



**Warm Up 1 Script CD I-10**

1. It is a very popular breakfast in Taiwan. It looks like *okonomiyaki*. → B
2. It is an example of breakfast in Britain. British people love beans. → A
3. If you often eat bread, you will like this breakfast. Croissants in France are delicious. → D
4. In Vietnam, people often eat this noodle dish in the morning. → C

LESSON

# 1

**Oral Introduction**

- ① Are you all enjoying your new school life? However, you may be busy with your club activities. Some of you may be trying to study too much.
- ② First of all, get enough sleep. Meals are important too. Have breakfast every day, even if you don't think you have time.
- ③ Start your day with breakfast! Let's think about breakfast in this lesson.



# Have a Good Day with a Good Breakfast CD I-9

ユイは、ALTのSmith先生から朝食の大切さを聞き、自分で作れそうな手軽な朝食のレシピを探します。

## Your Goal

**Listening**

朝食に関する英文を聞き、その内容を理解する。

**Reading**

**Part 1 - 2** 英文を読んで、朝食の大切さについて理解する。

**Speaking**

聞いたり読んだりしたことについて話し合い、理由を示して自分の考えを言う。

**Writing**

バランスの良い朝食について、自分の考えを書く。

## Warm Up

- 1 Look at Pictures A to D. Listen and choose the correct picture for each description.



1.  B     2.  A     3.  D     4.  C

- 2 Get into pairs and talk about breakfast.

A: Which do you like better, Western-style breakfast or Japanese-style breakfast?

B: I like ( Western-style breakfast / Japanese-style breakfast ) better because I like bread with butter.

How about you?

A: I like ( Western-style breakfast / Japanese-style breakfast ) better because I love rice.

**Hints** ·I like bread with butter / I can make it easily / I need a cup of coffee in the morning  
·I love rice / it is good for the health / I want miso soup every morning



**CD I-11**

- Q. Listen and choose the best match for the picture.  
 (A) Three girls are running in the schoolyard.  
 (B) A teacher is talking to his students in the classroom. → 正解  
 (C) A student is standing and asking a question.

🔊 Q. Listen and choose the best match for the picture.

通し読み フレーズ読み

**CD I-13/17**

**Mr. Smith, Yui's ALT, talks to class.**

Part

1



**CD I-12**

skip /skɪp/

- ① Did you have breakfast this morning? // ② Many students in this class / sometimes skip breakfast. // ③ = Many students // Some are busy. // in this class sometimes don't have breakfast. // ④ Others cannot wake up in time. //

**CD I-14/18**

meal /mi:l/

- ⑤ In Japan, / about 15% of men and 10% of women / now skip breakfast. // ⑥ However, / breakfast is a very important meal. //

**CD I-15/19**

calculate /kælkjələt/  
correctly /kərəktli/

- ⑦ If you do not have breakfast, / you cannot do well at school. // ⑧ You may not remember new words. // ⑨ You may not calculate correctly. // ⑩ You may not run fast. // ⑪ Also, / you will have health problems in the future. //

**CD I-16/20**

- ⑫ So, / what kind of breakfast / is good for you? //

2. Some = Some students  
3. Others = Other students

2. Some と 3. Others は何を指しますか。

3. in \*time 7. do \*well 10. in the \*future

### Easy Version

Many students in this class sometimes don't have breakfast for some reason. About 13% of Japanese people skip breakfast, but breakfast is very important. If you do not have breakfast, you cannot do well at school and you will have health problems in the future.

