

# 英 語

## 注 意

1. 問題は全部で10ページである。
2. 解答用紙に氏名・受験番号を忘れずに記入すること。(ただし、マーク・シートにはあらかじめ受験番号がプリントされている。)
3. 解答はすべて解答用紙に記入すること。
4. 問題冊子の余白等は適宜利用してよいが、どのページも切り離してはいけない。
5. 解答用紙は必ず提出のこと。この問題冊子は提出する必要はない。

### マーク・シート記入上の注意

1. 解答用紙(その1)はマーク・シートになっている。**HB**の黒鉛筆またはシャープペンシルを用いて記入すること。
2. 解答用紙にあらかじめプリントされた受験番号を確認すること。
3. 解答する記号・番号の○を塗りつぶしなさい。○で囲んだり×をつけたりしてはいけない。

解答記入例(解答が1のとき)

1	<input checked="" type="radio"/>	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4	<input type="radio"/> 5	<input type="radio"/> 6	<input type="radio"/> 7	<input type="radio"/> 8	<input type="radio"/> 9	<input type="radio"/> 0
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4. 一度記入したマークを消す場合は、消しゴムでよく消すこと。×をつけても消したことになる。
5. 解答用紙をよごしたり、折り曲げたりしないこと。

1 次の英文を読み、以下の問いに答えなさい。

Eating meals with their families helps keep kids slimmer and healthier, a new study finds. Researchers pooled data from 17 earlier studies and found that youngsters who joined family members regularly for meals were 24 percent more likely to eat healthy foods than kids who rarely ate with their families. They were also less likely to suffer from eating disorders.

Parents can “really relate to and understand” the findings, published in the May 2 issue of *Pediatrics*, said study lead author Amber Hammons, a postdoctoral research associate at the University of Illinois at Urbana-Champaign.

“We wanted to look at the family’s contribution to positive outcomes as it relates to nutrition,” added Hammons. “It’s important for parents to know what they can do, especially with obesity and eating habits; they want to know what role they can play.”

Through an Internet search in 2009, researchers at the university’s Family Resiliency Center obtained relevant studies involving almost 183,000 children and teens ranging from roughly 3 to 17 years old. They looked at the youths’ eating habits, weight, and whether they did anything harmful to control it.

Those who ate three or more meals a week with their families were 12 percent less likely to be overweight than those who ate few or no meals with

Notes:

pool(ed) 共同利用の  
ために蓄える

postdoctoral research  
associate 博士号取得  
後の研究員

their families, and 20 percent less likely to eat sweets, fried foods, soda, and other unhealthy foods.

Eating five or more meals together reduced the likelihood of poor nutrition by 25 percent, an analysis of eight of the studies revealed.

Kids who ate with their families also were 35 percent less likely to engage in “disordered eating” behaviors aimed at losing weight, such as binge-eating, purging, taking diet pills or laxatives, vomiting, skipping meals or smoking.

Participants were deemed overweight if they had a body mass index (BMI) at or above the 85th percentile, meaning that they were heavier than 85 percent of children their age.

Eating two or more fruits and vegetables daily, and skipping soda, candy and fried foods were included as a measure of healthy nutrition.

While the study suggests that eating together as a family confers a “protective” benefit on children, the reasons for that were unclear. Some possibilities included the value of adult role models, and adult intervention before poor behaviors became bad habits, the study said.

Other research has found that meals prepared at home are more nutritious, with more fresh fruit and vegetables, and less fat, sugar and soda. “We know that meals prepared at home are more likely to be less calorie-dense,” said Hammons. But other factors such as communication during meal time

likelihood 可能性

binge-eating 過食

purging < purge 下剤

を服用して排泄する

laxatives 緩下剤

vomit (ing) 嘔吐する

deem (ed) 見なす

BMI 体格指標

confer (s) …を与える

intervention 介入

calorie-dense

カロリー一過多

might also drive the positive influence of family meals on health, she added.<sup>14</sup>

"The future direction for research will not be looking at quantity of meals but at what is making meal time so important," she said.<sup>A</sup>

Another expert, Connie Diekman, director of university nutrition at Washington University in St. Louis, said the study gives "a good overview of what research shows in terms of the importance of family meals" on child health. But she cautioned about its drawbacks.

"Some of the studies have limitations, including some variability in collection of nutritional outcomes, diversity of ethnicity and gender, and how studies classified weight," Diekman said.

But even with those stumbling blocks, the study provides "strong indications that shared family meals help boost nutritional intake, control body weight, and potentially prevent disordered eating patterns," said Diekman.<sup>15</sup>

Children may imitate their parents, according to other research. A survey by the American Dietetic Association Foundation found that children identified their parents as their number one role models and claimed that if their parents ate healthier foods, they would too, said Diekman.

The authors of the current study say doctors should emphasize the value of family meals for patients struggling with eating disorders or obesity.<sup>B</sup>

variability 可変性  
diversity 多様性  
ethnicity 民族, 人種  
gender 性別  
classified < classify  
分類する

dietetic 栄養の

〔1〕 下線部A, Bを日本語に訳しなさい。(解答用紙その2)

〔2〕 1～10の質問に対しては英文の内容から判断し, また, 下線部11～15の質問に対しては前後の関係から判断してもっとも適切と思われるものをひとつ選び, その番号のところをマークしなさい。(解答用紙その1)

1. Researchers found that

- (1) children who ate with their families were 24% more likely to eat healthy food than those who seldom ate with their families.
- (2) 17 studies showed children rarely ate meals with their families.
- (3) children who did not eat with their families were 24% more likely to have eating disorders.
- (4) 24% of children studied rarely ate meals with their families.

