

# 2023年度

## 一般選抜 前期日程

長野県立大学  
健康発達学部  
食健康学科

小論文

( 90分 )

### 注意事項

- 1 試験開始の合図があるまで、この問題冊子を開いてはいけません。
- 2 問題冊子は8ページあります。解答用紙は2枚、下書き用紙は1枚あります。
- 3 試験開始の合図後、まず、問題冊子、解答用紙の落丁、乱丁、印刷不鮮明等がないか確認し、気付いた場合は、手を挙げて監督者に知らせてください。
- 4 試験開始後、受験番号、氏名を解答用紙の所定欄（解答用紙1枚につき、受験番号2箇所、氏名1箇所）に記入してください。
- 5 試験開始後は、原則として、試験が終了し退出許可が出るまで退出できません。
- 6 解答は、解答用紙の指定された箇所に、横書きで記入してください。  
解答用紙にアルファベット、算用数字を記入する場合、1マスに2文字ずつ入れてください。（ただし、字数が奇数の場合は、末尾の1文字は1マスに入れてください。）
- 7 解答用紙は持ち帰らないでください。
- 8 試験終了後、問題冊子および下書き用紙は持ち帰ってください。





問題 次の文章（英文）を読んで、問1および問2に答えなさい。

Good food and nutrition are the foundation of children’s health and bring benefits that can last a lifetime. Teaching your child about healthy eating from a young age will help them to have a positive relationship with food well into adulthood. And believe it or not, shaping these habits can be fun and healthy — not just for your child, but your entire family!

### 1. Promote positive habits

Your little ones watch everything you do — including at mealtime<sup>(注1)</sup>. You can be a good role model by reaching for healthy foods, beverages, and snacks yourself, and engaging in fun physical activity. Choosing to put healthy, whole foods<sup>(注2)</sup> on the table sets a great example for your child. Try including your children in food shopping and preparation. They will enjoy being part of creating delicious and healthy meals for the family.

### 2. Let go of “clean your plate!”

Although you might think this could help your child get the nutrients needed from food, these behaviors can lead to disliking foods and having negative associations with mealtime. If you can’t get your child to eat their vegetables, try to have them see you eating and enjoying them yourself. Your little one learns about food choices from you, so try to encourage them as much as you can. You can also try by offering small amounts of a fruit or vegetable with another healthy food they like or asking them to pick out a new one to try out together. Arranging fruits and vegetables in fun and colorful shapes can also help them look appealing on the plate. It’s important to remember that it can take a number of tries for children to try and enjoy new foods — don’t give up!

### 3. Make portion<sup>(注3)</sup> control a priority

Oversized<sup>(注4)</sup> portions can lead to weight gain, so it is important to teach your children about how much food they should have on their plate. An easy way to teach your child about child-portion sizes is to use visuals for example: A closed fist is recommended for a portion of pasta, rice or cereal<sup>(注5)</sup>. A meat portion should be about as big as their palm. The amount of fats such as butter should be limited to the size of the top of their thumb.

#### 4. Start the day with a healthy breakfast

Mornings can be a rush for many families, but starting the day with a balanced meal helps your child get the important nutrients needed for their growth and development. Try to create breakfasts with nutrient-dense ingredients<sup>(注6)</sup> like plain yoghurt<sup>(注7)</sup> and fresh fruit instead of sweetened cereals or pastries<sup>(注8)</sup>, which tend to be high in calories and low in nutrients.

#### 5. Make activity fun

Children need at least 60 minutes of physical activity per day. Why not join in the fun? Try to plan family activities that get everyone moving such as after-dinner walks or swimming. And be spontaneous when you see an opportunity, like dancing together when a favorite song comes on the radio. It is also important to encourage your child to limit sedentary<sup>(注9)</sup> screen time to focus on active games that require movement.

Incorporating<sup>(注10)</sup> healthy foods and fun activities into each day will help your child's development, improve their health and set them up for a lifetime of making positive, healthy choices.

(注1) mealtime : 食事時間

(注6) ingredient : 成分

(注2) whole food : 自然食品

(注7) yoghurt : ヨーグルト

(注3) portion : 一人分 (の), 一食分 (の)

(注8) pastry : ペーストリー, パン菓子

(注4) oversize : 特大の

(注9) sedentary : 座りがちの

(注5) cereal : 穀物, シリアル

(注10) incorporate : 組み入れる

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問1 本文中で説明されている5つのポイントを要約し150字以内の日本語で述べなさい。

問2 本文中の内容を踏まえ、子どもが健康的な食習慣を身に付けるために、あなたが考える具体的な取り組みを600字以内の日本語で述べなさい。





