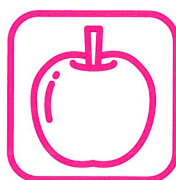
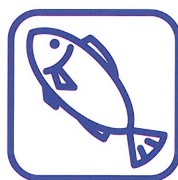
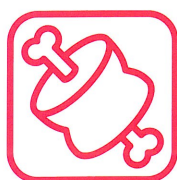


ESP

for Food Literacy

英語で考える「食育と健康」



—VOAで4技能を身につける—

Edited with Notes by
Akiko Tsuda
Kelly MacDonald



EIHŌSHA

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はじめに

『英語で考える「食育と健康」—VOAで4技能を身につける—:ESP for Food Literacy』は、Voice of Americaの平易な英文に材を取り、ディクテーション、スキミングなどのアクティビティーを通じて、4技能を身につける英語総合教材です。どのユニットも同じ構成で成り立っており、扱う話題は独立しているため、必ずしも、ユニットの順序にしたがって進めなければならないわけではありません。各ユニットの構成は次のようなセクションで成り立っています。

Pre-reading Activity

当該ユニットについてあらかじめ学習者自身で考えておく問題です。宿題にしてもよいでしょう。

Vocabulary

本文の中から、特に重要だと思われる単語や未習得だと思われる表現について、日本語の定義を選択する問題です。

Scan the Text

キーワードの意味を確認し、本文をスキミングしましょう。

Can you say it?

本文の中から特に役立つ表現と思われるものです。書き出してみましょう。

Comprehension Questions

本文の理解度を確認するための問題です。本文の手掛かりになる部分にアンダーラインを引き、ペアやグループで確認してもよいでしょう。

Read & Think

本文をスキミングして答えを考えましょう。

Dictation & Reading Aloud

当該ユニットの英語の要約文についてのディクテーションです。答え合わせをしたら、音読してみましょう。

Extended Activity

食や健康科学に関する語彙や表現を補強するための発展問題です。

最後に、本書の構想から出版に至るまで、佐々木元氏をはじめとして、英宝社の皆様には大変お世話になりました。また、岩本弓子先生には、テキスト制作時にご協力いただきました。心より感謝の意を表します。

津田晶子

ケリー・マクドナルド

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Unit

1

Study: Shows Family Mealtime Reduces Eating Disorders



Pre-reading Activity

次の質問に答えられますか？ 考えてみましょう。

How often do you eat dinner with your family?

Vocabulary

日本語に相当する語句を語群の中から選び、() 内に記入しましょう。

- | | |
|---------------|--------------------------|
| a. 嘔吐 | () |
| b. (歩き始めの) 幼児 | () |
| c. 潜在的に | () |
| d. 行動 | () |
| e. 青年期の人 | () |
| f. 拒食症 | () |
| g. 重大な | () |
| h. 摂食障害 | () |

[語群]

eating disorder
vomiting

anorexia
critical

adolescent
potentially

toddler
behavior



1-1

1 The U.S. Department of Health and Human Services says one to four percent of all young women in the United States are affected by eating disorders such as anorexia, and an estimated 17 percent of children and adolescents are overweight or obese. A recent study suggests families can take one simple step to help their children fight those trends. VOA's Alex Villarreal reports.

2 The University of Minnesota study found that regular family meals can keep teenage girls from developing behaviors linked to eating disorders.

3 Researchers say girls who eat with their families most days of the week are 29 percent less likely to exhibit extreme behaviors, such as binge eating or vomiting. Dr. Tania Heller heads the Washington Center for Eating Disorders and Adolescent Obesity. She says family mealtime can be critical.

4 "Family meals can allow parents to have more face-to-face time with their kids and with their teenagers," says Heller. "And this can potentially improve communication, improve family relationships and let parents pick up on disordered eating and eating problems at an early stage."

