

高校3年3組(理系クラス) 英語課題⑤

《5月18日発信》

みなさん、お元気ですか？こういう時にいろいろなことを考えることは大事です。それを文字にして書いてみることもストレス発散や勉強になります。後ろを向いては前に進めません！受験生としての自覚を持ち、やるべきことをしっかりとこなしてください。緊急事態宣言が解除される都道府県もありますが、油断大敵！手洗いうがい・マスクの着用を引き続き徹底していきましょう！いろいろな心配事や愚痴は学校が始まったらちゃ〜んと聞かからね(o^ー^o)♡

※この課題は高3理系生徒の課題です。文系の生徒は「高3文系英語課題」のファイルを確認しましょう。

CEⅡ	①Power Frame 850 答え合わせ(○つけ) やり方等は前回と一緒にです。 <small>答えは「PDFの模範解答」を参照</small> ②Power Frame 850 STEP09、14、20の Exercise A/B <small>イディオムの問題です。辞書使用可。第2回考査後に試験実施予定。</small> ③プレノート残りの1問・第2問A やり方等は前回と一緒にです。 <small>(プレノートが手元にない方は今はやらなくても大丈夫です)</small>
CEⅢ	『共通テスト英語 40分プレノート』第5回、第4問p6~8 Your are doing~内容をよく確認して、問題を解きましょう。(該当箇所は pdf をつけます)

英語会話・英会話はありません。

※質問等ありましたら、学校に電話(03-3467-1511)して各担当に確認してください。
(時間は1:00~3:30の間をお願いします。)

“Step by step. I can't see any other way of accomplishing anything.”

一歩一歩着実に。どんなことでも、何かを達成する場合にとるべき方法はそれ以外にはない。

by Michael Jordan

☆How to Wash your hands (Let's do it!)

1. Wet hands with water
2. Apply soap
3. Wash palms
4. Wash back of hands
5. Wash in between fingers
6. Wash fingertips
7. Wash under fingernails
8. Wash fingers
9. Wash wrists
10. Rinse thoroughly with water
11. Dry well with a clean towel



I think about you all the time...

You are doing research on eating habits. You found two articles.

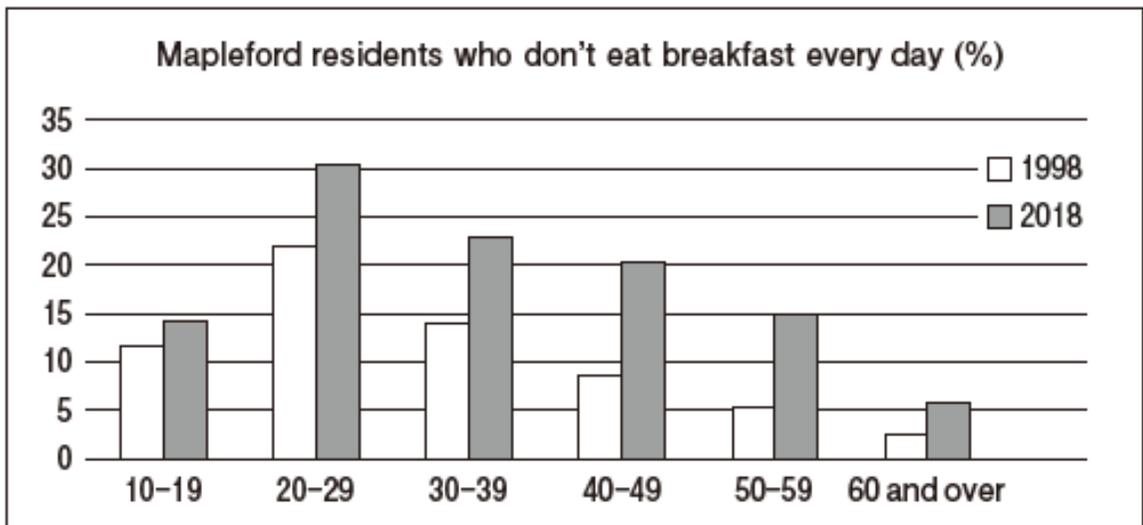
The Importance of Breakfast

by Josh Lane, Mapleford

March, 2019

I used to be someone who didn't eat breakfast. I preferred to lie in bed as long as possible, which meant I didn't have the time for it. Once, I mentioned to a university classmate how tired and hungry I was. She asked, "Did you make the mistake of not eating breakfast?" I wondered whether having breakfast was important or not, so I decided to research it. I discovered that eating in the morning is necessary to maintain a healthy weight, to memorize what you have just learned, and to perform your work or school tasks more skillfully.

This graph shows breakfast eating habits within twenty years in our town. The number of people in all age groups who do not eat breakfast has increased. As before, people in their twenties are the most likely to skip breakfast, and those over sixty are the least.



I believe there are several reasons for this situation. Firstly, many people spend ten or twenty minutes using social media or replying to work emails instead of eating. Also, younger people are worried about weight gain, so they choose not to eat, or to just have some juice. These unwise decisions not only lead to a lack of energy, but also mean that our blood sugar level becomes unstable, our blood pressure increases and we are unable to perform tasks well. People need to realize the dangers of not having breakfast, and they should put down their phones to make the time to have it.

A Response to “The Importance of Breakfast”

by Janet Regis, Mapleford resident

May, 2019

Reading Josh Lane’s article made me question my own eating habits. I know that eating breakfast is healthy, but like many people, eating so soon after waking up can make me feel a little sick. However, I was surprised that about 20% of people my age also don’t eat in the morning. This is more than twice as many as twenty years ago.

As Mr. Lane says, there are many reasons why we should try to eat breakfast. Having a meal in the morning helps to keep a regular biological clock, and getting energy from a healthy meal prevents us from reaching for a bar of chocolate at 11 a.m. This will enable us to stay healthy, and even might help us to lose weight.

I think I started skipping breakfast after watching my mother do the same. She told me to have breakfast, but she often didn’t eat it herself. As a child, I started to think that only children need breakfast. About 15% of teenagers skip breakfast: are they also copying their parents? If more people in their thirties and forties realized the health benefits of eating in the morning, they could pass on this knowledge to their children. Of course, now I must follow my own advice!

問 1 Neither Josh Lane nor Janet Regis mentions [6].

- ① avoiding snacks after skipping breakfast
- ② people skipping breakfast because they want to lose weight
- ③ personal reasons for not eating breakfast
- ④ the change in eating habits of people in Mapleford

問 2 Janet Regis is in her [7].

- ① 20s
- ② 30s
- ③ 40s
- ④ 50s

問 3 According to the articles, breakfast has good effects on people’s [8] and also their [9]. (The order does not matter.)

- ① ability to do well at their studies
- ② ability to keep a healthy weight
- ③ ability to keep a low blood sugar level
- ④ ability to study and work for longer periods

問 4 Josh Lane states that people [10], and Janet Regis states that they [11]. (Choose a different option for each box.)

- ① believe children and teenagers benefit from breakfast more than adults
- ② don’t often eat breakfast if they attend university
- ③ eat breakfast when they are children, but not when in their thirties or forties
- ④ tend to spend time online rather than eating a meal
- ⑤ watch their parents and feel it is okay to skip breakfast

問 5 Based on the information from both articles, you are going to write a report for homework. The best title for your report would be “[12].”

- ① Forget About Losing Weight and Have Breakfast Every Morning
- ② Get Enough Sleep, Wake Up Early and Make a Proper Breakfast
- ③ Start Your Day the Right Way by Eating a Meal
- ④ There Are More People Who Don’t Eat Breakfast Than Those Who Do