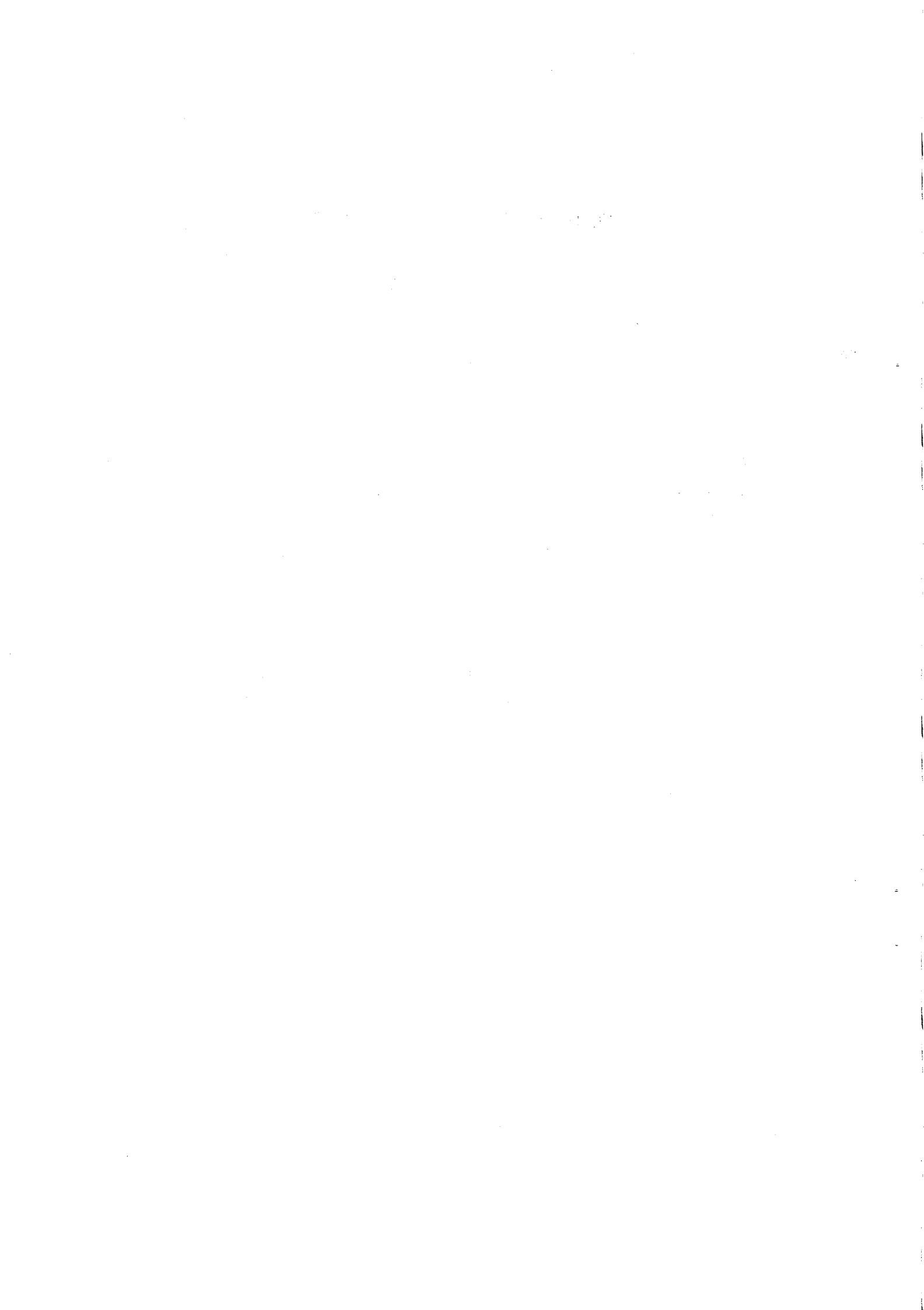


2020 年度 入学 試験 問題

英 語

(試験時間 10:30~12:10 100分)

