

令和 3 年度入学者選抜学力検査問題(前期日程)

外 国 語

英 語

(注 意)

1. 問題冊子は指示があるまで開かないこと。
2. 問題冊子は 10 ページ，解答用紙は 2 枚である。
指示があってから確認すること。
3. 解答はすべて解答用紙の指定のところに記入すること。
4. 解答用紙は持ち帰ってはならないが，問題冊子は必ず持ち帰ること。

[I] 次の英文を読んで、以下の設問に答えよ。

Nearly three decades ago, when I was an overweight child, I sometimes ate six pieces of sliced white toast in a row, each one with plenty of butter or jam on it. I remember the soft texture of the bread as I took it from its plastic bag. No matter how much of this supermarket bread I ate, I hardly felt satisfied. It was like eating without really eating.

Back in the 1990s, there was no word to cover all the items I used to eat continuously. Some — potato chips or chocolate or fast-food hamburgers — could be classified as junk food, but others, such as bread and cereal*, were more like essentials. These various foods seemed to have nothing in common except for⁽¹⁾ the fact that I found them very easy to eat a lot of, especially when sad. I had no idea that there would one day be a reason to explain why I found them so hard to resist. The word is “ultra-processed” and it refers to foods that tend to be low in essential nutrients*, high in sugar, oil and salt, and likely to be overeaten.

The concept of ultra-processed foods (or UPFs) was born in the early years of this millennium* when a Brazilian scientist called Carlos Monteiro noticed a paradox.⁽²⁾ People appeared to be buying less sugar, yet obesity* and type 2 diabetes* were going up. A team of Brazilian nutrition* researchers led by Monteiro had been tracking the nation’s diet since the 1980s, asking households to record the foods they bought. One of the biggest trends to jump out of the data was that, while the amount of sugar and oil people were buying was going down, the amount of sugar they consumed was greatly increasing, because of all of the sugar in the ready-to-eat products that were now available.

As Monteiro sees it, there are four basic kinds of food, graded by the degree to which they are processed. Taken together, these four groups form what he calls the Nova system. The first category — group 1 — are the least processed, and includes anything from an apple to a tomato, from a steak to beans. He

named this group “unprocessed or mostly unprocessed foods.” The second group is called “processed cooking ingredients.” These include butter, salt, sugar, oil and flour — all used in small quantities with group 1 foods to make them more delicious. Next in the Nova system comes group 3, or “processed foods.” This category consists of foods that have been preserved, fermented* or salted. Examples would be canned tomatoes, traditionally made bread and smoked fish. Monteiro notes that when used lightly, these processed foods can result in “delicious dishes” and nutritionally balanced meals. Unlike any of the others, group 4 foods tend to consist largely of the sugars and oils from group 2, but instead of being used lightly to make fresh food more delicious, these ingredients are now transformed through colors, emulsifiers* and flavors to become tastier. Because they are aggressively promoted and ready-to-eat, these items have vast market advantages over the least processed foods in group (a). Monteiro and his colleagues have observed that these group (b) items are liable to “replace freshly made regular meals and dishes, as these convenient foods can be eaten anytime, anywhere.”

At the end of 2018, Kevin Hall and his colleagues became the first scientists to test whether diets high in ultra-processed foods could actually cause overeating and weight gain. For four weeks, 10 men and 10 women agreed to stay in a clinic under Hall’s care and agreed to eat only what they were given, wearing loose clothes so that they would not notice so much if their weight changed. This might sound like a small study, but trials like this are considered the gold standard for science, and are especially rare in the field of nutrition because of the difficulty and expense of persuading people to live and eat in laboratory conditions.

For two weeks, Hall’s participants* ate mostly ultra-processed meals such as turkey sandwiches with potato chips, and for another two weeks they ate mostly unprocessed food such as steamed fish with sweet potatoes. The researchers worked hard to design both sets of meals to be tasty and familiar to all

participants. The participants were told to eat as much or as little as they liked. Hall set up the study to match the two diets as closely as possible for calories, sugar, protein, fiber and fat. This wasn't easy, because most ultra-processed foods are low in fiber and protein and high in sugar. To make up for the lack of fiber, the participants were given diet lemonade with fiber powder to go with their meals during the two weeks on the ultra-processed diet. It turned out that, during the weeks of the ultra-processed diet, the volunteers ate an extra 500 calories a day. Blood tests showed that the hormones* in the body responsible for hunger remained higher on the ultra-processed diet compared to the unprocessed diet.

