

受験番号	
得点	

問題：次の英文を読み、各下線部を日本語に訳しなさい。

Less or No Alcohol Is Better for Health

(1)Alcohol is often consumed in social gatherings from happy hours after work to birthday parties on the weekend. (2)Drinking some alcohol is normal and believed to be good for heart health. However, new research may have put an end to that idea. Dr. Timothy Naimi at the University of Victoria said, (3)“Drinking less is a great way to be healthier.”

(4)Guidelines for drinking alcohol differ greatly from country to country. But overall, the advice has been moving toward drinking less. (5)Britain, France, Denmark, Holland, and Australia recently reviewed new evidence and lowered the suggested amount of alcohol consumption.

Carina Ferreira-Borges is an adviser for alcohol at the World Health Organization office for Europe. She said (6)scientists see “evidence linking alcohol to over 200 health conditions, including cancers, cardiovascular diseases and injuries.” (7)Overall, people may have already been moving toward drinking less alcohol. Social calendar events called “Dry January” and “Sober October” are celebrated with non-alcoholic drinks. “Dry” means no alcohol and a “sober” person is not affected by alcohol.

(8)Drinking alcohol raises the risk of several kinds of cancer, including colon, liver, breast, mouth, and throat. Alcohol breaks down in the body into a substance called acetaldehyde. (9)This substance can damage your cells and stop them from repairing themselves. That creates the conditions for cancer to grow.

(10)On its website, the National Institute of Health says to avoid alcohol completely if you are:

- a) Taking medications that interact with alcohol
- b) Having a medical condition that can be made worse by drinking
- c) Under the age of 21
- d) Recovering from alcohol use disorder or unable to control the amount you drink
- e) Pregnant or might become pregnant.

— VOA: *Health and Lifestyle* (May 13, 2024) (一部省略)

注)  
alcohol アルコール飲料 consume 消費する、飲む social gathering 懇親会  
research 研究 guideline 指針 overall 一般的に evidence 根拠 lower 下げる  
amount 量 World Health Organization 世界保健機関 link 関連づける  
health condition 健康状態 cancer 癌 cardiovascular 心臓血管の injury 損傷  
colon 結腸 liver 肝臓 substance 物質 acetaldehyde アセトアルデヒド  
damage 傷つける cell 細胞 website ウェブサイト  
the National Institute of Health 米国国立衛生研究所  
completely 完全に medication 薬 medical condition 病状  
alcohol use disorder アルコール使用障害 pregnant 妊娠している

解答欄

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