

# 英 語(リーディング)

各大問の英文や図表を読み、解答番号  ~  にあてはまるものとして最も適当な選択肢を選びなさい。

## 第1問 (配点 10)

A You are studying abroad in France. You get a text message from your British friend who is studying at another school in the same city.

Hi! The city hall is organising a 'Sing!' day at the community centre, with the opportunity to sing and listen to songs in various languages, as a way of introducing people from around the world! The music will be karaoke style, with no musical instruments or stage. Come! And bring your classmates! 😊

Hey, Simon. I heard! I'll be there ♡! Song categories haven't been decided yet, right? People tend to like different kinds of music. What should I sing?

Well, most people will be young so I should think that lively songs would be better, so that people can dance to their favourite ones. I'll go early, but see you at the centre!

問1 Your friend wants you to .

- ① find some people to form a rock band
- ② invite other people to attend the event
- ③ perform a traditional dance on the stage
- ④ teach students songs from your country

問2 How will you reply to Simon's second message?

- ① Got it. I'll start translating song words!
- ② OK! I'd better research old songs!
- ③ Sorry, I can't go there so early.
- ④ Sure! I'll choose some cool J-pop!

B Your teacher has given you a notice of interesting lectures.

### Special Lectures on English Language

Professor Swain, one of the leading scholars in the field of language, is giving a series of free lectures on English at our high school next month. This special course consists of three sections:

|          | DATE     | PLACE       | Content   |
|----------|----------|-------------|---|
| Lesson A | March 6  | South Hall  | ・ syntax of English                               |
| Lesson B | March 8  | Center Hall | ・ vocabulary of English<br>・ phonology of English |
| Lesson C | March 10 | Auditorium  | ・ history of English                              |

☆ Each student can register for up to two lessons.

☆ No prior knowledge is required.

☆ You will have to write a short report after each lesson.

#### About the lecturer

He is a professor at Bolic University. He has published many articles mainly on English syntax, a field that deals with the grammar of English, but he is also famous for his research on English phonology, the study of the sounds of English.

#### Message from the lecturer

Hi everyone! I like Japanese culture and food very much. So I am really looking forward to talking about them with you after each lesson! I hope this will be a good opportunity for you to practice speaking English.

\* You must hand in your application to Ms. Takahashi by the end of this month.

\* You can invite your family members to these lectures.

問1 In order to take part in the special lectures, you have to .

- ① attend at least two lessons
- ② have some background knowledge
- ③ submit your application in February
- ④ take your family members with you

問2 After the lectures, Professor Swain is likely to .

- ① eat Japanese food with the other teachers
- ② have conversations about Japan
- ③ publish a book on Japanese customs
- ④ write a brief report about Japan

問3 If you want to learn about the grammar of English, you are most likely to .

- ① attend the lecture held at South Hall
- ② go to the Auditorium on March 10
- ③ participate in the lecture given on March 8
- ④ take lessons at Bolic University

第2問 (配点 20)

A You are looking for a restaurant in London, the UK, for Valentine's Day, and are reading about a restaurant battle in the area. You hope to book one for your date.

| Restaurant critics' star ★ ranking |               |                  |                |       |
|------------------------------------|---------------|------------------|----------------|-------|
| Condition<br>Restaurants           | Food<br>★★★★★ | Service<br>★★★★★ | Décor<br>★★★★★ | Total |
| Funk Shack                         | 1.3           | 2.0              | 1.7            | 5     |
| Meadow Inn                         | 3.9           | 3.8              | 5.0            | 12.7  |
| O'Sullivan's                       | 4.1           | 4.7              | 3.9            | 12.7  |
| The Rose Pub                       | 4.3           | 3.9              | 4.5            | 12.7  |

| Comments of the critics |  |
|-------------------------|--|
| Mr Frome                | I felt that the servers' timing was excellent at The Rose Pub, especially compared to the slow, humourless delivery at Meadow Inn! O'Sullivan's fusion of Chinese and British food was clever, but didn't always work. |
| Ms King                 | O'Sullivan's served up some unexpected dishes! Not for everyone perhaps, but winners for me! The wait staff knew the menu well. At The Rose Pub, they seemed unsure. I loved Meadow Inn's cheerful atmosphere!         |
| Ms Tucker               | Thanks O'Sullivan's for my favourite dish! But take a hint from Meadow Inn. Paint the walls a brighter, more cheerful colour!  |

| Critic's shared decision (summarised by Ms King)  |
|---|
| With one exception, all the restaurants tied in scores! When it comes to food, none of those three were bad at all, so we critics all agreed that service should be the factor that tops the ranking.<br>When deciding second and third place, Ms Tucker pointed out that most people don't care much about the décor if the food is good. Mr Frome and I think so too. |

問1 Based on the critics' final decisions, which restaurant was decorated the best?

