

# 令和8年度 [2026年度] 一般選抜 特別日程

英語問題

<45分>

## 注意事項

1. 試験開始の合図があるまで、この問題冊子を開かないでください。
2. 試験中に問題冊子の印刷不鮮明、ページの落丁・乱丁及び解答用紙の汚れ等があった場合は、手を挙げて監督者に知らせてください。
3. 監督者の指示に従って「受験番号」「氏名」を記入してください。
4. 問題冊子は、どのページも切り離さないでください。
5. 試験終了後、この問題冊子は持ち帰ってください。
6. 解答は「解答用紙」に記入してください。

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I 次の会話文中の空所（ 1 ）～（ 5 ）の中に入れるのに最も適切なものを、下の枠内の 1 ～ 7 の中から 1 つずつ選びなさい。ただし同じものを 2 度用いてはならない。

**Riku:** Hey, are you going to watch the game tonight?

**Sara:** Of course, I am! I've been waiting for this match all week. ( 1 )

**Riku:** I do, too! If we do, we go straight to the finals, right?

**Sara:** Yeah. It's going to be really exciting. I heard our main striker might not be playing, though.

**Riku:** Oh no, really? She's my favorite player. ( 2 )

**Sara:** She injured her ankle during practice yesterday. They say it's pretty bad.

**Riku:** That's terrible timing. ( 3 ) She's so important to the team.

**Sara:** I know. It's going to be really tough. But I think we've still got a solid midfield, and the coach has been trying new tactics.

**Riku:** Yes, we shouldn't give up hope! You never know what can happen in soccer. Are you watching at home or going out somewhere?

**Sara:** I'm meeting a few friends at that place near the station. Do you want to join us?

**Riku:** Sounds great! They have a really good TV screen. It's huge. ( 4 )

**Sara:** Yeah, last time the place was packed by 6:30. We have to get there early.

**Riku:** Got it. I'll head over right after class. ( 5 )

**Sara:** I'll be wearing mine, too. Let's hope we win!

1. I hope we can find a place to sit.
2. These socks have holes in them.
3. I've already got my team shirt ready.
4. I really hope we can win this game.
5. What's her problem?
6. I have packed my bags already.
7. We need a miracle now.

Ⅱ 次の英文を読んで（ 6 ）～（ 10 ）の問いに答えなさい。答えは 1 ～ 4 の中から最も適当なものを選びなさい。

Sleep is something we all need, but many people don't fully understand why it is so important. Scientists have studied sleep for many years, and they now know that it plays a key role in both physical and mental health.

While we sleep, our body works very hard to repair itself. Muscles recover, the natural system that keeps us healthy becomes stronger, and cells are repaired. This is especially important for people who are sick, stressed, or injured. Without enough sleep, the body has a harder time healing and fighting disease.

Sleep is also important for the brain. During deep sleep, the brain organizes memories and removes waste. This helps us learn and remember new information. People who don't get enough sleep often have problems concentrating, thinking clearly, or staying calm. Poor sleep can also affect mood and emotional control. When they are tired, for example, people may feel more angry, sad, or anxious.

Most adults need about seven to eight hours of sleep each night. Teenagers and children need even more because their bodies and brains are still growing. However, many people sleep less because of busy work schedules, smartphone overuse, or stress. Some people even believe that sleeping less is a sign of being strong or hardworking, but this is a dangerous idea. In the long term, poor sleep can increase the risk of heart disease, depression, and even diseases connected with diet.

There are two main types of sleep: REM sleep and non-REM sleep. REM stands for "rapid eye movement." This is the stage of sleep when we dream and our eyes move around quickly. Non-REM sleep includes deeper sleep, which is especially helpful for the body's recovery. Our body moves through these stages several times during the night, usually in periods lasting about 90 minutes.

For nurses and other healthcare workers, sleep is important not only for themselves but also for their patients. Patients who sleep well often recover faster. Nurses can help by creating a quiet, calm environment, especially at night. Even small changes, like turning off bright lights or reducing noise, can make a very big difference.

In conclusion, sleep is not just rest. It is an active process that helps the body and brain stay healthy. Understanding the science of sleep can help people make better choices and live healthier lives.

(6) Based on the passage, which of the following is TRUE?

1. People don't need as much sleep when they are sick as when they are healthy.
2. We can think of sleep as a kind of activity.
3. Lack of sleep helps us improve concentration during the day.
4. The natural systems that keep us healthy only improve while we are awake.

(7) Based on the passage, which of the following is TRUE?

1. Nurses should tell patients not to sleep during the day.
2. REM sleep is when the body does most of its healing.
3. Teenagers usually need less sleep than adults.
4. Deep sleep helps the brain store memories.

(8) Based on the passage, which of the following is TRUE?

1. We go through different sleep stages during the night.
2. REM sleep happens only once each night.
3. People who sleep a lot often get sick.
4. Deep sleep stops the body from working.

(9) Based on the passage, which of the following is NOT true?

1. Getting enough sleep may lower the risk of depression.
2. Sleep is only important for people who are already sick.
3. Sleep helps the muscles of our bodies as well as our brains.
4. Some people don't get enough sleep because of stress.

(10) Based on the passage, which of the following is NOT true?

1. REM sleep connects with fast movements of the eyes that happen when we dream.
2. Nurses can help patients sleep better by making certain changes.
3. The number of hours we need to sleep remains the same all our lives.
4. REM sleep is not the deepest sleep we experience during the night.

