

## 英語問題 (60 分)

(この問題冊子は表紙を含め 8 ページである。)

### 受験についての注意

1. 監督の指示があるまで、問題を開いてはならない。
2. 携帯電話・PHS の電源は切ること。
3. 時計に組み込まれたアラーム機能、計算機能、辞書機能などを使用してはならない。
4. 試験開始前に、監督から指示があったら、解答用紙の左上の番号が自身の受験番号かどうかを確認し、氏名を記入すること。
5. 解答用紙は 3 枚ある。解答は解答欄に記入し、その他の部分に何も書いてはならない。
6. 監督から試験開始の合図があったら、この問題の冊子が、上に記したページ数通りそろっているかどうか確かめること。
7. 筆記具は、H、F、HB の黒鉛筆またはシャープペンシルに限る。万年筆やボールペンなどを使用してはならない。訂正する場合は、消しゴムで丁寧に消すこと。消しきらずはきれいに取り除くこと。
8. 解答用紙を折り曲げたり、破ったりしてはならない。
9. 試験時間中に退場してはならない。
10. 問題冊子と解答用紙を持ち帰ってはならない。

以上

**I** 次の英文を読み、下線部 (1) ~ (5) に最も近い意味の語句をそれぞれ A~D の中から選びなさい。

(1) When are the cherry blossoms due to bloom this year?

- A. came                      B. expected                      C. brought                      D. tended

(2) The two politicians were opposed to each other's plan and neither would compromise.

- A. agree                      B. fail                      C. trust                      D. complete

(3) You should quit your unhealthy habit of staying up so late.

- A. try                      B. confirm                      C. resist                      D. stop

(4) The high school running coach was very severe. He never gave his athletes a break.

- A. beautiful                      B. pleasant                      C. strict                      D. fake

(5) The width of the entrance is not enough to allow easy wheelchair access.

- A. wealth                      B. wideness                      C. wildness                      D. windiness

**II** 次の英文を読み、以下の (6) ~ (10) の空所に入れるのに最もふさわしいものをそれぞれ A~Dの中から選びなさい。

(6) We enjoyed showing (            ) the campus to the new dormitory students.

- A. from                      B. off                      C. up                      D. over

(7) I ate my friend's home-made pie, but to tell the (            ), it tasted somewhat strange.

- A. truth                      B. reality                      C. flavor                      D. mystery

(8) (            ) you need more information about our products, please visit our website.

- A. What                      B. For                      C. If                      D. Did

(9) Jade was very (            ) to receive a birthday gift from her grandchildren.

- A. please                      B. pleased                      C. pleasant                      D. present

(10) Why did I not (            ) you were coming here today?

- A. know                      B. to know                      C. knowing                      D. knew

Ⅲ 次の英文を読み、以下の (11) ~ (15) の空所に入れるのに最もふさわしいものをそれぞれ A~Dの中から選びなさい。

Have you ever tried to write a recipe of your own? To write an effective one, you need to be (11) \_\_\_\_\_ of a few points. First, make sure you list all the (12) \_\_\_\_\_ and equipment you will need. Then, carefully write the instructions and make sure you (13) \_\_\_\_\_ every step. Use simple and precise language to explain exactly how every (14) \_\_\_\_\_ should be done. Make sure you add details for (15) \_\_\_\_\_ the dish look great when it's served! Finally, read it over carefully and share it with your friends.

- (11) A. aware                      B. care                      C. learned                      D. understood
- (12) A. people                      B. results                      C. ingredients                      D. invitations
- (13) A. discard                      B. weigh                      C. serve                      D. include
- (14) A. official                      B. action                      C. evaluation                      D. input
- (15) A. to make                      B. make                      C. made                      D. making

**IV** 次の英文を読み、設問 (16) ~ (27) に答えなさい。

なお、\*印のついた語句には注があります。

- ① How many hours do you sleep every night? It may be that you are sleeping less these days in order to prepare for entrance examinations. How many hours would you sleep every night if you were given the freedom to do so? Would it be much more than the amount of sleep you are getting now?
- ② The National Health and Nutrition (NHN) Survey, conducted annually by Japan's Ministry of Health, Labor and Welfare, found that in 2015 a shocking 39.5 percent of Japanese adults sleep less than six hours a night. In 2007 the percentage was 28.4. (あ) This implies that the nation as a whole is getting less and less sleep.
- ③ Japanese students may be sleeping even less. Teenagers and younger adults spend long hours at school and their participation in club activities makes that length of time even greater. Many of them go to cram schools or take various lessons after school. Even after students get home, homework and TV shows are competing for their time. To make matters worse, many students have smartphones and PCs of their own. Time spent online, especially using social networking services such as Twitter and Line, is growing among young people. The time they socialize online may be cutting into their sleeping time.
- ④ There are surveys showing that, in general, the younger you are, the more hours of sleep you need. For example, the National Sleep Foundation came up with new recommendations in 2015 for appropriate sleep durations\* for different age groups. Here are a few lines from a summary of the new recommendations that provide a range of sleep necessary for each age group:
- School-age children (6-13): 9-11 hours  
Teenagers (14-17): 8-10 hours  
Young adults (18-25): 7-9 hours  
Adults (26-64): 7-9 hours  
Older adults (65+): 7-8 hours
- ⑤ It is probably safe to say that many of your friends, and possibly you, too, are not getting enough sleep. Why is this important? It has been scientifically proven that a lack of sleep can cause health problems as well as behavioral issues.

