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次の英文を読み、設問(1. - 5.)に答えなさい。

People become vegetarians for many reasons, including the following: health, religious convictions, concerns about animal welfare or the use of antibiotics and hormones in farm animals, or a desire to eat in a way that avoids excessive use of environmental resources. Some people follow a largely vegetarian diet because they can't afford to eat meat. Becoming a vegetarian has become more appealing and accessible, thanks to the all-year availability of fresh produce, more vegetarian options for eating out, and the growing influence of cultures with largely plant-based diets.

- 10 Approximately six to eight million adults in the United States eat no meat, fish, or poultry, according to a Harris Interactive poll conducted by the Vegetarian Resource Group, a nonprofit organization that spreads information about vegetarianism. Several million more have eliminated red meat but still eat chicken or fish.
- 15 About two million have become vegans, who are people who avoid not only animal flesh but also animal-based products such as milk, cheese, and eggs.

Traditionally, research into vegetarianism focused mainly on potential nutritional deficiencies, but in recent years, studies are confirming the health benefits of meat-free eating. Nowadays, plant-based eating is recognized as not only nutritionally sufficient but also as a way to reduce the risk for many chronic illnesses. According

to the American Dietetic Association, "appropriately planned vegetarian diets, including total vegetarian or vegan diets, are healthy, nutritionally adequate, and may provide health benefits in the prevention and treatment of certain diseases."

"Appropriately planned" is the key term. Unless you follow recommended guidelines on nutrition, fat consumption, and weight control, becoming a vegetarian won't necessarily be good for you. A diet of soda, cheese pizza, and candy, after all, is technically "vegetarian." For health, it's important to make sure that you eat a wide variety of fruits, vegetables, and whole grains. It's also vital to replace some harmful types of fats with good fats, such as those found in nuts and olive oil. And always keep in mind that if you eat too many calories, even from nutritious, low-fat, plant-based foods, you'll gain weight. So it's also important to practice portion control, read food labels, and engage in regular physical activity.

問 1. - 5. Read the passage and select the best option for questions 1. - 5.

1. Which of the following is NOT mentioned as a reason for becoming vegetarian?
- A. Some people want to be healthier.
 - B. Some people are too poor to buy meat.
 - C. Some people want to take antibiotics and hormones efficiently.
 - D. Some people do not want to be cruel to animals.

2. Which of the following does the poll in the passage report?
- A. the number of people who follow various types of vegetarian diets in the U.S.
 - B. the reasons people become vegetarian
 - C. statistical information about the health benefits of vegetarian diets
 - D. what contribution the Vegetarian Resource Group has made to spread vegetarianism
3. What does the third paragraph indicate?
- A. People have always believed that vegetarian diets have big potential nutritional benefits.
 - B. Vegetarian diets can be beneficial as long as they are adequate in nutrition.
 - C. Vegetarian diets can prevent all illnesses, but they cannot cure some diseases.
 - D. Vegan diets have been recently recognized as nutritionally insufficient.
4. According to the passage, which of the following statements about “appropriately planned vegetarian diets” is correct?
- A. As long as you stick to plant-based eating, you are unlikely to put on weight.
 - B. Soda, cheese pizza, and candy are meat-free, so they are not bad for health.
 - C. You should be careful about what kinds of oil and fat you consume.
 - D. You should only pay attention to nutrition values, not calories, when you choose food.

5. According to the passage, which of the following statements is correct?
- A. Vegetarianism has become popular partly because there are more dining-out options for vegetarians now.
 - B. Cultures with meat-free diets are still minorities, so they have had no impact on the popularity of vegetarianism.
 - C. Vegans eat meat only when it is fresh, so they are unlikely to become ill.
 - D. Once you become a vegetarian, you don't have to be concerned about lack of exercise.