

令和 7 年度

一 般 選 抜 (I 期) 問 題

試験日 2月2日

英 語

試験開始までに下記の注意事項をよく読んでください。

注 意 事 項

- ① 試験開始の合図があるまで、問題冊子を開いてはいけません。
- ② 開始の合図後、解答用紙に「氏名」、「個人番号」を記入すること。
- ③ 受験票、筆記用具以外は、机の上に置かないこと。
- ④ 受験票は机の上に貼付してある「個人番号」の手前に置くこと。
- ⑤ 記述解答で、字数の指定がある問題では句読点は1字として数えること。
- ⑥ 試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁及び解答用紙の汚れ等に気付いた場合は、手を挙げて監督者に知らせること。
- ⑦ 試験中は退席しないこと。(気分が悪くなった場合は、手を挙げて監督者に知らせること)
- ⑧ 試験終了後、この問題冊子は持ち帰ること。

I. 次の英文を読み、設問（1～9）に答えなさい。

One of the most trending topics nowadays is how to maintain a healthy diet. Eating well varies from person to person, influenced by individual needs and preferences. Let's begin by defining what healthy and unhealthy foods are, and then discuss how to achieve a balanced diet.

Healthy foods generally include items rich in important elements such as vitamins, minerals, and fiber. Examples of healthy foods include fruits like apples and oranges, which are full of vitamins and health benefits. Vegetables such as spinach and cabbage are rich in iron and vitamins A and C. Chicken and fish are excellent sources of important fats and lean protein^{*1}. Contrary to common beliefs, some foods traditionally viewed as unhealthy can actually be part of a healthy diet. For instance, sweet potatoes are often thought to be high in sugar, which is true, but they also provide essential elements like calcium and potassium^{*2}. These components are important for daily body functions and maintaining overall health.

Unhealthy food typically refers to items containing excessive amounts of sugar, salt, or saturated fats^{*3}. Common examples include processed snacks, sugary desserts, and fast food. While it's often suggested to avoid these foods, complete non-use isn't necessary. Moderation is key. The amount of food consumed and how often it is eaten largely determines its impact on our health. (ア), consuming a juicy burger daily can lead to significant weight gain and increase the risk of health issues such as high cholesterol^{*4}, increased blood pressure or heart disease. On the other hand, eating a burger once a month is unlikely to have the same negative effects.

Having a balanced diet means eating less sugar, salt, and unhealthy fats while increasing the amount of fruits, vegetables, whole grains, and lean proteins. This approach helps maintain healthy weight levels and reduces the risk of chronic diseases^{*5}, thereby improving overall health. Additionally, understanding the importance of hydration^{*6} and food variety improves dietary balance. Drinking at least eight glasses of water a day helps with digestion and keeps skin healthy.

In conclusion, by focusing on foods rich in important elements and controlling portion sizes, individuals can enjoy a varied diet that supports all aspects of health. Eat well, be healthy, and enjoy your life.

(注) lean protein^{*1}: 脂肪分の少ないタンパク質 potassium^{*2}: カリウム
saturated fat(s)^{*3}: 飽和脂肪 cholesterol^{*4}: コレステロール
chronic disease(s)^{*5}: 慢性疾患 hydration^{*6}: 水分補給

設問 1 下線部(1) Contrary to と最も近いものを、下の選択肢 (1～4) のうちから一つ選び、番号で答えなさい。

1. same as
2. different from
3. following up
4. in conclusion to

設問 2 下線部(2)を日本語に訳しなさい。

設問 3 本文中の下線部(3) sweet potatoes はここでは何の例として挙げられているか。下の選択肢 (1～4) のうちから一つ選び、番号で答えなさい。

1. Healthy Food
2. Junk Food
3. Local Food
4. Traditional Food

設問 4 本文中の空欄 (ア) に入れるのに最も適切なものを、下の選択肢 (1～4) のうちから一つ選び、番号で答えなさい。

1. On the other hand
2. For example
3. However
4. Moreover

設問 5 本文中では、一週間に何杯の水を飲むことが勧められているか。下の選択肢 (1～4) のうちから一つ選び、番号で答えなさい。

1. 8杯
2. 24杯
3. 40杯
4. 56杯

設問6 本文中に書かれていないことを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

- | | |
|------------------|--------------------|
| 1. Healthy Food | 2. Unhealthy Food |
| 3. Balanced Diet | 4. Exercise Habits |

設問7 以下の質問に対する解答として最も適切なものを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

The passage suggested that 'unhealthy food' should:

- | | |
|--------------------------|-------------------------------|
| 1. be used more often. | 2. never be used. |
| 3. be used with caution. | 4. be used with carelessness. |

設問8 以下の質問に対する解答として最も適切なものを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

According to the passage, what is the main difference between healthy and unhealthy foods?

