

【共テ演習 5】

次の文章を読み、下の問い(A・B)に答えよ。なお、文章の左にある(1)～(6)はパラグラフ(段落)の番号を表している。

- (1) Milk is considered an important food around the world. Some advertisements even call it “the perfect food.” This has some truth as milk contains protein to build muscles, calcium for strengthening bones, and vitamins that are essential for good health. The importance of milk in our diets has a long history. In fact, since people started to breed farm animals, they have consumed animal milk.
- (2) The oldest evidence of milk consumption was found at sites more than 10,000 years old. Surprisingly, it was not cow’s milk but sheep’s milk. People raised sheep for their meat, wool, and milk long before they began to raise cows. They turned this milk into the first types of cheese. Sheep’s milk has over 50% more fat than cow’s milk along with about twice the amount of protein. As fat content plays an important part in making cheese, sheep’s milk is often used to produce a number of cheeses. Goats, another animal raised before cows, also provide milk. Goat’s milk has a similar level of fat to cow’s milk, but less sugar. More recent examples of animal milk include deer’s milk and horse’s milk. Deer’s milk has higher levels of protein and fat than cow’s milk. Horse’s milk has less protein than cow’s milk, but six times as much vitamin C.
- (3) At the present time, most milk sold in stores comes from cows. The worldwide dairy industry depends on cows, which consistently produce far more milk than other animals. The milk is sold to be drunk or turned into dairy products such as cheese, butter, yogurt, or ice cream. Regardless of how it is used, nowadays, most raw milk is heated to get rid of harmful bacteria. Modern methods of treating milk and careful inspection of milk products have helped to ensure that the milk we consume today is safe. It has become one of the most highly regulated foods in many countries.
- (4) Not all people, however, can digest milk. Although infants are able to take in milk easily, this ability declines in a certain percentage of adults. Some of them can still eat products made from milk, like cheese or ice cream, while others are unable to digest milk products in any form. They know that having a bowl of delicious ice cream is only going to cause them torment. For these people, milk is certainly not the perfect food.

- (5) Recently, different kinds of milk made from plants have appeared in supermarkets. These are especially popular with people who cannot digest animal milk as well as with people seeking better health. A variety of plants are used, and each plant milk differs in its original state. The most popular type of plant milk is made from soybeans. Soy milk is similar in the amount of protein to cow's milk but lacks calcium. Rice milk has a lower sugar content and less protein than cow's milk. Coconut milk, which is common in Southeast Asia, has about half the calories of cow's milk and less protein. In short, each of these plant milks offers different amounts of nutrition to consumers.
- (6) Currently, making the decision to drink milk requires that we examine our options and choose the ones that are best for us. Each offers different benefits, allowing us to select the levels of protein or fat we want in order to satisfy our nutritional needs. No matter what these requirements are, milk in all its forms will continue to find a place in people's diets.

A 次の問い(問 1～5)の ～ に入れるのに最も適当なものを、それぞれ下の①～④のうちから一つずつ選べ。

問 1 According to paragraph (2), which of the following is true?

- ① People started to use animal milk as food about ten centuries ago.
- ② Raising sheep began more recently than raising cows and goats.
- ③ The fat amount in cow's milk makes it healthier than goat's milk.
- ④ The level of fat in sheep's milk is suitable for producing cheese.

問 2 According to paragraph (3), the ability of cows to supply milk .

- ① delays the manufacturing of cheaper products for consumers
- ② guarantees the quality of the food items made from milk
- ③ prevents people from consuming harmful milk products
- ④ secures a steady source of milk for global consumption

問 3 Which of the following is closest to the meaning of the underlined word torment in paragraph (4)?

- ① enthusiasm ② satisfaction ③ suffering
- ④ unwillingness

問 4 According to paragraph (5), compared to cow's milk, .

- ① coconut milk has slightly more protein
- ② plant milks offer much greater food value
- ③ rice milk is nearly the same in sugar level
- ④ soy milk is about equal in protein level

問 5 What would be the best title for this passage?

- ① Benefits of Plant Milk Over Animal Milk
- ② Characteristics of Various Milk Types
- ③ Origins of the Worldwide Milk Supply
- ④ Standards of Nutritious Milk for Infants

B 次の表は、本文のパラグラフ(段落)の構成と内容をまとめたものである。
 51 ~ 54 に入れるのに最も適当なものを、下の①~④のうちから一つずつ
 選び、表を完成させよ。ただし、同じものを繰り返し選んではいけない。

Paragraph	Content
(1)	Introduction
(2)	51
(3)	52
(4)	53
(5)	54
(6)	Conclusion

- ① Describing the dairy industry and how the milk produced is used
- ② Discussing the differences between the earliest types of milk
- ③ Explaining that animal milk might not be a good choice for everyone
- ④ Indicating the qualities of various substitutes for animal milk