

Good Sleep, Good Health

よい睡眠で健康に!



DL 23 CD1-35

LISTENING

TARGET!

挨拶を聞き取り、その答え方を学びましょう

DL 20 CD1-32

様々な場面におけるいろいろな挨拶表現を紹介します。

1. カジュアルな場面での挨拶

What's up? / How've you been? / What's new? – Great. / Not bad. / Same as usual.

2. ビジネスやフォーマルな場面での挨拶

Pleased to meet you. / I'm glad to see you. – I'm glad to see you, too.
Thank you very much for taking the time to come over.

3. 初対面の人への挨拶

How do you do? / Nice to meet you. / It's a pleasure to meet you. – Pleased to meet you, too.

4. 久しぶりの人に対する挨拶

Long time no see. / It's been a while. / How have you been? – I've been great.

WARM UP

DL 21 CD1-33

1～4の音声を読み、()に適語を入れましょう。さらに、完成した文がどんな場面での挨拶かを下の語群から選びましょう (同じものを複数入れても可)。

1. () to () you. [] 2. Hi, Nikki. () ()? []
3. () () () () (). How are you? []
4. It's a great () () () you. []

a. 久しぶりの人への挨拶 b. 別れ際の挨拶 c. カジュアルな場面での挨拶 d. 初対面の挨拶

TRY LISTENING

DL 22 CD1-34

1～4の挨拶を読み、その応答として適切なものをA、Bから選びましょう。

1. A. Well, not bad. B. Nice to meet you, too.
2. A. I've seen you before. B. I've been pretty busy.
3. A. It's been a while. I missed you. B. The pleasure is all mine.
4. A. Good. What's up with you? B. I'm ready. Where are we going?

CONVERSATION

A. 次の会話を聞き、()に適切な語を入れましょう。会話のあとに問題が流れるので、適切な答えをa～cから選びましょう。

Dylan and Emily are meeting after class.

Emily: Hi, Dylan. How's it going?

Dylan: Not bad. And you?

Emily: I'm pretty good. But actually, you don't look so well. Are you sure you're alright?

Dylan: Well, I feel like I'm catching a (1). I guess I've been studying too hard for the (2) test and not sleeping enough.

Emily: You (3) get more sleep. It's very important for your health! Also, if you get sick, you (4) not be (5) to think clearly for the test! Are you eating properly?

Dylan: I try to, but I'm not such a good cook so I often eat at (6) food restaurants. Anyway, are you ready to quiz each other for the test?

Emily: No way! I'm taking you shopping for some healthy food, then you ought to go home and rest!



Q1 a. studying late at night b. cooking bad food c. gaming all night

Q2 a. take a test b. go home and sleep c. go shopping for food

B. クラスメートとペアを組み、完成した会話を発話練習してみましょう。

C. 下線部の語句は自分で変え、部は下の Tool Box を参考に内容を入れ替えてオリジナルの会話を作り、ペアで練習をしてみましょう。



I'm a bit tired, I have a headache / I've been working too much at my part-time job,
I've spent too much time at the gym / the class discussion, the presentation /
I'm always so busy, I don't have time to cook

SHORT ANNOUNCEMENT

DL 24 CD1-36

A. 次のラジオ放送を聞き、() に適切な語を入れたら下の問題に答えましょう。

Good morning and thank you for listening to *Today's Health Watch*. Everyone wants to be healthy, but it's not always easy. Experts often change their (¹) about what kinds of foods we should avoid. For example, it (²) (³) be said that too much fat was the most important thing to avoid when selecting what to eat. But now, many health advisers warn that eating too many carbohydrates is the leading cause of (⁴). So how should we go about selecting the right food to eat? One useful rule to remember is to always choose whole foods over (⁵) foods. So the next time you feel like a snack, reach for a piece of (⁶) or some nuts instead of candy or potato chips.

- In the past, experts said eating () was bad for health.
 - too many carbohydrates
 - too much fat
 - too many nuts
- The speaker recommends eating () for a snack.
 - apples and oranges
 - potato chips
 - chocolate

B. クラスメイトとペアを組み、完成したアナウンスを1文ずつ交互に発話してみましょう。

C. 上記ラジオ放送の波線部を指示に従って書き換えてみましょう。

Everyone wants to -----, but it -----.

● ----- 部に自分の好きな語句、----- 部に Tool Box から好きな語句を入れて、「だれもが ----- したい、しかし (実際は) ----- だ」という文を作る。

(例) A: Everyone wants to *do something for world peace or the environment*, but it takes courage and imagination. (だれもが世界平和やエコロジーのために何かしたいと考えているが、それには勇気と想像力が必要だ)

B: Indeed. But we have to go forward, even though it is a small step. (まさにそうだね。でも、たとえ小さな一歩だろうと前に進まない)

←もし可能なら、ペアの相手はコメントを加えてみましょう。



Tool Box

takes courage and imagination / makes the world worse / is not for the good of the team

READING

TARGET!

助動詞を使って表現の幅を広げよう

助動詞は動詞の前に置き、様々な意味を付加する機能があります。

can	「~できる」(可能)、「~のはずだ」(推量・可能性)
may	「~してもよい」(許可)、「~かもしれない」(推量)
must	「~しなくてはならない」(強制・義務)、「~にちがいない」(強い推量)
should	「~すべきだ」(必要性・義務) ※ should ≡ ought to (形式ばった言い方)

助動詞と同じ働きをする語句

have to 「~しなくてはならない」 / be able to 「~できる」 / had better 「~したほうがよい、~すべきだ」 / used to = would often 「~したものだ」など

In childhood, Melissa **used to** go to Canada with her parents.

