

Lesson1 Activity Plus 新出語・熟語

mock /mɒk/	not real, but appearing or pretending to be very similar to a real situation
activist /æktɪvɪst/	someone who works to achieve political or social change
windmill /wɪn(d)mɪl/	a tall, thin structure with blades that spin around through the power of the wind and turn it into electricity
generate /dʒenəreɪt/	to produce something
renewable /rɪnjuːəb(ə)l/	that which can be produced as quickly as something is used
replace /rɪpleɪs/	to take the place of something or someone
generator /dʒenəreɪtər/	a machine that produces electricity
fossil /fɒs(ɪ)s(ə)l/	preserved remains or traces of ancient organisms, typically found in rocks
fuel /fjuːəl/	a substance such as coal, gas, or oil that produces heat or energy when burned
convince /kənˈvɪns/	to persuade someone to do something
administration /ədˌmɪnɪstreɪʃ(ə)n/	the people who plan, organize and run a business, an institution, etc.
supporter /səˈpɔːtər/	someone who supports a particular person, group, or idea
appeal /əˈpiːl/	a request
economics /iːkənə(ɪ)mɪks/	the study of the way in which trade, industry, or money is organized
issue /ɪʃuː/	a subject or problem that people often discuss or talk about
persuasive /pəˈswéɪsɪv/	able to persuade someone to do or believe something

replace A with B

 calm down


社名入る 教科書ウェブ
107-164 (社名入る)

107-164 (社名入る) / Lesson 2 Aren't You Sleepy? / Part 1

音作権について

22 ページ Model Reading

22 ページ Word Definitions

© 2026 社名入る

Lesson 2 Part 1 本文

How long do animals sleep? Do most animals sleep as long as human beings do every day?

In general, human beings need seven to eight hours of sleep every night in order to stay healthy. This means that we spend about one third of our whole life sleeping. However, what about other animals? Sleeping time varies greatly from animal to animal. For instance, koalas sleep for about 20 hours a day, but giraffes' sleeping time is amazingly short — only about two hours a day. Koalas mostly live in trees, and they feed, sleep or rest most of the time. They eat only eucalyptus leaves. The leaves have a high water content but are poor in nutrition. Therefore, koalas don't get enough energy from their diet to move around much. Eucalyptus leaves also contain toxins that are hard for other animals to remove. Koalas can get rid of these toxins, but it takes a lot of energy to do that. It is thought that they save energy by doing nothing besides eating and resting.

連続 本文 一文 意味

▶

⚙️

Lesson2 Part1 新出語・熟語



general /dʒɛn(ə)r(ə)l/	usual; normal
vary /vɛəri/	to be different from each other
instance /inst(ə)ns/	a particular example of something
giraffe /dʒərəʃ/	a tall African animal with a very long neck and long legs
mostly /móʊs(t)li/	mainly
eucalyptus /jù:kəlɪptəs/	a tall straight tree with leaves that produce an oil with a strong smell that grow especially in Australia
content /kát(ə)ntent/	the amount of a substance that is contained in something
nutrition /njú:trɪʃ(ə)n/	the substances that you take into your body as food
diet /diət/	the food and drink that a person or animal eats and drinks each day
contain /kəntéin/	to have something inside
toxin /tá(ks)ən/	a poisonous substance, especially one that is produced by bacteria and causes diseases
remove /rɪmú:v/	to take something or someone away from somewhere or something
rid /rɪd/	to throw away or exclude something unwanted or unpleasant
besides /bɪsáɪdz/	apart from something

in general

for instance

 get rid of ...



- 24 ページ  Model Reading
- 24 ページ  Word Definitions

Lesson 2 Part 2 本文



In contrast to koalas, giraffes sleep only for short periods of time. Modern research shows that giraffes usually sleep only about two hours a day in total. They mostly stand while sleeping, and they lie down on the ground to sleep for only a few minutes. Giraffes are the tallest land animals, and they need to eat a huge amount of leaves every day to maintain their large bodies. They have to spend far more time feeding than sleeping.

Most large grazing mammals, such as giraffes, horses and elephants, are short-sleepers. This ensures that they have enough time to eat a lot of leaves or grass, but there seems to be another reason as well. It is thought that they evolved into short-sleepers because they needed to reduce the danger of being attacked by predators like lions, leopards and hyenas.

Meat-eating animals, on the other hand, sleep as much as 13 to 15 hours a day. Their food contains lots of protein, so it is very nutritious. Therefore, they don't have to spend a great amount of time feeding.

連続 本文 一文 意味



Lesson2 Part2 新出語・熟語

contrast /kɒ(ɪ)ntræst/	a difference between two or more things
modern /mɒ(ɪ)dərn/	most recent
grazing /gr'eɪzɪŋ/	related to eating grass
mammal /mæm(ə)l/	any animal that gives birth to live young, not eggs, and feeds its young on milk
sleeper /sli:pəʀ/	someone who sleeps in a particular way
ensure /ɪnʃʊəʀ/	to make sure that something happens properly
predator /prédətəʀ/	an animal that kills and eats other animals
leopard /lépərd/	a large animal of the cat family that has yellow fur with black spots on it and lives in Africa and southern Asia
hyena /hai:nə/	an African wild animal like a dog that hunts in groups
protein /próuti:n/	a substance that is necessary for the body to grow and be strong
nutritious /nju:trifəs/	containing many of the substances needed for the body to stay healthy or to grow properly

in contrast to ...

in total

as well

as much as ...



107-164 (書名入る) / Lesson 2 Aren't You Sleepy? / Part 3

26 ページ Model Reading

26 ページ Word Definitions

© 2026 社名入る

Lesson 2 Part 3 本文

Some marine mammals, such as whales and dolphins, have different sleeping styles. They have to regularly come up to the surface of the sea to breathe. It is impossible for them to sleep with both their brains and their bodies resting entirely. They have to keep swimming and breathing while sleeping.

Dolphins are unique in that they developed the ability to sleep with one brain hemisphere while keeping the other hemisphere active. The left hemisphere is sleeping while the right eye is closed. Similarly, the right hemisphere is inactive while the left eye is closed. They regularly switch which hemisphere is resting, and both hemispheres never rest at the same time.

Affected by their living environments, all animals on the globe have developed different sleep behaviors and different sleeping times. Their lifestyles are the results of evolution and specialization. Research on animal sleep has made many interesting facts clear to us.

連続 本文 一文 意味



Lesson2 Part3 新出語・熟語

marine /məˈriːn/	related to the sea and the creatures that live there
regularly /ˈreɡjələˈrli/	at regular intervals; often
breathe /briːð/	to take air into the lungs and send it out again
impossible /ɪmpə(ː)səb(ə)l/	not possible
hemisphere /hɛmɪsfiə/	one of the two halves of the brain
similarly /sɪm(ə)ləˈrli/	in a similar way
inactive /ɪnæktɪv/	not active; doing nothing
switch /swɪtʃ/	to change or exchange one thing for another, or to shift from one state, position, or activity to another
globe /ɡləʊb/	the world
behavior /bɪhɛvɪjə/	the things that a person or an animal does in a particular situation
lifestyle /laɪfstɑɪl/	the way a person or group of people live and work
specialization /spɛʃ(ə)ləzɪʃ(ə)n/	the development in organisms of cells that have particular purposes

▶ in that ...



Lesson 2 Bird's-Eye Viewing



How long do animals sleep? Do most animals sleep as long as human beings do every day?

In general, human beings need seven to eight hours of sleep every night in order to stay healthy. This means that we spend about one third of our whole life sleeping. However, what about other animals? Sleeping time varies greatly from animal to animal. For instance, koalas sleep for about 20 hours a day, but giraffes' sleeping time is amazingly short — only about two hours a day.

Koalas mostly live in trees, and they feed, sleep or rest most of the time. They eat only eucalyptus leaves. The leaves have a high water content but are poor in nutrition. Therefore, koalas don't get enough energy from their diet to move around much. Eucalyptus leaves also contain toxins that are hard for other animals to remove. Koalas can get rid of these toxins, but it takes a lot of energy to do that. It is thought that they save energy by doing nothing besides eating and resting.

In contrast to koalas, giraffes sleep only for short periods of time. Modern research shows that giraffes usually sleep only about two hours a day in total. They mostly stand while sleeping, and they lie down on the ground to sleep for only a few minutes. Giraffes are the tallest land animals, and they need to eat a huge amount of leaves every day to maintain their large bodies. They have to spend far more time feeding than sleeping.

Most large grazing mammals, such as giraffes, horses and elephants, are short-sleepers. This ensures that they have enough time to eat a lot of leaves or grass, but there seems to be another reason as well. It is thought that they evolved into short-sleepers because they needed to reduce the danger of being attacked by predators like lions, leopards and hyenas.

Meat-eating animals, on the other hand, sleep as much as 13 to 15 hours a day. Their food contains lots of protein, so it is very

連続 本文 一文 意味




社名入る 資料集ウェブ
107-164 (社名入る)

107-164 (社名入る) / Lesson 2 Aren't You Sleepy? / Activity Plus


著作権について


32 ページ Model Reading


32 ページ Word Definitions


Lesson 2 Activity Plus 


A Japanese high school student asks some questions of an expert who studies human sleep. The expert answers the student, showing graphs.


Student: 


Expert: 

Student: 

Expert: 

Student: 



Expert: 



Lesson2 Activity Plus 新出語・熟語

generally /dʒɛn(ə)r(ə)li/	in most cases; usually
average /æv(ə)rɪdʒ/	a level that is considered to be typical or normal
fatigue /fəti:g/	a feeling of being extremely tired
refresh /rɪfrɛʃ/	to make someone feel less tired
shortage /ʃɔ:rtɪdʒ/	a situation in which there is not enough of something
obesity /əʊbɪ:səti/	the state of being very fat, in a way that is not healthy
eventually /ɪvɛn(t)ʃu(ə)li/	at the end of a period of time

ask A of B

 those who ... 

社名入る 教材ウェブサイト
107-164 (社名入る)

107-164 (社名入る) / Lesson 3 The Art of Letters / Part 1

著作権について

36 ページ Model Reading

36 ページ Word Definitions

© 2026 社名入る

Lesson 3 Part 1 本文

When reading, have you ever paid attention to the font? It influences the appearance of the text and plays a key role in shaping your reading experience.

Look at a warning word shown differently in the figures. What comes to mind when you see them? Your feelings about them might vary. Some people may say the left one (Figure 1) looks a little weaker. For the right one (Figure 2), they may feel a stronger impact but find it harder to read.

As shown, the line thickness, size, and shape of letters can greatly affect your interpretation of the text. A specific style of letter design is known as a typeface. The word "font" is used more commonly to cover variations within a typeface, such as italic, bold, and different sizes.

If there were only one font available, it would be harder for you to express nuanced meanings. To make the warning sign more eye-catching and express urgency, what can you do? Would you choose a font with thicker lines, or would you like it to be italicized and larger? Either way, appropriate letter design is an important part of written communication.

