



vegetables such as zucchini, eggplant, tomatoes, and fava beans that may \*reduce the risk of heart \*disease and \*colon cancer. Also on the table: homemade cheese and wine that Tonino still makes from his homegrown grapes.

## OKINAWANS

Since I last visited Ushi five years ago, she has taken a new job, tried to run away from home, and started wearing \*perfume. Normal for a young woman, perhaps, but Ushi is 103. When I ask about the perfume, she jokes that she has a new boyfriend, then puts a hand over her mouth and give a long heartwarming laugh.

When she's not watching sumo wrestling on TV, Yasu Itoman, 100, gets her own exercise by growing onions, tomatoes, carrots, and other herbs and vegetables in her garden. Her homegrown vegetables give her natural \*antioxidants that may help \*prevent cancer.

“Okinawans have \*one-fifth the heart disease, one-fourth the \*breast and prostate cancer, and one-third less mental health problems than Americans,” says Craig Wilcox of the Okinawa Centenarian Study. What's the key to their success? “Ikigai certainly helps,” Wilcox says. The word means “reason for living” and it may help to prevent stress and diseases such as high blood pressure.

Okinawans have a low-calorie diet. “A full plate of Okinawan vegetables, tofu, miso soup, and a little fish or meat contains fewer calories than a small hamburger,” says Makoto Suzuki of the Okinawa Centenarian Study. “And it will have many more healthy \*nutrients.”

*World English* (HEINLE CENGAGE Learning 一部改)

(注) gene 遺伝子 expert 専門家 Sardinia サルジニア島 (イタリア) diet 食事  
factor 要因 reduce ~を減らす disease 病気 colon cancer 結腸ガン perfume 香水  
antioxidant 抗酸化物質 prevent ~を防ぐ one-fifth 5分の1  
breast and prostate cancer 乳ガンと前立腺ガン nutrient 栄養素

問1 下線部①の指し示すものを日本語で具体的に答えなさい。

問2 下線部②の質問に対するサルジニア島に関するいくつかの答えを以下のようにまとめました。(1)～(3)内に適切な語を本文中から抜き出ささい。(3)は大文字で書き始めること。

In Sardinia, men work in the hills, having a ( 1 ) life while women take care of the ( 2 ) and the money. What they eat is also important. ( 3 ) fruits and vegetables, which they usually eat, reduce the risk of some serious diseases.

問3 下線部③と同じ意味で使われている1語を、本文中から抜き出ささい。

問4 次のア～エの英文のうち、本文の内容に合っているものにはTを、合っていないものにはFを記入しなさい。

ア. Many people in Sardinia live longer than people living in other parts of the world.

イ. The only reason Sardinians live long is that they have a stress-free life.

ウ. Yasu in Okinawa has a new boyfriend.

エ. Americans have more heart disease than Okinawans.

問5 次の質問に英語で答える場合、( )内に適当な単語を入れなさい。(2)は算用数字で答えなさい。

(1) Who lives longer in America?

( ) live longer than ( ).

(2) How old was Ushi when the writer last visited Okinawa?

She was ( ) then.

(3) What does Yasu Itoman do when she's not watching sumo wrestling on TV?

She ( ) ( ) ( ) ( ).

問6 本文から読み取って、沖縄の人々の良い生活習慣とその効果について、以下の表を完成させなさい。

良い生活習慣	その効果
自家栽培の食材を食べる	( ① )
( ② )	ストレスや高血圧を防ぐ
( ③ )	より多くの健康的な栄養素を摂ることができる

Ⅲ. Yuka は夏休みにニュージーランドへ短期留学をしています。現地の John 先生と Yuka が話をしています。

対話文を読み、各設問に答えなさい。(\*の語には注釈がある。)

John: Hi, Yuka. Well, one week has passed since you arrived in New Zealand. How is your host family? Are you enjoying your stay so far?

