

Lesson

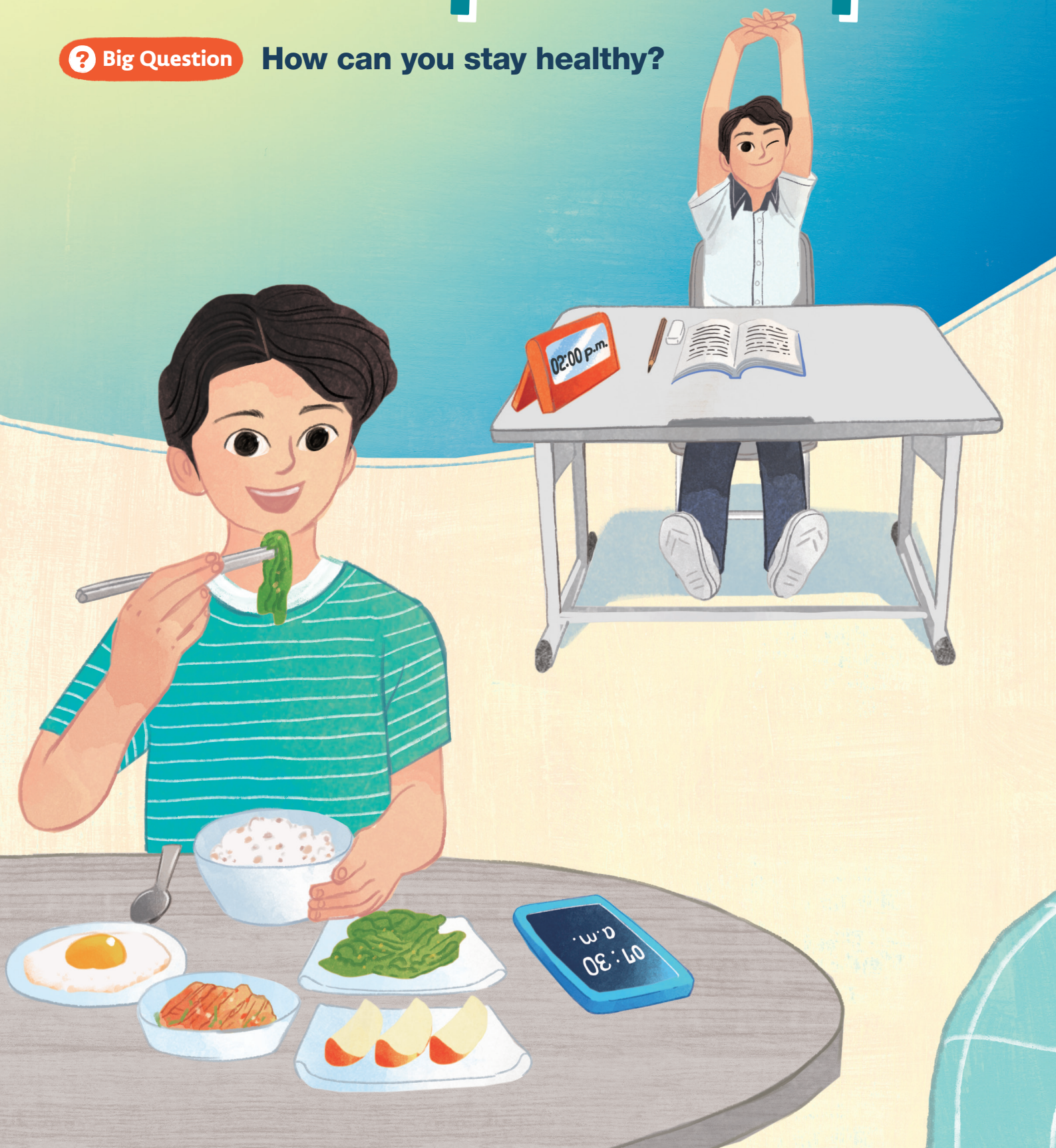
4

# Always Stay Healthy



Big Question

How can you stay healthy?







### Study Points

#### Functions

- 상태 묻기  
What's wrong?

- 상기시키기

**Don't forget to** take the medicine on time.

#### Reading

- Sleep Matters for Teenagers

#### Forms

- Sleep is **so** important **that** you can't live without it.
- Another interesting question **was asked by** morning412.

#### **Before You Begin**

그림 속 학생이 건강을 위해 무엇을 하고 있는지 이야기해 봅시다.



# Topic 1 Health Problems

## Useful Expressions

cough / fever / headache  
sore throat / runny nose

★  
drink warm water  
get plenty of rest  
take the medicine  
stretch your muscles

What's wrong?