連続 本文 一文 意味

▶

⚙️

Lesson3 Part1 新出語・熟語

font /fʌ(ɹ)nt/	a set of characters, including letters, numbers, and symbols, with a specific design and style used in text
warning /wɔːrniŋ/	telling that there might be danger or a problem in the future
impact /ɪmpækt/	the powerful effect that a person or situation has on someone or something
thickness /θɪknəs/	how wide or deep something is from one surface to its opposite side
interpretation /ɪntəːprɪtɪʃ(ə)n/	explaining, understanding, or giving meaning to something, such as a concept, text, or event
specific /spəˈsɪfɪk/	relating to one thing, person, or group only and not others; particular
typeface /taɪpfeɪs/	a specific design of text characters, including letters, numbers, and symbols
variation /vəˈrɪeɪʃ(ə)n/	a difference or change among things of the same general type
within /wɪðɪn/	inside the range or limits of something
italic /ɪˈtæɪlɪk/	a style of typeface where the characters are declined to the right, often used for emphasis or distinction
bold /bɔʊld/	a font style with thicker, heavier strokes, used to emphasize text or make it stand out
nuance /njuːˈɑːns/	to give subtle distinctions or variations to something
urgency /ˈɜːrʤ(ə)nʃi/	the need for immediate action or attention, often due to time constraints or critical importance
italicize /ɪˈtæɪlɪsaɪz/	to format text so that it appears declined to the right

▶ pay attention to ...



- 38 ページ ▶ Model Reading
- 38 ページ ▶ Word Definitions

Lesson 3 Part 2 本文



Fonts can be divided into two basic types: serif and sans serif. Serif refers to little extra decorative lines on the ends of letters, looking like small feet or tails. These lines create differences in line thickness within each letter of serif fonts. Sans serif fonts, as suggested by “sans” meaning “without” in French, maintain a uniform line thickness throughout. The choice between the two can affect text readability. Sans serif fonts may have advantages on digital screens due to their simplicity, which comes from the thicker lines and the lack of serifs. On the other hand, serif fonts may be preferred for reading on paper. Their detailed features can help visibility, especially at smaller print sizes. Fonts can also influence readers’ emotional responses to text. Serif fonts are said to give a formal or traditional impression, while sans serif fonts provide a more casual or modern feel. In addition, handwritten-style fonts may suggest playfulness or humor.

連続 本文 一文 意味



Lesson3 Part2 新出語・熟語

divide /dɪvʌd/	to separate something into parts
serif /sɛrɪf/	a small, decorative stroke or line attached to the end of a letter's main strokes in certain typefaces
sans /sæ̃n/	typefaces that do not have serifs
extra /ɛkstrə/	a thing that is added to something that is not standard or necessary
decorative /dɛk(ə)rətɪv/	attractive or pretty
throughout /θru:áut/	in every part
readability /ri:dəbɪləti/	how easily text can be read and understood
digital /dɪdʒɪt(ə)l/	using a system of receiving and sending information in the form of numbers, usually ones and zeros
simplicity /sɪmplɪsəti/	the quality of being easy to understand or not complicated
prefer /prɪfə:z/	to like someone or something more than another
detailed /di:teɪld/	including many details and a lot of information
visibility /vɪzəbɪləti/	the state of being easily seen or noticed
response /rɪspá(:)ns/	an answer or a reaction to something
formal /fɔ:rn(ə)l/	official, proper, or following established conventions
impression /ɪmprɛʃ(ə)n/	the opinion or feeling that you have about someone or something
handwritten /hændrɪt(ə)n/	produced by hand, rather than printed or typed
playfulness /plɛɪf(ə)lnəs/	a lighthearted, fun, or whimsical attitude or behavior
humor /hju:mər/	the quality of being amusing, entertaining, or funny

匿名入る 教科書ウェブ
107-164 (匿名入る)

107-164 (匿名入る) / Lesson 3 The Art of Letters / Part 3

著作権について

40 ページ Model Reading

40 ページ Word Definitions

© 2026 社名入る

Lesson 3 Part 3 本文

Font size also affects your reading experience. In general, larger fonts can help make text clear enough for us to read comfortably. Smaller fonts, on the other hand, can lead to reduced readability. The best size can vary depending on such factors as font types, personal preferences, and reading conditions.

Color plays a significant role as well. Fonts in cool colors tend to evoke soothing or relaxing feelings. Warm colors, in contrast, are typically linked to energy and excitement. Therefore, blue may be more effective in suggesting trust or security. Red can be used to emphasize emergency or urgency.

Fonts are an essential aspect of written communication. For text readability, it may be useful to choose simpler fonts over decorative ones and to avoid small sizes. You should also avoid any gap between your intended meaning and the font you use, as different fonts may give different impressions. Choosing fonts goes beyond the text's appearance. It is about communication itself.

連絡 本文 一文 意味

▶

⚙️

Lesson3 Part3 新出語・熟語

comfortably
/kʌmfərtəb(ə)li/

in a way that provides physical or emotional ease, without discomfort, stress, or strain

significant
/sɪgnɪfɪk(ə)nt/

important

evoke
/ɪvəʊk/

to bring a feeling, memory, or image to mind, or to elicit a response or reaction

soothe
/suːð/

to make someone feel calmer and less anxious

typically
/tɪpɪk(ə)li/

in a way that shows the usual qualities or features of a particular type of person, thing, etc.; generally

excitement
/ɪksaɪtmənt/

a feeling of being excited

effective
/ɪfektɪv/

successful or working in a way that you want

security
/sɪkjʊərəti/

the state of feeling happy and safe from risk or worry

emphasize
/ɛmfəsaɪz/

to say something in a strong way; to stress a fact, an idea, etc.

aspect
/æspekt/

one part or feature of a situation, idea, plan, problem, etc.

avoid
/əvɔɪd/

to prevent something bad from happening


intend
/ɪnténd/

to have a plan or purpose in one's mind

beyond
/bɪd(ɪ)nd/

outside the range or limits

in contrast

 go beyond ...



Lesson 3 Bird's-Eye Viewing



When reading, have you ever paid attention to the font? It influences the appearance of the text and plays a key role in shaping your reading experience.

Look at a warning word shown differently in the figures. What comes to mind when you see them? Your feelings about them might vary. Some people may say the left one (Figure 1) looks a little weaker. For the right one (Figure 2), they may feel a stronger impact but find it harder to read.

As shown, the line thickness, size, and shape of letters can greatly affect your interpretation of the text. A specific style of letter design is known as a typeface. The word "font" is used more commonly to cover variations within a typeface, such as italic, bold, and different sizes.



If there were only one font available, it would be harder for you to express nuanced meanings. To make the warning sign more eye-catching and express urgency, what can you do? Would you choose a font with thicker lines, or would you like it to be italicized and larger? Either way, appropriate letter design is an important part of written communication.


Fonts can be divided into two basic types: serif and sans serif. Serif refers to little extra decorative lines on the ends of letters, looking like small feet or tails. These lines create differences in line thickness within each letter of serif fonts. Sans serif fonts, as suggested by "sans" meaning "without" in French, maintain a uniform line thickness throughout.

The choice between the two can affect text readability. Sans serif fonts may have advantages on digital screens due to their simplicity, which comes from the thicker lines and the lack of serifs. On the other hand, serif fonts may be preferred for reading on paper.

連続 本文 一文 意味





- 46 ページ  Model Reading
- 46 ページ  Word Definitions

Lesson 3 Activity Plus 

In English class, you and your classmates are working on the following task.

Rui's idea:

Marin's idea:



Lesson3 Activity Plus 新出語・熟語

invitation /ɪnvɪt(ə)ʃ(ə)n/	those who have been invited to something or the act of inviting someone to something
detail /dɪˈteɪl/	information about something
enjoyable /ɪnˈdʒɔɪəb(ə)l/	giving people pleasure
refreshment /rɪˈfrɛʃmənt/	something that brings energy, such as a rest, drink, or pleasant experience
overall /əʊv(ə)rɔːl/	considering everything or in general, encompassing the whole situation or all aspects
readable /rɪˈdəb(ə)l/	easy to read, understand, and follow
effectively /ɪˈfektɪvli/	in a successful or efficient way, achieving the desired result or goal
highlight /haɪlaɪt/	to emphasize or make something stand out, often to draw attention to its importance or significance

as follows

look forward to ...

stand out

 what is more 

お名前を登録してください
107-164 (お名前を登録)

107-164 (お名前を登録) / Lesson 4 Are You Prepared? / Part 1

著作権について

52 ページ Model Reading

52 ページ Word Definitions

© 2026 社名を登録

Lesson 4 Part 1 本文

More and more natural disasters seem to be happening around the world. Are you well prepared to reduce your own risk from future disasters?

Different areas in the world have unique types of natural disasters. Africa tends to suffer from droughts. In Latin America, earthquakes and tsunamis occur frequently. Asia is likely to suffer damage from floods and storms.

Japan is known to have suffered from natural disasters frequently. Earthquakes and typhoons have affected our lives. Earthquakes in Japan account for about 20 percent of the world's occurrences with a magnitude of six or higher. Typhoons bring strong winds and heavy rains, resulting in flooding and landslides.

Traditional approaches to disaster prevention and risk management may not be enough. We have developed infrastructure such as roads, buildings and dams. We have also trained ourselves through evacuation drills at school and local communities. Even so, natural disasters still continue to destroy life and property. Climate change may also be increasing the risk of disasters. What else can we do to deal with future disasters?

接続 本文 一文 意味

▶

⚙️

Lesson4 Part1 新出語・熟語

disaster /dɪzæstər/	a sudden event such as a flood, storm, or accident which causes great damage
prepared /prɪpeəd/	ready to do something or deal with a situation
drought /draʊt/	a long period of dry weather when there is little or no rain
Latin America /lət(ə)n əmɛrɪkə/	the countries of South and Central America where Spanish or Portuguese is spoken
occur /əkɔːr/	to happen
frequently /frɪ:kwəntli/	often
typhoon /taɪfuːn/	a very violent tropical storm with strong winds
account /əkaʊnt/	individual private access to an online service which usually requires a username and password to enter
occurrence /əkɔːr(ə)ns/	something that happens
magnitude /mægnɪtjuːd/	the size of an earthquake
landslide /ləndslɑɪd/	a sudden fall of a mass of earth or rocks down a mountain, hill, cliff, etc.
prevention /prɪvɛnʃ(ə)n/	the act of stopping something bad from happening
management /mænidʒmənt/	the activity of directing or controlling something
dam /dæm/	a wall built across a river to stop the water from flowing or to produce electricity
evacuation /ɪvækjuːeɪʃ(ə)n/	the act of moving people from a dangerous place to a safer place
destroy /dɪstrɔɪ/	to damage something so badly that it no longer exists or cannot be used
property /prɒ(ɪ)pərti/	a thing or things owned by someone

account for ...

 result in ...


