

制限時間20分 / 369 words / 解答: 本冊 p.76

次の英文を読んで、後の問いに答えよ。

In many parts of the world, children are told to drink milk every day because doing so will give them strong bones. The idea does make some sense. Milk contains calcium, and calcium is known to improve bone density.

5 But <sup>(1)</sup> demonstrating a definite link between milk consumption and bone density is more complex than it sounds. The ideal study would take two large groups of people and assign every member of one group to drink plenty of milk daily for several decades, while the other group would drink some kind of milk substitute instead.  
10 ( 2 ), this is too difficult to do <sup>(3)</sup> in practice.

What we can do instead is to take thousands of people, ask them how much milk they've been drinking over the years, and then follow them for at least a decade to see whether those who regularly drink milk are any less likely to suffer from broken bones later in life.

15 This is what happened in an article published in 1997 by Harvard University researchers. An impressive 77,000 female nurses were followed for 10 years. In that study, researchers found no significant difference in the numbers of broken arms or hips between people who drank one glass of milk a week or less and those who drank two  
20 or more.

To confuse things further, in 2014 came the results of two large Swedish studies which led to headlines that drinking more than

three glasses of milk a day — a larger amount than most people drink — was no help to your bones, and might even harm you.

25 But before we <sup>(4)</sup> pour away the milk, there are some important things to take into account. For example, in the Swedish studies, the people who took part were required to estimate their milk consumption during the previous years, which is no easy task. It's hard to know how much you eat with cereal, or in tea, or in cooking.  
30 So, until we know more, the current weight of evidence suggests that it is still OK to continue to drink milk if you like it. It probably does have benefits for bone health, even though such benefits are shorter-lived than you might have hoped.

注 bone density 骨密度 consumption (noun) > consume (verb)

1. 下線部(1)、(3)、(4)に代わる語句として最も適切なものを選択肢から選び、その記号をマークせよ。

(1) demonstrating

A. examining

B. finding

C. protesting

D. showing

(3) in practice

A. in training

B. in reality

C. without effort

D. without preparation

(4) pour away

A. dispose of

B. finish

C. reduce

D. throw up

2. 空所( 2 )に入る最も適切なものを選択肢から選び、その記号をマークせよ。

- A. In addition                      B. Fortunately  
C. Obviously                         D. Therefore

3. 第3、4パラグラフの内容と一致するものを選択肢から1つ選び、その記号をマークせよ。

- A. An alternative way to investigate how milk consumption is related to bone density is to survey thousands of people after tracking their health for at least ten years.  
B. The question concerns a possible correlation between ageing and bone density among regular milk-drinkers.  
C. In the Harvard University study that appeared in 1997, researchers were greatly impressed by the health of more than 70,000 female nurses.  
D. In the Harvard study, the quantity of milk consumed by individuals did not have a significant impact on the frequency of broken arms or hips.

4. 第5、6パラグラフの内容と一致するものを選択肢から2つ選び、その記号をマークせよ。

- A. Two later studies in 2014 were reported as suggesting that above-average consumption of milk might have negative consequences for physical health.  
B. What we decide to do about milk should wait until we calculate exactly how much we regularly consume.  
C. It is not obvious how to guess how much milk one consumes on a daily or yearly basis.  
D. In the absence of definite proof, an appreciation of milk adds to the evidence in support of drinking it.  
E. Although drinking milk is probably good for your bones, you might live longer than you could.