2. In a study by Hammons, she and her researchers wanted to look at

- (1) how important obesity and eating habits were through an Internet search.
- (2) what families know about contributions to the Family Resiliency Center.
- (3) obesity and eating habits with no regard to the family's role.
- (4) a family's contribution to positive results regarding health.

3. Kids who ate three meals a week with their families were 12%

- (1) less likely to be overweight than those aged 3 to 17.
- (2) more likely to be overweight than those who ate sweets.
- (3) less likely to be overweight when compared to those who did not eat as often with their families.
- (4) more likely to eat fried foods and drink soda with their families than those who ate no meals with their families.

4. Eating meals more often with their families meant the kids
  - (1) showed a 12% increase in consumption of sweets, fried foods and soda.
  - (2) had a better chance of being normal in weight than kids who did not eat often with their families.
  - (3) showed a 20% increase in consumption of sweets, fried foods and soda.
  - (4) were likely to be overweight compared to kids who ate fewer meals with their families.
  
5. Eating five meals a week with their families
  - (1) improved kids' chances of having good nutrition.
  - (2) decreased kids' chances of eating well.
  - (3) meant kids were 25% more likely to have poor nutrition.
  - (4) meant kids were 75% less likely to eat good foods.
  
6. Kids who ate more often with their families were
  - (1) more likely to be binge eaters.
  - (2) less likely to be binge eaters.
  - (3) more likely to smoke in order to lose weight.
  - (4) more likely to have some eating disorders.
  
7. An example of disordered eating is
  - (1) aiming to lose weight in a healthy way.
  - (2) trying to lose weight in an unhealthy way.
  - (3) smoking to gain weight.
  - (4) taking too few pills for a week.

8. Meals prepared at home were more likely to include more
- (1) communication and calories.
  - (2) nutritious things including soda and less fat.
  - (3) vegetables but less fruit since the latter contains sugar.
  - (4) fruit and vegetables, less fat, sugar and soda.
9. According to studies, communication during a meal
- (1) might have a positive influence on health.
  - (2) clearly influences health.
  - (3) has no significant influence on health.
  - (4) might have a negative influence on health.
10. Studies centering on child obesity
- (1) all conclusively show that eating at home promotes good health.
  - (2) vary in their findings but in general show eating at home promotes good health.
  - (3) ignore the value of family meals for kids suffering from eating disorders.
  - (4) all show kids would eat healthier meals if their parents did.
11. The word “they” means
- (1) families.
  - (2) researchers.
  - (3) 183, 000 children and teens.
  - (4) the university’s Family Research Center.

12. The word “skipping” means

- (1) releasing.
- (2) looking forward to.
- (3) jumping lightly for.
- (4) avoiding.

13. The word “value” means

- (1) savings.
- (2) discount.
- (3) importance.
- (4) opportunity.

14. The word “drive” means

- (1) propose.
- (2) demote.
- (3) delay.
- (4) promote.

15. The phrase “stumbling blocks” means

- (1) obstacles.
- (2) advantages.
- (3) insights.
- (4) estimates.



- 2 以下のそれぞれの定義に従って、指定された頭文字で始まる単語を書きなさい。(ただし、解答は与えられた頭文字から書くこと)(解答用紙その2)

(解答例)

someone who is trained in science, especially someone whose job is to do scientific research

⇒(s )

正解(scientist)

1. a midday meal between breakfast and dinner

⇒(l )

2. the power or right of choosing; something that may be or is chosen; choice

⇒(o )

3. the mass of soft, grey matter in the head; center of the nervous system

⇒(b )

4. an event where large amounts of water overflows from rivers or waterways

⇒(f )

5. of a number which cannot be divided exactly by two

⇒(o )

3

次の会話文を読んで、以下の問いに答えなさい。

Willy: Hey, Kenji! You up for the movies tonight?

Kenji: Well, ( 16 ) is showing? I have seen most of the movies out today.

Willy: Just hang on, Kenji. Do you know what tonight is? It's "Fright Night at the Flicks."

Kenji: Uh, ( 17 ) you explain that?

Willy: You're kidding, ( 18 )? You don't know what "Fright Night" is?

Kenji: It ( 19 ) me, sorry.

Willy: No worries, my friend. But ( 20 ) ready to be scared out of your wits.

Kenji: Now, you have really ( 21 ) me. Out of my wits?

Willy: I ( 22 ) you will be very, very scared.

Kenji: I think I've ( 23 ) it. The film is a horror movie?

Willy: Film? No, films. They show movies all night long. All the great ones!

Kenji: So, ( 24 ) does this all start?

Willy: Kenji, ( 25 ) the witching hour, of course. Midnight!

Kenji: Sounds great. Count me in.

選択肢 1 ~ 0 の中から、上の空欄 16~25 に入れるのに最も適切と思われるものを一つ選び、その番号のところをマークしなさい。(解答用紙その 1)

- |          |          |          |
|----------|----------|----------|
| 1. at    | 5. what  | 9. right |
| 2. get   | 6. got   | 0. lost  |
| 3. could | 7. beats |          |
| 4. when  | 8. mean  |          |

- 4 次の日本語の文を表現するような英文を、与えられた書き出しを使って完成しなさい。(解答用紙その2)

クラシック音楽を聞くといつも気持ちが落ち着く。

I feel...









