

高2 英語総合 SA+0227 小テスト

以下の英文を訳出しなさい。※2点×10

1. 一人旅は若者に自立心を教える。
2. 大きな台風が日本に近づいている。
3. 私の妹は来年の春にカナダへ引っ越す予定です。
4. 高校生の時、6ヶ月間オーストラリアに留学していたことがある。
5. ここに座ってください。私は次の駅で降りますから。
6. ここ数年で人々の部活動への意識はずいぶん変わった。
7. 東京スカイツリーに行ったことある？ うん、2回。
8. ケンとは保育園で一緒だった頃からの付き合いだ。
9. 教室に入ったら、すでに授業が始まってしまっていた。
10. 近頃、在宅勤務がますます一般的になってきている。

解答欄

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

1 以下の英文を読んで、次の問いに答えなさい。

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 ⁽¹⁾grow influence of cultures with largely plant-based diets.

Approximately six to eight million adults in the United States eat no meat, fish, or poultry*, according to a Harris Interactive poll ⁽²⁾conduct 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. 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. ⁽³⁾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. ⁽⁴⁾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 ⁽⁵⁾find 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 ⁽⁶⁾portion control, read food labels, and engage in regular physical activity.

注) antibiotics 「抗生物質」 fresh produce 「生鮮食品」 poultry 「家禽の肉」
vegan 「ヴィーガン；完全菜食主義者」 chronic illness 「慢性病」

1. 下線部(1),(2),(5)の動詞を適切な形にしてください。[各 1 点×3]
2. 下線部(3),(4)を和訳[各 10 点×2]、および下線部(6)が表す意味を解答欄より
選びなさい。[2 点]

1. (1)	(2)	(5)
2. (3)		
(4)		
(6) limiting the amount of food you eat / preventing certain diseases protecting animals from being killed / reducing the amount of fat you take		

採点基準

※(1),(2),(5),(6)は完全解答

※間違いの個数ごとに、-1/-3/-5/-7/-9(6 か所以上の間違い、訳文が半分を満たさない場合は 0 点)

※試験時間は 15～20 分です。合格基準は 7 割とします。

/45

名前 _____