

R—英

2022 年度 入学 試験

英 語 試 験 問 題

注 意 事 項

1. 指示があるまで開かないこと。
2. 問題は 18 ページである。万一、落丁などがある場合は直ちに申し出ること。
3. 解答用紙は**解答用紙 A** (マークシート) と **解答用紙 B** (記述式) の 2 種類である。
4. 解答はすべて**解答用紙**に記入すること。
5. **解答用紙**には受験番号、氏名を忘れずに記入すること。
6. **解答用紙 A** (マークシート) の記入にあたっては、次の事項について注意すること。
 - ・ **HB** の鉛筆またはマークシートペンを使用すること。(シャープペンシルは不可)
 - ・ 解答用紙に記載の「**記入上の注意**」をよく読んでから記入すること。
7. 試験問題は持ち帰ること。

I 次の各空所に入れるのに最も適切なものを1つ選びなさい。(解答は解答用紙Aにマークすること)

1. How _____ of the students really understood yesterday's lecture?
 - a. many
 - b. much
 - c. numbered
 - d. only

2. These days, she spends a lot of time _____ books and magazines in English to build up her vocabulary.
 - a. read
 - b. reading
 - c. reads
 - d. to read

3. I could _____ believe it when they offered such a wonderful job to me.
 - a. anymore
 - b. hardly
 - c. most
 - d. seldom

4. Sophie had no choice _____ to leave the palace since the guard stood there to make sure she went away.
 - a. and
 - b. as
 - c. but
 - d. though

5. The picture made me vividly recall what _____ ten years before.
- a. had happened
 - b. happened
 - c. happens
 - d. have happened
6. It's a fact that _____ apples are going bad quickly.
- a. that
 - b. them
 - c. this
 - d. those
7. I know my sister has been studying very hard. So she should stop _____ about the examination next week.
- a. to worry
 - b. worries
 - c. worry
 - d. worrying

II Read the conversation between two classmates, Ami (A) and Bania (B), on the first day of class. Then choose the best answer to each of the following questions. (解答は解答用紙Aにマークすること)

A : So Bania, are you ready for the new semester to start? I'm excited!

B : Not ^①_____, Ami. I still need to get the textbook for our Oral English class. Have you bought yours yet?

A : Yes, I ordered it online. But since our teacher told us we could also get it at the University bookstore, you could just ^②_____ there today.

B : Right. I'm not sure which is better, getting it at the bookstore or buying it online.

A : I like ordering things online. It's so convenient! I really like that it comes right to my door. I suppose it's a question of which you are most comfortable ^③_____.

B : Actually, browsing in a bookstore is one of my favorite things to do. I love ^④checking out all the new titles. My favorite bookstore even has a coffee shop inside, and I can have something to drink while I look at my new purchase. But I have enough books to carry home today ^⑤as it is. One less textbook in my bag would be nice. I guess it depends on how soon we need it.

A : Right. That reminds me. Remember that the teacher mentioned the worksheet at the ^⑥_____ of the book? We're supposed to do it for homework by next week, and if you get the book today, you can start on that right away. But since I've ordered the book online, I'll have to wait until it arrives to do the homework. I hope it gets here soon so I can ^⑦turn it in on time.

B : I see. It might be a bit of a problem if it takes a while to arrive.

A : Yeah, but even though I have to wait for it, ordering online is a ^⑧_____ deal.

B : Wait, do you know what the difference in the price is?

A : Yes, I checked before I decided. The bookstore copy is around 3,800 yen, and the one I got online is 2,000 yen. That's really why I decided to _____ that.

B : Oh wow, that _____ it then. I'm ordering it online, too.

〈設 問〉

1. Which of the following best fits in _____?

- a . often
- b . really
- c . right
- d . true

2. Which of the following best fits in _____?

- a . drop by
- b . fall in
- c . go to
- d . step on

3. Which of the following best fits in _____?

- a . for
- b . in
- c . to
- d . with

4. Which of the following means the same as the underlined phrase checking out?^④

- a . buying
- b . leaving
- c . looking at
- d . searching for

5. Which of the following means the same as the underlined phrase as it is?^⑤

- a . already
- b . before I go
- c . on my way
- d . previously

6. Which of the following best fits in _____?^⑥

- a . back
- b . bottom
- c . cover
- d . supplement

7. Which of the following means the same as the underlined phrase turn it in?^⑦

- a . finish doing it
- b . hand it to the teacher
- c . show the reverse side
- d . start the work

