



レアジョブ英会話公式記事教材 - Official Article Material of RareJob -

BEGINNER NEWS ARTICLE

Stay Thin with Chocolates!

PRONUNCIATION GUIDE

Directions: Practice saying the words with your tutor.

次の単語の発音を講師といっしょに練習しましょう。

0-1 **slimmer** \ slímə \

0-2 **weight** \ weɪt \

0-3 **diet** \ dáɪət \

0-4 **thinner** \ θínə \

0-5 **cholesterol** \ kəléstəròʊl \

[Audio Pronunciation Guide](#)



The woman is eating chocolate instead of an apple.
女性がリンゴの代わりにチョコレートを食べています。

EXERCISE 1: Unlocking Word Meanings

Directions: Read and learn new words and expressions with your tutor.

今回学習する語句を講師といっしょに読みましょう。

1-1 **regularly** [adverb] – often or many times

[Example:] I exercise **regularly**.

定期的に

例：私は定期的に運動しています。

1-2 **ingredient** [noun] – anything used to make food

[Example:] One of chocolate's **ingredients** is cocoa powder.

原料・材料

例：チョコレートの原料の一つはココアパウダーだ。

1-3 **quantity** [noun] – exact amount or number of something

[Example:] He drank large **quantities** of water.

量

例：彼は大量の水を飲んだ。

1-4 **benefit** [noun] – a good effect

[Example:] Losing weight is a **benefit** of exercising.

利点

例：体重の減少は運動がもたらす利点だ。

1-5 **damage** [noun] – harm done to someone or something

[Example:] Eating too many sweets can cause serious **damage** to your teeth.

ダメージ・損傷

例：甘いものの食べすぎは、歯に深刻なダメージを与えることがある。

EXERCISE 2: Article

Directions: Read the article per paragraph.

After each paragraph there is a statement, identify if this is TRUE/FALSE.

記事を段落ごとに読みましょう。

各段落のあとに設けられた設問について、イエスかノーか答えてください。

Stay Thin with Chocolates!

Eating chocolates **regularly** can keep you slimmer. A study discovered that people who often eat chocolates are thinner than those who eat it sometimes. This is because chocolates have **ingredients** that help a person lose weight. However, how often you eat chocolates is more important than the **quantity** eaten.

2-1 **TRUE/FALSE:** According to the first paragraph, people who sometimes eat chocolates are slimmer than those who often eat it.

イエス/ノー：第1段落によると、チョコレートをしょっちゅう食べる人よりも、時々食べるの方が痩せている。

The study included about 1,000 Americans. It studied the participants' weight, diet, and calorie intake*. Participants were also asked how often they ate chocolates. In addition, the study looked into how much the participants exercised.

* intake 摂取量

2-2 **TRUE/FALSE:** Nearly 1,000 people participated in the study.

イエス/ノー：この研究には1,000人近くの人に参加した。

Aside from making people slimmer, eating chocolates has other **benefits**. It can lower blood pressure and cholesterol* levels. Chocolates, especially dark chocolates, also have other ingredients that can help stop cell **damage**. However, eating too much chocolate is not recommended, as it still has lots of sugar and fats.

*cholesterol コレステロール

2-3 **TRUE/FALSE:** Eating chocolates can lower blood pressure and prevent cell damage.

イエス/ノー：チョコレートには血圧を下げたり、細胞損傷を防いだりする働きがある。

EXERCISE 3: What is the correct word?

Directions: Fill in the blanks with the correct word or expression.

空欄に最適な語句を入れてください。

sugar
砂糖

chocolate
チョコレート

eat
食べる

thinner
より細かい

stop
やめる

3-1 You shouldn't eat too much rice if you want to be _____. _____ せたいのであれば、お米を食べすぎない方が
良い。

3-2 Can you please add _____ to my coffee? 私のコーヒーに _____ を入れていただけますか。

3-3 I prefer _____ drink to milk. 私は牛乳よりも _____ 飲料の方が好きだ。

3-4 I can't _____ drinking milk tea. It's my favorite. ミルクティーは _____ ない。大好きな飲み物だ。

3-5 I want to _____ something sweet today. 今日は何か甘いものが _____ たい。



Good job!

CHALLENGE ROUND

EXERCISE 4: Do you AGREE or DISAGREE?

Directions: Read the statements below.

Decide if you AGREE or DISAGREE and tell your tutor WHY.

次の文を読んで、賛成または反対と思う理由を講師に説明しましょう。

4-1 People should regularly eat chocolates.

チョコレートを定期的に食べるべきだ。

You can say 次のように答えてみましょう。

I agree because...

I disagree because...

4-2 More studies should be done to prove that chocolates can help with weight loss.

チョコレートが体重減に役立つと証明するために、もっと研究をした方が良い。

You can say 次のように答えてみましょう。

I agree because...

I disagree because...

4-3 You can stay slim even if you eat a lot.

たくさん食べてもスリムでいることは可能だ。

You can say 次のように答えてみましょう。

I agree because...

I disagree because...