

◇ 英 語

英 5－1～英 5－11 まで 11 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。

Have you ever driven somewhere and realized when you arrived that you couldn't really remember anything about the journey? Or, have you ever eaten a whole packet of biscuits when you were planning to only have one? Or, have you stayed up much later than you planned, or, even all night, watching 'just one more' episode of a TV series? All of these are examples of not being mindful. When we live this way, we are not fully awake and not fully living our lives.

What exactly is mindfulness? When we are mindful, we are more conscious of our thoughts, our actions and what is happening around us. We might notice a beautiful sunset or really listen carefully to what a friend is saying, rather than planning what we're going to say next. We are also more aware of our own feelings and our thoughts. Jon Kabat Zinn, who has done a lot to make mindfulness popular, says mindfulness is, "paying attention, on purpose, in the present moment, and without judging." We are consciously deciding what to pay attention to; we are not worrying about the past or planning for the future, and we are not trying to control or stop our thoughts or feelings—we're just noticing them.

But why is mindfulness so popular now? For most people, life is getting busier and busier. Technology means that we always have something to do and there isn't much opportunity to just 'be.' People are often doing two or three things at the same time: texting while watching TV, or even looking at their phone while walking along the street. People are working longer hours and bringing work home. All this can make us stressed, and mindfulness can be a way of reducing this stress.

What are the benefits of mindfulness? Research shows that mindfulness reduces stress and depression. It can help you to concentrate, have a better memory and to think more clearly. It can also help people to manage pain better and to improve their sleep, and it can even help you lose weight because you won't eat that whole packet of biscuits without thinking!

Mindfulness Day is celebrated on September 12th, so maybe that would be a good day to try a few mindfulness techniques and see if they make a difference. Of course, you can try these on any day of the year. A very simple technique that you could try right now is to close

your eyes for a couple of minutes and count how many sounds you can hear. This will help to focus you on what is happening right now.

Another technique is to focus on a piece of food, typically a raisin. Instead of eating it without thinking, slow down. Look carefully at it and notice how it feels in your fingers. Smell it. Then, put it on your tongue and taste it. Only then, start to eat it slowly, noticing how it feels and how it tastes.

Both of these techniques force you to slow down and focus on the present moment, and there are plenty of other ideas you can find online if you want to try mindfulness for yourself.

1. According to the author, what will happen if you live without being mindful?

1

- ① You will be free from stressful events that happen often.
- ② You will not be able to keep your eyes open at night.
- ③ It will lead to improving your concentration level.
- ④ You will not be fully aware of what is happening in your life.

2. Which is an example of mindfulness?

2

- ① You watch TV drama longer than you planned to.
- ② You eat too much before you realize it.
- ③ You don't remember the process or details of a journey.
- ④ You pay close attention to what your friend said.

3. When you are mindful, what happens?

3

- ① You decide what you should pay attention to subconsciously.
- ② You focus on the present and don't think about the past or future.
- ③ You don't notice your friends' feelings or opinions.
- ④ You become so self-conscious that you can't control your thoughts or feelings.

4. Why are most people's lives so busy now?

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- ① There are many opportunities for TVs and phones to be damaged.
- ② People don't manage their time well.
- ③ Many people are usually doing multiple things at the same time.
- ④ Technology has made our lives convenient, and people have more time to relax.

5. What is NOT an advantage of being mindful?

5

- ① You can concentrate on the past.
- ② You can reduce stress and depression.
- ③ You can improve the quality of your sleep.
- ④ You can stop eating in an unconscious way.

6. What is something the author suggests people do to be mindful?

6

- ① watch TV while playing on your phone
- ② wait until after September 12th to try mindfulness
- ③ count the sounds you can hear with your eyes closed
- ④ pay attention to the mistakes you make

7. According to the author, what is a goal of mindfulness?

7

- ① to focus on what is happening right now
- ② to be able to eat raisins
- ③ to eat quickly because of a lack of time
- ④ to learn techniques to become more efficient

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。

University of Tokyo researchers in Japan have created a new technology that uses food waste in a surprising way. Student Kota Machida and Professor Yuya Sakai say the operation can turn food waste into a strong but bendable material like cement. They say it is four times stronger than regular concrete, and is sustainable. Also, the researchers found that you can eat it.

Professor Sakai was looking for a way to replace cement-based concrete with sustainable materials. According to research, cement production releases high levels of carbon dioxide waste into the air.

Additionally, food waste is a big problem in Japan and the world. In 2019, Japan produced 5.7 million tons of food waste. The government is working on reducing this to 2.7 million by 2030.

The food waste that would typically end up in landfills, rotting, and releasing methane gas, can now be used to make the cement. The new material can be reused and buried in the ground if not needed without affecting the environment. Sakai and Machida say they hope the new material can replace plastic and cement, and slow global warming linked to food waste, as well.

At first, Sakai used wood particles with heat and pressure to create the concrete, and then he moved on to food waste with plastics mixed in. Through a process of drying, crushing, and compressing the food waste, Sakai and his student Machida had successfully made cement from food waste without plastic. They adjusted the pressure and the temperature with simple equipment that can be bought from the internet. “The most challenging part was that each type of food waste requires different temperatures and pressure levels,” Sakai said.

The team has used different types of food waste to make the cement, including tea leaves, orange peels, coffee grounds, and leftover lunch materials. Since the cement can be eaten, Sakai and Machida have changed the flavors with different spices. They have enjoyed the different colors, smell, and even the taste of the cement. Sakai said that in order to eat it, a person needs to break it apart and boil it.