社名入力 教材ダウンロード
107-164 (社名入力)

107-164 (社名入力) / Lesson 4 Are You Prepared? / Part 2

著作権について

54 ページ Model Reading

54 ページ Word Definitions

© 2026 社名入力

Lesson 4 Part 2 本文

Recent ideas and technologies have allowed us to prepare for disasters. For example, you may have heard about hazard maps. They tell you the nearest evacuation sites in areas where disasters are likely to occur. Learning about the area where you live beforehand, or even after a disaster has happened, will help you avoid potential risks in the future.

Stocking emergency food is also gaining popularity. Nowadays, you can buy a variety of foods, such as easy-to-make rice, pre-packaged curry and canned bread. They can be eaten with little preparation and stored for a couple of years. It is said that you should store a minimum of a three-day supply of food. Of course, you can eat the food as part of your daily meals before the food's expiration date.

In addition, you need to think about what to do if the power goes out. An emergency radio can keep you updated with disaster information. Some radios are rechargeable with solar panels or hand cranks. You can use such a radio not only as an emergency flashlight but also as a battery charger for your digital devices. Having such a power source will make a big difference.

連絡 本文 一文 意味

▶

⚙️

Lesson4 Part2 新出語・熟語

hazard /hæzərd/	something dangerous or likely to cause damage
beforehand /bɪfɔːrhænd/	before something else happens; earlier
stock /stɒk/	to supply or store goods or items, typically in preparation for future use or sale
popularity /pɒ(ɪ)pjələˈrɪti/	the quality of being liked or supported by many people
nowadays /naʊədəɪz/	at the present time
canned /kænd/	stored in a can
preparation /prɪpəreɪʃ(ə)n/	the act or process of making something ready
couple /kʌp(ə)l/	two people who are married or have a sexual relationship
minimum /mɪnɪməm/	the smallest or least amount that is possible or needed
expiration /ɪkspəreɪʃ(ə)n/	the ending or termination of something
update /ʌpdéɪt/	to give someone the most recent information about something
rechargeable /riːtʃɑːrdʒəb(ə)l/	able to be filled again with electrical power
crank /kræŋk/	a handle in the shape of an L that you turn to move something
flashlight /flæʃlaɪt/	a small electric light that you can hold in your hand
charger /tʃɑːrdʒər/	a device used to put electricity into a battery

a variety of ...

a couple of ...



go out



社名入力 教材用ウェブ
107-164 (社名入力)

107-164 (社名入力) / Lesson 4 Are You Prepared? / Part 3

著作権について

56 ページ Model Reading

56 ページ Word Definitions

© 2026 社名入力

Lesson 4 Part 3 本文

We should also be aware of who is at risk in disasters. You may think of elderly people, little children and physically-challenged people, but you should also think of visitors from foreign countries. Such visitors may have never experienced an earthquake before. Some of them cannot understand Japanese. In fact, visitors are said to have struggled to find proper information in their own languages in past earthquakes in Japan.

In order to help foreign people at risk, the use of pictograms and plain Japanese words has gained attention recently. These communication tools use illustrations and simple expressions so that everybody can understand their messages easily. Some disaster information is also available in foreign languages, such as English, Chinese and Korean, via websites, apps and social media. Such information can help everyone in a disaster.

Recent ideas and technologies have improved our chances to survive disasters. However, it is up to each of us to make full use of them. What if a big earthquake happens now? What can you do for yourself, your family and the people around you? It is never too early to get prepared.

連続 本文 一文 要約

▶

⚙️

Lesson4 Part3 新出語・熟語

physically-challenged

/fɪzɪk(ə)lɪtʃəlm(d)ʒd/

not having one or more of the physical abilities that other people have

struggle

/strʌg(ə)l/

to try very hard to achieve something difficult

pictogram

/pɪktəgræm/

a picture that represents a word or phrase

plain

/pleɪn/

clear and easy to understand

illustration

/ɪləstreɪʃ(ə)n/

a drawing or picture in a book, magazine, etc. to explain something

via

/vɪə/

by means of a particular machine, system, or person

app

/æp/

a piece of software designed for a particular purpose

media

/mi:diə/

the Internet, newspapers, and television that provide news and information for the public

at risk

be up to ...

make use of ...



what if ...?



58 ページ Model Reading

Lesson 4 Bird's-Eye Viewing



More and more natural disasters seem to be happening around the world. Are you well prepared to reduce your own risk from future disasters?

Different areas in the world have unique types of natural disasters. Africa tends to suffer from droughts. In Latin America, earthquakes and tsunamis occur frequently. Asia is likely to suffer damage from floods and storms.

Japan is known to have suffered from natural disasters frequently. Earthquakes and typhoons have affected our lives. Earthquakes in Japan account for about 20 percent of the world's occurrences with a magnitude of six or higher. Typhoons bring strong winds and heavy rains, resulting in flooding and landslides.



Traditional approaches to disaster prevention and risk management may not be enough. We have developed infrastructure such as roads, buildings and dams. We have also trained ourselves through evacuation drills at school and local communities. Even so, natural disasters still continue to destroy life and property. Climate change may also be increasing the risk of disasters. What else can we do to deal with future disasters?


Recent ideas and technologies have allowed us to prepare for disasters. For example, you may have heard about hazard maps. They tell you the nearest evacuation sites in areas where disasters are likely to occur. Learning about the area where you live beforehand, or even after a disaster has happened, will help you avoid potential risks in the future.

Stocking emergency food is also gaining popularity. Nowadays, you can buy a variety of foods, such as easy-to-make rice, pre-packaged curry and canned bread. They can be eaten with little preparation and stored for a couple of years. It is said that you should

播放 単文 一文 意味



- 62 ページ  Model Reading
- 62 ページ  Word Definitions

Lesson 4 Activity Plus 

A teacher gave students the following task. Koji is now making a brief presentation about his idea. After that, Airi asks some questions.

Task What items can you create with limited resources in case of a disaster? Your ideas and knowledge will be important in such a situation. By using the materials below, develop some original items that might be useful if you are faced with a natural disaster.




Koji: [Redacted]

Airi: [Redacted]

Koji: [Redacted]



Airi: [Redacted]


Koji: [Redacted]

Lesson4 Activity Plus 新出語・熟語

brief /brɪːf/	short
resource /rɪːsɔːrs/	something such as useful land or minerals that a country, person, or organization has
cardboard /kɑːrdbɔːrd/	material like very thick, stiff paper, often used for making boxes
foil /fɔɪl/	a very thin sheet of metal used to wrap food
carton /kɑːrt(ə)n/	a box or container made of thick cardboard
container /kɒntéɪnər/	something which is used to keep things in
evacuate /ɪvækjuèɪt/	to move out of a place because of danger
gymnasium /dʒɪmnéɪzɪəm/	a large room with equipment for playing sports or exercising the body
withstand /wɪðstænd/	bear; to be strong enough not to be hurt or damaged by something
diagonally /daɪæg(ə)n(ə)li/	in a way that joins two opposite corners of a square at an angle
reinforce /rɪːmfɔːrs/	to make something stronger
seal /siːl/	to close a container tightly by sticking the edges together

 **in case of ...** 

 **be faced with ...**

お名前 登録済ウェブ
107-164 (お名前入る)

107-164 (お名前入る) / Lesson 5 The Lasting Legacy / Part 1

著作権について

66 ページ Model Reading

66 ページ Word Definitions

© 2026 社名入る

Lesson 5 Part 1 本文

Hiroshima Peace Memorial Park is a symbol of our wish for world peace. There, the A-Bomb Dome and the cenotaph stand in a straight line. What inspired the design of this landscape?

In May 2016, U.S. President Barack Obama made a historic visit to Hiroshima City. He toured the Peace Memorial Museum and the Peace Memorial Park as the first sitting President of the United States to visit there. This action carried significant weight, given the unique historical context of the U.S. as the only nation to have used nuclear weapons during wartime. In 2023, the G7 Hiroshima Summit took place. Japan's Prime Minister hosted leaders from major countries. They paid their respects to the war victims at the Peace Memorial Park by offering flowers for them.

At the entrance of the Peace Memorial Park, you can find the Peace Memorial Museum. Moving forward to the center of the Park, you will face a special tunnel-like structure called an HP shell over the cenotaph. When you look through this tunnel, you can see the Dome standing grandly on the other side of the Park.

It was Tange Kenzo who designed the Park as a meaningful reflection of the past. With deep feelings for Hiroshima, he made it an important place that helps us remember the pain of war and the hope for peace.

連続 本文 一文 意味



Lesson5 Part1 新出語・熟語

memorial /mə'mɔ:riəl/	created or done in order to remember a person or people who have died
cenotaph /sɛnə'tæf/	a monument built in memory of particular people who died in war
landscape /lænd(d)skəip/	the natural or physical features of a region, including terrain, vegetation, water bodies, and structures
historical /histɔ:'ri:k(ə)l/	related to history or the past, often concerning events, figures, or periods that have significance
context /kɑ:(ə)ntekst/	the circumstances, background, or setting in which something occurs
wartime /wɔ:rtaim/	the period during a war
prime /praɪm/	most important; main
minister /mɪnɪstə/	a politician who has an important position in a government department
shell /ʃél/	a hard, outer covering
grandly /grændli/	in a majestic, impressive, or elaborate manner
meaningful /mi:nɪŋf(ə)l/	useful and important
reflection /rɪflɛkʃ(ə)n/	the image or representation of something in a mirror, surface, or water

carry weight

▶ look through ...



68 ページ	▶	Model Reading
68 ページ	▶	Word Definitions

Lesson 5 Part 2 本文



Tange was born in Osaka Prefecture in 1913 and grew up in Ehime Prefecture. In 1930, he entered high school in Hiroshima, where he focused his studies on science. During this time, he came across Le Corbusier's architecture. Impressed by his designs, Tange decided to major in architecture at university. He often asked himself, "When I look at a piece of art and it moves me, I wonder: What is it that makes me feel this way?"

He entered university in Tokyo in 1935, but toward the end of the war, he experienced a tragedy. He was informed that his father had fallen sick and died. While on his way back to Ehime, he heard that his hometown had been hit by air raids and that his mother had also died. On the same day, the atomic bomb was dropped on Hiroshima.

After the war, the war reconstruction institute was established, and architects were responsible for urban reconstruction plans throughout Japan. People estimated Hiroshima would stay damaged for at least 70 years. Even in such a situation, Tange was among the first to offer help in rebuilding Hiroshima.

連続 本文 一文 意味



Lesson5 Part2 新出語・熟語

prefecture
/pri:fektʃər/

a political region or local government area in a country such as in Japan, France, and Italy, etc.

Le Corbusier
/lə kɔːbu:zjeɪ/

a Swiss-French architect, urban planner, and designer

architecture
/ɑ:kətɛktʃər/

the art and science of designing and constructing buildings, structures, and spaces

tragedy
/trædʒədi/

an event or situation that causes great distress, suffering, or loss

inform
/ɪnfɔ:rm/

to give someone knowledge or information about something

raid
/reɪd/

(air raid) an attack by enemy planes dropping bombs on a place

reconstruction
/ri:kənstrʌkʃ(ə)n/

the process of rebuilding or restoring something

institute
/ɪnstɪtju:t/

an organization or establishment focused on a specific area of study, research, or professional activity

establish
/ɪstæblɪʃ/

to make people accept something such as a belief, custom etc.

responsible
/rɪspɑ:(-)nsəb(ə)l/

having good judgment and being able to act correctly, so that you can be trusted

urban
/ɜ:rb(ə)n/

relating to a town or city

rebuild
/ri:bɪld/

to reconstruct, restore, or repair something that has been damaged, destroyed, or broken

focus A on B

major in ...

be responsible for ...