5 For Celia Kibler, it is never too early to start. Kibler founded Funfit, a health club for children. Kibler says Funfit teaches families how to stay healthy through good eating and exercise. "Bad habits can start very early," she explains. "Obviously, as parents, when a child is young, in the toddler age range, you are their greatest role model. So if a parent does not start teaching a child good eating habits and good fitness habits, they're not going to learn them."

6 Eight-year-old Emily Harrington came to Funfit after her doctor expressed concern about her weight. Even she recognizes the importance of family activities to stay healthy. "My family can help me be healthier by start[ing] walking ... because two days ago, we went to Redland Park, and I told my mom, 'Ok, let's do one more time.' And then I said, 'Just one more time!' And it was fun," said Emily.

7 Kibler advises parents to make sure healthy living is fun for their children. She says the best way to do that is together.

<http://www.voanews.com/content/a-13-2008-01-11-voa42/407335.html>
November 01, 2009

Scan the Text

以下の日本語にあてはまる語句を選択肢の中から選び、()内に記入しましょう。次に、本文をざっと読み、あてはまる語句にアンダーラインを引きましょう。

1. 過体重または肥満 ()
2. 差し向かいで過ごす時間 ()
3. 無茶食い、過食 ()
4. 気づく ()
5. 手本となる人 ()

[選択肢]

- | | | |
|----------------------|------------------------|-----------------|
| a. a role model | b. pick up on | c. binge eating |
| d. face-to-face time | e. overweight or obese | |

Can you say it?

本文をよく読み、下記の日本語になるよう、() 内を適語で埋めましょう。

始めるのに早すぎることはない。

It is never ().

Comprehension Questions

本文を読んで、正しいければT、誤っていればFに○をつけましょう。

1. According to the U.S. Department of Health and Human Services, one quarter of young women in the U.S. are overweight or obese. (T / F)
2. Researchers believe that family meals can be a positive experience for both parents and children. (T / F)
3. According to Celia Kibler, bad habits start in the teen years. (T / F)

Read and Think

本文中の第1パラグラフの“fight those trends”とは、具体的には何を指していますか。

Dictation& Reading Aloud 1-2

CDを聴いて()内を適語で埋めましょう。答え合わせをしたら、音読しましょう。

It seems that families may (1) the key in (2) obesity and eating disorders in (3). Researchers at the University of Minnesota have found a (4) between family meals and eating disorders. Meanwhile, Dr. Tania Heller at the Washington Center for eating disorders (5) on the (6) of parents being good role models for their children.

Extended Activity 食に関する表現

以下は英語圏でよく使われる表現です。語群の中から適語を選び、() 内に記入しましょう。

1. take it with a grain of ()
話半分に聞く

2. stew in one's own ()
自業自得

3. be a tough ()
一筋縄ではいかない人

4. () up
黙りこくる

[語群]

clam

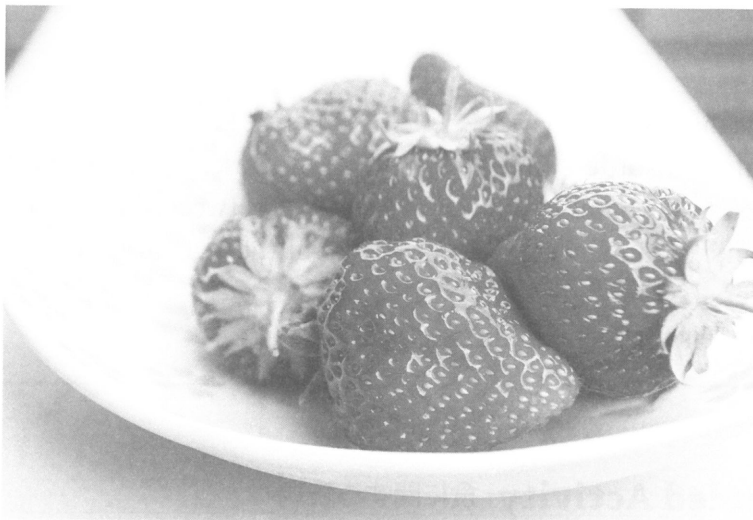
juices

cookie

salt

Unit

2

Study: Chocolate, Strawberries
Help Blood Pressure

Pre-reading Activity

次の質問に答えられますか？ 考えてみましょう。

What fruit do you like best?

