For Amy Schwabe and her daughter Alex, even candy can be scary. Alex is one of 15 million Americans who suffer from food allergies. In her case, she must avoid eggs and peanuts to prevent a deadly allergic reaction. Even things like M&Ms, a popular American chocolate snack, which don't actually have peanuts, are dangerous. They are produced in a factory that also uses peanuts.

Based on recent studies, doctors expect 4.1 million children to develop a food allergy each year. Ninety percent of them will be allergic to eight foods: milk, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish. The Centers For Disease Control and Prevention (CDC) estimates that 8 percent of children have food allergies. Doctors are confused about the fact that the numbers are going up. While there is no cure for food allergies, many experimental treatments are being done to fight against this growing problem. Allergies cost the United States about $25 billion each year in health care costs and other things.

Food allergies first develop when a type of antibody called IgE is produced in response to a piece of harmless food. The human body uses antibodies to find and kill bacteria and viruses. These antibodies attach to a cell and make a person more sensitive to the food. The next time a person has the food, the antibodies remember the food and cause allergies. A typical allergic reaction includes a runny nose, hives, vomiting and swelling. Bad allergies can cause anaphylaxis. It closes off the airway and blood pressure can drop to a dangerous level.

According to the recent studies, all food allergies are increasing. Researchers think that there are probably many different reasons for more food allergies: changes in bacteria in the digestive system, not enough vitamin D, and eating processed foods.

One idea for explaining the increase is the "hygiene" theory. Our immune system fights harmful viruses and bacteria. However, our food and environment is much cleaner than before. Yet, the immune system continues to fight the viruses and bacteria that were not there. Under this theory, the immune system reacts to pieces of food instead.

Another reason might be that doctors have been telling parents not to give small children allergens, like peanuts. A study called Learning Early About Peanut—or LEAP—showed something very interesting. Eating peanuts at a very early age might protect against food allergies later on.

Researchers are also looking for treatments that try to make the immune system less sensitive to an allergen, called immunotherapy. The most effective form of immunotherapy is called oral. Patients eat an allergen in the form of a powder or tablet. Each patient starts with a small amount,
which is increased little by little. Some studies have shown that eventually children and adults can drink a glass of milk or eat a peanut butter cookie safely. About 80 percent of oral patients stop being allergic, although 10 percent to 20 percent stop treatment because of an allergic reaction.

Other types of immunotherapies give people small amounts of peanuts in different forms. One is called Viaskin, and a small amount of peanut is put on a skin patch. The third therapy, called sublingual, places tiny amounts of peanut under the tongue. These two are safer than oral but not as effective, researchers say.

These experimental treatments give hope for those who suffer from food allergies. Mary Morris, president of Allergy Associates of La Crosse, Wisconsin, states that she has high hopes that doctors will be able to cure allergies in the near future.

1 Question: What are doctors confused about?
Answer: They are confused because more and more (①) are suffering from food allergies.

2 Question: How much does the United States spend per year for fighting food allergies?
Answer: It spends about (②)(③) dollars per year.

3 Question: How do food allergies develop?
Answer: They develop when an (④) is produced responding to a harmless (⑤).

4 Question: What do researchers think are possible reasons for increasing food allergies?
Answer: They think some of the possible reasons are lack of (⑥) D and eating too much (⑦) foods.

5 Question: What is the “hygiene” theory?
Answer: The theory is based on the idea that our environment is (⑧) than it used to be, but our immune system tries to fight bad bacteria and viruses.

6 Question: What do oral patients do as immunotherapy?
Answer: They take an allergen as a (⑨) or (⑩).
Some people choose to be vegetarians, but others are vegetarian because of their religion, their culture, or the place they live. There are vegetarians all over the world, but the country with the most vegetarians is India.

About one billion people live in India, and most follow the Hindu religion. Hindus think it is wrong to kill or make animals suffer. They think if they do, they will suffer the same way one day. Hindus believe the cow is sacred; therefore, most Hindus do not eat beef. In fact, the Hindu word for cow, *agnaya*, means "not to be killed."

