

早稲田大学直前チェックテスト [制限時間 20 分]

Read the passage and answer the questions that follow.

① In the United States at least one child in five is overweight and the number of overweight children continues to grow. Over the last two decades, this number has increased by about 50 percent, and the number of "extremely" overweight children has nearly doubled. A doctor determines if children are overweight by measuring their height and weight. Although children have fewer weight-related health problems than adults, overweight children are at high risk [1] becoming overweight adolescents and adults. Overweight adults are at risk [2] a number of health problems including heart disease, high blood pressure, stroke, and some forms of cancer.

② Children become overweight for a variety of reasons. The most common causes are genetic factors, lack of physical activity, unhealthy eating patterns, or a combination of these factors. In rare cases, a medical problem may cause a child to become overweight. Your physician can perform a careful physical exam and some blood tests, if necessary, to (a)rule out this type of problem. Children whose parents, brothers, or sisters are overweight may be at an increased risk of becoming overweight themselves. Although weight problems run in families, not all children with a family history of obesity* will be overweight. Genetic factors play a role in increasing the (b)likelihood that a child will be overweight, but shared family behaviors such as eating and activity habits also influence body weight. A child's total diet and his or her activity level both play an important role in determining a child's weight. The increasing popularity of television and computer and video games contributes to children's inactive lifestyles. The average American child spends approximately 24 hours each week watching television - time that could be spent in some sort of physical activity.

③ If you think that your child is overweight, it is important to talk with your child's doctor. A doctor is the best person to determine whether your child has a weight problem. Physicians will measure your child's weight and height to determine if your child's weight is within a healthy range. A physician will also consider your child's age and growth patterns to determine whether your child is overweight, (c)Assessing obesity in children is difficult because children grow in unpredictable bursts. For example, it is normal for boys to gain weight quickly in short periods and catch up in height later. It is best to let your child's doctor determine whether your child will "grow into" a normal weight. If your doctor finds that your child is overweight, he or she may ask you to make some changes in your family's eating and activity habits.

④ One of the most important things you can do to help overweight children is to let them know that they are okay whatever their weight. Children's feelings about themselves often are based on their parents' feelings about them. If you accept your children at any weight, they will be more likely to accept and feel good about themselves. It is also important to talk to your children about weight, allowing them to share their concerns with you. Your child might

even already know that he or she has a weight problem. For this reason, overweight children need support, acceptance, and encouragement from their parents.

⑤ Parents should try not to set children apart because of their weight, but focus on gradually changing their family's physical activity and eating habits. Family involvement helps to teach everyone healthful habits and does not single out the overweight child. Children are good learners, and they learn best [3] example. Setting a good example for your kids [4] eating a variety of foods and being physically active will teach your children healthy lifestyle habits that they can follow for the rest of their lives.

*obesity : the condition of being very fat or overweight

1. What is the main idea of each paragraph? Choose the best answer from a to h for each.

(1) Paragraph ① mainly describes that

(2) Paragraph ② mainly describes that

(3) Paragraph ③ mainly describes that

(4) Paragraph ④ mainly describes that

(5) Paragraph ⑤ mainly describes that

a. because boys grow taller than girls do, they often put on weight at a later age.

b. children are more likely to become overweight for genetic reasons rather than diet and activity levels.

c. it is important to consult a doctor to determine whether a child has a weight problem.

d. more overweight children are suffering from heart disease than adults of two decades ago.

e. overweight children should be made to feel comfortable about their weight and encouraged to talk with their parents.

f. the family's physical activity and eating habits influence children's healthy lifestyle habits.

g. the number of overweight children has increased a lot in the past 20 years.

h. there are numerous reasons that cause children to become overweight, based on genetics, eating habits and lifestyle.

2. Based on the passage, choose the one sentence each from (1) to (4) that is NOT TRUE.

(1) a. One weight-related disease that adults may suffer from is high blood pressure.

b. The number of children with weight-related health problems has increased compared with adults.

c. The number of extremely overweight children has increased about twice.

d. Twenty years ago, around one child in eight was overweight.

(2) a. Children exercise less these days partially because of television and video games.

b. Many American children spend as much as one full day watching TV per week.

c. Medical problems are one of the main reasons causing overweight children.

- d. Obesity in families will sometimes contribute to overweight children.
- (3) a. Age is an important factor in determining whether a child is overweight or not.
b. Doctors can provide advice as to whether a child will grow into a healthy weight.
c. It is not uncommon for doctors to recommend changes in family habits to help overweight children.
d. New developments in technology have made it simple to measure children's growth.

- (4) a. Children learn a lot about how to eat healthily through examples set by parents and families.
b. Doctors recommend changing family eating and activity habits quickly for the best results.
c. Family environments need to be supportive, where children don't feel that they are being treated differently from their brothers and sisters.
d. Overweight children may be aware of the fact that they have a weight problem.

3. Which of the following sentences best sums up the author's argument in the passage?
- a. As most children grow in a predictable manner, it is getting easier to design suitable diets for overweight children.
b. Because many children are overweight these days, parents need to strictly control their eating habits.
c. Many doctors these days recommend that children should not watch TV as it is one of the major causes of obesity.
d. With the increase in the number of overweight children, it is important to think about a wholesome diet and lifestyles in the family.

4. Choose the best combination of words to fit in the [] in the passage.

(1) 1 and 2

- a.1.by 2.in b.1.for 2.by c.1.in 2.to d.1.of 2.for

(2) 3 and 4

- a.3.by 4.at b.3.by 4.by c.3.for 4.at d.3.for 4.by

5. Choose the word which is most similar in meaning to the underlined words as they are used in the passage.

(1) (a)rule out

- a. delay b. distract c. exclude d. extend

(2) (b)likelihood

- a. compatibility b. positivity c. probability d. validity

(3) (c)Assessing

- a. Dividing b. Measuring c. Preceding d. Selecting