

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号	氏 名			採 点

I Read the following text and answer the questions.

There is no doubt that meat — beef in particular — makes an unsurpassable contribution to the planet’s greenhouse gas emissions. It also devours more land and water and causes more environmental damage than any other single food product. A recent rigorous report by the EAT-Lancet Commission recommends reducing our consumption of animal products to not only benefit human health, but the health of our planet. Even (1) the “greenest” sources of meat still produce more greenhouse gases than plant-based proteins.

But anyone looking to adopt a vegan or vegetarian diet for environmental reasons may also want to consider whether there are some plant-based foods that also (2) come with a heavy price.

“Nothing really compares to beef, lamb, pork, and dairy — these products are in a league of their own in the level of damage they typically do to the environment, on almost every environmental issue we track,” says Joseph Poore, a researcher at the University of Oxford who studies the environmental impacts of food. “But (3) it’s essential to be mindful about everything we consume: air-transported fruit and vegetable can create more greenhouse gas emissions per kilogram than poultry meat, for example.”

Delicate fruits like blueberries and strawberries, for example, are often imported to Europe and the US by air to fill gaps left when local fruit is out of season. Research by Angelina Frankowska, who studies sustainability at the University of Manchester, recently found that asparagus eaten in the UK* has the highest carbon footprint compared to any other vegetable eaten in the country, with 5.3kg of carbon dioxide being produced for every kilogram of asparagus, mainly because much of it is imported by air from Peru.

Without carefully considering where our food comes from and how it is grown, our diets can have unintended consequences. Take the strange case of (4) two vegans in an Italian study who were found to have an environmental impact considerably higher than many meat-eaters. When the researchers dug a little further, they discovered the pair exclusively ate fruit.

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号	氏 名			採 点

“They ate a huge quantity of fruits,” explains Francesca Scazzina, an expert on human nutrition at the University of Parma, Italy. “In fact, I remember it was 7-8kg (15.4 to 17.6lb) per day of fruit. We collected their data in the summer so they especially ate watermelons and melons.”

The water, land and carbon footprint of growing and transporting such large, perishable fruit meant the environmental impact was far larger than they had expected. Once the data from all 153 vegans, vegetarians and omnivores in the study was taken into account, however, it showed that eating meat was on average worse for the environment.

But there are other general points to consider when we think about food crops that can drive up the environmental impact. Artificial fertilisers, for example, (5) account for at least 3% of global greenhouse gas emissions, according to the industry. The production of synthetic fertiliser emits carbon dioxide (CO₂) and methane into the atmosphere, while their use on fields releases nitrous oxide, another potent greenhouse gas.

Agricultural practices such as the tilling of fields also releases large volumes of greenhouse gases into the atmosphere and helps to speed up erosion.

These all combine to differing degrees depending on the crop, but there are clearly some plant-based foods that have a disproportionate impact on the environment. One of these is the avocado.

The rich green flesh of this fruit is being smashed, blended and chopped in hipster cafes, smart restaurants and home kitchens around the world. Avocados can be an important source of protein, vitamins and fatty acids for people cutting out meat from their diet.

But they also guzzle up huge amounts of water. A single mature tree in California, for example, needs up to 209 litres (46 gallons) every day in the summer — more than would fill a large bathtub. It is a staggering amount in the dry summer months in water-stressed regions such as California, Chile, Mexico and southern Spain, where many commercial avocado crops are grown, and puts huge pressure on the local environment.

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号	氏 名			採 点

Adapted to hot, moist rainforest climates, their roots are relatively shallow and poor at searching out water held within the soil. It means they need to be continually irrigated if there is little rain.

To grow a single avocado it has been estimated to take anything from 140 litres (30 gallons) to 272 litres (60 gallons) of water — or about 834 litres (183 gallons) per kilogram of fruit. In some areas, like Peru and Chile, the growing demand for the crop has led to illegal extraction from rivers and has been blamed for an increasing water-shortage crisis.

Avocados are not alone in their extreme water use. Other fruit such as mangoes and plums also suck up large amounts too. A kilogram of mangoes requires 686 litres (150 gallons) of water while the same amount of plums needs 305 litres (67 gallons).

