

第1問～第4問まではマークシートに解答しなさい。[]内の数字はマークシートの解答番号を示しています。該当する解答番号の解答記入欄に答えをマークしなさい。

第1問 次の問い(問1～5)について 空所[1]～[5]に入れるのに最も適切なものを、それぞれ下の**選択肢**①～④の中から1つ選びなさい。

問1 She is known [1] her kindness.

- ① for ② with ③ as ④ by

問2 The news [2] a surprise to everyone.

- ① had ② was ③ were ④ have

問3 He [3] with his brother after many years of disagreement.

- ① locked on ② made up ③ caught on ④ looked up

問4 They won't come [4] they haven't been invited.

- ① since ② until ③ unless ④ even though

問5 It's often the [5] that the person who goes first wins.

- ① time ② rate ③ case ④ blame

第2問 次の問い(問1～5)について、与えられた日本語の内容になるように、それぞれ下の**選択肢**①～⑤の語句を空所に入れて、最も適切な文を完成させなさい。ただし、**空所**[6]～[15]に入るもののみを答えなさい。また、文頭にくるものも小文字にしてあります。

問1 それを試す機会さえあればいいのになあ。

_____ **[6]** _____ **[7]** _____ to try it.

- ① only ② had ③ I ④ the chance ⑤ if

問2 スタッフが全てのチケットを順次チェックします。

A staff member will check _____ **[8]** _____, _____ **[9]** _____.

- ① the tickets ② another ③ after ④ all ⑤ one

問3 若い頃、彼は地下鉄を使っていた。

_____ **[10]** _____ **[11]** _____ when he was young.

- ① to ② he ③ the subway ④ used ⑤ use

問4 丘の上の古い家は幽霊が出ると言われている。

The old house on the hill _____ **[12]** _____ **[13]** _____.

- ① said ② haunted ③ is ④ be ⑤ to

問5 こういうことは早めに教えてくれると有難いのだけれど。

_____ **[14]** _____ **[15]** _____ you told us these things earlier.

- ① if ② it ③ would ④ appreciate ⑤ we

第3問 次の問い(問 1～5)について、空所[16]～[20]に入れるのに最も適切なものを、それぞれ下の選択肢①～④の中から1つ選びなさい。

問1 A: What did you think of the new restaurant?

B: [16]

A: That's terrific!

B: I know, I couldn't have expected more.

- ① Honestly, I was quite disappointed with it.
- ② The service was incredibly slow.
- ③ I didn't get a chance to try it.
- ④ I can't remember the last time I had such a great meal.

問2 A: Did you have fun at the dinner party last night?

B: Yes. The food and company were excellent.

A: [17]

B: It was a really great time. You missed out.

- ① I'm so glad I was able to attend.
- ② I wish I could have joined.
- ③ It was fantastic, wasn't it?
- ④ It was so nice to see you there.

問3 A: Have you been going to the gym these days?

B: I've been planning to, but I don't have a lot of motivation right now.

A: [18]

B: Thanks. Having a training partner may help a lot.

- ① It has to be either Saturday or Sunday.
- ② Don't give up. I'm sure you'll have more time soon.
- ③ I can accompany you this weekend if you like.
- ④ Do you need my help in translating? I can help anytime.

問4 **A:** Are you enjoying your new role at work?

B: [19]

A: I'm sorry to hear that.

B: But it's been a great learning experience.

- ① Yes, it's challenging but rewarding.
- ② It hasn't been that difficult for me at all.
- ③ No, I miss my old job.
- ④ I haven't started yet.

問5 **A:** How do you stay productive at work?

B: [20]

A: Really? Is it difficult to refocus?

B: Not really. Frequent rest time helps me refresh.

A: I should try that, too.

- ① It's easy for me as I really enjoy my job.
- ② I try to concentrate for as long as possible.
- ③ I listen to inspiring audio all day.
- ④ I make sure I take regular breaks.

