

2026GE01

問題 I 次の文章を読んで、後の設問に答えなさい。

The anthropologist Claude Levi-Strauss argued that, just as there is no human society that does not have a spoken language, so also is there no human group that does not in some way process some of its food supply through cooking. In fact, the constant transformation of raw into cooked food is one of the defining features of all human societies, a key criterion of culture as opposed (A).

Anthropologists have further pointed (㉔) how cultural groups differ markedly (㉕) one another in many of their beliefs and practices related to food. For example, ㉑ there are wide variations throughout the world as to what substances are regarded as food and what are not. Foodstuffs that are eaten in one society or group may be rigorously forbidden in (B). There are also variations between cultures as to how food is cultivated, harvested, prepared, served and eaten. Each culture has a set of implicit rules that determine who prepares and serves the food and to whom, which individuals or groups eat together, where and on what occasions the consumption of food takes place, the order of dishes within a meal, and the actual manner of eating the food. All of these stages in food consumption are closely patterned (㉖) culture, and are part of the accepted way of life of that community.

In most parts of the world the actual preparation of food is usually the task of women, but in many societies ㉒ they are also closely involved in ㉓ its production: milking animals, caring (㉗) poultry and livestock, and planting, tending and harvesting a wide variety of crops. In many rural parts of the Third World women also play a leading role in the retail marketing of food, such as the famous 'market woman' of West Africa, the Caribbean and parts of Latin America.

《出典：Culture, health, and illness：Fifth Edition by Cecil Helman. ©2007 Cecil G Helman.
Reproduced with permission of Taylor & Francis Books (UK) / Informa UK Limited through PLSclear.》

問題 1 文中の空欄 (㉔) から (㉗) に適当な前置詞を記入しなさい。

問題 2 文中の空欄 (A) および (B) に適した単語を記入しなさい。

問題 3 下線部㉑を日本語に訳しなさい。

2026GE01

問題 4 下線部㉒の theyは何を指しますか。本文から適切な語を抜き出して書きなさい。

問題 5 下線部㉓の itsは何を指しますか。本文から適切な語を抜き出して書きなさい。

問題 6 次の㉑～㉗の文章について、本文の内容に一致するものには○を、一致しないものには×を解答欄に記入しなさい。

- ㉑ 話し言葉をもたない人間社会は存在しないが、食べ物を調理しない人間社会は存在する。
㉒ ある社会や集団で食べられている食材が、別の社会や集団では厳しく禁じられていることもある。
㉓ 食べものをどのように栽培し、収穫し、調理し、配膳するかは、文化によってそれほど違いはない。
㉔ 世界の大部分では、食事の支度をするのは女性である。
㉕ 第三世界の農村部では、女性が担う役割として家畜の世話が挙げられる。

2026GE01

問題 II 次の USA TODAY の記事 (Aug 11, 2025) の原文を読み、1～15 の設問に答えなさい。

Minimally-processed vs. ultra-processed foods: What's the difference?

As U.S. health officials race to address Americans' consumption of ultra-processed foods (UPFs), a new study further reveals their potential implications for health. Diets that center minimally-processed foods offer more significant benefits for weight loss than diets that primarily consist of ultra-processed foods, a randomized crossover trial published in Nature Medicine concluded. But what exactly makes a processed food, ultra-processed? When it comes to processed foods, where you might start running into trouble is if you're consistently eating foods that have been processed for the (A) of enhancing their palatability, rather than nutritional content, experts say.

What exactly are processed foods?

Simply (B), these are foods that have been altered in some capacity, says Dr. Amar Dave, a lifestyle medicine specialist with MedStar Health. It's as simple as heating, freezing or dehydrating a food. "Those are all changes that would constitute something being processed," he says. But is there reason to stay wary of all processed foods? "It really depends a lot more (on the) type and the degree of processing," says Dena Champion, a lead dietitian at The James Cancer Hospital and Solove Research Institute at Ohio State University Wexner Medical Center. "Processing makes our food safer (and) more accessible," adds Champion. Take fortified milk, for example, where nutrients like vitamin D and calcium can be added during processing to increase the milk's nutrient profile. Really, the issue with processing begins "when we take away desirable nutrients, or add undesirable ones that could be harmful to us," says Dave.

