

令和 7 年度個別学力検査問題
(医学部医学科)

英 語

前 期 日 程

注 意 事 項

- 1 試験開始の合図があるまで、この問題冊子の中を見てはいけません。
- 2 この問題冊子は、14 ページあり、問題はⅠからⅢまで 3 題あります。解答用紙は 3 枚あります。
- 3 試験中に問題冊子の印刷不鮮明、ページの乱丁・落丁および解答用紙の汚れ等に気付いた場合は、手を挙げて監督者に知らせなさい。
- 4 監督者の指示に従って、解答用紙に受験番号と氏名を記入しなさい。
- 5 解答は、解答用紙の該当欄に記入しなさい。
- 6 配付された解答用紙は持ち帰ってはいけません。
- 7 試験終了後、問題冊子は持ち帰りなさい。

I Read the passage below and answer the questions. For all the questions, write the letter (A), (B), (C), or (D) on your answer sheet by choosing the most appropriate one from the given choices.

[1] I bet that you remember the exact moment that it happened. Maybe it was a book you read or a movie you saw. A piece of food; a piece of music; a piece of art. Looking forward to fifth-period Spanish class. Having a secret (or not-so-secret) crush on your school's foreign exchange student. However it happened, whenever it happened, you knew — you *absolutely knew*. There's a big world out there: fascinating, diverse and just waiting for you to go out and explore it. You might not have known, at that exact moment, what that would mean in practice, but you were certain that your life would never be the same again. Maybe you just pointed to a globe and said "There. That's where I'm going to work." Or maybe you had absolutely no idea what to do with your interest other than to nurture it and watch it grow.

[2] If you ask my friend Todd Robinson, he'll tell you his own version of that story. As he puts it, "I always dreamed of travel and faraway places as a child. Some of my earliest memories are of wanting to visit places that I had read about in my books and to learn the different languages. Other kids wanted to drive fire trucks, or arrest the bad guys. I wanted to be an interpreter at the United Nations." Today, his business card reads 'US Ambassador to the Republic of Guatemala'.

[3] If it wasn't the glittering promise of world travel, maybe it was the grim reality of a genuine social injustice that, one day, came crashing into your field of vision. My friend Victoria Stanski will tell you that her moment came on a trip she took as a 12-year-old with her family to South Africa, during apartheid^{*1}. As she recalls: "Having grown up in California, I couldn't understand why people were being treated differently, *and brutally*, just because of the color of their skin."

[4] Janell Wright, on the other hand, describes her college summer job in rural Honduras as her 'wake-up call'. It was meant to give her some 'real world'

experience in a hospital environment before she went off to med school — but she never anticipated just how eye-opening it would be. “I saw field laborers come to our hospital with fertilizer poisoning*² because they weren’t being provided with masks and gloves. Being poisoned kept them away from work for days or even weeks — and that meant they wouldn’t be earning enough to feed their families. That’s the moment I discovered my passion for *preventative* medicine: teaching vulnerable people how to take steps to ensure that they, and their families, didn’t fall prey to avoidable illnesses.”

[5] For me, the ‘ah-hah moment’ was while I was writing a book report in the sixth grade on the Amazon rainforest. I grew up in Oregon, which is stuffed full of the most beautiful mountains, forests and rivers. That book report brought me face-to-face with the idea that there were actually people out there *destroying* the environment, just like the one out my window, the one I loved so much. And not only that, but people out there were suffering as a result: losing their homes, losing their livelihoods. Two questions kept circling around my mind: *Why is this happening? And what can I do to help?*

[6] None of us realized, at the time, that what we were really doing was laying the foundations of a life focused on global social and environmental justice. And yet here we all are today. Victoria works as a program advisor for humanitarian non-governmental organizations, Janell is a public health specialist in Kazakhstan and I’m the Director of Sustainable Development at the US Agency for International Development in Armenia. We all do interesting, challenging work, all in the name of making the world a better place for everyone that lists ‘Planet Earth’ as their home address.

[7] If you’re anything like I was, you’re looking for a way — any way — to get involved on a global scale. That’s lucky, because now, more than ever, we need dedicated and talented people rolling up their sleeves to tackle some of the biggest challenges of our age. And if you like challenges — you’re spoiled for choice. Global poverty, growing income inequality, civil war, displaced populations, gender inequality, nuclear proliferation, ethnic wars, infectious diseases, human trafficking*³, infant mortality, environmental degradation,

sectarian violence, land grabs, intergenerational trauma, natural disasters. . . the list is far longer than it has to be.