- ① Funk Shack
- ② Meadow Inn
- ③ O'Sullivan's
- ④ The Rose Pub

問2 Which judges gave both positive and critical comments?

- ① All of them
- ② Mr Frome
- ③ Ms King
- ④ Ms Tucker

問3 One fact from the critics' original comments is that .

- ① at The Rose Pub you never wait long for food
- ② O'Sullivan's mixes the food culture of two countries
- ③ the judges couldn't agree about Funk Shack
- ④ the wall colors at Meadow hill are pleasant

問4 One opinion from the critics' shared evaluation is that .

- ① all three best restaurants serve decent food
- ② décor takes less skill to improve than food quality
- ③ Ms Tucker indicated something and the others agreed
- ④ the critics picked a winner through discussion

問5 Which of the following is the final ranking based on the critics' shared evaluation? 10

|   | 1 <sup>st</sup> | 2 <sup>nd</sup> | 3 <sup>rd</sup> |
|---|-----------------|-----------------|-----------------|
| ① | Meadow Inn      | O'Sullivan's    | The Rose Pub    |
| ② | Meadow Inn      | The Rose Pub    | O'Sullivan's    |
| ③ | O'Sullivan's    | Meadow Inn      | The Rose Pub    |
| ④ | O'Sullivan's    | The Rose Pub    | Meadow Inn      |
| ⑤ | The Rose Pub    | Meadow Inn      | O'Sullivan's    |
| ⑥ | The Rose Pub    | O'Sullivan's    | Meadow Inn      |

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B Your English teacher gave you an article to help you prepare for a debate in the next class. A part of this article with one of the comments is shown below.

**Should students wear school uniforms?**

*By Roger White, New York*  
20 October 2019 5:15PM

The United States is slowly adopting the use of school uniforms. According to figures published in 2018 by the National Center for Education Statistics, the proportion of public schools requiring students to wear school uniforms increased from 12 percent in 1999 to 21 percent in 2015. Another survey showed that 41 percent of students at public schools in big cities wear uniforms. In Philadelphia, especially, all the students at public schools are required to wear uniforms.

So what are the advantages of wearing school uniforms? One teacher said, "First, we can promote equality among students and reduce bullying. Some students have expensive clothes, but others do not. This sometimes leads to bullying. Besides, if outsiders come into our school, we can recognize them more easily. In terms of security, too, this policy is desirable."

Not all parents, however, agree with this policy. Some parents said, "The school uniform policy violates the students' freedom of expression. Students should wear their favorite clothes." And others said, "Now there are a lot of immigrant children who have different values and customs from ours. In this day and age we have to respect diversity, not *uniformity*."

**17 Comments**

Newest

**Kate Thompson** 22 October 2019 9:05 PM

I understand this policy. You don't need to think about what to wear every morning. Moreover, a sense of togetherness can be built. But at the same time some students can't afford uniforms, perhaps. I hear the price sometimes reaches over \$500.

問1 According to the article, students at public schools in Philadelphia are

- ① forced to ask their parents to buy school uniforms
- ② free to wear anything they like
- ③ not permitted to dress the way they want
- ④ not willing to change their clothes every day

問2 Your team will support the debate topic, "All students should wear school uniforms." In the article, one opinion helpful for your team is that .

- ① it will cost less to wear school uniforms than to choose what to wear
- ② school uniforms will create a safer environment for students
- ③ the image of public schools will be really improved
- ④ the number of students committing crimes will decrease

問3 The other team will oppose the debate topic. In the article, one opinion helpful for that team is that .

- ① it is not fair for teachers at public schools to dress as they like
- ② requiring uniforms has no effect on the social status of public schools
- ③ school uniforms will limit students' ability to express themselves
- ④ some parents cannot buy their favorite clothes for their children

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問4 In the 3rd paragraph of the article, "In this day and age" means "In the times when .

- ① all people have to wear some kind of uniform
- ② individual human rights are restricted to some extent
- ③ information plays a very important role in people's lives
- ④ people from various cultural backgrounds live together

問5 Judging from her comment, Kate Thompson  the policy mentioned in the article.