1. 解答用紙は、マーク解答用紙のみです。
2. 解答は、必ず解答欄にマークしてください。解答欄以外にマークすると無効となります。
3. 解答は、HBの鉛筆またはシャープペンシルを使用し、訂正する場合は、プラスチック製の消しゴムを使用してください。解答用紙には鉛筆のあとや消しくずを残さないでください。
4. 解答用紙を折り曲げたり、汚したりしないでください。
5. 解答用紙には、必ず受験番号と氏名を記入およびマークしてください。
6. 解答用紙への受験番号の記入およびマークは、コンピュータ処理上非常に重要なので、誤記のないようにしてください。
7. 一度記入したマークを修正する場合、しっかりと消してください。消し残しがあると、マーク読み取り装置が反応して解答が無効となることがあります。



I. From the choices 'a'—'e' below, select the best answers to fill blanks (1)—(5). Each answer can be used only once. (10 points)

1. Luke pulled (1) his car as soon as he saw Jenny standing on the side of the road.
2. Those two girls agree (2) a lot of things regarding fashion, so they often go shopping together downtown.
3. He might be completely taken (3) by her lies.
4. You can sometimes see whales (4) the shore of this peninsula.
5. She realized later that the computer was quite expensive relative (5) its usefulness.

- a. in
- b. off
- c. on
- d. over
- e. to

II From the choices 'a'—'e' below, select the best answers to fill blanks (1)—(5). Each answer can be used only once. (10 points)

1. Sarah, I believe that you can (1) it in yourself to tackle this challenge.
Don't give up.
2. My friends and I used to (2) believe that we were super heroes when we were kids.
3. I can't (3) down his invitation. I owe all of my success to him.
4. It seems very difficult to (4) out the math problem in only ten minutes.
5. I bet that he will (5) his word, no matter what happens. He has never disappointed me before.

- a. figure
- b. find
- c. keep
- d. make
- e. turn

III From the choices 'a'—'e' below, select the best answers to fill blanks (1)—(5). Each answer can be used only once. (10 points)

1. He failed to kill any (1) though he'd been hunting for hours.
2. You can see regular (2) migration all throughout the year here as they come in search of insects.
3. The politician kept emphasizing his (3) to fixing the declining birthrate during the campaign.
4. How to stimulate the involvement and (4) of young people in politics remains a tough problem in today's society.
5. Companies must be ready to deal with severe price (5) whenever they try to enter a new market.

- a. bird
- b. commitment
- c. competition
- d. game
- e. participation

IV From the choices 'a' — 'e' below, select the words which are closest in meaning to the underlined words (1) — (10). (20 points)

1. I strongly recommend that you should make use of⁽¹⁾ the free classes to improve your command of English.

- a. dedicate yourself to
- b. fit the schedule to
- c. put up with
- d. take advantage of
- e. take up for

2. The refugees from Syria had to fall back on⁽²⁾ dried milk, as fresh milk was not available.

- a. depend upon
- b. fall in with
- c. go short of
- d. stand for
- e. take a liking to

3. Supplying adequate⁽³⁾ housing to the poor and to those with minimal income is one of the pressing concerns of the government.

- a. additional
- b. attractive
- c. excessive
- d. expensive
- e. satisfactory

4. To tell the truth, obesity itself is only a form of hunger in disguise.
(4)
- a. absent hunger
 - b. camouflaged hunger
 - c. deliberate hunger
 - d. present hunger
 - e. unnatural hunger
5. I make it a point not to eat or drink too much since overeating is anything but helpful to health enhancement.
(5)
- a. condition
 - b. impression
 - c. improvement
 - d. merits
 - e. nutrition
6. Unless a man feels he has a good enough memory, he should never venture to lie.
(6)
- a. afford
 - b. dare
 - c. hope
 - d. refuse
 - e. tend

7. A dying person will be a potential donor of vital organs such as the heart or lungs.
(7)
- a. appropriate
 - b. expensive
 - c. important
 - d. respective
 - e. worthy
8. The income gap between rich and poor in Japan has reduced social identity and
(8) developed structured social classes further.
- a. comparison
 - b. distinctions
 - c. recognition
 - d. similarity
 - e. variety
9. He is under the delusion that you are lying to him.
(9)
- a. image
 - b. imagination
 - c. misconception
 - d. stress
 - e. suggestion
10. The busy student didn't have a clean shirt, so he had to resort to wearing the one
(10) he wore the day before yesterday.
- a. get rid of
 - b. give out
 - c. go off
 - d. hang on to
 - e. make do with

V Select the sentence that is grammatically incorrect in each group. (10 points)

1.
 - a. I am struck by the disproportion between the duration of a man's life and that of his influence on future generations.
 - b. I think we are all endowed with the gift for appreciating beautiful things, but that we are indifferent to many of them.
 - c. She made such a generous contribution to the university that they are naming one of the new buildings after her.
 - d. The prevailing belief among economists was that the economy was headed for a recession.
 - e. Though innumerable people had seen apples fall, but it was left for Newton to ask why they fall.

