

본문 4

내용정리

스마트폰이나 TV를 보며 무심코 계속 먹는 '무의식적 식사'의 위험성을 설명해요.
→ 음식량을 인식하지 못한 채 과식하게 되므로, '의식 있는 식사' 습관을 가져야 한다고 조언해요.

You come home from school and lie on your bed with a bag of potato chips in one hand and your smartphone in the other. Checking your social media, you start eating the chips. Suddenly, you realize your fingers are touching the bottom of an empty bag! You have just become a prime example of a **mindless eater**. Mindless eating happens when you are distracted and **do not pay attention to how much food you are eating**. It **usually ends when you run out of food**, which is too late. So, instead of **being a mindless eater**, you need to become a mindful eater. Eat only when you can focus on eating. In other words, **don't eat while doing another activity**. That way, you can be fully aware of the food you are putting into your mouth.

요약노트

- ✓ 침대에 누워 폰 보며 과자 먹다 보면?
- 어느새 봉지가 텅!
- ✓ 이렇게 '무의식 먹방'은 끝도 없이 먹게 만들
- ✓ 정신 차릴 때쯤엔 이미 다 먹어버린 뒤

✓ 해결책:

- ↳ 먹을 땐 먹는 데 집중하자
- ↳ 다른 활동과 식사를 동시에 하지 않기
- ↳ 그래야 '지금 얼마나 먹고 있는지' 알 수 있음

눈은 핸드폰에, 입은 과자에?
그러다가 후회한다!

문맥어휘

mindless eater

단순 해석: 생각 없이 먹는 사람

문맥상 의미 해석:

만질 하면서 습관적으로 먹다 보면 자신도 모르게 과식하는 사람을 지칭해요.

do not pay attention to how much food you are eating

단순 해석: 얼마나 먹는지 주의를 기울이지 않는다

문맥상 의미 해석:

먹는 행위에 집중하지 않으면 조절이 안 된다는 경고를 담고 있어요.

it usually ends when you run out of food

단순 해석: 음식이 다 떨어져야 끝난다

문맥상 의미 해석:

배부르다고 멈추는 게 아니라, 그냥 다 먹을 때까지 먹는 상황을 표현해요.

become a mindful eater

단순 해석: 의식 있는 식사하는 사람이 되라

문맥상 의미 해석:

음식에 집중하며, 스스로 먹는 행동을 조절하는 습관을 강조해요.

don't eat while doing another activity

단순 해석: 다른 일을 하면서 먹지 마라

문맥상 의미 해석:

'TV 보며 군것질' 같은 나쁜 습관을 끊으라는 구체적인 조언이에요.

본문 1

내용정리

You have probably heard the saying, “**You are what you eat.**” It means that it is important to eat good food in order to be healthy. But the **way you eat food is just as important** as eating the right food. Many people have **bad eating habits**, but they **often aren’t aware of them**. Do you have any bad eating habits? Let’s find out whether you fall into any of the following categories.

요약노트

문맥어휘

You are what you eat

bad eating habits

often aren’t aware of them

the way you eat food is just as important

본문 2

내용정리

You have a big test tomorrow. There are many things to memorize, and you don't feel prepared at all. Looking at the piles of books in front of you, you begin to **crave something spicy**! When stressed, many people naturally turn to food, especially strong-tasting food such as tteokbokki or spicy chicken. This is an example of stress eating. **Stress eaters use food to make themselves feel better**. They try to **escape reality for a while** by eating food with a strong flavor. But never will it lead to solutions to their problems. It will lead only to an upset stomach or **feelings of guilt and shame**. To avoid being a stress eater, try to move yourself away from food and find other ways to relieve your stress. For example, you could go for a walk, talk to a friend, or watch your favorite TV show. If you still want something to eat, **treat yourself to whole-grain toast or a nice cup of tea**.

요약노트

문맥어휘

stress eaters use food to make themselves feel better

crave something spicy

escape reality for a while

feelings of guilt and shame

treat yourself to whole-grain toast or a nice cup of tea

본문 3

내용정리

5, 4, 3, 2, 1. The bell rings. Thrilled students rush to the school cafeteria. As soon as they get their food, they **eat it as if it's the last 10 seconds of a speed-eating contest**. The food is gone in the blink of an eye, but are they really satisfied? Probably not. Speed eaters tend to **eat too much before they realize they are full**. Moreover, speed eating **takes away the experience of appreciating the pleasures of a good meal**. Although it may seem advantageous to save some time from your busy schedule by eating quickly, slowing down your meals actually has more benefits. Give yourself at least 20 minutes to eat your meals. Take smaller bites and **chew your food for a longer time**. Not only will eating slower prevent you from eating too much, but it will also help you appreciate all the flavors of your food.

