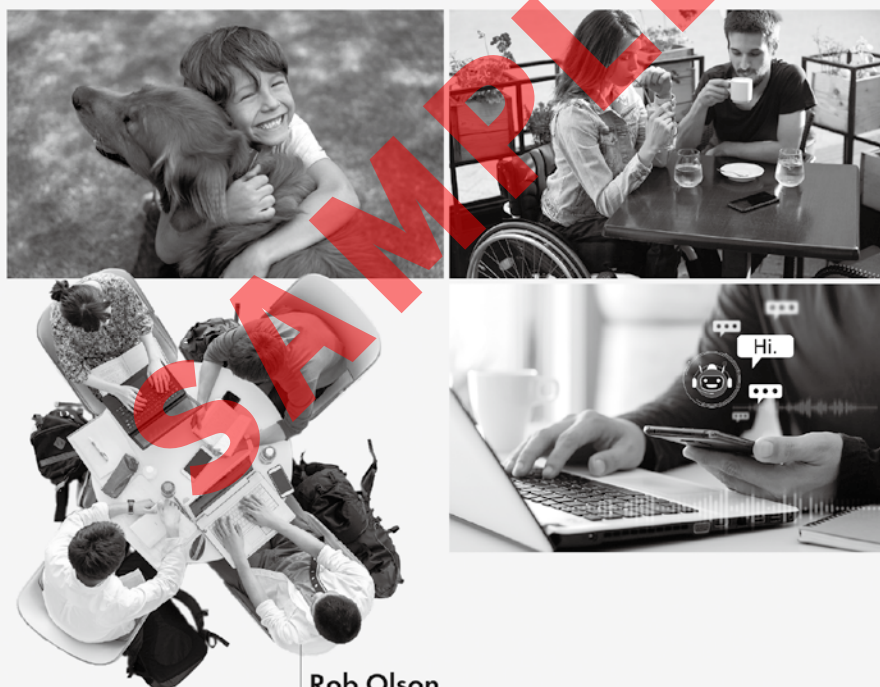




From Knowledge to Skill

Learn About It and Talk About It **in English**



Rob Olson
北海道科学大学英語教育研究会

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SAMPLE

Preface

This book is really two books in one.

Each of the 12 units is divided into a topic section and a daily conversation section. The topic section is designed to introduce advanced vocabulary and sentence structures that center around a theme that is relevant to the lives of university students. The daily conversation section is intended to review and reinforce basic verbs, adjectives, and question words that are used in English.

The purpose of this book is to foster communication and move from “knowledge” (the meaning of a word) to “skill” (being able to use the word in conversation). You will notice that the majority of the questions in this book are open-ended and require that students talk to each other.

The theme for each unit is introduced with a **Comic** and a **Warm-up activity**. A **Reading** passage of approximately 190 words complete with a list of necessary vocabulary follows. Students can then assess their level of understanding through a series of **True or false** and **Multiple choice** questions and a **Fill-in-the-blank** section that uses the verbs from the reading passage. A **Putting it together** activity allows students to apply what they have learned to a situation related to the unit’s topic.

The latter half of the unit begins with **Foundation English** which reinforces the use of 12 common question words such as “what,” “when” and “why.” Five **verbs** and six **adjectives** and their use are introduced and practiced through a series of conversational activities that include the making, answering and asking of questions.

It is sometimes said that the best way to learn English is to speak English. This book was created in the hopes of helping students do just that.

Many thanks to Hiromi Ito for her keen eye for detail and her wonderful editing skills. Also, we would like to thank Ryo Harashima for his faith in this project. This book would not have been possible without them.

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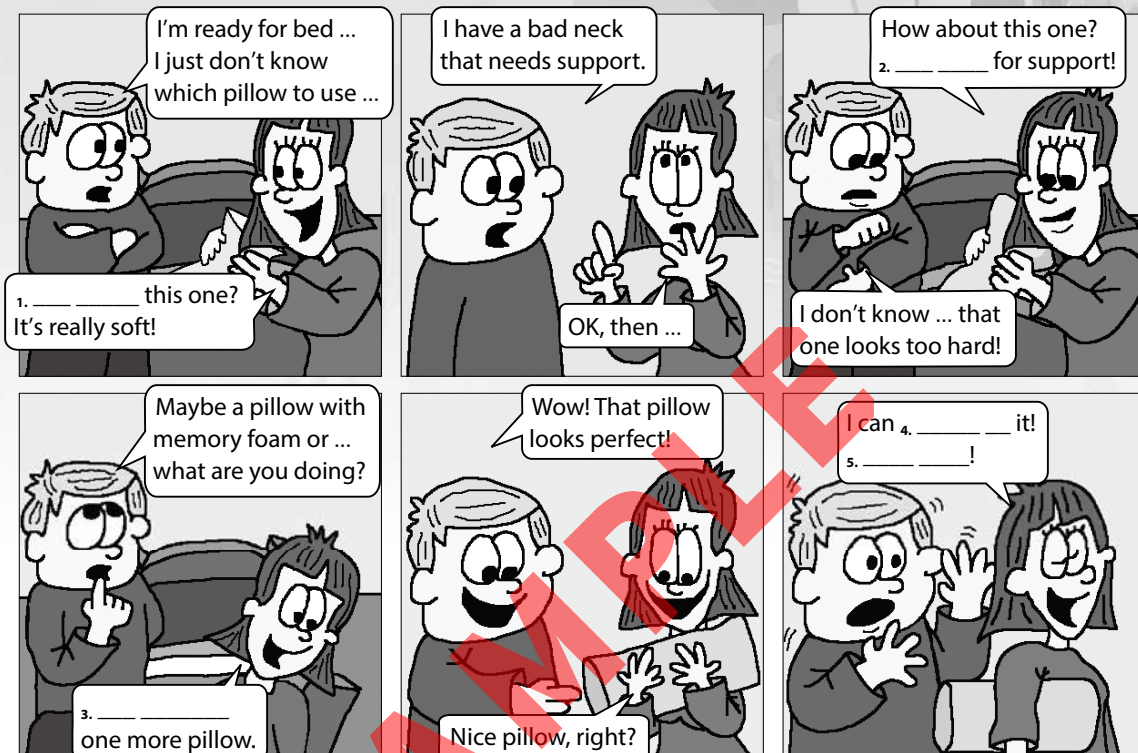
Unit 1A

Let's learn about the topic / Environment

Talking about pillows

► 001 Comic

Listen to the conversation, and fill in the blanks.

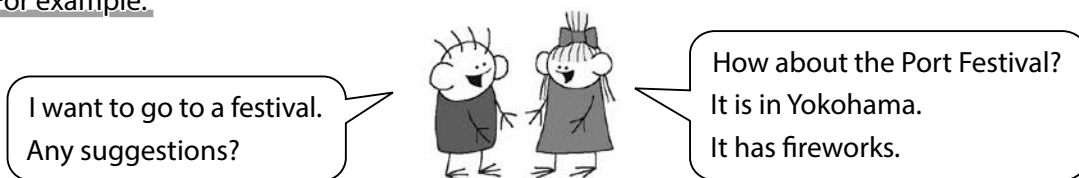


Warm-up activity: Practice with a partner

Ask each other the following questions. Write your suggestion and reason for each request and then practice with your partner.

1. A: I want to go out to eat. Any suggestions?
B: How about (restaurant) ? They have (food) .
2. A: I want to go somewhere. Any suggestions?
B: How about (city/place) ? It has (store/event/attraction) .
3. A: I want to go shopping. Any suggestions?
B: How about (city/shopping center/store) ? It has (store/sales/events) .

For example:



"Hitting the hay" is another way of saying "going to sleep." How well you sleep depends greatly on the pillow you are using. Pillows vary in size, shape and hardness. Do you sleep on your back? Then maybe a pillow with medium firmness is best for you. If you sleep on your side then a firm pillow is what you are looking for. For people who sleep on their backs, the shape of the pillow is important. An orthopedic pillow may be good for people 5 who suffer from sore necks or shoulder problems. What is inside a pillow? The most common fillings are feathers and down. The feathers of ducks and geese are cheap and allow moisture to escape. Down, which is the extremely soft layer of feathers taken from the bird's stomach, traps heat and is very comfortable. Most luxury hotels use down pillows. Still, feathers and down can cause allergies. For that reason, pillows can also be filled with 10 cotton, beans, and even memory foam and cooling gel. Whatever your preference, there is a pillow for you!

Notes

firmness 硬度 orthopedic 整形外科 goose ガチョウ (geese) allergy アレルギー
memory foam 低反発素材 / メモリー・フォーム cooling gel 冷却ジェル

True or false

1. [T / F] "Hitting the hay" means the same as sleeping.
2. [T / F] All the pillows are the same.
3. [T / F] People who have trouble with sore necks should use an orthopedic pillow.
4. [T / F] Feathers from ducks and geese are the most common filling for pillows.

Multiple choice

1. What does your quality of sleep depend on?
 - A. It depends on if you have a sore neck or not.
 - B. It depends on if you sleep on your back or your stomach.
 - C. It depends on the pillow you are using.

2. What pillow is best for a person who sleeps on their side?

- A. A pillow that is hard.
- B. A pillow that is soft to medium-soft.
- C. A pillow with a neck roll.

3. What items can be used to fill a pillow?

- A. Only duck and goose feathers.
- B. Only gels or cotton.
- C. A wide variety of things.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

cause (原因となる)

depend on (次第である, 頼る)

escape (逃げる)

fill (満たす, 詰める)

hit (当てる, ぶつける)

look for (探す)

sleep (寝る)

take (取る)

trap (閉じ込める)

vary (変化する)

1. The price of a car will _____ from model to model.
2. I _____ my car's gas tank with regular gasoline.
3. Eating too much sugar can _____ diabetes.
4. You can _____ heat by closing doors and shutting windows.
5. People driving in Hokkaido sometimes _____ deer.
6. I just bought a new house so now I want to _____ some new furniture.
7. I try to _____ eight hours every night.
8. Where I go for vacation will _____ how much money I can save this month.
9. _____ one of the towels from the top shelf.
10. Many prisoners want to _____ from jail.

Putting it all together

This is Tom. He is having trouble sleeping. Please give him at least three suggestions to improve his sleep based on your experience or studies.

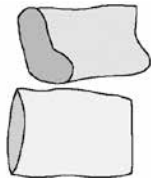


Possible areas for suggestions:

Types of beds



Types of pillows



Drinks



Foods



Other



For example:

- Tom should try a water bed.
Water beds are good for relaxing.
- Tom should try drinking hot chocolate before going to bed.
Hot chocolate is good for relaxing.
- Tom should try taking a bath before bed.
A hot bath before bedtime is good for relaxing.



Unit 1B

Let's practice daily conversation

Basic English Conversation Block Intro

There are various ways to ask questions such as the following. Let's use them to expand the conversation.

Do you ~ ? (～しますか?)

What ~ ? (何?)

When ~ ? (いつ / 何時?)

Who ~ with? (だれと一緒に?)

Which ~ ? (どちら?)

How much ~ ? (いくら / どのぐらい?)

How often ~ ? (どのぐらい頻度で?)

Can you ~ ? (～できますか?)

Where ~ ? (どこ?)

Why ~ ? (なぜ / どうして?)

Whose ~ ? (だれの?)

How ~ ? (どうやって?)

How many ~ ? (何冊? 何人? 何枚? など)

Examples:

What ~ ? A: What sushi do you like?
 B: Tuna. / Crab. / Sushi with cucumber. / Anything. / Nothing special.

Where ~ ? A: Where do you eat sushi?
 B: Sushiro. / Tsukiji. / Anywhere. / Any place. / Nothing special.

When ~ ? A: When do you eat sushi?
 B: Monday. / 6:30 pm. / When I have money. / Anytime.

Why ~ ? A: Why do you eat sushi?
 B: I like seafood. / Seafood is healthy. / I just do. / I just don't.

Who ~ with? A: Who do you eat sushi with?
 B: My friend. / My brother. / Anyone. / No one special. / By myself.

Whose ~ ? A: Whose sushi do you eat?
 B: My mother's sushi. / Sushi made by chefs at Tsukiji. / I don't eat sushi.

Which ~ ? A: Which sushi do you like more, tuna or salmon?
 B: I like tuna. / I like salmon. / I like both. / I don't like either.

How ~ ? A: How do you eat sushi?
 B: I use chopsticks. / With my hands. / With soy sauce.

How much ~ ? A: How much sushi do you eat?
 B: A lot. / Some. / A little. / I don't eat sushi. / 1...2...3...