Vocabulary

日本語に相当する語句を語群の中から選び、() 内に記入しましょう。

- | | |
|-----------|--------------------------|
| a. 下げる | () |
| b. 甘い | () |
| c. 血糖 | () |
| d. 動脈 | () |
| e. 引き金になる | () |
| f. 同義語的な | () |
| g. 砂糖菓子 | () |
| h. 信仰 | () |

[語群]

faith
lowerblood sugar
lusciousartery
confectiontrigger
synonymous



2-1

1 Many people in the United States and around the world like to share special gifts and cards with their loved ones every year on February 14, Valentine's Day. Originally a day to honor a Christian saint, it is no longer associated with any particular faith. It has become synonymous with expressions of love-and most of all, gifts of chocolate. These days, some might feel guilty about sharing such high-fat, high-calorie confections. But nutritionists say a little bit of chocolate can be very good for your health.

2 In the days leading up to Valentine's Day, Americans buy some \$700 million worth of chocolate treats... luscious, creamy and loaded with fat. But recent studies show that dark chocolate can also be good for your heart.

3 Researchers find that dark chocolate and aspirin have similar effects on the blood. They thin out the blood so it flows more easily, even though partially-blocked arteries and that could reduce the possibility of a heart attack.

4 But for chocolate lovers everywhere, the health benefits are even better than that. "Research shows that we get flavonoids in dark chocolate," said nutritionist Tammy Roberts. Flavonoids are nutrients found in many different kinds of plants. They help protect plants against disease and insects. When we eat food with high levels of flavonoids, these nutrients trigger our immune systems to produce enzymes-proteins-that reduce the risk of some kinds of cancer, heart disease and some other diseases that come with age.

5 In fact, 21 scientific studies involving more than 2,600 participants examined the effects of dark chocolate on the heart. The studies showed that eating dark chocolate lowered blood pressure and improved the ability of insulin to regulate blood sugar.

6 Tammy Roberts says flavonoids are also found in something that tastes great when covered with dark chocolate, strawberries.

7 "The health benefits of chocolate-covered strawberries are that both chocolate and strawberries contain antioxidants, and antioxidants are important for immune function and preventing infection," Roberts added.

8 Roberts says the best Valentine's Day gift combines fruit and chocolate. "When you give your Valentine a basket full of fruit that has just a little bit of chocolate,

then you're really showing them the very best kind of love, because you're giving them a lot of antioxidants and vitamin C with just enough chocolate to make it exciting," Roberts explained.

<http://www.voanews.com/content/study-chocolate-strawberries-help-blood-pressure-139149509/151878.html>
Carol Pearson February 10, 2012

Scan the Text

以下の日本語にあてはまる語句を選択肢の中から選び、()内に記入しましょう。次に、本文をざっと読み、あてはまる語句にアンダーラインを引きましょう。

1. 愛する人たち ()
2. 罪悪感を感じる ()
3. 血液を薄くする ()
4. 年齢に伴う ()
5. 免疫機能 ()

[選択肢]

a. thin out the blood
d. immune function

b. come with age
e. feel guilty

c. loved ones

Can you say it?

本文をよく読み、下記の日本語になるよう、() 内を適語で埋めましょう。

もはや特定の信仰とは関係がない。

It is () any particular faith.