Researchers often define the different types of foods through the lens of the NOVA classification system, which consists of four categories: unprocessed or minimally processed foods, processed culinary ingredients, processed foods and ultra-processed foods. In research, the central benefit to the NOVA framework is that it allows experts to compare the results of cross studies, says Casey Rebholz, an associate professor at the Johns Hopkins Bloomberg School of Public Health.

What's the difference between minimally processed and ultra-processed foods?

Under the NOVA classification system, once a food is altered from its natural, edible form – whether by removing an inedible part of a vegetable, or freezing or dehydrating a piece of fruit – it's considered minimally-processed, says Dave. This could look like a pack of triple-washed spinach, or a bag of frozen fruit (both of which offer significant benefits for health, and have minimal or no change to their nutrient content). "So, when health professionals are talking about limiting your consumption of processed foods, (minimally-processed foods) are not the type of foods they're talking about," says Champion.

Ultra-processed foods rest on the other side of the spectrum. It's a more extensive "degree of processing of foods, in which the products really don't resemble the original food that was grown," says Rebholz. Foods are considered to be ultra-processed when they're processed through industrial methods, or contain a (C) of additives (including artificial colors, flavorings, emulsifiers and preservatives), says Dave. Pastries, cookies, sugary drinks, cakes and pre-prepared meals are among a few common examples.

2026GE01

Should I limit my intake of ultra-processed foods?

Generally speaking, ultra-processed foods are going to be higher in salt, fat and added sugar, says Champion. This trifecta of ingredients makes ultra-processed foods *extremely* palatable, and therefore, easy to eat a lot of. When our diet is high in ultra-processed foods, we're often not consuming enough fruits, vegetables, whole grains, fiber, lean protein and essential vitamins and minerals, explains Champion. "You also end up overconsuming calories, which can lead to weight gain," she says. (D) more clinical trials need to be conducted on the long-term implications of eating ultra-processed foods, there are clear links between certain ingredients commonly found in ultraprocessed foods, and negative health outcomes. "When you're adding sugar, sweeteners, preservatives and saturated fats (to food), you are now increasing your risk of long-term chronic disease – specifically, diabetes, cancers, high cholesterol and heart disease," says Dave.

Many Americans still get the majority of their daily calories from eating ultra-processed foods, according to newly published data by the Centers for Disease Control and Prevention. For this reason, understanding the difference between minimally-processed and ultra-processed foods is paramount, (E) Dave. Remember, eating "an ultra-processed food here and there is unlikely to really cause a problem in your health," says Champion. What's most important to consider is your dietary pattern as a whole, and prioritize filling your diet with whole and minimally-processed foods, Champion recommends.

《出典：Used with permission of USA Today Co., from Minimally-processed vs. ultra-processed foods: What's the difference?, Caroline C. Boyle, USA Today, Aug 11, 2025; permission conveyed through Copyright Clearance Center, Inc.》

問題 1 (A)に適する単語を、次の㉑～㉔から選び、番号で答えなさい。

- ㉑ view ㉒ sake ㉓ name ㉔ thank

問題 2 (B)に適する単語を、次の㉑～㉔から選び、番号で答えなさい。

- ㉑ put ㉒ become ㉓ come ㉔ gone

問題 3 (C)に適する単語を、次の㉑～㉔から選び、番号で答えなさい。

- ㉑ some ㉒ several ㉓ variety ㉔ piece

問題 4 (D)に適する単語を、次の㉑～㉔から選び、番号で答えなさい。

- ㉑ What ㉒ Which ㉓ Where ㉔ While

問題 5 (E)に適する単語を、次の㉑～㉔から選び、番号で答えなさい。

- ㉑ professional ㉒ specialist ㉓ denies ㉔ underscores

2026GE01

問6 この記事に記されている，Nature Medicine に発表された研究の結果は何か。次の①～④から適切な答えを選び，番号で答えなさい。

- ① Ultra-processed foods provide more nutrients than minimally-processed foods.
- ② Minimally-processed foods are more effective for weight loss.
- ③ All processed foods should be completely avoided.
- ④ Ultra-processed foods are necessary for a balanced diet.