社名入力 教材用ウェブ
107-164 (社名入力)

107-164 (社名入力) / Lesson 5 The Lasting Legacy / Part 3

保存権について

70 ページ Model Reading

70 ページ Word Definitions

© 2026 社名入力

Lesson 5 Part 3 本文

Tange had a strategic design for the Peace Memorial Park. He established a horizontal axis along Peace Boulevard from east to west, and a vertical axis from south to north toward the A-Bomb Dome. This layout directs visitors to look toward the Dome and emphasizes its importance.

The main building of the Museum serves as the entrance to the Park. The first floor is raised with pillars, creating spaces called pilotis. As visitors walk from Peace Boulevard through the pilotis toward the cenotaph, they can see Tange's vision: a clear tribute to Japan's history and recovery.

Just after the war, some people felt that the Dome should be pulled down because it recalled the tragedy of the bombing. Tange said it should be kept as a symbol so that we would never forget the realities of war. He considered it an integral part of the Park. He believed that peace is not something that just happens; people have to work for it. This special place created by Tange shouldn't only be a reminder of peace; it should also actively help create peace. Tange envisioned Hiroshima as "a peacemaking factory."

連続 本文 一文 意味

▶

⚙️

Lesson5 Part3 新出語・熟語

strategic /strəˈtɪ:dʒɪk/	planned or designed to achieve a specific goal or objective
horizontal /hɔːrəzə(ː)nt(ə)l/	parallel to the horizon, running left to right, as opposed to vertical
axis /æksɪs/	an imaginary line used in mathematical or graphical contexts
boulevard /bʊləvɑːrd/	a wide, often tree-lined street
vertical /vɜːrtɪk(ə)l/	at an angle of 90°
layout /leɪaʊt/	the arrangement or design of elements within a space, page, or structure
direct /dɪrɛkt/	to guide, manage, or control the actions or movement of someone or something
pillar /pɪlə/	a tall, vertical structure that supports or strengthens something, such as a building or monument
pilotis /piːlɑːtɪz/	the use of supporting columns or stilts, typically in modernist architecture, to elevate a building above the ground
vision /vɪʒ(ə)n/	the ideas for the future with a clear purpose
tribute /trɪbjʊːt/	an act, statement, or gift that is intended to show respect, admiration, or gratitude toward someone or something
recovery /rɪkʌv(ə)rɪ/	improving or becoming stronger again
recall /rɪkɔːl/	to bring the memory of a past event into mind
integral /ɪntɪgr(ə)l/	essential or necessary for completeness, forming a vital part of a whole
reminder /rɪmáɪndər/	a message or other things that helps someone remember something
envision /ɪnvɪʒ(ə)n/	to imagine or visualize something in the mind
peacemaking /piːsméɪkɪŋ/	the process of resolving conflicts and promoting peace

日本語 教科書ウェブ
107-164 (書名入る)

107-164 (書名入る) / Lesson 5 The Lasting Legacy / Bird's-Eye Viewing

著作権について

72 ページ Model Reading

© 2026 社名入る

Lesson 5 Bird's-Eye Viewing

Hiroshima Peace Memorial Park is a symbol of our wish for world peace. There, the A-Bomb Dome and the cenotaph stand in a straight line. What inspired the design of this landscape?

In May 2016, U.S. President Barack Obama made a historic visit to Hiroshima City. He toured the Peace Memorial Museum and the Peace Memorial Park as the first sitting President of the United States to visit there. This action carried significant weight, given the unique historical context of the U.S. as the only nation to have used nuclear weapons during wartime. In 2023, the G7 Hiroshima Summit took place. Japan's Prime Minister hosted leaders from major countries. They paid their respects to the war victims at the Peace Memorial Park by offering flowers for them.

At the entrance of the Peace Memorial Park, you can find the Peace Memorial Museum. Moving forward to the center of the Park, you will face a special tunnel-like structure called an HP shell over the cenotaph. When you look through this tunnel, you can see the Dome standing grandly on the other side of the Park.

It was Tange Kenzo who designed the Park as a meaningful reflection of the past. With deep feelings for Hiroshima, he made it an important place that helps us remember the pain of war and the hope for peace.

Tange was born in Osaka Prefecture in 1913 and grew up in Ehime Prefecture. In 1930, he entered high school in Hiroshima, where he focused his studies on science. During this time, he came across Le Corbusier's architecture. Impressed by his designs, Tange decided to major in architecture at university. He often asked himself, "When I look at a piece of art and it moves me, I wonder: What is it that makes me feel this way?"

連続 本文 一文 意味

再生

設定

107-164 (書名入る) / Lesson 5 The Lasting Legacy / Activity Plus

76 ページ Model Reading

76 ページ Word Definitions

© 2026 社名入る

Lesson 5 Activity Plus

In English class, you and your classmates are working on the following task.

Task "WHAT PEACE MEANS TO US" — CLASSROOM POSTER PROJECT

- Write about what peace means to you on a piece of paper.
- 4 Make a group and put your ideas on a poster.
- Discuss the content of the poster and summarize your views as a group. One of your group members will present it to the class.

Satoshi Peace is a state of harmony where everyone can live without fear.

- It is about equality, justice and understanding.

Emi Peace is about a state of mind.

- It is a state where people feel safe and content.
- People are nice to each other, understand each other and work together.

Kazuki Peace is a world where people accept diversity and there is no discrimination or injustice.

- Conflicts are resolved through dialogue, not through violence.
- Everyone has the opportunity to lead a peaceful life without the fear of violence.

Speech by the group leader:

連続 本文 一文 意味

▶

⚙️

Lesson5 Activity Plus 新出語・熟語

summarize

/sʌməraɪz/

to give a brief and concise overview of the main points or ideas of a larger text, speech, or event, without including all the details

fear

/fiə/

the feeling you have when you are afraid or worried that something bad is happening or is going to happen

equality

/iˈkwə(ɪ)ləti/

a state in which people have the same rights, benefits, etc.

justice

/dʒʌstɪs/

a judge in a law court

diversity

/dɪvəˈrsəti/

a range of different people, things, or ideas

discrimination

/dɪskrɪmɪˈneɪʃ(ə)n/

treating a person or particular group differently from another in an unfair way

injustice

/ɪnˈdʒʌstɪs/

the absence of fairness or justice

conflict

/kɒnˈflɪkt/

disagreement or fighting between two or more groups of people or countries

resolve

/rɪzɒl(ə)lv/

to find a solution to a problem, conflict, or issue

dialogue

/ˈdiːləʊg/

a conversation in a book, play or film

violence

/ˈvaɪələns/

the use of physical force or aggression that causes harm, injury, or damage to people, property, or the environment

opportunity

/ɒ(ɪ)pəˈtjuːnəti/

a chance to do something

absence

/æbs(ə)ns/

the state of being not present, missing, or not existing in a particular place, situation, or condition

lead a life**as a result of ...**

- 80 Model Reading
- 80 Word Definitions

Lesson 6 Part 1 本文



The world population is estimated to reach 9.7 billion in 2050, and global food problems are expected to become even more serious.

Too much food produced for human beings is lost or wasted in the food supply chain. Food loss occurs early in the chain — before the food even gets to stores and consumers. For example, in developing countries, farmers lose a large part of their crops because they don't have appropriate storage equipment. Food is often eaten by bugs and small creatures. Furthermore, food is sometimes lost during transportation. For instance, food may go bad if it is transported in trucks without refrigeration.

On the other hand, food waste occurs at the end of the chain — in stores, restaurants and homes. Food that is past its best-before date is discarded at grocery stores, and uneaten food is thrown away at restaurants. In our home, leftover food goes bad in the fridge and is thrown away.

Having recognized the importance of reducing food loss and waste, the United Nations is encouraging people to take action. As one of the targets of SDGs, we need to reduce food waste by half and cut down the amount of food loss by 2030. Governments, organizations and individuals around the world have begun to make efforts to achieve this target.

連続 本文 一文 意味



Lesson6 Part1 新出語・熟語

expect /ɪkspɛkt/	to think that something will happen or that someone will do something
loss /lɔ:s/	the state of no longer having something
consumer /kɒnsju:mər/	someone who buys goods or uses products and services
crop /krɒp/	a plant such as wheat, rice, or fruit grown and used as food
equipment /ɪkwɪpmənt/	the tools or machines needed for an activity or purpose
bug /bʌg/	a small insect
creature /kri:tʃə/	a living thing that can move around
furthermore /fɜ:rdəmə:z/	in addition; moreover
transport /trænspɔ:rt/	to take goods or people from one place to another in a vehicle
refrigeration /rɪfrɪdʒəreɪʃ(ə)n/	the process of keeping food or drink cold in order to preserve it
discard /dɪskɑ:rd/	to throw away something or get rid of it
grocery /grəʊs(ə)rɪ/	a shop that sells food and other things for the home; a supermarket
uneaten /ʌni:t(ə)n/	not eaten
leftover /léftəʊvər/	that has not been eaten at the end of a meal
recognize /rɛkəgnəɪz/	to know who someone is or what something is, because you have seen or heard them or experienced it before; to notice or understand
organization /ɔ:rg(ə)nəzɪʃ(ə)n/	a group of people who form a business, club, etc. together for a particular purpose

go bad

 cut down ...


お名前 資格者ウェブ
107-164 (お名前)

107-164 (お名前) / Lesson 6 Actions to Reduce Loss and Waste / Part 2

お作権について

82 ページ Model Reading

82 ページ Word Definitions

© 2026 社名入る

Lesson 6 Part 2 本文

France was the first country to make a law to reduce food waste. Since 2016, large supermarkets have been prohibited from throwing away food. Instead, they have been required to donate it or turn it into compost or animal feed. France has become a leader in food waste reduction and has inspired other countries.

In the Spanish town of Galdakao, a community refrigerator was placed on a sidewalk in 2015. People from nearby restaurants and households put their excess food and leftovers into the fridge, and whoever wants them can take them for free. The movement of setting up community refrigerators has been spreading to many other countries, including the U.K., Belgium, Argentina and Israel.

October 16 is "World Food Day," which was established by the United Nations. In Japan, the entire month of October has been designated as "World Food Day Month." During this period, various food events are held all over Japan. For example, in an event in 2019, participants were asked to post recipes using unused food on social media. Sponsors of the event donated 120 yen per post to a charity that supported school meals in Africa.