Ⅲ 与えられた日本語文とほぼ同じ意味になるように、選択肢を並べ替えて英文を完成させなさい。ただし解答は  および  に入る語（句）の番号のみを選びなさい。

(11) 私は兄に、駅の近くで私を待つように言った。

I \_\_\_\_\_  wait \_\_\_\_\_  near the station.

- |            |        |       |
|------------|--------|-------|
| 1. brother | 2. for | 3. me |
| 4. told    | 5. to  | 6. my |

(12) 誰が私たちをパーティーに招待してくれたのか思い出せない。

I \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ the party.

- |             |          |            |
|-------------|----------|------------|
| 1. to       | 2. can't | 3. invited |
| 4. remember | 5. us    | 6. who     |

(13) その箱はとても重かったので私はそれを落としてしまった。

The box \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ it.

- |            |         |          |
|------------|---------|----------|
| 1. dropped | 2. I    | 3. heavy |
| 4. so      | 5. that | 6. was   |

(14) あなたのお母さんの自転車がどこにあるか教えてください。

Tell \_\_\_\_\_  \_\_\_\_\_ .

- |             |          |         |
|-------------|----------|---------|
| 1. bicycle  | 2. is    | 3. me   |
| 4. mother's | 5. where | 6. your |

(15) あなたは写真家になることを、いつ決めましたか。

When \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ photographer?

- |        |           |           |
|--------|-----------|-----------|
| 1. a   | 2. become | 3. decide |
| 4. did | 5. to     | 6. you    |

(16) これがおばさんが私に買ってくれた本です。

This is \_\_\_\_\_  \_\_\_\_\_  \_\_\_\_\_ me.

1. aunt

2. bought

3. for

4. my

5. that

6. the book

IV 次の空所に入る最も適切な語または語句を 1 ～ 4 の中から 1 つずつ選びなさい。

- (17) I was really ( ) to hear that he had failed the exam.  
1. disappoint      2. disappointing      3. disappointed      4. disappointment
- (18) The international conference was attended ( ) over 300 scholars.  
1. with              2. by              3. at              4. from
- (19) When I arrived at the station, the train ( ).  
1. has left              2. had left              3. leaves              4. will leave
- (20) A hospital is a place ( ) people can get treatment and advice on health.  
1. where              2. which              3. what              4. when
- (21) I told him ( ) loud noises.  
1. stop to make                              2. stopping to make  
3. to stop making                              4. to stop make
- (22) This medicine is not as ( ) as the one prescribed last week.  
1. effective              2. more effective      3. most effective      4. effectively

V 次の英文を読んで (23) ~ (28) の間に答えなさい。

Nutrients are the things in our food that are needed for life and growth. <sup>(26)</sup>A balanced diet means eating both the right kinds of food and the right amounts of food to get nutrients and stay healthy. It helps your body to grow, repair itself, and stay strong. Eating a balanced diet is important for everyone, especially for people who are learning or working hard, like student nurses.

There are five main food groups that make up a balanced diet: vegetables and fruits, grains, protein foods, dairy, and fats. Each group gives the body important nutrients. Vegetables and fruits provide vitamins, minerals, and fiber, which help with digestion and protect the body from diseases. Eating a variety of colors of fruits and vegetables is especially good for health because each color has different nutrients.

Grains, like rice, bread, and pasta, give energy. Whole grains are better than white grains because they have more fiber and nutrients.

Protein foods, such as meat, fish, eggs, beans, and nuts, help build and repair muscles and other body tissues. Dairy products, like milk, cheese, and yogurt, provide calcium, which is important for strong bones and teeth. Fats are also necessary in small amounts because they help the body use vitamins and protect organs. Healthy fats can be found in foods like nuts, seeds, and fish.

Eating too much of some foods, especially those high in sugar, salt, or unhealthy fats, can cause health problems. For example, too much sugar can lead to weight gain and increase the risk of diabetes, which is a problem of having too much sugar in one's blood. Eating too much salt may cause high blood pressure. It is important to eat sweets and salty snacks only now and again, and in small amounts.

Drinking enough water is also part of a balanced diet. Water keeps the body hydrated and helps with digestion. People should try to drink about 6 to 8 cups of water every day.

<sup>(27)</sup>For nurses and healthcare workers, understanding balanced diets is important to help patients improve their health. They can teach patients how to choose healthy foods and develop good eating habits.

In conclusion, a balanced diet is essential for energy, growth, and health. <sup>(28)</sup>By eating

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- (23) Based on the passage, which of the following is TRUE?
1. Vegetables and fruits provide vitamins, minerals, and fiber.
  2. Scientists now know that grains do not give the body any energy.
  3. Protein foods are not important for the human body.
  4. Dairy products are foods that contain no calcium.
- (24) Based on the passage, which of the following is TRUE?
1. Eating a lot of sugar is good for your health.
  2. You should never eat anything that contains fats.
  3. Drinking sweet soda beverages is an important part of a balanced diet.
  4. Whole grains have more fiber and nutrients than white grains.
- (25) Based on the passage, which of the following is NOT true?
1. Eating a variety of colored fruits and vegetables is good for your health.
  2. Healthy fats can be found in things like nuts, seeds, and fish.
  3. You should try to reduce the nutrients in your food as much as possible.
  4. Nurses can help patients understand how to develop good eating habits.
- (26) 下線部(26)を日本語に直しなさい。
- (27) 下線部(27)を日本語に直しなさい。
- (28) 下線部(28)が「五つの食品グループすべてから多様な食品を食べ、十分な水を飲むことで、人は健全な体と心を維持できます。」という意味になるように、空所に当てはまる英語を書きなさい。