

◇ 英 語

英 7-1～英 7-12 まで 12 ページあります。

1 次の英文を読んで以下の問いに答えなさい。解答はすべて①～④の選択肢の中から最も適切なものを一つ選び、所定の解答欄にマークしなさい（ [] 内の数字は段落番号を示す）。

[1] Getting a good night's sleep is an important part of a healthy lifestyle. How you feel during your waking hours depends, to a large part, on how well you slept the night before. Similarly, your quality of sleep is influenced by your daytime activities. If you have trouble sleeping, the following [ア]tips should help.

[2] First, you should sleep regularly. Set a bedtime that is convenient for you and try to go to sleep and wake up at the same time every day. This will help your body to develop a natural sleeping rhythm. If possible, avoid sleeping in, even on weekends. Also, if you take naps, they shouldn't be too long, about 20 to 30 minutes is enough. If you keep a regular sleep pattern, eventually you won't even need an alarm clock to wake up.

[3] Along with a regular sleep schedule, it is important to get regular exercise. While [イ]vigorous exercise is the best, even light exercise, like walking about 10 minutes or more a day, can help. It is better to exercise in the morning or afternoon rather than at night because too much activity before bedtime can interfere with falling asleep. That doesn't mean you should just sit in front of the TV, though. Low impact exercises like stretching or yoga can be good in the evening.

[4] Finally, learn to [ウ]wind down after a busy day. Stress and worry from the day's events can make it difficult for us to fall asleep. Relaxation techniques can help us calm our minds and make it easy to fall asleep. One way is to breathe deeply. Start by (エ) your eyes and (オ) deep, slow breaths. Keep (カ) so, (キ) each breath a little longer than the last one. Also, you can use [ク]visualization. Imagine a place or activity that is peaceful and relaxing for you. Focus on how this place or activity makes you feel. This allows you to relax and gently fall asleep.

[5] If we have trouble falling asleep, it's good to know there are things we can do to help. A good night's sleep will make us more efficient and focused at work and more energetic when we are at play. By keeping regular sleep patterns, exercising, and relaxing, we can increase our vitality and [ケ]make the most of our days.

1. In which sentence is the word tip(s) used in the same way as [ア]tips?

1

- ① Don't tip over the glass.
- ② You can edit videos easily with the tips of your fingers!
- ③ We will give you tips on how to study for the exam.
- ④ What is the appropriate tip for a waiter at a restaurant?

2. According to Paragraph 2, which statement is true?

2

- ① You are not recommended to take a long nap.
- ② You had better change the time you go to bed often, according to your schedule.
- ③ You will always need to use an alarm clock to wake up regularly.
- ④ You should try to catch up with your sleep on weekends.

3. What does [イ]vigorous mean?

3

- ① being essential
- ② feeling weak
- ③ being relaxed
- ④ using a lot of energy

4. Which is NOT a kind of exercise the author would recommend?

4

- ① stretching before you go to bed
- ② channel surfing after dinner
- ③ jogging in the morning
- ④ yoga in front of the TV

5. What does [ウ]wind down mean?

5

- ① to blow something down
- ② to relax after a period of excitement
- ③ to wrap something around itself
- ④ to be more serious about something

6. Choose the most suitable combination to fill out (エ), (オ), (カ) and (キ).

6

- ① (エ) closing—(オ) taking—(カ) doing—(キ) making
- ② (エ) doing—(オ) taking—(カ) making—(キ) closing
- ③ (エ) closing—(オ) making—(カ) taking—(キ) doing
- ④ (エ) taking—(オ) closing—(カ) doing—(キ) making

7. Which best completes the sentence below, according to what the author believes about [ク]visualization?

7

In order to fall asleep in a relaxing manner, you should _____.

- ① imagine challenges that will happen tomorrow
- ② watch your favorite TV show or browse the Internet
- ③ have calm thoughts and imagine positive situations
- ④ review in your mind good points and bad points of your day

8. Which expression has a similar meaning to [ク]make the most of our days?

8

- ① Morning dreams come true.
- ② Live your life to the fullest.
- ③ Rules are made to be broken.
- ④ Saying is one thing and doing is another.

9. What is the main point of the passage?

9

- ① It should be known that some people have trouble falling asleep.
- ② Stress can make it difficult for us to fall asleep.
- ③ By doing regular exercise, you can work well and quickly.
- ④ It is important to get a good night's sleep.

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次のページに進んでください。

II 次の英文を読んで以下の問いに答えなさい。解答はすべて①～④の選択肢の中から最も適切なものを一つ選び、所定の解答欄にマークしなさい（ [] 内の数字は段落番号を示す）。

[1] Long ago, airline uniforms reflected the glamour of flight. Now, they have to serve more practical needs. Do they reflect the airline's image? Will they look good on most everyone? And, perhaps most important, are they comfortable? Several airlines have been trying to answer those questions as they redesign uniforms that, in some cases, were last updated decades ago.

[2] People who work on airline uniform designs say it's common for the redesigning process to take two or three years, sometimes longer. One reason the new designs take so long is that airline uniforms, unlike ordinary work clothes, have to be multifunctional. When people look at a flight attendant dress, it just looks like any other dress. However, both the cut and the fabric have to accommodate a range of motion, from lifting bags into the overhead bins to crouching down in the galley.