### Word Checker

- ② **skip**: to not do something that you usually do or that you should do (LDOCE)
- ⑥ **meal**: an occasion when you eat food, for example breakfast or dinner, or the food that you eat on that occasion (LDOCE)
- ⑨ **calculate**: to use numbers to find out a total number, amount, distance, etc. (OALD)
- ⑨ **correctly**: in a way that is accurate or true, without any mistakes (OALD)

### Text Checker

- ② Do many students in Mr. Smith's class sometimes skip breakfast? Ⓐ Yes, they do.
- ③-④ Why do some students in Mr. Smith's class skip breakfast?  
Ⓐ Because they are busy or cannot wake up in time.
- ⑤ What percent of men skip breakfast now in Japan? Ⓐ About 15% (of men do).
- ⑤ What percent of women do not have breakfast now in Japan?  
Ⓐ About 10% (of women do not).
- ⑥ Is breakfast very important? Ⓐ Yes, it is.
- ⑧-⑩ Mr. Smith says students cannot do well at school if they do not have breakfast. What kinds of trouble do they have? Give three examples.  
Ⓐ They may not remember new words, calculate correctly, or run fast.
- ⑪ Does Mr. Smith think students will have health problems in the future if they skip breakfast?  
Ⓐ Yes, he does.

### 本文和訳例

ユイの ALT であるスミス先生がクラスに話しかけます。

- ①①みなさんは今朝、朝食を食べましたか。②このクラスの多くの生徒は、ときどき朝食を抜いています。③忙しい人もいます。④(朝食に)間に合うように起きられない人もいます。
- ②⑤日本では今、男性の約 15%、女性の約 10%が朝食を抜いています。⑥しかし、朝食はとても大切な食事です。
- ③⑦朝食を食べなければ、学校でよい成績をとれません。⑧新しい単語を覚えられないかもしれません。⑨正しく計算できないかもしれません。⑩速く走れないかもしれません。⑪また、将来的に健康上の問題を抱えることになるでしょう。
- ④⑫では、どんな朝食がみなさんにとってよいのでしょうか。

### 脚注 Idiom 例文

- 3. John didn't send his application *in time*. (ジョンは願書を出すのが間に合わなかった。)
- 7. Did you *do well* in [on] the exam? (試験はうまくいきましたか。)
- 10. No one knows what'll happen *in the future*. (将来何が起るかは、だれにもわからない。)



## Hints for Understanding 補充問題

日本語に合うように、( )内の動詞を適当な形に直しなさい。

(1) ヒロキはパン職人だ。

Hiroki ( be ) a baker.

(2) 月は地球の周りを回っている。

The moon ( go ) around the earth.

(3) その建物はこのあたりのどこかに建っていた。

The building ( stand ) somewhere around here.

(4) エミはふだん7時に起きるのだが、今朝は6時に起きた。

Emi usually ( get ) up at seven, but she ( get ) up at six this morning.

(5) 明日は暇だ。

I ( be ) free tomorrow.

(6) 私は来年、カナダへ留学するつもりだ。

I ( study ) in Canada next year.

Ⓐ (1) is (2) goes (3) stood (4) gets, got (5) will be (6) will study

## Comprehension 和訳例

**A** 本文の内容と合っているものには T、合っていないものには F と答えなさい。

- ユイのクラスの多くの生徒は、朝食を食べないことがときどきある。(T)
- 日本では、男性の約 10%、女性の約 15%が朝食を抜いている。(F)
- 朝食を抜けば、健康上の問題を抱えることになるだろう。(T)

**B** スミス先生はクラスに何と言っていますか。空所を埋めなさい。

1. 彼の生徒は朝食を抜いている。

理由

① 彼らは朝、忙しいから。

② 彼らは(朝食に)間に合うように起きられないから。

① 新しい単語を覚えられないかもしれない。

2. もしあなたが朝食を食べなければ、あなたは

② 正しく計算できないかもしれない。

③ 速く走れないかもしれない。

## 補充リスニング問題(Additional Questions) CD 1-21

Answer true or false.