問7 Dr. Amar Dave は，食品加工の例としてどのようなものといっているか。次①～④から適切な答えを選び，番号で答えなさい。

- ① Washing, peeling, and boiling
- ② Heating, freezing, and dehydrating
- ③ Packaging, marketing, and transporting
- ④ Coloring, flavoring, and sweetening

問8 Dena Champion は，なぜ食品加工は有益であると考えているのか。次の①～④から適切な答えを選び，番号で答えなさい。

- ① It makes food cheaper to produce.
- ② It makes food safer and more accessible.
- ③ It makes food taste better.
- ④ It removes harmful nutrients.

問9 次のうちどれが最もよく NOVA 分類を表しているか。次の①～④から適切な答えを選び，番号で答えなさい。

- ① A set of guidelines for calorie restriction
- ② A ranking system for food brands
- ③ A framework that categorizes foods by degree of processing
- ④ A method for testing food safety

2026GE01

問10 NOVA 分類によると，次のうちどれが最小限加工食品の例となるか。①～④から適切な答えを選び，番号で答えなさい。

- ① Frozen fruit
- ② Sugary drinks
- ③ Pre-prepared meals
- ④ Pastries

問11 超加工食品の特徴は何か。次の①～④から適切な答えを選び，番号で答えなさい。

- ① They are fortified with vitamins.
- ② They are prepared at home.
- ③ They barely resemble the original food and contain additives.
- ④ They are made only from fresh ingredients.

問12 次のうち超加工食品の例としてあげられていないのはどれか。①～④から適切な答えを選び，番号で答えなさい。

- ① Cookies
- ② Cakes
- ③ Fresh spinach
- ④ Pre-prepared meals

問13 Champion によると，なぜ超加工食品は食べ過ぎになりやすいのか。次の①～④から適切な答えを選び，番号で答えなさい。

- ① They are low in calories.
- ② They contain fiber and lean protein.
- ③ They are high in salt, fat, and added sugar.
- ④ They spoil more quickly.

2026GE01

問14 超加工食品を長期間食べることは，どのような健康リスクと関連するのか。次の①～④から適切な答えを選び，番号で答えなさい。

- ① Diabetes, cancers, high cholesterol, and heart disease
- ② Allergies, asthma, and skin disorders
- ③ Flu, infections, and digestive issues
- ④ Vitamin deficiencies and dehydration

問15 この記事では，超加工食品についてどのようにすることを勧めているか。次の①～④から適切な答えを選び，番号で答えなさい。

- ① They should never be eaten under any circumstances.
- ② Eating them occasionally is fine, but diets should emphasize whole and minimally-processed foods.
- ③ They are safe as long as vitamins are added.
- ④ They should replace minimally-processed foods for convenience.

問題Ⅲ USA TODAY の記事 (Aug 11, 2025) で取り上げられた Nature Medicine 論文の序文です。文中の (A) ～ (J) に該当する単語を下記の語群①～⑩から選び，解答欄のそれぞれの欄に適切な単語の番号を記入しなさい。(各単語 1 回のみ)

Dicken SJ, et al. Nature Medicine, 2025 Aug. 4.

