

2026(令和8)年度
大学院入学試験 修士課程Ⅱ期
人間生活学研究科 食物栄養学専攻

英語試験問題
(栄養科学分野)

(注意事項)

1. 筆記用具は、HB の濃さの鉛筆、またはシャープペンシルを使用してください。
2. 解答は、解答用紙に記述してください。
3. 解答用紙は、2枚配付します。足りなくなった場合は挙手してください。
4. 受験番号・氏名は、すべての解答用紙に記入してください。
5. 試験時間は60分です。

Read the following passage and summarize the main points (fewer than 100 words).

以下の英文を読み、要点を 400 字以内で書け。

Salt, along with sugar, is one of the most appealing food, making excessive intake easy. The Dietary Reference Intakes for Japanese (2020 edition) recommends reducing the target amount of salt to less than 7.5 g per day for men and less than 6.5 g for women. In the United States, where salt intake is generally low, the target amount is less than 6g .

Japanese salt intake is high and have exceeded 20 g around 1950. Although intake has steadily declined since then, the results of the 2024 National Nutrition Survey show that the average intake for both men and women is 9.8 g, with no significant change over the past 10 years.

The primary mechanism by which excessive salt intake leads to high blood pressure is the regulation of osmotic pressure in the body. The osmotic pressure of body fluids is equivalent to that of 0.9% salt (physiological saline). Therefore, the body constantly strives to maintain this salt concentration. If you consume too much salt, you must drink water to dilute it. Drinking water increases your body fluid volume and raises your blood pressure in order to excrete the water.

Furthermore, when sodium levels rise, the sympathetic nervous system is stimulated, increasing heart rate. Furthermore, the smooth muscle surrounding blood vessels contracts, narrowing them, resulting in increased blood pressure.

解答

解答例

英文解答例)

Japanese people have long consumed a lot of salt to make food more tasty. In recent years, the average standard salt intake for men and women is 9.8 g.

The mechanism by which excessive salt intake raises blood pressure is by maintaining the body's osmotic pressure at a saline concentration of 0.9% (physiological saline). Excessive salt intake causes you to consume a lot of water, which raises blood pressure in order to excrete the excess water. Another reason is that sodium stimulates the sympathetic nervous system, increasing heart rate and constricting blood vessels.

日本語解答例)

日本人は、食事をおいしくするために、昔から食塩をたくさんとってきた。近年の食塩摂取基準量は、男女平均で 9.8g である。

食塩の過剰摂取が血圧をあげるメカニズムは、生体の浸透圧が 0.9%の食塩水濃度(生理的食塩水)に保つためである。食塩を過剰にとると、水を多く摂取する。過剰な水を排泄するために血圧が上がる。もう一つは、Na が交感神経を刺激し、心拍数を上げたり、血管を収縮し補足するためである。