Hall's study provided evidence that an ultra-processed diet really does cause overeating and weight gain, regardless of the sugar content. Over just two weeks, the participants gained an average of 1 kg. This is a far more dramatic result than you would expect to see over such a short space of time (especially since the volunteers rated both types of food as equally pleasant). After Hall's study was published in July 2019, it was much harder to dismiss Monteiro's proposition that the rise of UPFs increased the risk of obesity. As a result of Hall's study, Monteiro and his colleagues in Brazil found they were suddenly being taken seriously.

出典：Bee Wilson, "Eat me!" (*The Guardian*, 13 February, 2020) 上の英文は、
抜粋の上、一部を変更している。

*cereal 穀類加工食品, シリアル

*nutrient 栄養分

*millennium 1000 年間

*obesity 肥満

*type 2 diabetes 二型糖尿病

*nutrition 栄養学

*ferment 発酵させる

*emulsifier 乳化剤

*participant 参加者

*hormone ホルモン

問 1 下線部(1)を和訳せよ。

問 2 下線部(2)の意味する内容を簡単に日本語で述べよ。

問 3 本文に即して(a)と(b)に入る数字を, 1, 2, 3, 4のいずれかで答えよ。

問 4 本文で述べられている超加工食品の**主要な**問題点を簡単に日本語で述べよ。

問 5 次の1～7のうち, 本文の内容と**合致するもの**を二つ選び番号で答えよ。

1. 私は子供時代にジャンク・フードを食べ過ぎていた。
2. カルロス・モンテイロは食品を加工度に従って4つに分けている。
3. 加工食品を全く使用しない方が, 味がよく栄養価の高い食事がとれる。
4. カルロス・モンテイロの4つの食品区分において, 砂糖は第4群に属している。
5. ケヴィン・ホールの実験の参加者は, 超加工食品の食事の方がより好ましいと評価した。
6. ケヴィン・ホールの実験の参加者は, 与えられた食べ物を好きなだけ食べることができた。
7. 2週間で1キロの体重増加は劇的な変化とは言えない。

〔Ⅱ〕 次の英文を読んで、以下の設問に答えよ。

For a long time, through the internet's first and second generations, people naturally assumed that faster must be better; slowness was a product of the past, a technological obstacle to be overcome. What they missed is that human institutions and agencies often impose slowness (a) purpose. Slowness is a social technology in its own right, one that protects humans from themselves.

Old media's premises turned out to be anything but out of date. As a group, consumers are terrible editors. Many are poorly informed, careless about making decisions, or selfish. And even though some are not, the bad can quickly drive away the good. Still, the lessons of old media remain dominant. Social-media companies do, after all, practice a certain kind of editing. They have rules that promote some types of content and prohibit other types, and they maintain systems to remove violations. Facebook uses both artificial intelligence and thousands of human beings to identify and remove 18 types of content, such as material that promotes violence or celebrates suffering. So editing is happening. It's just happening after publication, instead of before, partly because instanticity* allows no time for prior editing — even by the user.

It is said that humans have not one but two cognitive* functions. The first is automatic, and spontaneous*. It makes snap judgements about dangers that threaten our lives, or opportunities that promote our growth, and it delivers messages (b) our brain without conscious thought. It is also often wrong. It is prejudiced and emotional. The second, (c) contrast, is slower and involves constant cognitive labor. It gathers facts, consults evidence, weighs arguments, and makes rational judgements. It protects us from the errors of the former.

We need both cognitive approaches, especially if we care (d) anger management. Arthur C. Brooks, a social scientist and the author of the recent book *Love Your Enemies: How Decent People Can Save America From the Culture*

of *Contempt*, told me in an email that one of the most effective ways to tone down social hostility* was to “put some cognitive space between thought and action when you are angry — or, as everyone’s mother used to put it, ‘When you’re mad, count to ten before you answer.’”

