

畜産科学課程：ユニット共通

科目名：英 語

令和 5 年度帯広畜産大学第 3 年次編入学

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令和 6 年度以降については、最新の学生募集要項及びお知らせで必ず確認してください。

Read the text and answer the following questions.

Here is a practical plan that provides a complete balance of essential nutrients for good health.

1. Eat a wide variety of fruits, grains, vegetables, legumes, seeds, and nuts prepared in a simple tasty way. There are hundreds ____ (2) ____ varieties and colors, in every imaginable texture, shape, and flavor. Eating a varied selection of natural plant foods will furnish all the nutrients the body requires. For maximum health and energy, the human body needs a low fat, moderate protein, high carbohydrate diet with sufficient micronutrients and fiber.

2. Avoid protein from animal sources. Animal products contain too much fat, cholesterol, and protein; they often carry harmful viruses and bacteria, as well as hormones, antibiotics, and other chemicals.

3. Limit fat, sugar and salt. Select naturally sweet foods _____ (5) _____, and choose olives, nuts, and avocados--all in moderation--rather than refined fats and oils.

4. Eat a good breakfast, a moderate lunch, and a light supper—or skip the evening meal. A large breakfast containing a proper balance of nutrients will give you steady energy all morning. According to a famous medical study, eating breakfast has nearly as much of a positive impact ____ (7) ____ health and longevity as abstinence from tobacco. Timing is an important factor in dietary health. Food eaten in the morning is used during the day. Taken in the evening, it is stored as fat. Studies have shown that people have lost as much as ten pounds a month merely by timing their meals correctly. A heavy supper in the evening also increases the number of fat particles in your blood, setting you up for a heart attack while you sleep.

5. Allow at least five hours between meals, and eat meals at the same time each day. This gives your digestive system the opportunity to work efficiently and rest between cycles.

6. Don't eat between meals. It slows down digestion so that food in the stomach ferments and produces toxins. It normally takes four to five hours for food to leave the stomach after a meal. In one study, a person was given snacks every hour and a half after breakfast. Thirteen hours later a large portion of the breakfast was still undigested.

Each time food is put into the stomach it stops the digestion process, mixes everything up, and forces the stomach to start over. Beverages ___(9)___ calories should not be consumed between meals for the same reason; those calories interrupt the digestion as well.

How do you implement this nutritional plan? When you shop, choose fresh fruits and vegetables, whole grain bread and pasta, low sugar cereals, brown rice, raw nuts and seeds, dried fruit without sugar coating, etc. If you buy prepared foods, read the labels and ___(11)___ foods high in fat, sugar, salt, and spices. Even some "health" foods may be high in these things. When you cook, avoid frying—boil, steam, or bake instead. Cook grains and beans well, fruits and vegetables lightly. While there are many good cookbooks available to help you with a plant-based diet, it is best ___(12)___ just keep meals simple and uncomplicated. You don't have to be a gourmet chef to prepare delicious meals.

Bear in mind that our sense of taste is ___(17)___ with the high-fat, high-sugar, high-salt, ___(18)___ foods many of us are used to. It takes a little while to adjust to simply prepared meals, and it is important to ___(19)___. It may take several months to retrain the taste buds. However, forcing yourself to eat things you really don't like is ___(20)___. Utilize those natural foods that you enjoy, but periodically go back and try some of the foods you've rejected—you may find that they become much more edible as your appreciation for different flavors increases.

Please answer the following questions using the ANSWER SHEET.

- (1) Choose the best title for this reading from the following. Write a, b, c or d on the ANSWER SHEET.
- a) How to be healthy
 - b) Eating between meals
 - c) Eating a good breakfast
 - d) Fresh fruits and vegetables
- (2) Choose the correct word for blank (2) in the text. Write a, b, c or d on the ANSWER SHEET.
- a) at b) in c) of d) for
- (3) According to the article, which of the following statements is false. Write a, b, c or d on the ANSWER SHEET.
- a) Meat has too much protein.
 - b) You shouldn't eat between meals.
 - c) When you eat isn't very important.
 - d) A big balanced breakfast is recommended.
- (4) According to the article, eating between meals... Write a, b, c or d on the ANSWER SHEET.
- a) improves digestion.
 - b) leads to a healthier lifestyle.
 - c) helps people to lose weight more efficiently.
 - d) causes the production of harmful substances.
- (5) Arrange the following words for blank (5) in the correct order on the ANSWER SHEET.
- dried as than rather refined such sugar fruit
- (6) When you cook, you should try not to ____ (6) ____ your food. Write a, b, c or d on the ANSWER SHEET.
- a) fry b) bake c) boil d) steam
- (7) Choose the correct answer for blank (7) in the text. Write a, b, c or d on the ANSWER SHEET.
- a) as b) in c) on d) to
- (8) When shopping, don't buy... Write a, b, c or d on the ANSWER SHEET.
- a) brown rice
 - b) sugary cereals
 - c) fresh fruits and vegetables
 - d) whole grain bread and pasta

(9) Choose the correct answer for blank (9) in the text. Write a, b, c or d on the ANSWER SHEET.

- a) for b) got c) have d) with

(10) According to the article, which of the following is NOT true? Meat has too much/many... Write a, b, c or d on the ANSWER SHEET.

- a) fat b) fiber c) protein d) chemicals

(11) Choose the best word for blank (11) in the text. Write a, b, c or d on the ANSWER SHEET.

- a) buy b) cook c) avoid d) prepare

(12) Choose the best word for blank (12) in the text. Write a, b, c or d on the ANSWER SHEET.

- a) as b) of c) in d) to

On the ANSWER SHEET, circle the following statements as true (T) or false (F) according to the article.

(13) Eating breakfast is almost as important as not smoking.

(14) You need to be a gourmet chef to prepare delicious food.

(15) For best health, the body needs a low fat, high protein diet.

(16) Eating a large breakfast is better than eating a large supper.

On the ANSWER SHEET, fill in the blanks using the words below. (Words cannot be used more than once.)

Bear in mind that our sense of taste is ____ (17) ____ with the high-fat, high-sugar, high-salt, ____ (18) ____ foods many of us are used to. It takes a little while to adjust to simply prepared meals, and it is important to ____ (19) _____. It may take several months to retrain the taste buds. However, forcing yourself to eat things you really don't like is ____ (20) _____.

counterproductive
antibiotics
processed

overstimulated
sanitized
micronutrients

studied
persevere
important