8. Which of the following best fits in _____?
⑧

- a . better
- b . bigger
- c . higher
- d . stronger

9. Which of the following best fits in _____?
⑨

- a . follow up
- b . go with
- c . pick over
- d . take on

10. Which of the following best fits in _____?
⑩

- a . breaks
- b . chooses
- c . settles
- d . stops

Ⅲ 次の英文を読んで設問に答えなさい。(右上に数字を付した語句には、本文の後に注があります。)

Each year, young adults spend more and more time on their smartphones. In 2018, they averaged 3 hours and 40 minutes focused on their devices each day. In 2019 that figure climbed to 4 hours and 30 minutes. According to research by Larry Rosen, Professor Emeritus at California State University, Dominguez Hills, this year they're on track to break five hours.

"It's become kind of an appendage¹ to people," Rosen says.

He suspects the COVID-19² pandemic has only exacerbated³ the trend. But, its roots trace back to the addictive⁴ nature of the devices. Largely by design, the features that make smartphones convenient and fun also let them hijack the brain's reward and attention systems.

Addictive by Design

Enjoyable activities, from watching Netflix to gambling, switch on the brain's "reward pathway," flooding the brain with the feel-good chemical messenger dopamine⁵. Any dopamine-producing activity can lead to "behavioral addiction⁶," when a person feels compelled to engage in a behavior to the point that it hurts their health, work, or relationships.

Smartphone use falls into that category, according to psychiatrist Anna Lembke, Chief of the Stanford Addiction Medicine Dual Diagnosis Clinic. Texting friends, swiping dating profiles, even checking email, can all be engaging enough that they keep bringing users back for more. "That's the sign of an addictive drug," Lembke says. "It just draws people in."

Services like Facebook and YouTube make use of our attention and engagement to sell advertisements or otherwise attract funding. "It's happening not by accident, but by design," said Tristan Harris, a former Google design ethicist⁷ who co-founded the Center for Humane Technology, during testimony⁸

before the Senate Commerce Committee⁹ in 2019. “The business model is to keep people engaged.”

To attract and hold attention, application engineers employ techniques familiar to anyone who’s set foot in a casino. One strategy is to remove cues that might wake a user from their fantasy. Where casinos lack clocks or windows, social feeds lack limits. “If I take the bottom out of the glass,” Harris said, “you don’t know when to stop drinking.”

Harris also cites the “pull to refresh” feature, which may or may not reward the user with new email messages or Instagram photos. In pathological gamblers¹⁰, uncertainty drives bigger dopamine spikes than money. That is, anticipating a reward is more enjoyable than actually receiving the reward. A similar mechanism may be at play when smartphone users refresh an application, betting seconds of their time on the possibility of new content.

Similarities extend even to appearance. Like casinos, home screens are bright and colorful. A smartphone has the “flashing lights, the colors, the whistles and bells,” Lembke says. “Even when we try to disengage, it’s hard.”

Attention Deficits

While smartphone use can become problematic, behavioral addiction falls on a spectrum¹¹. Like watching TV or even gambling, most people can indulge themselves in moderation without any negative effects.

Still, there are good reasons to disengage. In 2014, neuroscientist¹² Abraham Zangen took advantage of a brief window at the dawn of the smartphone era to compare smartphone-owning college students with students who hadn’t yet adopted the technology.

The heaviest users had more trouble focusing than non-users, scoring roughly five to ten percent higher on tests of attention deficit disorder. They also had diminished activity in the right prefrontal cortex¹³, an area of the brain that regulates attention and self-control.

“Your attention is being distracted very, very often,” says Zangen, a professor at Ben-Gurion University of the Negev in Israel.

The Rules of Disagreement

By offering unlimited communication, knowledge, and entertainment literally at the tap of an icon, smartphones have become essential appliances for billions of people. The question users now face is how to take advantage of the devices’^(B) benefits while minimizing the penalties.

To disengage from devices, advice varies. One strategy is to de-casino the phone as much as possible. Many experts recommend turning off all nonessential notifications, for instance, or even stripping the screen of color to make the device less appealing.