How many ~ ? A: How many plates of sushi do you eat?
 B: A lot. / Some. / A few. / I don't eat sushi. / 1...2...3...

How often ~ ? A: How often do you eat sushi?
 B: I always eat sushi. / I usually eat sushi. / I sometimes eat sushi. /
 I never eat sushi.

Matching

► 004

Choose an answer that matches each question.

1. Do you play sports? _____

2. Can you play sports? _____

3. What sports do you play? _____

4. When do you play sports? _____

5. Where do you play sports? _____

6. Why do you play sports? _____

7. Who do you play sports with? _____

8. How do you work out for sports? _____

9. How much time do you play sports? _____

10. How many sports do you play? _____

11. How often do you play sports? _____

12. Whose equipment do you use? _____

13. Which sport do you like more, volleyball or basketball? _____

A. I love sports. Sports are fun.

B. Always. I play sports everyday.

C. I use my own equipment.

D. I play soccer and run track.

E. I don't like either.

F. Yes. I play soccer and run track.

G. I play 3 or 4 sports.

H. I play sports after school.

I. No, I can't. I have bad knees.

J. A lot. Two to three hours each time.

K. I play in the school gym.

L. I play sports with my friends.

M. I lift weights and run.

It's possible that more than one answer is OK!

Foundation English

Question words and phrases

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 005

Choose the correct word or phrases from above to make questions.

- _____ books are in your bag? — *A lot. Maybe nine or ten.*
- _____ class is more difficult for you, math or social studies?
— *Math is more difficult for me.*
- _____ do you take the bus to school? — *I don't have a car.*
- _____ time do you study every day? — *About two hours.*
- _____ do you study? — *I read the textbook and use the Internet.*
- _____ do you do your homework? — *Usually in the library.*
- _____ do you study _____? — *Nobody. I study by myself.*
- _____ is your favorite class? — *It's Japanese history.*
- _____ do you do your homework? — *Usually after dinner.*
- _____ class is the most interesting? — *Mr. Sato's class. It's really fun.*

Now ask your partner these questions. You may change the questions to fit the conversation.

Making questions

▶ 006

Put the words in order to make questions.

1. A: (is / cream / what / ice / your / favorite)?

B: My favorite ice cream is vanilla.

2. A: (skiing / you / do / go / where)?

B: I go skiing at Mt. Teine and Rusutsu.

3. A: (birthday / is / your / when)?

B: My birthday is on October 17th.

4. A: (you / exercise / do / why)?

B: Because I want to become healthier.

Write your answers

Write your answers under each question and then ask your partner.

1. How do you relax?

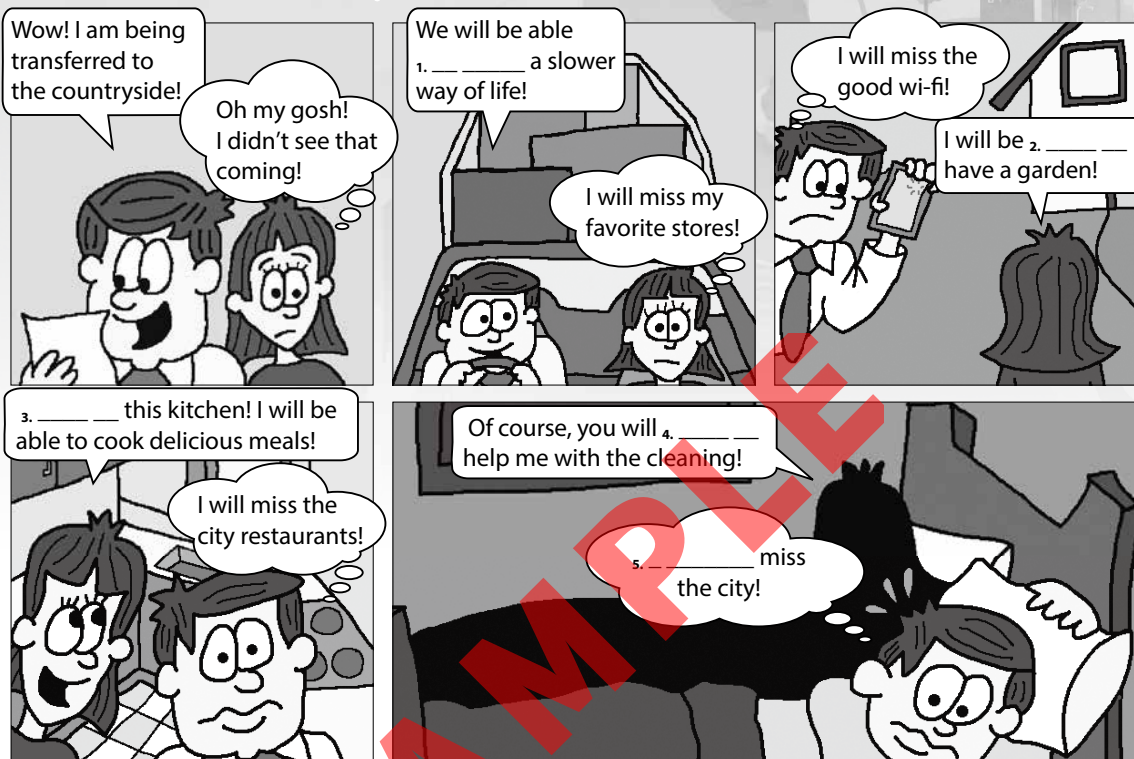
2. How much free time do you have these days?

3. How many classes do you have today?

4. How often do you eat out?

► 007 Comic

Listen to the conversation, and fill in the blanks.



Warm-up activity: Practice with a partner

Ask each other the following questions.

1. What do you miss from elementary school?
2. What do you miss from junior high school?
3. What do you miss from high school?
4. What do you miss from the pre-Covid world?

For example:



One of the greatest challenges facing Japan is the decline in small villages and towns. For a variety of reasons, more and more people are choosing to live in big cities ... or are they? In 2020, the novel coronavirus did something that the Japanese government has been trying to do for a long time: reduce Tokyo's population. In that year, the population of Japan's biggest city dropped from 14 million people to 13.96 million. 40,000 people leaving one of the most densely populated cities on the planet may not seem important but some officials believe that this may be the beginning of a new trend in young people moving to the countryside. After decades of a stagnant economy, young people appear to be changing their focus from climbing the corporate ladder to enjoying their lives. One way they can do this is by living away from cities. By trading in crowded subway rides, long workdays and tiny but expensive apartments for a large house, a slow-paced life and healthy, delicious food, people are starting to understand that there is more to life than just earning money.

Notes

novel coronavirus 新型コロナウイルス densely 密に decade(s) 十年間 stagnant 停滞した

True or false

1. [T / F] Japan is seeing a loss of small villages and towns.
2. [T / F] In 2020, Tokyo's population grew considerably larger.
3. [T / F] Young people appear to be more focused than ever on earning money.
4. [T / F] Japan's economy has been weak for a long time.

Multiple choice

1. What is the reason for the reduction in Tokyo's population in 2020?
 - A. People wanted to find better jobs.
 - B. People were escaping the coronavirus.
 - C. People wanted to improve the slow economy.

2. What new trend may be starting?
 - A. Young people are beginning to move to the countryside.
 - B. Young people are choosing to live in big cities like Tokyo.
 - C. Young people are trying to earn more money than ever.

3. What are people trading a busy life for?
 - A. The chance to earn more money than ever.
 - B. The chance to climb the corporate ladder.
 - C. The chance to live an enjoyable life.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

appear (見える, 思われる)	choose (選ぶ)	climb (登る)	earn (稼ぐ)
face (直面する)	leave (離れる)	move (引越す)	reduce (減らす)
seem (見える, 思われる)	trade (交換する)		

1. He is nervous but he is doing his best to _____ confident.
2. I will _____ the company at the end of the year.
3. I'm going to _____ my house for a camping car and travel the world.
4. I would always _____ a house in the country over an apartment in the city.
5. I will _____ to a new apartment next month.
6. A good electrician can _____ a lot of money.
7. Every person at some point must _____ the fact that they will one day die.
8. The man with an angry look on his face does not _____ to be very friendly.
9. Vaccinating people will likely _____ the number of people contracting the novel coronavirus.
10. Many people _____ Mt. Fuji in the summer.

Putting it all together

Choose one of the towns from the list below. Imagine that you will live in that town for one year. Write your reason for choosing this town. Next, choose any three amenities you need and explain why they are important to you. Finally, choose any two other conditions that you would consider in your decision.

Betsukai (Hokkaido)

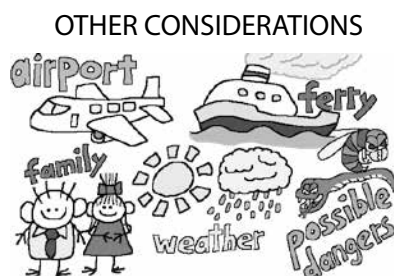
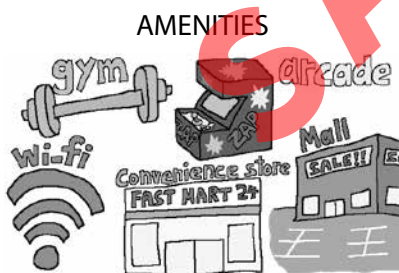
- Located near the eastern coast of Hokkaido
- Famous for dairy farming and being part of “Milk Land Hokkaido”
- Delicious seafood including scallops, shrimp, and salmon
- Cold winters and cool summers

Tokigawa (Saitama)

- Only 90 minutes away from Tokyo by car
- Plenty of forest area which is ideal for camping and BBQs
- Delicious vegetables including corn and rice
- Cool winters and warm summers

Higashi-Sonogi (Nagasaki)

- Surrounded by nature: close to the sea, mountains, and rivers
- Easy access to the airport and Nagasaki city
- Famous for green tea
- Warm winters and hot, humid summers



For example:

I would choose Higashi-Sonogi in Nagasaki. This town is kind of near the ocean so I can enjoy marine sports. I would want to have access to wi-fi because I use the Internet to keep in touch with friends and family. I would also want a gym so I can keep in shape. A mall would also be nice so I can go shopping. I would be concerned about the weather because Nagasaki has typhoons. I would also be concerned about poisonous snakes as there are vipers in Kyushu.

Foundation English**Question words and phrases**

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 010

Choose the correct word or phrases from above to make questions.

- _____ would you like to have a small vacation cabin?
— I would love to have a cabin near Lake Motosuko in Yamanashi.
- _____ would you like to do if you lived in the countryside?
— I would like to try gardening and cooking "slow food."
- _____ would you like to visit the countryside _____ ?
— I'd like to go with my family.
- _____ would you like to visit the countryside?
— Probably during the summer. The weather is good and I love the farmer's markets.
- _____ don't you live in the country now?
— I can't because I have a job in the city.
- _____ do you visit the countryside?
— Only sometimes. I don't have a lot of time to visit the countryside.
- _____ money would you spend on a vacation home in the country?
— I would spend ¥10,000,000 at the most.
- _____ town would you rather have a vacation home in, Betsukai or Higashi-Sonogi?
— I would like to have a vacation home in Higashi-Sonogi because I love the sea.
- _____ would you like to spend your time in the country?
— I would love to spend my time hiking and gardening.
- _____ small towns or villages did you visit during the past year?
— None but I want to visit one this year!

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



commute



remodel



harvest



grow



bathe

Making questions

▶ 011

Put the words in order to make questions.

1. A: (long / to / how / it / for you / take / does / commute) to and from school?

B: It takes about three hours.

2. A: (remodel / to / ask / the inside / you / of / did / your house / who)?

B: I asked a local company to do the work.

3. A: (vegetables / tons / do / every fall / of / how / harvest / you / many)?

B: My farm harvests nearly three tons of vegetables in the fall.

4. A: (you / do / in / your garden / grow / often / mushrooms / how)?

B: I never grow mushrooms in my garden.

5. A: (why / bathe / don't / you / to / want / in / hot springs)?

B: Because I have a skin allergy.

This unit's adjectives

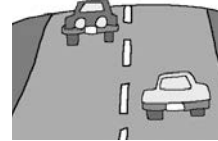
Write Japanese words that mean the same as these English adjectives.



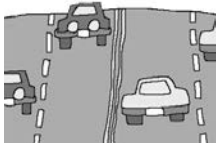
full



empty



wide



narrow



near



far (away)

How do you say
_____ in Japanese?

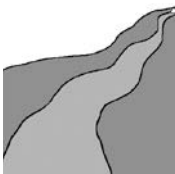


Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How far (away) is it?

