

文単 2 級復習リーディング (脳の掃除)

The Role of Sleep in Health and Brain

It is well known that sleep plays an important role in maintaining health. Benefits of sleep include repairing cells, organizing memories, and helping children grow. When we sleep, our body undergoes various processes that are significant for our physical and mental well-being. Additionally, sleep can improve mood and reduce stress levels, making it an essential part of a healthy lifestyle.

Recent studies have found that sleeping an average of 8 hours allows the brain to remove harmful substances. This discovery shows the importance of getting enough sleep for brain health. The research also indicates that sleep helps improve not only children's learning abilities but also problem-solving skills. Therefore, not having enough sleep can negatively impact brain functions and overall brain performance.

Questions

1. According to the passage, what is one benefit of sleeping?

- a) It increases energy levels.
- b) It helps in organizing memories.
- c) It reduces the need for exercise.
- d) It improves vision.

2. Which of the following is NOT true according to recent studies about sleep?

- a) Getting 8 hours of sleep helps the brain remove harmful substances.
- b) Sleep is important for brain health.
- c) Sleep does not influence brain functions.
- d) Average sleep time affects brain health.

文単 2 級復習リーディング (子どもに野菜を)

The Role of Sleep in Health and Brain

Increasing Children's Vegetable Consumption

It is said that less than 10% of children eat enough vegetables. (1) a research institute in Australia, there are two effective solutions. One method is for parents to repeatedly give the same vegetable to their children so they get used to the taste. (2), it has been found that if a mother eats vegetables before giving birth, the child is also exposed to the taste of vegetables. This may help children accept and enjoy vegetables more easily as they grow up.

1. (1)

a) After

b) Before

c) According to

d) In case

2. (2)

a) Therefore

b) In addition

c) However

d) Because

英語の復習問題

Exercise 1: 下記の英語表現の意味を線でつなぎましょう。

- | | | | |
|--------------------|---|---|----------|
| 1. benefits | • | • | 問題 |
| 2. patient | • | • | さらに |
| 3. issue | • | • | ~に対応して |
| 4. in response to~ | • | • | 利益、利点 |
| 5. according to~ | • | • | 解決策 |
| 6. solutions | • | • | 患者(かんじゃ) |
| 7. furthermore | • | • | ~によると |

Exercise 2: Exercise 1 の表現を使って、下記の日本語を英語で書きましょう。

1. スマートフォン(Smartphones)はたくさん利点もあるが、問題もある。

While smartphones has a lot of benefits and issue,

2. その問題に対応して、私たちは解決策を考えるべきだ。

(It) (will) (be) the (issue), we have to think of (solutions)

3. さらに、医者によると、もしその患者たちがスマートフォンを使い続けると、健康に悪い。

(Furthermore), (according) (to) the doctors, if the (patient,) keep using the smartphones, it is bad for their health.

Exercise 3. 関係代名詞 (主格の who と which)

2つの文を who または which を使ってつなぎましょう。

1. There are many children. Many children dislike vegetables.

There are many children who dislike vegetables.

2. There are some birds. Some birds can speak English words.

There are some birds who can speak English words.

3. I have a friend. My friend lives in Osaka.

I have a friend who lives in Osaka.

4. I have books. My books are interesting.

I have a books which are interesting.

ライティングの宿題 (ペットについて)

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

First, it has a lot of cost.

That is, people can save their life. For example, my mom was

small, my mom said it is sad to see pet almost kill and my mom buy that dog.

Second, people can get health.

People who buy pets can pay money

and also health food. For these reasons,

I agree some people spend a lot of money on their pets.

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

Cycling is an excellent way to keep fit because it is good for the health.

It might be difficult to ride a bicycle when it is raining heavily or snowing.

Also, some place could be dangerous to ride, like narrow roads or roads.