There are different kinds of vegetarians in the world. Some vegetarians do not eat beef or red meat, but they eat chicken and fish. Some do not eat red meat, chicken, or fish but they eat cheese, butter, eggs, milk, and other animal products. Other vegetarians do not use anything that comes from an animal. Some don't wear wool because it harms the sheep, don't use silk because it hurts silkworms, and don't eat honey because they do not want to hurt bees. Other vegetarians only eat vegetables; however, they do not kill plants. For example, they will not eat carrots or potatoes because when you pick them, the plant dies. They will eat apples or pears because picking them does not harm the plant. Some vegetarians do not kill or hurt any animal—not even a fly or a mosquito!

In India, too, there are different kinds of vegetarians. Some Hindus are strict vegetarians. Other Hindus eat all meat except for beef, but they only eat it about once a week. Many families eat chicken or lamb a few times a year at special occasions, like weddings. The Hindus of the upper classes do not eat meat or drink alcohol. However, the lower classes eat all meats except for beef. The upper classes, or *Brahmans*, cannot kill anything that is moving. If they do, they believe they will become that animal in their next lives and will be killed, too.

Hindus follow other rules when they eat. They rinse their mouths, arms, and legs before and after eating to clean themselves. It is a custom for the man of the house to eat thirty-two mouthfuls at each meal, chewing carefully and thinking about pleasant things. Strict Hindus do not eat garlic or onions. They believe that foods that have characteristics. Some foods are "hot," other are "cold." They think the strong smells of these foods are too powerful for the mild tastes and smells of other vegetables. Also, in middle-class families, many women do not eat meat, but men do. Women think eating meat is something masculine. They also connect meat with violence.

Hindus also think it is lucky to eat with a person who is one hundred years old or a student, but they should avoid eating with a bald person, an actor, an athlete, a musician, or a woman with a second husband. Strict Hindus also believe it is not correct for a wife to eat with her husband, but it is good if she eats the rest of his food after he finishes his meal. It is wrong for a Hindu to eat food that has stood overnight, has been cooked twice, or is left over from an earlier meal. Any food that has been touched by a foot, a person's clothing, or a dog cannot be eaten.
Vegetarians are everywhere in both rich and poor countries. In parts of the world such as Africa, the Middle East, and Southeast Asia, meat is uncommon, and therefore it is an easy choice to be vegetarian. Surveys show that in both the United States and Britain about 4 percent of the population is vegetarian. And more and more people are choosing vegetarianism every day. Many people become vegetarians for health reasons. They look and feel better when they stop eating meat. Some famous vegetarians include Leonardo da Vinci, Albert Einstein, Thomas Edison, Leo Tolstoy, Brad Pitt, Sylvester Stallone, Paul McCartney, Penelope Cruz, and Madonna.

1. インドが世界で最も食事主義者が多い国である理由はなんですか？
2. 世界にはさまざまなタイプの食事主義者がいると文中で述べられていますが、その中で2種類の食事主義者について詳しく説明しなさい。
3. 上流階級のヒンドゥー教徒の食生活と食文化について詳しく説明しなさい。
4. 食事主義である以外に、ヒンドゥー教徒にはその他にも食事に関する決まりがあります。その決まりについて詳しく説明しなさい。
5. 裕福な国と貧しい国では食事主義者になる理由が異なります。それぞれの主な理由について説明しなさい。

問3 文章の意味は自分の考え方にてよりよいことであると思いますか？70語から100語程度で自分の考えとその理由を英語で詳しく説明しなさい。

次の観点から採点を行います。
（1）語数制限（最低語数）を満たしているかどうか。
（2）質問に対する答えになっているかどうか。
（3）内容を説明するための適切な具体例が使われているかどうか。
（4）自分の言葉で表現しているかどうか（ただ問2の本文の内容をコピーしていないかどうか）。
（5）正確な文法と適切な語彙が使われているかどうか。