

1 **Lesson15** Grade1 Writing session 英検 1 級レベル ライティング(英作文)

2 **Your name or ID:** \_\_\_\_\_ **Date** \_\_\_\_\_ **Teacher:** \_\_\_\_\_

3 **TOPIC** Fasting: ***Some people go without food for a long time to improve***  
4 ***their bodies or minds. Do you think not eating can make your body and***  
5 ***mind healthier and stronger?***

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7 Please refer this sample answer when you make an answer, then write your answer below.

8 Sample answer: 答えを作る時の参考にして下さい。

9 \_I think fasting for a long time is quite dangerous. It is probably fine, maybe even good, to do it once  
10 in a while for a day, but medical experts say that any longer than that is dangerous. \_When one  
11 fasts, two things tend to happen. The first is that their metabolism slows down. The second is that  
12 they feel greater hunger pains. The result of this is that when the fast ends, people will tend to eat  
13 more than they usually do and their bodies will be less able to deal with it. \_There are those that  
14 have said that if one gets past the initial hunger pains, that they begin feeling more energetic and  
15 awake as well as start burning fat more readily than usual. It is possible that these effects happen,  
16 but repeatedly doing this to one's body is just likely to cause their metabolism to slow down and it  
17 will result in one feeling tired all the time and gaining fat far more easily. \_What is even more  
18 dangerous is those that take it to the extreme and choose to go without any water as well. This  
19 really defeats the primary benefit of going on a fast for a "cleansing" effect because the digestive  
20 system cannot work without water. \_In the end, I feel that while occasional one day fasting may be  
21 fine, one should not intentionally go a long time without food and water. 239 words

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23 \*Please write your Answer below and step by step with eTOC teachers

24 ※全てを 25 分程度で書けるように時計を見ながら練習しましょう。配点は全体の 25%

25 ※短縮形は使わないでください。Please don't use contraction. I can't×, I can not◎ / I don't×, I do not◎

26 以下のガイドに従って文を記入しましょう。Yes, No / I agree, disagree など、自分の意見をはっきりさ  
27 せた上で考えや予想を書く事をお勧めします。(Total:200-240words)

28 Follow 5 steps to complete your answer about the topic.

29 **Step1: Opening 序論/ 30~40words. Restate the topic and give your opinion.**

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39 **Step2: Your reason or evidence 本論と理由① 約 50~55words**

53 Step3:A counterpoint 本論と理由② 約 50~55words

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63 Step4:Rebuttal to the counterpoint 本論と理由③ 約 50~55words

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73 Step5: Conclusion 結論/ TOPIC から単語を拾う。序論に少し変化を持たせる又は他の単語  
74 で少し言い換えてまとめる。約 30~35words. Emphasize your idea again but slightly  
75 change the expression, to be the conclusion of the whole paragraph.

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85 Assignment for the student 最後に答えをもう一度書きましょう。 Not for use outside Flex English Community  
86 (Please rephrase idea, First reason, Second reason, Conclusion and write your answer again)

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