

# Express Yourself Logically

Standard Version

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## Theme 1 Breakfast

### Pre-reading

Check the following questions, and guess what you'll be reading in the text below.

- ① **What kind** of advice about breakfast have you probably heard before?
- ② **What kinds** of foods are not good for breakfast?
- ③ **What** may happen if you skip breakfast?

What do you think this passage is going to be about?

\_\_\_\_\_

### Chunk reading

Listen and read the chunked passage below, and try to grasp what the passage is about.

001-1.mp3

①  
Many people say: "Eat breakfast!"  
But it doesn't mean  
having pastries, donuts, or pancakes  
in the morning.  
All of these foods  
have lots of sugar, fat,  
and may not have anything good  
for your health.

②  
A fifth-grader said,  
"I get hungry  
when I don't eat a good breakfast.  
I can't focus on anything  
in school."  
Your brain will work better  
if your breakfast has enough protein.

③  
The word "breakfast" is  
made up of two words:  
break and fast.  
When you don't eat anything  
for a period of time,  
the period is called "fast".  
So,  
the time between when you finish dinner  
and when you start eating in the morning  
is a type of "fast".  
Breakfast means  
"breaking" your "fast."

④  
Anyway,  
if you want to have a wonderful day,  
you need to start your day  
with a good breakfast.



**Listening and Circling**

Listen to the passage and circle out the important words or phrases (usually stressed with intonation change) as in the example.

001-2.mp3

**Example:**

Many people say: "Eat breakfast!"

Many people say: "Eat breakfast!" But it doesn't mean having pastries, donuts, or pancakes in the morning. All of these foods have lots of sugar, fat, and may not have anything good for your health.

A fifth-grader said, "I get hungry when I don't eat a good breakfast. I can't focus on anything in school." Your brain will work better if your breakfast has enough protein.

The word "breakfast" is made up of two words: break and fast. When you don't eat anything for a period of time, the period is called "fast". So, the time between when you finish dinner and when you start eating in the morning is a type of "fast". Breakfast means "breaking" your "fast."

Anyway, if you want to have a wonderful day, you need to start your day with a good breakfast.

**Summarizing**

Fill in the blanks of the summary chart below based on your understanding. You can refer to the original passage if needed.

**Summary chart**

Many people say: "Eat breakfast!" But it doesn't mean \_\_\_\_\_

\_\_\_\_\_ because \_\_\_\_\_.

One fifth-grader said that when he \_\_\_\_\_.

It means that \_\_\_\_\_.

The word "breakfast" includes two words: break and fast. "Fast" stands for \_\_\_\_\_

\_\_\_\_\_. After \_\_\_\_\_, there is

an interval. It is a type of \_\_\_\_\_. So, breakfast literally means \_\_\_\_\_.

Anyway, if you want to \_\_\_\_\_.

**Retelling**

Complete your retelling passage below. Refer to the Summary Chart if needed.

Do you know when people say, "Eat breakfast!", it doesn't mean \_\_\_\_\_.

These food contains \_\_\_\_\_, which is bad for \_\_\_\_\_.

A student once said that when he \_\_\_\_\_.

It is important to remember that \_\_\_\_\_.

Interestingly, we can divide "breakfast" into two words: break and fast. "Fast" means \_\_\_\_\_  
 \_\_\_\_\_. In other words, \_\_\_\_\_.

Literally, breakfast means \_\_\_\_\_.

At any rate, in order to \_\_\_\_\_.

**Story-telling**

To share your personal experience of breakfast, write the story-telling passage in your own

words. You may refer to the guided questions to boost up your ideas.

**Guided Questions**

- ① Do you eat your breakfast every day?
- ② Do you eat at home or eat on the way to school?
- ③ What do you usually eat for your breakfast?
- ④ Do you think eating breakfast is important for us? Why?

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\*You can also use the following related vocabulary to give your idea a boost.

toast / pancake / miso soup / salted salmon / dizzy / in a hurry / starving / lunchtime

## Listening and Circling

Many people say, "Eat breakfast!" But it doesn't mean having pastries, donuts, or pancakes in the morning. All of these foods have lots of sugar, fat, and may not have anything good for your health.

