

■ 次の英文を読んで、後の設問に答えなさい。

🕒 20min

I hate broccoli. I could easily live the rest of my life without ever eating another piece of broccoli again. Yet I now eat broccoli every day. I do this because broccoli is absolutely the best food for losing weight.

The first reason broccoli is a good diet food is that it is rich in nutrients. Like all green vegetables, broccoli is full of vitamin A. In addition, a cup of broccoli has as much vitamin C as a whole orange. Vitamin C helps your body burn fat. Broccoli also contains large amounts of other vitamins and minerals. This is important for dieting because your body (1) nutrients, and if you don't get enough of them, you want to eat more. Therefore, by eating broccoli you become satisfied sooner and eat less.

While broccoli is very high in nutrition, it is also low in calories. One hundred grams of boiled broccoli contain only 35 calories. The (2) of broccoli's large bulk and low calorie count leads some people to call it a "negative calorie food." This supposedly means that your body spends more calories digesting these foods than it gets from eating them.

Most importantly, broccoli is full of fiber. Half of the fiber in broccoli is soluble, meaning it dissolves in water, and the other half is insoluble. Both kinds of fiber are necessary for good health. Soluble fiber lowers your LDL cholesterol and reduces the risk of heart disease. It also

(3) the broccoli slow to digest, so you feel full longer. The insoluble fiber in broccoli helps clean out your system, prevents constipation, and removes waste from your colon. Thus, having both kinds of fiber makes broccoli an especially beneficial food to eat.

In conclusion, broccoli is a great food for losing weight. Its high nutrition content, low calories, and fiber make it (4) for both dieting and health. Even though I don't really like its taste, it has so many benefits that I now eat it every day. (※)

設問レベル1

🕒 15min | Question level 1

問1 英文中の(1)~(4)の空所に入れるのに最も適する語を①~④のうちから選びなさい。

- |                   |                 |               |              |
|-------------------|-----------------|---------------|--------------|
| (1) ① helps       | ② needs         | ③ denies      | ④ grows      |
| (2) ① positioning | ② configuration | ③ combination | ④ uniformity |
| (3) ① makes       | ② lets          | ③ binds       | ④ gives      |
| (4) ① perfect     | ② healthy       | ③ most        | ④ realistic  |

問2 (5)~(9)の設問に対して最も適する答えを①~④のうちから選びなさい。

- (5) **Why is it important when dieting to eat foods that have a lot of nutrients?**
- ① We want to eat more food if we don't have enough nutrients.
  - ② Nutrients help to build muscle.
  - ③ Nutrients help to lower our cholesterol.
  - ④ Our bodies need nutrients for proper digestion.
- (6) **Why is broccoli sometimes referred to as a "negative calorie food?"**
- ① It contains no calories.
  - ② It has more nutrients than calories.
  - ③ It has a lot of vitamin C.
  - ④ It takes more calories to digest than it gives you.

## (7) Why is broccoli's fiber special?

- ① It has more fiber than most other foods.
- ② It has two kinds of useful fiber.
- ③ Its fiber is better at lowering LDL cholesterol than other fiber.
- ④ Its fiber helps your body absorb nutrients.

## (8) What is the benefit of broccoli's soluble fiber?

- ① It removes waste from your system.
- ② It gives broccoli its large bulk.
- ③ It slows digestion.
- ④ It dissolves in water.

## (9) How does the author feel about broccoli now?

- ① She really likes it.
- ② She still doesn't like how it tastes.
- ③ She thinks it is very good for her health.
- ④ Both ② and ③.

## 問3 本文中に出てくる次の単語と下線部の発音が異なるものをそれぞれ一つ選びなさい。

(10) vitamin

- ① right
- ② height
- ③ gate

(11) burn

- ① early
- ② hurt
- ③ hear

## 設問レベル2

5min | Question level 2

**要約** 空所に適する語句を選択肢から補って、要約文を完成させましょう。

- ① ブロッコリーはたくさんの栄養素を含み、 ので、。また、かさが大きいわりに低カロリーで、 よりも低い。さらに、食物繊維もたくさん含むが、消化されにくい食物繊維は、。ブロッコリーはである。
- ② ブロッコリーは健康にも良い食品で、消化されやすい食物繊維は、の危険を減らし、を防いでくれる。

## 選択肢

- ①心臓病 ②格好のダイエット食品 ③消化に必要なカロリー ④便秘 ⑤満腹感が持続する ⑥摂取量が減る ⑦すぐに満足感が得られる

## DAY 2

出題校 日本大学

語数 349語

難易度 

正解 &amp; 解説 p. 87

## Warming up

次の語(句)の正しい意味を選びましょう。▶重要語句リストは [別 p.33](#) 参照。

## (1) life expectancy

- ① 人生の希望
- ② 平均寿命
- ③ 生命反応
- ④ 生体実験

## (2) female

- ① 名声のある
- ② 飢餓の
- ③ 数奇な
- ④ メスの

## (3) despite

- ① 軽視する
- ② ~にもかかわらず
- ③ 落胆した
- ④ 沈黙

## (4) obtain

- ① 憤慨する
- ② ぼやかす
- ③ 明らかにする
- ④ 獲得する

## (5) according to

- ① ~に比べて
- ② ~に応じて
- ③ ~によると
- ④ ~に反して

## (6) be likely to do

- ① ~しやすい
- ② ~するところである
- ③ ~するに違いない
- ④ ~したがる

## (7) consume

- ① 消費する
- ② 再開する
- ③ 仮定する
- ④ 思い込む

## (8) wildlife

- ① 荒野
- ② 野蛮
- ③ 野生生物
- ④ 原生林

## (9) on average

- ① 最大で
- ② 平均で
- ③ 過剰に
- ④ 冷静に

## (10) significantly

- ① 大量に
- ② あからさまに
- ③ それとなく
- ④ 著しく