

2019年度一般入学試験問題 B

英語

【注意事項】

1. この問題冊子には答案用紙が挟み込まれています。試験開始の合図があるまで問題冊子を開いてはいけません。
2. 試験開始後、問題冊子と答案用紙の受験番号欄に受験番号を記入しなさい。
3. 問題冊子には計3問の問題が英1～英4ページに記載されています。落丁、乱丁および印刷不鮮明な箇所があれば、手をあげて監督者に知らせなさい。
4. 答案には、必ず鉛筆（黒、「HB」「B」程度）またはシャープペンシル（黒、「HB」「B」程度）を使用しなさい。
5. 解答は答案用紙の指定された場所に記入しなさい。ただし、解答に関係のないことを書いた場合は無効にすることがあります。
6. 問題冊子の余白は下書きに利用しても構いません。
7. 問題冊子および答案用紙はどのページも切り離してはいけません。
8. 問題冊子を持ち帰ってはいけません。

受験番号	
------	--

〔問1〕 次の英文を読んで、下記の設問に答えなさい。

Dr. Monica Peek had been telling her patients (ア) years that food can be medicine, but it wasn't until she started scribbling down actual prescriptions on paper—"I recommend the following nutrition for this patient"—that they started taking her seriously.

Over time, her advice gained enough traction that those diet prescriptions are now at the heart of a ^(エ)novel study supported by the National Institutes of Health (NIH) that's challenging the status quo of Type 2 diabetes prevention and treatment.

Peek is a primary-care physician and lead researcher of the South Side Diabetes Project in Chicago. That's why, at 10 o'clock on a Saturday morning, she's here, munching on a banana, as 15 people are being guided around a grocery store, being taught which foods are diabetes-friendly and which are best left on the shelf. Led by a nutritionist, the group stops (イ) front of a cold case full of nondairy milk. "^(オ)I guarantee, if you give the body what it wants, it's going to do what it's supposed to do," says Bridgette Adams, the nutritionist leading the tour. "And you will get better. You will get better. You will get better."

When it comes to preventing Type 2 diabetes, ^(カ)that mantra may be more than wishful thinking—which is good news, because the stakes are high. One out (ウ) three Americans will be diagnosed with diabetes by 2050, according to the Centers for Disease Control and Prevention (CDC), and 29 million people already have the disease.

出典：Mandy Oaklander, "The Diet Prescription: A deceptively simple approach to Type 2 diabetes is showing promise." *TIME*, January 25, 2016.

- (1) 空所(ア)～(ウ)に入る最も適切な前置詞を、それぞれ答えなさい。
- (2) 下線部(エ)の意味に最も近いものを①～④から1つ選び、数字で答えなさい。
① academic ② new ③ popular ④ scientific
- (3) 下線部(オ)を和訳しなさい。
- (4) 下線部(カ)が指す一文を本文から抜き出しなさい。

[問2] 下線部(ア)～(コ)のうち、誤っている箇所を2つ選び、記号で答えなさい。

Given the challenges facing modern parents, it is no wonder that we feel so ^(ア)stressed and ^(イ)is driven to nagging, threatening, criticizing and shouting to try to make sure everything ^(ウ)gets done that needs to get done every day. It's unlikely that any of these stressors will be going away, so it's up ^(エ)to us to find ways to reduce family stress and to guide our children to become more cooperative so that parenting can be calmer, easier and happier.

Parenting is the most important job there is. But it's a job for which no training is generally ^(オ)given beyond childbirth classes. How can it be that a job as diverse and demanding as raising children can come without training? This isn't a management job we can just quit when it's hard and our employees are ^(カ)annoyed us! Parenting is a job we have to get up and go to every day without pay. Of course it's also a job that can be incredibly rewarding. And we find the job of parenting the most rewarding when we feel confident that the way we are parenting is positively ^(キ)impacting our children.

When we became parents, we were suddenly ^(ク)thrown into the role of educators. Most of us didn't go to school to become teachers, yet this is the job we perform every day with our children. In fact, teaching is our main job. I'm not talking about teaching academic subjects. I'm talking about teaching our children the habits, skills and values that we believe ^(ケ)are important and right. But how ^(コ)do we effectively teach and train our children in the habits that are important to us?