[8] These issues may seem **overwhelming**, but don't be discouraged. We're making progress on lots of things: immunization rates are up; literacy rates are up; absolute poverty is falling. Positive and lasting change takes time to create, but we're definitely headed in the right direction. Here's another thing to celebrate: the list of organizations whose mission it is **to put these problems in a museum** is huge. There are local organizations and regional organizations. There are national, multinational and international organizations. You might already have an inkling^{*4} that the landscape of international affairs is varied and complex — but you're about to find out that the landscape of **global players** (read here: potential employers) is *just as varied and complex*. Collectively, they employ the best talent across a vast range of disciplines — from accountants to zoologists, and everyone in between. What this means for you is that somewhere out there, your perfect job is waiting for you.

[9] Here's my goal. Whatever your starting point, whatever your interest in global affairs — I want to help you turn your passion into a career. Figuring out where to start, and what your options are, can be daunting. Trust me. I know. Then again, there's an old Chinese proverb that says: *to know the road ahead, ask those coming back*. I want to share the wit and wisdom of those who know that road like the back of their hand. You're never too young (or too old!) to start down that road, and believe me it will twist and turn in ways you'd never expect. And that's okay. In fact, it's more than okay, because frankly, you're in for the ride of your life.

出典 : Lyla Bashan, *Global: An Extraordinary Guide for Ordinary Heroes*
(Red Press, 2017) (一部改変)

apartheid^{*1} = 南アフリカ共和国における人種隔離制度

fertilizer poisoning^{*2} = 化学肥料による中毒

human trafficking^{*3} = 人身売買

inkling^{*4} = うすうす知っていること, わずかな自覚

問 1 According to Paragraph [1], complete the statement below:

The author expects the reader to remember _____.

- (A) that the reader has read books and seen movies
- (B) where the reader will work in the future
- (C) that the world is out there for the reader to explore
- (D) that the reader has no idea about the world

問 2 Whose story is an example of the glittering promise of world travel mentioned in Paragraph [3]?

- (A) Todd Robinson
- (B) Victoria Stanski
- (C) Janell Wright
- (D) the author

問 3 Whose story is an example of the grim reality of a genuine social injustice mentioned in Paragraph [3]?

- (A) Todd Robinson and the author
- (B) Victoria Stanski, Janell Wright and the author
- (C) Todd Robinson, Victoria Stanski and Janell Wright
- (D) Todd Robinson, Victoria Stanski and the author

問 4 Which of the following is most appropriate as an explanation for the ‘ah-hah moment’ in Paragraph [5]?

- (A) a time for students to write in schools in the US
- (B) a time when one needs to study for an exam
- (C) a time when one suddenly realizes something
- (D) a time in sixth-grade social studies

問 5 According to Paragraph [6], which statement is the most appropriate?

- (A) The author and her colleagues have lost their nationalities.
- (B) The author and her colleagues knew the meaning of what they were doing from the start of their careers.
- (C) Unlike the author, her colleagues did not realize the significance of their experiences.
- (D) The author and her colleagues pursue different careers to achieve global justice.

問 6 Which of the following is closest in meaning to the phrase **you're spoiled for choice** in Paragraph [7]?

- (A) You have many things to choose from.
- (B) You indulge yourself in choice words.
- (C) You choose the right thing very quickly.
- (D) You tend to make wrong choices.

問 7 Which of the following is closest in meaning to **overwhelming** in Paragraph [8]?

- (A) abstract
- (B) insignificant
- (C) unbearable
- (D) satisfactory

問 8 What does the phrase **to put these problems in a museum** in Paragraph [8] mean?

- (A) to open a special exhibition devoted to the problems
- (B) to solve the problems and move forward
- (C) to make the problems worthy to be proudly displayed
- (D) to cooperate with public facilities to deal with the problems

問 9 What does **global players** in Paragraph [8] refer to?

- (A) academic people all over the world who major in various disciplines
- (B) various organizations that try to overcome global problems
- (C) various multinational corporations that have great influence in the global market
- (D) a variety of talented people trying to find the right jobs for themselves

問10 According to Paragraph [9], complete the statement below:

The author expects the reader to _____.

