

学力試験 コミュニケーション英語Ⅰ・Ⅱ

I. 次の英文を読んで、以下の1・2の問いに答えなさい。

When people hear the word *stress*, they usually think of something negative. However, stress can have several benefits for the body and mind. To begin with, there is the type of stress people feel when there is something important to do. For example, some students are stressed before a big test. The stress might make them feel nervous, but it also makes them feel focused. This type of stress can help people work efficiently to meet their goals.

Another way stress benefits us is by keeping us healthy. Scientists who study stress learned that a little stress strengthens the immune¹ system. When your body learns to respond to some stress, it is better able to protect you from infection².

The final way that stress benefits us is by helping us react to danger. If you see a car coming around the corner too fast, you might experience stress. This stress sends a message to warn your brain of danger, allowing your body to respond quickly. Without the stress, you may not be able to jump out of the car's way soon enough.

Of course, too much stress is harmful to our bodies and minds. But the right amount of stress makes us more efficient, healthier, and safer.

[注] immune¹, 免疫の infection², 感染

1 以下の(1)～(4)の質問に対する答えとして、最も適切なものを、(a)～(d)から選び、その記号を答えなさい。

(1) What is the main purpose of the passage?

- (a) To explain the types and causes of stress
- (b) To explain the negative effects and how to deal with them
- (c) To compare the advantages and disadvantages of stress
- (d) To describe the benefits and examples of stress

(2) According to the passage, when does stress help people work more efficiently?

- (a) When they have something important to do
- (b) When they protect themselves from infection
- (c) When they react to danger
- (d) All of the above

(3) According to the passage, what kind of stress makes the immune system stronger?

- (a) A little stress
- (b) A lot of stress
- (c) No stress
- (d) Heavy stress

(4) According to the passage, how does stress help us deal with danger?

- (a) Stress gives energy to the body.
- (b) Stress sends a warning to the brain.
- (c) Stress can damage the stomach.
- (d) Stress improves the memory.

2 以下の文が、上の英文の内容と一致していれば T を、一致していなければ F を書き入れなさい。

1. People are likely to consider stress as something negative.
2. Stress can help people focus on their goals.
3. Stress makes people get weaker to infection and become sick more easily.
4. Stress slows down the response to dangerous situations.
5. Stress is beneficial if it is in the right amount.

II. 次の英文 1・2 を読んで、それぞれの問いに答えなさい。

- 1 Lifestyle diseases are the result of daily habits that have a negative effect on health. They include lack of exercise, bad diet, alcohol, drugs, and smoking tobacco. These habits are associated with heart disease, obesity, diabetes, and other diseases. Lifestyle diseases are responsible for 71 percent of all deaths annually, and the number of people with lifestyle diseases is increasing. These diseases are expensive to treat and are putting pressure on health services. Consequently, governments are looking for ways of encouraging people to change their lifestyles.

- (問い) ① この英文によると、生活習慣病とはどのような病気ですか、日本語で簡潔に答えなさい。
② 各国の政府が生活習慣の改善を奨励している理由を、日本語で簡潔に述べなさい。

- 2 Although there are several ways to prevent the spread of disease, staying home when you are sick may be the best way. When you stay home, no one at school or at work has contact with your germs¹. Going to work or school and covering your mouth when you cough is less effective than staying at home. Some of your germs are still sent into the air when you talk and breathe. And washing your hands after every cough or sneeze may be the least effective way to keep other people healthy. It is not possible to wash your hands that many times in a day.

[注] germs¹, <germ, 病原菌

- (問い) 以下の文が、上の英文の内容と一致していれば T を、一致していなければ F を書き入れなさい。

- (1) 病気の蔓延を防ぐ方法はひとつしかない。
- (2) 具合が悪いときは家にいるのが最も良い方法だ。
- (3) 学校や職場に行っても、あなたの菌に触れる人はいない。
- (4) ふつうに呼吸しているときでも、保菌者の菌の一部は空気中に飛散している。
- (5) 咳やくしゃみをするたびに手を洗うことは、他の人の健康を守る最も効果的な方法である。

III. 次の各英文の(*)内に入る最も適切な語を選び、その記号を答えなさい。

- (1) 4 時間おきにこの目薬をささなければならない。

I have to apply these eye drops (*) four hours.

- (A) into (B) even (C) very (D) every

- (2) その年老いた女性は一日中ベッドで横になって眠っていた。

The old woman (*) asleep in the bed all day long.

- (A) laid (B) lain (C) lay (D) lying

- (3) そのクラスは、小児科医を目指す学生のためのものだ。

The class is for students (*) want to become a pediatrician.

- (A) whose (B) who (C) which (D) whom

- (4) ストレス発散のために仕事終わりにフットボールをしに行くつもりだ。

I'm going to play football after work to (*) some stress.

- (A) relief (B) reliever (C) relieve (D) relieved

- (5) 診療所に行く前に予約をするのを忘れないように。

Don't forget (*) an appointment before you go to see the clinic.

- (A) to make (B) making (C) to be making (D) to have been making

IV. 次の日本語の意味に合うように、【 】内の語(句)を並べ替え、2番目と4番目にくる記号を答えなさい。

ただし、【 】の中では、文頭にくる語(句)も小文字で示している。

1. 今までに大きな病気をしたことがありますか。

Have 【 ア had / イ ever / ウ illnesses / エ serious / オ you 】 before?

2. どこが痛むか説明できますか。

Can 【 ア the pain / イ you / ウ where / エ describe / オ is 】?

3. 袖をまくってください。

Would 【 ア sleeve / イ you / ウ your / エ roll / オ up 】?

4. 口腔ケアは口や歯をきれいに保つ。

【 ア will / イ oral care / ウ the mouth and teeth / エ keep / オ clean 】.

5. その患者が重体だったので、医師は私たちに部屋に入らないように言った。

The doctor 【 ア enter / イ us / ウ to / エ not / オ told 】 the room because the patient was in a serious condition.

V. 次の対話文を読み、(1)～(10)に入る最も適切な語(句)を、下記の語群から選び、その記号を答えなさい。

Jane: I am going to have surgery¹ next month. They say I need to have an (1) to remove my (2).

Aki: I'm very sorry to hear that, but (3) of operation will you be having?

Jane: It won't be a complete (4); They will likely remove a part of my kidney. I heard it is (5) "partial nephrectomy²."

My doctor says it makes for faster healing after surgery.

Aki: In that case, (6) do you need to stay in the hospital?

Jane: I'm not (7) yet, but I don't think it will take a long time.

Aki: Do you (8) to have any other treatments, like (9), after the operation?

Jane: Yes, I'm (10) so.

[注] surgery¹, 外科手術 partial nephrectomy², 腎部分切除術

ア) radiation therapy	イ) afraid	ウ) right kidney	エ) how long	オ) operation
カ) what type	キ) called	ク) need	ケ) removal	コ) sure

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