Comprehension Questions

本文を読んで、正しいければT、誤っていればFに○をつけましょう。

1. Valentine's Day is closely associated with religion. (T / F)
2. Chocolate can unblock arteries. (T / F)
3. Chocolate acts to boost the immune system. (T / F)

Read and Think

Tammy Robertsは、なぜ、バレンタインデーにチョコレートと果物の贈り物をすることを勧めているのでしょうか。本文の第8パラグラフを読んでまとめてみましょう。

Dictation& Reading Aloud 2-2

CDを聴いて()内を適語で埋めましょう。答え合わせをしたら、音読しましょう。

There may be less reason nowadays to feel (1) about indulging in your favorite chocolate, at least if it's the (2) kind. Studies in recent years show dark chocolate is good for the (3). And there's even more good news. Dark chocolate is rich in flavonoids, a nutrient said to (4) the immune system to (5) enzymes which reduce the risk of a number of (6).

Extended Activity 栄養素の語彙

以下は主な栄養素の定義です。語群の中から適語を選び、() 内に記入しましょう。

- ()
a substance that is in foods such as sugar, bread, potatoes, which provides your body with heat and energy and which consists of oxygen, hydrogen, and carbon
- ()
a substance that exists in food such as meat, eggs, and beans, and which your body needs in order to grow and remain strong and healthy
- ()
an oily substance contained in certain foods

[語群]

fat

protein

carbohydrate

Unit

3

Study: Health Care Costs Climb
with Weight Gain**P**re-reading Activity

次の質問に答えられますか？ 考えてみましょう。

Have you ever tried dieting to control your weight? If so, what kind of diet did you follow?

Vocabulary

日本語に相当する語句を語群の中から選び、() 内に記入しましょう。

- a. 平均 ()
- b. 有病率 ()
- c. 薬局 ()
- d. 測定 ()
- e. 例年の ()
- f. (病気の) 検査をする ()
- g. 有害な ()
- h. 肥満の ()

[語群]

obese
annualmeasurement
averagedetrimental
prevalencescreen
pharmacy



3-1

1 Being overweight is not only bad for your health, it's also expensive. New research, health care costs increase in parallel with body mass measurement. The researchers found that costs associated with medical and drug claims rose gradually with each unit increase in body mass index (BMI). Notably, these increases began above a BMI of 19, which falls in the lower range of the healthy BMI category.

2 BMI is a measurement of a person's weight adjusted for his or her height, and can be used to screen for possible weight-related health problems. A healthy or normal BMI is 19-24, while overweight is 25-29 and obese is 30 and above. For example, a 5-foot-6-inch person who weighs 117.5 pounds has a BMI of 19, while a person of the same height weighing 279 pounds has a BMI of 45.

3 "Our findings suggest that excess fat is detrimental at any level," said lead author Truls Østbye, M.D., Ph.D., professor of community and family medicine at Duke and professor of health services and systems research at Duke-National University of Singapore.

4 Using health insurance claims data for 17,703 Duke employees participating in annual health appraisals from 2001 to 2011, the researchers related costs of doctors' visits and use of prescription drugs to employees' BMIs.

5 Measuring costs related to doctors' visits and prescriptions, the researchers observed that the prevalence of obesity-related diseases increased gradually across all BMI levels. In addition to diabetes and hypertension – the two diseases most commonly associated with being overweight or obese – the rates of nearly a dozen other disease categories also grew with increases in BMI. Cardiovascular disease was associated with the largest dollar increase per unit increase in BMI.

6 The average annual health care costs for a person with a BMI of 19 was found to be \$2,368; this grew to \$4,880 for a person with a BMI of 45 or greater. Women in the study had higher overall medical costs across all BMI categories, but men saw a sharper increase in medical costs the higher their BMIs rose. "The fact that we see the combined costs of pharmacy and medical more than double for people with BMIs of 45 compared with those of 19 suggests that interventions on weight are warranted," said Marissa Stroo, a co-investigator on the study.