When not connected to the Internet, children are taught to wait their turn before talking; grown-ups are frequently required to wait before marrying, divorcing, or buying a gun. No matter how sure they may feel, scientists face peer review*, and other professionals have rules to follow. Also, back in the day,⁽¹⁾ before instanticity, technology itself slowed us down. Printing and distributing words required several distinct stages; even going to the post office and waiting in line to send a letter afforded time for second thoughts.

On social media, no publisher or postal worker forces a pause. In 2013, a public relations executive tweeted* an offensive joke on Twitter*, intending to make fun of prejudice, not approve of it. Then, she boarded an 11-hour flight. By the time she landed, she was world-famous, and not in a good way. She lost her job and became hated. What if Twitter had required her to pause for a while, and then asked her whether she was sure about her tweet?⁽²⁾ We’ll never know, but time to reflect might very well have improved her judgement.

Instanticity is the new standard. Social-media companies depend on these practices, and some might even resist changing this. Some users might also reject a cooling-off interval, or abandon a platform that imposed one. Yet many other people are already trying to count to 10 before they tweet. Rethinking instanticity would help us put our better selves forward, perhaps often enough to make social media more friendly.

出典：Jonathan Rauch, “Wait a Minute.” (*The Atlantic*, August, 2019) 上の英文は、抜粋の上、一部を変更している。

- *instanticity 即座に情報などが伝達できること
- *cognitive 認知的な
- *spontaneous 自発的な
- *hostility 敵意
- *peer review 同分野の専門家による評価・審査
- *tweet ツイッターに投稿する, つぶやく(またその行為のこと)
- *Twitter ツイッター, ソーシャル・ネットワーキング・サービスの一つ

問 1 本文中の(a)と(b)に入る適切な語の組み合わせを, 次の 1 から 3
の中から一つ選び番号で答えよ。

1. (a) for (b) with
2. (a) on (b) to
3. (a) to (b) on

問 2 本文中の(c)と(d)に入る適切な語の組み合わせを, 次の 1 から 3
の中から一つ選び番号で答えよ。

1. (c) as (d) from
2. (c) on (d) about
3. (c) by (d) about

問 3 下線部(1)の内容を本文の例を用いて日本語で述べよ。

問 4 下線部(2)を和訳せよ。

問 5 次の 1～7のうち、本文の内容と合致するものを二つ選び番号で答えよ。

1. 速さを競うことによって、人間は主に身体や知的能力を発展させることができた。
2. 消費者の多くは実は新しいメディアよりも古いメディアを好む傾向がある。
3. ソーシャル・メディアの会社の中には、何らかの編集を実施しているものがある。
4. 人間と同様の認知機能は、昆虫にもみられることがわかった。
5. 腹立たしい時、発言する前に 10 を数えることは、怒りをコントロールする上で効果的な方法の一つである。
6. コンピュータやスマートフォンを使うことによって、離婚率や銃の所有率が変化した。
7. ソーシャル・メディアは人々の社交性を高める一方で、孤独感も増大させる。

〔Ⅲ〕 下線を引いた以下の日本語を英訳せよ。

私は今、多くの日本人は自分たちの進むべき道を見失っているように思える。
こうした時、私たちの先祖はどうしていたか。私自身もう一度歴史をひもとき、
学びなおしてみようと思う。青年僧玄奘*が、大いなる目的に向かってひとり歩
み続けた勇気と努力を学びたいと思う。

出典：平山郁夫『薬師寺玄奘三蔵院大壁画』（講談社，2001年）

*玄奘 (Genjo ; げんじょう [c. 602-664]) : 三蔵法師。インドにおける修業後に『大般若経』など多くの経典を唐の長安に持ち帰り、中国語に翻訳した。

〔IV〕 以下の英文を読んで、英語で答えよ。

Some people like the idea of wearing a school uniform in high school. Other people don't. There are advantages and disadvantages to wearing a school uniform in high school.

Do you prefer to wear a school uniform in high school or not?

Explain your preference by providing reasons and examples in 40 words or more.

