

受 験 番 号	
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【試験場の注意：答えはすべて解答用紙に記入すること】

【1】次の（ ）内に、[ ①～④ ]より最適であると思うものを選びその番号を解答用紙に記入しなさい。

(1) Ichiro uses cash to buy cheap items. He ( ) more expensive things with his credit card.

[ ① expands ② contains ③ purchases ④ witnesses ]

(2) Mariko heard a ( ) that there would be a surprise test in math class next week. She didn't think it was true, but she prepared for it.

[ ① symbol ② rumor ③ moment ④ budget ]

(3) Nancy keeps a flashlight and a mobile battery in her bag in case of ( ) while she is out.

[ ① emergencies ② experiments ③ movements ④ facilities ]

(4) Kenta was cleaning his father's house after he died, and he found an old metal box and a key. He ( ) the box and found some old pictures and letters.

[ ① unloaded ② uncaged ③ unlocked ④ untangled ]

(5) My mother wanted to know the ( ) of food that she needed to buy for my father's party, so she asked how many guests were coming.

[ ① security ② gravity ③ quantity ④ opportunity ]

(6) After the concert had to be canceled, people with tickets were ( ) the cost of buying them.

[ ① indicated ② alerted ③ refunded ④ displayed ]

(7) Although medicine has made a lot of progress recently, researchers still have not found a way to ( ) a cold.

[ ① cure ② drop ③ flee ④ grant ]

(8) You need sufficient scientific ( ) to prove it true.

[ ① empathy ② evidence ③ difference ④ influence ]

(9) Many scientists do their work in ( ) where they can do experiments or work with small animals.

[ ① triangles ② conclusions ③ incidents ④ laboratories ]

(10) We ( ) a survey on the smoking habits of elderly people.

[ ① descended ② confessed ③ conducted ④ confused ]

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【2】次の対話文の（ ）内に、①～④より最適であると思うものを選びその番号を解答用紙に記入しなさい。

(1) X: Did Keiko eat breakfast?

Y: ( )

X: She looks pale and has little appetite. I think we should take her to the hospital.

① Yes, she is eating something now.

② Yes, but she wants to eat now.

③ No, and I think she has a fever.

④ No, she is going to see a professor.

(2) X: Students spend too much of their free time on the Internet.

Y: They sure do. ( )

Y: You can say that again.

① You can find them hanging around parks late at night.

② They probably are in class for most of the day.

③ I think they should read more books, instead.

④ Teachers have made them online tests.

(3) X: I'm going to make pasta with meatballs and beef stake for tomorrow's party. Do you think it's OK?

Y: Well, I think you should make at least four things, just in case. Also, don't forget Junko is coming.

X: Oh, that's right. She doesn't eat meat, so I'll make ( ).

Y: Sounds good. I'm really looking forward to the party.

① Two large chicken pizzas with Grandma's recipe.

② A tomato salad like my mom used to make.

③ A fruit salad and a plate of grilled vegetables.

④ Some hamburgers and hotdogs with cheese.

(4) X: I'd like to buy one of those new electric vehicle.

Y: Would you? ( )

X: I know, but I really believe we all have to do something to cut down on air pollution.

Y: I see. I should become more conscious of the problem myself

① I can pick one for you.

② They will run so fast.

③ They have polluted the air.

④ It will be expensive.

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【試験場の注意：答えはすべて解答用紙に記入すること】

- (5) X: Do you have time to mail this letter? I really want to stay home and finish reading this novel.  
Y: Yes, I could do it on my way to the bank. ( ) It really needs to be done today.  
X: All right, all right. I'll do it now, then I'll read the book.
- ① As long as you're staying home, would you mind doing the washing?
  - ② But I wish I could read your book and write a letter for you.
  - ③ So, I wondered if you could stay home and read your book.
  - ④ So, could you do it yourself while I am going to the bank?
- (6) X: You need to take this medicine after meals. Let's see if your bad cough goes away.  
Y: OK. ( )  
X: In a week. It's a seven-day supply.  
Y: I hope it gets better before then. Thank you.
- ① When is the use-by date?
  - ② When should I come again?
  - ③ Does it have an effect on my back pain?
  - ④ How long does it take to get to the pharmacy?
- (7) X: This is all for your job interview, Ms. Inoue. Do you have any questions about this company?  
Y: Yes. ( )  
X: We don't provide childcare at the company. But we help pay for childcare for children younger than six years old. We pay half the cost.
- ① Does the company have childcare service for employees?
  - ② How old are the kinds in the childcare center at your company?
  - ③ Does the company provide traveling expenses for interviews?
  - ④ How many children will participate in that event?

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【3】日本語を参考に [            ] 内の語（句）を正しく並べ、空所（1）～（14）に入るべき語（句）の番号を解答欄に記入しなさい。

(1) 武志は年下の子をいじめるような少年ではない。

Takeshi (        )(        )( 1 )(        )( 2 )(        ) boys.

[ ① to ② younger ③ is ④ not ⑤ a boy ⑥ bully ]

(2) 彼はその戦争に反対であることを明らかにした。

He made ( 3 )(        )(        )(        )(        )( 4 ) the war.

[ ① that ② was ③ against ④ clear ⑤ it ⑥ he ]

(3) 真理子は海外留学しないと決めた。

Mariko (        )( 5 )(        )(        )( 6 ).