Ultraprocessed or minimally processed diets following healthy dietary guidelines on weight and cardiometabolic health: a randomized, crossover trial

Introduction

Three (A) people worldwide live with overweight or obesity, driving increased risks of noncommunicable (B) and early death. A proposed cause has been from recent major changes (C) the food environment. In particular, the increased accessibility and consumption of ultraprocessed food (UPF). Most commonly defined using the Nova classification, UPF are industrial formulations combining extracts of original foods (D) additives and industrial ingredients. Examples include breakfast cereals, sweets, and mass-produced bread. Over 50% of UK energy intake is reported to come from UPF, with

2026GE01

similarly high intakes in the USA and Europe. Higher UPF intakes are associated with increased (E) of obesity, cardiometabolic disease, and all-cause mortality. As a result, countries including Brazil and organizations including the World Health Organization recommend reducing UPF intake in their dietary guidance. In the UK, where nearly two-thirds of adults (F) with overweight or obesity, calls have been made for policy action on reducing UPF, yet this is still debated.

The Eatwell Guide (EWG) provides the UK public with guidance on a healthy (G) , following recommendations by the Scientific Advisory Committee on Nutrition (SACN). The EWG focuses on macronutrients (for example, fat, protein, carbohydrate) and food (H) (for example, fruits and vegetables, dairy, starchy food), but not UPF. Currently fewer than 0.1% of UK adults (I) EWG recommendations, and nearly 70% follow less than half of the recommendations. SACN recently reported that there was insufficient (J) to include UPF within dietary guidelines, with the 2025 US Dietary Guidelines for Americans Committee (DGAC) reaching similar conclusions.

《出典：Dicken, S.J., Jassil, F.C., Brown, A. et al. Ultraprocessed or minimally processed diets following healthy dietary guidelines on weight and cardiometabolic health: a randomized, crossover trial. Nat Med 31, 3297–3308 (2025). <https://doi.org/10.1038/s41591-025-03842-0>》

語群

- ① groups ② evidence ③ risks ④ diet ⑤ live
- ⑥ with ⑦ follow ⑧ billion ⑨ disease ⑩ in

◆英語

問題

次の国際情勢に関する英文を読んで、後の設問（問1～問7）に答えなさい。

2026G_01

① The U.S. dollar is the most easily recognized, widely accepted, and ardently desired currency in the world. It is also much reviled for the power it gives the United States over international affairs.

Since the end of World War II, the dollar has been the leading international (㉞) in every respect—as a unit of account, a medium of exchange, and a store of value.

The dollar is also the principal global reserve currency; 59 percent of foreign exchange reserves in the world's (㉟) are held in dollar—denominated assets, or assets whose face value and prices are all stated in dollars.

The Chinese **renminbi*** has followed a similar trajectory. ② In 2010, Beijing began to actively promote the “internationalization” of its currency. With China's rising clout in the world economy, this campaign quickly took off.

③ By 2015, about three percent of global payment transactions were being conducted in renminbi—up from essentially zero just five years earlier. Chinese firms issued renminbi—denominated debt in Hong Kong and other financial markets, establishing it as a major currency on track to one day (㊱) the dollar.

出典：Top Dollar: why the dominance of America's currency is harder than ever to overturn by Eswar Prasad, from Foreign Affairs, June 18, 2024.
Reproduced with permission of Foreign Affairs.

*人民元

問1

下線部①を日本語に訳しなさい。

問2

(㉞) に入る適切な単語を次の中から選び、番号で答えなさい。
① currency ② Yen ③ labor ④ benefit ⑤ import

問3

(㉟) に入る適切な単語を次の中から選び、番号で答えなさい。
① central banks ② rural communities ③ environment agency ④ tourist spots

問4

なぜ、下線部②のような方針を採ったのか。その理由を日本語で答えなさい。

問5

下線部③について、この間に生じた具体的変化について日本語で答えなさい。

2026G_01

問6

(㊱) に入る適切な単語を次の中から選び、番号で答えなさい。
① challenge ② change ③ reserve ④ dream ⑤ confirm

問7

この文章全体で強調される主な論点とは何か。日本語で答えなさい。

◆論文筆記試験

問題

以下の設問について一つ選び、1,400 から 1,600 字で学術的に論じなさい。

2026G_01

① これからの地域振興策に求められるもの

② これからの観光政策に求められるもの

③ 地方中小企業の人材不足問題について