<http://www.voanews.com/content/health-care-costs-climb-with-weight-gain/1813138.html>
December 18, 2013

Scan the Text

以下の日本語にあてはまる語句を選択肢の中から選び、()内に記入しましょう。次に、本文をざっと読み、あてはまる語句にアンダーラインを引きましょう。

1. ～に応じて ()
2. 一を選別する ()
3. 私たちの発見が示唆するものは… ()
4. 肥満と関連する疾病 ()
5. 2倍以上 ()

[選択肢]	a. more than double	b. our findings suggest	c. to screen
	d. in parallel with	e. obesity-related diseases	

Can you say it?

本文をよく読み、下記の日本語になるよう、()内を適語で埋めましょう。

過体重になることは健康に悪いだけでなく、お金もかかる。

Being overweight is () your health, it's also expensive.

Comprehension Questions

本文を読んで、正しいければT、誤っていればFに○をつけましょう。

1. Cardiovascular disease showed a higher correlation with increased BMIs than other diseases. (T / F)
2. Obesity-related diseases rose sharply with increased BMIs. (T / F)
3. Women at high BMI levels had lower medical costs than men. (T / F)

Read and Think

本文の第5パラグラフを読んで過体重や肥満になるとかかりやすい病名を2つ、挙げましょう。

() ()

Dictation& Reading Aloud 3-2

CDを聴いて()内を適語で埋めましょう。答え合わせをしたら、音読しましょう。

A new study at Duke National University of Singapore (1) that increases in health care (2) and increases in body mass measurements go hand in hand. Researchers in the study found that medical and (3) claims rose (4) above a body mass index of 19. These findings suggest that excess (5) at any level could create cause for (6) .

Extended Activity 食に関する表現

以下は英語圏でよく使われる表現です。語群の中から適語を選び、() 内に記入しましょう。

1. Don't cry over spilled ().
過ぎたことは過ぎたこと。(覆水盆に返らず。)

2. Through the ()
口コミで。

3. () in the sky
実現性がない。(画に描いた餅)

4. Not know () about
～について何も知らない。

[語群]

pie

grapevine

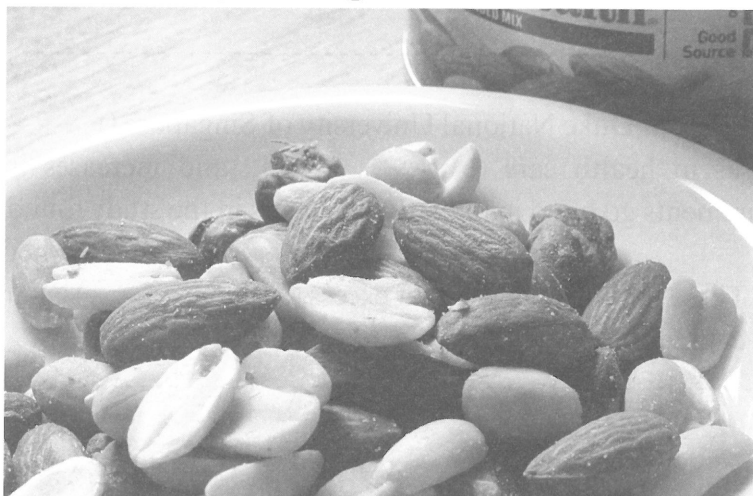
beans

milk

Unit

4

Kids Teased About Food Allergies No Laughing Matter



Pre-reading Activity

次の質問に答えられますか？ 考えてみましょう。

What kind of things should classroom teachers consider when they have students with food allergies?

Vocabulary

日本語に相当する語句を語群の中から選び、() 内に記入しましょう。

- | | |
|------------------|-----|
| a. 汚染物質 | () |
| b. 甲殻類 (エビ、カニなど) | () |
| c. 小児科 | () |
| d. 耐性 | () |
| e. 診断する | () |
| f. (病気の) 流行 | () |
| g. 致命的な | () |
| h. 湿疹 | () |

[語群]	fatal	diagnose	pediatrics	eczema
	epidemic	pollutant	tolerance	crustacean