Don't forget to ★.

What are the people doing in the hospital?



## A Listen and Number

각 대화를 듣고, 두 사람이 누구인지 그림에서 찾아 대화 번호를 써 봅시다.

Listening Tip

- I have a bad headache.
- Please take a seat.

## B Look and Talk

아래 인물의 증상에 알맞은 조언을 연결하고, 짝과 대화해 봅시다.



muscle pain



a bloody nose



a sore throat

drink warm water

stretch your muscles

pinch your nose

예시

A: What's wrong?


B: I have muscle pain.

A: That's too bad. You should get some rest. And don't forget to stretch your muscles.

B: Okay. Thank you.

## C Listen Up



1 대화를 듣고, 아래 내용과 일치하면 T에, 일치하지 않으면 F에 표시해 봅시다. 

1) Tina attended school today.

T

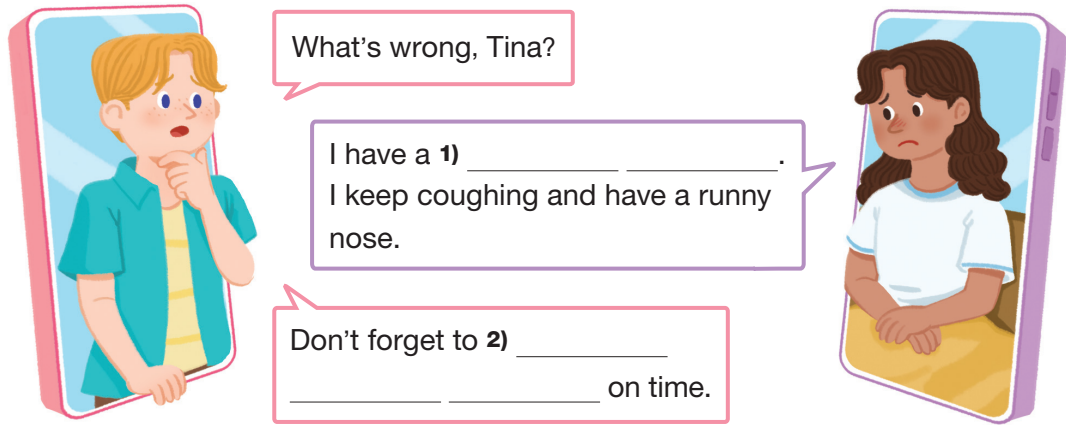
F

2) Brian will take Tina to the doctor.

T

F

2 대화를 다시 한번 듣고, 두 사람의 대화 속 빈칸을 채워 봅시다. 



## D Talk Together

우리가 겪을 수 있는 증상을 그려 보고 빈칸에 증상과 그에 대한 조언을 쓴 후, 짝과 대화해 봅시다.



I have dry eyes.

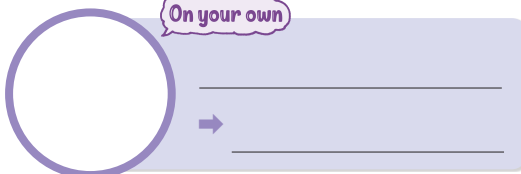
→ Put a warm towel on them.

I have a stomachache.

→ Drink warm water.



On your own



예시

A: You don't look good.

What's wrong?

B: I have dry eyes. What should I do?

A: I think you should put a warm towel on them.

B: All right. I will try that.

A: If that doesn't help, you should go see a doctor. Also, don't forget to get plenty of rest.

B: Okay. Thank you.



# Topic 2

## Tips for Good Health



학생과 보건 선생님이 대화하고 있습니다. 동영상을 보고, 학생의 배가 아픈 이유에 대해 알아봅시다.



**STEP 1** 짝과 함께 치아에 안 좋은 습관들을 조사하고, 아래에 적어 봅시다. 🧑🧑

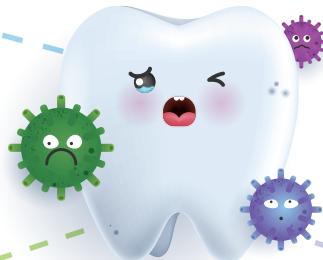
🔍 Search Keyword

bad habits for teeth




I drink soft drinks too often.

I often forget to brush my teeth after meals.