2.
 - a. In fact, the uncharted regions of the brain are by far greater than the still uncharted regions of the earth.
 - b. Just as cooking needs salt and pepper, so does conversation need wit and humor.
 - c. The books that people come across in their childhood will probably be the ones which have the greatest influence on their lives.
 - d. The clerk, unable to cope with the endless flow of orders, requested that the company will assign another two workers to his section.
 - e. When the Americans speak English, they must decide whether the subject is singular or plural and make the verb agree, while the Japanese couldn't care less.

3.
 - a. He carried what luggage he immediately needed with him from his lodging, and the rest was to be sent by post.
 - b. He invested his money in several companies, by which means he hoped to reduce the risk of investment.
 - c. Payment of monthly parking can be made neither by personal check or by automatic withdrawal from a bank account.
 - d. Since new services were introduced, many people have taken to traveling by train for journeys between 100-200 miles.
 - e. There were portraits of the dictator in offices, schools and homes throughout the nation, so citizens were never out of sight of his stern face.

4.
 - a. Evolutionary psychology argues that many of our present-day social and psychological characteristics were shaped of the pre-agricultural era.
 - b. I put one new copy in the upstairs room in which I worked, another in the living room, and the third copy in the kitchen.
 - c. Some people are so obsessed with cleanliness that they wash their hands dozens of times a day.
 - d. The ambulance crew explained to me that the boy must have an operation within an hour, or he would die.
 - e. Workers demand higher and higher wages, so we are troubled by strike after strike.

5. a. Many an invention has been a product of pure chance, it is true, but its perfection has always been a matter of great toil and labor.
- b. So loudly were they talking in the next room that I could not concentrate my thoughts upon the book any longer.
- c. The rare wild animal on the brink of extinction are probably more content than the calf which spends its short life inside a tiny cage, fattened to produce tasty steaks.
- d. The supporters were stunned into silence when their national soccer team lost the final game to a weaker opponent.
- e. We cannot realize how inconvenient it is to be unable to make ourselves understood, until we go to a foreign country where our language is not spoken.

VI From the choices 'a'—'e' below, select the best answers to fill blanks (1)—(8). (16 points)

1. The person driving the taxi would not admit having been at fault, and (1).
 - a. neither had the other driver
 - b. neither the other driver
 - c. neither was the other driver
 - d. neither would the other driver
 - e. the other driver neither

2. Japan's consumption tax rate (2) 8% from 5% after an interval of 17 years.
 - a. arousal to
 - b. aroused by
 - c. has rised by
 - d. raised to
 - e. rose to

3. We met each other (3).
 - a. before three years today here
 - b. here three years ago today
 - c. here three years before today
 - d. three years ago today here
 - e. today three years ago here

4. This coffee tastes a little (4) to me.
- a. so strong
 - b. strong
 - c. strongly
 - d. too much strong
 - e. too strongly
5. I tried hard to make him (5) the content of the story clearly.
- a. to be understood, but he never got
 - b. understand, but he never got
 - c. understand, but he never thought
 - d. understanding, but he never recognized
 - e. understood, but he never received
6. He made a list of all (6) the twentieth century.
- a. the writers he thought who was important in
 - b. the writers who he thought were important in
 - c. the writers whom he thought were important on
 - d. who he thought the writers were important on
 - e. whose he thought writers was important in
7. This lesson will prove (7) to you someday.
- a. being of some use
 - b. to be many uses
 - c. to be of some use
 - d. to use
 - e. to useful

8. Hundreds of years of obviously wasted effort on the part of alchemists giving birth to chemistry (8).
- a. being given us one example of things that go wrong brings about unexpected good
 - b. giving us one example of things that goes wrong bringing about an unexpected good
 - c. provides us one instance of an unexpected good brought about by things going wrong
 - d. show us one representative case of things going wrong bring about unexpected good
 - e. to provide us a case of an unexpected good caused by things going wrong

VII Read the following passage and select the best answer for each question.