(1) Most of the students in Yui's class have breakfast every day. → (F)

(2) If you skip breakfast, you may not calculate correctly. → (T)

## Give Your Opinion 和訳例

A: なぜ朝食を抜く人がいるのでしょうか。あなたはどう思いますか。

B: ええと、朝食を抜く人は\_\_\_\_\_。あなたはどう思いますか。

A: 朝食を抜く人は\_\_\_\_\_。

## Hints for Understanding

「～した」・「～する」・「～でしょう」

l.1 **Did you have** breakfast this morning?  
cf. I **had** breakfast this morning.

l.1 Many students in this class sometimes **skip** breakfast.

l.9 Also, you **will have** health problems in the future.

過去

現在

未来

## Comprehension

### A Answer true or false.

1. A lot of students in Yui's class sometimes do not have breakfast. **T (//.1-2)**
2. In Japan, about 10% of men and 15% of women skip breakfast. **F (//.4-5)**
3. You will have health problems if you skip breakfast. **T (//.9-10)**

### B What does Mr. Smith say to class? Fill in the blanks.

1. His students skip breakfast.

The reasons

① They are ( **busy** ) in the morning.

② They cannot get up ( **in** ) ( **time** ).

2. If you do not have breakfast, you may not
 

}	① ( <b>remember</b> ) new words,
	② ( <b>calculate</b> ) correctly,
	or ③ ( <b>run</b> ) fast.

本文の内容について、  
自分の意見を  
言ってみよう



## Give Your Opinion

**A:** Why do people skip breakfast? What do you think?

**B:** Well, they are busy in the morning

What do you think?

**A:** They aren't hungry in the morning

**Hints** are busy in the morning / can't wake up in time / aren't hungry in the morning

# Main Information

Make a summary of this lesson.

## Part 1

Mr. Smith talks to class.

Many students in this class sometimes (① skip) breakfast.



1. They cannot do (② well) at school.
2. They will have (③ health) (④ problems) in the future.

## Part 2

Mr. Smith introduces some good breakfasts.

You should be careful about (⑤ food) (⑥ balance).

### Examples of good breakfast

1. A gorgeous breakfast at hotels
2. A (⑦ simple) but (⑧ well-balanced) breakfast at school cafeterias

## Part 3

A recipe for an easy and healthy breakfast

### Name of dish

Milk (⑨ porridge) with chicken

### Method

1. (⑩ Put) rice, chicken, and ginger in a saucepan.
2. (⑪ Pour) milk into the saucepan.
3. Bring to a boil and then (⑫ turn) (⑬ down) the heat.
4. Add the consommé cube and seaweed and (⑭ simmer) for 3 minutes. (⑮ Stir) from time to time.
5. (⑯ Add) salt and pepper to taste.

**Step 1 Script** CD 1-36

What is a well-balanced breakfast? A good breakfast needs protein, carbohydrates, and vitamins. What kinds of food contain protein, carbohydrates, and vitamins? Foods like meat, fish, and eggs have a lot of protein. Rice, bread, and noodles have a lot of carbohydrates. Fruits and vegetables have a lot of vitamins.

# Try It Out

**Step 1**  **Listen and answer.**

朝食に必要な栄養素について聞き、わかったことをメモしよう。

栄養素	役割	含まれる食品
Protein	筋肉や血液などをつくる。	肉, 魚, 卵
Carbohydrates	体のエネルギー源となる。	米, パン, 麺類
Vitamins	体の調子を整える。	フルーツ, 野菜

**Step 2**  **Work with your partner.**

上の栄養素を含む料理について、ペアで話し合ってみよう。



**Step 3**  **Write your opinion in English.**

What kind of well-balanced breakfast will you have?

— I'll have a boiled egg, onion salad, two pieces of bacon, milk, and a bagel .  
食材・料理

**Hints** | sausage / ham / bacon / grilled fish (焼き魚) / salad / scrambled eggs / boiled egg / cheese / bagel (ベーグル) / miso soup / lettuce / broccoli / kiwi fruit / pineapple

**Step 4**  **Share your opinion with your partner.**

お互いの考えについて、意見交換してみよう。