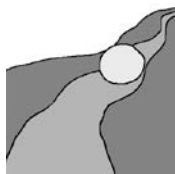
A: It's very far (away).



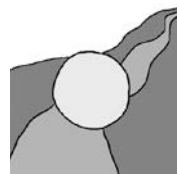
It's far (away).



It's kind of far (away).



It's not very far (away).



It's not far (away) at all.



Write your answers

1. How long does it take to commute to school?

2. How would you like to remodel your home?

3. Have you ever harvested anything? What did you harvest?

4. Do you like camping? Why or why not?

5. Do you enjoy bathing in hot springs?

6. What do you do when your car's empty light comes on?

7. Would you prefer a home on a wide but busy street or a home on a narrow but quiet street?

8. How far is it from your house to the school?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



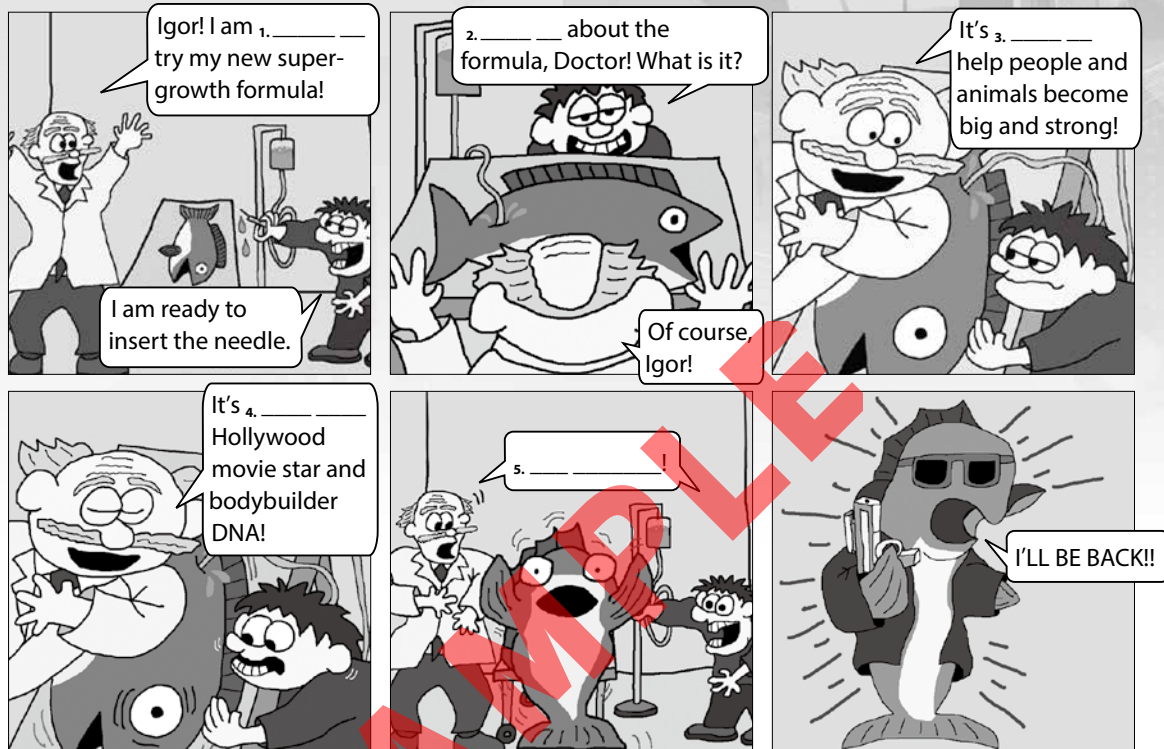
Unit 3A

Let's learn about the topic / Environment

Frankenfish: Genetically modified food

► 012 Comic

Listen to the conversation, and fill in the blanks.



Warm-up activity: Practice with a partner

Draw lines to match each picture with two of the descriptions.



- A. It's a cooking pan.
- B. It's used to wrap things such as Japanese lunch boxes.
- C. It's a good luck charm.
- D. It's used to grant wishes.
- E. It's traditional Japanese cloth.
- F. It's used to make fish-shaped cakes.

Now practice with a partner. Draw a picture of your item. Write hints and clues. Say the hints and clues to your partner. If your partner cannot guess the answer, then show your picture to your partner.

Genetically modified organisms (GMOs) are living organisms that have had their genes altered in one way or another. The most common GMOs are crops like corn or potatoes but can also be bacteria or even animals. Foods made from GMOs are often called GMO foods. To make GMOs, scientists take DNA from one plant or animal and insert it into the DNA of the plant or animal they want to produce. GMO crops and animals are cheaper to grow and raise. They also may contain more vitamins and other nutrients than natural crops and livestock. GMOs, however, are not perfect. Like other foods, some people may be allergic to GM foods. In addition, GMOs must still combat the image of being a "Frankenfood." Named after the famous monster, Frankenstein, GMOs have the image of being artificial and inferior to natural foods. One GMO that summarizes this dilemma is the "Frankenfish." Frankenfish is an Atlantic salmon that was cross-bred with other species of fish. It is easy to identify. It grows bigger in a short amount of time. Despite being declared safe by the U.S. Food and Drug Administration (FDA), this salmon still faces protests from some activist groups.

Notes

genetically modified organism(s) 遺伝子組み換え生物 gene(s) 遺伝子 livestock 家畜
 summarize 簡単に言う dilemma ジレンマ, 葛藤 cross-breed 掛け合わせる
 U.S. Food and Drug Administration 米国食品医薬品局 activist 活動家

True or false

1. [T / F] GMOs are only plants.
2. [T / F] GMOs may be healthier than natural crops and livestock.
3. [T / F] GMOs are often called "the perfect food."
4. [T / F] "Frankenfood" refers to food that is not natural.

Multiple choice

1. How do scientists make GMOs?
 - A. By giving bacteria to plants and animals.
 - B. By changing the DNA of plants and animals.
 - C. By adding vitamins and minerals to plants and animals.

2. What are some of the advantages of GMOs?
 - A. GMOs are cheaper and easier to raise and may be very nutritious.
 - B. GMOs never cause allergic reactions.
 - C. GMOs have a great public image and are very popular.
3. What problem does "Frankenfish" still face?
 - A. Its high production cost.
 - B. Its slow rate of growth.
 - C. Demonstrations from organizations.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

alter (変える)	call (呼ぶ)	combat (戦う, 闘う)	contain (含む)
declare (宣言する, 申告する)	identify (特定する)	insert (入れる, 加える)	name (名づける)
produce (作り出す)	raise (育てる)		

1. The couple will _____ their son after their grandfather.
2. Scientists can _____ fish by their color and size.
3. To use a memory stick, you must first _____ it into the computer.
4. Scientists _____ foods with large amounts of vitamins and minerals "superfoods."
5. Farmers across Japan _____ pigs and chickens.
6. You must _____ all of your income when you file your taxes.
7. Can you _____ my suit? My pants are too long.
8. Wineries use the best grapes to _____ very delicious wines.
9. The army purchased many guns and other weapons to _____ their enemy.
10. Some types of fish _____ high levels of mercury.

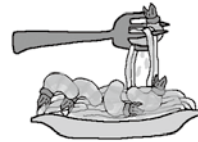
* mercury = 水銀

Putting it all together

You are shopping for shrimp. You are going to make two dishes with shrimp as the main ingredient: sushi and shrimp scampi. Shrimp used for sushi will be raw. Shrimp used for scampi will be cooked in butter.



Sushi



Shrimp scampi



GMO shrimp

- Raised in a shrimp farm
- Fed manufactured food
- Fed growth hormone
- 10-12cm in length
- Price: ¥100/100 grams



Natural shrimp

- Lived in the open ocean
- Ate natural food
- No drugs or chemicals
- 3-5cm in length
- Price: ¥300/100 grams

Please answer the following questions.

1. Which shrimp would you choose for each dish?
2. Why would you choose that shrimp?
3. Why would you NOT choose the other shrimp?

For example:

- I would choose the GMO shrimp for both the sushi and the shrimp scampi.
- I would choose the GMO shrimp because it is bigger and cheaper.
- I would not choose the natural shrimp because I cannot afford it and I am not afraid of trying GMO food!



Foundation English**Question words and phrases**

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 015

Choose the correct word or phrases from above to make questions.

- _____ movie do you like more, "Avatar" or "The Matrix"?
— I like "The Matrix" much more.
- _____ do you watch movies? — I usually use my NetFlix account.
- _____ do you watch movies? — Usually on Saturday night.
- _____ popcorn do you eat while watching a movie?
— None. I don't like popcorn.
- _____ don't you watch horror movies?
— Because I can't sleep after watching scary movies.
- _____ popcorn is this? — It's mine. Please help yourself.
- _____ DVDs do you have? — A lot. Around 20, I think.
- _____ do you usually watch movies?
— I go to the movie theater in the shopping mall.
- _____ do you watch Korean dramas? — Never. I don't like dramas.
- _____ movies do you like to watch? — Marvel comics movies are my favorite.

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



impress



scare



criticize



edit



book

Making questions

▶ 016

Put the words in order to make questions.

1. A: (movies / kind / impress / what / you / of)?

B: I think action movies are impressive.

2. A: (you / which movie / would / more, / scare) a movie about ghosts or vampires?

B: Both would scare me a lot!

3. A: (so / criticize / the movie / people / do / much / why)?

B: Because the acting was very bad.

4. A: (festival / your / you / videos / edit / how / sports / do)?

B: I use my computer's editing program.

5. A: (usually / you / book / do / where / seats,) in the front or the back?

B: I like to sit in the front.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



bright/light



dark



hot



cold



early



late

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How hot is it?

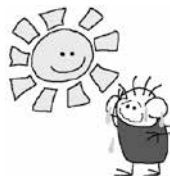
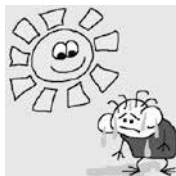
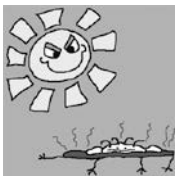
A: It's very hot.

It's hot.

It's kind of hot.

It's not very hot.

It's not hot at all.



Write your answers

1. Tell me about a film that really impressed you.

2. What movies scare you?

3. Can you think of any movie which is criticized for its poor plot?

4. If you could edit any movie to change its ending, which movie would it be and how would you alter it?

5. Where would you book a seat in a movie theater, in the front or in the back?

6. Do you prefer to watch a movie in a dark movie theater or a brightly lit room?

7. What cold drinks do you enjoy when watching a movie?

8. Have you ever been to an early or late show?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



Unit 4A

Let's learn about the topic / Environment

Universal design: All for one and one design for all

► 017 Comic

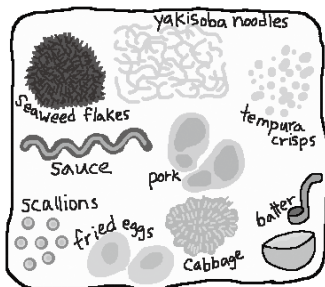
Listen to the conversation, and fill in the blanks.



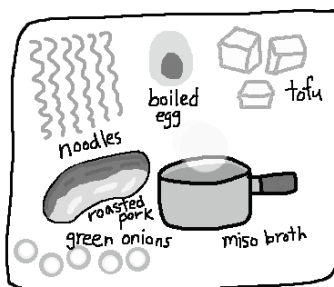
Warm-up activity: Practice with a partner

Look at each tray of ingredients and suggest a type of food that could be made. There could be more than one answer!

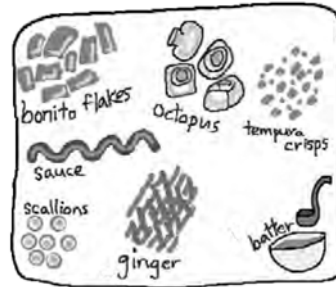
A.



B.



C.



For example:

I have some carrots, potatoes, and meat.



Wow! You could make curry and rice.

Universal Design is planning and creating an environment that accommodates the greatest number of people possible regardless of age, size, ability or disability. The concept of Universal Design was started by architect Ronald Mace in the 1980s. Mace contracted polio as a child and was confined to a wheelchair. As a college student, Mace had trouble entering classrooms and began a campaign to promote building codes and standards that focused on accessibility. Universal Design, however, is not only about people in wheelchairs being able to enter buildings or catering to a minority of the population. Universal Design tries to make everyone's life better. Universal Design has seven principles. To summarize, all items and facilities should be easy to understand, easy to use and provide sufficient information on their use and possible dangers. How these principles are applied varies from organization to organization. Handrails, wheelchair ramps, pictograms, automatic faucets, audio guide systems, and even the lowered curbs you see on the streets are some examples of Universal Design. The first Universal Design is similar to Sustainable Development Goals (SDGs) in that they both strive to reduce inequality, provide quality education and build sustainable cities and communities.