[ ① abroad ② study ③ not ④ decided ⑤ to ]

(4) ボブは私を長い間待たせた。

Bob (        )(        )( 7 )(        )( 8 )(        ).

[ ① for ② me ③ kept ④ time ⑤ a long ⑥ waiting ]

(5) 頂上が雪で覆われている山は富士山です。

The mountain (        )( 9 )(        )( 10 )(        )(        ) is Mt. Fuji.

[ ① snow ② with ③ is ④ whose ⑤ covered ⑥ top ]

(6) 彼が来ようが来まいが構いません。

It (        )(        )( 11 )(        )( 12 )(        )

[ ① comes ② whether ③ or not ④ matter ⑤ doesn't ⑥ he ].

(7) 駅に着いたらすぐに電話をください。

Give (        )( 13 )(        )( 14 )(        )(        ) at the station.

[ ① arrive ② as ③ you ④ a call ⑤ me ⑥ as soon ]

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【4】 Read the following passage and answer the questions [(1)~(5)].

Exercise is known for having many physical health benefits. It can make muscles stronger, prevent injury, and strengthen the heart and lungs. However, it has just as much importance regarding mental health. It has been shown to lower stress, improve sleep quality, reduce anxiety and depression, and boost cognitive function. These benefits make exercise an important part of anyone's mental health routine.

Stress and anxiety are one of the biggest factors in affecting mental health. Physical activity causes endorphins to be released, which naturally create feelings of happiness and relaxation, thereby reducing stress. For instance, cortisol, the body's hormonal response to stress, has been proven to be lower after exercise. Even a simple walk or light workout can ( ① ) enough exercise to give natural relief from the pressures of daily life.

Another key benefit of exercise is its positive impact on sleep. Regular physical activity helps regulate the body's internal clock, making it easier to fall asleep and stay asleep. Exercise increases the production of sleep-promoting chemicals like adenosine, while also reducing cortisol, which can ( ② ) with sleep. A good night's sleep is crucial for mental health, as it improves focus, mood, and overall cognitive function, while a lack of sleep can worsen symptoms of anxiety and depression.

Exercise is also very ( ③ ) in reducing depression. Regular physical activity boosts the production of neurotransmitters such as serotonin and dopamine, which play a key role in regulating mood. Low levels of serotonin are commonly associated with depression, and exercise helps increase its production. Studies have shown that exercise can be as effective as medication in treating mild to moderate depression, and it also enhances the effectiveness of antidepressants when combined with other treatments. Even a short daily workout can help improve mood and mental outlook over time.

Exercise also enhances cognitive function and mental clarity. By increasing blood flow to the brain, exercise helps improve memory, concentration, and problem-solving abilities. Studies have shown that individuals who exercise regularly perform better on tasks that require attention and memory. In addition, physical activity has been linked to the growth of new brain cells, which may help protect against cognitive ( ④ ) as we age.

In conclusion, regular exercise offers significant mental health benefits. It reduces stress and anxiety, alleviates depression, improves sleep, and boosts cognitive function. By incorporating exercise into a daily routine, we can improve our physical and mental well-being. Whether you choose to take a walk, play a sport, or have an intense workout, the benefits of exercise for mental health are important factors in managing overall health.

【注】 cognitive 認知の endorphin エンドルフィン cortisol コルチゾール hormonal ホルモンの boost 高める adenosine アデノシン  
crucial きわめて重大な neurotransmitters 神経伝達物質 serotonin セロトニン dopamine ドーパミン enhance 強める、高める  
antidepressants 抗うつ剤 workout レーニング、筋トレ alleviate 軽減する、和らげる incorporate 組み入れる

【試験場の注意：答えはすべて解答用紙に記入すること】

(1) 文中の ( ① ) ～ ( ④ ) に入れるのに最も適切な語を (A)～(D)より選び解答用紙に記入しなさい。

- |                 |               |               |               |
|-----------------|---------------|---------------|---------------|
| ① (A) presume   | (B) preside   | (C) provide   | (D) perish    |
| ② (A) interfere | (B) interview | (C) interpret | (D) intend    |
| ③ (A) elusive   | (B) energetic | (C) explosive | (D) effective |
| ④ (A) rise      | (B) ascent    | (C) decline   | (D) upturn    |

(2) Which of the following statements is true?

- (A) Exercise has little to do with mental health.
- (B) Exercise works well on mental health but does not reduce injury.
- (C) The more exercise you take, the less sleep you need to take.
- (D) Moderate exercise will make you feel relieved.

(3) Which of the following statements is true?

- (A) Cortisol will be produced while you feel relaxed.
- (B) Adenosine prevent you from sleeping well.
- (C) Endorphin makes you feel happy and relaxed.
- (D) Serotonin causes you to feel stressful.

(4) Which of the following statements is NOT true?

- (A) Exercise lowers stress and makes you sleep well.
- (B) You will be released from the pressures of daily life naturally when you take exercise.
- (C) By taking exercise, you will have better memory and concentration than taking little exercise.
- (D) Even if you take exercise, you cannot grow new brain cells.

(5) What is the most appropriate title for the passage?

- (A) The effective exercises for physical health
- (B) The benefits of regular exercise for mental health.
- (C) The way to prevent us from aging.
- (D) How to make your life happier.