- ① has no interest in
- ② partly agrees with
- ③ totally agrees with
- ④ totally disagrees with

## 第3問 (配点 15)

A Your British friend, Pippa, just got back from a cool museum, and posted about it on her webpage.


**Welcome to Alternative Worlds: Pebbleton Science Museum!**

〈Posted by Pippa at 20:21 on 16th March 2021〉

I'd heard amazing things about Pebbleton Science Museum, and finally went there today! There is plenty of cool stuff, and it's so interactive!

The 4D theatre was fantastic. I was so looking forward to experiencing flying to the moon in the rocket show. Before that we had time to take a guided tour through the dinosaur area on the ground floor, or so we thought. The modern models were terribly realistic! It was so good we lost track of time, and by the time we found our way through the slightly confusing 'streets' of the model city of the future two floors up to reach the escalator for the rocket show, it was half over. Never mind, we were able to see a different show instead just before going home!

Don't miss the model city of the future. The driverless vehicles and environmentally-friendly technology were impressive, and AI robots actually quite cute! There are lots of buttons to press with exciting results — I won't say anymore! Oh, don't forget to go to the café after a long, exciting day if you are hungry. I recommend the moon cakes. Your visit won't be complete without stepping inside! I had a nice break there before going up one floor to our last stop.

|                       |  |
|-----------------------|--|
| 3 <sup>rd</sup> Floor |   |
| 2 <sup>nd</sup> Floor |   |
| 1 <sup>st</sup> Floor |   |
| The Ground Floor      |  |

問1 From Pippa's post, you learn that .

- ① the layout of the model city was a bit complicated
- ② the stories told by the dinosaur guides were frightening
- ③ you can experience sitting in a real rocket
- ④ you can take the café's food into the model city

問2 What floor did Pippa finish her day at the museum on?

- ① The ground floor
- ② The first floor
- ③ The second floor
- ④ The third floor

B You found the following story in a magazine for overseas students.

### The meaning of learning for my grandfather

One day, when I came home, I found my grandfather, who lives with us, reading a book about college entrance exams. When I asked why he was reading it, he said he was preparing to go to college again. At first, I didn't believe him, thinking he was just making a joke. However, it turned out he was serious; he had also bought textbooks on subjects such as English and mathematics. He had said nothing to anyone in the family, so we were all amazed.

A few days later, I dared to ask him what he was going to study. I thought it would be a subject related to his career as a teacher, like child psychology. He didn't tell me directly, but said, "When I was young, living in the country, I loved looking up at the night sky and trying to name the stars and planets. I found them completely fascinating. Even when I was working as a history teacher, I read a lot of books

that made me all the more interested in their secrets. That's why I've decided to go to college. I want to learn more." Hearing his story, I began to deeply respect him for his intellectual curiosity.

Since then, we've often studied together in the living room. I never thought I would feel so comfortable sitting next to him. It is almost as if we are friends working hard together toward our goals. And seeing the way he studies purely to gain knowledge, my ideas about why I should study have changed. It's clear to me that I don't need a practical purpose to study something. Now I don't necessarily regard passing the entrance exam as a practical matter. It may actually be a way of entering a huge world of knowledge.

Satoru Akiyama  
(high school student)

問1 According to the story, Satoru's feelings toward his grandfather changed in the following order:  →  →  → .

- ① admiration
- ② closeness
- ③ doubt
- ④ surprise

問2 Satoru's grandfather is probably planning to learn about  in college.

- ① child psychology
- ② country life
- ③ the universe
- ④ world history

問3 From this story, you learned that Satoru's grandfather .

- ① felt very unhappy in college because he didn't understand the meaning of learning
- ② made Satoru realize that studying can be done simply to learn new things
- ③ studied very hard when he was young in order to make his wishes come true
- ④ talked about his family in order to help Satoru discover the meaning of life



第4問 (配点 16)

You are planning to hold a seminar about pets. After e-mailing the data about international pet keeping habits you found to your two British partners, Melanie and Dustin, you come up with a draft for your talk.