Machida, along with two friends, have created a company called Fabula, Inc. They are working with other companies to use the material to make products for homes. Sakai said that the process of creating the cement could be used to make temporary housing that can be eaten if a disaster happens. He said, “For example, if food cannot be delivered to evacuees, they could eat beds made out of food cement.”

1. What is NOT mentioned as an advantage of Machida and Sakai's cement?

8

- ① It is flexible.
- ② It can be eaten.
- ③ It is good for the environment.
- ④ It is cheaper than cement-based concrete.

2. What is the Japanese government's goal?

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- ① to build buildings made of Sakai's cement
- ② to produce more than 5.7 million tons of food waste
- ③ to have less food waste in the future
- ④ to reduce the amount of sustainable materials used

3. What will happen if the cement Sakai and Machida made is buried in the ground?

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- ① It will be bad for the environment.
- ② It will release methane gas.
- ③ It will rot in the landfills.
- ④ It will not harm the earth.

4. What do Sakai and Machida want people to do?

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- ① use their new material instead of cement-based concrete
- ② increase the use of cement-based concrete in construction
- ③ invent more ways to produce carbon dioxide
- ④ put plastic and cement in landfills

5. What material did Sakai first make the concrete out of?

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- ① plastic only
- ② wood only
- ③ food waste and plastic
- ④ food waste only

6. For Sakai, what was most difficult about making the food waste cement?

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- ① The government did not want to give them funding for their experiment.
- ② They needed to change the temperature and pressure for different types of waste.
- ③ The food waste tasted so bad that they could not eat it without spices.
- ④ Doctors were worried about the health effects of eating this cement.

7. What is one thing that needs to be done before eating Machida and Sakai's cement?

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- ① heat it in water
- ② smell it
- ③ fry it in a pan
- ④ mix it with leftover lunch materials

8. In the future, when does Sakai think the food waste cement could be eaten?

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- ① when there is an emergency
- ② when people are dieting
- ③ when people need different vitamins
- ④ when food is being delivered

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)。

Ami: Hi, Sayaka. What's that keychain on your backpack?

Sayaka: () She made everyone a matching keychain.

Ami: I didn't know you were in a school club. How do you like it?

Sayaka: It's really fun, but a little tiring. We practice Monday through Friday for 4 hours, and on Saturday we have tournaments.

Ami: Wow. That does sound difficult. ()

Sayaka: Actually, I started recently. I used to be in the calligraphy club, but I switched last year.

Ami: Really? ()

Sayaka: Well, the teacher was very strict. ()

Ami: I see. Is your basketball coach nicer than the calligraphy teacher?

Sayaka: The basketball coach is also strict. However, if I make a mistake, my teammates always support me. How about you, Ami? Do you belong to a school club?

Ami: No, I've never joined a club. I like having free time after school.

Sayaka: Being in a club can be a lot of fun. You should try it.

Ami: () Maybe, next year.

■ 選択肢

- ① For example, she would bring us snacks we could eat while we practiced.
- ② How long have you been playing basketball?
- ③ I bought that keychain at the school store.
- ④ I'll think about it.
- ⑤ She would always scold us if we talked to our friends too much during practice.
- ⑥ It was a gift from a member of my basketball club.
- ⑦ When do you do calligraphy?
- ⑧ Why did you do that?
- ⑨ Why did you quit basketball?

Ⅳ 次の英文を完成させるのに最も適切な語（句）を、①～④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。

1. () amazed me the most was the orderly manner in which the kids did everything. 21

- | | |
|--------|---------|
| ① That | ② Who |
| ③ What | ④ Which |

2. Macao is known for () unique blend of Chinese and European culture. 22

- | | |
|-------|----------|
| ① it | ② it's |
| ③ its | ④ itself |

3. She has nobody to talk to () for her husband, whom she sees only in the evenings. 23

- | | |
|----------|--------------|
| ① except | ② throughout |
| ③ with | ④ in spite |

4. Pearlridge Center is the () shopping center in all of Hawaii. 24

- | | |
|---------------|------------------|
| ① two large | ② second largest |
| ③ two largely | ④ second larger |

5. All employees () to wash their hands often with soap and water. 25

- | | |
|-------------------|-------------------|
| ① are encouraged | ② are encouraging |
| ③ have encouraged | ④ encourage |

6. Their daughters, Emma and Olivia, were four and eight, (). 26

- | | |
|---------------|----------------|
| ① relatively | ② hardly |
| ③ immediately | ④ respectively |

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. 飛行機の中に持ち込める荷物の数には制限がある。

There is (① allowed ② pieces ③ luggage ④ of ⑤ a restriction ⑥ how many ⑦ are ⑧ on) on a flight.

There is ()()()(

27

)
()()()(

28

) on a flight.

2. うまくいけば、このことがパラリンピックを多くの人に意識してもらうことに役立つ可能性がある。

Hopefully, this (① more ② become ③ help ④ of ⑤ many people ⑥ can ⑦ the Paralympics ⑧ aware).

Hopefully, this ()()(

29

)()
()(

30

)()().

3. 使用済み電池などの電子ゴミ (E-waste) の量は、他のどの固形ゴミよりも急速に増加していて、年間約3%~5%増えている。

The amount of E-waste, such as used batteries, (① any ② been ③ faster ④ has ⑤ increasing ⑥ other ⑦ solid waste ⑧ than) and growing about at 3% - 5% annually.

The amount of E-waste, such as used batteries, ()()
(

31

)()()()(

32

)
() and growing about at 3% - 5% annually.