

は し が き

本書は、「大学で英語のリーディングを学ぶ方のために、もっと楽しく効果的なテキストを提供したい」という思いから生まれました。本書の最大の特徴は、読みのサイクルを通して英文に何度も触れることで、読んだ内容を再構成して自分の言葉で誰かに伝える段階までステップアップしていくことにあります。英文を一度読んで終わりではありません。効果的な学びを導出するための本書のねらいを5つ紹介します。

1. 情報転移スキルを育てる“リーディング・サイクル”の試み

なぜ英語の苦手な学生はTOEICのようなリーディング問題に苦戦するのでしょうか。それは、そのような問題では本文の表現をパラフレーズ（言い換え）して問うような形式が多く、情報転移型のタスクに対応する力を身につけていなければ解けないようになっているためです。本書は、1章あたりのパラフレーズのバリエーションが豊富ですので、情報転移スキルを徹底的に磨くのに効果的です。

2. 日本人英語学習者に必要なインプット量の向上

英語学習には読む・聞くといったインプットの量が大切ですが、どうすれば大学のリーディング授業でインプット量を増やすことができるのでしょうか。本書では、各章の中で形を変えた英文を何度も読むことになるため、学習者が最終的に読む英文の量は従来のテキストよりも多くなります。それでいて、ひとつひとつのタスクは易しく、段階的に作られていますので、英文を無理なく読み進めていくことができるはずです。

3. 大学生が身につけるべき英語の基礎的な語彙知識の定着

リーディングの中で英語語彙を身につけるには、豊富な文脈の中で何度もその単語に触れなければならないという研究結果が報告されています。本書では、「本書の使い方」に示す通り、各タスクの中で基本的な英語に何度も触れていくことができますので、基礎的な英語語彙の定着を図ることができます。

4. 読んで伝えるためのコミュニケーション型学習サイクル

小中高における外国語教育の在り方が見直されているなか、大学の英語授業でも英語を使う機会が求められています。本書はリーディング教材でありながら、学習者が授業の中で英語を使う機会を大切にしています。英文を読んでじっくりと考え、さらにその内容を発展させて自分なりの言葉で誰かに伝えたり、自分の意見を述べたりするという学びのサイクルを提案します。

5. クラスが盛り上がるアクティブ・ラーニング

易しめのタスクによって学習者が自信を持つことができれば、各章の最終ページには、本文のトピックを踏まえた情報交換型の応用タスクが待っています。ここでは、学習者は対話型のフォーマットによる、いわば「変化球」の英語に触れることになります。学んだ英語語彙と自分なりの表現を組み合わせ、最終的にはクラスメイトとの意見交換に挑戦しましょう。

本書の 15 章は、皆さんが英語を読む楽しさを感じながら学びを深められるよう、トピックにもこだわって作られています。著者一同、皆さんの学びを心から応援しています。

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UNIT 1

Truths and Falsehoods About Colds

意外に知らない風邪のこと

風邪を予防するにはどうすればよいのでしょうか？ また、風邪をひいてしまったらどうしますか？ 風邪の予防法や治療法について、改めて考えてみましょう。



PREVIEW

Step 1

2

3

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Task

本文に関する導入部分を読みましょう。Q1とQ2が
読んだ内容と一致していればT、そうでなければFに
○をつけましょう。



DL 02



CD1-02

Do you go to the doctor when you catch a cold? Many doctors give medicine to people with colds, but some of them may not help. In fact, the misuse of a certain type of medicine (called antibiotics) gives rise to “superbugs,” or bacteria that are stronger and cannot be killed by the medicine. Let’s look at some of the truths and falsehoods about the common cold, and how to stay well.

Q1. Doctors provide medicine for people with colds.

T / F

Q2. Superbugs are a kind of insect that cannot be killed by an antibiotic.

T / F

VOCABULARY

1

Step 2

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Task

本文に登場する単語の意味を次の文 (a) と (b) から推測し、() 内に日本語で書きましょう。

1. prescribe ()	(a) "I'll prescribe medicine for your cold. Please take this paper to the drugstore and get the medicine," my doctor said. (b) I often suffer from mild headaches. In my bag, I always have the medicine that my doctor prescribes for them.
2. proof ()	(a) Tom's girlfriend showed him a picture of another girl. His face quickly turned white, which was strong proof that he had dated the girl. (b) A policeman finally found clear proof of the cause of the car accident. It was a video recorded at the scene of the accident.
3. prevent ()	(a) Our new factory uses clean energy. We need to reduce CO ₂ in order to prevent global warming. (b) Many Japanese people wear masks during the cold season. They believe that this helps prevent the spread of some diseases.

READING

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Step 3

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Task

本文全体を読んで内容を理解しましょう。



DL 03



CD1-03 ~



CD1-07

- 1** Human beings have been catching colds and trying to cure them since the beginning of time. But how successful have we been in teaching people the truth about curing the common cold? Today, doctors often prescribe medicine called antibiotics for patients, but such drugs may not work on colds. An antibiotic is a type of medicine that only kills infections from bacteria. However, colds are caused by viruses, not by bacteria. One of the reasons for giving antibiotics is that drug companies and drugstores profit by selling drugs that

antibiotics
「抗生物質」
infection
「感染」

10 are prescribed “just in case,” even though they may not be needed.