The data:

Figure 1. *The Costs of Owning Pets* (billion dollars)

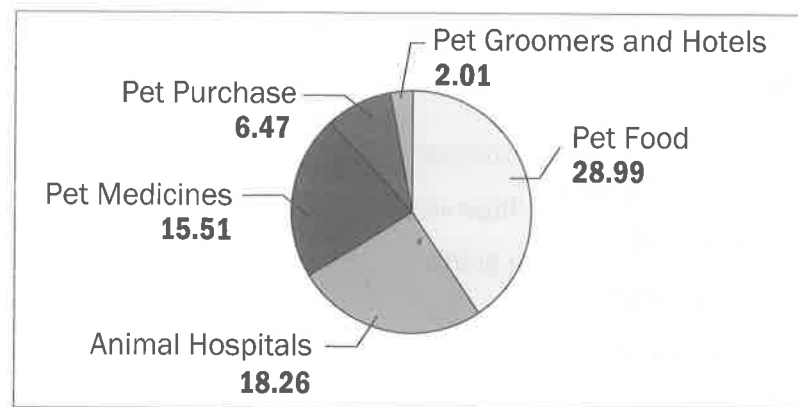


Table 1. *Global Pet Populations*

| Country       | Pet dogs (millions) | Country       | Pet cats (millions) |
|---------------|---------------------|---------------|---------------------|
| United States | 55.3                | United States | 80.6                |
| Brazil        | 35.7                | China         | 58.1                |
| China         | 27.4                | Russia        | 18.0                |
| Russia        | 12.5                | Brazil        | 12.5                |
| Japan         | 12.0                | France        | 11.4                |
| Philippines   | 11.6                | UK            | 8.5                 |
| India         | 10.2                | Germany       | 8.2                 |
| Argentina     | 9.2                 | Italy         | 7.5                 |
| UK            | 8.5                 | Japan         | 7.3                 |
| France        | 7.4                 | Turkey        | 3.1                 |

(参考 : Euromonitor, APPA, FEDIAF and sportrichlist.com, via GfK: "Finding your opportunities in the Chinese pet food & treats market," Petfood Forum China 2015)

The responses to your email:

Hi,

Thanks for the mail! I had no idea pet products were such big business! The Brazilians really love their dogs. I read you'll find dogs in around half of the homes in Brazil! This makes sense I guess, as I know Brazil has become wealthier over the last decade. I heard that many Brazilians are keeping pets instead of having kids these days, too.

I see pet shops all over our city, and I'm not surprised so much money is spent on pet health. I wish people would realise this before purchasing pets. I'm fed up of hearing about them being abandoned in the streets. I'd like to focus on this point, please.

I wonder what pets will be popular in another few years? The latest trend for urban living is snakes and lizards! But it'd be better for you to talk about cat and dog keeping trends for now?

Chat soon,

Melanie

P.S. I also sent this message to Dustin.

Hi,

Excellent data! How useful!

The chart on pet owner spending might be misleading in terms of money spent on pet hotels. This industry is growing rapidly, along with the number of pet-sitting services available. I want to explain this to everyone.

It's interesting that although the USA tops the charts for the number of cats and dogs, in the near future this may not be true. Did you know pet dogs used to be illegal in Beijing? Not anymore. Apparently especially older people there keep them for company.

Melanie's point about people throwing away animals is good. There are millions of animals without homes, but this is changing, due to an increased improvement in animal rights. In Russia's capital city the homeless dogs are famous, and often travel on metro escalators where kind strangers pet and feed them! I'll find out more. It could be a fun topic to present another time.

Cheers,

Dustin.

P.S. This message is going to Melanie, too.

Your talk draft:

**Talk Theme:** \_\_\_\_\_

24

**Speaker**

**Topic**

Melanie:

25

Dustin:

26

me:

Current pet keeping statistics

*Example observation:*

The citizens of 27 have about two-thirds as many dogs as cats, and keep roughly as many dogs as people in 28 have cats.

**Themes to Study More:** \_\_\_\_\_

29

問1 Which is the best for 24 ?

- ① Cats Versus Dogs: Which Win the People's Vote?
- ② Communities Globally Welcoming Our Pets More Warmly
- ③ Humans' Relationships With and Tastes for Animals
- ④ The Main Reasons Why People Keep Pets

問2 Which is the best for 25 ?

- ① Educating people on where to get pets
- ② Organisations dedicated to keeping pets safe
- ③ The financial success of pet services
- ④ Think carefully before buying a pet

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問3 Which is the best for  ?

- ① China overtaking America in keeping pets
- ② How to spot a homeless animal
- ③ Pet care services getting more popular
- ④ Pets being allowed on public transport

問4 You agree with Melanie's idea, and look at the data. Choose the best for  and .