- (A) prepare to make a good career in the domestic labor market
- (B) refrain from looking at the world from an optimistic perspective
- (C) seek whatever employment may be available in the home country
- (D) turn an enthusiasm for global affairs into a career in the global village

II Read the passage below and answer the questions. For all the questions, write the letter (A), (B), (C), or (D) on your answer sheet by choosing the most appropriate one from the given choices.

Title: Cracking^{*1} the calcium code _____

[1] People seeking straightforward nutrition advice might **have a bone to pick with** calcium, a building block of health that can start to seem like a piece from a complicated puzzle. Luckily, the basics — such as understanding why you need it and how to make sure you’re getting enough — don’t have to be puzzling at all.

[2] “Calcium is important for overall health,” said Dr. Kristina Petersen, an associate professor of nutritional sciences at Penn State University in University Park, Pennsylvania. “And we know inadequate intake or deficiency causes health problems.”

[3] Calcium is best known as the building material for your skeleton. More than 99% of it is in bones and teeth. But calcium also plays several roles related to heart health. It may help regulate blood clotting^{*2}, heart rhythms and how blood vessels dilate^{*3} and contract^{*4}.

[4] People whose diets are deficient in calcium have a higher risk of high blood pressure, said Dr. Martha Gulati, director of preventive cardiology in the Smidt Heart Institute at Cedars-Sinai in Los Angeles. But exactly how that works isn’t fully understood, said Gulati, who also is president of the American Society for Preventive Cardiology.

[5] Dietary calcium can be tricky to study, Petersen said, because it's difficult to discern its effects from other nutrients in calcium-rich foods.

[6] The recommended daily allowance for calcium is 1,000 to 1,200 milligrams a day for adults, depending on age; teens and pre-teens need slightly more. But this is where conversations about calcium can start to sound like a puzzle, or the seating arrangements at a high school cafeteria — because it's all about who calcium is fitting in with at mealtime.

[7] Without adequate vitamin D, for example, your body can't absorb much calcium from food. That's particularly important for bone health, Petersen said. (Few foods contain vitamin D naturally, but your skin makes it when exposed to sunlight, and it's routinely **fortified into** milk and milk substitutes such as oat milk.)

[8] Meanwhile, some foods contain compounds that bind with calcium and prevent the body from using it. For example, spinach has a fair amount of calcium, but only about 5% ends up being bioavailable — that is, absorbed into the body. By comparison, about 32% of the calcium in milk is bioavailable.

[9] People who don't want to fetch a calculator^{*5} or open a spreadsheet to plan each meal might be tempted to reach for a calcium supplement to boost their levels. **Not so fast.** First, you should consult with your primary care physician before taking any supplement, Petersen said. And although some people might have a valid reason to take one, in general, most can get the calcium they need in their diet.

[10] Some studies, Petersen said, have found that high levels of calcium from supplements actually can be bad for heart health. Gulati, who co-wrote the National Osteoporosis^{*6} Foundation and American Society for Preventive Cardiology guidelines about calcium supplements in 2016, said that studies overall have been contradictory about calcium supplements' safety and benefits. "Ultimately, I think that the best way to get nutrients is through our food," Gulati said. "I don't **advocate for** a lot of supplements unless somebody truly can't get it from food."

[11] Happily, experts have an easy answer to the question of how to get the calcium you need without keeping a nutrition textbook handy: Just eat a range of healthy foods throughout the day. "That should be sufficient," Gulati said. Sure, you could schedule your meals to avoid calcium-binding foods at the same time you're eating those that are calcium-rich, she said. "But I think that's a very difficult way to eat."

[12] By eating a variety of healthy foods throughout your day, chances are you're not always eating something that's calcium-binding, she said, and you're probably getting something else that's beneficial. "And **the thing about** calcium is that there are actually lots of sources out there," she said.

[13] Most bioavailable calcium is going to come from dairy products such as low-fat milk, yogurt and cheese, Petersen said. Federal^{*7} dietary guidelines recommend that adults have three one-cup servings of dairy a day. The DASH (Dietary Approaches to Stop Hypertension^{*8}) eating plan also includes two to three servings of low-fat or fat-free dairy. (Butter is technically dairy but is not a good source of calcium, she said.)

[14] Plant-based milks can be a good dairy alternative for people who are lactose intolerant^{*9} or who don't consume animal-based products. "However, you do need to make sure that you are choosing a calcium-fortified one," Petersen said.

