

Lesson 4

レッスンテーマに関連した補充英文「Expand Your Perspective」では、ウェブサイト、新聞記事、雑誌記事、講演での質疑など、**多様なテキストタイプ**に触れることができます。

Expand Your Perspective



Trying to Live a Day Without Plastic

Is it possible to live without plastic? A. J. Jacobs, a journalist living in New York, tried to spend a day without it. This is his report.

Every morning, I check my smartphone. But on my no-plastic day, I had to do without this since smartphones contain plastic. As I walked toward the bathroom, I stopped before entering.

“Could you open the door for me?” I asked my wife, Julie. “The doorknob is made of plastic!”

She said okay and then added, “This is going to be a long day.”

I had to give up my morning habits. I couldn't use toothpaste, toothbrush, and soap because they were all in plastic cases.

Then I wanted to get dressed, but it was a challenge. My sweater was no good because it contained plastic. So I pulled on my wife's cotton sweater.

“You're going to stretch it out,” Julie said.

“It's for planet Earth,” I reminded her.

Everything appeared threatening. I couldn't use the toaster or microwave, so I went out to get some fruit at a store. As I filled one of my cotton bags with apples, I noticed the stickers on them. This was a violation.



At the cashier, I had a problem. Using credit cards was a violation. So I began stacking coins as quickly as I could.

“I'm really sorry this is taking so long,” I said.

“That's OK,” the man said. “I meditate every morning so I can deal with this kind of situation.”

For lunch, I visited a sandwich shop and requested my salad in the glass container which I had brought along with me.

After lunch, I took the subway to Central Park: another violation due to the plastic parts in the trains. However, instead of sitting on one of those plastic seats, I sat on my fold-up wooden chair. One young man shot me a strange look.



Sitting on a wooden chair in a train

In the park, I spotted plastic waste here and there.

Back home, I was tired by 10:30 p.m., so I lay down on cotton sheets on the floor, as my mattress and pillows probably contained plastic.

When I woke up the next morning, I felt good. After all, I had survived my ordeal. At the same time, I felt like I lost because I had broken the rule so many times. So I called my friend for some encouragement.

“You can drive yourself crazy,” she said. “Remember, plastic is not the enemy. The enemy is the single-use of plastic.”

I'll try to avoid single-use. I'll start with small things, and build up habits step by step.

自分の考えや調べたことを発表したり、本文の内容から想像したりする**発展的な言語活動**を行うこともできます。

Activity

- 1 Would you like to try a “no-plastic day” yourself? Why? Why not?
- 2 Are you doing anything to reduce plastic? If not, what would you like to do in the future?

New Words p. 191

5. do without ~ ~なしですませる / 8. be made of ~ (材料) でできている / 12. get dressed 着替える / 13. pull on ~ ~を(引っ張って)着る / 15. stretch out ~ ~を引き伸ばす / 18. fill ~ with ... ~を...で満たす / 21. as ~ as one can できるだけ / 24. deal with ~ (困難など) に対処する / 31. fold-up 折りたたみ式の / 31. shoot ~ a (...) look ~に(…な)視線を向ける / 33. here and there あちこちで / 36. after all 結局のところ / 39. drive oneself ~ (自分)を~の状態に追いやる / 41. start with ~ ~から始める / 41. build up habits 習慣をつける / 42. step by step 一歩ずつ

指導書には、本文を用いた内容確認問題を収録しています。