Lembke recommends periods of not using the device—up to a month if possible, but at least one day a week. She believes such phone vacations might “reset” the reward pathway, letting our brains recover from technology’s easy and regular dopamine hits, at least for a time.

But reports of effectiveness are entirely anecdotal¹⁴. Rosen has been studying various strategies with his students, such as disabling notifications for social media and hiding addictive applications. But the gains are modest, he says, and evaporate when the students resume normal use.

To Lembke, the greatest danger of smartphones isn’t impaired attention or behavioral addiction but how the devices keep us from “being fully present for the people around you, whether it’s at a meal or a meeting or with your children,” Lembke says. “I think there’s a slow erosion of human connection.”

[Adapted from Charlie Wood, “How Smartphones Hijack the Brain” *BrainFacts*, January 8, 2021,

<https://www.brainfacts.org/neuroscience-in-society/tech-and-the-brain/2021/how-smartphones-hijack-the-brain-010821>]

(注)

- 1 appendage 付属品
- 2 COVID-19 新型コロナウイルス感染症
- 3 exacerbate 悪化させる
- 4 addictive 中毒性の, 常習性のある
- 5 dopamine ドーパミン(脳で分泌される神経伝達物質)
- 6 behavioral addiction 行動嗜癖(有害な結果がもたらされるにもかかわらず, 特定の行動から抜け出すことのできない依存状態)
- 7 design ethicist デザイン倫理担当者(製品やサービスのデザインについて, その倫理性を検証し監督する役割)
- 8 testimony 証言
- 9 the Senate Commerce Committee (米国の)上院商務委員会
- 10 pathological gamblers 病的なギャンブラー, ギャンブル依存症の人
- 11 fall on a spectrum 程度は様々である *spectrum 範囲・幅
- 12 neuroscientist 神経科学者
- 13 prefrontal cortex 脳の前頭前野皮質
- 14 anecdotal 裏付けに乏しい

〈設問〉

1. ドーパミンについての説明として本文の内容と合うものを1つ選びなさい。
(解答は解答用紙Aにマークすること)
 - a. オンライン映画の鑑賞よりギャンブルをしている時の方が放出量が多い。
 - b. 生活の質を低下させるほどの行動を本人の意思に反してとらせることがある。
 - c. 脳内に蓄積された量により日常生活において表れる障害の種類が異なる。
 - d. 脳の活性化スイッチを働かせるには一定量が継続して放出される必要がある。

2. 下線部(A)がスマートフォンの利用者に影響力を持つと考えられるのはなぜですか。その理由として本文の内容と合うものを1つ選びなさい。(解答は**解答用紙A**にマークすること)

- a. 新しいコンテンツを期待してスマートフォンを使い続けるようにさせるから。
- b. 金銭を得た時と同じくらい多量のドーパミンを脳内に放出させるから。
- c. 多種多様な内容が常時アップデートされるため何が流行しているかわかるから。
- d. メールやインスタグラムの写真を瞬時に見ることができるため時間の節約になるから。

3. スマートフォンとカジノの共通点について、筆者が指摘している内容と合うものを1つ選びなさい。(解答は**解答用紙A**にマークすること)

- a. いずれも自分がどれだけの資金を投入したか即座にはわからないようになっていく。
- b. カジノで体験できるゲームがスマートフォンのアプリケーションにもある。
- c. カジノと同様にスマートフォンにも現実世界を忘れ没頭させるような仕掛けがある。
- d. スマートフォン依存症になる人はギャンブルにも依存する傾向がみられる。

4. 下線部(B)を日本語に訳しなさい。(解答は**解答用紙B**に記入すること)

5. スマートフォン依存から抜け出すためのアドバイスとしてLembkeが挙げているものを1つ選びなさい。(解答は**解答用紙A**にマークすること)
- 気分転換をはかるために休暇を取り旅行に行く。
 - 最低でも週に1日はスマートフォンの利用をやめる。
 - ソーシャルメディアの機能以外使えない設定にする。
 - 定期的に利用するアプリケーションの数を減らす。
6. Lembkeは、スマートフォンがもたらす最大の危険性は何だと述べていますか。30字以内の日本語で答えなさい。句読点も字数に含みます。(解答は**解答用紙B**に記入すること)
7. 本文の内容と合わないものを1つ選びなさい。(解答は**解答用紙A**にマークすること)
- スマートフォン依存が起こるのは、使用者の関心を持続させるように設計されているからだ。
 - スマートフォン依存を断ち切る方法が確立されてきたので、それを身につければ以後は健康的な生活が送れる。
 - 長時間のスマートフォンの使用が、集中力と自制をつかさどる脳の部位に悪影響を及ぼすことが実験で明らかになった。
 - メールを読んだり送ったりする日常の行為ですら、スマートフォン依存の原因となり得る。
 - 若者がスマートフォンを一日に利用する平均時間数は年々増加しており、2018年から2019年の間では50分増えた。