2 But there is an additional, even greater problem. The overuse of antibiotics has created so-called “superbugs.” These are bacteria which change and get stronger so that
15 antibiotics no longer work on them. The World Health Organization (WHO) calls superbugs “a major threat to public health.” Still, perhaps because drug companies make so much money from them, medical professionals continue to over-prescribe antibiotics.

3 Some people take vitamin C when they catch a cold. But the National Institutes of Health in the United States says that there is no proof that taking large doses of vitamin C prevents colds. However, vitamin C may reduce the severity or length of some cold symptoms.

4 So what really works? Drinking plenty of fluids and getting plenty of sleep can help cure a cold more quickly. But the best strategy is to avoid catching a cold in the first place. One way to prevent a cold is to gargle often. Also, germs that cause colds settle inside the nose, and infect the body
30 from there. During a cold, our hands often come in contact with our noses! Therefore, you should wash your hands often and try not to touch your face. You should also blow your nose hard into a tissue once a day to remove any
35 cold germs from inside your nose.



5 Always sneeze or cough into a tissue, and throw away used tissues immediately. It’s okay to use an alcohol-based hand sanitizer in emergencies. But it’s always best to wash your hands with soap and water several times each day. This
40 remains the best way to avoid getting sick. What do you do to stay healthy and cure your colds?

just in case
「念のために」

superbug
「超細菌」

dose
「服用量」

severity
「深刻さ」

fluid
「液体, 流体」

gargle
「うがいする」

germ
「細菌, 病原菌」

sneeze
「くしゃみをする」

sanitizer
「消毒薬」

MAIN IDEAS**1****2****3****Step 4****5****6****7****Task**

パラグラフ**1**～**5**の見出しとして最も適切なものを(a)～(e)から選び、記号を()に書きましょう。

- | | |
|--------------|--|
| 1 () | (a) How Antibiotics Work |
| 2 () | (b) True Cures and Defense Against Colds |
| 3 () | (c) The Effect of Taking Vitamin C |
| 4 () | (d) Other Habits to Avoid Getting Ill |
| 5 () | (e) The Danger of Superbugs |

QUESTIONS**1****2****3****4****Step 5****6****7****Task**

本文を詳しく読み、次の質問に答えましょう。

- Q1.** According to the passage, why do doctors prescribe antibiotics for patients?
- (a) Because providing antibiotics makes a lot of money for drug companies.
- (b) Because providing antibiotics kills the viruses that cause colds.
- (c) Because providing antibiotics is the fastest way to cure a cold.
- (d) Because providing antibiotics is the cheapest way to cure a cold.
- Q2.** According to the 2nd paragraph, which of the following statements is true about superbugs?
- (a) They are strong enough to cure a cold.
- (b) They are no threat to human health.
- (c) They are not killed by antibiotics.
- (d) They are still unknown to most doctors.
- Q3.** According to the 3rd paragraph, taking vitamin C may be helpful when...
- (a) you don't want to have superbugs in your body.
- (b) you don't want to get a cold from others.
- (c) you want to get over a cold quickly.
- (d) you want to get plenty of fluids.

Q4. Which of the following statements is NOT mentioned as the way to avoid catching a cold?

- (a) To gargle often
- (b) To exercise well every day
- (c) To avoid touching your face
- (d) To blow your nose hard

Q5. What can be inferred from the passage?

- (a) The WHO recommends the use of antibiotics to cure a cold.
- (b) The ways to prevent a cold and those to cure a cold quickly are the same.
- (c) An alcohol-based hand sanitizer costs less than soap and water.
- (d) Changing small daily habits seems most effective to prevent colds.

SUMMARY

1

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Step 6

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Task A

以下は本文の要約です。空欄に合う単語を考えましょう。DL 04 CD1-08

When someone gets a cold, the doctor will often offer antibiotics. But antibiotics only treat bacteria, while colds are caused by (1: v). Also, overprescribing antibiotics causes major problems because strong bacteria called “(2: s)” are created. Antibiotics should be used only when needed. Taking vitamin C doesn’t (3: p) colds, but can shorten the time one suffers from the symptoms. When you catch a cold, you should drink plenty of liquids and sleep a lot. The best thing is to prevent getting colds in the first place. To do that, wash your hands often, never (4: t) your face and gargle often. You can also blow your (5: n) into a tissue daily to blow out any germs.

Task B

ペアを組んで、相手に英文の内容を伝えるように音読しましょう。

Task C

テキストを閉じ、本文の内容を英語で相手に伝えてみましょう。自分のことばで言い換えて、わかりやすく説明しましょう。

DISCUSSION

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Step 7

Ken と Sara は風邪について話し合っています。

DL 05 CD1-09

Task A 空欄に入る語を埋めて会話を完成させましょう。

02/06 Monday

Ken: 3 minutes ago
My little sister, Mary, (1: c) a severe cold yesterday.

Sara: 2 minutes ago
Poor Mary. You should be careful, too. You had better take lots of vitamin C to (2: a) getting it from her.

Ken: 1 minute ago
Thank you for your concern, Sara. But that may not help. I heard that taking vitamin C doesn't prevent a cold. It just eases some of the (3: s) of the cold.

Sara: 36 seconds ago
I didn't know that. So what do you think is effective for preventing a cold? How do you stay well, Ken?

Task B Ken の立場になって、会話に続く内容を吹き出しに書きましょう。

Speak now as Ken:

To keep from catching a cold, I...

Task C ペアで役割を決めて、実際の会話のように読み合いましょう。