

よい睡眠で健康に!



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?

DL 23 CD1-35

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. クラスメイトとペアを組み、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.
 a. too many carbohydrates b. too much fat c. too many nuts
- The speaker recommends eating () for a snack.
 a. apples and oranges b. potato chips c. 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。



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 ～ 「～するのはもったもだ」、might as well ～ 「～したほうがよい」、can't ～ too ... 「～しすぎてても…すぎることはない」、would rather ～ than ... 「…するくらいなら～したほうがました」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のもっともです。
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].
- [I / eat / rather / eat / than / would / nothing] such bad-tasting food.

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

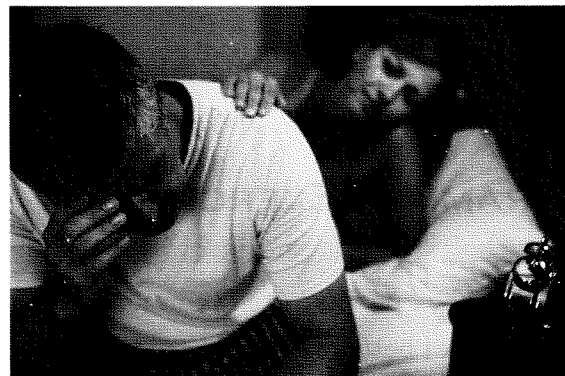
Getting a good night's sleep is an important part of a healthy lifestyle. How you feel during your waking hours depends, to a large part, on how well you slept the night before. Similarly, your quality of sleep is influenced by your daytime activities. If you have trouble sleeping, the following tips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

.....
面接で成功するために



LISTENING

TARGET!

提案・勧誘文を聞き取り、その答え方を学びましょう DL 26 CD1-42

- Let's discuss the matter in the meeting tomorrow.
- Certainly. / Sorry, I won't be able to make it.
※ Let's を Shall we ~ ? に置き換えても同じ意味だが、疑問文であることに注意
 - How [What] about applying for the management job?
- That's a good idea. / No, I would rather check more details first.
 - Why don't you [Why not] join us for dinner after the meeting?
- Yes, of course. / No, I'm afraid [I'm sorry] I can't.
 - Would you like [Do you want] to request further information about the company?
- Yes, I would. / No, I don't need to.
- 他に What do you say to ~ing, You had better ~ (強い提案)、It might be better to ~ (控えめな提案) などがある

WARM UP

DL 27 CD1-43

1 ~ 4 の問いかけに対する応答として正しいものを A、B の音声から選びましょう。

- How about using these charts for your presentation? A / B
- Why don't you take a day off if you're not feeling well? A / B
- Why not hire the candidate you interviewed yesterday? A / B
- Shall I email the sales figures to you now? A / B

TRY LISTENING

DL 28 CD1-44

1 ~ 5 の問いかけを聞き、その応答として正しいものを A、B から選びましょう。

- A. Yes, let's. B. No, I guess not.
- A. Yes, please. B. Certainly.
- A. So do I. B. That's a good idea.
- A. It's my pleasure. Which way? B. That would be great. Thank you.
- A. OK. Shall we do it now? B. Yes, we will interview the candidate now.

DL 29 CD1-45

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。

Riku and Emily are chatting before class.

Riku: Emily, have you thought about what you'd like to do once you
(¹)?

Emily: Yes, but I'm (²) (³) (⁴). One thing I know is
that I'd like to use English in my future job, like maybe at a tour
company or an airport . How about you, Riku? What do you want to do?

Riku: I'm still undecided, too. I really like making things out of wood . When
I was (⁵) up, I used to help my father with building tables
and chairs and other furniture for the house . It was really fun.

Emily: Why don't you work for a home
furnishing company? You could help
them design new furniture.

Riku: That's not a bad idea! Hey, (⁶)
(⁷) discuss this more over a
cup of coffee later?



Q1 a. to travel frequently b. to speak English c. to meet various people

Q2 a. a furniture company b. a transport company c. a tour company

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。



an international trading company, a foreign affiliated company /
repairing cars, designing web pages / fixing his car, designing his company's homepage /
automobile, web design

SHORT ANNOUNCEMENT

DL 30 CD1-46

A. 次の録音メッセージを聞き、() に適切な語を入れたら下の問題に答えましょう。

Hello, Riku. This is Janet Walter from Better Living Furniture. Thank you for your (¹) in our company. We have received your (²) for an internship and see that you have experience building furniture. It seems that you are serious about the furniture business. We are looking for (³), dedicated, and friendly people to be part of our team. We are currently offering internships in our (⁴) department as well as our (⁵) service department. (⁶) (⁷) you come down to our main office for an interview? Please call me back and we can arrange a time. I look forward to hearing from you.

1. According to the message, Riku () at Ms. Walter's company.
 - a. ordered some furniture b. complained about the product c. applied to work
2. Ms. Walter offered () to Riku.
 - a. an interview b. a design of furniture c. an online application

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. 上記メッセージの波線部の文を指示に従って書き換えてみましょう。

We are looking for -----, ----- and ----- people to be -----.

----- 部に自分の好きな語句、----- 部に下の Tool Box から好きな語句を入れて、「私たちは ----- になるような ----- かつ -----、さらに ----- を兼ね備えた人材を求めている」という文を作る。

(例) We are looking for *sophisticated, independent and charming* people to be leading models.

