

# 2026 年度 新潟青陵大学

## 一般選抜 試験問題

### 「英 語」

#### 試験の受け方について

- 1 試験開始の合図があるまでは、問題冊子を開いてはいけません。
- 2 問題は全部で 10 ページです。
- 3 解答はすべて解答用紙に記入してください。  
解答用紙はマークシート用・記述式用の 2 枚があります。
- 4 解答用紙には受験番号・氏名を必ず記入してください。
- 5 試験時間は 60 分です。
- 6 印刷が不明瞭な場合のほかは、問題について質問は受けません。
- 7 不正な行為があった場合は、解答はすべて無効となります。
- 8 試験終了後、問題冊子は持ち帰ってください。

第1問 次の問い1～5の会話の空欄(  ～  )に入れるのに最も適当なものを、それぞれ下の(1)～(4)のうちから一つずつ選べ。

1. A : I'm worried about tomorrow's presentation.

B :  You practiced a lot, so you'll be fine!

- (1) Don't push it.                      (2) I can't agree more.  
(3) Sounds good to me.                (4) Take it easy.

2. A : Excuse me, is this seat taken?

B :

- (1) Please take it over.                (2) Be my guest.  
(3) I'll take it back.                    (4) I'm taken.

3. A : Could you speak a little more slowly?

B : Sure.

- (1) I'll hurry up.                        (2) I'll look it up.  
(3) I'll make it quick.                    (4) I'll slow down.

4. A : I forgot my student ID at home.

B :  I just need your name.

- (1) No chance.                            (2) No problem.  
(3) Not really.                            (4) That's why.

5. A : Do you mind if I open the window?

B :  It's a bit warm in here.

- (1) Go ahead.                              (2) I'd rather not.  
(3) I have no idea.                        (4) I'm afraid so.

第2問 次の問い1～12の空欄(  ～  )に入れるのに最も適当なものを、それぞれ下の(1)～(4)のうちから一つずつ選べ。

1. You can call me or send me a message.  is fine.

- (1) All (2) Both  
(3) Either (4) One

2. I work : Monday, Wednesday, and Friday.

- (1) every day (2) every other day  
(3) every two other days (4) one another day

3. I  left my umbrella on the train yesterday.

- (1) must (2) must be  
(3) must have (4) must having

4.  many people think Niigata has a lot of snow, the city area usually has very little in winter.

- (1) Although (2) As  
(3) Since (4) When

5. My new smartphone is  better than my old one.

- (1) further (2) more  
(3) much (4) very

6. A new library is  near the station.

- (1) being built (2) building  
(3) built (4) to build

7. My coach had me  the video twice.

- |              |              |
|--------------|--------------|
| (1) watch    | (2) watched  |
| (3) watching | (4) to watch |

8. This is the reason  I chose the easier route.

- |           |           |
|-----------|-----------|
| (1) what  | (2) where |
| (3) which | (4) why   |

9. We got the air conditioner  before the hot season started.

- |                 |                    |
|-----------------|--------------------|
| (1) be repaired | (2) repair         |
| (3) repaired    | (4) to be repaired |

10. Students  are new on the course should read the guide first.

- |           |           |
|-----------|-----------|
| (1) what  | (2) where |
| (3) which | (4) who   |

11. If I  more time, I would join the volunteer event.

- |               |                |
|---------------|----------------|
| (1) had       | (2) have       |
| (3) will have | (4) would have |

12. The teacher spoke slowly  everyone could follow.

- |             |             |
|-------------|-------------|
| (1) as if   | (2) in case |
| (3) so that | (4) unless  |

第3問 次の英文 [A]、[B] を読み、その文意にそって、 ～  までに入れるのに最も適切なものを(1)～(4)からそれぞれ一つずつ選べ。

[A]

When Sean Rafferty first worked in a food store 40 years ago, anything that was not sold got thrown out.

But on a recent day at his store near the New York City area, he was preparing boxes of bread, vegetables, and milk products to be picked up by a food bank. It is part of a program in New York State requiring larger  to donate food, and, if possible, reusing small, leftover pieces of food.

New York is among a growing number of states trying to  food waste. They are concerned that it is taking up space in  and adding to global warming.

Food waste including meat and  releases methane gas after being put in a landfill. And saving unwanted food helps to feed hungry .

Worldwide, about a third of food is . In the United States, it is 40 percent. The U.S. spends about \$218 billion each year growing and producing food that is wasted. About 57 million metric tons goes to waste, including 47.5 million metric tons that ends up in landfills.