連続 本文 一文 意味

▶

⚙️

Lesson6 Part2 新出語・熟語

compost /kɑ:(t)mpoʊst/	a mixture of decayed plants, food, etc. that is added to soil to improve its quality
reduction /rɪdʌkʃ(ə)n/	an act of making something less or smaller in size, amount, degree, importance, etc.
Galdakao /gɑ:(t)ldakɑ:(t)ou/	a town and municipality located in the province of Biscay, northern Spain
refrigerator /rɪfrɪdʒə'reɪtəʊ/	a large piece of electrical kitchen equipment, used to preserve food at a cold temperature
sidewalk /saɪdwɔ:k/	a flat path on one or both sides of a road for people to walk on
excess /ɛkses/	extra; surplus
whoever /hu'evəʊ/	any person who
Belgium /bélɪdʒəm/	a country in western Europe whose capital is Brussels
Argentina /ɑ:rdʒ(ə)nti:nə/	a large country in South America whose capital is Buenos Aires
Israel /ɪzriəl/	a country in the Middle East surrounded by Egypt, Jordan, and Lebanon
entire /ɪntaɪə/	whole / all of a group, period of time, amount, etc.
designate /dézɪgnét/	to choose something officially for a particular job or purpose
unused /ʌnjú:zd/	not being used, or never having been used
sponsor /spɑ:(t)nsəʊ/	a person or company that pays for a show, sports event etc., especially in return for advertising

prohibit A from B

for free

 designate A as B


社名入力 教科書ウェブ
107-164 (社名入力)

107-164 (社名入力) / Lesson 6 Actions to Reduce Loss and Waste / Part 3

著作権について

B4 ページ Model Reading

B4 ページ Word Definitions

© 2026 社名入力

Lesson 6 Part 3 本文

Another way to tackle the problem of food loss and waste is to use technology. Recently, various food sharing apps have been developed and are receiving special attention. These apps help match people who don't want to discard food with people who need it. Some apps connect a person to another person. When you have more food than you can eat in your home, you can use these apps to find someone to share it with. Other apps link retailers to shoppers. A supermarket can post discount information about unsold food. Shoppers can purchase this unsold food cheaply with the app and come to the supermarket later to pick it up. There are also some apps that connect stores to charity organizations. When a restaurant has a surplus of food that will spoil soon, it can donate the food. These apps help reduce food loss and waste at every point along the food supply chain. Food loss and waste is a global issue. Everyone in the world has to understand the causes of this problem and make an effort to solve it. When these efforts bear fruit, we will finally have a world free of hunger.

連続 本文 一文 意味

▶

⚙️

Lesson6 Part3 新出語・熟語

tackle /tæk(ə)l/	to try to deal with something or someone
retailer /ri:teɪlə/	a person, shop, or business that sells goods directly to customers
shopper /ʃɒpə/	a person who buys things in shops
discount /dɪskaʊnt/	a reduction in the usual price
unsold /ʌnsəʊld/	not bought by a customer; not sold
purchase /pɜ:rtʃəs/	to buy something
surplus /sɜ:plʌs/	an amount of something that is more than what is needed; excess; extra
spoil /spɔɪl/	to become bad and no longer good enough to eat
hunger /hʌŋgə/	the state of not having enough food, especially for a long time

match A with B

pick up ...

bear fruit

 free of ...



Lesson 6 Bird's-Eye Viewing



The world population is estimated to reach 9.7 billion in 2050, and global food problems are expected to become even more serious.

Too much food produced for human beings is lost or wasted in the food supply chain. Food loss occurs early in the chain — before the food even gets to stores and consumers. For example, in developing countries, farmers lose a large part of their crops because they don't have appropriate storage equipment. Food is often eaten by bugs and small creatures. Furthermore, food is sometimes lost during transportation. For instance, food may go bad if it is transported in trucks without refrigeration.

On the other hand, food waste occurs at the end of the chain — in stores, restaurants and homes. Food that is past its best-before date is discarded at grocery stores, and uneaten food is thrown away at restaurants. In our home, leftover food goes bad in the fridge and is thrown away.



Having recognized the importance of reducing food loss and waste, the United Nations is encouraging people to take action. As one of the targets of SDGs, we need to reduce food waste by half and cut down the amount of food loss by 2030. Governments, organizations and individuals around the world have begun to make efforts to achieve this target.

France was the first country to make a law to reduce food waste. Since 2016, large supermarkets have been prohibited from throwing away food. Instead, they have been required to donate it or turn it into compost or animal feed. France has become a leader in food waste reduction and has inspired other countries.

In the Spanish town of Galdakao, a community refrigerator was placed on a sidewalk in 2015. People from nearby restaurants and households put their excess food and leftovers into the fridge, and whoever wants them can take them for free. The movement of

連続 本文 一文 意味



- 90 ページ  Model Reading
- 90 ページ  Word Definitions

Lesson 6 Activity Plus



You responded to an online questionnaire made by your Assistant Language Teacher. After all the students answered, a slide with a graph was generated.

Introduction

I am studying about food loss and waste in daily life. I would like to ask you to fill out this questionnaire. It only takes about five minutes. The results will be used for my study, and I will give a research presentation at a later date. Thank you in advance for your help.

Questionnaire about food loss and waste

Question

Are you or your family members doing something to reduce food waste in your home? Please check all the actions that are true for your family, and then check who is or are doing them. You may choose more than one option.

連続 本文 一文 意味



Lesson6 Activity Plus 新出語・熟語

respond

/rɪspɑːnd/

to do something as a reaction to someone or something

online

/ɔːnláɪn/

connected to other computers through the Internet, or available on or performed using the Internet

questionnaire

/kwɛstʃənɛər/

a list of questions given to people to collect information about something

slide

/sláɪd/

one of the screens in a presentation viewed on a computer screen

introduction

/ɪntrədʌkʃ(ə)n/

a written explanation at the beginning of a book

advance

/ədˈvæns/

before something happens

option

/ɔːpʃ(ə)n/

something that you can choose from a set of possibilities

pickle

/pɪk(ə)l/

a vegetable preserved in vinegar or salt water

fill out ...**in advance**

107-164 (匿名入る) / Lesson 7 Living with Adventure / Part 1

94 ページ Model Reading

94 ページ Word Definitions

© 2026 社名入る

Lesson 7 Part 1 本文

Minamiya Marin completed a remarkable achievement. What motivated her? What made her reach for her dream?

"Strive toward your goal with passion. Nothing is stronger than our will. A person's potential is truly infinite," says Minamiya Marin. She completed the Explorer's Grand Slam when she was 20 years old.


Marin was born in Tokyo on December 20, 1996. Since her father worked for a trading company, her family moved to various places, including China and Hong Kong. She lived outside Japan from a young age, and it was difficult for her to identify herself as Japanese. When she was 13 years old in Hong Kong, she got an opportunity to climb some mountains with her classmates. This became a turning point in her life. Each climb taught her something new, and afterward she felt as if she had escaped from all stress and anxiety.

One day, Marin went trekking, and she saw Mt. Everest for the first time. Everything about the magnificent mountain was eye-opening for her. The experience inspired her greatly and provided her with courage, faith and power. She said, "I knew that I would come back to the great Everest one day. I wanted to explore myself and learn the purpose of my existence."

連続 本文 一文 意味

remarkable /rɪməʔkəb(ə)l/	unusual or surprising in a way that someone admires
motivate /məʊtəveɪt/	to make someone want to do something
strive /straɪv/	to make a great effort to do something
infinite /ɪnfɪnət/	without limits
explorer /ɪksplɔːrə/	someone who travels through an unknown area to find out what is there
grand slam /grænd slæm/	any sweeping success or total victory
trade /treɪd/	the activity of buying, selling, or exchanging goods between people or countries
Hong Kong /hɒŋ(ː)ŋkɔŋ(ː)ŋ/	a region of China with its own government, consisting of several islands and the island of Hong Kong
identify /aɪdɛntəfaɪ/	to recognize who or what someone or something is
afterward /æftəwərd/	at a later time
stress /stres/	to emphasize a statement, fact, idea, etc.
anxiety /æŋzaiəti/	a worry about something; concern
trek /trek/	to journey or travel, usually over a long distance and often through challenging or rough terrain
Everest /év(ə)rɪst/	the highest mountain in the world
magnificent /mægnɪfɪs(ə)nt/	very good or very beautiful
faith /feɪθ/	great trust or confidence in something
explore /ɪksplɔːr/	to try to discover something
existence /ɪgzɪst(ə)ns/	the state or fact of something or someone existing

reach for ...

 strive toward ...


社名入力 教材ウェブ
107-164 (社名入力)

107-164 (社名入力) / Lesson 7 Living with Adventure / Part 2

96 ページ Model Reading

96 ページ Word Definitions

保存権について

© 2026 社名入力

Lesson 7 Part 2 本文

When Marin was 17, she started preparing for climbing Mt. Everest. She told her father about her ambition. However, he said, "I won't support you financially. This is your project and you're old enough to figure out what to do on your own." Since she had no assistance, she had to request support from companies while studying and training. Some people told her she would not succeed. However, a strong will arose in her and defeated such negative words. She thought, "If I give up, I will be a person who never tried anything." Luckily, she received financial support from many firms.

As a first step, Marin climbed Mt. Aconcagua in her last year of high school. After entering university, she continued to challenge herself, climbing Mount Kilimanjaro, Mont Blanc, and Mt. Manaslu one after the other. Finally, the day came when her dream was realized. In May 2016, at the age of 19, she was standing on Everest above the clouds, above all her difficulties.

Marin's dream kept growing as she conquered more mountains. Never did she stop challenging herself, even though some people said her challenges were impossible. She set her sights on the Seven Summits and, eventually, on the Explorer's Grand Slam.

遷移 本文 一文 最終

▶


⚙️

Lesson7 Part2 新出語・熟語



ambition /æmbɪʃ(ə)n/	something that you want to do very much
assistance /ə'sɪst(ə)n(s)/	help or support
request /rɪk'wɛst/	to ask for something politely
succeed /sək'si:d/	to achieve something you tried or wanted to do
arose /ə'rouz/	the past tense of arise
arise /ə'raɪz/	to happen; to start to exist
defeat /dɪ'fi:t/	to win against someone in a war, fight, sports game, etc.
financial /fɪ'nænʃ(ə)l/	relating to money or the management of money
firm /fɜ:rm/	a company or business
Aconcagua /ə:kɔ:ŋkɑ:gwa:/	the highest mountain in both the Southern and the Western Hemispheres which lies in Argentina
mount /maʊnt/	a mountain
Kilimanjaro /kɪlmændʒɑ:rou/	the highest mountain in Africa, which lies in Tanzania
Mont Blanc /mɔ:nb'lɑ:ŋ/	a mountain in the Alps that is the highest mountain in western Europe
Manaslu /mənæslu:/	the eighth-highest mountain in the world which lies in Nepal and it is a part of the Himalayas

figure out ...

on one's own

 set one's sights on ...