Notes

polio 小児麻痺 confine to 制限する building code(s) 建築基準法 cater to 応じる, 満たす
pictogram ピクトグラム faucet 蛇口 inequality 不平等, 不公平

True or false

1. [T / F] Universal Design tries to build a community that benefits as many people as possible.
2. [T / F] Ronald Mace had cancer as a child.
3. [T / F] Ronald Mace found it difficult to go into some classrooms while he was at college.
4. [T / F] Ronald Mace himself remodeled college classrooms.

Multiple choice

1. How many principles does Universal Design have?
 - A. Universal Design has 6 principles.
 - B. Universal Design has 7 principles.
 - C. Universal Design has 8 principles.

2. What information should be provided in items and facilities?
 - A. Information on their use and possible dangers should be provided.
 - B. Information on how to enter classrooms safely.
 - C. Information on how to operate SDGs.

3. How are Universal Design and SDGs similar?
 - A. They both help organizations become more successful.
 - B. They both were started by Ronald Mace in the 1980s.
 - C. They both strive to reduce inequality and build sustainable communities.

Fill-in-the-blank

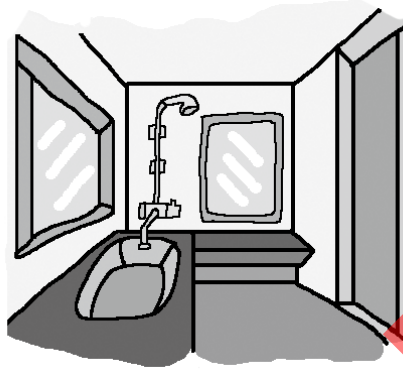
Complete the sentences by writing a verb into each space.

accommodate (受け入れる, 適応させる)	build (作る)	cater (応じる, 満たす)
contract (感染する)	enter (入る)	plan (計画する)
provide (養う, 提供する)	strive (努力する)	summarize (要約する)
		promote (促進させる, 売り込む)

1. To _____, the book "Jaws" is about a shark that terrorizes a town.
2. Both electronic cars and solar panels _____ to reduce the use of gasoline.
3. Please _____ the room through the front door.
4. Hotels try to _____ special-needs customers by installing handrails.
5. Parents work hard to _____ for their children.
6. I want to _____ an overseas vacation in the future.
7. I am going to _____ a new cabin in the forest.
8. Bus tours _____ to people who want to travel but do not want to drive or fly.
9. Some people _____ malaria while traveling in South America.
10. Giving people hotel vouchers is one way the government can _____ domestic travel.

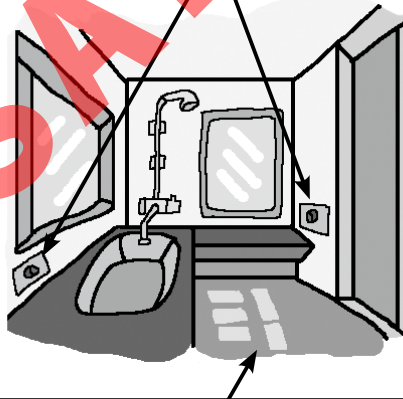
Putting it all together

Below is an illustration of a bathroom/shower. Give three examples of how you could make this bathroom/shower more accessible in the spirit of Universal Design. You add items or remove them. You can also design a totally new facility. You can illustrate your answer or write your answer. There is no one correct answer!



For example:

I would install emergency call buttons so anyone can ask for help if there is a problem.



I would put non-slip pads on the floor so elderly people would not fall down.

Now discuss your plans with your partner.

Foundation English**Question words and phrases**

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 020

Choose the correct word or phrases from above to make questions.

- _____ do you listen to music? — *I use my headphones.*
- _____ CDs do you have? — *A lot. I have around 100 CDs.*
- _____ do you listen to music? — *Usually in the library.*
- _____ music player is that? — *It's my brother's music player.*
- _____ do you listen to music? — *When I work out at the gym.*
- _____ do you listen to music? — *Because listening to music gives me energy!*
- _____ do you download songs from the Internet?
— *Not very often. Only when I want some new music.*
- _____ kind of music do you like more, classical or heavy metal?
— *I like both!*
- _____ can sing very well in your family?
— *My sister is the best singer in the family.*
- _____ time do you spend listening to music every day?
— *Not so much. I don't like listening to music very much.*

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



beat



clap



perform



play



whistle

Making questions

▶ 021

Put the words in order to make questions.

1. A: (you / hours a day / many / beat / how / your drums / do)?

B: About two hours every day.

2. A: (hands / you / your / clap / when / do)?

B: When I sing children's songs.

3. A: (on / perform / do / why / stage / you)?

B: Because I love acting in Shakespeare's plays.

4. A: (play / instrument / do / musical / what / you)?

B: I play the saxophone!

5. A: (your / whistle / likes / family / who / to / in)?

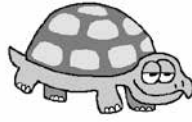
B: My father loves to whistle.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



fast



slow



loud/noisy



quiet



sad



relaxing

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How loud is it?

A: It's very loud.



It's loud.



It's kind of loud.



It's not very loud.



It's not loud at all.



Write your answers

1. Have you ever beat Japanese drums?

2. When do you clap your hands?

3. Have you ever performed in front of an audience?

4. What instruments have you played?

5. Can you whistle?

6. What's a fast-tempo song that gets you energized?

7. How loud do you listen to your favorite music?

8. Which is more relaxing, taking a bath or listening to music?

Now ask your partner these questions.

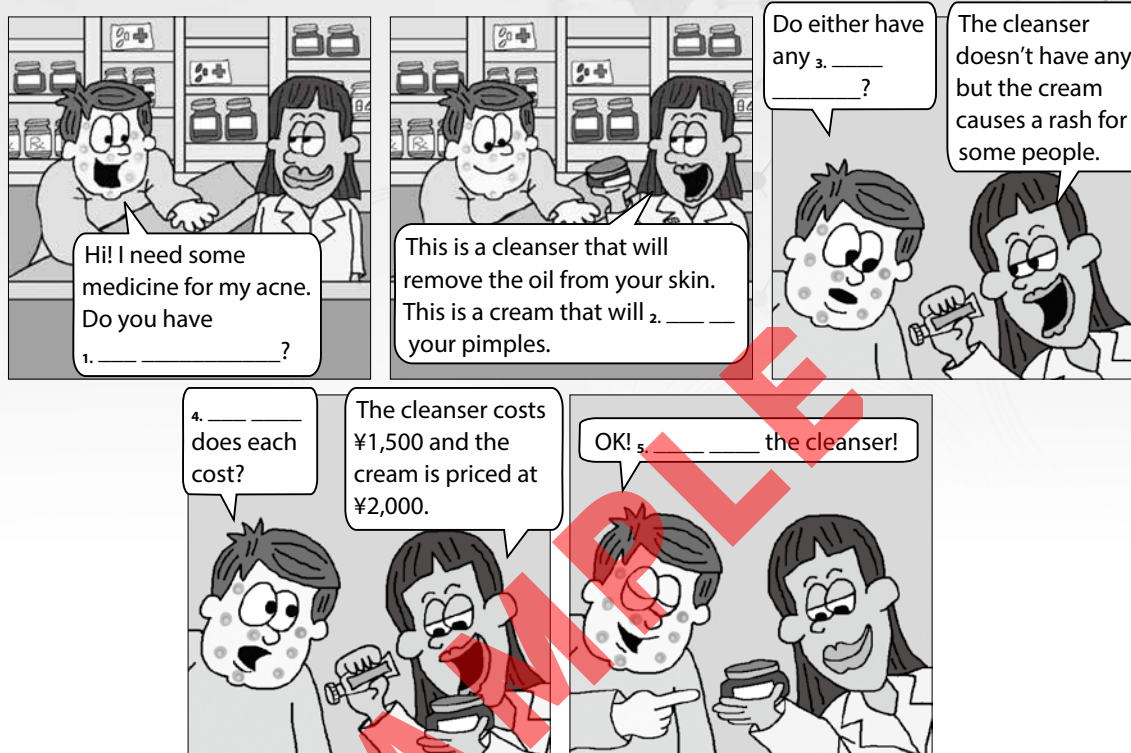
You may also change the questions to fit your conversation.



Over-the-counter (OTC) medicine

► 022 Comic

Listen to the conversation, and fill in the blanks.

**Warm-up activity: Practice with a partner**

Choose one word or phrase in the Dialogue options to complete the conversation.

A: Hi! I need some medicine for ____ (1) ____ . Do you have any suggestions?

B: This is ____ (2) ____ and this is ____ (2) ____ that will help you.

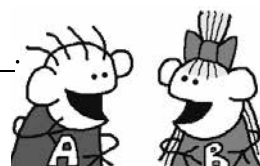
A: Do either have any side effects?

B: The ____ (2) ____ doesn't have any but the ____ (2) ____ may cause ____ (3) ____ .

A: How much does each cost?

B: The ____ (2) ____ costs ¥1,000 and the ____ (2) ____ is priced at ¥2,000.

A: OK. I'll take the ____ (2) ____ .

Dialogue options

(1) a fever / a headache / a sore throat / a stomachache

(2) medicine syrup / a bottle of pills / a powder you mix with water

(3) a rash / drowsiness / vomiting / diarrhea

Over-the-counter medicine is also known as OTC or nonprescription medicine. All these terms refer to medicine that you can buy without a prescription. Over-the-counter medicine is often used to alleviate such ailments as headaches, allergies and the common cold. They are generally safe and effective but it is important to follow both the directions on the label and the instructions of your doctor or pharmacist to 5 avoid side effects. The side effects can include feeling dizzy and having no energy. One problem with over-the-counter medicine is that some people will buy it and consume two or three times the recommended dosage. If a person takes too much medicine, that person can become seriously ill or even die. Such a problem is called "an overdose." Every year many people die from overdoses. Even worse, other people 10 will break the law by buying OTCs and using them as ingredients to create dangerous drugs. Finally, please remember to keep all medicine in a safe place and away from children. Some OTCs are colorful and have a sweet taste. Children sometimes eat OTCs like candy.

Notes

over-the-counter medicine 市販薬 nonprescription medicine 非処方箋薬 prescription 処方箋
alleviate 和らげる ailment(s) 病気 dosage 投与量 overdose 過剰摂取, 過剰投与

True or false

1. [T / F] You need a doctor's permission to buy an OTC.
2. [T / F] OTCs can relieve headaches, allergies, and colds.
3. [T / F] OTCs are safe and effective most of the time.
4. [T / F] There is no limit to the amount of an OTC that you can safely consume.

Multiple choice

1. What is an OTC?
 - A. It is any medicine that only alleviates colds and allergies.
 - B. It is any medicine that has no side effects.
 - C. It is any medicine that you can buy without a doctor's permission.

2. What sicknesses can be relieved by OTCs?
 - A. OTCs may relieve headaches, colds, and allergies.
 - B. OTCs may relieve side effects.
 - C. OTCs may help people stop using dangerous drugs.

3. What must people do to make sure that OTCs are safe and effective?
 - A. People must take OTCs to alleviate only headaches or allergies.
 - B. People should not mix OTCs with dangerous drugs.
 - C. People should read and follow the directions on the label and their doctor.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

alleviate (和らげる)
consume (消費する)
recommend (推奨する)

avoid (避ける)
die from (原因で死ぬ)
refer to (言及する)

break (破る)
follow (従う)

buy (買う)
know (知っている)

1. People who _____ too much sugar may develop diabetes.
2. To stay safe in a big city, it is a good idea to _____ dark streets and alleys.
3. Do you _____ what kind of fish live in this lake?
4. What are you going to _____ with your New Year's money?
5. People who smoke cigarettes often _____ lung cancer.
6. Many people take medicine to _____ pain and discomfort.
7. When taking any prescription medicine, it is important to _____ the instructions given by the doctor.
8. Some people _____ the law by misusing OTCs.
9. What restaurant do you _____ for good seafood?
10. Questions 1-3 _____ the photograph on this page.

Putting it all together

Please advise each person on how they should treat their illness or injury.



This person has a bloody nose.



This person has a stomachache.



This person has a broken bone.



This person has an earache.



This person has a fever.

This person has a headache.



For example:



This person should go to the hospital.