(VOA News. December 4, 2023)

<input type="text" value="18"/>	(1) businesses	(2) people	(3) factories	(4) governments
<input type="text" value="19"/>	(1) ignore	(2) limit	(3) share	(4) spend
<input type="text" value="20"/>	(1) cars	(2) farms	(3) landfills	(4) oceans
<input type="text" value="21"/>	(1) carbon	(2) plates	(3) vegetables	(4) water
<input type="text" value="22"/>	(1) families	(2) spirits	(3) teachers	(4) workers
<input type="text" value="23"/>	(1) cooked	(2) grown	(3) investigated	(4) wasted

[B]

As children returned to school in Sweden last month, many of their teachers were putting a new importance on some  skills. These included reading printed books, quiet reading time and  practice. Teachers were spending less time with digital devices, online research and typing skills.

The return to traditional ways of learning might be the answer to questions raised by politicians and experts. They have questioned the country's dependence on electronic technology in education. For example, schools in Sweden have introduced tablets in preschools but critics say students are not learning  skills as well.

Lotta Edholm is the Swedish Minister for Schools. She took office 11 months ago as part of a new center-right government. She was one of the biggest critics of the  of technology in schools.

"Sweden's students need more textbooks," Edholm said in March. "Physical books are important for student learning.

The minister announced last month that the government wants to  the decision made by the National Agency for Education to make digital devices required in preschools. The ministry told the Associated Press that it plans to  digital learning for children under the age of six.

(VOA News. September 26, 2023)

<input type="text" value="24"/>	(1) digital	(2) technical	(3) temporary	(4) traditional
<input type="text" value="25"/>	(1) blogging	(2) handwriting	(3) netsurfing	(4) shooting
<input type="text" value="26"/>	(1) electronic	(2) basic	(3) IT	(4) modern
<input type="text" value="27"/>	(1) absence	(2) invention	(3) level	(4) price
<input type="text" value="28"/>	(1) confirm	(2) continue	(3) reverse	(4) support
<input type="text" value="29"/>	(1) add	(2) promote	(3) require	(4) stop

第4問 次の文章を読み、下の問い1～4に対する答えとして最も適切なものを、選択肢(1)～(4)のうちから一つずつ選べ。

Computer, or digital, screens are common at work, homes, schools, and stores. An estimated 104 million Americans of working age spend more than seven hours a day in front of screens, the American Optometric Association says. All that screen time can cause harm. Too much screen viewing can lead to dry or watery eyes, unclear vision and headaches. It can also lead to vision conditions including myopia, or nearsightedness, especially in children. Some technology workers even describe short times of dizziness or vertigo when they look at screens for too long. However, exposure to blue light from digital screens has not been shown to cause permanent eye damage, the American Academy of Ophthalmology says.

### **Overworked eyes**

One reason for the screen-linked vision problems lies in the eye muscles. Staring closely at screens for long amounts of time can cause the muscle used for eye focus to become too tense, or tight. “That muscle’s not supposed to stay tight all day long. And if it does, it’s like picking up a light weight and trying to hold it over your head for hours,” American Optometric Association President Steven Reed told the Associated Press (AP). It is not hard to lift, he said, “But after a while, even though it’s not a heavy lift, your body just gets tired,” he added. The vision problems can affect work, family time and rest. As an optometrist in Mississippi, Reed sees people who are experiencing eye pain, headaches and unclear vision linked with computer use. He suggests that people with such problems get an eye examination and take regular breaks from screen viewing. Here are some more tips from eye health professionals to reduce eye strain caused by devices.

### **Follow the 20-20-20 rule**

Take a break every 20 minutes from looking at a computer. During the break, focus your eyes on something that is about 20 feet away (6 meters) for 20 seconds. This will help ease tired, tight eye muscles. “Luckily, eye strain is temporary,” said Raj Maturi, an eye doctor, or ophthalmologist, at Midwest Eye Institute in Indianapolis and spokesperson for the American Academy of Ophthalmology. “The best way to avoid these symptoms is by taking breaks from our screens or near work activities and using lubricating eye drops, if needed,” he said. People normally close their eyes very briefly about 18 to 22 times per minute. This helps lubricate the eye naturally. But when looking at a screen, people might close their eyes only three to seven times per minute, the Cleveland Clinic says. That is when use of eye drops might be considered.

### **Change your desk setup**

Some people find that using a larger computer screen helps reduce eye tiredness, or fatigue. You can also increase the image size on your laptop, monitor or smartphone screen. Sitting an arm’s length away from your screen and looking down at it also can help reduce eye strain, the American Academy of Ophthalmology says.

### **Product claims**

Some products for computer users, such as blue light glasses, are marketed with claims that they will reduce eye strain, improve sleep and prevent eye disease. But several studies have found the glasses are not very effective, says the American Academy of Ophthalmology. The group says it is how people use digital devices that causes problems, not the blue light coming from screens.

