

はじめに

『食の歴史』は、英語の技能の向上をめざす大学生などの学習者に、外国語としての英語を教える目的から作られた教科書です。食物のことをとおして、学習者の心を捉え、西洋の文明や文化の一端を学習者に触れさせることになればありがたいと思います。食に関する読み物と練習問題が楽しくて、役に立つなら、これほどうれしいことはありません。

教科書の構成

この教科書は15章から成り、各章は食物に関する話題を扱っています。各章は読解用の英文、その後、エクササイズ、ドリル、会話が続いています。各章のもう少し詳しい構成は、以下のとおりです。

1. 読解用英文

各章の読解用英文は、一つの食物とその歴史に焦点が当てられています。最初に英文を黙読して、読解力の向上を図ってください。それから、新語を辞書で調べるか、教員に質問してください。英文を日本語に翻訳しようとせず、段落ごとの意味を推測するように促してください。

2. エクササイズ、ドリル

エクササイズは、内容把握と多項式選択問題（Ⅰ）、正誤問題（Ⅱ）、語法を中心とした問題（Ⅲ）から構成されています。

ドリルは英語を学習するのにきわめて有益です。各章のドリルの助けを借りれば、日本語で考えずに、英語で答えるのが、ずっと簡単になります。日本人の英語学習者には、学習した文法規則のことを考える傾向がみられます。そうすると、解答するのにかなり時間がかかり、その結果、英語がなかなか流ちょうにならないことがわかります。ドリルの助けを借りれば、文全体を組み立てるの必要がありません。よく注意を払いながら、各ドリルの例にならって、数語変換するだけでよいのです。

3. 会話

各章の会話は、読解用英文の内容と関連しており、学習者がペアになって、対話練習を行う形が取られています。各章の会話には、3題の問題が設けられています。第1章から第6章までは、各々の設問の正答を選択するだけの問題です。第7章から第15章までは、設問に英語で書いて答えなければならない問題です。

この教科書が学習者の役に立ち、教員も学習者も、食物の話題を楽しんでいただければ幸いです。

令和3年6月9日

著者

Lesson 1

The Pig or the Pork



Pigs!? What is their origin? Natural scientists say that a forest animal that looked like a pig, but smaller in size, was first found in France and Spain some 10,000 years ago. Later, from these Mediterranean¹ countries, the pig spread to other areas in Europe, Africa and Asia. Until recently it was thought that the pig was descendent of² the wild boar, but nowadays some naturalists think that the domestic pig and the wild boar³ are “cousins.”

Pork is the meat of the pig. Around 2,000 years ago a few Roman authors wrote that pork was quite popular in Europe. However, the Egyptians thought that the pigs could pass on⁴ diseases so they did not eat pork. That is the reason why pigs are not shown in Egyptian paintings. Also, this might be the reason the Muslims, nowadays, prohibit eating pork. Pork is inedible⁵ under Islamic law.

There are several varieties of pork products. From old times people made ham, bacon, and sausages. The haunch⁶ of a pork is called **ham** and there are two types, cooked and uncooked. **Sausages** consist of minced pork, spices and herbs stuffed into skins. **Salami** is a sausage of Italian origin. It is a large sausage of very finely minced pork. **Chorizo**⁷ is a Spanish sausage seasoned with paprika.

Let us have a look at the symbolism of the pig: in China the pig signifies wealth and good fortune, but in other countries

1. Mediterranean 「地中海沿岸の」
2. descendent of 「～の系統を引く」
3. wild boar 「イノシシ」
4. pass on 「移す」
5. inedible 「食べられない」
6. haunch 「もも肉」
7. chorizo/tʃəˈriːzou/「 Chorizo」

- 8. hold to 「固執する」
- 9. bank 「小型貯金箱 (piggy bank)」
- 10. earthenware 「陶器」
- 11. kitchenware 「台所用品」

this animal has a negative meaning. The pig suggests egotism, greed and ignorance. In English language there are expressions like: “pig out” or “make a pig of oneself” meaning to eat too much. A “pigheaded” person is a stubborn person who holds to⁸ an opinion in spite of reason. A coin bank⁹ often in the shape of a pig is a piggy bank. In old English the word pygg had the meaning of earthenware¹⁰. People in the 18th century used to save their money in kitchenware¹¹. Now, the word “pygg” sounded like the word “pig” so the pygg jars became piggy banks and, of course, as you very well know, have the shape of pigs!

