

## 【英検®2級】長文読解 5/8

Name: \_\_\_\_\_ / Date: \_\_\_\_\_ Score: \_\_\_/8 ⌚ 6 min

**A**From: Sophie Turner <[sophie.turner@maple-school.jp](mailto:sophie.turner@maple-school.jp)>To: Lucas Chen <[lucas.chen@maple-school.jp](mailto:lucas.chen@maple-school.jp)>

Date: September 14

Subject: Health presentation

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Dear Lucas,

I hope you are doing well. I just wanted to remind you about our health presentation next week. You will first talk about why many students do not get enough sleep, such as using smartphones late at night and spending too much time on homework. Then, I will explain the effects of lack of sleep, including feeling tired in class and having trouble remembering new information. Finally, you will give some examples of what students can do to improve their sleep habits. Our presentation should be about ten minutes long, so we should keep our parts clear and easy to follow.

After our last meeting, I finished writing the notes for my part. I also made three slides to explain the effects of sleep clearly. You said you were still choosing examples for your final slide last time. If you want, I can look at your slides and give you some ideas. You can also check my slides and tell me if the information is easy to understand. I think we are making good progress, and there is only a little more work to do.

We should practice one more time before the presentation. Let's meet this Friday afternoon in the school library. So, we should send each other our slides by Thursday evening. Then, we can practice with complete slides on Friday. That will help us speak more confidently. Please let me know if that time is not convenient for you. Although I will not be available this weekend, we can meet before school if necessary.

Thank you,

Sophie Turner

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(1) What is true about the presentation?

- 1 Sophie will talk about why students do not sleep enough.
- 2 Lucas will explain the effects of lack of sleep.
- 3 The presentation will be about ten minutes long.
- 4 The presentation will be given this weekend.

(2) Sophie Turner thinks that

- 1 Lucas has already finished all of his slides.
- 2 there is still a small amount of work left to do.
- 3 she needs to make all of her slides again.
- 4 the presentation should be much longer.

(3) What does Sophie suggest to Lucas?

- 1 Practicing in the school library on Friday
- 2 Sending their slides on Friday evening
- 3 Meeting this weekend for final practice
- 4 Asking their teacher to explain sleep habits

**B**

## The Benefits of Walking

Walking is one of the easiest forms of exercise. People do not need special equipment, and they can walk in many places, such as parks, streets, and school grounds. Because walking is simple and free, many  
5 people can make it part of their daily lives.

Walking has several health benefits. It can help people become stronger and feel less tired. It may also reduce stress because people can relax while walking outside. Some people enjoy walking with friends or family, so it can also be a good way to communicate with others.

10 However, it can be difficult for some people to walk regularly. People who are very busy may not have enough time. In addition, bad weather can make walking outside uncomfortable or unsafe. For example, walking on very hot days or rainy days may not be a good idea.

15 Even so, many experts say that walking is a useful habit. People can start with short walks and slowly increase the time. By walking a little every day, they can improve their health without making big changes to their lives.

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(4) Why is walking easy for many people to do?

- 1 Because it needs special equipment
- 2 Because it is simple and free
- 3 Because it must be done at school
- 4 Because it is always done with doctors

(5) What is one benefit of walking?

- 1 It can help reduce stress
- 2 It makes people sleep less
- 3 It stops people from talking
- 4 It is useful only for children

(6) Why may walking regularly be difficult?

- 1 Some people are too busy
- 2 Parks are never open
- 3 Walking is very expensive
- 4 People cannot walk with family

(7) What is the main idea of the passage?

- 1 Walking is difficult and should be avoided
- 2 Walking is useful, though it may have some difficulties
- 3 Walking is only good when the weather is bad
- 4 Walking requires special equipment and training