

Lesson 2

Slow Food for a Fast World

Lesson 2

本文

- 幅広いジャンルから 350 ~ 400 語程度の読みやすい英文を採用しています。
- パラグラフ単位の読みを意識し、パラグラフごとに番号を付けてあります。

側注

New words (新出語) と熟語表現・注釈をパラグラフごとに提示してあります。

New words 1

range [rɪndʒ]
somewhat [sɪmʌwʌt, ˌsɒmwaɪt]
depressing [dɪˈpreʃɪŋ]

6. result in A
10. It seems (that) ...

New words 2

ignore [ɪɡnoʊr]
leisurely [ˈliːʃərli]
alternative [ˌɹɒlˈtɛnətɪv]
strict [strɪkt]
boring [ˈbɔːrɪŋ]
aspect [əˈspekt]

12. encourage A to do
13. take away A
20. lead A to do

New words 3

snail [sneɪl]
founder [ˈfaʊndər]
slowness [ˈsləʊnəs]
impatient [ɪmˈpeɪʃnt]
rushed [rɪˈʃd]

1 Today, especially in wealthy countries, the double problem of eating too much food and eating unhealthy kinds of foods has resulted in a wide range of health problems. Being aware of such problems is necessary, but thinking only of these dangers can be somewhat depressing. It seems we need a more positive way to think about good eating.



2 The Slow Food movement is encouraging people to think about not only what we eat, but how we eat. Fast eating takes away the joy of eating, and it leads us to ignore the culture of food, our relationship to the farmers, and the health of our environment. The Slow Food movement encourages us to share the experience of eating with other people in a leisurely way. It can provide a happier alternative to many stricter forms of dieting. Too often, modern "healthy diets" are rather boring and lonely, and they can lead us to ignore the cultural aspects of eating.

3 The Slow Food movement, which started in the 1980s in Italy, uses the snail as its symbol. The founders of the Slow Food movement felt that the snail's habit of slowness provided an important message for people today. They realized that the snail has something to teach modern people, who are often too impatient to feel and taste, and too rushed to remember what they have eaten.

Attention Pointer

各パラグラフを序論・本論・結論に分けないで。

4 Slow food groups have now spread to countries on five continents around the world, including Japan, and they have over 80,000 members. The movement emphasizes respect for the different local food cultures of each country and local area. It also supports the existence of small-scale farmers who use traditional, organic, environmentally-friendly methods. The movement reminds us that our attitudes toward food, diet, and health must be connected to caring for a healthy environment where our food is grown. The slow food movement shows that local culture, traditional farming, and natural environment are closely related to healthy food.

5 In a world that seems to continually race faster and faster, the ideas of the Slow Food movement may help us regain a healthier attitude toward food, people, culture, time, and the world around us. And they may help us face the big question: What is life for?



New words 4

emphasize [ɪmˈfæzaɪz]
small-scale [smɔːlˈskeɪl]
organic [ˈɔːɡənɪk]
environmentally [ˌɪnvəɪnəˈmentlɪ, -vairən]
method [məˈθɒd]

8. care for A
11. be related to A

New words 5

continually [ˌkɒntɪnjuːəli]
regain [rɪˈɡeɪn]

Comprehension

内容と合うものにはTを、合わないものにはFを()に入れないで。

- What the Slow Food movement is encouraging people to think about is not only what we eat, but how we eat. ()
- It was in the 1980s that the Slow Food movement, whose symbol is the cow, started. ()
- The Slow Food movement has spread to countries on five continents around the world. ()
- The ideas of the Slow Food movement may help us face the big question of what life is for. ()

Attention Pointer

- 直前で学習した Reading Skill の内容に沿った設問です。
- リーディング・スキルを意識して読む練習を行います。

Comprehension

本文の内容理解のための設問です。