[Adapted from BBC, February 13, 2020, <<https://www.bbc.com/future/article/20200211-why-the-vegan-diet-is-not-always-green>>]

* UK イギリス

〈Questions〉

1. Which of the following is closest in meaning to the underlined part (1)?
- a. the closest to plants in its taste

b. the least damaging to the environment

c. the most recently developed

d. the most similar to vegetables in nutrition

2. Which of the following is most similar in meaning to the underlined part (2)?
- a. are very cheap

b. cost a lot of money to grow the plants

c. generate a harmful impact on the environment

d. have a positive effect on the farm

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号		氏 名		採 点

3. Translate the underlined sentence (3) into Japanese.
4. Which of the following is found by the research conducted by Angelina Frankowska?
- a. Asparagus consumed in the UK has the largest carbon footprint among vegetables consumed there.
 - b. Asparagus eaten in the UK produces the highest carbon footprint among vegetables grown in the country.
 - c. Asparagus eaten in the UK produces the highest carbon footprint because it is imported by air from countries in South America.
 - d. Asparagus used in the UK usually comes from Peru by air because it has the highest carbon footprint.
5. What can we understand from the case of the two vegans (4)?
- a. A vegan diet does not always contribute to environmental protection.
 - b. Italian vegans do not seem to pay much attention to the environment.
 - c. The form of the most advanced diet must not exclude vegetables.
 - d. Vegans who only eat fruits cannot take in sufficient nutrition.
6. Which of the following is closest in meaning to the underlined part (5)?
- a. count as b. make up c. put off d. result of
7. Which of the following most fully states the main idea of the text?
- a. Avocados protect the environment more successfully than any other fruits and vegetables.
 - b. Consumers should be aware that plant-based foods, like animal products, could also cause a lot of damage to the environment.
 - c. Growing avocados has caused various environmental problems in countries around the world.
 - d. The problem of water consumption is far more serious than the problem of greenhouse gas emission.

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号	氏 名			採 点

II Read the following text and answer the questions.

The first two weeks of the coronavirus lockdown triggered an unprecedented rise in food bank* use as the economy was hit and household incomes sharply decreased, data from hundreds of emergency food aid charities reveals.

The Trussell Trust, the UK’s biggest food bank network, said it experienced its busiest ever period after lockdown was announced on 23 March 2020, when it issued 50,000 food parcels in a week, almost double its usual volume.

(1) A similar picture emerged from the Independent Food Aid Network (Ifan), which said its food banks recorded a 59% increase in demand for emergency food support between February and March — 17 times higher than the same period a year previously.

The Labour Party* called on the government to take urgent action through the benefits system* to help families who had fallen into hardship. Jonathan Reynolds, the shadow work and pensions secretary*, said: “(2) Food banks are doing an incredible job in tough circumstances, but the government should be ensuring that people have the resources they need to stop their families going hungry.”

Food bank charities warned that the high levels of demand for food parcels were unsustainable and called for new income support measures.

“We need emergency measures to ensure (3) people can makes ends meet during this crisis. We have the power to come together as a country and make sure support is there to stop any of us being swept into poverty during this emergency,” said the Trussell Trust’s chief executive, Emma Revie.

She said government measures to support struggling families, such as the job retention scheme and a £20-a-week increase to financial assistance, were welcome but not enough to prevent increasing numbers of people falling into hardship.

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号	氏 名			採 点

The Trussell Trust called for a boost to benefit payments for families with children, and for the lifting of policies that limited the amount of benefit support families were entitled to, such as the two-child policy and the benefit cap.

Food banks across the UK — already working at maximum capacity — have struggled with food stocks as Covid-19 hit. In fact, five Trussell Trust food banks and a handful of Ifan food banks have been forced to close. Staff numbers also fell sharply as the predominantly older volunteer workforce self-isolated.

The Trussell Trust said overall food levels have stabilised, after help from major supermarkets. Stocks remain depleted, however, and (4) there is concern that some volunteer teams may be close to burnout, and may face disruption again if lockdown is relaxed and volunteers return to their full-time jobs.

