

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)

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