

約文: 下記の英文を読んで英語で要約してみましょう。

When exercising, some people like to walk or run, while others may join a gym or take swimming lessons. There are other options, too. These days, cycling is a very popular way for people to exercise.

Why do people choose cycling? Cycling is an excellent way to keep fit because it is good for the health, and it does not cause too much stress on the knees and back. Cycling also does not produce CO2 or cause traffic jams, so it is good for society when people use bicycles for commuting to work or going to school.

However, it might be difficult to ride a bicycle when it is raining heavily or snowing. Also, some places could be dangerous to ride, like narrow roads or roads with a lot of traffic. As a result, accidents involving cyclists may occur. (英検2級 7日間完成予想問題より)

STEP 1: 大切なポイントが書かれているところに下線を引きましょう。

STEP 2: 大切なところを英文でつないで書きましょう。別の単語で言えるところは少しだけ、変えてみましょう。例) choose → decide

When exercising, some people like to walk or run, while others may join a gym or take swimming lessons. There are other options, too. These days, cycling is a very popular way for people to exercise. Why do people choose cycling? Cycling is an excellent way to keep fit because it is good for the health, and it does not cause too much stress on the knees and back. Cycling also does not produce CO2 or cause traffic jams, so it is good for society when people use bicycles for commuting to work or going to school. However, it might be difficult to ride a bicycle when it is raining heavily or snowing. Also, some places could be dangerous to ride, like narrow roads or roads with a lot of traffic. As a result, accidents involving cyclists may occur.

問題

These days, some people spend a lot of money on their pets. Do you think more people will do so in the future?(7日間完成問題集より)

POINT:

Health

Pet services

Cost

エッセイの形

I agree(または disagree) that ~. I have two reasons. First, ~. For example, ~. Second, ~. For example, ~. For these reasons, I believe that ~.

Homework: エッセイの形で英語で書いてみましょう。↓

I agree that some people spend a lot of money on their pets. I have two reasons.

First, it can cost a lot of money but people can protect their life. The people, who have caring they can protect pet's life.

Second, the people have pet, people can do health for the pets. If pets were not health, people buying the pets can spend of the medicine.

For these reasons, I agree that some people spend a lot of money on their pets.

文単2級 復習用リーディング問題 ①

Exergaming

Exergaming, a blend of exercise and video gaming, is gaining popularity for its ability to make physical activity enjoyable. Unlike traditional workouts, exergames provide a fun way to exercise at home. This ease of access encourages people to work out more regularly, making them healthier. Moreover, exergaming can be particularly appealing to those who often find their exercise routines boring or challenging to continue.

The health benefits of exergaming are significant. Regular participation in exergames can improve heart health, as many games require active physical movement. Additionally, these activities help in burning calories, helping people lose weight. By combining entertainment with exercise, exergaming motivates people to maintain an active lifestyle, eventually leading to improved physical and mental well-being.

Questions

1. Why is exergaming gaining popularity?

- a) It allows people to play video games without moving.
- b) It makes physical activity enjoyable and engaging.
- c) It is more challenging than traditional workouts.
- d) It is only available in gyms.

2. What is one health benefit of regular participation in exergames?

- a) It helps people stay mentally inactive.
- b) It reduces the need for eating healthy meals.
- c) It helps improve heart conditions.
- d) It causes people to gain weight.

文単2級 復習用リーディング問題 ②

Complete Nutrient Food: Convenient but Boring?

Complete nutrient food is convenient as portable food, but eating it every day can be boring. (___1___) this issue, some food companies are marketing more appealing alternatives. They are trying to create foods that are both nutritious and enjoyable.

(___2___), a company has created a cookie that people are used to enjoying, but with all the necessary nutrients included. This innovation aims to make healthy eating more enjoyable without sacrificing taste. Such products are becoming increasingly popular as they offer a practical solution to the problem of tasteless complete nutrient foods.

1. (___1___)

- A) Due to
- B) In addition to
- C) In response to
- D) Despite

2. (___2___)

- A) Furthermore
- B) For example
- C) However
- D) Therefore