- ⑥ If you do not sleep long enough, you will often feel sleepy during the day and your thinking will be dulled. Your ability to concentrate will suffer and your attention span will decrease, causing you to respond more slowly. Sleeplessness will also decrease the accuracy of your short-term memory. There are studies that suggest that not sleeping enough hours can also have a negative effect on your grades at school.
- ⑦ The University of Sydney in Australia reported in 2010 that young adults between 17 to 21 who sleep less than the recommended amount were more likely to have feelings of hopelessness, anxiety, and even depression. These can all be serious mental problems requiring medical attention.
- ⑧ (ㄨ) Research has shown that less sleep can make a person more likely to gain weight. You may be surprised to hear the results of a 2013 study by researchers from the University of Colorado. They followed two groups of healthy men and women who differed only in their sleep duration. One group slept 5 hours each night during the study, and the other group slept 9 hours. At the end of the experiment, the people who slept more maintained their weight with no change, but the group that slept less gained an average of two pounds (= 0.9 kg).
- ⑨ Some studies suggest that a long-term lack of sleep can cause other health issues as well, including mental health problems, cancerous tumors\* and even Alzheimer's disease\*. In modern Japan, it can be very difficult to get enough sleep, but understanding the risks of not sleeping enough should motivate you to change your lifestyle.

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\*duration(s) 持続期間  
 \*cancerous tumors 癌腫瘍  
 \*Alzheimer's disease アルツハイマー病

#### Selected References

Ministry of Internal Affairs and Communications, 2015, Official Statistics of Japan, [www.estat.go.jp](http://www.estat.go.jp)

National Sleep Foundation, 2015, Sleep Time Recommendations, [www.sleepfoundation.org](http://www.sleepfoundation.org)

- (16) What do the questions in paragraph 1 imply?
- A. You are not studying long enough for exams.
  - B. You should not worry about how much you sleep.
  - C. You are sleeping longer than your parents want you to.
  - D. You may be sleeping less than you really should.
- (17) A comparison of the two NHN surveys in paragraph 2 shows that
- A. more Japanese adults are now sleeping less.
  - B. the average age of Japanese adults is now 39.5.
  - C. the percentage of adults in Japan was 28.4 in 2007.
  - D. many Japanese people did not read the surveys.
- (18) The best summary of paragraph 3 is that Japanese students
- A. are working at part-time jobs to pay for their smartphones.
  - B. have a strong social pressure to use social media networks.
  - C. are too busy and have too many distractions to sleep enough.
  - D. no longer want to join club activities that require socializing.
- (19) What is one recommendation from the National Sleep Foundation?
- A. Older people generally need more sleep than younger ones.
  - B. People between 18 and 25 should be considered young adults.
  - C. Teenagers should sleep eight or more hours every day.
  - D. Adults should vary their sleep duration as much as possible.
- (20) In paragraph 5, the author says that you may be
- A. saying incorrect things to your friends about sleep.
  - B. risking your health due to a lack of sleep.
  - C. believing ideas that are not supported by science.
  - D. sleeping enough and avoiding bad sleep behavior.
- (21) What is NOT listed in paragraphs 6 and 7 as a result of getting too little sleep?
- A. lower school grades
  - B. difficulty making friends
  - C. shorter attention span
  - D. less accurate memory

- (22) What did the 2010 report by the University of Sydney suggest?
- A. Colleges have lower numbers of serious students with anxiety.
  - B. High school students are willing to work hard rather than sleep.
  - C. Lack of sleep may be linked to depression in young adults.
  - D. Young adults who sleep enough can be mentally unhealthy as well.
- (23) According to the University of Colorado study, the group that slept for 5 hours per day
- A. showed an increase in their weight.
  - B. were not allowed to eat after dinner.
  - C. were not affected by their sleep time.
  - D. showed that carbohydrates reduce sleep.
- (24) If you do not get enough sleep over many years, you may
- A. find that your job and family life improve.
  - B. learn how to live a full life with almost no sleep.
  - C. become unable to sleep when you need to.
  - D. increase your risk of severe medical problems.
- (25) What would be the best title for this passage?
- A. Research Shows How to Stay Young
  - B. A Busy Life Will Bring You Happiness
  - C. People Today Need More Sleep
  - D. The Best Way to Reduce Sleep
- (26) 下線部 (あ) を日本語に訳しなさい。
- (27) 下線部 (い) を日本語に訳しなさい。

V

(28) 次の英文 (う) か (え) のどちらかひとつを選び、示された書き出しに続けて、英語で文章を書きなさい。具体例や理由をなるべく多く挙げて書きなさい。ボックスの中の語彙や表現は必要に応じて文章中に用いたり、内容の参考にしたりしてもかまいません。これらの語彙や表現の使用の有無は評価には影響しません。

(う) If you could change one thing about your past, what would it be?

If I could change one thing about my past, I would like to ...

because	reason	why	example
instead	sorry	better	regret

(え) What is the most important thing someone has ever given to you?

The most important thing that someone has ever given to me is ...

because	reason	why	example
treasure	expensive	memorable	valuable