IV 次の英文を読んで設問に答えなさい。(右上に数字を付した語句には、本文の後に注があります。)

① Meal kits¹ provide a solution to multiple problems. People order fast-food or takeout and then feel guilty and worry about the excess calories. Others cook at home but are disappointed by their efforts to create quality meals, or aren't sure they have all of the ingredients² they need.

② Meal kits can be a solution for both these problems, and this has driven their popularity. They often provide a healthier alternative to fast food, come pre-portioned so there's no risk of overeating, and many providers of the kits or recipe boxes consult recognizable names in the food industry to produce their range of options. Meal kits also provide an easy solution to the "what's for dinner?" question and allow you to spend less time grocery shopping and meal-prepping. With all these benefits, however, not everyone is sold.^(A) A primary concern is the question of their environmental impact.

③ Waste in the U.S. is a huge problem. Here we can split it into two categories to help look at how meal kits contribute to the waste problem. America generated 42 million metric tons³ of plastic in 2016 alone. Packaging makes up a huge proportion of plastic waste and statistics from the Environmental Protection Agency show that around 75.4% of all plastics end up in landfills⁴, the worst possible outcome.

④ When it comes to food waste, the picture isn't much prettier. Food waste is estimated to be as much as 40% of the whole food supply according to research from USDA's⁵ Economic Research Service. Wasted food is considered the single largest category of material in all municipal landfills and much of this food could be used to help the millions in food poverty. Reducing food waste has become a focus and commitment of the government, as the USDA, EPA⁶ and the US Food and Drug Administration (FDA) signed a joint formal agreement to look to improve coordination and communication between federal agencies who

could minimize food waste. They are also committed to better educating Americans, so they understand the impact of every ingredient thrown in the trash.

⑤ Meal kits may not be the whole solution to either of these problems, but finding out their impact on both of these areas could help decide whether they're the right choice for you and your family.

⑥ Some of the first complaints about meal kits were around the packaging. There has been research carried out to analyze the packaging of meal kits. Many meal kits include a cardboard box for storage but also packaging to preserve all the ingredients, individual packing for different ingredients, linen materials, ice packs, recipe cards and more.

⑦ The Association for Plastic Recyclers found “each had more than two dozen different packages, including one with 31 different pieces of packaging.” Much of the packaging was also found to be plastic and many weren't recyclable. Another cause for concern with many meal kits is the ice packs they are delivered with. These are almost always non-recyclable because they contain chemicals which need to be disposed of safely and cannot be reused.

⑧ The issue of adding more non-recyclable plastics into the ecosystem is not something any meal kit company would want to take responsibility for. While many may not have found a solution to the problem yet, others have already made steps to show they are committed to a greener approach to their packaging and their business as a whole. ^(B)

⑨ Blue Apron, one of the biggest names in meal kits, says that around 85% of their packaging is recyclable by weight. This includes any rigid plastics, glass bottles, metal cans, molded fiber, cardboard boxes, and the plastic bags for their drain-safe ice packs. They've also partnered with How2Recycle⁷ to implement their labels on all packaging. Martha and Marley Spoon, a European brand teamed up with Martha Stewart, offers a highly-effective recycling program to ensure boxes are properly disposed of. This shows that brands who want to

make their products sustainable and eco-friendly can do so.

⑩ There are other eco-friendly boxes which ensure all their packaging is fully recyclable or even compostable⁸ in some cases.

⑪ Believers in the meal kit idea and the companies themselves regularly tell us they could play a key role in solving the huge food waste problem. Having looked at the figures, it's clear action is needed and the average American needs to find a way to minimize the roughly 30% of food thrown in the trash.

⑫ Convinced of meal kits' role in tackling food waste, research published in the journal *Resources, Conservation and Recycling* argues that average meals sourced from a store are responsible for 33% more greenhouse gas emission than the equivalent meal from a meal kit service.