- ① France
- ② Japan
- ③ Russia
- ④ UK

問5 Which is the best combination for  ?

- A : Animals filling the gap left by lack of family and friends
- B : Laws about pet keeping becoming more relaxed
- C : Stories of people helping animals living on the streets
- D : Types of pet that are becoming more fashionable

- ① A, B            ② A, C            ③ A, D
- ④ B, C            ⑤ B, D            ⑥ C, D

## 第5問 (配点 15)

You are doing your homework, which requires you to create presentation notes about a man who greatly influenced America, using information from a magazine article below, to present your findings to your classmates.

Called “the man who shaped America,” Raymond Loewy must be one of the most influential designers of all time. He revolutionized the design industry, working as a consultant for more than 200 companies and creating designs for everything from packaging to refrigerators, from cars to the interiors of spacecraft. He achieved fame for the importance of his design efforts across a variety of industries.

Raymond Loewy was born in Paris in 1893. He started exhibiting a great talent for design when he was still a teenager. The model aircraft he designed was so successful that it won a famous award for model airplanes in 1908. After World War I, during which he served in the French army, he moved to New York in 1919. On arriving there, he found a job as a fashion illustrator. He started his career in industrial design in 1929 by re-designing a copying machine for a British manufacturer. Thanks to his design, the sales of the machine increased greatly. This led to people paying greater attention to the importance of the design of the industrial products. Further commissions followed, including the styling of a refrigerator. It was this product that established his reputation as an industrial designer. After 1937, he established relations with various companies, such as the Pennsylvania Railroad, American car maker Studebaker, and so on.

Loewy’s designs all had one thing in common. They were shaped by the principle that designs must be very progressive and at the same time moderate. His idea was that people were attracted to novel things but were afraid of unknown things. The external feature of Loewy’s designs was streamlining. A streamlined object has a shape that allows it to move quickly or efficiently through air or water. The copying machine in 1929 was the beginning of many designs which used streamlining.

He described streamlining as “beauty through function and simplification.” After his invention of streamlining, its use became a growing trend in various fields of industrial design over the decades. It was seen as the symbol for speed, progress, and modernity. He spent the next 50 years streamlining everything from postage stamps and company logos to the interiors of stores.

Loewy is perhaps most famous for his re-design of the packaging of Lucky Strike, an American cigarette brand. In 1940, he changed the background of the packet from green to white. Then he put the red lucky strike target on both sides of the packet. This made it more eye-catching and greatly increased sales. Loewy’s logo designs aimed at “visual retention.” He wanted to make sure that anyone who saw the logo, even for a short while, would never forget it. He designed many highly visible logos for famous companies.

By the mid-20th century, his industrial design firm was so famous that Loewy could say “the average person leading a normal life is bound to be in daily contact with some of the things, services or structures” designed by his firm. Late in life, Loewy worked for NASA. He improved the psychology, safety, and comfort of people in manned spacecraft. Loewy retired at the age of 87 in 1980 and returned to his native France, where he died in 1986.

Presentation notes:

Title:

**The Life of Raymond Loewy**

☆ Loewy spent his childhood in France.

☆

☆

☆

☆



☆ Loewy returned to his mother country.

**About Loewy's Designs**

☆ The concept common to all his designs was ".

☆ There are some distinctive characteristics in his designs:

·

**Loewy, a revolutionist in design**

☆ He revolutionized the design industry.

☆ He made great achievements in design in a number of ways:

問1 Which is the best title for your presentation?

- ① An American Master of Advertising
- ② Complex and Cool Designs Show Quality
- ③ Redesigning the Face of Industry
- ④ The Journey from Fashion to Space

問2 You listed the important events in Loewy's life. Put the events into the boxes  ~  in the order that they happened.

- ① Loewy began working as a fashion illustrator.
- ② Loewy re-designed a copying machine.
- ③ Loewy took on work for a railway company and a car maker.
- ④ Loewy won an award for his model airplane.

問3 Which of the following best describes Loewy's designs?

- ① Advanced and also acceptable
- ② Both beautiful and traditional
- ③ Combining speed and comfort
- ④ Following the latest fashion

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問4 Which two of the following descriptions are the most appropriate for use in the poster? (The order does not matter.)  ·

- ① A combination of specific colors and letters was used in them.
- ② A motif of circles and straight lines was used in them.
- ③ People could remember them after only a glance.
- ④ People couldn't understand them because they were too artistic.
- ⑤ They were beautiful despite being simple and functional.

