

A

次の英文を読み、後に続く設問に簡単な英語で答えなさい。

Sophia dated three men while she was in college, each one stylistically and characteristically different and each one part of a separate social scene. Jim was a rugby player who spent his free time working out at the gym with his friends. Doug was a preppy, conservative literature major who devoted the majority of his time to his studies. Charlie was a fun-loving guy who tended bar at the campus pub.

With each man, Sophia adopted his style, activities, hobbies, and habits. When she was with Jim, she exercised and hung out at the gym. She wore sweats and started using phrases like “load up on carbs” and “spot me.” When she dated Doug, she wore khakis and loafers and spent untold hours at the library. With Charlie, she stayed out all night drinking and dancing. Her own identity metamorphosed each time she dated a new man.

Like a chameleon that blends in with its surrounding environment, Sophia molded herself to the image of each man. She repeatedly shifted her frame of reference so that it was a match with theirs. From the outside, it appeared that Sophia desperately wanted these men to approve of her. While this may have been the case, the underlying cause was Sophia’s inability to stay centered in who she was, regardless of whom she was seeing.

Staying centered is what enables you to maintain your identity within the context of a “we” reality. It requires that you remember what it is that makes you uniquely you and enables you to stay on course with your own path. It means that you continually ask the question “Who am I in relation to you?” and are clear about the answer. While it will be necessary, and even desirable at times, for you to be flexible, accommodating, and adaptive, it will be your responsibility to make sure not to become overly pliant. The only thing you have to lose by not being vigilant about this is yourself.

1. Who were stylistically and characteristically different?
2. What was Charlie's job?
3. When did Sophia's identity change?
4. How was Sophia's behavior like a chameleon?
5. What was the main reason for Sophia changing her identity?
6. What does staying centered require you to remember?
7. What three words in the passage have the same meaning as "pliant?"

B

次の英文を読み、後に続く設問に簡単な英語で答えなさい。

The past few years have seen an overabundance of fancy sports drinks emerge on to the market. Advertising for the market leader in this food category has traditionally employed sports stars to enhance the image of these products as performance boosters. The premium image cultivated for these products ensures their premium prices, but closer inspection of their ingredients reveals them to be nothing more than expensive diluted fruit drinks that can be made at home for a fraction of the cost. The theory behind the “isotonic” sports drinks is sound: they are designed to replace the fluid we lose in the form of sweat during exercise. Sweating concentrates the blood, and can lead to a loss of salt from the body. However, unless we have exercised for more than a couple of hours, there’s no need to look beyond water as the ideal fluid replacement drink.

Apart from fluid, the other major loss during exercise is fuel. While sports drinks provide a limited amount of sugar which can top up the fuel stores in our muscles after exercise, carbohydrate-rich foods, such as fruit, bread, pasta, rice and potato, are ideal for this purpose. So, some water, a piece of fruit and a sandwich after exercise is really all we need.

The “isotonic” and “hypotonic” drinks do provide some energy, as two of their principal ingredients are fruit juice and sugar. However, with a little know-how, it’s possible to make an economical version of these sports drinks in the comfort of your kitchen. Here’s how: take one part of unsweetened fruit juice, dilute with two parts of water and add a pinch of salt. This healthy home mixture is every bit as good as commercially available sports drinks, but is about ten to twenty percent of the cost.

1. What products have been plentiful in recent years?
2. Who were hired to increase the image of these products?
3. What can lead to a loss of salt from the body?
4. If we exercise for less than two hours, what would be the best fluid replacement drink?
5. What ingredient in sports drinks can refill the fuel we lose during exercise?
6. What are the two main ingredients in sports drinks supply?
7. What three ingredients are suggested for making a homemade sports drink?
8. If a commercially-produced sports drink costs about 100 yen, how much would a homemade sports drink cost?

C 次の文が自然な英文になるように、(1)から(15)の中に入れるべき最も適切な語をA～Oの中から選び、記号で答えなさい。

- | | | |
|---------------|---------------|-------------|
| A attacked | F distinctive | K identical |
| B birth | G enemies | L mature |
| C competition | H extinct | M protect |
| D danger | I foal | N scarce |
| E deserts | J groups | O seldom |

There are three species of zebras – the common zebra, Grevy’s zebra, and the mountain zebra. They live in herds in the grasslands and (1) of eastern and southern Africa. Zebras have alternating white and black or dark brown stripes. Each of the three species of zebras has a (2) stripe pattern. In addition, much like fingerprints in human beings, no individual zebra’s stripes are (3) to those of another zebra. The stripes may help to keep herds of zebras together. Experiments have shown that, from (4), zebras are attracted to objects with stripes. Zebras with abnormal stripe patterns are usually not allowed in the herd and (5) survive.

The main (6) of zebras include lions, hyenas, leopards, and cheetahs. Zebras (7) themselves from these predators by keeping together in the herd. At least one member of a herd remains alert to (8) at all times. A zebra’s large ears rotate to locate sounds, and its night vision is as good as an owl’s. If (9), a zebra usually tries to run away. Zebras can run at speeds of up to 40 miles per hour.

A zebra herd may range in size from a few individuals to several hundred. Most herds include smaller (10) that consist of a male, several females, and their young. Young males often form herds with no females. Although zebras seldom fight, (11) among males for a particular female during the breeding season may become intense and involve pushing, biting, and kicking.

Females become sexually (12) at the age of 3 and may reproduce throughout the rest of their lives. The female zebra carries a single young, called a foal, inside her body for about a year before giving birth. A newborn (13) weighs 70 to 80 pounds. It can stand within an hour after birth. In a few days, the young zebra begins eating grass. It may gain up to one pound a day for the next two months. Zebras face an uncertain future in the wild because they must compete with ranchers and farmers for grazing land and (14) water resources. Many zebras have been killed for their meat and their hides. Only the common zebra is still numerous. Both Grevy's zebra and the mountain zebra are endangered. A fourth kind of zebra, the Quagga, became (15) in the late 1800's.

D

次の質問に 100 語ぐらいの英語で答えなさい。

In a recent survey by the Japanese Health Ministry, nearly 80% of Japanese people said they experienced stress in their lives. There are many causes of stress and many ways to relieve stress. Describe a stressful situation you recently experienced and describe what you did to deal with the stress.