- 98  Model Reading
- 98  Word Definitions

Lesson 7 Part 3 本文



Marin has accomplished the Explorer's Grand Slam, proving that there is nothing we cannot do if we keep trying. "Am I what I want to be?" This question made her set out for the mountains. Climbing mountains and keeping her motivation enabled her to prove herself and conquer her weaknesses. They taught her that anything could be attained; any summit could be reached, no matter how high it might be.

Marin is now preparing for her next adventure. She hopes to sail to various countries with a human-powered yacht and talk about life and the future with children there. Marin says, "To live is to weave your tapestry with different patterns. The patterns and colors in our tapestries are determined by how we live. We need to ask ourselves what we want to do in order to make our own special tapestries."

This is Marin's message to us all: "Even though your steps may seem small, they will surely combine to become a great leap to make your future better. Believe that you are going to make it through everything you are doing. There is nothing as strong as your passions to make your dreams come true."

連続 本文 一文 意味



Lesson7 Part3 新出語・熟語

accomplish

/ə'kʌmplɪʃ/

to succeed in doing something good, especially after trying very hard

prove

/pru:v/

to show that something is true

enable

/ɪn'eɪb(ə)l/

to allow or make it possible for someone to do something

weakness

/wi:knəs/

a weak point in someone's character, abilities, etc.

attain

/ə'teɪn/

to succeed in achieving something

sail

/seɪl/

to travel on the water in a boat or ship

weave

/wi:v/

to make cloth, a carpet, etc. by crossing threads repeatedly by hand or on a loom

tapestry

/tæpɪstri/

a piece of cloth with a picture or pattern that is made by weaving different colored threads

leap

/li:p/

a big change or movement

set out for ...

enable ... to ~

prove oneself



come true



社名入力 教材用ウェブ
107-164 (社名入力)

107-164 (社名入力) / Lesson 7 Living with Adventure / Bird's-Eye Viewing

100 ページ Model Reading

著作権について

© 2026 社名入力

Lesson 7 Bird's-Eye Viewing

Minamiya Marin completed a remarkable achievement. What motivated her? What made her reach for her dream?

"Strive toward your goal with passion. Nothing is stronger than our will. A person's potential is truly infinite," says Minamiya Marin. She completed the Explorer's Grand Slam when she was 20 years old.

Marin was born in Tokyo on December 20, 1996. Since her father worked for a trading company, her family moved to various places, including China and Hong Kong. She lived outside Japan from a young age, and it was difficult for her to identify herself as Japanese. When she was 13 years old in Hong Kong, she got an opportunity to climb some mountains with her classmates. This became a turning point in her life. Each climb taught her something new, and afterward she felt as if she had escaped from all stress and anxiety.

One day, Marin went trekking, and she saw Mt. Everest for the first time. Everything about the magnificent mountain was eye-opening for her. The experience inspired her greatly and provided her with courage, faith and power. She said, "I knew that I would come back to the great Everest one day. I wanted to explore myself and learn the purpose of my existence."

When Marin was 17, she started preparing for climbing Mt. Everest. She told her father about her ambition. However, he said, "I won't support you financially. This is your project and you're old enough to figure out what to do on your own." Since she had no assistance, she had to request support from companies while studying and training. Some people told her she would not succeed. However, a strong will arose in her and defeated such negative words. She thought, "If I give up, I will be a person who never tried anything." Luckily, she received financial support from many firms.

連続 本文 一文 意味

▶

⚙️

107-164 (書名入る) / Lesson 7 Living with Adventure / Activity Plus

104 ページ Model Reading

104 ページ Word Definitions

© 2026 社名入る

Lesson 7 Activity Plus

In class, students are sharing their plans for the future while showing charts about their goals. You are listening to a student's presentation about her goals and action plans.

Mayu's presentation

連続 本文 一文 意味

▶

⚙️

Lesson7 Activity Plus 新出語・熟語

chart /tʃɑ:rt/	a drawing that shows information in the form of a simple picture, set of figures, graph etc.
term /tɜ:rm/	a fixed or limited time during which someone does something
regional /ri:dʒ(ə)n(ə)l/	relating to a particular area; local
attend /ətend/	to go to an event
broaden /brɔ:d(ə)n/	to increase your experience, knowledge, etc.
perspective /pə'spektɪv/	a way of thinking about something; viewpoint
academic /ækədɛmɪk/	relating to education
participate /pɑ:rtɪ'sɪpɪt/	to take part in an activity or event
definitely /dɛf(ə)nətli/	without any doubt; certainly
command /kəmænd/	an ability to do or use something, especially a language; a knowledge of something

participate in ... ⚙️

▶️ by the time ...

社名入る 資料添ウェブ 107-164 (社名入る)

107-164 (社名入る) / Lesson 8 Power to the People! / Part 1

著作権について

- 110
ページ
▶️
Model Reading
- 110
ページ
▶️
Word Definitions

Lesson 8 Part 1 本文



Batteries, particularly rechargeable ones, are essential in our daily lives. What technological advances have been made in the history of batteries?

Batteries are now a large part of our lives. They are at the heart of everyday mobile devices, such as smartphones, tablets and laptop computers. Hybrid and electric cars would not exist without powerful batteries. Innovations in batteries have had a great impact on the success of new technologies.

Good rechargeable batteries are necessary in order to make efficient use of renewable energy sources, such as sunlight and wind. These energy sources depend highly on the weather, and they may not be able to produce enough electricity when it is most needed. This is when batteries come into play: they store electricity until it is needed.

Rechargeable batteries can contribute to saving the environment. Currently, single-use primary batteries occupy most of the market. They are used only once and are then thrown away. Billions of such batteries become waste every year, and most of them end up in landfills. In contrast, rechargeable batteries can be reused many times, and this lessens the waste problem of primary batteries.

Rechargeable batteries are becoming more important as a means to achieve a sustainable, greener future.

通読 本文 一文 意味



Lesson8 Part1 新出語・熟語

particularly

/pɑːtɪkjələˈrɪli/

more than usual; especially

technological

/tɛknəlɔː(dʒɪk(ə)l/

relating to technology

mobile

/məʊb(ə)l/

not fixed in one place and easy to move and use in different places

tablet

/tæblət/

a small computer that is controlled by touching the screen

laptop

/læptɒp/

(laptop computer) a small computer that is easy to carry and can be used on the knees when someone is sitting

hybrid

/haɪbrɪd/

consist of two or more other things; (of a vehicle) using two different types of power, especially gasoline and electricity

exist

/ɪgzɪst/

to be real or present

innovation

/ɪnəˈveɪʃ(ə)n/

a new idea, method, or invention

efficient

/ɪfɪf(ə)nt/

working or operating without wasting time, money, or energy

currently

/kʌr(ə)ntli/

at the present time

primary

/praɪməri/

happening or developing first

occupy

/ˈɒkjəˈpɑː/

takes up time, space, etc.

lessen

/ləs(ə)n/

make something smaller in size, importance, or value; to reduce

means

/miːnz/

a way of doing something

have an impact on ...



come into play



社名入る 資料アップ
107-164 (社名入る)

107-164 (社名入る) / Lesson 8 Power to the People / Part 2

著作権について

112 ページ Model Reading

112 ページ Word Definitions

© 2026 社名入る

Lesson 8 Part 2 本文

What does a typical battery consist of? It has two electrical ends and a chemical between them. These parts react with each other inside the battery. As a result, electricity is produced. Many different chemicals can be used in batteries and, generally speaking, they determine a battery's power.

The word "battery" goes back to the 18th century. It was first used by Benjamin Franklin of the U.S. He called a device he invented an "electrical battery." It could only store electricity. In 1800, Alessandro Volta of Italy developed a "true" battery. He used copper, zinc and salt water in his device, and his battery could produce electricity chemically. However, it couldn't recharge for reuse.

The earliest rechargeable battery was the lead-acid battery. It was invented in 1859. This type is still widely used in cars. In 1899, nickel-cadmium batteries were created, and they were a top choice for use in portable devices for many years. In the 1990s, nickel-metal hydride batteries took over. They had a longer life. They were also less harmful to the environment. Later, as people wanted smaller and better batteries, lithium-ion batteries were developed.

連続 本文 一文 要約

▶

⚙️

typical /ˈtɪpɪk(ə)l/	having the usual qualities or features of something (a group, people, things, ideas, etc.)
consist /kənˈsɪst/	(consist of :) to be made from something
electrical /ɪˈlektɪk(ə)l/	relating to electricity
chemical /ˈkɛmɪk(ə)l/	a substance used in chemistry or produced by chemistry
react /rɪˈækt/	to change in a chemical way when mixed with another chemical substance
Benjamin Franklin /ˈbɛn(d)ʒ(ə)mɪn fræŋklɪn/	(1706–90) a US politician, writer, and scientist who helped to write the Declaration of Independence
Alessandro Volta /æləsændrou vóolta/	(1745–1827) an Italian physicist, chemist, and pioneer of electricity and power
copper /kʌp(ə)r/	a soft red-brown metal which pass electricity and heat easily, and used for making wire and coins
zinc /zɪŋk/	a blue-white metal that is used to make brass and to cover and protect other metals
chemically /kɛmɪk(ə)li/	in a way that relates to chemistry or chemicals
recharge /rɪˈtʃɑːrdʒ/	to fill a battery with electricity
lead /léd/	a heavy, soft, gray, poisonous metal
acid /æsɪd/	a chemical, usually a liquid, that reacts with other materials and sometimes dissolves them
nickel /nɪk(ə)l/	a silver-white metal that is often combined with other metals to make some types of steel and other alloys
cadmium /kædmɪəm/	a soft poisonous blue-white metal that is used in the protective shields in batteries and nuclear reactors
metal /mɛt(ə)l/	a hard and shiny chemical element, such as iron, gold, or steel
hydride /háɪdraɪd/	a compound of hydrogen with another metal
harmful /háːmf(ə)l/	causing harm, damage, or injury to someone or something
lithium /lɪθiəm/	a soft, light, silver-white metal that is used in batteries (lithium-ion battery) a type of rechargeable battery
ion /áɪən/	an atom that has an electric charge

consist of ...

 take over


社名入る 資料集ウェブ
107-164 (社名入る)

107-164 (社名入る) / Lesson 8 Power to the People / Part 3

著作権について

114 ページ Model Reading

114 ページ Word Definitions

© 2026 社名入る

Lesson 8 Part 3 本文

The 2019 Nobel Prize in Chemistry went to Japanese scientist Yoshino Akira. He shared the prize with John B. Goodenough of the U.S. and Britain's Stanley Whittingham. They were recognized for their work on the lithium-ion battery (LIB). Yoshino made the battery safe and commercially usable for the first time.

The lithium-based battery was invented by Whittingham in the 1970s. However, his battery did not last very long. To make matters worse, it also had a serious safety concern, as it could catch fire and explode. In the 1980s, a more powerful type was developed by Goodenough. He used lithium-cobalt oxide on one end of the battery. Some years later, Yoshino made a step further. He adopted Goodenough's idea, but he used carbon on the other end. This cleared the way for a safe, stable and practical LIB.