(私たちはトップに立つモデルになるような洗練され、自立し、さらに魅力のある人材を求めている)



future leaders of the retail industry / future F1 champions / leading models

READING

TARGET!

名詞の種類と冠詞について学びましょう

1. 可算名詞 (数えられる) と不可算名詞 (数えられない)

[可算] shoe (単数形) → shoes (複数形) / dictionary (単数形) → dictionaries (複数形)
 [不可算] water, air, knowledge, furniture, people など。ただし waters (池) など意味によっては可算名詞になることがある

2. 名詞のいろいろな種類

普通名詞	一般名詞ともいう	friend, book, bicycle, doctor, teacher
集合名詞	物、人のあつまりを示す	family, team, class, audience, police
物質名詞	形のない物質を示す	tea, sugar, paper, money, coffee, meat
抽象名詞	形がなく抽象的なことを示す	happiness, peace, silence, advice, hope
固有名詞	人名、地名などを示す	Mozart, Japan, January, the United Nations

3. 冠詞 不定冠詞 (a, an) = 「ひとつの」の意味。初出の名詞に付く
 定冠詞 (the) = 「その」。前にすでに述べた名詞に付く

I read **a** fascinating book recently. **The** book was about the solar system.

[冠詞を付けない場合] 抽象名詞、固有名詞には付けないのが基本
 Autumn comes after summer.

普通名詞が「機能」を表す場合も無冠詞 → Leyona went to school by car.

GRAMMAR EXERCISE 1

() に入る冠詞 (入らない場合は「なし」) を選択肢から選びましょう。

1. Stephen went to the headquarters to have (a / the / なし) job interview.
2. Linda touched me on (a / the / なし) shoulder at the convention.
3. On Sunday Ray goes to (a / the / なし) church and reads (a / the / なし) Bible.

GRAMMAR EXERCISE 2

日本文の意味に合うように () に適切な語を書き入れましょう。

1. エミリーはネットオークションでそれほど多くの家具を注文しませんでした。
 Emily didn't order () () from the online auction site.
2. 私は川に小さな紙切れが散らばっているのを見ました。
 I saw some small () of () scattered in the river.
3. 彼の知識と経験は貴社にとって価値があります。
 His () and () () valuable to your company.

READING

DL 31 CD1-47 ~ CD1-51

次の文章を読み、あとに続く問題に答えましょう。

How to be Successful in a Job Interview

Going to a job interview can be a nerve-racking experience. You have to meet new people and make a good impression. You have to sell your skills and convince your interviewer that you are the best choice for the position. And, usually, you have to answer a lot of questions, some of which you might not know the answer to, all the while keeping a positive and cheerful disposition. Job interviews don't have to be stressful, however. With a little planning they can be great experiences.

First, practice for the interview. Find out as much about the prospective employer as you can before the interview. For example, if you are applying to a well-known furniture company like IKEA, research the history of the company. Find out what kind of products they sell and what their business goals are. Once you have an understanding of the place you want to work at, share the information with friends and ask them to give you a practice interview. Prepare for the practice interview the same way you would prepare for the real one.

Secondly, show restraint. It is best not to discuss money or benefits during the first interview. You can discuss those matters later. Also, don't say bad things about your past employers or work situations. Nobody likes complainers and it might cause a potential employer to distrust you. Furthermore, don't talk about career aspirations you have beyond the place you are applying to work at. An organization won't want to hire you if they think you are going to be leaving them soon.

Finally, and most importantly, be sincere. It is important that you have an interest in the place you are applying to work at. Show the interviewer that you have passion and commitment to what the company represents. If you go in to an interview thinking that you won't like the job, your attitude might affect how you present yourself in a negative way. However, if you go in to an interview enthusiastic about the job, your positive mindset will definitely show itself to the interviewer.

While a job interview can be stressful, it doesn't have to be. It can be an opportunity for a new way of life. Practice for the interview, show restraint and be enthusiastic. If you follow these tips, you'll find yourself confident, prepared and ready to get your dream job!



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. nerve-racking (l.1) | _____ | a. controlling emotion or behavior |
| 2. convince (l.2) | _____ | b. a strong desire to do something or to be someone |
| 3. disposition (l.5) | _____ | c. usual state of mind |
| 4. restraint (l.14) | _____ | d. extremely irritating or stressful |
| 5. aspiration (l.18) | _____ | e. make someone believe that something is true |

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。

- To be successful in a job interview, a little planning is needed ().
a. more than you know b. all the while c. in advance
- It is helpful to find out the company's () and practice for the interview.
a. purpose b. background c. address
- You shouldn't () during the interview.
a. be passionate b. say negative things c. be modest
- You need to show a () attitude toward the job which you will be asked to do.
a. positive b. negative c. neutral

MAKE A SUMMARY

A. 次は上の1～4の文に 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。

To be successful in a job interview, a little planning is needed ().
_____, it is helpful to find out the company's ()
and practice for the interview. _____, you shouldn't
() during the interview. _____,
you need to show a () attitude toward the job which you will be
asked to do. _____, can / a chance / job / be / to / your / way /
interviews / life / change / of .

B. 次に、部を並べかえて文を完成させましょう。

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。