

## 英語

(50 分)

**Read the passage and answer the questions that follow.**

According to a new study, social media\* users are more likely to eat fruit and vegetables—or consume unhealthy food—if they think their friends do the same.

The research by Aston University's School of Life and Health Sciences (1) that people in the study ate an extra fifth of a portion of fruit and vegetables themselves for every portion they thought their social media friends ate. So, if they believed their friends got five portions of fruit and vegetables each day, (2) they were likely to eat an extra portion themselves. However, the Facebook users also consumed an extra portion of unhealthy foods and drinks for every three portions they believed their online social groups did. The results (3) suggest that we eat around a third more of unhealthy food if we think our friends also do so. The Aston University researchers said the results (4) provide the first evidence to imply that our online social groups could be secretly influencing our eating habits, with important suggestions for using techniques on social media to encourage healthy eating.

In the study, published in the scientific journal *Appetite*, the researchers asked 369 university students to estimate the amount of fruit, vegetables, “high-energy foods” and drinks their Facebook friends consumed on a daily basis. (5) This information was compared with the students' own actual eating habits and showed that those who felt their friends were eating unhealthy food consumed significantly more themselves. At the same time, those who thought their friends ate a healthy diet ate more portions of fruit and vegetables. (6) Their perceptions could have come from seeing friends' messages and photos of the food and drink they consumed, or simply a general impression of their friends' overall health.

There was no significant link between the students' eating habits and their weight, however. The researchers said the next stage of their work would track a student group to see whether the influence of social media on eating habits had an impact on weight over time.

The most recent figures from the National Health Survey for England showed <sup>(3)</sup>that in 2018 only 28 percent of adults were eating the recommended five portions of fruit and vegetables per day. Children and young people across the UK consumed even lower levels of fruit and vegetables.

Aston University health psychology student Lily Hawkins, who <sup>(7)</sup>led the study along with Dr. Jason Thomas, said, “This study suggests we may be influenced by our social groups more than we realize when choosing certain foods. When making choices about the food we eat, we seem to be considering how others behave     (8)     knowing it. So, if we believe our friends are eating plenty of fruit and vegetables, we are more likely to eat fruit and vegetables ourselves. On the other hand, if we <sup>(9)</sup>feel they are happy to consume lots of unhealthy foods and drinks, it can lead us to eat a higher quantity of foods that are bad for our health. The results suggest that we can use social media as a tool to encourage each other’s healthy eating behavior within friendship groups, and potentially use this knowledge as a tool for public health actions.”

Professor Claire Farrow,     (10)     work has contributed to the National Child Feeding Guide resource, added, “With children and young people spending a huge amount of time communicating with friends and <sup>(11)</sup>influential public figures via social media, the important new results from this study could help guide how we deliver advice that helps them adopt healthy eating habits from a young age—and keep them for life.”

\* social media : SNS

**A. Choose the best answer for each question and mark ①, ②, ③, or ④ on your answer sheet for questions 1 – 12.**

(1) Which of the following is the best choice for     (1)     ? 1

- ① reached
- ② revealed
- ③ tested
- ④ tried

(2) Who does <sup>(2)</sup>they refer to? 2

- ① Aston University researchers
- ② foods and drinks
- ③ friends
- ④ people in the study

(3) Which of the following can best replace <sup>(3)</sup>suggest? 3

- ① doubt
- ② indicate
- ③ prove
- ④ recommend

(4) Which of the following is the closest in meaning to <sup>(4)</sup>provide? 4

- ① give
- ② meet
- ③ question
- ④ take

(5) Who does <sup>(5)</sup>Their refer to? 5

- ① Facebook friends
- ② researchers
- ③ university students
- ④ vegetables

(6) Which of the following usages of “that” is most similar to <sup>(6)</sup>that? 6

- ① Could you pass me that cup please?
- ② He admitted that he was wrong.
- ③ I have already told her that.
- ④ She is not that good at ballet.

(7) Which of the following can best replace (7)led? 7

- ① conducted
- ② left
- ③ preceded
- ④ took

(8) Which of the following is the best phrase for (8)? 8

- ① along with
- ② because of
- ③ in spite of
- ④ without even

(9) Which of the following CANNOT replace (9)feel? 9

- ① imagine
- ② reckon
- ③ think
- ④ touch

(10) Which of the following is the best word for (10)? 10

- ① who
- ② whom
- ③ who's
- ④ whose

(11) Which of the following is the closest in meaning to (11)influential? 11

- ① immediate
- ② important
- ③ inevitable
- ④ innocent

(12) According to the passage, a study showed there was no significant link between

\_\_\_\_\_ **12**

- ① eating healthy food and unhealthy food.
- ② social media and public health.
- ③ students' eating habits and their friends' eating habits.
- ④ students' weight and their eating habits.

**B. Complete the following sentences using all of the words from ① to ④ below.**

**Which word should be in position (b)? Mark ①, ②, ③, or ④ on your answer sheet**

**for questions **13** and **14**.**

(13) No (a) (b) (c) (d), I am sure that I am right. **13**

- ① matter
- ② say
- ③ what
- ④ you

(14) You should have (a) (b) (c) (d) exercise after eating. **14**

- ① better
- ② known
- ③ than
- ④ to

**C. Translate the underlined sentence (C) into Japanese.**

**D. Translate the following Japanese sentence into English.**

飛行機はとても便利だけれど、環境に有害なので、できれば飛行機で旅行したくない。