

## SKYWARD 最新入試英語長文 20 選 レベル表

	センター基礎	センター	中堅私大	難関私大・国立 2 次
OCEAN	■			
CLOUDS		■		
SKY			■	
COSMOS			■	■

ワード数	制限時間	速読目標時間 (wpm:150w/m)	1回目	2回目	得点
653	28分	4分21秒	分 秒	分 秒	50

(解答・解説: 別冊 pp.82-87) TR74-77

次の英文を読んで、あとの問いに答えなさい。

(50点)

01 Few ingredients have caused as much debate and worry as \*monosodium glutamate (MSG). Let's correct some false stories. TR74

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. TR75

"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

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. TR77

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.

問1 下線部(1)を日本語に直しなさい。

(8点)

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[注] 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



## 1 【解答欄】 答えを書き込もう。

(問題: 本冊 pp.50-53)

問 1											
問 2						問 3					
問 4	(1)					(2)					
問 5											
問 6											
問 7	(1)	(2)	(3)	(4)	(5)	(6)	(7)				

## 2 Words & Phrases 「意味」欄の空所を埋めてリストを完成しよう。

L.01 1 <input type="checkbox"/> ingredient	名	成分	L.25 34 <input type="checkbox"/> turn out to be ~	動	～だとわかる
L.01 2 <input type="checkbox"/> debate	名	論争	L.25 35 <input type="checkbox"/> substance	名	物質
L.02 3 <input type="checkbox"/> correct	動	～を訂正する	L.26 36 <input type="checkbox"/> mix A with B	動	AをBと混ぜる
L.03 4 <input type="checkbox"/> publish	動	～を公表する	L.26 37 <input type="checkbox"/> ordinary	形	普通の
L.05 5 <input type="checkbox"/> argument	名	議論	L.27 38 <input type="checkbox"/> in large amounts	熟	大量に
L.05 6 <input type="checkbox"/> ever since	熟	それ以来ずっと	L.27 39 <input type="checkbox"/> magnify	動	～を増す
L.09 7 <input type="checkbox"/> last	動	続く	L.28 40 <input type="checkbox"/> processed	形	加工された
L.09 8 <input type="checkbox"/> go away	熟	消え去る	L.28 41 <input type="checkbox"/> name	動	～の名前を挙げる
L.09 9 <input type="checkbox"/> symptom	名	症状	L.29 42 <input type="checkbox"/> evidence	名	証拠
L.10 10 <input type="checkbox"/> general	形	全体的な	L.30 43 <input type="checkbox"/> detector	名	検知器
L.11 11 <input type="checkbox"/> weakness	名	弱さ, 衰弱	L.30 44 <input type="checkbox"/> naturally	副	生まれつき
L.11 12 <input type="checkbox"/> heartbeat	名	心拍	L.30 45 <input type="checkbox"/> program O to do	構	Oが～するよう条件づける
L.12 13 <input type="checkbox"/> go on to do	熟	引き続いて～する	L.31 46 <input type="checkbox"/> mushroom	名	キノコ
L.13 14 <input type="checkbox"/> alcohol	名	アルコール, 酒	L.32 47 <input type="checkbox"/> broccoli	名	ブロッコリー
L.13 15 <input type="checkbox"/> content	名	含有量	L.32 48 <input type="checkbox"/> mature	形	熟した
L.14 16 <input type="checkbox"/> add A to B	熟	AをBに加える	L.33 49 <input type="checkbox"/> addition	名	付加物
L.15 17 <input type="checkbox"/> not entirely ~	構	完全に～というわけではない	L.33 50 <input type="checkbox"/> breast milk	名	母乳
L.15 18 <input type="checkbox"/> from that time on	熟	それ以来	L.35 51 <input type="checkbox"/> put pen to paper	熟	筆を執る
L.16 19 <input type="checkbox"/> role	名	役割	L.36 52 <input type="checkbox"/> reaction	名	反応
L.17 20 <input type="checkbox"/> disorder	名	不調, 病気	L.37 53 <input type="checkbox"/> describe	動	～の特徴を述べる
L.17 21 <input type="checkbox"/> point a finger at ~	熟	～を名指しで非難する	L.37 54 <input type="checkbox"/> review	名動	再検討(する)
L.18 22 <input type="checkbox"/> extensively	副	大規模に	L.38 55 <input type="checkbox"/> conclude	動	結論づける
L.19 23 <input type="checkbox"/> attack	動	攻撃	L.38 56 <input type="checkbox"/> represent	動	～を示す
L.19 24 <input type="checkbox"/> defend	動	防御	L.38 57 <input type="checkbox"/> hazard	名	危険
L.20 25 <input type="checkbox"/> effectively	副	効果的に	L.41 58 <input type="checkbox"/> response	名	反応
L.21 26 <input type="checkbox"/> seaweed	名	海藻	L.41 59 <input type="checkbox"/> pill	名	丸薬, 錠剤
L.22 27 <input type="checkbox"/> soup stock	名	だし汁	L.43 60 <input type="checkbox"/> billions of ~	熟	何十億もの～, 莫大な
L.23 28 <input type="checkbox"/> bring out ~	熟	～を引き出す	L.45 61 <input type="checkbox"/> conclusion	名	結論
L.23 29 <input type="checkbox"/> tasty	形	おいしい	L.47 62 <input type="checkbox"/> typically	副	典型的に
L.23 30 <input type="checkbox"/> flavour(英)flavor(米)	名	味, 風味	L.49 63 <input type="checkbox"/> be responsible for ~	熟	～を責任を負う
L.24 31 <input type="checkbox"/> isolate	動	～を分離する	L.49 64 <input type="checkbox"/> allergic	形	アレルギー
L.24 32 <input type="checkbox"/> identify	動	～を特定する			
L.25 33 <input type="checkbox"/> element	名	成分			