助動詞を使った表現

may well ~ 「~するのもっともだ」、might as well ~ 「~したほうがよい」、can't ~ too ... 「~しすぎて...すぎることはない」、would rather ~ than ... 「...するくらいなら~したほうがありました」など

I **would rather** die than quit eating hamburgers.

GRAMMAR EXERCISE 1

日本語の意味になるように、() に入る適切な助動詞を選びましょう。

- だれもが間違いを起こします。
Everybody (can / should / must) make mistakes.
- ジェシカは一生懸命練習したので優勝するのももっともです。
As she has practiced so hard, Jessica (can / may / must) well win the championship.
- すべてのスポーツ選手が薬物検査を受けるべきです。
All athletes (can / may / should) undergo drug testing.

GRAMMAR EXERCISE 2

[] の語を並べかえて文を完成させましょう。

- You [be / positive / too / cannot] when you are young.
- I think [better / a / had / see / doctor / you / go].

READING

DL 25 CD1-37 ~ CD1-41

次の文章を読み、あとに続く問題に答えましょう。

For a Better Night's Sleep

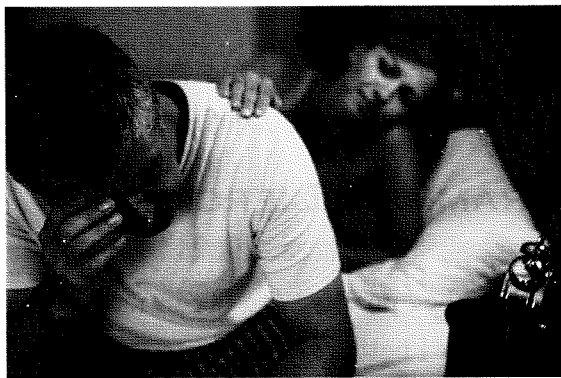
Getting a good night's sleep is an important part of a healthy lifestyle. How you feel during your waking hours depends, to a large part, on how well you slept the night before. Similarly, your quality of sleep is influenced by your daytime activities. If you have trouble sleeping, the following tips should help.

5 First, you should sleep regularly. Set a bedtime that is convenient for you and try to go to sleep and wake up at the same time every day. This will help your body to develop a natural sleeping rhythm. If possible, avoid sleeping in, even on weekends. Also, if you take naps, they shouldn't be too long, about 20 to 30 minutes is enough. If you keep a regular sleep pattern, eventually you won't even need an
10 alarm clock to wake up.

Along with a regular sleep schedule, it is important to get regular exercise. While vigorous exercise is the best, even light exercise, like walking about 10 minutes or more a day, can help. It is better to exercise in the morning or afternoon rather than at night because too much activity before bedtime can interfere with
15 falling asleep. That doesn't mean you should just sit in front of the TV, though. Low impact exercises like stretching or yoga can be good in the evening.

Finally, learn to wind down after a busy day. Stress and worry from the day's events can make it difficult for us to fall asleep. Relaxation techniques can help us calm our minds and make it easy to fall asleep. One way is to breathe deeply. Start
20 by closing your eyes and taking deep, slow breaths. Keep doing so, making each breath a little longer than the last one. Also, you can use visualization. Imagine a place or activity that is peaceful and relaxing for you. Focus on how this place or activity makes you feel. This allows you to relax and gently fall asleep.

If we have trouble falling asleep, it's good to know there are things we can
25 do to help. A good night's sleep will make us more efficient and focused at work and more energetic when we are at play. By keeping regular sleep patterns, exercising, and relaxing, we can increase our vitality and make
30 the most of our days.



DEFINITION EXERCISE

1 ~ 5 の語句の定義として正しいものを a ~ e から選んでみましょう。

- | | | |
|----------------------------|-------|-------------------------------------|
| 1. vigorous (l.12) | _____ | a. having fun, enjoying oneself |
| 2. interfere with (l.14) | _____ | b. with force and energy; active |
| 3. wind down (l.17) | _____ | c. utilize something fully |
| 4. at play (l.28) | _____ | d. block or disturb an activity |
| 5. make the most of (l.30) | _____ | e. release tension little by little |

COMPREHENSION

本文の内容に合致するように () に入る適語を下から選びましょう。

- How well you sleep at night and how you feel in the daytime are () each other. a. exchanged with b. connected with c. changing after
- Getting exercise regularly, especially in the daytime, will help () your sleeping rhythm. a. break b. balance c. speed up
- It is important to relax () of the day, using techniques like deep breathing and visualization. a. in the beginning b. in the middle c. at the end
- By having a good night's sleep, we can live an active and () life. a. idle b. imaginary c. satisfying

MAKE A SUMMARY

A. 次は上の 1 ~ 4 の文に 部を追加した要約文です。まず、それぞれの () に正答を記入しましょう。

How well you sleep at night and how you feel in the daytime are () each other. _____ sleep / should / and / the / wake up / every day / you / at / same time, even on weekends. _____, getting exercise regularly especially in the daytime will help () your sleeping rhythm. _____, it is important to relax () of the day, using techniques like deep breathing and visualization. _____, by having a good night's sleep, we can live an active and () life.

B. 次に、部を並べかえて文を完成させましょう。

_____, even on weekends.

C. 全体の流れがスムーズになるように、下線部につなぎの言葉を入れましょう。入れたら、ペアを組んでお互いの文を比べてみましょう。