第 4 問 次の英文を読んで、空所 [21]～[30] に入れるのに最も適切な語句を、それぞれ後の
選択肢 ①～④の中から 1 つ選びなさい。

Forgetting to do or to say things happens to all of us sometimes.

Have you ever walked into a room and realized you can't remember what you were looking for? We tend to do this more when we are thinking of a few things at once or doing two things at the same time. Have you ever crossed the road while chatting to a friend at the same time, or walked across a room while tapping away on a tablet or phone? That's dual-tasking, which involves handling two tasks [21].

[22] we get older, everyone does it and we tend to get better at it and learn new abilities. But while our brain is a truly amazing computer—more powerful than any real computer—it can only use so much mental energy at one time.

Think of your brain as a power station, providing electrical energy to a number of cities. If some cities cry out for a lot of energy (by having all their light switches on), other cities would have less power to work [23]. There's only so much [24] to go around.

In the same way, your brain only has so much energy to share around at any one time. Younger kids have small brains and have less mental energy [25] than older kids. In the same way, a teenager's brain is less mature than an adult brain.

Now, this brings us back to the question of forgetting things. An older (and more experienced) brain means more mental energy to share between tasks. For young kids, managing two tasks at once is possible. However, some studies suggest that it can be a little more difficult for younger kids compared with older kids.

[26] is behind this? The power station in their brain is a little smaller and is not producing quite the same amount of energy as older kids. The more we develop our [27] (like riding a bike, playing a sport, or baking a cake), the better we are at doing another task at the same time.

For a very talented sportsperson (like a footballer), juggling a football while having a chat with a friend would be easy. Their football abilities are so automatic that they don't need much mental energy to do it, leaving more for other things. [28], for someone who is just learning, juggling a ball may require a lot of mental energy just by itself. There is not much left for holding a conversation.

So, why do I sometimes forget to say something before I say it? The answer is you are likely to have been “dual-tasking” just before speaking. It might have been because you were thinking about the words you wanted to say and something else at the same time. Or maybe you were [**29**] listening while trying to think of what to say. Sometimes, your brain just can’t do two complicated things at once. You might not have enough mental energy in that moment.

Forgetting things is normal for everyone and can happen when you are doing too many things at once. When it happens to you, take a deep breath and relax! Perhaps those words will come back to you later when you [**30**] your head and get more energy.

[出典 <https://theconversation.com/curious-kids-why-do-i-sometimes-forget-what-i-was-just-going-to-say-116663> 改変あり]

<https://theconversation.com/curious-kids-why-do-i-sometimes-forget-what-i-was-just-going-to-say-116663>

選択肢

[21]: ① respectively ② previously ③ simultaneously ④ deliberately

[22]: ① As ② Though ③ Since ④ While

[23]: ① over ② through ③ for ④ with

[24]: ① electron ② electricity ③ election ④ element

[25]: ① available ② acceptable ③ considerable ④ comfortable

[26]: ① Why ② When ③ What ④ Where

[27]: ① chores ② skills ③ games ④ habits

[28]: ① In the same way ② In the meantime ③ On top of that ④ On the other hand

[29]: ① concentrating on ② relying on ③ corresponding with ④ agreeing with

[30]: ① confuse ② claim ③ clear ④ compete

第5問 次の英文を読み、以下の問い（問1～6）に対して**記述用解答用紙**に解答しなさい。

Did you know that your body has its own internal network of clocks? These biological clocks help you feel alert during the day, hungry at mealtimes, and sleepy at night. Keeping your body's daily cycles, or circadian rhythms, in harmony is important for your health.

“《 **A** 》,” explains Dr. Michael Sesma, an expert in circadian biology. “They affect almost every part of your body in one way or another. Learning how the rhythm is generated is critical for understanding health.”

Our natural daily rhythms are regulated by the sun. A “master clock” in the brain receives direct input from the eyes and coordinates all the biological clocks in the body. During the day, (ア) () (●) () (●) () (●), boost your heart rate, and give you energy. In the evening, when less light enters your eyes, it triggers production of a hormone called melatonin. (イ) メラトニンは眠る準備ができたと感じさせ、眠りを持続させる手助けとなる。

“Many of your body's functions and normal daily activities—like sleeping, waking, eating, and going to the bathroom—are patterned around this 24-hour cycle,” Sesma explains.