### **Extracurricular optics**

Even after stepping away from work on larger computers, many adults find themselves using smaller digital devices for reading or watching shows. And many children use small digital devices such as laptops, tablets, and smartphones in school. Ayesha Malik of the Children’s Hospital of Philadelphia said that too much screen time or focusing on nearby objects can speed development of nearsightedness, especially in children. She added that anyone watching shows should do so on a television, instead of a tablet, to help avoid eye strain. Children should follow the 20-20-20-2 rule, she said. The added “2” stands for 2 hours of play outside every day, which helps with eye development, Malik said. “The reality is that most children are engaging with screens throughout the day at school and home. It becomes difficult to track the total number of hours,” she said. “Aim for not more than 20 minutes during any one session.”

**Sleeping soundly**

The blue light that digital screens release can increase a person's alertness, experts say. As a result, their use might make it difficult to fall asleep or sleep well. To give your eyes and brain the rest they need, doctors suggest turning off screens one to two hours before going to sleep. You can also change the setting on digital devices to lower screen brightness. If you are used to watching videos at night, try listening to an audiobook or podcast instead.

(VOA News. February 24, 2025)

1. Which of the following is consistent with the text? 30
- (1) More than 100 million American students use screens for seven hours daily.
  - (2) Even brief screen viewing can cause harm, such as dry or watery eyes.
  - (3) Nearsightedness from too much screen time is a greater risk for children than adults.
  - (4) Avoiding exposure to blue light from screens greatly reduces eye damage.
2. Which situation does "picking up a light weight and trying to hold it over your head for hours" illustrate? 31
- (1) Looking at a near object for a long time.
  - (2) Looking at a far object for a long time.
  - (3) Looking at a bright object for a long time.
  - (4) Looking at a dark object for a long time.
3. According to the text, which of the following is NOT an effective way to reduce eye strain? 32
- (1) To follow the "20-20-20 rule".
  - (2) To improve the desk setup.
  - (3) To trust the product claims.
  - (4) To avoid screens right before sleep.
4. Which of the following is NOT part of the "20-20-20-2 rule"? 33
- (1) To use eye drops regularly.
  - (2) To spend time outdoors daily.
  - (3) To look at a more distant object during the break.
  - (4) To take breaks while using a computer.

第5問 次の文章を読み、下の問い1～4に対する答えとして最も適切なものを、選択肢(1)～(4)のうちから一つずつ選べ。

It is one of Earth's loudest sounds in the ocean: the "singing" of whales. Now scientists think they have an idea of how baleen whales do it. They say the large air-breathing sea animals use a special voice box that enables them to make sound underwater. Scientists say the discovery is based on a very small study. But it will direct future research into how whales communicate. The new findings are in a study published recently in the scientific publication *Nature*. Coen Elemans of the University of Southern Denmark and other international scientists studied the voice boxes, or larynxes, of three dead whales from the beaches of Denmark and Scotland. The three were humpback, minke and sei whales. All three are part of the family of baleen whales, a group that includes the blue whale, the largest animal that ever existed on Earth.

#### **Voice box**

In the laboratory, the scientists blew air through the voice boxes under controlled conditions to see what tissues might vibrate. They also created computer models of the sei whale's vocalizations and matched them to recordings of similar whales taken in the wild. Whales' ancestors were land animals that moved into the oceans about 50 million years ago. Elemans said the animals' voice box changed over tens of millions of years in order to make sounds underwater. Baleen whales do not have teeth or vocal cords like humans and other mammals. Instead, they have U-shaped tissue in their voice boxes that permits them to breathe a lot of air very quickly. Their voice boxes also contain a large "cushion" of fat and muscle not seen in other animals. Whales "sing" by pushing the tissue against the fat and muscle cushion. Elemans said baleen whales depend on the production of sound to communicate in the dark of the deep oceans. "For example, humpback females and their calves communicate with each other by voice, and humpback males sing to attract females," he added. Jeremy Goldbogen is a professor of oceans at Stanford University, who was not involved in the research. He said, "This is the most comprehensive and significant study to date on how baleen whales vocalize, a long-standing mystery in the field." The whale voice boxes tested were from younger animals, not adult males, who do the singing. Because of that, whale expert Joy Reidenberg said further experiments on adult males are needed to confirm the study's findings. Reidenberg works for the Center for Anatomy and Functional Morphology at the Icahn School of Medicine at Mount Sinai in New York City. She noted that the research is probably as close as we can get to reproducing how whales sing. "Right now, our technology involves sticking a scope into a whale to see what exactly is vibrating," she said. "Since you're never going to be able to do that in a wild animal, these experiments are the next best thing."

#### **Shipping noise**

As loud as whales' songs are, the study suggests that whales cannot produce sounds louder than noise from the shipping industry, Elemans said. "They're really affected by (shipping noise) and it significantly reduces their ability to communicate," he said. "There's just no way for them to get louder." Because some whales sing as a mating call, the shipping industry's interference with those songs is a concern, said Michael Noad. He is director of the Center for Marine Science at the University of Queensland in Australia. He also was not part of the *Nature* study. "For whale populations that are really dispersed, like the Antarctic blue whales, they might not be able to find mates in a noisy ocean environment," he said. However, whales like humpbacks that gather in big numbers are more likely to ignore such noise pollution.

