



A. Self Expression (自己表現)

Please look at the picture and say as much as you can about it.

絵の内容をできるだけ沢山言ってみましょう。

B. Words and Expressions (語彙と表現)

Check the pronunciation, meaning and usage of the words with your tutor.

講師と一緒に単語の発音、意味、表現を確認しましょう。

| Words and Expressions | Meaning |
|-----------------------|--|
| hiking | to walk a long distance, especially in the country |
| ハイキング | 田舎のほうで長い距離を歩くこと |
| boost | to increase or improve something |
| 増大 | 増加したる、向上したりすること |
| wilderness | a large land area that has not been significantly affected by human activities |
| 原野 | 人間による人工的な影響を大きく受けていない広いエリア |
| layered | having several levels or layers |
| 層、積み | いくつかの階層や重なりがあること |
| company | a state of having a person or people with you |
| 付き合い | あなたが誰か人という状態 |
| intend | to want and plan to do something |
| ～つもりである | 何かしたかったり、計画したりすること |

出展

意味 Weblio辞書 英和辞典 和英 <http://ejje.weblio.jp/>
 例文 Weblio 英語例文 <http://ejje.weblio.jp/sentence/>

C. Reading and Comprehension

Read the article and answer the questions

文章を読んで、問題に答えましょう。

Hiking

Hiking has a lot of benefits: nice view, fresh air, and the sounds and smell of nature. It can boost your mood, help you watch your weight, and lower your risk of heart disease. Before you explore the wilderness, be fully prepared. Make sure you have enough water, wear closed shoes and comfortable socks, wear layered clothes, put on sunscreen, bring a hat, and pack enough food. It would be better if you have company when you hike. If you plan to hike alone, make sure you let someone know when and where you intend to hike. Finally, don't forget to bring a map so you won't get lost.

QUESTIONS:

- 1 What are the health benefits of hiking?
- 2 What are the other benefits of hiking?
- 3 How should you prepare for a hiking trip?
- 4 What should you do if you intend to hike alone?

D. Vocabulary Exercise

Choose from the list below to fill in the gaps.

空欄を埋めるのにもっとも適切な言葉を表から選びましょう。

| | | |
|-------------------|----------------|----------------|
| hiking | company | layered |
| wilderness | intend | boost |

- 1 Make sure you have enough water, wear closed shoes and comfortable socks, wear _____ clothes, put on sunscreen, bring a hat, and pack enough food.
- 2 It can _____ your mood, help you watch your weight, and lower your risk of heart disease.
- 3 _____ has a lot of benefits: nice view, fresh air, and the sounds and smell of nature.
- 4 Before you explore the _____, be fully prepared.
- 5 It would be better if you have _____ when you hike.
- 6 If you plan to hike alone, make sure you let someone know when and where you _____ to hike.

E. Self Expression (自己表現)

Write the missing words and choose always, sometimes or never.

空欄に入る適切な言葉を下の表から選び、
自分の経験から "always", "sometimes", "never" を選び答えましょう。

| | | |
|---------------|----------------|-------------------|
| hiking | company | wilderness |
|---------------|----------------|-------------------|

| | always | sometimes | never |
|---------------------------------|---------------|------------------|--------------|
| 1 I enjoy my co-workers' _____. | | | |
| 2 The _____ scares me. | | | |
| 3 I think _____ is relaxing. | | | |

F. Dialogue Practice.

Give a proper response to each of the following statements.

以下のそれぞれの文にふさわしい返答をしましょう。

- A. Do you prefer outdoor or indoor activities? Why?
- B. I prefer...to... because...

- A. Do you prefer to go hiking with friends or family? Why?
- B. I prefer hiking with...to hiking with... because...

- A. Do you think it's good to hike alone?
- B. I think it's good because...
I don't think it's good because...

- A. What do you think could keep people from hiking?
- B. Some of the things that could keep people from hiking are...