The dramatic increase in food bank reliance, which came after years of gradually rising food bank use, was caused by people’s income dropping — often because they had lost their jobs — or because their benefit payments failed to keep up with the cost of living, the trust said.

Its figures, based on returns from 70% of the trust’s 432 members, show demand starting to creep up in early March 2020 before exploding later in the month. The numbers of households with children helped by its food banks increased by 122%.

Ifan’s figures, based on returns from 85 of its 252 members, found that a third saw increases of more than 100% in food parcel distribution between February and March compared with the same period in 2019.

Sabine Goodwin, Ifan’s coordinator, said: “The solution is not in trying to distribute more food parcels but in providing sufficient income to the huge numbers of people impacted by this crisis and the poverty that preceded it.”

A government spokesman said: “We’re committed to supporting all those affected by Covid-19 through these unprecedented times and we’ve implemented an enormous package of measures to

科 目	学 部	学 科	専攻・コース
英 語	家政学部		
受験番号	氏 名		採 点

do so, including income protection schemes and mortgage holidays.

“For those in most need, we’ve injected more than £6.5bn into the welfare system, including an increase to universal credit of up to £1,040 a year. No one has to wait five weeks for money as urgent payments are available.”

[Adapted from The Guardian, May 1, 2020,

〈<https://www.theguardian.com/society/2020/may/01/uk-food-banks-face-record-demand-in-coronavirus-crisis>〉]

* food bank 企業等から寄付された賞味期限内の食品を、困窮者に無償で提供する団体

* The Labour Party 労働党

* the benefits system 失業して求職中の人々、収入の少ない人々、子育て中の人々、退職者、介護をしている人々、病気や障がいのある人々に対する公的支援

* the shadow work and pensions secretary 野党の労働・年金大臣

〈Questions〉

1. Approximately how many food parcels did the Trussell Trust normally distribute every week before the coronavirus lockdown?

- a. 20,000 b. 25,000 c. 30,000 d. 45,000

2. What does the underlined part (1) refer to?

- a. The fact that many food banks have experienced a rapid increase in their use
b. The fact that numerous charities have recently started food banks
c. The fact that people can receive the same amount of food at all the food banks
d. The fact that similar food items are usually available at most food banks

3. Translate the underlined sentence (2) into Japanese.

科 目	学 部	学 科	専攻・コース
英 語	家政学部		
受験番号	氏 名		採 点

4. Which of the following is closest in meaning to the underlined part (3)?

- a. people have a strategy to tackle with problems they face
- b. people have an effective means to get out of poverty
- c. people have enough money to buy things they need to live
- d. people have necessary skills to achieve a goal in life

5. Which of the following is closest in meaning to the underlined part (4)?

- a. It is of concern that some volunteers may leave their full-time jobs when lockdown is relaxed.
- b. It is of concern that some volunteer teams may burn their food banks along with the relaxation of lockdown.
- c. It is worrisome that some volunteer teams will not be able to function any more due to a manpower shortage after the relaxation of lockdown.
- d. It is worrisome that some volunteer workers may go back to their own food banks when lockdown is relaxed.

6. Which of these people works for Ifan?

- a. A government spokesman
- b. Emma Revie
- c. Jonathan Reynolds
- d. Sabine Goodwin

7. According to the text, which of the following is true?

- a. After the announcement of lockdown in 2020, the number of food parcels that were issued increased.
- b. Sabine Goodwin thinks that the solution is supplying more food parcels to people in need.
- c. Some Trussell Trust and Ifan food banks closed due to the increase of food stock.
- d. The Trussell Trust asked for an increase of benefit payments for families with two children.

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号		氏 名		採 点

III Write a response to the following question in a paragraph of approximately 70 words:

What is the best vacation you have ever had?

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号		氏 名		採 点

I

1		2						
3								
4		5		6		7		

II

1		2						
3								
4		5		6		7		

科 目	学 部	学 科	専攻・コース	
英 語	家政学部			
受験番号		氏 名		採 点

III