(30 points)

Yuko Kato, a 50-year-old housewife, was raised in Kyoto and has lived there all her life. Going to the 1,300-year-old Nishiki Market (known as “Kyoto’s Kitchen”) to buy fish, pickles and seasonings used to be a weekly habit for her, but that has changed over the past five years. “Today, I’d rather go to a department store, and only come to Nishiki when I really need to,” says Kato. “Now we have so many new shops for tourists serving green-tea-flavored sweets or takoyaki. Kyoto’s Nishiki has disappeared.”

These days, the traditional retail market, which covers five blocks of narrow lanes lined with shops, is very crowded with foreign tourists, many of them eating grilled shrimp and other local delicacies as they stroll, making it difficult for local people to go about their daily shopping. Posters saying “No Eating While Walking” are pasted everywhere, but are largely ignored.

While the increased tourism should imply an increase in business, it has been the reverse for Nishiki Daimaru, a 60-year-old fish outlet that is one of more than 100 shops in the market. Its owner says 80% of his customers are now foreigners, and as a result sales have declined for the past three to four years. Tourists tend to buy only small amounts of sashimi to eat in a dining area at the back of his store, he says, whereas in the past, locals shopped there for their daily needs. Katsumi Utsu, chief director of the market, says Nishiki is now “a () of spectators rather than a lively scene of local shoppers.”

The situation at the Nishiki Market, and indeed in Kyoto overall, may be a sign of things to come for other cities in Japan. With tourism into Japan increasing rapidly, the country is struggling with the government’s plan to develop the industry into a new pillar of the economy even as over-tourism threatens to burden historical sites and local services such as transport and shopping.

In 2018, foreign visitor arrivals jumped 8.7% to 31.19 million from a year earlier,

and as the Tokyo Summer Olympics approaches the numbers are expected to keep rising. Goals set by Prime Minister Shinzo Abe in 2016 aim for foreign tourist arrivals of 40 million in 2020, and 60 million in 2030.

The surge in foreign visitors to Japan reflects a gradual easing of travel visa requirements since 2013 for countries including Thailand, the Philippines and China; growth in the number of budget airlines in Asia; and (2) in the value of the yen. All of these factors have made Japan one of the most popular tourist destinations in the region. According to the United Nations World Tourism Organization, in 2017 Japan was the 12th-most visited country in the world. It also recorded the highest growth in tourist arrivals, growing faster than Vietnam, Chile and Thailand.

The problem of over-tourism, (3), is not restricted to Japan. Thailand, Asia's most popular destination, welcomed more than 38 million international visitors in 2018, up 7.5% from the previous year. Since June 2018, tourists have not been allowed to visit Maya Bay in the Phi Phi Islands, famous as the setting for the 2000 movie *The Beach* starring Leonardo DiCaprio, due to damage to the surrounding coral. Similarly, the Philippine resort island of Boracay closed for six months in 2018 to deal with sewage problems.

In Japan, strain caused by the rising number of tourists is probably most visible in Kyoto, the ancient capital. Known for its beautiful shrines and temples and elegant gardens, the city has long welcomed both domestic and foreign tourists, but local tolerance levels are being tested. A 68-year-old man waiting at JR Kyoto Station, the gateway to the city, says he tries to avoid taking buses from the station because they are crowded with tourists and their large luggage. "I need to wait one or sometimes two buses to get on," he complains.

According to a survey by the city, 7.4 million foreign guests traveled to Kyoto in 2017, more than five times up from 2012. Including domestic tourists, the city hosted 53.6 million visitors in 2017, far more than its population of 1.5 million. The total number of guests was down 3% from the previous year because of fewer domestic travelers. However, according to Kazuya Fukuhara, managing director of the city's

tourism office, "More than 70% of the foreigners were first-time visitors to Kyoto, so the crowds were concentrated in well-known temples and sites."

Joanna, a 29-year-old tourist from the U.K., was astonished when she visited the Fushimi Inari shrine with her boyfriend and saw it packed with tourists taking photographs in front of its thousands of beautiful red gates. "Although we wanted to go see the forest at the end of the gates, we decided not to go. We just couldn't walk because of the crowds," she says.