Your biological clock's “settings” are determined by specific genes. These settings can affect body temperature, blood pressure, activity level, inflammation (your body's protective response to injury or infection), fertility (your ability to have babies), mood, and brain functions. Even the timing of health-related events can be linked to your biological clocks. For instance, heart attacks are more likely to occur early in the morning, when the level of a hormone called cortisol starts its daily rise. Cortisol is a hormone your body 【 あ 】 when you're stressed.

《 **B** 》. Researchers have found that consuming food later in the day, closer to when melatonin is produced, can disturb the body's natural rhythms. (ウ) **This can lead to increased body fat and weight gain.** These are often associated with overweight, heart disease, and diabetes (a disease where the body can't control blood sugar levels).

Time of day has also been 【 い 】 to impact the effectiveness and side effects of certain medications, including those used to treat cancer.

《 **C** 》. “Our around-the-clock society creates challenges for our internal clocks,” Sesma says. “There are lots of modern situations that can interfere with our rhythms, and some may contribute to health problems.”

For instance, shift workers who must be on the job after the sun goes down 【 う 】 with their biological clocks. They may be tired at work and find it difficult to sleep or remain asleep during the day after work. Studies show that shift workers have increased risk for heart disease, upset stomach, cancer, depression, and other health problems.

Traveling across time zones can also confuse your circadian rhythms. The brain has difficulty 【 え 】 when the time of day suddenly changes. The result is jet lag.

“Researchers are considering time of day and how to coordinate with the body’s clocks in all aspects of health, even the best time to have surgery on specific parts of the body,” Sesma says. These studies may open the door to new insights for a range of clock-related disorders, from sleeping trouble and jet lag to diabetes.

[出典 <https://newsinhealth.nih.gov/2018/04/tick-tock-your-body-clocks> 改変あり]

NIH News in Health

問 1 空所《A》～《C》に入れるのに最も適切なものを、それぞれ下の**選択肢 (1)～(4)**の中から1つ選び、**番号**で答えなさい。ただし、同じものを複数回用いないこと。

- (1) Be aware of how you may be altering your circadian rhythms
- (2) Focus on how circadian rhythms can change our social problems
- (3) Circadian rhythms are big influencers in the body’s natural processes
- (4) Circadian rhythms can also impact eating, digestion, and the body’s energy system

問 2 下線部(ア)の空所に下記の語句を並べかえ入れ 最も適切な文にすると、**2 番目**、**4 番目**、**6 番目**にくるものを、それぞれ下の**選択肢 (a)～(f)**の中から選び、**記号**で答えなさい。ただし、同じものを複数回用いないこと。

During the day, (ア) (●) (●) (●), boost your heart rate,....

- | | | |
|----------------------------|--------------------|----------------------|
| (a) sends signals | (b) keep you awake | (c) that will help |
| (d) to other brain regions | (e) the clock | (f) to make hormones |

問 3 下線部(イ)を **英語** にしなさい。

問 4 空所【あ】～【え】に入れるのに最も適切なものを、それぞれ下の**語群**の中から1つ選び、**必要であれば適切な形に変えて**答えなさい。ただし、同じものを複数回用いないこと。

show	adjust	release	struggle
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問 5 下線部(ウ)を **This** の具体的な内容がわかるように、**日本語** にしなさい。

問 6 本文の内容と**合わない**ものを、下の**選択肢 (1)～(5)**の中から**2つ**選び、**番号**で答えなさい。

- (1) Maintaining balanced circadian rhythms is vital for staying healthy.
- (2) In the evening, light levels increase, and your body produces melatonin.
- (3) Many of your body’s functions follow a 24-hour cycle.
- (4) Studies show that shift work has nothing to do with health problems.
- (5) Researchers are studying how the time of day affects health and surgeries.