⑬ The research suggests that the environmental benefits of meal kits can somewhat balance out the excessive packaging in some cases. It also found that meal kits can have a significant impact on food waste reduction because ingredients and portions are precisely measured.

[Adapted from Marc Lewis, "The Case for Meal Kits: Environment's Friend or Foe?" *EcoWatch*, March 8, 2021,

<<https://www.ecowatch.com/case-for-meal-delivery-kits-2650927816.html>>]

(注)

- 1 meal kits 料理に必要な材料とレシピがまとめて用意されている食材セット, ミール・キット
- 2 ingredients (料理などの)材料, 具
- 3 metric tons 重量の単位, (メートル法を使用している米国での表記法)トン
- 4 landfills 埋め立て処理
- 5 USDA United States Department of Agriculture 米国農務省
- 6 EPA Environmental Protection Agency 米国環境保護局
- 7 How2Recycle リサイクル可能な製品に共通のラベルをつけるプロジェクト
- 8 compostable 堆肥にできる

〈設 問〉

1. 段落①②で述べられているミール・キット人気の理由に合わないものを1つ選びなさい。(解答は**解答用紙A**にマークすること)
 - a. 買い物の時間を短縮できる。
 - b. カロリーを取り過ぎる心配が減る。
 - c. 高級レストランの味を手軽に楽しめる。
 - d. 献立を考える手間が省ける。

2. 下線部(A)と同じ内容を表すものを1つ選びなさい。(解答は**解答用紙A**にマークすること)
 - a. Everyone feels like buying meal kits.
 - b. Nobody worries about the price of meal kits.
 - c. People don't use meal kits at all.
 - d. Some people hesitate to buy meal kits.

3. 段落③④の内容に合うものを2つ選びなさい。(解答は**解答用紙A**にマークすること)
- a. 残飯とプラスチック容器は、分別して捨てなければならない。
 - b. 食品廃棄の削減に、政府機関はあまり関心を持っていない。
 - c. 食品を捨てるのは、町の美観を損ねる。
 - d. 廃棄される食品の多くで、食料不足に苦しむ数百万もの人々を救える。
 - e. プラスチックごみのうち、包装材が占める割合はきわめて少ない。
 - f. プラスチックごみの廃棄量は、2016年までで累積4200万トンに達した。
 - g. プラスチックごみの3/4以上が、最終的には埋め立て処理される。
4. 段落⑥⑦でミール・キットについて述べられている内容に合うものを1つ選びなさい。(解答は**解答用紙A**にマークすること)
- a. 食材ごとに包装されているため、包装材が多すぎる。
 - b. 段ボール箱で配達されるため、食材が傷みがちである。
 - c. 包装材のほとんどがリサイクル品である。
 - d. 保冷剤の再利用は不衛生である。
5. 段落⑧下線部(B)の説明として最も適切なものを1つ選びなさい。(解答は**解答用紙A**にマークすること)
- a. 環境に配慮した方策を取ること。
 - b. 環境保護団体に寄付すること。
 - c. 有機食材の利用を促進すること。
 - d. 緑黄色野菜を多く取れるようにすること。

6. 段落⑪⑫の内容に合うものを1つ選びなさい。(解答は**解答用紙A**にマークすること)

- a. 食品を廃棄する人は、地球環境に対する責任を感じていない。
- b. 平均的なアメリカ人は、食品廃棄を最小限にしようとしている。
- c. ミール・キットが食品廃棄問題の解決になると信じる人はいない。
- d. ミール・キットを利用する方が、温室効果ガス排出削減に役立つ。

7. 段落⑬の調査結果の内容に合うものを1つ選びなさい。(解答は**解答用紙A**にマークすること)

- a. ミール・キットの過剰包装は、深刻な環境問題を引き起こす。
- b. ミール・キットの過剰包装は、輸送時の環境負荷を助長してしまう。
- c. ミール・キットは口に合わないこともあるため、食品廃棄を助長してしまう。
- d. ミール・キットは必要な分量しか食材を提供しないので、食品廃棄削減に役立つ。

8. Do you want to buy meal kits? Or do you not want to buy meal kits? Explain the reason in about 5 sentences in English. (解答は**解答用紙B**に記入すること)