The LIB is one of the most common batteries today. Its evolution does not stop, and many important discoveries are still made today. Lithium-ion technology is still full of unknowns and possibilities. Yoshino believes that the LIB can play a central role in creating a society without fossil fuels. LIB technology is bringing great power to people around the world.

連続 本文 一文 意味

▶

⚙️

Lesson8 Part3 新出語・熟語

chemistry

/kémistri/

the scientific study of the structure of substances

John B. Goodenough

/dʒó(ç)n bí: gódnɒf/

(1922-) an American materials scientist who was awarded the Nobel Prize in Chemistry in 2019 alongside Akira Yoshino and Stanley Whittingham

Stanley Whittingham

/sténi (h)wítɪŋəm/

(1941-) a British-American chemist who was awarded the Nobel Prize in Chemistry in 2019 alongside Akira Yoshino and John B. Goodenough

commercially

/kəmə:ʃ(ə)li/

in a way that makes a profit

usable

/ju:zəb(ə)l/

can be used

explode

/iksplóud/

to burst or to break up into pieces

cobalt

/kóubɔ:lt/

a hard silver-white metal, often mixed with other metals and for making materials blue

oxide

/ó(ç)ksaɪd/

a compound of oxygen and one other element

adopt

/əðó(ç)pt/

to choose to take up an idea, method, or course of action

stable

/stérb(ə)l/

steady and not likely to change or fail

discovery

/dɪskáɪv(ə)ri/

a fact or thing that someone finds out about something that was not known about before

unknown

/ʌnnóʊn/

something that is not known

possibility

/pá(ç)səbɪləti/

a chance that something might happen or be true

central

/séntɹ(ə)l/

in the center of a place or an object

▶ catch fire



Lesson 8 Bird's-Eye Viewing



Batteries, particularly rechargeable ones, are essential in our daily lives. What technological advances have been made in the history of batteries?

Batteries are now a large part of our lives. They are at the heart of everyday mobile devices, such as smartphones, tablets and laptop computers. Hybrid and electric cars would not exist without powerful batteries. Innovations in batteries have had a great impact on the success of new technologies.

Good rechargeable batteries are necessary in order to make efficient use of renewable energy sources, such as sunlight and wind. These energy sources depend highly on the weather, and they may not be able to produce enough electricity when it is most needed. This is when batteries come into play: they store electricity until it is needed.

Rechargeable batteries can contribute to saving the environment. Currently, single-use primary batteries occupy most of the market. They are used only once and are then thrown away. Billions of such batteries become waste every year, and most of them end up in landfills. In contrast, rechargeable batteries can be reused many times, and this lessens the waste problem of primary batteries.

Rechargeable batteries are becoming more important as a means to achieve a sustainable, greener future.

What does a typical battery consist of? It has two electrical ends and a chemical between them. These parts react with each other inside the battery. As a result, electricity is produced. Many different chemicals can be used in batteries and, generally speaking, they determine a battery's power.

The word "battery" goes back to the 18th century. It was first used by Benjamin Franklin of the U.S. He called a device he

漢検 単語 一文 意味



社名入る 教科書ウェブ
107-164 (社名入る)

107-164 (社名入る) / Lesson 8 Power to the People / Activity Plus

著作権について

120 ページ Model Reading

120 ページ Word Definitions

Lesson 8 Activity Plus



You are listening to Yoshino Akira speaking shortly after the announcement of his Nobel Prize in Chemistry.

Question no.1 How did you feel when you heard you were awarded the prize?

[Redacted answer area]

Question no.2 How can the lithium-ion battery help a society based on renewable energy?

[Redacted answer area]

Question no.3 What message do you have for young people who are interested in science?

[Redacted answer area]

通知 本文 一文 意味



Lesson8 Activity Plus 新出語・熟語

announcement

/əˈnʌnsmənt/

a spoken or written statement that someone says or writes to give information about something

award

/əˈwɔːrd/

a prize or money given to someone to reward them for something they have done

uneasy

/ʌnɪˈzi/

feeling worried about a particular situation; anxious

broadcast

/brɔːdkæst/

to send out a program on television or radio

widespread

/waɪdspreɪd/

existing or happening in many places or among many people

compose

/kəmˈpəʊz/

to make up or form something

stimulate

/stɪmjəleɪt/

to encourage someone by making them excited about something

nourish

/nəˈrɪʃ/

to keep a feeling, idea, or belief strong and make it grow stronger

candle

/kændl(ə)/

a stick of wax with a piece of string through the middle that gives light as it burns

fascinate

/fæsmɪneɪt/

to attract much interest in something, someone, etc.



お申し込み 教材ウェブサイト
107-164 (お申し込み)

107-164 (お申し込み) / Lesson 9 Traveling This Beautiful Planet / Part 1

著作権について

124 ページ Model Reading

124 ページ Word Definitions

© 2026 社名入る

Lesson 9 Part 1 本文

Can you imagine a time when you can't travel? In fact, with restrictions on non-essential travel and complete lockdown in some countries, we were able to witness what could happen to the world.

For a while, tourism declined significantly due to infectious diseases and natural disasters. It is still fresh in our memories that the number of tourists decreased drastically in 2020 because of COVID-19. However, the period of the pandemic is over, and the problem of overtourism is once again emerging around the world.

Overtourism has quickly become one of the most serious social problems in the modern age of travel. More and more people visit sightseeing places, thanks to convenient flights, rising incomes and the power of social media. Many popular sightseeing destinations are no longer able to cope with their own popularity. A number of these places have raised the alarm over this situation.

In 2018, the Oxford Dictionary chose "overtourism" as one of its Words of the Year. The World Tourism Organization defines it as "the negative impact that tourism has on a destination." An excess of tourist crowds impacts the local people's quality of life. Excessive crowds hinder the experiences of the tourists themselves. Many places dependent on money from tourism wonder if they can maintain a good environment not only for travelers but also for their own residents.

連続 本文 一文 意味

▶


⚙️

Lesson9 Part1 新出語・熟語

restriction /rɪstrɪkʃ(ə)n/	a rule or law that limits what people can do
lockdown /lɒk(ə)daʊn/	an emergency situation in which people's movements or actions are restricted because of a dangerous situation
witness /wɪtnəs/	to see something happen, especially a crime or accident
tourism /tʊəriz(ə)m/	the business of providing services such as transport, places to stay, or entertainment for tourists
decline /dɪklaɪn/	a decrease in the number, value, quality, or importance of something
significantly /sɪgnɪfɪk(ə)ntli/	by a large amount
infectious /ɪnfɛkjəs/	(of a disease) can be passed easily from one person to another, especially through the air or water
drastically /dræstɪkəli/	in a way that is extreme and sudden
COVID /kóʊvɪd/	a highly contagious disease caused by the SARS-CoV-2 virus
pandemic /pændémɪk/	a disease that spreads over the whole world
overtourism /əʊvərtʊəriz(ə)m/	the situation when too many people visit a place at one time, so the place is spoiled and local people's lives become difficult
emerge /ɪmɔːrdʒ/	to come out or appear from a hidden or confined state
income /ɪnkʌm/	the money that someone earns from their work
cope /kóʊp/	to deal successfully with a difficult problem or situation
alarm /ə'lá:rɪm/	a warning of danger
Oxford /ɔ́(ɪ)ksfərd/	(Oxford Dictionary) a division of Oxford University Press
crowd /kráʊd/	a large group of people who are together in one place to do something
excessive /ɪksésɪv/	too much or too many
hinder /hɪndə/	to make it difficult for someone to do something
resident /rézɪd(ə)nt/	someone who lives or stays in a particular place

once again

cope with ...

 raise the alarm


名前入力 教科書ウェブ
107-164 (名前入力)

107-164 (名前入力) / Lesson 9 Traveling This Beautiful Planet / Part 2

著作権について

126 ページ Model Reading

126 ページ Word Definitions

© 2026 社名入力

Lesson 9 Part 2 本文



Overtourism has caused problems for tourist destinations around the world. In Barcelona, residents protested against many problems caused by having too many tourists. In Paris, workers at the Louvre Museum went on strike over dangerous conditions resulting from having too many visitors. In Venice, residents tried hard to get cruise ships banned from docking there. On Mt. Everest, some climbers died of altitude sickness because of the delays caused by too many climbers.

How about in Japan now? The number of tourists coming to this country is once again increasing rapidly. Inbound tourism can contribute greatly to the Japanese economy. Having too many visitors, however, can lead to many problems, such as noise, litter and traffic congestion. It can cause great inconvenience to local residents. It may even spoil the attraction of the sightseeing spot itself.

In Kyoto, people are feeling the negative impacts of overtourism. For example, they have trouble boarding the buses by which they commute. One of the local residents expresses his mixed feelings: "Many locals depend on tourism, so I'm not saying we don't need tourists. But we do see its negative impacts." Even Japanese tourists often avoid visiting Kyoto because of overtourism.

漢字 英文 一文 意味



Lesson9 Part2 新出語・熟語

Barcelona /bɑːrsəlóʊnə/	a large city in northeast Spain that is famous for its buildings by the architect Gaudí
protest /prəˈtɛst/	to show that you disagree with something publicly
Louvre /lúːvr(ə)/	the most famous French museum
strike /straɪk/	a period of time when workers stop working because of a disagreement about pay, working conditions etc.
Venice /ˈvɛnɪs/	a city in northeastern Italy that is now one of the most popular places in the world for tourists
cruise /krúːz/	a journey on a large ship like a hotel, with restaurants, bars etc., visiting different places
ban /bæn/	to prohibit something officially
dock /dɒk/	to sail into a harbor and stay there so that a ship can unload
climber /klaɪmər/	someone who climbs mountains
altitude /æltɪtjúːd/	the height above sea level
sickness /sɪknəs/	illness
delay /dɪléɪ/	the situation in which someone or something has to wait for something to happen
rapidly /ræpɪdli/	very quickly
inbound /ɪnbàʊnd/	arriving at a place
economy /ɪk(ə)nəmi/	the system of trade and industry
litter /lɪtər/	small pieces of rubbish that people have thrown away and have been left in public places
congestion /kɒndʒéstʃ(ə)n/	the state of too much traffic in a place
inconvenience /ɪnkɒnvɪniəns/	trouble or problems that often cause a delay or discomfort
attraction /ətrækʃ(ə)n/	something that makes people want to go to a place
commute /kəmjúːt/	to travel a long distance regularly by bus, train, car, etc. to get to work

result from ...

 ban A from B


107-164 (音名入る) / Lesson 9 Traveling This Beautiful Planet / Part 3

128 ページ Model Reading

128 ページ Word Definitions

© 2026 社名入る

Lesson 9 Part 3 本文

Now is the time when we should reflect on what it actually means to travel. Imagine that you are a resident of a famous tourist destination. Do you think people in your town want to welcome more tourists from abroad? Do you think foreign tourists who visit your town will come back again in the future?

Professor Harold Goodwin, who wrote Responsible Tourism, remarked, "Tourism is like a fire — you can use it to cook your food or it can burn your house down." Responsible tourism is about making places better for people to live in and better for people to visit. It demands responsibility for achieving sustainable development.