This person should put ice on it.



This person should take some medicine.

This person should get some sleep.



This person should use some tissue.

This person should just grin and bear it.
(我慢する, 何もしない)



Foundation English**Question words and phrases**

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 025

Choose the correct word or phrases from above to make questions.

- _____ do you catch colds? — *Always! I always seem to have a cold.*
- _____ do you catch colds? — *In the winter! I catch colds when it's cold outside.*
- _____ medicine do you take when you are sick? — *Just a little. Not very much.*
- _____ takes care of you when you are sick? — *My mother or my grandmother.*
- _____ medicine do you take when you have a cold?
— *I take medicine that stops my headache.*
- _____ food is better for you when you have a cold, chicken soup or miso soup?
— *I think miso soup is better.*
- _____ do you recover from a cold? — *I sleep a lot and take medicine.*
- _____ do you buy your medicine? — *I buy medicine at a drugstore.*
- _____ vitamins do you take every day? — *I take 4 or 5 vitamins every day.*
- _____ do you drink miso soup when you are sick?
— *Because it helps me feel better.*

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



worry



suffer



feel



treat



operate

Making questions

▶ 026

Put the words in order to make questions.

1. A: (your / worry / about / you / blood test results / so much / do / why)?

B: Because I gained a lot of weight this year.

2. A: (suffered / who / after / pain / back / the accident)?

B: I did. My back has hurt since the accident.

3. A: (the new doctor / the clinic / how / you / do / feel / about / in)?

B: I think she is very good at her job.

4. A: (does / treat / the doctor / how / your allergies / often)?

B: Always. I am allergic to many things.

5. A: (your / the doctor / on / will / operate / leg / when)?

B: Today at 4:00 pm.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



clean



dirty



fine



bad



good



awake

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How dirty is it?

A: It's very dirty.

It's dirty.

It's kind of
dirty.

It's not
very dirty.

It's not
dirty at all.



Write your answers

1. Do you worry about your health?

2. Do you suffer from any allergies?

3. How are you feeling today?

4. What is the most painful illness or injury you have been treated for?

5. Has a doctor ever had to operate on your body?

6. How fine do you feel after visiting the dentist?

7. What usually makes you feel good?

8. Can you stay awake all night long?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



Unit 6A

Let's learn about the topic / Sciences

Using virtual reality (VR) to control pain

► 027 Comic

Listen to the conversation, and fill in the blanks.



Warm-up activity: Practice with a partner

Ask each other the following questions.

A: Have you ever ... ?



been to Okinawa



eaten wagyu



played shogi



read a book in English

Yes!

B: Yes, I have.

A: How was it?

B: It was (good / bad / fun / boring, etc.).

No!

B: No, I haven't.

A: Would you like to (go / eat some / play it / read one)?

B: Yes, I would. / No, I wouldn't.

Patients suffering from burns usually rely on morphine and other chemicals to control the pain. These medicines are usually effective when the patient is resting. Unfortunately, these treatments do not appear to be effective when the wound is being cared for. Cleaning out the wound, removing staples and bandaging can cause severe pain and the patient suffers. The University of Washington Harborview 5 Burn Center is pioneering a new technique of pain management. This technique lets patients use virtual reality (VR) during wound treatment. The VR distracts the patient from the discomfort and that reduces the amount of pain the patient feels. The theory is that the more attention a person gives to a pain signal, the more pain that person will feel. Therefore, if the person is focusing on something other than their pain, the 10 amount of pain felt will be lessened. Some patients were allowed to explore a virtual world during wound treatment to see the effect it would have on their reaction to pain. It appears to work; burn patients who were immersed in VR reported significantly less discomfort while undergoing treatments than those patients who were not.

Notes

morphine モルヒネ staple 医療用ホチキス bandage 包帯を巻く
 The University of Washington Harborview Burn Center ワシントン大学ハーバービュー校熱傷治療センター
 distract 気を散らす discomfort 不快, 痛み lessen 少なくなる immerse 没頭する

True or false

1. [T / F] Drugs are often used to relieve the pain suffered from burns.
2. [T / F] The pain from wound treatment is so strong that drugs often do not work.
3. [T / F] Using VR to reduce pain is common in many hospitals.
4. [T / F] Using VR does not seem to lessen pain from wound treatment.

Multiple choice

1. When are drugs most effective in treating pain?
 - A. Drugs are most effective when the patient is in a virtual world.
 - B. Drugs are most effective when the patient is resting.
 - C. Drugs are most effective when the wound is being cleaned out.

2. How does VR alleviate pain?
 - A. VR alleviates pain by distracting the patient from the discomfort they feel.
 - B. VR alleviates pain by stopping the patient from taking too much medicine.
 - C. VR alleviates pain by helping the patient avoid side effects from medicine.

3. How did some burn patients use VR during wound treatment?
 - A. Some patients used VR to avoid side effects from taking medicine.
 - B. Some patients used VR to create dangerous drugs.
 - C. Some patients used VR to explore a virtual world.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

care for (対処する, 世話する)

control (制御する)

distract (気を散らす)

explore (探検する)

give (与える)

pioneer (開発する, 先駆者になる)

rely on (頼る)

remove (取り除く)

report (伝える)

rest (休む)

1. Pets _____ their owners for food and water.
2. Scuba divers love to _____ the ocean and search for treasure.
3. I _____ my teeth by brushing them after every meal.
4. I think you should _____ for a few days and get over your cold.
5. You should not watch YouTube while you study because it might _____ you.
6. How much New Year's money will your family _____ to you?
7. Every night the television news will _____ on the next day's weather.
8. Computer companies always try to _____ the next new digital invention.
9. You can use soap and water to _____ dirt from your hands.
10. Some patients _____ their pain by using medicine.

Putting it all together

Create a virtual reality program. Choose one of the following themes or create one of your own.



Fitness/Exercise programs



Gun survival programs



Educational programs

Answer the following questions.

1. What is the name of your virtual reality program?

2. What is the purpose of your virtual reality program?

3. Who is the target audience for your virtual reality program?

4. What inspired you to design this program?

For example:

My virtual program would be called, "Japanese cooking for foreigners."

The purpose would be to create a program that helps non-Japanese people learn to cook Japanese food. It would show what ingredients need to be bought and then how to prepare the food.

The target audience would be anyone who likes cooking but especially people who want to learn how to make Japanese food but don't speak Japanese very well.

I was inspired to make this program by my lack of Japanese ability and my love of cooking.



Video games

Foundation English

Question words and phrases

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 030

Choose the correct word or phrases from above to make questions.

- _____ time do you spend playing video games every day?
— *Just a little. Maybe 20 minutes a day.*
- _____ video game do you like more, Minecraft or Forte Nite? — *I like both.*
- _____ do you play video games _____ ?
— *No one. I play by myself.*
- _____ game systems do you have? — *I only have one station.*
- _____ plays Grand Theft Auto? — *People who enjoy shooting games.*
- _____ do you play video games? — *I use the Nintendo Game Cube.*
- _____ video games do you play? — *I only play RPG games.*
- _____ do you play video games? — *Video games are fun. I enjoy playing them!*
- _____ do you play video games? — *I always play video games.*
- _____ do you play video games? — *I play video games in my bedroom.*

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

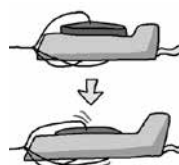
Write Japanese words that mean the same as these English verbs.



compete



chat



tap/press



shoot



hang out

Making questions

Put the words in order to make questions.

▶ 031

1. A: (compete / player / that / will / how / against / you / great)?

B: I will practice every day and do my best.

2. A: (with / to / who / like / do / chat / you)?

B: My friends. We talk about a lot of stuff.

3. A: (from / the maze / tap / escape / which / can / to / button / I)?

B: Tap the green one!

4. A: (this game / do / shoot / in / the opponent / how / you)?

B: You press the red button.

5. A: (like / out / you / hang / your friends / do / and / to / where)?

B: We like to hang out at a local coffee shop.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



best



worst



frustrating



fun



interesting



boring

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How fun is it?

A: It's very fun.

It's fun.

It's kind of fun.

It's not very fun.

It's not fun at all.



Write your answers

1. Have you ever competed in a video game tournament?

2. Do you ever chat with people while playing video games?

3. Do you enjoy shooting games?

4. What do you think is the best game you've ever played?

5. What do you think is the worst game you've ever bought?

6. How frustrating is it for you to learn how to play a new game?

7. Which is more fun for you, playing a video game or watching YouTube (a DVD)?

8. Tell me about an interesting RPG series that you play.

Now ask your partner these questions.

You may also change the questions to fit your conversation.



A helping paw: Animal therapy

► 032 Comic

Listen to the conversation, and fill in the blanks.



Warm-up activity: Practice with a partner

Ask each other the following questions.

1. What makes you happy?
2. What makes you afraid?
3. What makes you irritated?
4. What makes you tired?
5. What makes you nervous?
6. What makes you excited?



For example:

What makes you happy?



Chocolate makes me happy!

Using animals to help people overcome physical and mental difficulties is known as animal therapy. These animals can provide emotional comfort, support recovery from illness and encourage communication with others. Engaging in animal therapy requires numerous steps. First, the therapy animal must be checked for proper immunizations and general health. Then, the handler and their therapy animal will attend training sessions to learn how to work together to perform the necessary tasks. Finally, the therapy animal and the handler must undergo obedience training. What animals are the best for pet therapy? Dogs are the most common but any animal that can relieve a person's stress can become a therapy animal in the right situation. Of course, there are problems associated with therapy animals. One is the possibility of allergies. Another problem is that the therapy animal simply becomes a pet and bothers other people instead of performing its duties. Jumping on people, biting and being noisy are some of the problems therapy animals can cause. There is also the risk of patients bringing therapy animals into crowded places, like airplanes, that cause problems for other people.

15

Notes

therapy 治療, 療法 numerous 多数の, 多くの immunization(s) 予防接種
undergo 受ける obedience 従順

True or false

1. [T / F] Animals can help people face physical and mental problems.
2. [T / F] There is no procedure for starting pet therapy.
3. [T / F] It is important to make sure that a pet therapy animal is healthy.
4. [T / F] It is possible for a cat to become a pet therapy animal.

Multiple choice

1. According to the passage, what task is NOT performed by pet therapy animals?
 - A. Guarding people and carrying things.
 - B. Helping people feel better after being sick.
 - C. Supporting people interact with other people.

2. Why are training sessions important for pet therapy animals and their handler?
 - A. Because the therapy animal must be checked for immunizations and good health.
 - B. Because training will reduce the likelihood of allergies.
 - C. Because the therapy animal must be able to perform the necessary tasks.

3. What is a place where a pet therapy animal may cause problems?
 - A. A place with small children.
 - B. A place with many people.
 - C. A place with other therapy animals.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

attend (出席する)	bite (噛む)	bother (悩ます, 迷惑をかける)	bring (連れてくる, 持参する)
engage (関わる, 参加する)		overcome (克服する)	relieve (和らげる)
require (必要とする)		undergo (受ける)	work together (共に働く)

1. The purpose of the United Nations is to help countries _____ in order to achieve world peace.
2. Minorities often have to _____ social injustice in order to achieve equality.
3. Some medicine can _____ the pain of a headache.
4. Talking on a phone while on a bus may _____ the other passengers.
5. It is important for you to _____ as many classes as possible.
6. The lawyer has decided to not _____ in politics.
7. The patient will _____ various treatments in order to fight cancer.
8. Learning a new skill will _____ patience and hard work.
9. This dog will not _____ you because he is very friendly.
10. Make sure to _____ your passport when you travel overseas.

Putting it all together

You are the chief counselor at a day camp for children with emotional problems. There are six children. They are between the ages of 10 to 12. You must choose one of the following pet therapy programs for your camp.

The children can swim and play with dolphins. The dolphins are friendly and especially like young children. The program is supervised by a counselor who is also a pro diver so safety is assured. The only downside is that the dolphins do not always come when the children are swimming.



Pepe is a licensed therapy dog who is handled by a professional trainer and counselor. Pepe is hypo-allergenic (he does not cause allergies) and loves children. The only downside is that there is only one Pepe and sometimes not all of the children can play with him.



The Pet-Mobile is a school bus that has been converted into a traveling petting zoo. The Pet-Mobile contains 2 dogs, 4 cats, 3 rabbits, 1 snake and 1 iguana. All animals are friendly although some children may be afraid of the snake and iguana.



Your assignment has 5 questions. Please answer all 5.

1. What program did you choose?
2. Why did you choose this program?
3. What programs did you not choose?
4. Why did you not choose (A)?
5. Why did you not choose (B)?