【参考】米語とイギリス英語の綴りの違いに注意。flavour (英) (flavor (米))

## 3 Sentence Structure 構文のポイントをチェックしよう。

### ① 否定語 + 原級 / 比較級

Few ingredients have caused **as much** debate and worry **as** monosodium glutamate (MSG). (U.01-02)

... few food ingredients have been **more extensively** studied, attacked and defended **than** MSG. (U.18-19)

これらの形では、比較の対象(下線部)と他のものを比べて、「○○と同じくらい [○○よりも] ~なものほとんどない→○○がほぼ最も~だ」という意味を表す。

### ② be 動詞 + to do

That single letter **was to start** a food argument that has continued ever since. (U.04-05)  
 <be 動詞 + to do> が助動詞に準じた働きをすることがある。予定・可能・義務などの意味で使われることが多いが、ここでは「~する運命だった、その後~することとなった」という意味を表す。

### ③ could have + 過去分詞

It **could have** been the alcohol in the dishes, he said, ... (U.12-13)  
 <could have + 過去分詞> は「~だったこともありえる」の意味で、過去のことがらに対する現時点での推量を表す。この could は said との時制の一致で過去形になっているわけではない (<can have + 過去分詞> という形はない)。

### ④ be used to do

MSG began to be produced in large amounts and **used to magnify** the flavour ... (U.27-28)  
 下線部の2つの語句が and で結びつけられた形。ここでの <be used to do> は「~するために使われる」という意味を表す。<used to do> (以前は~だった), <be used to ~ing> (~することに慣れている) との混同に注意。

### ⑤ practically

... the flavour of **practically every** processed food you can name. (L.28)  
 practically には「現実的に」の意味もあるが、all, every, no, impossible などの前に置いて「ほとんど (almost)」の意味で使うことが多い。

### ⑥ 同じ名詞の繰り返しを避けるために使う those

... 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. (U.48-50)  
 those は effects (影響) の繰り返しを避けるために使われている。この用法の those はしばしば those of ~ の形で使うが、この例のように後ろに関係詞節を置くこともある。

## Studying the Theme

健康 心身の健康に関連するさまざまなテーマの文章が入試で出題されている。たとえば次のようなものがよく見られる。

<input type="checkbox"/> 食習慣と栄養 (nutrition)	<input type="checkbox"/> 食品の安全性	<input type="checkbox"/> 睡眠	<input type="checkbox"/> ストレス
バランスの取れた食事 (balanced diet), 長寿 (longevity), 過度のダイエット (excessive dieting) の危険性, ファストフード (fast food) と肥満 (obesity) の関係など。	食品添加物 (food additives) や遺伝子組み替え食品 (GM food) の危険性など。	多くの人々が抱える慢性的な睡眠不足 (lack of sleep), 睡眠のリズムに関係する体内時計 (biological clock), レム睡眠 (REM sleep) など。レム睡眠とは、体は休んでいるが脳が目覚めた状態に近い睡眠のことで、REM は rapid eye movement (急速眼球運動) の頭文字を取ったもの。	精神的な重圧 (mental pressure) が生まれる理由, ストレスの緩和法 (how to relieve stress), うつ症状 (depression) など。
<input type="checkbox"/> その他			
健康を保つ (keep fit) には適度の運動 (exercise) やトレーニング (workout) が必要であること, 喫煙 (smoking) はガン (cancer) など命にかかわる病気 (fatal disease) のリスクを高めることなど。			