[3] Uniforms also have to reflect the realities of life on the road, with fabrics that resist stains and wrinkles and can be washed, if necessary, in a hotel sink. They also need to keep the wearers comfortable, whether their plane touches down in the summer in Maui or in the winter in Minneapolis.

[4] Coming up with styles that also will be flattering on a wide variety of body types is another challenge for designers. "Garments with two or three tones create some interest for the eye—it can make you look a little more athletic or sport-inspired," said Caroline Bartek, a fashion designer, who is working with Southwest Airlines on its new uniforms.

[5] Before giving the new uniforms to employees, the airlines conduct wear tests. The roughly 500 employees in Southwest Airlines' test reported back on details that needed to be changed. For example, Ms. Bartek said, at first the dress design included a zipper in the back, but flight attendants found it difficult to reach. So, the zipper was changed to buttons on the front. "We had over 160 changes to the uniform design," Ms. Bartek said.

[6] Aside from fit and function, employee uniforms are an important part of an airline's brand image. There is a feeling of glamour associated with uniforms. Uniforms represent a place and a culture, so it's important that airlines have a uniform that shows some of those traditions. Today more than ever, a uniform is the most important symbol of an airline that a passenger interacts with and sees.

1. What was the purpose of the airline uniforms long ago? 10

- ① To make the employees feel comfortable.
- ② To make flying in an airplane look desirable.
- ③ To be multifunctional for the employees.
- ④ To look sport-inspired.

2. How quickly are new uniforms usually created? 11

- ① In two to three months.
- ② In one year.
- ③ In less than two years.
- ④ In two or more years.

3. What is NOT mentioned as an important feature of a uniform? 12

- ① It needs to be easy to clean.
- ② It needs to be easy to move in.
- ③ It needs to easily fit in a flight attendant's suitcase.
- ④ It needs to easily suit different temperatures.

4. Why do designers like to have two or three different colors on a uniform? 13

- ① It makes a person look taller.
- ② It makes a person happier.
- ③ It makes a person look more active.
- ④ It makes a person look more confident.

5. What did Southwest Airline's dress look like after the wear test? 14

- ① It had a zipper on the front.
- ② It had a zipper in the back.
- ③ It had buttons on the front.
- ④ It had buttons in the back.

6. Why are good uniform designs important for airlines?

15

- ① Passengers expect uniforms to be designed well.
- ② They represent the image of the company to the public.
- ③ Places have different cultural rules about uniforms.
- ④ Traditionally, uniforms have not been glamorous.

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次のページに進んでください。

Ⅲ 次の会話の()に入れるのに最も適切なものを、①～⑨の選択肢からそれぞれ一つずつ選び、所定の解答欄にマークしなさい(選択肢は一度しか使えない)。

Situation: A mother and daughter are talking. The daughter has just gotten back from a trip.

Mother: Welcome back. ()

Daughter: Well, the theme park was really fun. I enjoyed everything there.

Mother: Did you get a chance to use the new smartphone I gave you for your birthday?

Daughter: Yes, ()

Mother: That's great! Can I see the pictures?

Daughter: Actually, there was a small problem with my phone.

Mother: Oh, no. Did your pictures get accidentally erased?

Daughter: No, the pictures are probably okay. It is the phone that is the problem.

Mother: How could there be a problem? It's a new phone. ()
It's still covered by the warranty.

Daughter: ()

Mother: Really? Let me see the phone. I'm sure it can be fixed.

Daughter: Unfortunately, it fell out of my pocket while I was riding the roller coaster.
The staff couldn't find it anywhere.

Mother: What? I can't believe that! It was such an expensive phone. You should have been more careful.

Daughter: () ... So, do you think you could get me another phone?

Mother: Hmm...

■ 選択肢

- ① I used it to take pictures with my friends.
- ② Where will you be going for vacation?
- ③ I forgot it at home.
- ④ The phone is already repaired.
- ⑤ Let's buy a new one.
- ⑥ How was your trip to Tokyo?
- ⑦ I wish we could, but that will be difficult.
- ⑧ Sorry, I'll never take my phone on a roller coaster again.
- ⑨ Let's take it back to the shop.

V 次の()内の語(句)を、日本語の文に合うように並べ替えて、指定された場所にくるものの番号を所定の解答欄にマークしなさい。

1. わたしは環境問題についてできるだけ学ぼうと計画している。

What I'm planning to do (① learn ② can ③ to ④ much as ⑤ I ⑥ try ⑦ as ⑧ is) about environmental issues.

What I'm planning to do ()()()
()()()()()
about environmental issues.

2. 昔はその町のまん中を川が流れていた。

There (① to ② through ③ running ④ a river ⑤ used ⑥ the middle ⑦ be)
of the city.

There ()()()()
()()() of the city.

3. 家に戻って彼はベッドに横になったが、それは疲れていたからではなく、考える時間が必要だったからだ。

When he arrived home, he lay upon his bed (① time ② because ③ not ④ he was ⑤ needed ⑥ he ⑦ but because ⑧ tired) to think.

When he arrived home, he lay upon his bed ()()
()(), ()()()
() to think.