

Eye on America

Japanese and American Views of U.S. Culture

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CD付

審査用見本
(非売品)

No.33382

日本人から見た アメリカ人の不思議な行動パターン

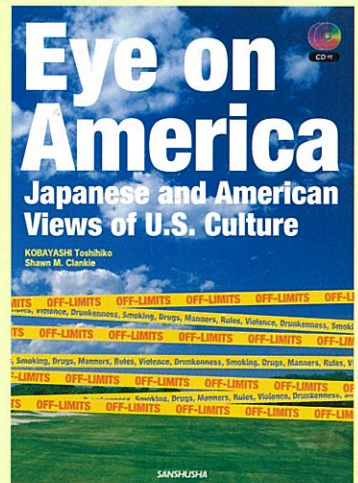
小林敏彦 Shawn M. Clankie 共著

CD
2枚付

日本人のアメリカ文化への 疑問、驚きにアメリカ人が答える

- ・日本人には不思議に映るアメリカ人の行動や生活習慣を日本人とアメリカ人がコメントした42エッセイ
- ・4技能に加え、語彙力と文法力も強化できます
- ・CD2枚つき。リスニング教材としても活用できます
- ・サンプル音声は三修社のホームページから試聴することができます

三修社



UNIT 1

The American love of vitamins

ビタミン剤を頼張り元気百倍



WARM-UP

Match each word on the left with its definition on the right. Connect them with a line.

- | | | |
|---------------|---|-----------------|
| 1. astonished | · | · whole |
| 2. entire | · | · can be gained |
| 3. comparable | · | · seemingly so |
| 4. swift | · | · surprised |
| 5. apparently | · | · additional |
| 6. available | · | · quick |
| 7. extra | · | · similar |
- Hand-drawn lines connect the words on the left to the definitions on the right: 1 to 4, 2 to 5, 3 to 6, and 7 to 7.

CD1 A JAPANESE VIEWPOINT 1

When I first entered a supermarket in the United States in the early 1980s, I was astonished to see an entire aisle^① of vitamins and other related supplements^② for sale. It was incredible^③ then (and would be even now) to see something comparable in Japan.

One study I saw on CNN some years later showed the average American spends over 100 dollars for vitamins and supplements per month and some even spend hundreds of dollars. I assume the average Japanese may spend one tenth of that or less although vitamins are becoming more and more popular among Japanese these days. Why are Americans so obsessed with^④ vitamins? Don't they get enough nutrition^⑤ from the food they eat every day? Here are some possible answers to these questions.

First, Americans have often shown a swift change of behavior in pursuit of^⑥ a better quality of life. The U.S. media frequently introduces health discoveries found in laboratories at universities and other institutions, especially concerning food and disease. Naturally many Americans are affected by these findings. Americans in a sense are perfectionists.^⑦ They like to see things as black or white. For example, alcohol was once banned. More recently, health-conscious^⑧ Americans have fought to discourage smoking.

Another reason I believe is that, many typical American foods are high in calories, but seem to contain fewer natural ingredients^⑨ than Japanese foods. Most Americans are apparently aware of this fact, and thus they believe they have to supplement this with vitamins from other sources. And the easiest way is to take supplements. In contrast, despite taking far fewer vitamins, Japanese people still enjoy the world's longest life span. How do my analyses sound to you?

English Notes

- ① a passage between cabinets and shelves of goods in a supermarket ② substances taken to supply what is needed in one's diet ③ hard to believe ④ worried too much about
⑤ something needed for growth ⑥ in order to achieve ⑦ persons who try to do everything perfectly ⑧ caring about one's health ⑨ some of a mixture of things

Japanese Notes

- ① 通路 ② サプリメント、栄養補助剤 ③ 信じ難い ④ ~にこだわっている ⑤ 栄養 ⑥ ~を追求して ⑦ 完全主義者 ⑧ 健康に対する意識が高い ⑨ 材料

Your analyses sound quite fine to me. The question of why Americans take so many vitamins is not an easy one to answer. But, it is no doubt true we wish to stay healthy and avoid the high medical cost of going to the doctor or a hospital. Yet, we need to look not only at present day Americans to see why vitamins and other supplements are so important for our health. We need to also look at America's history.