Daisaku Kadokawa, the mayor of Kyoto, insists that the overcrowding occurs "only in some limited areas," but he agrees the city "is not designed for sightseeing, nor to be a theme park." Kyoto has taken (4) to lessen the negative impact of guests at well-known sites such as Fushimi Inari and Arashiyama, a district famous for its towering emerald-green bamboo groves. They include discounted tickets for the subway to ease pressure on its bus network, and publishing on its website the number of visitors so that people can avoid the busiest times.

Some tourism industry experts argue that over-tourism is not such a serious issue. "Locals in Kyoto and elsewhere are just being emotional when they complain about such problems," says David Atkinson, CEO of Konishi Decorative Arts and Crafts, which specializes in restoring culturally important places and national treasures. Atkinson, who is also an adviser to the Japan National Tourism Organization, says, "Japan does not have any time to waste to try to solve its depopulation crisis." As local populations decrease, local services also decline. Increased tourism can solve this problem. Only a decade ago, Atkinson claims, Kyoto was "a step away from decline," but it has been revived by the jump in foreign tourists.

While he agrees that local authorities and companies are not taking enough initiative to solve issues related to tourism, Atkinson insists that "Japanese people need to realize they are not in a position to ask too much." If people want to enjoy the benefits of increased tourism, they may also need to accept its (5).

1. Which best fits blank (1)?

- a. boundary
- b. crush
- c. faction
- d. replacement
- e. sight

2. Which best fits blank (2)?

- a. a decrease
- b. a retreat
- c. a revival
- d. an outcome
- e. growth

3. Which best fits blank (3)?

- a. as a matter of course
- b. consequently
- c. however
- d. in a similar way
- e. in the long run

4. Which best fits blank (4)?

- a. account
- b. advice
- c. consideration
- d. effects
- e. measures

5. Which best fits blank (5)?
- a. balance
 - b. complaints
 - c. foresight
 - d. inconveniences
 - e. position
6. According to the article, which of the following is true?
- a. Because of the posters saying “No Eating While Walking,” foreign tourists try not to eat food on the street.
 - b. Department stores have completely taken the place of Nishiki Market since Nishiki Market no longer sells what it used to sell.
 - c. In Kyoto, some local people use some shops less due to over-tourism.
 - d. It has been a weekly habit of a 50-year-old housewife, who has been raised in Kyoto, to do shopping in Nishiki Daimaru.
 - e. Nishiki Daimaru, a fish restaurant, has reduced sales over the last several years due to tourists buying less than locals.
7. According to the article, which of the following is true?
- a. Considering the inconvenience of public transportation, the Kyoto government gives discount tickets only to locals.
 - b. Dense crowds in sightseeing spots discourage Japanese tourists, as well as foreign tourists, from visiting Kyoto.
 - c. Discounted tickets for the bus are expected to moderate the overcrowding of subway services and to diminish its negative impact.
 - d. Prime Minister Abe set his goals to triple the number of foreign tourists between 2018 and 2030.
 - e. Various phenomena in Kyoto indicate what locals in other areas may experience in the near future.

8. According to the article, which of the following is not true?
- a. According to the United Nations World Tourism Organization, Japan was not included in the top ten countries which were most visited by tourists in the world in 2017.
 - b. An excessive number of tourists to some Asian destinations have caused damage to sightseeing spots and overwhelmed local infrastructure, resulting in restricted access to some places.
 - c. Because of the pressure on historic sites and local services, the Japanese government introduced a new policy to regulate the travel industry.
 - d. One cause of the increasing number of foreign visitors is that the Japanese government has gradually eased travel visa requirements in recent years.
 - e. Vietnam, Chile and Thailand are growing more slowly than Japan in terms of tourist arrivals.
9. According to the article, which of the following is not true?
- a. First-time visitors to Kyoto tend to visit well-known sites and to use transportation around those areas, so overcrowding is really a problem for the whole city.
 - b. Since various local governments in Japan need the income from tourists traveling from abroad, Atkinson says that locals need to put up with the disadvantages such as overcrowding.
 - c. Some official recognizes the insufficiency in Kyoto's ability to deal with various situations regarding tourists as the city was never planned as a major tourist destination.
 - d. Some sightseeing spots in Kyoto are so crowded that even foreign visitors sometimes change their plans and turn back before having a chance to see them.
 - e. When it comes to discussing the excessive number of tourists, Atkinson believes that locals in Japan are likely to get swayed by emotion and express their state of uneasiness.

