

③ 次の英文を読んで、問1～問4に答えなさい。

Today life in our society is becoming more and more convenient. There are some restaurants and stores that are open twenty-four hours a day. We can use the Internet or send e-mail all day if we want to do so. There are a lot of interesting video games we can play at any time. In a society like this, our sleeping time is becoming shorter and shorter, and there are a lot of young people who don't go to bed until late at night. They use a lot of time to play video games or send e-mail to their friends. But do you know this life style may sometimes cause us some problems?

Many people say that having enough sleep is as important as eating well or exercising. Our bodies and brains begin to work when we get up, and they get tired after working for a day. So we need to have enough sleep at night to start another day. What will happen if we don't have enough sleep?

Ken is a high school student. When he was a junior high school student, he liked playing video games very much. He played them almost every day until very late at night after he came back home from school. So he couldn't get up early in the morning and didn't have time for breakfast. When he was at school, he was always tired and he sometimes slept in class. Sometimes he was late for school. His school grades went down. The teachers at his school worried about him very much and told him to change his life style. But he didn't.

One day when he came to school, he didn't feel well. He felt dizzy and couldn't stand up. So he went to the school nurse with his friends. The school nurse told him to stay in bed for some time. When he got better after some sleep, the school nurse said to him, "You should change your life style now. If you keep this life style, you will become very sick and need to stay in a hospital." He was very surprised to hear that because until then he didn't think it was a big problem to sleep only for a few hours every day. At last, he understood that having enough sleep is very important.

After that, he changed his life style and didn't play video games as much as before. He went to bed at ten at night and got up at six in the morning. He also started eating breakfast every morning. He never slept in class again, and soon his school grades got better.

Now Ken enjoys his high school life. He studies very hard. He is also a member of the basketball club and practices it hard every day. But he always tries to have enough sleep because he knows well that it is very important.

〔注〕 society……社会 convenient……便利な
open twenty-four hours a day……24時間営業
at any time……いつでも may……～かもしれない
cause us……私たちに～を引き起こす enough……十分な
exercising……運動すること bodies and brains……体と脳
almost……ほとんど school grades……成績
dizzy……めまいがする school nurse……保健室の先生

問1 本文の内容に合うように、次の(1)と(2)の英文に続けるのに最も適切なものを、ア～エの中から1つずつ選び、その記号を書きなさい。

- (1) Life in our society is very convenient
ア and all restaurants are open twenty-four hours a day.
イ and we can use the Internet at any time.
ウ but we don't think e-mail is useful.
エ but we can't play video games at home.

- (2) Ken went to the school nurse
ア and he took care of his friend.
イ and he was carried to a hospital soon.
ウ because he didn't feel well.
エ because he wanted to change his life style.

問2 本文の内容に関する次の質問に、英語で答えなさい。

What did the teachers tell Ken when his school grades went down?

問3 Kenは、保健室の先生から話を聞くまで、睡眠時間についてどのように考えていましたか。日本語で説明しなさい。

問4 次の英文は、本文の内容をまとめたものです。次の(1)～(4)にあてはまる英語を、1語ずつ書きなさい。

In today's very convenient society, there are a lot of young people who don't go to bed until late at night and they sleep only for a short time. This life style may be (1) for us and may sometimes cause problems for our bodies and brains. So, like eating well or exercising, it is also (2) for us to have enough sleep.

Ken was a boy who always went to bed very late at night. He couldn't get up early in the morning and didn't have time for breakfast. He couldn't (3) hard at school because he felt tired, so his school grades went down. The school nurse told him that this life style was going to make him very (4). At last he understood that he needed enough sleep. Now he enjoys his high school life.