

LESSON 1	定期考査用テスト	年 組 番	/50 点

英文を読んで後の問いに答えなさい。

Part 1 Mr. Smith, Yui's ALT, talks to class.

Did you have breakfast this morning? Many students in this class sometimes skip breakfast. Some are busy. Others cannot wake up in time.

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

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

[(A)], what kind of breakfast is good for you?


Part 2 Mr. Smith introduces some good breakfasts.

What did you eat this morning? Just a rice ball or a sweet bread roll? If so, you ate only carbohydrates. You should be careful about food balance. What kind of breakfast has a good balance?

Some hotels serve a gorgeous breakfast. I have enjoyed a rich breakfast at a hotel in Kobe. It includes bread, fruit, ham, a soft-boiled egg, yogurt, tapioca dessert, and vegetable juice. It is delicious, [(B)] we cannot have a hotel breakfast every day.

Some school cafeterias are offering a simple but well-balanced breakfast. You can get enough vitamins and protein. Our school does not offer this, [(C)] you can find easy breakfast recipes on the Internet.

Part 3 Yui finds a recipe for an easy and healthy breakfast.

	Milk porridge with chicken Prep: 3 mins Cook: 5 mins Servings: 1
	Ingredients <ul style="list-style-type: none"> • 1 can <i>yakitori</i> (grilled chicken) • 150 g boiled rice • 1/2 consomme cube • salt and pepper to taste • 1/2 teaspoon ginger • 1 cup milk • 1/2 tablespoon dried <i>wakame</i> seaweed
Method 1. Put rice, chicken, and ginger in a saucepan. 2. Pour milk into the saucepan.	

3. Bring to a boil and then turn down the heat.
4. Add the consomme cube and seaweed [(D)] simmer for 3 minutes. Stir from time to time.
5. Add salt and pepper to taste.

1. Choose the best title for each part.

[各 4 点]

- Part 1**
- a. Mr. Smith's Breakfast
 - b. Good Breakfast and Bad Breakfast
 - c. The Importance of Breakfast

- Part 2**
- a. Breakfast at a Hotel
 - b. Breakfast with a Good Balance
 - c. Enough Vitamins and Protein

- Part 3**
- a. A Recipe for an Easy and Healthy Breakfast
 - b. An Example of a Gorgeous Breakfast
 - c. How to Cook Breakfast Quickly

2. Answer true or false.

[各 4 点]

- (1) In Japan, men skip breakfast more often than women do.
- (2) Mr. Smith often enjoys breakfast in the school cafeteria.
- (3) The recipe for milk porridge with chicken is for one person and needs ginger and milk.

3. Fill in the blanks with the correct words from the box below.

[各 4 点]

- [(A)] = () [(B)] = ()
 [(C)] = () [(D)] = ()

but / so / and

4. Write your opinion.

[10 点]

Do you eat breakfast every day? Why or why not?

<解答>

1. Part 1: c Part 2: b Part 3: a

2. (1) T (2) F (3) T

3 (A) So (B) but (C) but (D) and

4. 解答例

- I eat it every day because it's important for my health.

- I sometime skip it because I'm not hungry in the morning.