Yuka: Yes! I'm enjoying it very much, thank you. My host family is really kind to me. My host mother cooks well, and my host father can speak a little Japanese, so he sometimes helps me. My host sister, Mary, is as old as I am, and we enjoy talking every day. The family has two cute cats, and I was surprised because the family also has some cows and sheep.

John: Sounds great! It is common to have cows and sheep in New Zealand. So tell me, what did you do last Sunday?

Yuka: Mary took me hiking. The path was \*steep and we walked for two hours. It was hard, but on the way, I saw beautiful birds, cows and a waterfall. Those things made me feel relaxed.

John: It sounds like you went "tramping." Tramping has a special meaning for people in New Zealand. It's like hiking, but it is harder and usually means an overnight or longer trip. Sometimes people take sleeping bags and stay in a \*hut.

Yuka: "Tramping." That's so interesting. Do you know any other words which are only used in New Zealand?

John: Let me think... Have you ever heard New Zealand people saying "Ta"?

Yuka: Yes, I have. I often hear "Ta" but I didn't understand the meaning.

John: "Ta" means "Thank you".

Yuka: Really? I didn't know that. Now, I can understand and will try to use it.

John: Many countries around the world use English as their main language. America, Canada, the UK, Australia, and New Zealand are a few examples. But they don't speak exactly the same English. The words, \*expressions, and \*pronunciation are different. Learning a country's unique expressions and words helps you know its culture.

Yuka: I see. I know I have to learn more \*vocabulary, but it is difficult.

John: There are many ways to learn new words, but I'll tell you one that you probably don't know.

Yuka: What is that?

*John:* \*Etymology. It is the study of the history of words. Many English words have \*roots from \*Latin and \*Greek. For example, you know the word “bicycle”, don’t you? Actually, “bi” means “two” in Latin, and “cycle” means “circle” in Greek. Then, you can imagine that “bicycle” is a thing which has two circles. Another example is “triangle”. “Tri” means “three” in Latin, so you can \*guess that a “triangle” is a thing which has three \*angles. In this way, even if you see English words you don’t know, you can guess their meanings from their roots.

*Yuka:* That’s interesting! Please tell me more examples.

*John:* Sure. “Uni” means “one”, “aqua” means “water”, “ped” means “feet”...

*Yuka:* Oh, no, it’s five o’clock now. I have to go home. Could you teach me again tomorrow?

*John:* Of course. Shall we meet at the cafeteria at 2 o’clock?

*Yuka:* OK. Ta! See you tomorrow!

(注) steep 険しい hut 山小屋 expression 表現 pronunciation 発音 vocabulary 語い  
etymology 語源学 root 根 Latin ラテン語 Greek ギリシャ語 guess 推測する  
angle 角

問1 (1) ~ (5) までの英文が本文の内容と一致するように、適切なものを1つずつ選び、記号で答えなさい。

(1) Yuka is doing a homestay in New Zealand with \_\_\_\_\_.

- ア. host parents, their son and a cat
- イ. a host father who can’t speak Japanese
- ウ. a host sister who is the same age as her
- エ. a host mother who likes to cook Japanese food

(2) On Sunday, Yuka \_\_\_\_\_.

- ア. went tramping alone, and she felt bored and tired
- イ. went tramping alone, but she enjoyed it because the scenery was beautiful
- ウ. went tramping with Mary, so she was happy and didn’t feel tired
- エ. went tramping with Mary, and she felt relaxed because the scenery was beautiful

(3) Tramping is \_\_\_\_\_.

- ア. almost the same as hiking but can be harder
- イ. just the same as hiking
- ウ. very different from hiking
- エ. much easier than hiking

(4) You can say “Ta” when \_\_\_\_\_.

- ア. you are very angry
- イ. you are very sad
- ウ. your friend helps you
- エ. you go to bed

(5) John will meet Yuka again \_\_\_\_\_.

- ア. to talk about English-speaking people
- イ. to talk about English grammar
- ウ. to talk about English pronunciation
- エ. to talk about English etymology