(VOA News, February 25, 2024)

1. Of the whales mentioned in the first paragraph, which are classified as baleen whales?

34

- (1) All of them (humpback, minke, sei, and blue whales).
- (2) Humpback whales, minke whales, and sei whales only.
- (3) Blue whales only.
- (4) None of them are baleen whales.

2. Which of the following is correct regarding baleen whales?

35

- (1) Their ancestors were sea animals that lived about 50 million years ago.
- (2) They have teeth and vocal cords similar to those of other animals.
- (3) Their voice boxes' special "cushion" is crucial to vocalizing underwater.
- (4) All humpback parents sing to communicate with their calves in the dark oceans.

3. The phrase "the next best thing" in the second paragraph is closest in meaning to:

36

- (1) a major new trend in whale research.
- (2) an important experiment that should be conducted later.
- (3) the most advanced and useful method.
- (4) the best alternative option.

4. According to the text, what problem can be caused by "shipping noise"?

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- (1) It facilitates whales' communication with their children.
- (2) It can prevent some whales from attracting partners for reproduction.
- (3) It makes it impossible for researchers to study whale songs.
- (4) It makes whales like humpbacks gather in big numbers.

第6問 次の文章を読み、下の問い1～2に答えよ。

Extremely small pieces of plastic called microplastics are in the ocean and the air, as well as in our food and water. Scientific study has discovered microplastics in human body tissues also, including the heart, liver and kidneys.

Some researchers worry that microplastics harm human health, although they say that science has not found clear evidence of that. Still, they say questions remain about the possible health effects of microplastics.

Manufacturers mostly use oil or other petroleum products to make plastic. The material is used to make a huge number of different products: water bottles, car parts, children's toys, clothing, electronics and more. Heat, weather, and even animal digestion break down plastic into smaller and smaller pieces.

Microplastics can be 5 millimeters long at most or as small as one micrometer. A micrometer is one-one thousandth of a millimeter. Microplastics have been found in salt, sugar, honey, rice and seafood. They have also been found in milk, soil, and drinking water.

(中略)

Some evidence suggests plastics can increase inflammation and other changes in the body. Such changes could increase the risk of heart attack and stroke.

Researchers say there are ways to reduce possible contact with microplastics. Take off your shoes before you go into your home. This helps prevent the spread of microplastics inside. Eat foods — especially fresh fruits and vegetables — that you prepare at home. Do not heat foods in plastic containers, Woodruff said. And, she added, use metal or glass water bottles, instead of plastic.

(VOA News. August 8, 2024)

1. 文脈から判断して、“microplastics”がどういう意味か 20 語程度の英語と 40 字程度の日本語で説明しなさい。
2. あなたの考えとして、microplastics の問題を減らすためにどのような方法が効果的だと思うか、50～100 語程度の英語で書きなさい。

第 6 問 解答用紙（記述式用）

受験番号： \_\_\_\_\_

氏 名： \_\_\_\_\_

1	英語 20 語程度	
	日本語 40 字程度	
2	英語 50～100 語程度	

2026 年度

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解 答

2026年度 新潟青陵大学 一般選抜 「英語」 解答

大問	解答番号	正解	配点
第1問	1	4	2
	2	2	2
	3	4	2
	4	2	2
	5	1	2
第2問	6	3	2
	7	2	2
	8	3	2
	9	1	2
	10	3	2
	11	1	2
	12	1	2
	13	4	2
	14	3	2
	15	4	2
	16	1	2
	17	3	2

大問	解答番号	正解	配点
第3問	18	1	2
	19	2	2
	20	3	2
	21	3	2
	22	1	2
	23	4	2
	24	4	2
	25	2	2
	26	2	2
	27	3	2
	28	3	2
	29	4	2
第4問	30	3	2
	31	1	2
	32	3	2
第5問	33	1	2
	34	1	2
	35	3	2
	36	4	2
	37	2	2

大問	小問	解答例	配点
第6問	1	< 英語 > Microplastics are very small pieces of plastic found in water, air, and food that may harm people and animals. (19語)	5
		< 日本語 > 水や空気、食べ物に含まれる微小なプラスチックで人や動物に害を及ぼす可能性がある。(40字)	5
	2	To reduce microplastics, we should try to use less plastic in our daily lives. People can bring their own bottles and shopping bags instead of using single-use plastic ones. We should also avoid heating food in plastic containers because heat can release tiny plastic pieces. Recycling correctly and choosing products made of glass or metal are also helpful. In addition, schools and governments should educate people about the dangers of microplastics. If everyone makes a small effort, it will lead to big changes for our health and the environment. (89語)	16