(A) _____ and (B) _____

For example:

I chose the Pet-Mobile. I like the variety of animals. If children are afraid of any animal, then I can help them avoid that animal. I did not choose the dolphin therapy because if the dolphins do not come then the children would be disappointed. Plus, I don't know if the children can swim. I didn't choose Pepe because we have too many children.



Foundation English**Question words and phrases**

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 035

Choose the correct word or phrases from above to make questions.

- _____ do you walk your dog? — *Always! I walk my dog every day!*
- _____ does your cat sleep? — *On my bed. My cat always sleeps with me.*
- _____ is your dog's favorite person? — *My father. My dog just loves him!*
- _____ pet do you like more, dogs or cats? — *I like both! Either is OK!*
- _____ do you have a bird? — *They are easy to take care of.*
- _____ pets do you have? — *I have 5 pets; 2 dogs, 2 cats, and 1 fish.*
- _____ is your cat's favorite snack? — *My cat loves dried fish.*
- _____ does your cat sleep _____ ?
— *My mother. She always sleeps with her.*
- _____ do you wash your dog? — *I just put him in the bath.*
- _____ does your dog eat? — *A lot! He eats two bowls of food every day.*

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



train



trim



pull



walk



feed

Making questions

Put the words in order to make questions.

▶ 036

1. A: (how / do / your dog / you / to / train / sit)?

B: We practice every day and I give my dog treats.

2. A: (to / whose / use / trim / you / scissors / your dog / do)?

B: I use my own scissors.

3. A: (his lead / how / does / on / often / pull / your dog)?

B: He always pulls on his lead.

4. A: (with / your dog / where / walk / you / do)?

B: My dog and I walk in the park.

5. A: (times a day / feed / do / your dog / many / you / how)?

B: I feed my dog two times a day.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



small



big



young



old



safe



dangerous

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How big is it?

A: It's very big.

It's big.

It's kind
of big.

It's not
very big.

It's not big
at all.



Write your answers

1. What commands do you think are important to train your dog to follow?

2. If you have a pet, do you have it trimmed or do you trim it yourself?

3. What problems should we watch out for when walking our dogs?

4. What foods should I not feed dogs?

5. If you were to get a dog, would you prefer a small or a big dog? Why?

6. Are you a dog person or a cat person?

7. What kind of environment is safe for pets?

8. How do you feel about keeping dangerous creatures as pets?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



Unit 8A

Let's learn about the topic / Sciences Health and drinks

► 037 Comic

Listen to the conversation, and fill in the blanks.



Warm-up activity: Practice with a partner

Use the menus and the suggestions below to make a conversation and then practice with a partner. Try both A and B roles for both lunch and dinner.

Lunch Menu	
Ham sandwich	Slice of pizza
Soup of the day	Spaghetti
Hot dog	Hamburger
Drinks	
Apple juice	Orange soda
Iced tea	Hot tea
Iced coffee	Hot coffee

Dinner Menu	
Steak and lobster	Beef stew
Fried chicken	Lasagna
Fried fish	Tacos
Drinks	
Fruit juice	Grape soda
Iced tea	Hot tea
Iced coffee	Hot coffee

- A: Let's get some lunch. I'm going to get the spaghetti. How about you?
 B: I think I will get the slice of pizza.
 A: Anything to drink? I'm going to have some iced coffee.
 B: I will have some orange soda.

- A: Let's get some dinner. I'm going to get the steak and lobster. How about you?
 B: I think I will get the fried fish.
 A: Anything to drink? I'm going to have some grape soda.
 B: I will have some hot coffee.

"You are what you eat" is a popular saying that is used to inspire people to live a healthy life. That statement also applies to what you drink. Green tea and coffee are both healthy and safe. Green tea, when made with cold water, can help people who suffer from insomnia or anxiety. Coffee can improve your physical performance and make you more alert. Both of these natural drinks can also speed up recovery from 5 gout. By contrast, soft drinks and other sweetened drinks should be avoided. Drinking an excess of sugary drinks is linked to a variety of health problems such as diabetes, tooth decay and heart disease. Some people say that diet sodas should be fine as they do not contain sugar. Unfortunately, diet sodas contain large amounts of chemicals that are not healthy. There is also one other benefit: saving money. Soft drinks can be 10 expensive. Coffee and tea, on the other hand, are relatively cheap. So, the next time you decide what drink to order with lunch, remember that coffee and green tea are healthier choices ... as long as you don't add sugar!

Notes

insomnia 不眠症 gout 痛風 sweetened 甘くした sugary 甘い diabetes 糖尿病

True or false

1. [T / F] The saying "You are what you eat" is intended to encourage people to eat, drink and live a healthy life.
2. [T / F] Green tea can cause anxiety or insomnia.
3. [T / F] Drinking soft drinks is healthy.
4. [T / F] Adding sugar to green tea or coffee is not a healthy choice.

Multiple choice

1. What drinks are good for a person's health?
 - A. Coffee and soft drinks.
 - B. Coffee and green tea.
 - C. Drinks that contain sugar.

2. How can coffee affect a person?
 - A. Coffee can inspire people to live a healthy life.
 - B. Coffee can help people sleep better.
 - C. Coffee can help people play sports better.

3. What drink can cause diabetes and tooth decay?
 - A. Soda with sugar.
 - B. Diet sodas.
 - C. Unsweetened coffee.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

add (加える)

apply (適用する)

decide (決める)

inspire (元気づける, 刺激する)

link (関連づける)

live (生きる, 住む)

order (注文する)

remember (覚えている)

suffer from (苦しむ)

use (使用する)

1. The laws banning dangerous drugs _____ to all cities in Japan.
2. People living in deserts often _____ not having enough water.
3. Every year, high school graduates must _____ where to attend college.
4. If you want your coffee to be sweet, you can _____ sugar.
5. Sometimes people can't _____ the password to their computers.
6. These days many people _____ things from online stores.
7. Olympic athletes often _____ people to train harder and become healthy.
8. Science can _____ eating sugar and diabetes.
9. These days people _____ their smartphones to send New Year's cards.
10. In big cities people often _____ in high-rise apartments.

Putting it all together

You are the head chief at a new café restaurant in downtown. Your first task is to create a new signature drink for this café. Choose one option and create the beverage and then explain how you would make it.



A hot coffee
or tea drink



A cold coffee
or tea drink



A fruit or
vegetable drink



An ice cream
drink



A new type of
soft drink

Your assignment has 4 questions. Please answer all 4.

1. What drink option did you choose? What is the name of your drink?

2. Why did you choose this option?

3. What are the ingredients needed to make this beverage?

4. Explain how you make your drink.

For example:

I decided to make a hot coffee-based drink. I call it "Mt. Tarumae coffee." I chose this recipe because I am from Tomakomai and Mt. Tarumae and haskap are from Tomakomai. To make "Mt. Tarumae coffee" you need coffee, whipped cream, haskap sugar and a haskap berry. To make this coffee, you first brew your coffee. Then put some whipped cream on top and then sprinkle some haskap sugar. Finally, put a haskap berry on top.



Foundation English

Question words and phrases

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 040

Choose the correct word or phrases from above to make questions.

- _____ do you eat ice cream? — *Almost never! The sugar is bad for me.*
- _____ do you like cheesecake? — *Because it is so sweet.*
- _____ cookies are there in one box? — *There are 24 cookies in each box.*
- _____ do you buy your birthday cakes? — *I buy them at a store in Fukuoka.*
- _____ pie do you like more, apple or cherry? — *Neither. I don't like pie.*
- _____ cookies are the best?
— *My grandmother's peanut butter cookies are wonderful!*
- _____ is your favorite dessert? — *I love strawberry shortcake the best!*
- _____ do you eat sweet-bean paste*?
— *During New Year's when I eat Japanese rice cakes.*
- _____ do you make cakes _____ ?
— *My mother. We always cook together.*
- _____ do you make ice cream?
— *First, put whipping cream and condensed milk* in a bowl. Mix together until thick. Freeze for eight hours and then eat.*

* sweet-bean paste = あんこ

* condensed milk = 練乳

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



measure



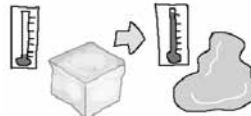
bake



stir



mix



melt

Making questions

▶ 041

Put the words in order to make questions.

1. A: (measure / ingredients / you / do / spoons / to / whose / use)?

B: I use my grandmother's spoons.

2. A: (kind / bake / you / things / to / what / like / of / do)?

B: I like to bake cookies and cakes.

3. A: (your / how / stir / do / soup / you)?

B: I just use my chopsticks!

4. A: (the soup / how / you / salt / into / did / mix / much)?

B: Just a little. I hope it's not too salty.

5. A: (melt / did / so / the ice cream / why / quickly)?

B: Because it is hot and sunny today.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How sweet is it?

A: It's very sweet.

It's sweet.

It's kind of
sweet.

It's not very
sweet.

It's not sweet
at all.



Write your answers

1. How do you measure the ingredients when cooking?

2. What are your favorite baked sweets?

3. How long must you stir to make whipped cream?

4. Which vegetable and fruit juices do you like to mix?

5. What sweets would require you to melt chocolate?

6. What sweet food do you like?

7. Which do you prefer, crunchy cookies or soft cookies?

8. What would you do if the sweets your friend made tasted bland?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



Unit 9A

Let's learn about the topic / Current Issues AI in the schools

► 042 Comic

Listen to the conversation, and fill in the blanks.



Warm-up activity: Practice with a partner

Ask each other the following questions.

A: How good are you at _____ ?

sports	cooking	driving a car	playing the guitar	swimming	math
drawing	sewing	riding a bicycle	playing online games	making speeches	

B:



I'm very good.



I'm pretty good.



I don't know.
I haven't tried.



I'm pretty bad.
I'm not very good.



I'm terrible.
I'm very bad.

ChatGPT, an easy-to-use artificial intelligence (AI) tool that can write essays and answer many classroom questions, has caused a debate among teachers around the world. The chatbot was at one time banned by New York City's Department of Education as teachers worried about how it might affect student learning. One concern was that students would use ChatGPT to find answers to test questions without developing 5 critical thinking skills. Schools in Australia went even further: they claim that using such AI devices is simply cheating. Other educators, however, do not see ChatGPT and others like it as a threat for the simple reason that these AI devices still make mistakes. Current events are one area in which AI tools often make blunders. There is also a case of technology policing technology; recently a programmer announced that he had 10 created an app that could scrutinize texts and conclude if the text had been written by a human or by a computer. In the end, AI will likely be seen as another tool that is a good servant but a poor master.

Notes

ChatGPT AI チャットサービス chatbot 自動会話プログラム educator(s) 教育者 blunder 大失敗
app アプリ scrutinize 精査する

True or false

1. [T / F] ChatGPT is not able to write school reports.
2. [T / F] Chat GPT is still banned in New York City.
3. [T / F] AI devices sometimes make information mistakes.
4. [T / F] Currently there is no way to know if a text has been written by a person or a computer.

Multiple choice

1. What country believes that using AI devices is cheating?
 - A. America.
 - B. Armenia.
 - C. Australia.

2. What is one concern about students using a chatbot to find answers to test questions?
 - A. Students won't be able to pass the test.
 - B. Students will make mistakes with historical events.
 - C. Students will not learn how to think critically.

3. In what area does AI make mistakes?
 - A. Recent news.
 - B. Critical thinking skills.
 - C. Policing technology.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

affect (影響する)	announce (知らせる)	ban (禁じる)	cheat (カンニングする, だます)
conclude (結論を出す, 断定する)	police (監視する)	create (生み出す)	
develop (発展させる)	scrutinize (精査する)	worry (悩む)	

1. Some students may use AI to _____ on their homework.
2. Some schools may _____ AI because it may allow students to cheat.
3. Spending too much time playing computer games can _____ student performance in the classroom.
4. If the snow is too heavy, the train station will _____ that trains have stopped running.
5. Some scientists are trying to _____ a car that uses biofuel instead of gasoline.
6. Many people _____ about the high rate of inflation.
7. Baseball teams hope that their new players _____ into superstars.
8. College professors _____ each other by checking each other's reports for mistakes.
9. Airport security must _____ every bag that passengers carry to make sure that there are no drugs or dangerous items.
10. The DNA test will _____ whether or not the man is the father of the baby.

Putting it all together

You are the head teacher of a college English department. You must decide if students will be allowed to use electronic devices during the upcoming test. You have asked the other teachers in the department what they think. Here are their answers.



It's OK to use them!
We use these devices
every day!