Exercises

I Read the passage above and choose the best answer.

1. According to the passage, a pigheaded person is
 - a) a fat person. b) a headstrong person. c) a generous person.
2. To pig out means
 - a) to overeat. b) to bring the pigs out. c) to eat pork.
3. Pigheaded means
 - a) somebody easy to change. b) somebody difficult to change.
 - c) somebody with a big head.
4. According to the passage, when was the pork popular in Roman cuisine?
 - a) about 2,000 years ago b) recently c) about 10,000 years ago
5. The Egyptians did not eat pork because
 - a) the pigs did not exist in Egypt. b) the pigs transmitted illnesses.
 - c) pork was not tasty.

II Read the statements below and indicate if they are True or False.

1. In some Asian countries the pig is a symbol of prosperity. (T / F)
2. Someone who overeats is a pigheaded person. (T / F)
3. If you eat too much pork you will be an egoist person. (T / F)
4. In Egypt there are many paintings showing pigs. (T / F)
5. Pork is popular in Muslim countries. (T / F)

III Choose the word or phrase that best completes the sentence.

1. Have you ever () mutton?
 a) eat b) ate c) eaten
2. I finally managed () dinner for the whole family.
 a) cooking b) to cook c) have cooked
3. We've been () quite a lot about the new restaurant.
 a) hearing b) heard c) hear
4. () I am thinking to be a vegetarian.
 a) To tell the truth b) Told the truth c) Not telling the truth
5. I decided () how to cook Japanese food.
 a) studying b) to study c) studied

Drills

I Answer the questions, following the example.

ex. What does Jane usually eat for breakfast, ham or sausages?

She usually eats ham.

1. What do you eat for Christmas, pork or turkey?
 _____.
2. What is this salami stuffed with, herbs or garlic?
 _____.
3. What meals do you cook, good meals or awful meals?
 _____.
4. What does your mother drink, tea or coffee?
 _____.
5. What salami do you like, Italian or Spanish?
 _____.

II Make questions, following the example.

ex. Father makes good omelets.

Does your mother make good omelets too?

1. Mrs. Kerry usually shops here.
 _____?

4

2. This man is very stubborn.

_____ ?

3. I want to visit Spain this summer.

_____ ?

4. I like pork.

_____ ?

5. I always have sausages for breakfast.

_____ ?

Conversation

Mary: What shall we do this weekend? Shall we go to see a movie?

Jane: Yes, let's go to the movie theater. I hear "Babe" is a good comedy film!

Mary: **Babe**? I haven't seen this movie yet.

Jane: It is the story of a cute piglet chosen at a contest booth by a farmer, Arthur Hoggett. This pig is raised by sheepdogs, so he learns how to herd sheep. On Arthur's farm there are other animals, ducks, a horse, a cow, goats and chickens.

Mary: It sounds interesting.

Jane: The best part of the movie is at a sheep-herding competition. The audience laughs when they see a pig instead of a dog. However, Babe with the help of Rex the dog, wins the competition. You must see this movie. So shall we go together?

Mary: Yes, let's!

Answer the Questions.

1. Where do Mary and Jane want to go this weekend?
 - a) to a sports competition
 - b) to a movie
 - c) to a restaurant
2. What kind of movie is Babe?
 - a) a comedy
 - b) a drama
 - c) a documentary
3. Who is Babe?
 - a) a farmer
 - b) a cute piglet
 - c) a sheepdog

A pork dish

Sweet and Sour Pork

Ingredients:

- 2 tablespoons sugar
- 1/3 cup vinegar
- 6 tablespoons canned pineapple juice
- 1 tablespoon corn starch
- 2 teaspoons soy sauce
- 2 tablespoons vegetable oil
- 1 pound pork cut into cubes
- 2 green onions chopped
- Salt and freshly ground black pepper, to taste

Directions:

1. In a small saucepan, combine the sugar, vinegar, pineapple juice and soy sauce. Bring to a boil over a high heat, then reduce to a simmer, add corn starch and cook 2 more minutes.
2. Heat oil in a large skillet over a medium heat. Add pork, seasoned with salt and pepper, and cook 4 to 5 minutes. Pour sauce over pork, and cook over a low heat for 10 minutes, turning frequently. Add the green onions. Serve. Bon appetite!