10. According to the article, which of the following is true?
- a. Atkinson thinks that it is clear that the Japanese government and the local companies are mainly to blame for problems with over-tourism.
 - b. Given the decline in the number of children being born and problems stemming from it, increased tourism may have some positive effects that could help solve this issue.
 - c. Kyoto seems to have completely gotten over its depopulation crisis thanks to the surge in foreign travelers.
 - d. Those locals who are anxious about problems stemming from over-tourism seem to just be complaining without thought to what would happen to the city without the tourists.
 - e. Using its traditional heritage as much as possible, tourism in Kyoto seems to produce more benefits under the control of the Japanese government.

VIII From the choices 'a'—'e' below, select the best answers to fill blanks (1)—(5). Each answer can be used only once. (20 points)

A.. You are driving along the expressway at night when a crash suddenly occurs in front of you. A car spins off the road. Another car remains stuck on the road across two lanes. Within seconds, before any humans have reacted, (1). Every car behind you within 1,000 metres has slowed down, while road markings have suddenly lit up a different colour and closed off one lane of traffic. The whole process is controlled by the road itself with wifi-enabled sensors and cables. The road instantly and simultaneously "talks" to other cars, as well as to the surrounding infrastructure, traffic control centre and emergency services.

The image may sound like science fiction. However, the technology already exists and is likely to be installed within roads and our vehicles within years. Just as the average household is increasingly filled with Internet-enabled devices that can talk to each other and adapt to different users, engineers and carmakers are (2) that relay information.

England is laying 700 miles of cables on some of its busiest motorways. Traffic information and changing speed limits will eventually be sent directly from the road into cars, possibly with the help of superfast 5G broadband, removing the need for overhead traffic signals. Other projects being tested or introduced in Britain include plastic roads to make the surface flat and lighting powered by energy gathered from roads.

The US state of Colorado is linking 537 miles of motorway to the Internet, in a project costing \$70 million. The technology will relay 1,000 messages a second between the road and vehicles, (3) such as a traffic jam, an accident, an icy road or an approaching vehicle. A company called Integrated Roadways has designed pieces of concrete that work like laptop mouse pads, with cables and sensors installed that trace vehicles in real time. When a car approaches a busy

crossing, the smart road scans the area and traces the positions, directions and speeds of other vehicles, warning the driver of potential hazards. The road can also sound an immediate alarm if a car spins out of control.

Part of the sudden acceleration in smart road technology has been caused by (4), which can struggle with unexpected situations such as a person suddenly crossing a road, or a road-works site. Roads that “talk” enable self-driving cars to know what to do. Charles Schwartz, a professor of civil and environmental engineering at the University of Maryland, says, “The game changers that will make smart roadways necessary are the connected and autonomous vehicles that will soon be developed. In addition to the vehicles themselves being smart, we are going to need the roadways being smart.”

Such advances in technology can (5). In India, wireless poles have been installed on one of the most dangerous roads in the world. The poles exchange data on incoming traffic and warn drivers if there is traffic just round the corner by sounding a horn. In the Netherlands, painted lines are charged up during the day and lit for up to ten hours when it gets dark. The paint can also warn of hidden ice.

- a . advances in self-driving vehicles
- b . creating roads and vehicles
- c . improve road safety
- d . telling drivers about dangers
- e . the police have been alerted

B. Imagine working for an employer who is aware that you're probably not sleeping enough at night and allows you to stop whatever you are doing and sleep as part of your regular work duties — and (1), but a refreshing short sleep in a quiet room. These are some of the measures being used by a growing number of companies in Japan to counter the widespread issue of sleeplessness that costs its economy an estimated \$138 billion a year.

