were not given enough food
- 3 she told him that she had found a gray hair in the lunch
- 4 a lot of people posted bitter comments on her blog

B The town hall workers told Martha not to take pictures of her school lunches because _____.

- 1 they knew the lunches at her school tasted really bad
- 2 they did not want people to complain about the lunch
- 3 they found some of the pictures on Martha's blog were fake
- 4 newspapers and TV companies covered the school lunches

C After Martha's blog became famous, _____.

- 1 Mary's Meals put the blog on its website to support her campaign
- 2 Martha hired popular chefs and sent them to schools all over Britain
- 3 schools in Africa received a lot of fruit and vegetables from people in Britain
- 4 Mary's Meals received more money in donations than she had expected.

D Which of the following is NOT true?

- 1 New kitchens were built in schools in Africa by a group called Mary's Meals.
- 2 Mary's Meals founded a group that made school lunches in African schools.
- 3 Martha was satisfied with what she had brought to Britain and Africa.
- 4 Healthy lunches made schools in Africa attractive to local children.

Question II

Write about your experience of making a difference by doing a small thing. Answer all the questions below.

- (1) What did you do? / What have you been doing?
- (2) Why did you decide to do it?
- (3) How did it go? / How is it going?
- (4) How did you feel? / How do you feel?

【 5 】 Read the passage and answer the following questions.

[1] Although our brain accounts for just 2 percent of our body weight, the organ consumes half of our daily ^{*1}carbohydrate requirements—and ^{*2}glucose is its most important fuel. Under acute stress the brain requires some 12 percent more energy, leading many to reach for sugary snacks.

[2] Carbohydrates provide the body with the quickest source of energy. In fact, in cognitive tests participants who were stressed performed poorly before eating. Their performance, however, went back to normal after consuming food.

[3] To further understand the relationship between the brain and carbohydrates, we examined 40 participants over two sessions. In one, we asked them to give a 10-minute speech in front of strangers. In the other session they were not required to give a speech. At the end of each session, we examined the participants' blood. We also provided them with a food buffet for an hour. When the participants gave a speech before the buffet, they were more stressed, and on average consumed an additional 34 grams of carbohydrates, than when they did not give a speech.

[4] So what about that chocolate, then? If a person wants chocolate in the afternoon, I advise him or her to eat chocolate to stay fit and keep his or her spirits up. That's because at work people are often stressed and the brain has an increased need for energy. If one doesn't eat anything, it's possible the brain will use glucose from the body, intended for fat and muscle cell use, and in turn produce more stress ^{*3}hormones. Not only does this make one miserable, it can also increase the risk of heart attacks, strokes or depression in the long run. Instead, the brain can save on other functions, but that reduces concentration and performance. In order to meet the increased needs of the brain, one can either eat

more of everything, as the stressed participants did in our experiment, or make it easy for the body and just consume sweet foods.

[5] For some, the brain cannot get its energy from the body's reserves, even if there are enough fat deposits. The most important cause of this is long-term stress. To ensure their brains are not undersupplied, these people must always eat enough. Often the only way out of such eating habits is to leave a constantly stressful environment. So although many tend to be hard on themselves for eating too many sweets or carbohydrates, the reasons behind such a strong desire aren't always due to a lack of self-control and might require a deeper look into lifestyle and stressful situations—past and present. Once the root cause of stress addressed, these eating habits could eventually resolve themselves.

Adapted from Achim Peters (2019). *Scientific American Mind*.

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*¹carbohydrate : a substance that is in foods such as sugar, bread, and potatoes, which provides your body with heat and energy

*²glucose : a simple type of sugar that is an important energy source in living things

*³hormone : a chemical substance produced by your body that influences its growth, development, and condition

Question I

Choose the best answer from among the four choices.

- A According to the 3rd paragraph, which of the following is true?
- 1 People who are under stress consume 34 grams of carbohydrates.
 - 2 A food buffet for an hour is helpful for people to perform better.
 - 3 Giving a speech caused the participants to consume more carbohydrates.
 - 4 The participants were under pressure to eat more after their speech.
- B According to the 4th paragraph, which of the following is true?
- 1 The more functions the brain saves on, the more risk of serious diseases people can have.
 - 2 The stressed participants had no choice but to grab a sugary snack.
 - 3 Stress hormones produced by the brain can develop fat and muscle cells.
 - 4 The brain can consume the energy supposed to be used for other parts of the body.

- C According to the 5th paragraph, what does the author suggest to those who eat too much?
- 1 They should look at their lifestyle and find the cause of stress.
 - 2 They should stay in a stressful situation and learn how to get used to it.
 - 3 They should control their appetite and avoid eating sugary snacks.
 - 4 They should leave a long-term stressful environment and keep their brain well-supplied.
- D Which of the following is the best title of this passage?
- 1 Why do we want sweets when we're stressed?
 - 2 How can stressed brains get energy from carbohydrates?
 - 3 How can eating sweets get rid of our stress?
 - 4 Why are sweets essential to our brain?

Question II

Read the following question and write your answer in at least 35 words.

Question: What is the best way for students at age 11 or 12 to cope with stress?

- Give two reasons to support your idea.
- Do NOT write about your own experience.

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【1】 (1) 2 (2) 4 (3) 2 (4) 2 (5) 1
(6) 4 (7) 4 (8) 4 (9) 1 (10) 3

【2】 (1) 2 (2) 1

【3】 (1) 2 (2) 4

【4】 Question I

[A] 2 [B] 2 [C] 4 [D] 2

Question II

- (1) I washed the dishes after dinner.
- (2) I wanted to help my mother.
- (3) My mother thanked me, and my brother also started to clean the bathroom.
- (4) I learned that it is good to help each other out.

【5】 Question I

[A] 3 [B] 4 [C] 1 [D] 1

Question II

I think talking with your friends is the best way to cope with stress. You may talk with them face to face or call them. When you hear familiar voices of your friends, you can feel relaxed. Sharing your problems with your friends can relieve your stress. (47 words)