

Lesson 2 *Caffeine*

Part 1

It is 1:45 a.m. //

Imagine you are studying / for an important exam. //



You have to take it / this afternoon. //
(= an important exam)

To stay awake and alert, / you drank two cups of coffee / in the last three hours. //
C 「この」(現在に最も近い過去)
< stay + C (=awake and alert) > 「C のままでいる」

You are now drinking a popular energy drink. //

Caffeine is the world's most popular chemical / that changes our mood. //
先行詞 関係代名詞

It gives us a burst of power / to decrease physical tiredness / and increase alertness.
(= Caffeine) ~するための
< give + O1 + O2 > 「O1 に O2 を与える」

It is found **not only** in coffee, / tea, / and energy drinks, / **but also** in pain relievers /
A B
and chocolate bars. //
*not only A but also B 「A だけでなく B も」

Many societies have created particular social rituals / around the use of caffeine: /
~を中心として、~に合わせて

afternoon tea in the U.K., / the café culture of France, / and the tea ceremony in
Japan. //

関係代名詞 **which(that)** の省略

Part 2

Caffeine is found in many of the foods and drinks / we consume, / but is it really good for us? //

Charles Czeisler, / a scientist who studies sleep, / believes

Charles Czeisler と同格

[that caffeine **wakes** us **up**,] / but it is unhealthy. //

*wake ~ up 「～を目覚めさせる」

“Without enough sleep / (typically eight hours), / the human body will not work **at its best** / physically, / mentally, / or emotionally.” //

*at one's best 「最良の状態で」

If we consume caffeine too often, / we may **be unable to** get the rest / we need. //

あまりに～

*be unable to ~ 「～することができない」

Health risks might also **be created** / **by** caffeine consumption. //

可能性・推量「～かもしれない」 *be created by ~ 「～によって引き起こされる」

Some studies have indicated / [that it can **lead to** certain types of cancer / and bone disease]. //

(= caffeine consumption)

*lead to ~ 「～につながる」

However, / there is no clear proof / [that caffeine actually causes these diseases]. //

～という (clear proof と同格の that 節)

Part 3

A **number of** scientists believe / [that if we use caffeine regularly, / we come to depend on it]. //

～するようになる

*a number of ~ 「多くの～」

*depend on ~ 「～に依存する」

Roland Griffiths says / [that heavy caffeine users experience other negative effects]. //

分量の多い、多量に消費する

For example, / their moods **go up and down** / and they get severe headaches. //

(=heavy caffeine uses')

Heavy caffeine users

*go up and down 「上下する」

They also feel tired / when they can't have a cup of tea or coffee, / or a bottle of soft drink or energy drink. //

To stop or reduce these feelings, / users must take more caffeine. //

～するために

摂取する

Despite these concerns, / the general opinion (among scientists) is / [that caffeine is

～にもかかわらず

S

～の間の

V

C

not dangerous / when it is consumed **in moderation**.] //

*in moderation 「適度に」

For example, / it's fine / to have three or four small cups of coffee / (about 250 milligrams of caffeine) / per day. //

～につき

< It is + 形容詞 + to ~ > 「～することは・・・である」

Part 4

A lot of recent research suggests / [that taking caffeine actually has some health
S' (摂取すること) V' O'
benefits]. //

For instance, / some studies have shown / [that caffeine can help ease muscle pain].
// < help (to) ~ > 「～するのに役立つ」

One study has also shown / [that some drinks (containing caffeine), /
S' ~を含んでいる

(especially certain teas), / have chemicals / that fight against diseases]. //
V' O' (先行詞) 関係代名詞

chemicals that fight against

They can help the body fight / a number of illnesses, /
O

< help + O + (to) ~ > 「O が～するのに役立つ」

including certain types of cancer. //

～を含む

◆代表的な飲料に含まれる カフェイン量

飲料	カフェイン量 (ミリグラム)
コーヒー(100ミリリットル)	60
緑茶 ほうじ茶(100ミリリットル)	20
ウーロン茶(100ミリリットル)	20
玄米茶(100ミリリットル)	10
紅茶(100ミリリットル)	30
コーラ(350ミリリットル)	35
エナジードリンク(1本)	80~140
麦茶 ハーブティー	0

※日本食品標準成分表2015年版(七訂)と
栗原さんの資料をもとに作成

In addition, / caffeine increases alertness, / memory, / and reaction speed. //
加えて

It is true / [that taking caffeine can also have some negative effects / on our health], /
but the effects are usually temporary. //

< It is true (that) ~, but ... > 「確かに～だが、しかし・・・」

*have a(an) ~effect on ... 「・・・に～の影響を与える」

If it is consumed properly, / caffeine does offer benefits to us. //

< do (does, did) + 動詞の原形 > 「本当に～する (した)」 → offer を強調している

This is why caffeine is contained / in many of the most popular drinks on earth. //

こういうわけで ~に含まれている