A fifth-grader said, "I get hungry when I don't eat a good breakfast. I can't focus on anything in school." Your brain will work better if your breakfast has enough protein.

The word "breakfast" is made up of two words: break and fast. When you don't eat anything for a period of time, the period is called "fast". So, the time between when you finish dinner and when you start eating in the morning is a type of "fast". Breakfast means "breaking" your "fast."

Anyway, if you want to have a wonderful day, you need to start your day with a good breakfast.

## Summary Chart

Many people say: "Eat breakfast!" But it doesn't mean *eating pastries, donuts, or pancakes* because *they have plenty of sugar and fat, which is bad for your health*. One fifth-grader said that when he *doesn't eat a good breakfast, he gets hungry, and can't focus on anything in school*. It means that *when you take in protein from a good breakfast, your brain would work better*. "Fast" stands for *a period of time when you don't eat anything*. After you finish dinner, there is an interval. It is a type of *fast*. So, breakfast literally means "*breaking*" your "*fast*." Anyway, if you want to *have a wonderful day, you need to have a good breakfast in the morning*.

## Retelling

Do you know when people say, "Eat breakfast!", it doesn't mean *eating pastries, donuts, or pancakes*. These food contains *a lot of sugar and fat*, which is bad for *your health*. A student once said that *he can't focus on anything in school because he gets hungry when he doesn't eat a good breakfast*. It is important to remember that *our brain works better when we have breakfast full of protein*. Interestingly, we can divide "breakfast" into two words: break and fast. "Fast" *means not eating anything for a period of time*. In other words, *we are "fasting" for several hours before we eat breakfast*. Literally, breakfast means, *to break the fasting*. At any rate, in order to *have a wonderful day, let's start with a good breakfast*.

## Story-telling

*As a high school student, I try to eat my breakfast every day, because if I skip breakfast, I would get so hungry before lunchtime that I couldn't focus. Usually I eat breakfast that my mom prepared at home. Miso-soup, pan-fried salted salmon and rice is our go-to breakfast. However, on some mornings when my mom is too busy, I will have a slice of toast and a glass of milk. I think, having breakfast is very important because it gives us energy for the whole morning and keeps us happy and healthy.*

**Extended Vocabulary** breakfast で連想する食べ物

日本語	英語
コップ1杯のミルク	a glass of milk
カップ1杯のコーヒー	a cup of coffee
パン1枚	a slice of bread
トースト1枚	a toast of
味噌汁1杯	a bowl of miso
おにぎり	rice ball
梅干し	pickled plum (umeboshi)
目玉焼き	fried eggs

日本語	英語
半熟片面焼き	sunny side up
ゆで卵	boiled eggs
半熟ゆで卵	soft boiled eggs
落とし卵	poached eggs
スクランブルエッグ	scrambled eggs
オムレツ	omelet
ワッフル	waffle
クロワッサン	croissant

**Task** There are several steps of making fried-egg. Choose an appropriate preposition for each sentence, put them in the right order and complete the passage below. You can use a preposition more than once.

順番

- ( ) take the egg \_\_\_\_\_ of the pan
- ( ) sprinkle salt and pepper \_\_\_\_\_ it
- ( ) throw the shell \_\_\_\_\_ the garbage
- ( ) flip the egg \_\_\_\_\_ with a spatula
- ( ) put a frying pan \_\_\_\_\_ the burner
- ( ) turn \_\_\_\_\_ the gas
- ( ) crack an egg \_\_\_\_\_ the pan
- ( ) melt some butter \_\_\_\_\_ the pan

into, in, out, on, over



When you fry an egg, first you \_\_\_\_\_. And then you \_\_\_\_\_  
 \_\_\_\_\_. Next, you \_\_\_\_\_. Then, you  
 \_\_\_\_\_, and \_\_\_\_\_. In 30  
 seconds, you \_\_\_\_\_. And in another 30 seconds, you \_\_\_\_\_  
 \_\_\_\_\_ and \_\_\_\_\_. Then you eat it.

解答例は p.104-107にあります。