요약노트

문맥어휘

eat it as if it's the last 10 seconds of a speed-eating contest

eat too much before they realize they are full

takes away the experience of appreciating a good meal

chew your food for a longer time

본문 4

내용정리

You come home from school and lie on your bed with a bag of potato chips in one hand and your smartphone in the other. Checking your social media, you start eating the chips. Suddenly, you realize your fingers are touching the bottom of an empty bag! You have just become a prime example of a **mindless eater**. Mindless eating happens when you are distracted and **do not pay attention to how much food you are eating**. It **usually ends when you run out of food**, which is too late. So, instead of **being a mindless eater**, you need to become a mindful eater. Eat only when you can focus on eating. In other words, **don't eat while doing another activity**. That way, you can be fully aware of the food you are putting into your mouth.

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본문 5

내용정리

Imagine biting into a chocolate chip cookie fresh from the oven. The heavenly smell and the rich chocolate melting in your mouth are sure to make your mouth water. **The human body is designed to crave sweets. Sugar is a quick source of energy** for our body. It also **triggers our brains to release chemicals** that make us feel good. Not only that, it's delicious, too! However, if you are unable to go a single day without sweets, you need to **control your sweet tooth**. It doesn't mean you have to stop eating sugary snacks completely. Eating smaller portions, such as a fun-size candy bar, can slow down your sugar cravings. Instead of sugary snacks, try **healthier alternatives such as fruit or dark chocolate**. If any of the four descriptions sound like you, it is time to make a change. It won't happen overnight, but if you make a conscious effort, you will become a better and healthier eater.

요약노트

문맥어휘

the human body is designed to crave sweets

sugar is a quick source of energy

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문법 정리

필수 어법 1

1. 가주어-진주어(to부정사구)

to부정사구가 주어로 사용될 때 긴 주어(to부정사구)를 문장 끝으로 보내고, 문장 앞에는 가주어 It를 사용한다.

"It means that it is important to eat good food in order to be healthy."

It is important to eat good food
= 가주어 It + 진주어 to eat good food
(좋은 음식을 먹는 것이 중요하다는 의미)

[예문]

It is difficult to learn a foreign language.
(외국어를 배우는 것은 어렵다)

It took me two hours to finish the homework.
(숙제를 끝내는데 두 시간이 걸렸다)

It is essential _____ regular exercise to maintain good health. 1)

① doing ② to do ③ do

It took him three hours _____ the complicated math problem. 2)

① solve ② solving ③ to solve

It is impossible _____ everyone at the same time. 3)

① to please ② to pleasing ③ please

1) ②

해설: 가주어 It 뒤의 형용사 essential 다음에는 진주어 역할을 하는 to부정사구가 와야 한다. 'It is 형용사 to부정사구' 구조이다.

2) ③

해설: 'It took + 목적어 + 시간 + to부정사구' 구조에서 진주어 역할을 하는 to부정사구가 필요하다.

3) ①

해설: 가주어 It 뒤의 형용사 impossible 다음에는 진주어 to부정사구가 와야 한다.

필수 어법 2

2. 부정어로 인한 도치구문

부정어가 문장 앞에 올 때 주어와 동사의 위치가 바뀌는 도치가 일어난다.

Never, Not only, Hardly, Seldom, Little 등의 부정어 뒤에는 의문문 어순을 사용한다.

"But never will it lead to solutions to their problems."

Never will it lead

= Never + 조동사 will + 주어 it + 동사 lead

(그것이 그들의 문제 해결책으로 이어지는 일은 결코 없을 것이다)

[예문]

Never have I seen such a beautiful sunset.
(나는 그렇게 아름다운 일몰을 본 적이 없다)

Never _____ such a delicious cake in my entire life.4)

① I have tasted ② have I tasted ③ I tasted

Seldom _____ anyone work as hard as she does. 5)

① do we see ② we see ③ we do see

4) ②

해설: Never가 문장 앞에 오면 주어와 조동사의 위치가 바뀌는 도치가 일어난다. 'Never + have + I + 과거분사' 형태가 정답이다.

5) ①

해설: Seldom이 문장 앞에 오면 의문문 어순으로 도치된다. 'Seldom + do + we + 동사원형' 형태이다.