出典: Noël Janis-Norton, *Calmer, Easier, Happier Parenting*.
London: Hodder & Stoughton, 2012. Pages 12-13.

〔問3〕 次の英文を読んで、下記の設問に答えなさい。

If you want to see an example of chronic stress, study poverty. Being poor involves lots of physical stressors. Manual labor and a greater risk of work-related accidents. Maybe even two or three exhausting jobs, complete with chronic sleep deprivation. Maybe walking to work, walking to the laundromat, walking back from the market with the heavy bag of groceries, instead of driving an air-conditioned car. Maybe too little money to afford a new mattress that might help that aching back, or some more hot water in the shower for that arthritic throb; and, of course, maybe some hunger thrown in as well. . . . The list goes on and on.

Naturally, being poor brings disproportionate amounts of psychological stressors as well. Lack of control, lack of predictability: ⁽⁷⁾numbing work on an assembly line, an occupational career spent taking orders or going from one temporary stint to the next. The first one ⁽¹⁾laid off when economic times are bad—and studies show that the deleterious effects of unemployment on health begin not at the time the person is laid off, but when the mere threat of it first occurs. Wondering if the money will stretch to the end of the month. Wondering if the rickety car will get you to tomorrow's job interview on time. How's this for an implication of lack of control: one study of the working poor showed that they were less likely to ⁽⁷⁾comply with their doctors' orders to take antihypertensive diuretics (drugs that lower blood pressure by making you urinate) because they weren't allowed to go to the bathroom at work as often as they needed to when taking the drugs.

As a next factor, being poor means that you often can't cope with stressors very efficiently. Because you have no ⁽⁻⁾resources in reserve, you can never plan for the future, and can only respond to the present crisis. And when you do, your solutions in the present come with a whopping great price later on—metaphorically, or maybe not so metaphorically, you're always paying the rent with money from a loan shark. Everything has to be reactive, in the moment. Which increases the odds that you'll be in even worse shape to deal with the next stressor—growing strong from ^(*)adversity is mostly a luxury for those who are better ().

Along with all of that stress and reduced means of coping, poverty brings with it a marked lack of outlets. Feeling a little stressed with life and considering a relaxing vacation, buying an exercycle, or taking some classical guitar lessons to get a little peace of mind? Probably not. Or how about quitting that stressful job and taking some time () at home to figure out what you're doing with your life? Not when there's an extended family ⁽⁷⁾counting on your paycheck and no money in the bank. Feeling like at least jogging regularly to get some exercise and let off some steam? Statistically, a poor person is far more likely to live in a crime-riddled neighborhood, and jogging may ^(*)wind up being a hair-raising stressor.

Finally, along with long hours of work and kids to take care of comes a serious lack of social support—if everyone you know is working two or three jobs, you and your loved ones, despite the best of intentions, aren't going to be having much time to sit around being supportive. ⁽⁷⁾Thus, poverty generally equals more stressors—and though the studies are mixed as to whether or not the poor have more major catastrophic stressors, they have plenty more chronic daily stressors.

出典 : Robert M. Sapolsky, *Why Zebras Don't Get Ulcers*. New York:
St. Martin's Griffin, 2004. Third Edition. Pages 364-365.

- (1) 空所()に共通して入る最も適切な英単語 1 語を答えなさい。
- (2) 下線部(ア)～(オ)を和訳しなさい。
- (3) 下線部(カ)、(キ)の意味に最も近いものを①～④からそれぞれ 1 つ選び、
数字で答えなさい。

(カ) counting on

- ① adding up ② holding to ③ relying on ④ working out

(キ) wind up

- ① end up ② roll up ③ turn up ④ wrap up

- (4) 下線部(ク)を和訳しなさい。
- (5) 次の問いに対して英文で答えなさい。所定の解答欄の範囲内に収めること。

In order to reduce chronic daily stressors for the poor, what do you think we should do? Write one paragraph on how to tackle this problem. Be sure to support your idea with at least two examples.