New technology companies have been quickest to deal with the “sleep debt” among irritable and unproductive employees. Last year, Nextbeat, an IT service provider, went as far as setting up two “strategic sleeping rooms” — one for men, the other for women — at its headquarters in Tokyo. The aroma-filled rooms have devices that block out background noise, allowing workers to stretch out on sofas for a nap. Mobile phones, tablets and laptops are banned. “Napping can do as much to improve someone’s efficiency (2),” Emiko Sumikawa, a member of the Nextbeat board, said. Nextbeat also asks employees to leave work by 9 pm and to refrain from doing excessive overtime.

Another company even offers reward money to persuade its employees to avoid overtime and get to bed at a reasonable hour. One wedding planning company in Tokyo awards employees who sleep at least six hours a night with points (3) for food in the company cafeteria. Using an app to monitor their sleep, workers can accumulate points worth as much as 64,000 yen a year.

Japanese workers have more reason than most to submit to the desire for a daytime sleep, whether at work or during long commutes. A survey conducted in 2019 in 28 countries found that Japanese men and women sleep, on average, just six hours and 35 minutes a night — 45 minutes less than the international average — making them the most sleep deprived of all. Finnish women, by contrast, sleep almost an hour longer, with an average of 7.45 hours. Estonians, Canadians, Belgians, Austrians, as well as the Dutch and French, all get a comparatively decent night’s sleep, according to the survey. Another survey by the health products maker Fuji Ryoki found that 92.6% of Japanese over the age

of 20 said they were (4).

Even weary workers whose employers have yet to officially allow naps at least know that resting their head on their desk for a few minutes probably won't get them into trouble. Companies generally tolerate *inemuri* — or “sleeping while present” — as a demonstration of their employees' commitment rather than as a sign of laziness, although nappers should avoid appearing too comfortable.

The Japanese government has also come to appreciate the benefits of a well-rested workforce, (5) that all working-age people take a nap of up to 30 minutes in the early afternoon.

- a . as balanced diet and exercise
- b . not getting enough sleep
- c . not just a brief nap at your desk
- d . that can then be exchanged
- e . with the health ministry recommending

IX Read the following passage and select the best answer for each question.

(24 points)

Around the world, children are far more likely than ever before to develop food allergies. Recently two British teenagers died after eating sesame and peanut, which highlighted the sometimes tragic (1). In August, a six-year-old girl in Western Australia died as the result of a dairy allergy. The rise in allergies in recent decades has been particularly noticeable in the West. Food allergy now affects about 7% of children in the UK and 9% of those in Australia, for example. Across Europe, 2% of adults have food allergies.

Even traces of the trigger foods can serve as the cause of life-threatening reactions, meaning patients and families live with fear and anxiety. The dietary restrictions on what to eat can become a burden to social and family life. While we can't say (2) why allergy rates are increasing, researchers around the world are working hard to find ways to combat this phenomenon.

An allergy is caused by the immune system fighting substances in the environment that it should see as harmless, known as allergens. These innocent substances become targets of antibodies, leading to allergic reactions. Symptoms range from skin redness, rashes and swelling to — in the most severe cases — vomiting, diarrhea, difficulty breathing and anaphylactic shock. Some of the most common foods for children to be allergic to are milk, eggs, peanuts, tree nuts, sesame, fish and shellfish.

The frequency of food allergy has increased over the past 30 years, particularly in industrialized societies. Exactly how great the increase is depends on the food and where the patient lives. For example, there was a five-fold increase in peanut allergies in the UK between 1995 and 2016. A study of 1,300 three-year-olds for the EAT Study at King's College London suggested that 2.5% now have peanut allergies. Australia has the highest rate of food allergy. One study found 9% of Australian one-year-olds had an egg allergy, while 3% were allergic to peanuts.

The increase in allergies is not simply the effect of society becoming more aware of them and better at diagnosing them. It is thought that allergies and increased sensitivity to foods are probably environmental, and related to Western lifestyles. We know there are lower rates of allergies in developing countries. They are also more likely to occur in urban rather than rural areas. Factors may include pollution, dietary changes and less exposure to microbes, such as viruses and bacteria, which change how our immune systems respond.