1. Healthy foods contain less harmful fats.
2. Healthy foods have more sugar and salt.
3. Unhealthy foods have more vitamins and minerals.
4. There is no difference between healthy and unhealthy foods.

設問9 この文章の主題として最も適切なものを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

- | | |
|------------------------------|------------------------------------|
| 1. Why food is good for you | 2. Eating properly |
| 3. The story of food science | 4. Eating advice for sleeping well |

II. 次の設問（1～2）に、それぞれ算用数字で答えなさい。

設問1 The standard movie ticket costs 1,000 yen, while the premium ticket costs three and a half times this amount. How much does the premium ticket cost?

設問2 A school has 6 classes, each with 10 students. How many classes will the school need if it reduces the class size to 5 students?

Ⅲ. 次の会話文を読み、設問（1～5）に答えなさい。

Aya : Hey Dilan, what's with the backpack? Are you going somewhere?

Dilan : Yes, I'm heading to Egypt for my summer vacation.

Aya : Egypt? Are you planning a desert camping trip?

Dilan : No, that's actually a stereotype. While Egypt does have vast ⁽¹⁾ deserts, it also has modern cities and beautiful beaches. In fact, most Egyptians live near the Nile River.

Aya : I see, thanks for the information. So, what's on your itinerary?

Dilan : I'm going to relax on the beach in Alexandria, explore the Pyramids in Giza, and possibly take a cruise to Aswan. I'm also curious about the New Administrative Capital* .

Aya : Isn't Cairo the capital?

Dilan : Yes, but they're building a new administrative city.

Aya : That's interesting. By the way, are you traveling alone?

Dilan : I'm flying on my own but will meet a friend from Egypt there, and she'll return to Japan with me.

Aya : That sounds exciting! Keep me up to date, and I'll keep my fingers crossed ⁽²⁾ for a fantastic trip!

Dilan : Thank you. (ア)

(注) New Administrative Capital* : 新行政首都

設問 1 Dilan が説明している stereotype の意味として最も適切なものを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

1. A balanced view of a group or place
2. An accurate picture of a group or place
3. A simple positive idea about a group or place
4. An idea that might be incorrect about a group or place

設問2 会話文の内容と一致するものを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

1. Dilan is traveling to and returning from Egypt alone.
2. Dilan is traveling to Egypt with a friend and returning alone.
3. Dilan is traveling to and returning from Egypt with a friend.
4. Dilan is traveling to Egypt alone and returning with a friend.

設問3 下線部(1)vast と最も近いものを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

1. dry
2. huge
3. complicated
4. pretty

設問4 下線部(2)keep my fingers crossed の意味として最も適切なものを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

1. to hope for good luck
2. to make a promise
3. to show disappointment
4. to take a break

設問5 空欄（ア）に入れるのに最も適切なものを、下の選択肢（1～4）のうちから一つ選び、番号で答えなさい。

1. I'm interested in traveling.
2. I have no plans to go.
3. I'll let you know how it goes.
4. I don't think I can make it.

IV. 次の各文の空欄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）のうちから一つ選び、番号で答えなさい。

A. If I () in your place, I would accept that job offer.

1. have 2. am 3. were 4. had

B. I would like to visit the ABC museum. Do you know when ()?

1. it opens 2. it's opened
3. it's opening 4. it has opened

C. Nakamura, (), was selected to participate in a prestigious scientific meeting.

1. be a high school teacher 2. was a high school teacher
3. a high school teacher 4. a high school teacher and

D. His private business profit has doubled () it started.

1. since 2. for 3. by 4. at

E. I () never visited such a beautiful site before.

1. have 2. am 3. was 4. did

V. 次の日本語の意味を英語で表すのに適切な語を、空欄にそれぞれ一語入れなさい。

1. よかったら連絡先を教えてくださいませんか？

May I () for your contact information?

2. 最初は どうやってコンタクトレンズをつけたらいいのかわかりませんでした。

At first, I didn't know how to put () my contact lenses.

3. ヘルメットをかぶっていなければ工場には入れません。

You can't enter the factory () you wear a helmet.

4. その都市には非常に多くの日本人がいる。

The city has a very () Japanese population.

5. 私は映画よりもコンサートに行きたい。

I would () go to a concert than a movie.