Mr. Smith

Of course, it's OK!
We use dictionaries
in daily life
so it's not cheating!



Ms. Thomas

No, it's not OK.
It's cheating.



Mr. Jones

Not everyone has a device
or a smartphone.
It's not fair to let people use
them during tests.



Ms. White

Please answer the following questions:

1. Should students be allowed to use electronic devices during a test? YES / NO
2. Why or why not?

3. If you decide that electronic devices are allowed during a test, respond to Mr. Jones' concerns about cheating and respond to Ms. White's concerns about fairness.
If you decide that electronic devices are not allowed during a test, respond to Mr. Smith and Ms. Thomas and their claims about daily life.

For example:

I don't think students should be allowed to use digital devices during tests. I think it is a bad idea to use digital devices during tests because I want students to study and not rely on their devices. I understand that we use these devices every day but there are times when we do not use them. I think tests should be one of those times.

Foundation English**Question words and phrases**

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 045

Choose the correct word or phrases from above to make questions.

- _____ do you work _____ ? — *Some friends from college.*
- _____ job would you like more, working in a restaurant or working in a game center? — *I would prefer the restaurant.*
- _____ money do you earn in an hour? — *I make ¥1,150 an hour.*
- _____ would be your ideal job? — *I would love to be a digital creator!*
- _____ would you like to work? — *Tokyo would be the perfect place.*
- _____ do you work? — *I work three days a week.*
- _____ do you like your job? — *Because my boss is friendly and the pay is good!*
- _____ hours do you work during one shift?
— *I usually work 5 to 6 hours in one shift.*
- _____ do you work? — *I work every Friday and Sunday.*
- _____ do you get to work every day?
— *My part-time job is close to my house so I just walk.*

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



participate



inquire



fill out



advertise



purchase

Making questions

Put the words in order to make questions.

▶ 046

1. A: (you / how / in / do / often / participate / company events)?

B: I always participate in company events.

2. A: (it / inquire / was / to / idea / the vacation schedule / about / whose)?

B: It was mine. I want to know when the vacation begins.

3. A: (to / how / fill / have / many / do / I / forms / out)?

B: You have to fill out 3 or 4 forms.

4. A: (the best way / what / is / this new drink / to / advertise)?

B: I think using TV commercials would be best.

5. A: (a sports car / how / cost / to / much / does / it / purchase)?

B: I'm not sure but it probably costs a lot!

This unit's adjectives

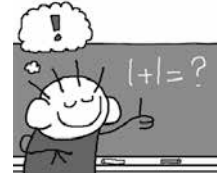
Write Japanese words that mean the same as these English adjectives.



careful



careless



easy



difficult



disappointed



satisfied

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How disappointed are you?

A: I'm very disappointed. I'm disappointed. I'm kind of disappointed. I'm not very disappointed. I'm not disappointed at all.



Write your answers

1. Have you ever participated in any company projects?

2. Have you ever inquired about a job opportunity?

3. Have you ever filled out an application form for a part-time job?

4. What's the most creative way you've seen someone advertise a product or service?

5. What would you do if you made a careless mistake at work?

6. Which would you prefer, an easy job with a low salary or a hard job with a high salary?

7. What difficult challenge do you want to try in the future?

8. How much salary would you be satisfied with?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



Unit 10A

Let's learn about the topic / Current Issues

To keep or not to keep: The surname dilemma

► 047 Comic

Listen to the conversation, and fill in the blanks.



Warm-up activity: Practice with a partner

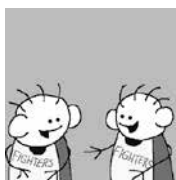
Take turns with your partner correcting the mistakes.

1. I love Setsubun. We throw soybeans at a person dressed as a demon on February 10th.
2. I love takoyaki! It is a Japanese food made with a batter mixed with squid. It is fried into balls and topped with a sauce.



For example:

I'm looking forward to the first game at Sapporo Dome!



Me, too!
But it's not Sapporo Dome.
It's at ES Con Field.

Marriage is about two people sharing a life. That includes contributing to household duties, sharing children's responsibilities and having the same surname. Or does it? Japanese law demands that married couples have the same last name and that means that about 95 percent choose the man's surname. But there is a growing debate as to whether this tradition should continue. Polls suggest that most Japanese 5 people support the right of people to choose whether or not to keep their surnames or take their spouse's. Reasons for wanting to keep one's surname include preserving one's identity and ensuring equal rights and access to children in the case of divorce. Despite support for changing the law, some lawmakers themselves are opposed to any revision. Conservative politicians claim that allowing family members to have 10 different names will damage family unity and cause confusion. The issue made its way to the Supreme Court of Japan. In 2021, all but 4 of the 15 judges who sit on the court sided with the traditional view that it is best that each family has one surname. Not surprisingly, the majority of the court's judges are men.

Notes

poll(s) 世論調査 spouse 配偶者 ensure 確認する lawmaker(s) 議員, 立法者
revision 改訂 Supreme Court 最高裁判所

True or false

1. [T / F] In marriage, two people must help each other with housework.
2. [T / F] Japanese law requires that married couples have the same last name.
3. [T / F] Most Japanese people think families should have the same surname.
4. [T / F] Some Japanese lawmakers think spouses using different surnames hurts families.

Multiple choice

1. What are some of the responsibilities that married couples should share?
 - A. Couples should teach children about the dangers of divorce.
 - B. Couples should share housework and taking care of the children.
 - C. Couples should respect Japanese traditions.

2. What is one reason that people want to have the freedom to choose surnames?
 - A. People want to obey the law.
 - B. People want to make sure they have equal rights.
 - C. People want to follow tradition.

3. What did the Supreme Court of Japan decide in regard to surnames?
 - A. Most of the judges believe that children are hurt in divorce.
 - B. Most of the judges believe that Japanese traditions are important.
 - C. Most of the judges believe that each family should have the same surname.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

allow (許可する, 許す)	claim (主張する)	continue (続ける)	contribute (貢献する, 提供する)
damage (損なう)	demand (求める)	include (含む)	preserve (守る, 保存する)
share (分け合う)	support (支持する)		

1. The salt air from the ocean can _____ your car by causing it to rust.
2. Many people will _____ to wear masks even though the coronavirus appears to be fading.
3. The price of most travel packages will _____ the cost of meals.
4. Sometimes children do not want to _____ their toys with other children.
5. Japan does not generally _____ people to have a gun.
6. On a team, everyone is expected to _____ something to the project.
7. Some experts _____ that Japan needs to increase its military strength.
8. During the winter, icy roads _____ that people drive carefully.
9. One purpose of the United Nations is to _____ native cultures.
10. Most people _____ the right to own property.

Putting it all together

You must choose one person to marry and then decide whether to keep your surname or take your spouse's surname.

Hi! I'm Jack Smith. I'm the president of a large virtual reality company that employs 5,000 people in a number of countries. This company has been in our family for three generations. For the sake of tradition, I need you to change your last name to 'Smith.'



Mr. Jack Smith

Hello. My name is Sonia Sullivan. I am from Ireland and I am the last of the Sullivan clan. If you do not take 'Sullivan' as your last name, then there will be no more Sullivans and our clan will die out. It is my dream that our children carry on the Sullivan name.



Ms. Sonia Sullivan

A few points to consider...

I think you should take your spouse's name. It's just a name.



Mark

If you really love your spouse, you will do anything for them.



Mary

I don't know ... What happens if you get divorced?



Sam

How about using a hyphenated name like Johnson-Smith?



Kelly

Your assignment is to respond to the following points.

1. Choose a spouse and decide if you will accept that person's surname or if you will not accept it or use some other option.
2. Explain your decision.
3. Choose two people from Mark, Mary, Sam, and Kelly and respond to their ideas.

For example:



I would marry Sonia Sullivan and use a hyphenated name because it is important for both of our last names to continue. I agree with Mary that you should do anything for your spouse but there must be compromise. I would say to Sam that I will worry about divorce only if it happens!

Foundation English**Question words and phrases**

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 050

Choose the correct word or phrases from above to make questions.

- _____ do you often do with your family? — *We often go camping.*
- _____ is the best cook in your family?
— *My grandmother is. Her cakes are wonderful!*
- _____ do you like more, vacationing with your family or vacationing with your friends? — *I enjoy both.*
- _____ does your family visit the shrine? — *We go on New Year's Eve.*
- _____ does your family celebrate birthdays? — *We all go out for dinner.*
- _____ does your family go on an overnight vacation? — *Maybe once a year.*
- _____ does your family like to vacation? — *We often go camping near the sea.*
- _____ people are in your immediate family? — *There are five people.*
- _____ did your family buy a new car? — *Because our old car was too small.*
- _____ do you watch TV _____ ?
— *I watch TV with my sister. We both love dramas.*

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



marry



divorce



give birth/be born



pass away/die



bring up/raise

Making questions

▶ 051

Put the words in order to make questions.

1. A: (to / married / you / would / get / where / like)?

B: In a church near the sea!

2. A: (divorce / did / husband / the actress / when / her)?

B: Last year.

3. A: (you / what / give / birth / to / did / time / your baby)?

B: My baby was born at 2:00 am.

4. A: (your / how / did / father / pass / away)?

B: He died from cancer.

5. A: (raise / it / children / is / difficult / why / to)?

B: It's very difficult because children can sometimes be rude.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



funny



active



friendly



responsible



rich



poor

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How rich is he?

A: He's very rich.

He's rich.

He's kind of rich.

He's not very rich.

He's not rich at all.



Write your answers

1. At what age would you like to get married?

2. Would you (or your wife) like to first give birth to a boy or a girl?

3. Where would you like to go before you die?

4. What do you think is important when raising children?

5. Tell me about a funny experience you had with your family.

6. Who is the most active person in your family?

7. Which chores are you responsible for?

8. Would you rather marry a poor person you love or a rich stranger?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



Work-life balance

► 052 Comic

Listen to the conversation, and fill in the blanks.

Next on the agenda is, How do 1. _____ our "work-life balance"?

Does anyone have 2. _____?

Yes! You can sometimes let workers work from home. It will make the workers happier and our company will 3. _____.

That's not possible! All workers must be here every day!

Next on the agenda ... our energy bills are huge.

4. _____ we save energy and money? Any suggestions?

Um ... you can 5. _____ the workers work from home ...

Warm-up activity: Practice with a partner

Ask each other the following questions.

1. How do you relax?
2. How do you come to school?
3. How do you study?
4. How do you listen to music?
5. How do you spend your weekends?
6. How do you watch movies?

For example:

A: How do you relax? B: I read books.



It is a challenge to find harmony between earning a living and having a life. These days, many people seem to be workaholics or someone who does nothing but work. It is important to be at the office on time and to complete all of your tasks on time. But it is also necessary to get enough sleep, eat well and enjoy some leisure. How can people improve their work-life balance? Here are three suggestions. 1) Plan your work 5 and work your plan. Before each work day begins, make a list of important tasks that you must finish before you go home and then do them. 2) Work when you are at the office. Don't be distracted by social media or getting a cup of coffee or talking with co-workers. Focus on your work and you will finish on time. 3) Go home and energize yourself. It's OK to watch TV sometimes but don't waste a good chance to take up a 10 hobby or do some exercise or even learn a new skill. There is a famous saying: all work and no play makes Jack a dull boy!

Notes

workaholic(s) ワーカホリック / 仕事中毒
energize 元気づける, 活性化する

nothing but ~ ~以外何もしない

leisure 余暇

True or false

1. [T / F] It is difficult to balance work and your personal life.
2. [T / F] A workaholic is a person who does not work very much.
3. [T / F] Planning your day before you begin work is a good idea.
4. [T / F] You can save time by not getting drinks and chatting with co-workers.

Multiple choice

1. What should people do before they begin their work day?
 - A. People should check their social media profiles.
 - B. People should start new hobbies and learn new skills.
 - C. People should plan their work day and then follow their plan.

2. How can people finish all of their tasks on time?
 - A. Only work when you are at the office.
 - B. Drink a lot of coffee so you have energy.
 - C. Exercise during your lunch period.

3. What often distracts people at the office?
 - A. Taking too much time to plan their days.
 - B. Spending too much on hobbies and listening to music.
 - C. Social media, talking with co-workers, and getting something to drink.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

complete (終える, 完成させる)

find (見つける)

improve (上達させる, 向上させる)

energize (元気づける, 活性化する)

finish (終える)

learn (学ぶ)

take up (始める)

enjoy (楽しむ)

focus (集中する)

waste (無駄にする)

1. We should never _____ time or money.
2. If you want to _____ your athletic ability then you must train harder.
3. Some people _____ hobbies in their free time.
4. You may have many goals but you should choose one and then _____ your energy on achieving it.
5. I will begin the intermediate course after I _____ the beginning course.
6. I want to _____ how to cook Japanese food.
7. You must use your time wisely if you wish to _____ your tasks on time.
8. I need to _____ an apartment that is close to the college.
9. I really _____ watching cherry blossoms in the spring.
10. Listening to music before exercise can _____ people.