[15] Gulati happens to be vegan^{*10} and draws on a long list of non-dairy options to meet her needs. “Edamame is one great source of calcium,” she said. “Tofu also is a great source. Nuts, particularly almonds, are another good source,” as are leafy greens such as bok choy^{*11} and collard greens^{*12}, especially when cooked. Other sources include beans, winter squash, sardines and canned salmon.

[16] Petersen said she finds dairy to be a convenient way to get her calcium. She likes milk in her coffee and is a big fan of yogurt and its many portable forms. “You can just put one in your bag and take it to work, and that’s your snack.”

出典：Michael Merschel, 2024 (April 15), *American Heart Association News*.

(一部改変)

cracking (a code)^{*1} = 解読

blood clotting^{*2} = 血液凝固

dilate^{*3} = 拡張する

contract^{*4} = 収縮する

fetch a calculator^{*5} = 計算機を取って来る

osteoporosis^{*6} = 骨粗しょう症

federal^{*7} = 連邦の

hypertension^{*8} = 高血圧

lactose intolerant^{*9} = 乳糖不耐症(牛乳や乳製品に含まれる乳糖を消化吸収できず、著しい下痢等をきたす疾患)の

vegan^{*10} = ヴィーガン(肉類に加えて卵や乳製品など動物由来の食品を一切とらない人)

bok choy^{*11} = チンゲン菜

collard greens^{*12} = ケールやキャベツに近い葉物野菜

問 1 Choose the most appropriate phrase to complete the following title of this article.

Title: Cracking^{*1} the calcium code _____

- (A) for supplementing a vegan diet
- (B) to understand its role in health
- (C) for creating better dietary supplements
- (D) to maximize its intake

問 2 Choose the expression that would best replace **have a bone to pick with** in Paragraph [1].

- (A) be very excited about
- (B) feel very grateful for
- (C) be amazed by
- (D) feel uneasy about

問 3 Choose the expression that would best replace **fortified into** in Paragraph [7].

- (A) added to
- (B) supplemented by
- (C) consolidated by
- (D) lost in

問 4 “**Not so fast**” is used in Paragraph [9] because _____.

- (A) calculators and spreadsheets are of no use in planning meals
- (B) teens and pre-teens need more calcium than others
- (C) experts are happy to provide easy answers to any questions people may have
- (D) excessive calcium intake from supplements can have negative results

問 5 Choose the expression that would best replace **advocate for** in Paragraph [10].

- (A) suggest avoiding
- (B) advertise for
- (C) recommend using
- (D) discourage from

問 6 Choose the expression that would best replace **the thing about** in Paragraph [12].

- (A) a puzzle regarding
- (B) a great aspect of
- (C) one problem with
- (D) the something else for

問 7 According to this article, why does the DASH eating plan include two to three servings of dairy foods?

- (A) Calcium plays roles related to heart health.
- (B) Few foods contain vitamin D naturally.
- (C) Vitamin D is produced by the skin when sunlight hits it.
- (D) A calcium surplus causes hypertension.

問 8 Based on this article, which statement is certainly true?

- (A) People who do not consume enough calcium eventually develop high blood pressure.
- (B) Even if someone consumes enough calcium, they might not benefit from it very much.
- (C) Studying calcium is relatively simple because its effects are easy to identify.
- (D) There are foods that contain elements that bind with calcium and assist its absorption.

問 9 Based on this article, which statement is certainly true?

- (A) Scientific studies of calcium in food have reached different conclusions.
- (B) It is important to consume as much calcium as possible every day.
- (C) Calcium researchers have reached different conclusions on calcium supplements.
- (D) It is important to consume as much calcium as possible daily, but mainly in the mornings.

問10 Based on this article, which statement is certainly **NOT** true?

- (A) There is a certain suggested level of daily calcium intake for people.
- (B) Consuming a variety of healthy foods throughout the day may boost calcium absorption.
- (C) Edamame and tofu are good sources of bioavailable calcium.
- (D) The calcium in spinach is more bioavailable than the calcium in milk.

III It has been estimated that Japan will have a shortage of about 24,000 physicians in the year 2036, and that this shortage will be uneven across the country, with some regions suffering from a greater lack of doctors than others. What solutions to this problem would you propose? Answer in English, in the form of a paragraph, in the space provided. Give at least two solutions, with explanations.