問5 Which combination of the following events is the most appropriate for use in the poster?

- A : Loewy created progressive and modern industrial design.
- B : Loewy established the trend of design from the 1930s onward.
- C : Loewy found out that sales increased even though designs were complicated.
- D : Loewy improved the engine design of spacecraft at the request of NASA.
- E : Loewy made people aware of the importance of industrial design.
- F : Loewy proved the effectiveness of changing design regularly.

- ① A, C                      ② D, E                      ③ A, B, D
- ④ A, B, E                    ⑤ C, D, E                    ⑥ C, E, F

## 第6問 (配点 24)

A You are working on a class project about the effects of reading for your class. You have found the article below. You are reading it and making a poster to present your findings to your classmate.

**What makes reading a social justice issue?**

A recent study reported in The New York Times determined that people who read books live an average of almost two years longer than nonreaders. Indeed, the lives of readers are likely to be not only longer but deeper. Reading can help develop the ability to understand other people's feelings and build the capacity for more joy and love.

Americans' current engagement in reading is somewhat difficult to evaluate. More than a decade ago, a report called "Reading at Risk" (2004) concluded that the percentage of adult Americans reading literature had dropped dramatically. But a survey in 2005 found the exact opposite. Almost half of all Americans were reading a book at the time of the survey, an increase over the 1990 rate and more than double the 1957 rate. More recently, a report in 2015 found that 80 percent of Americans between the ages of 16 and 29 had read a book in the past year and even showed that people in that age range were more likely than those over 30 to be book readers.

As encouraging as some of that data may be, however, there are also clear causes for concern. Literacy survey data collected in 2012 and 2014, the most recent available, show that 17 percent of Americans between the ages of 16 and 65 read at or below the lowest of the four levels of reading ability evaluated. Furthermore, the share of those lacking reading skills is higher among the population that is unemployed.

Whatever the relationship is between socioeconomic status and reading ability, it is complicated. Unequal distribution of resources and insufficient funding in school systems surely contribute, as does the fact

that better-off families enjoy more time and flexibility for parents to act on their desire to read with children. Regardless of what, exactly, links poverty and literacy, these statistics serve as a reminder that reading must not be treated as a luxury but as a basic and necessary human need that calls for a community response.

Commitment to reading in schools should also be strengthened, not only to develop students' reading skills but also to introduce them to the worlds and insights that books present to readers. Both the traditional Great Books and more recent works from a wider variety of authors are important to help broaden students' horizons and encourage curiosity about the lives of others. A writer who recently spent a year monitoring English classes in three different public high schools found teachers at all three determined to motivate their students to read not only classics like Hemingway but also recent authors such as Alice Walker and Amy Tan.

These students became passionately involved through creative assignments and earnest classroom debates. Books, one of our oldest technologies, helped connect them to different experiences, cultures and ideas with greater depth than even the most modern social media networks can offer.

Reading skills are necessary for any participation in the modern economy. But even more important, reading — especially of fiction — inspires readers, making them more interested in others' feelings and helping them grow in spirituality and political responsibility. Encouraging a love for reading is likely not only to improve the economic quality of life but also to deepen and enrich life shared together in society.

## Why Everyone Should Read

### Reading at risk? Who reads literature?

- ・ 1957 — Around 1/4 of adults
  - ・ 2005 — Around 1/2 of adults
  - ・ 2015 — Around 80% of adults
- ⇒ More people are reading today



Main Problem: 17% of Americans aged 16 ~ 65 lack basic reading skills

### Why are some people more likely to lack reading skills?

| Who  | Possible Reasons  |
|--|---|
| <ul style="list-style-type: none"> <li>・ The unemployed</li> </ul> | <ul style="list-style-type: none"> <li>・ Lack of resources at the schools they attended</li> <li>・ <input type="text" value="39"/></li> <li>・ Parents had no time to read to them</li> <li>・ Parents had no desire/ability to read to them</li> </ul> |

### Classroom Solutions

- ・ More commitment to reading
  - ・ Using traditional and recent books
  - ・ Giving creative assignments
- ・

### Benefits of Reading

- ・ Living two years longer
- ・
- ・ Building capacity for love
- ・ Broadening students' horizons

### Summary

Reading is important for our society.

It makes us more caring people as well as it .

問1 Choose the best option for  on your poster.