Putting it all together

This is Mike. Read about his habits and daily routines and then make at least three suggestions about what he should do and what he should stop doing and how it will help him.

At work

- Drinks a cup of coffee every hour
- Talks to his co-worker/friend Mary for one hour every day
- Checks YouTube and Facebook 10 times a day
- Eats lunch at a restaurant for lunch every day

At home

- Does not eat breakfast
- Eats a regular lunch and a big dinner
- Watches TV every night
- Spends his weekends sleeping in and going out with friends



My suggestions.

- I suggest that Mike (do something). If he (do something) it would help ~
- I suggest that Mike (stop something). That would help ~

For example:

At work

- Drinks soda all day
- Walks down the hall to a vending machine to buy her soft drinks
- Watches YouTube while she works

At home

- Sleeps with her smartphone
- Eats out at restaurants every day
- Does not exercise



- I suggest that Mary stop drinking so much soda. If she drank more water that would help Mary save money and also become healthier.
- I suggest Mary cut down on watching YouTube. That would help Mary save time and be more efficient.
- I want to suggest that Mary turn off her phone at night. That will help her sleep better and maybe also save some money and energy.
- I suggest that Mary try exercising, perhaps walking. Walking is easy.

Weekend fun

Foundation English

Question words and phrases

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 055

Choose the correct word or phrases from above to make questions.

- _____ do you like to drive? — *I like to drive to small towns.*
- _____ do you prefer, going to a festival or going to a hot spring?
— *I would rather go to a festival. I like fireworks festivals.*
- _____ do you like to go to Hokkaido? — *Because I love seafood.*
- _____ do you like to go on day trips _____ ?
— *My boyfriend because he always drives!*
- _____ do you usually go for a drive?
— *Either Saturday or Sunday, depending on the weather.*
- _____ is your favorite city or town to visit? — *I really like Nara.*
- _____ do you go to theme parks? — *I take the train or a bus.*
- _____ time will you wait in line to get into a restaurant?
— *I'll wait 30 to 40 minutes.*
- _____ car do you take when you go on a day trip? — *My car! I have a Jeep!*
- _____ do you go camping? — *Never. I hate insects and sleeping on the ground.*

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



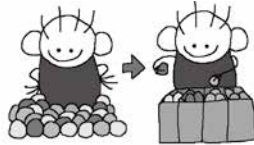
spend (time)



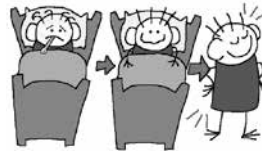
entertain



explore/experience



organize



recover

Making questions

▶ 056

Put the words in order to make questions.

1. A: (most / of / spend / your / you / free / do / time / where)?

B: I spend a lot of my time at the beach.

2. A: (what / guests / you / ways / some / are / entertain) at a party?

B: I like to make delicious food and play cards.

3. A: (would / or / you / the ocean / explore, / which / like / to / the bottom of) outer space?

B: Either would be very exciting.

4. A: (organize / the family / plan / for / the vacation / will / who)?

B: Our mother and father plan the family vacations.

5. A: (do / cold / you / recover / a / how / from)?

B: I sleep a lot and take medicine.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



inside



outside



open



closed



cheap



expensive

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How expensive is it?

A: It's very expensive. It's expensive. It's kind of expensive. It's not very expensive. It's not expensive at all.



Write your answers

1. How do you like to spend your free time?

2. How do you entertain yourself on a rainy day?

3. What do you want to experience when traveling abroad?

4. Do you like to organize trips?

5. Do you prefer doing inside hobbies or outside hobbies?

6. What would you do if a shop you planned to go to is closed?

7. How can we find cheap flights?

8. Can you recommend any good restaurants in your town that are not too expensive?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



Unit 12A

Let's learn about the topic / Current Issues

Japanese language under attack

► 057 Comic

Listen to the conversation, and fill in the blanks.



Warm-up activity: Practice with a partner

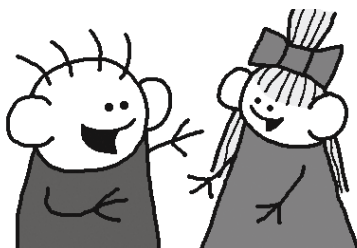
Ask each other what the abbreviations in the box stand for.

MTG	NG	CM	OTC	KY
コンビニ	パソコン	アニメ	セクハラ	ファミレス

For example:

What does "デジカメ" stand for?

It stands for "digital camera."



It is said that the Japanese language is under attack. Some of the invaders include the increase of millennial slang, the growing presence and use of loan words from other languages, and the excessive use of abbreviations brought on by social media. All languages change over time and Japanese is no different. If you were to compare the Japanese used in the Edo period with today's Japanese, you would see that they are totally different from one another. Some people say this is natural. They suggest that proper Japanese is too strict and too difficult to use. They even say that one form of Japanese, *Keigo*, goes against the current trend of inclusion. On the other hand, others are worried that the use of proper Japanese is declining. They fear Japanese values and traditions may be lost. The workplace and formal situations such as funerals and weddings require proper speech. They are also concerned that younger and older generations won't be able to communicate. For these reasons and more, it is necessary to find a balance between preserving the traditional Japanese language and allowing it to change with the times.

Notes

~ be under attack ~は攻撃を受ける, 危険にさらされる invader(s) 侵略者
millennial slang ミレニアル世代の俗語 loan word(s) 外来語, 借用語 abbreviation(s) 略語
workplace 職場

True or false

1. [T / F] Some say that the Japanese language is too strong to be attacked.
2. [T / F] Words from other languages are transforming Japanese.
3. [T / F] The current Japanese language and the Japanese language from the Edo period are very similar.
4. [T / F] Some people say that the decline in Japanese values is due to the loss of polite Japanese.

Multiple choice

1. What factors are attacking the Japanese language?
 - A. The history of the Edo period.
 - B. A loss of Japanese values.
 - C. Slang, words from different languages and abbreviations.

2. What do some people say about proper Japanese?
 - A. They say that proper Japanese is decreasing.
 - B. They say that proper Japanese is helped by words from other languages.
 - C. They say that proper Japanese should not be used at weddings.

3. Why do some people say communication between younger and older generations won't be possible in the future?
 - A. Because the Japanese language from the Edo period is not popular.
 - B. Because the younger generation doesn't use proper Japanese.
 - C. Because the older generation does not like social media.

Fill-in-the-blank

Complete the sentences by writing a verb into each space.

attack (攻撃する)	change (変わる, 着替える)	communicate (伝える)	compare (比べる)
decline (減少する)	fear (恐れる)	grow (育てる, 高まる)	say (言う)
see (見る, わかる)	suggest (提言する, 示唆する)		

1. If you _____ the cost of living in Tokyo and Miyazaki, you will see that Tokyo is much more expensive.
2. Sometimes older people cannot _____ with young people because of the slang and new words used by the younger generation.
3. For lunch, I _____ you try the pasta with the seafood sauce. It is delicious.
4. Asian giant hornets* often _____ the hives of honey bees.
* Asian giant hornet = スズメバチ
5. Because of smartphones, the number of people who send New Year's cards through the mail will likely _____ in the future.
6. Hokkaido farms _____ many delicious fruits and vegetables.
7. Many people _____ getting sick, so they wear masks outside.
8. Before we go to the gym, I want to _____ clothes.
9. Don't _____ anything about this to anyone. I want to keep it a secret.
10. If you volunteer at the drug rehabilitation center, you will _____ how substance abuse can destroy lives.

Putting it all together

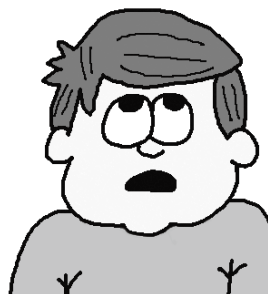
Please share how the Japanese language has changed during your lifetime.

1. Slang

What slang do you hear, see and/or use in your life?
When is the slang used? How do you feel about it?

The phrase “ダメもと” is difficult for me. It means, “You have nothing to lose so you might as well try.” I hear “ダメ” and I think that there is a problem. It is confusing for me.

For example:



2. Loan words

What loan words do you hear, see and/or use in your life? These loan words can be words from other languages that have entered the Japanese language or Japanese words that have entered other languages. When are they used? How do you feel about them?

Japanese words like “侘び寂び” and “テリヤキ” are fun words to use because they are easier to use than the English versions.



3. Abbreviations

What abbreviations do you hear, see and/or use in your life? When are they used? How do you feel about them?

I like the Japanese abbreviation, “コンビニ.” It's much easier than saying, “convenience store” or the store's name. Also, there is no other meaning for this word so there is no confusion for me.



Foundation English**Question words and phrases**

What ~ ?	Where ~ ?	When ~ ?	Why ~ ?
Who ~ ?	Who ~ with?	Whose ~ ?	Which ~ ?
How ~ ?	How much ~ ?	How many ~ ?	How often ~ ?

Complete the questions

▶ 060

Choose the correct word or phrases from above to make questions.

- _____ wasabi do you put on your sushi? — *A lot! I love wasabi!*
- _____ do you eat sushi? — *At a restaurant in Sapporo.*
- _____ do you eat sushi _____? — *With my family and friends.*
- _____ sushi do you like? — *I love salmon and crab.*
- _____ do you eat sushi? — *On my birthday and other special days.*
- _____ do you eat sushi? — *I use chopsticks.*
- _____ plates of sushi do you eat? — *A lot. Usually 10 plates.*
- _____ don't you eat sushi? — *I can't eat seafood. I'm allergic to it.*
- _____ sushi do you prefer, salmon or tuna? — *I prefer salmon.*
- _____ chopsticks are those? — *I think they belong to the lady over there.*

Now ask your partner these questions. You may change the questions to fit the conversation.

This unit's verbs

Write Japanese words that mean the same as these English verbs.



freeze



roll



fry



boil



serve

Making questions

Put the words in order to make questions.

▶ 061

1. A: (ice / to / how / freeze / take / does / cubes / long / it)?

B: It takes about four hours.

2. A: (roll / your / often / you / own / how / sushi / do)?

B: Never. We always go to a sushi restaurant.

3. A: (fry / you / eggs / do / breakfast / when / for)?

B: Only on weekends.

4. A: (boiling / so / why / you / much water / are)?

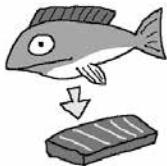
B: Because I am making udon.

5. A: (food / does / what / kind / this restaurant / of / serve)?

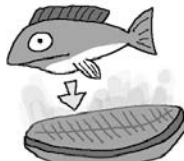
B: It serves Japanese food like sushi and tempura.

This unit's adjectives

Write Japanese words that mean the same as these English adjectives.



raw



cooked



hungry



thirsty



delicious



disgusting/terrible

How do you say
_____ in Japanese?



Point and say it

Play "Adjective KARUTA" with a partner. Take turns saying and pointing to the levels of adjectives.

Q: How delicious is it?

A: It's very delicious.

It's delicious.

It's kind of delicious.

It's not very delicious.

It's not delicious at all.



Write your answers

1. Have you ever made hand-rolled sushi?

2. Do you have any favorite recipes that involve frying?

3. If you were to have a dinner party, what Japanese food would you serve?

4. Do you eat raw eggs? If yes, how do you eat them?

5. Which do you prefer, cooked fish or raw fish?

6. What do you want to eat when you are hungry?

7. What do you like to drink when you are thirsty?

8. What's the most delicious Japanese food you've ever eaten?

Now ask your partner these questions.

You may also change the questions to fit your conversation.



著 者
Rob Olson (ロブ・オルソン)

編 者
北海道科学大学英語教育研究会
板倉宏予 (いたくら ひろよ)
大野拓恵 (おおの たくえ)
小野祥康 (おの よしやす)
Rob Olson (ロブ・オルソン)
加藤隆治 (かとう りゅうじ)
坂部俊行 (さかべ としゆき)
佐々木智之 (ささき ともゆき)
土田邦彦 (つちだ くにひろ)
三浦寛子 (みうら ひろこ)

スキルアップ実践英語 リーディングからコミュニケーションへ

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