

英 語

(その1)

1 リスニング問題：放送は試験開始10分後に始まります。放送中、解答用紙以外のところにメモをとってもかまいません。

問題A 対話を聞き、最後の発言に対する相手の応答として最も適切なものを1つ選び、記号で答えなさい。対話は1回読まれます。

- No. 1 ア. In an hour.
 イ. 30 minutes ago.
 ウ. Until this morning.
 エ. During the meeting.
- No. 2 ア. I'm afraid not.
 イ. I hope it's better now.
 ウ. You had better go anyway.
 エ. You don't have to do that next.
- No. 3 ア. Yes, the service was excellent.
 イ. Yes, the music was wonderful.
 ウ. Yes, they were very happy to hear that.
 エ. Yes, she was really looking forward to it.

問題B 対話を聞き、質問の答えとして最も適切なものを1つ選び、記号で答えなさい。対話と質問は2回読まれます。

- No. 1 ア. The food isn't ready yet.
 イ. There aren't any free tables.
 ウ. The restaurant isn't open yet.
 エ. It takes thirty minutes to reserve a table.
- No. 2 ア. At six.
 イ. At seven.
 ウ. At eight.
 エ. At nine.
- No. 3 ア. The shrine.
 イ. The shopping mall.
 ウ. The history museum.
 エ. The restaurant on the hill.

問題C 放送を聞き、下線部(1)と(2)を書き取りなさい。英文は3回読まれます。

San Francisco is a famous tourist spot. The weather is often cool in summer, and hotel and restaurant prices can be quite high. Visitors like to ride the cable cars, but they are very popular and people have to (1) _____. But the city's parks and flower gardens (2) _____.

2 次の英文を読んで、後の設問に答えなさい。

Have you ever forgotten something important? Perhaps it was a story that you wanted to tell someone, or maybe you have (1) (a person's name / difficult / found / it / recall / to) or phone number. You have probably forgotten an important date such as a family member or friend's birthday. The truth is that you are not alone. Everyone experiences these kinds of memory problems sometimes.

Are there ways to improve your memory and increase your brainpower? Is it possible to have a greater ability to recall details? Science has not solved the entire mystery of human memory, but it has certainly (あ) great progress. After conducting various studies on the topic, researchers have found that there are effective ways of improving people's ability to hold and recall memories.

To begin with, there are a lot of physical considerations for preventing memory loss. According to a study by *the American Academy of Neurology, (2). By observing three groups of elderly people from seventy to seventy-nine years old with different *eating habits, it was found that the group that ate the most *calories had a fifty-percent greater risk of developing *cognitive problems. Such problems were usually light, such as often forgetting a house key. However, they were sometimes as heavy as serious illnesses like *Alzheimer's disease.

On the other hand, certain foods can actually (い) a role in preventing memory loss. A good example would be fish that is high in a *fatty acid called *omega-3. Researchers have found that omega-3 from eating fish or taking fish-oil *supplements *accumulates in the *hippocampus, an area of the brain which many key memory processes occur in. This improves communication between memory cells.

Getting a good night's sleep is also known to connect memories and make us better at recalling them. This is because memory abilities are linked to both the amount and quality of sleep. Doctors recommend that we sleep at least six hours a night, and getting eight hours of sleep is ideal. During sleep, the brain sends *short-term memories to other areas, and this creates connections that make those short-term memories into *long-term memories. (3) Through this process, it becomes possible to remember things that happened weeks or months earlier and even far in the past.

We cannot discuss the improvement of memory (4) talking about the importance of exercise. Experts believe that physical activity can make the hippocampus grow. One study has shown that (5) the *hippocampi of children who get regular exercise are twelve percent larger than those of children who do not. These active children also do better on memory tests than the less active children.

A common practice among students is to spend (6) (to / hard / try / remember / several hours / studying / to) as much as possible just before a test. Scientists have found that people remember information longer if, instead, their study time is spaced out over a week or more. Another effective way to learn more is to do self-tests often instead of (う) the material by heart. Studies have shown that students who do these things remember fifty percent more of the material they are studying.

In addition, whether you believe it or not, playing video games can lead to improvements in memory. In one Swedish study, doctors found that (7) computer and video games were helpful for patients with serious brain damage, and those patients' memories improved greatly in as little as five weeks. *The American Psychological Association has even said that certain video games – especially those with puzzles or role-playing – can be used for the *treatment of memory problems.

We wish there were a “magic *pill” for memory. But the only answer is to try to make important lifestyle changes to improve your memory.

- 注) the American Academy of Neurology アメリカ神経学会 eating habits 食習慣 calorie カロリー
 cognitive 認識の、認知の Alzheimer's disease アルツハイマー病（認知症に分類される病気の1つ）
 fatty acid 脂肪酸 omega-3 オメガ3脂肪酸 supplement 補助食品 accumulate 蓄積する
 hippocampus 海馬（記憶に関わる脳の器官） short-term memories 短期記憶
 long-term memories 長期記憶 hippocampi hippocampus の複数形
 The American Psychological Association アメリカ心理学会 treatment 治療 pill 薬（錠剤）

設問

1. 下線部 (1) を本文の内容に合うように、() 内の語 (句) を正しく並べかえなさい。
2. 空所 (2) に入れるのに最も適切なものをア～エの中から 1 つ選び、記号で答えなさい。
ア. we tend to lose our memory as we get older
イ. people in their 70s eat more than people of other ages
ウ. a high-calorie diet can cause memory loss
エ. eating enough prevents various health problems
3. 下線部 (3) を日本語になおしなさい。
4. 空所 (4) に入れるのに最も適切なものをア～エの中から 1 つ選び、記号で答えなさい。
ア. against イ. without ウ. during エ. toward
5. 下線部 (5) を日本語になおしなさい。
6. 下線部 (6) を本文の内容に合うように、() 内の語 (句) を正しく並べかえなさい。
7. 下線部 (7) を日本語になおしなさい。
8. (あ) ～ (う) に入れるのに最も適切な動詞を次の【 】の中から 1 つずつ選び、必要であれば形を変えて答えなさい。ただし、同じ語を 2 度使ってははいけません。
【 play / make / decide / learn / get 】

3 次の日本語の意味に合うように、英文の空所に適切な語を入れなさい。

1. その若者は親切にも駅への行き方を教えてくれました。

The young man was kind (ア) (イ) show me the way to the station.

2. 太郎の姉はクラスの誰よりも英語を話すのが上手です。

Taro's sister is a better (ア) (イ) English than anyone else in her class.

3. 富士山の頂上から見る日の出はとても美しかった。

The (ア) sun (イ) from the top of Mt. Fuji was very beautiful.

4 次の英文の下線部が文法・語法上誤っているものを3つ選び、記号で答えなさい。

ア. Each of the new employees have a good relationship with me.

イ. It has been more than five years since Sam won the championship.

ウ. I'm looking for some information about places visiting in Tokyo.

エ. I was so surprised when I was spoken to by a stranger at that time.

オ. I wonder how far is it between Kyoto and Tokyo.

カ. If there were 48 hours in a day, I would sleep 12 hours every day.

5 次の英語の質問に対する答えを、理由も含めて40語程度の英語で書きなさい。ただし、「.」「,」「?」「!」などは語数に含めません。また、解答用紙の所定欄に使用した語数を記入しなさい。

Do you think that high school students in Japan should use paper textbooks or digital textbooks on tablets?