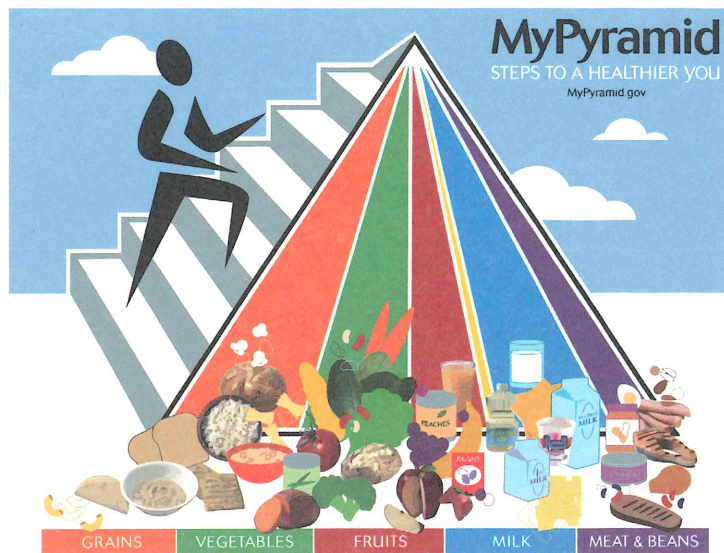




米国農務省による
食生活指針
「マイピラミッド」
2005年～2011年

問1 健康面を考えたときに、以下のペアで食べるのにふさわしいものを番号で答えなさい。

- 45 (① low-fat strawberry yogurt ② a strawberry milkshake)
46 (① a piece of lean chicken ② a piece of fried chicken)

問2 If you eat 5 ounces of grains a day, how much should be whole grains?

47

- ① 1 ② 1.5 ③ 2 ④ 2.5 ⑤ 3 ⑥ 3.5 ⑦ 4 ⑧ 4.5 ⑨ 5

問3 How many cups of raw cabbage do you need a day?

48

- ① 1 ② 2 ③ 3 ④ 4 ⑤ 5 ⑥ 6 ⑦ 7 ⑧ 8 ⑨ 9

問4 下線部アの () に入れるのに適切なものを選び、番号で答えなさい。

49

- ① fruits ② grains ③ foods ④ shapes ⑤ colors

問5 下線部イの () 内の語句を文脈を考えて並べかえ、() 内で1番目と3番目にくるものの番号を答えなさい。

イ You (50 _____ 51 _____).

問6 次の①～⑤の英文の中から、本文の内容に合っているものを2つ選びなさい。

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- ① Everyone knows that you need a healthy body to eat well.
② Your parents think it's not bad to eat junk food if you eat vegetables.
③ People are different because their nutritional needs are not the same.
④ You need to drink a cup of milk three times a day.
⑤ The fat in fish and nuts is healthy, so you don't need to limit it.