There is no single explanation for why the world is becoming more allergic to food, but science has some theories. One is that improved hygiene is to blame, as children are not getting as many infections. Parasitic infections, in particular, are normally fought by the same mechanisms involved in tackling allergies. (3) fewer parasites to fight, the immune system turns against things that should be harmless. Another idea is that vitamin D can help our immune system develop a healthy response, making us less susceptible to allergies. Most people around the world do not get enough vitamin D for several reasons, including spending less time in the sun. In the US, the rate of vitamin D deficiency is thought to have almost doubled in just over a decade. A newer “dual allergen exposure” theory suggests food allergy development is related to the balance between the timing, amount and form of exposure. For example, the development of the allergy antibodies can take place through skin disease in babies.

However, it is thought that eating trigger foods at the time when babies start eating solid food can lead to a healthy response and (4) the allergies developing. At this time the gut’s immune system is prepared to tolerate bacteria and foreign substances, such as food. This was the basis for King’s College London’s LEAP Study, which showed about an 80% reduction in peanut allergy in five-year-old children who regularly ate peanut from the year they were born.

The recent deaths of UK teenagers suffering from food allergies highlight the human impact of this condition, and the importance of clear and accurate labelling. There is currently no cure for food allergy, and managing the condition relies on

avoiding the offending foods and on an emergency treatment plan in case of exposure. However, even making an initial diagnosis is challenging. The main way to identify food allergies is for a patient to gradually eat increased amounts of that food under medical supervision. This has the risk of causing an allergic reaction. The accompanying tests of their immune systems' reaction can also give an incorrect diagnosis of allergy in non-allergic children.

King's College London has recently developed an alternative; a blood test which has proved accurate in diagnosing peanut allergy, compared with existing methods. These tests now cover the foods responsible for 90% of children's allergies, and will hopefully be available to patients in the next couple of years.

Even following a successful diagnosis, avoiding trigger foods is difficult and accidental reactions are common. Allergen immunotherapy — taking small amounts of the substance — has been shown to reduce the sensitivity of allergic patients and can protect against accidental exposure. A recent immunotherapy trial found 67% of peanut-allergic subjects — people who had been treated — could consume about two pieces of peanut after a year, compared to 4% of the untreated group. Nevertheless, they are still allergic.

Other treatments are being investigated for food allergy, and are much needed. In the meantime, allergies will remain a source of worry and part of daily life for many children and their parents.

1. Which best fits blank (1)?

- a. compositions
- b. compromises
- c. concerns
- d. consequences
- e. contradictions

2. Which best fits blank (2)?

- a. a little
- b. any more
- c. for sure
- d. much of
- e. vaguely

3. Which best fits blank (3)?

- a. By
- b. Some
- c. Though
- d. To
- e. With

4. Which best fits blank (4)?

- a. anticipate
- b. ban
- c. cure
- d. encourage
- e. prevent

5. According to the article, which of the following is true?
- a. As families of patients are afraid of allergic reactions, they tend to put a lot of pressure on patients.
 - b. More children in developing countries are becoming allergic to food than those in developed countries.
 - c. Symptoms of allergic reactions range from minor skin trouble to anaphylactic shock.
 - d. Western lifestyle may be one of the factors of people becoming less sensitive to what they eat.
 - e. When the immune system reacts against something harmful to the body, an allergic reaction occurs.
6. According to the article, which of the following is not true?
- a. "Dual allergen exposure" theory suggests that people may develop allergies due to when they were exposed, how they were exposed and the amount of exposure.
 - b. Getting too much vitamin D from food could be one factor in causing serious allergy cases.
 - c. It is difficult to test for allergies because the test itself may harm people.
 - d. Living in the environment which is very much cleaner than before could be one factor behind increasing allergy cases.
 - e. People living in cities and towns are more likely to have allergies than people living in the countryside.

7. According to the article, which of the following is true?
- a. A study showed that none of the children who ate peanut since they were babies became allergic to peanut at the age of five.
 - b. Allergen immunotherapy is medicine which can protect patients against accidental exposure if taken regularly.
 - c. Due to improvements in diagnosing and treating food allergies, people in developed countries do not need to worry so much about allergic reactions.
 - d. There is a new accurate blood test to check if a person is allergic to any food.
 - e. There is no cure for food allergy, so it is important to avoid the trigger food and get ready for an emergency.
8. Which title best suits the article?
- a. Allergies are a threat to our children
 - b. Fact and fiction regarding food allergies
 - c. Food allergies: New forms of infection
 - d. Food allergies: Possible causes and solutions
 - e. How to prevent and cure allergies

