名前 _____ 日付 _____／_____

QUESTION

Read the article below and summarize it in your own words as far as possible in English. Summarize it between 90 and 110 words.

以下の記事を読み、できる限り自分の言葉を使って英語で要約しなさい。90〜110語で要約しなさい。

READING

Artificial lighting is widely used at night in cities, along roads, and around commercial areas to support safety and economic activity. Streetlights, illuminated signs, and building lights can help people travel and work after dark, but much of this light is stronger than necessary or directed where it is not needed. Light that shines upward or spreads beyond its intended area can brighten the night sky over a wide region. As urban areas expand, places that once experienced natural darkness may remain illuminated throughout the night, changing environmental conditions that many species have depended on for generations.

These changes can affect both wildlife and people. Nocturnal animals rely on darkness to feed, avoid predators, and reproduce, while migratory birds may use natural light patterns to navigate. Excessive artificial lighting can disrupt these behaviors, causing animals to waste energy, move away from suitable habitat, or become more vulnerable to danger. Humans may also be affected when bright outdoor light enters homes at night. Exposure to light during normal sleeping hours can disturb sleep patterns and reduce sleep quality, potentially affecting health and daily performance. The effects may therefore extend beyond visibility and alter both ecosystems and human well-being.

One response is to introduce lighting standards that reduce unnecessary brightness and limit where light is directed. Fixtures can be designed to point downward, while lights in low-traffic areas can be dimmed or switched off when they are not needed. These measures can reduce wasted light and energy use while preserving useful illumination. However, lowering nighttime lighting can create concerns about crime prevention and traffic safety, especially in places where residents believe brighter conditions make streets safer. Replacing existing lamps and fixtures with better-designed equipment also requires investment. As a result, efforts to reduce light pollution must balance environmental and health benefits with public safety expectations and the cost of upgrading infrastructure.

要約は2ページ目に書きます。記事の和訳は載せていません（読む練習のため）。答え合わせはQRから。

スマホで読み取ると、書いた英文をその場でAIが添削します。

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名前 _____　日付 _____／_____

1ページ目の記事を、90〜110語の英語で要約します。記事の言葉をそのまま写さず、自分の言葉で言い換えましょう。

解答欄

目安 90〜110語（1行に8〜9語ほど）

枠の中に書いてください

メモ（要点を3つ書き出してから、まとめます）

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