America is a large country, with the mainland^① covering five time zones with a width of more than 3,000 km. During the long winter months much of the country is covered with snow, making the growing of fruits and vegetables impossible. Transporting these products across country by truck or train can take several days. This means the fruits and vegetables in warmer areas were picked very early and were of low nutritious value.^② And many times in the colder areas they simply weren't available at all. This caused problems in nutrition for many people, and they turned to vitamins to supplement^③ their diets. However, this is not the only reason today why people take a lot of these substances.^④

Another reason is most certainly TV advertising and news reports about health issues. American television and magazines are full of ads for not only dietary supplements but also for regular drugs which may aid in a person's quality of life. Over time, this information influences many people who want to feel better or healthier.

While it may be true that the American diet is high in calories and fat, it is not generally true that the food is low in vitamins. The U.S. FDA (Food and Drug Administration)^⑤ believes that healthy adults do not need to take extra vitamins. However, many people ignore this message, believing that vitamins will help them maintain good health and avoid illness.

English Notes

- ① the main area of land of a country ② how many vitamins and minerals a food contains
 ③ supply (what is needed) ④ materials ⑤ the U.S. government body responsible for food and drug safety

Japanese Notes

- ① 本土 ② 栄養価 ③ ～を補う ④ 物質 ⑤ アメリカ食品医薬品局

CD3 A. READING COMPREHENSION: True or False

Please decide whether each statement is true or false.

- | | T | F |
|---|--------------------------|--------------------------|
| 1. It was reported that the average American spends less than \$10 per week on vitamins. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. The first author says that typical American foods are high in calories and fat as well as in vitamins. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Distance and long winters cause many Americans to take vitamins. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Advertising is one reason why Americans use more supplements. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. The FDA recommends Americans to take more vitamins. | <input type="checkbox"/> | <input type="checkbox"/> |

CD4 B. LISTENING COMPREHENSION: Multiple-Choice

Please listen to the question and choose the correct answer.

1.
 - a. Because the American diet is generally high in calories and fat.
 - b. Because America is large in size and the land is covered with snow.
 - c. Because Americans believe vitamins will help maintain good health.

2.
 - a. Transporting winter vegetables across the country takes too long.
 - b. Vegetables in colder areas are picked too early.
 - c. Vegetables are not available at all in the colder areas.

3.
 - a. They mislead people.
 - b. They encourage vitamin consumption.
 - c. They provide accurate information on vitamins.

CD 5 C. LISTENING PERCEPTION: Word Choice

Please listen and choose the word or words you hear in each blank.

1: A / The / ϕ question of why Americans take so many vitamins is not an easy one to answer. But, it is no doubt true that they wish to stay 2: health / healthy / healthier and avoid the high medical 3: cost / costs of going to the doctor or a hospital. Another reason is 4: most certainly / mostly certain advertising and news about health issues on the television. American 5: television / televisions and magazines are full of 6: ad / ads for not only dietary supplements but also for regular drugs which may aid in 7: a / the / ϕ person's quality of life.

CD 6 D. Discuss the following in pairs or groups.

- Do you take any vitamins and/or supplements?
- How much do you spend on them a month?
- Do you think they are really necessary to maintain good health and avoid illness?

MODEL DIALOG

A: Do you take any vitamins and supplements?

B: Yes, I take a lot of vitamins and supplements.

A: How much do you spend for them a month?

B: Well, that's a good question. Let me see, I guess I spend about 7,000 yen.

A: 7,000 yen? That much? Do you think they are really necessary to maintain good health and avoid illness?

B: Definitely. I really need them.

Definitely = Absolutely. / Certainly. / Of course.