- ① Do not see reading as important
- ② Long absences from school
- ③ Not enough money given to education
- ④ The high cost of books

問2 Choose the best option for  on your poster.

- ① Explaining links to other cultures
- ② Incorporating social networking sites
- ③ Sharing teacher experiences
- ④ Starting serious class discussions

問3 Choose the best option for  on your poster.

- ① Comprehension of emotions
- ② Desire to describe experiences
- ③ Improving students manners
- ④ Motivation to write better

問4 Choose the best option for  on your poster.

- ① boosts the economy
- ② develops technology
- ③ encourages us to pay taxes
- ④ lowers the crime rate



B You are interested in the importance of having adequate sleep. You are going to read the following article about the sleep patterns of different groups of people.

Sleep is important. In fact, recent data suggest that keeping a consistent sleep schedule might be just as important as getting the right amount of quality sleep. Compared with other primates, human evolution featured a shift toward sleeping more deeply over shorter time periods, providing more time for learning new skills and knowledge as cultures expanded. Humans also evolved an ability to revise sleep schedules based on daily work schedules and environmental factors.

Interestingly, not everyone in the world keeps to the same types of sleep schedules. In recent studies, scientists looked at the sleep patterns of four groups of people. The Hadza are hunter-gatherers that live in Tanzania, a nation in East Africa. The Malagasy live in villages on the large island nation of Madagascar, off Africa's lower East Coast. Both groups live without electricity. These people were compared to those living in the West (places like the United States and Europe) and also to Western Europeans who lived before the Industrial Revolution, some 200 to 500 years ago.

Contrary to conventional wisdom, people in societies without electricity do not always sleep more than those in industrial societies. This might be, in part, because non-Western hunter-gatherers and villagers, including the Malagasy and Hadza groups in the studies, spend more of their days in natural sunlight. Napping once or twice a day may also have some effect on them. Hunter-gatherers and villagers usually sleep in spaces with various family and group members and often wake up more frequently during the night than has been reported among Westerners.

Except for the naps, the Malagasy villagers' sleep pattern is very similar to that of preindustrial Western Europeans. In both cases, adults went to sleep a little after 6 p.m. Then they slept in two shifts. The first shift ended around midnight. Then, after remaining up for an

hour or so, they would fall back to sleep again. By comparison, present-day Westerners such as adults working 9 to 5 jobs in the U.S. typically go to sleep just before midnight and get up around 6 a.m. And no mid-day naps for the majority of them.

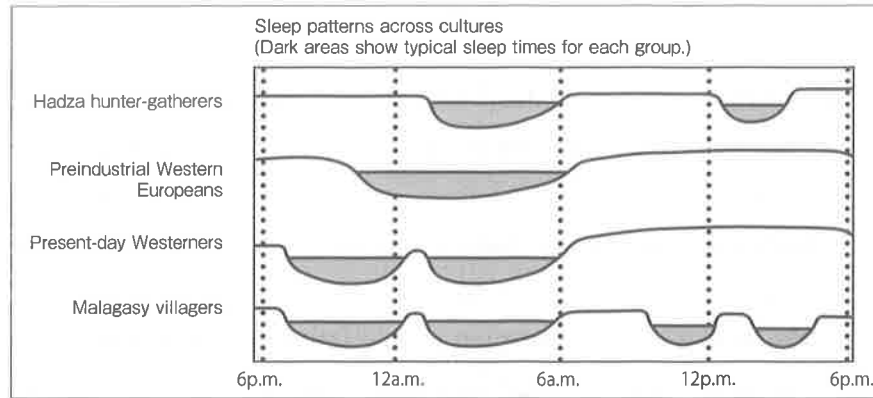
Different sleep patterns in each of these groups highlight the flexibility of human sleep and also point to potential health dangers in the way Westerners today sleep. Hunter-gatherers and villagers are exposed to less blue light from indoor lighting and computer screens, which can confuse the body's internal clock. Blue-wave light emitted by smartphones and other digital devices can suppress the production of melatonin, a hormone helping people fall asleep, and delay sleep. People in modern societies can learn lessons from this research; that is, they should get more sunlight exposure during the day and less blue-wave light exposure after dark in order to get a good-quality sleep.

問1 Humans evolved to sleep more deeply in a shorter time, which 43.