How can we achieve responsible tourism to overcome the problems of overtourism? There is no single perfect solution to these problems.

There are, however, many ways to reduce crowding and protect the environment. By taking a more responsible approach to tourism, we can maximize the positive effects and minimize the negative ones. Nobody can deny the fact that we all live on this beautiful planet and we are in the same boat. Traveling should be a beneficial experience. It is up to us to make sure it stays that way.

連続 本文 一文 意味



Lesson9 Part3 新出語・熟語

professor
/prə'fɛsə/

a teacher at a university or college

Harold Goodwin
/hɑ:ɹ(ə)ld gʊdwin/

a Professor Emeritus and Responsible Tourism Director at the Institute of Place Management at Manchester Metropolitan University

remark
/rɪ'mɑ:k/

to say something about something; to comment

development
/dɪvələpmənt/

the growth or changes in an economy through increased business activity

overcome
/əʊvə'kʌm/

to succeed in controlling or dealing with something

maximize
/mæksɪməɪz/

to increase something as much as possible

minimize
/mɪnɪməɪz/

to reduce something to the smallest possible amount or level


deny
/dɪnaɪ/

to not allow someone to have or do something that they want

beneficial
/bɛnɪfɪj(ə)l/

having a good and useful effect

reflect on ...

 burn ... down



社名入る 資料用ウェブ
107-164 (社名入る)

107-164 (社名入る) / Lesson 9 Traveling This Beautiful Planet / Bird's-Eye Viewing

著作権について

130
ページ  Model Reading

Lesson 9 Bird's-Eye Viewing



Can you imagine a time when you can't travel? In fact, with restrictions on non-essential travel and complete lockdown in some countries, we were able to witness what could happen to the world.

For a while, tourism declined significantly due to infectious diseases and natural disasters. It is still fresh in our memories that the number of tourists decreased drastically in 2020 because of COVID-19. However, the period of the pandemic is over, and the problem of overtourism is once again emerging around the world.

Overtourism has quickly become one of the most serious social problems in the modern age of travel. More and more people visit sightseeing places, thanks to convenient flights, rising incomes and the power of social media. Many popular sightseeing destinations are no longer able to cope with their own popularity. A number of these places have raised the alarm over this situation.

In 2018, the Oxford Dictionary chose "overtourism" as one of its Words of the Year. The World Tourism Organization defines it as "the negative impact that tourism has on a destination." An excess of tourist crowds impacts the local people's quality of life. Excessive crowds hinder the experiences of the tourists themselves. Many places dependent on money from tourism wonder if they can maintain a good environment not only for travelers but also for their own residents.

Overtourism has caused problems for tourist destinations around the world. In Barcelona, residents protested against many problems caused by having too many tourists. In Paris, workers at the Louvre Museum went on strike over dangerous conditions resulting from having too many visitors. In Venice, residents tried hard to get cruise ships banned from docking there. On Mt. Everest, some climbers died of altitude sickness because of the delays caused by too many climbers.

連続 本文 一文 意味

社名入る 資料集ウェブ
107-164 (社名入る)

107-164 (社名入る) / Lesson 9 Traveling This Beautiful Planet / Activity Plus

著作権について

134
ページ

Model Reading

134
ページ

Word Definitions

Lesson 9 Activity Plus 🔊

In English class, you are listening to a discussion of the following statement: "In order to prevent overtourism, people should refrain from posting pictures of their trips on social media."

Teacher:

Satoshi:

Emi:

Mika:

🔊 ⏮ ⏭ ⏸ ⏹ ⚙

Lesson9 Activity Plus 新出語・熟語

statement /stéɪtmənt/	something that someone says or writes to express opinions
refrain /rɪfréɪn/	to stop oneself from doing something or to hold back from a particular action or behavior
crucial /krú:ʃ(ə)l/	extremely important
frankly /fræŋkli/	used when giving an honest opinion
worth /wɔ:θ/	to be important, useful or pleasant to have or do
wherever /(h)weə'revə/	to or in any place
trend /trénd/	a general tendency in the way that people are behaving
undertourism /ʌndə'túəriz(ə)m/	travel that reduces the number of visitors to a place to a minimum level / the practice of traveling to local places that have not previously been noted as famous tourist spots
plus /plʌs/	and also; besides

refrain from ...

for the purpose of ...

▶ **be worth ~ing** ⚙

社名入る 教材書ウェブ
107-164 (社名入る)

107-164 (社名入る) / Lesson 10 Is That News Really True? / Part 1

再作権について

138 ページ Model Reading

138 ページ Word Definitions

© 2026 社名入る

Lesson 10 Part 1 本文

The world is full of diverse information, not all of which is correct.

Have you heard about a lion escaping from a zoo in Japan? The news spread with fake images immediately after the 2016 Kumamoto Earthquake. People in the area were alarmed by this news, and the zoo was flooded with phone calls. Their website had gone down due to the quake, and it was not until the next day that the zoo was finally able to announce the correct information on it. During the COVID-19 pandemic, another piece of fake information spread in Japan. It claimed, falsely, that Japan would soon run out of toilet paper because China had stopped production of it. The media reported that this information was false, but people were still worried by the images of empty supermarket shelves. The confusion caused by this false news lasted for nearly two months. Fake news refers to misinformation expressed in various forms, including text, images, videos, and audio clips. It can quickly spread when people feel fear or anger during disasters or social crises. It can also devastate our livelihoods and economy. How can we avoid believing fake news and reach the truth based on facts?

連続 本文 一文 意味

▶


⚙️

Lesson10 Part1 新出語・熟語

diverse /dɪvə's/	having a variety or range of different elements, qualities, or characteristics
fake /féik/	not genuine or authentic, often created to deceive or imitate something real
immediately /im:diətlɪ/	at once
quake /kwéik/	a sudden shaking or vibration of the ground
announce /ə'nəʊns/	to tell people something, especially officially
claim /kléim/	to state something as true, often without providing proof
falsely /fɜ:lsli/	in a way that is not true or accurate
production /prədʌkʃ(ə)n/	the activity of making films, television programs, plays, or a particular film, etc.
confusion /kən'fju:ʒ(ə)n/	a state of being unclear or uncertain
misinformation /mɪsɪnfərméj(ə)n/	false or inaccurate information that is spread, regardless of intent
audio /ɔ:diəʊ/	of or relating to sound
clip /klɪp/	a short part of a film
anger /æŋgə/	a strong feeling of displeasure, frustration, or hostility
crises /kráisi:z/	plural of crisis
crisis /kráisis/	a time of great danger, suffering, etc.
devastate /dévəstèit/	to cause great damage, destruction, or overwhelming emotional distress
livelihood /láivli'həʊd/	the means or way of earning a living
truth /tru:θ/	the real facts about a situation, event, or person

be flooded with ...

go down

 **run out of ...**



社名入る 教材用ウェブ
107-164 (社名入る)

107-164 (社名入る) / Lesson 10 Is That News Really True? / Part 2

著作権について

140 ページ Model Reading

140 ページ Word Definitions

© 2026 社名入る

Lesson 10 Part 2 本文

An interesting survey was conducted in 2017 in 14 countries to assess highly educated people's factual understanding of society. One survey item asked about the percentage of the global population in extreme poverty over the past 20 years. The answer options were "almost doubled," "remained about the same," and "almost halved." The correct answer is "almost halved." Only 25% of people answered correctly in Sweden and Norway, the two top-ranking countries on this question. Japan ranked 4th in percentage of correct answers at only 10%.

Another question gave similar results. It asked what percentage of girls complete elementary education in all low-income countries with three answer options: "20%," "40%," and "60%." The correct answer is 60%. Even among the top-ranking Swedish people, the percentage of correct answers to this question was only 11%, while the Japanese percentage was still lower at 7%. If people had chosen the answer randomly, one out of three would have chosen the correct answer.

What implications do these survey results have? They tell us we tend to think negatively, even if the truth is not so negative.

連続 本文 一文 意味

▶

⚙️

Lesson10 Part2 新出語・熟語

conduct /kəndʌkt/	to do a particular activity to get information or prove facts
assess /əˈses/	to evaluate, examine, or determine the value, quality, or significance of something
educate /ˈɛdʒəkət/	to teach someone at a school, university, etc.
factual /ˈfæktʃu(ə)l/	based on facts, or something that is accurate, true, and supported by evidence, rather than opinion or interpretation
percentage /pərséntɪdʒ/	the rate
extreme /ɪkstri:m/	very great in degree
poverty /ˈpɒ(ɪ)vərti/	the state of being poor
halve /hælv/	to divide something into two equal parts or to reduce it by half
correctly /kəˈrɛktli/	in a way that is right and suitable
rank /ræŋk/	to give someone or something a position in a list or evaluation according to quality or importance
elementary /ˈɛlmənt(ə)ri/	basic, simple, or fundamental
Swedish /swi:diʃ/	related to Sweden
randomly /rændəmli/	in a way that is without a specific pattern, order, or plan
implication /ɪmplɪkɪʃ(ə)n/	a possible consequence, result, or effect that is suggested or inferred, though not explicitly stated
negatively /négətvli/	in a bad way



- 142 ページ Model Reading
- 142 ページ Word Definitions

Lesson 10 Part 3 本文



Indeed, the proportion of low-income countries' populations within the global population declined from 29% in 1997 to 9% in 2017. During this time, life expectancy in these countries rose to 64 years, with many girls finishing elementary education. These developments sharply contrast with the human tendency to think of situations negatively. When we know these facts, we can see that the world is not as bad as we are being told.

Then why are we drawn to negative stories? One explanation can be found in the evolution of the human brain. In ancient times, our ancestors needed to be ready for unpredictable dangers to survive. To cope with these challenges, their brains evolved to focus on negative things, which helped protect them by preparing them for negative happenings. When dramatic fake news appears during dangerous situations like disasters, our brains quickly switch on to believe the negative fake news.

Generally speaking, there is no such thing as only one side being completely right. We should recognize there are usually multiple ways of looking at things. Do not focus only on the bad. Look for examples of good things.

連続 本文 一文 意味



Lesson10 Part3 新出語・熟語

indeed

/ɪnˈdiːd/

in fact or actually

proportion

/ˈprɒpɔːʃ(ə)n/

the relationship in size, amount, or degree between different parts of a whole

expectancy

/ɪkspɛkt(ə)nsi/

(life expectancy): length of time that a person or animal is likely to live

sharply

/ʃɑːrpli/

suddenly and by a large amount

tendency

/ˈtendənsi/

a likelihood of someone's behaving or acting in a particular way

explanation

/ɪkspleɪn(ə)ʃ(ə)n/

a statement for someone to understand something clearly

ancestor

/ˈænsɛstər/

a person from whom one is descended

unpredictable

/ʌnpɪdɪktəb(ə)l/

difficult to foresee or anticipate

dramatic

/drəməˈtɪk/

striking, intense, or emotionally charged

multiple

/mʌltɪp(ə)l/

more than one or several things

contrast with ...

be ready for ...



switch on

