

注 意

- 1 次の文章を読み、設問(a)～(e)にもっとも適切なものを1～4の中から1つ選びなさい。

本文について、著作権許諾が得られていないため、掲載できません。

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Adapted from: Seaver, M. (March 3, 2023). Exercise can help with depression and anxiety even more than therapy or medication, study finds. Retrieved from <https://www.realsimple.com/exercise-benefits-depression-more-than-medication-therapy-7185482>

〔注〕 kidney 腎臓

(a) The main topic of the passage is _____.

- 1 . exercise and brain activity
- 2 . exercise and kidney disease
- 3 . exercise and mental health
- 4 . exercise and specific age groups

- (b) What was the primary goal of the research conducted in 2022?
1. To check depression rates in people who did not ever exercise.
 2. To compare the physical effects on people of anxiety and stress.
 3. To examine the effect of physical exercise on depression and anxiety.
 4. To show that pregnant women feel depression and anxiety.
- (c) According to the passage, which of the following groups receives more benefits from exercise?
1. Australians.
 2. New mothers.
 3. Participants in a 2022 study.
 4. People taking medication.
- (d) According to the passage, Dr. Singh believes that _____.
1. brief moments of daily exercise are probably ineffective for improving health
 2. exercise is only effective for certain groups of people with mental issues
 3. exercise should be the first treatment for those who are mentally unwell
 4. medication should be the first option for treating mental health conditions
- (e) According to the passage, which of the following is true?
1. Exercise can be more effective than medication in the treatment of anxiety.
 2. Jumping rope is less effective treatment for depression than other kinds of exercise.
 3. People who have kidney disease receive limited benefits from exercise.
 4. We must exercise for a long time to feel positive and lasting effects on the mind.

- 2 次の対話文を読み、設問(a)～(e)にもっとも適切なものを1～4の中から1つ選びなさい。

Two students are talking outside the library.

Lucas: Are you done studying for tonight?

Emma: I'm about done, at least at the library, but I'll review a few things at home. What about you?

Lucas: I'm just getting started. I have two quizzes tomorrow, and two papers for next week.

Emma: That's a lot! You're leaving it late to make a start!

Lucas: I know, but I'm not worried. I put everything into my apps, so I always know just what I need to finish, and when.

Emma: You use a scheduling app?

Lucas: I have that kind of app, yes, but I use several different ones. One app helps me bring all the materials together to take notes. Another helps me get started on writing. Another turns my speech into text. And another helps me remember vocabulary. I like to break it all into specific tasks.

Emma: I see. I don't mind using software, but I still like things on paper. I can see everything more easily, and I often forget to save things on my devices. And I'm always worried that they will crash, and I'll lose everything!

Lucas: These apps let me back everything up across my devices, so even if one device crashes, everything's still saved elsewhere, and I can still access it, even from the school computers or my phone.

Emma: Sounds like a great system. Can you give me the names of those apps?

Lucas: Sure. Should I write them down on paper, or send it to you via a

messaging app?

- (a) What is the main topic of this conversation?
 - 1. The best app for vocabulary.
 - 2. The importance of saving information.
 - 3. The risk of using paper.
 - 4. The use of technology for study.

- (b) What is the biggest difference between the two students?
 - 1. One has a lot of homework, and the other does not.
 - 2. One likes to remember vocabulary, and the other does not.
 - 3. One loves to go to the library, and the other does not.
 - 4. One uses apps often, and the other does not.

- (c) What does Emma worry about?
 - 1. Failing the quizzes.
 - 2. Losing things on her device.
 - 3. Not getting to the library in time.
 - 4. Wasting time playing with the apps.

- (d) Why does Lucas use so many different apps?
 - 1. He hates paper.
 - 2. He loves computers.
 - 3. They help him to get in touch with Emma.
 - 4. They help him to organize his tasks.

- (e) What is Emma's opinion about the study apps?
1. She is not going to change her way of studying.
 2. She is not interested in a new way of studying.
 3. She thinks they are a waste of time.
 4. She wants to try them.

- 3** ファストファッションについて以下の文章はどのように説明しているか、150字～180字の日本語でまとめなさい。解答には(1)ファストファッションの特徴、(2)ファストファッションが抱える問題、(3)消費者としてすべきこと、の3点を必ず含めること。

Fast fashion refers to the rapid manufacture of clothes to keep up with what's "cute and trendy" and to sell them at a low price. By mass-producing cheap clothes, global companies earn high profits from a never-ending cycle of individuals purchasing new items to replace clothes worn out after wearing them just a few times.

Fast fashion is the fourth greatest contributor to climate change. It causes 10% of greenhouse gas emissions originating in human activity and nearly 20% of water pollution annually. When companies color their fabrics using dangerous chemicals, the water is polluted, endangering fish and other animals.

Fabrics frequently used in the industry are also heavily dependent on natural resources. Did you know that 70 million tons of trees are cut down annually to create wood pulp* for the production of materials such as rayon*? Researchers predict this number will double by 2034 unless action against fast fashion is taken quickly.

What's worse, clothing factory workers are often forced to work under poor conditions, facing a dangerous and unhealthy workplace and a salary too low to sustain the basic needs of life. In many of these factories, labor laws are not strictly followed, so payment is extremely low.

As potential consumers, our efforts are essential; knowing the problems of fast fashion, we should consider every purchase more carefully. We must realize that fast fashion is a threat to the future of the planet.

Adapted from: Lu, M. (April 26, 2022). The problem with fast fashion.
Retrieved from [https://youngzine.org/news/policies-
actions/problem-fast-fashion](https://youngzine.org/news/policies-actions/problem-fast-fashion)

〔注〕 wood pulp 木材パルプ rayon レーヨン

- 4 次のテーマで100～150語程度のエッセーを，具体例を挙げながら英語で書きなさい。

Write about the best advice you have ever received, explaining how you have benefitted from it.