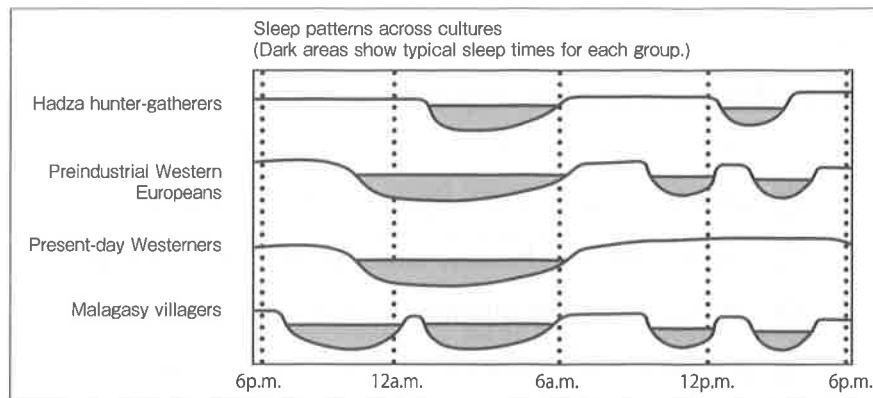
- ① allowed them to revise sleep schedules on their own
- ② enabled them to become more intelligent and competent
- ③ offered more opportunities to take a nap during the day
- ④ provided much more time for hunting and gathering

問2 Out of the four charts, which is consistent with the article? 44

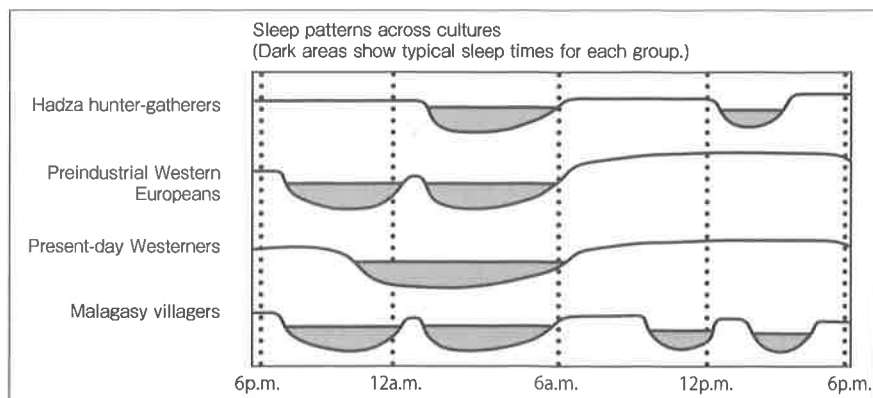
①



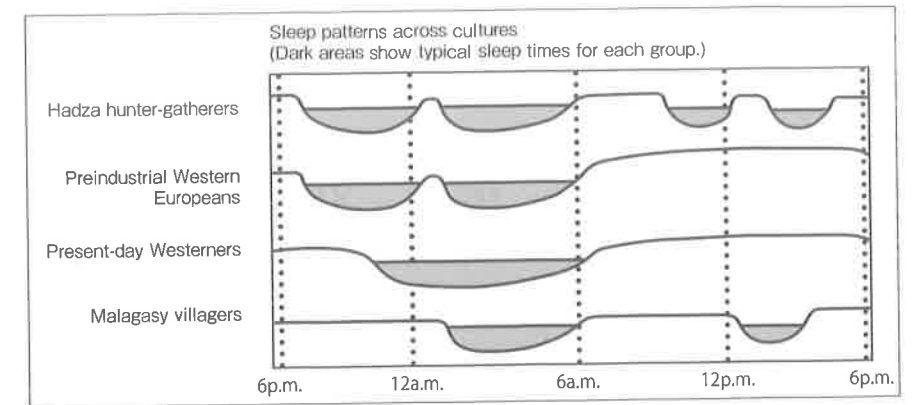
②



③



④



問3 According to the article, which two of the following statements are true? (The order does not matter.) 45 · 46

- ① Blue-wave light can pose some health hazards to humans.
- ② Hunter-gatherers should get more exposure of natural sunlight.
- ③ One kind of blue light can stimulate production of the sleep hormone.
- ④ Western people today should take daytime naps regularly.
- ⑤ Westerners' body clocks today are very easy to confuse.

問4 The best title for this article is 47.

- ① Evolution of Human Sleep Quantity
- ② Flexible Sleep Patterns in Humans
- ③ Sleep Disorders in the Modern Age
- ④ Sleeping Habits Without Electricity