

DATA	ワード数	制限時間	速読目標時間 (wpm:150w/m)	1回目	2回目	Score
	653	28分	4分21秒	分 秒	分 秒	

(解答・解説: 別冊 pp.80-85) TR70-73



次の英文を読んで、あとの問いに答えなさい。

(50pts.)

01 Few ingredients have caused as much debate and worry as *monosodium glutamate (MSG). Let's correct some false stories.

More than 40 years ago, *The New England Journal of Medicine* published a letter from a doctor about a meal he had eaten. That single letter was to start a food argument that has continued ever since.

"I have experienced a strange effect whenever I have eaten out in a Chinese restaurant, especially one that served northern Chinese food," Robert Ho Man Kwok wrote. "The effect, which usually begins fifteen to twenty minutes after I have eaten the first dish, lasts for about two hours, and then goes away. The main symptoms are loss of feeling at the back of the neck, slowly moving to both arms and the back, general weakness and fast heartbeat. ..."

He went on to suggest what had caused his strange symptoms. It could have been the alcohol in the dishes, he said, or perhaps it was the high salt content or maybe it was the monosodium glutamate added to many Chinese dishes.

15 For reasons that are not entirely clear, from that time on, most people only discussed the possible role of MSG. Kwok's symptoms were later called "Chinese Restaurant Disorder" by the journal and, by 1969, the finger had been pointed directly at MSG. Since then, (1) few food ingredients have been more extensively studied, attacked and defended than MSG.

20 MSG, however, is hardly a new product. In fact, it has effectively been part of Japanese cooking for centuries in the form of *kombu*, a type of seaweed that is a key ingredient of dashi soup stock. Traditional Japanese chefs knew the stock was special — it brought out the tasty flavour of other ingredients. And then, in 1908, University of Tokyo scientist Kikunae Ikeda isolated the unique flavour of *kombu*. Ikeda identified the key element of the seaweed, which turned out to be a common substance called *glutamic acid. He mixed the substance with ordinary salt and in this way monosodium glutamate was born. MSG began to be produced in large amounts and used to magnify the flavour of practically every processed food you can name.

(2) We can't get enough of it. In fact, there is now growing evidence we have taste

Notes monosodium glutamate (MSG) グルタミン酸ソーダ (化学調味料の一種) glutamic acid グルタミン酸
glutamate グルタミン酸塩 the World Health Organization 世界保健機関
the US Food and Drug Administration 米国食品医薬品局
Food Standards Australia New Zealand オーストラリア・ニュージーランド食品基準機関

30 detectors that are naturally programmed to enjoy *glutamate. And glutamate occurs naturally everywhere in our diets. Tomatoes are full of it, as are dried mushrooms and broccoli. Mature cheese, in particular, contains a lot of it, which is why it is such a popular addition to meat sauces like ragu bolognese. It even occurs in human breast milk.

35 Since Kwok put pen to paper about his symptoms, there have been hundreds of studies that have looked at possible links between MSG and the reaction he and others described. In 1988, *the World Health Organization and the United Nations reviewed all the evidence and concluded that MSG "did not represent a hazard to health." Then, in 1995, *the US Food and Drug Administration did its own review and found that high levels of MSG had no effect on most people. There is a small group of people who show some response — but only after taking a large MSG pill on an empty stomach.

In his book *It Must've Been Something I Ate*, American food writer Jeffrey Steingarten asks why, if MSG is eaten daily by billions of Chinese, they don't all have headaches. *Food Standards Australia New Zealand (FSANZ) has reviewed all the evidence and come to this conclusion: "A large amount of evidence from many scientific studies shows that MSG is safe for the general population in the levels typically found in food," an employee of FSANZ, Lorraine Belanger, says. "A small number of people may experience a reaction ... but (3) there's no real evidence that MSG is responsible for more serious effects like those you might see in an allergic response to things like peanuts."

Nick Galvin, "The truth about MSG," *The Sydney Morning Herald*, November 9, 2011. Used by permission.

Q1 下線部 (1) を日本語に直しなさい。

(8pts.)