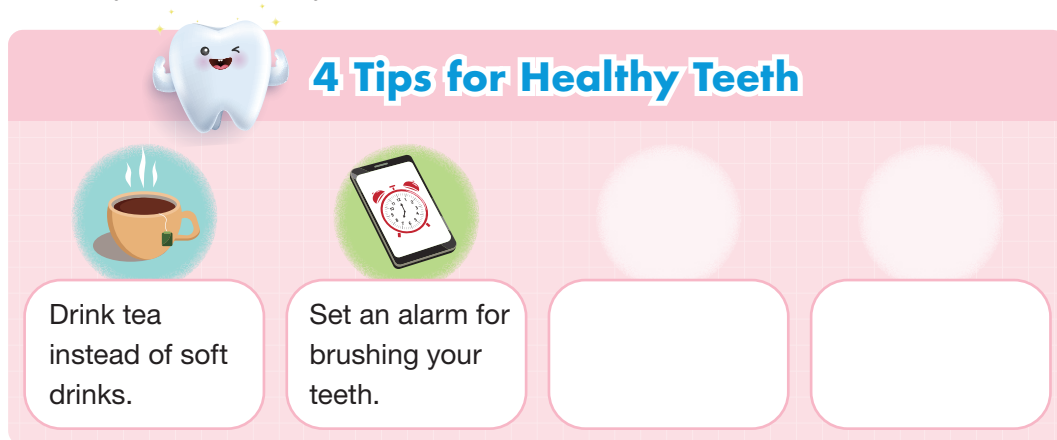


On your own



**STEP 2** STEP 1에서 작성한 습관을 고칠 수 있는 방법에 관해 짝과 이야기한 후, 치아 건강 포스터를 완성해 봅시다. 

- 예시 A: Let's talk about bad habits for our teeth.  
 B: Sure. **I drink soft drinks too often.** I need to break this habit.  
 A: Why don't you **drink tea instead of soft drinks?**  
 B: Maybe I can try that.  
 A: And don't forget to visit the dentist regularly.  
 B: Okay. Thanks for your advice!



### Presentation Time!

STEP 2에서 완성한 포스터를 친구들에게 발표해 봅시다. 

### Speaking Tip

듣는 사람들의 주의를 끄는 말로 발표를 마무리하면 좋아요.



We made a poster about tips for healthy teeth. First, you can **drink tea instead of soft drinks.** Second, you can **set an alarm for brushing your teeth.** Third, ... Last, ... Don't forget to do these things to keep your teeth healthy!



### Self-Check

- 현실적으로 실천할 수 있는 방법들을 포함했나요?
- 포스터를 효과적으로 활용하여 치아 건강을 위한 방법을 제시했나요?





## Before You Read

**A** 잠을 잘 잤을 때와 잘 못 잤을 때 어떤 영향이 있을지 생각해 보고, 각 상자 안에 관련 있는 말을 골라 써 봅시다.

When you sleep well ...



When you don't sleep well ...



tiredness

skin problems

better memory

more creativity

headaches

healthier skin

### ★ Reading Tip

글은 본격적으로 읽기 전에 훑어 읽으며  
자주 나오는 단어에 표시하면  
글의 주제를 파악할 수 있어요.

**B** 다음 인물이 한 말을 보고, 밑줄 친 단어의 뜻을 추측해 봅시다.

1

Sleep is important for  
your physical health  
and memory.

2

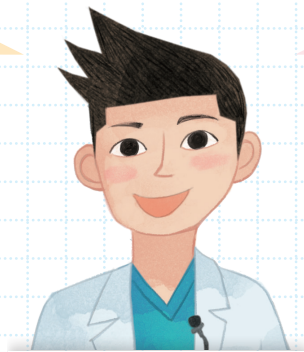
You should try to keep a  
regular sleep schedule.

3

The quality of your  
sleep matters.

4

Looking at messages  
on your phone keeps  
your brain active.





# Sleep Matters for Teenagers




Sleep is so important that you can't live without it. When you sleep, your body repairs your cells and muscles. So, if you don't get enough sleep, you can get sick.

Sleep is important for your physical health. And it is also important  
10 for your memory. While you sleep, your brain clears memories that are not needed. This makes space for new memories. Imagine keeping every detail of your experiences in your memory. It would be like a room with unnecessary items everywhere.

**Q1** What does your brain do while you sleep?

matter repair cell muscle physical memory unnecessary




 **sweetdream** During sleep, the brain works like a cleaner.

*Sweetdream* made a good point. Yes, unnecessary memories are cleaned up by your brain while you sleep.



Now, let's look at some questions. Here's an interesting one.

 **sleepy** I have so much homework on weekdays that I can't sleep enough. So, I sleep more on weekends. Is this okay?




Trying to sleep a lot during  
5 weekends may help. But you  
should try to keep a regular  
sleep schedule. Changing sleep  
patterns too often may lead to  
health problems.

**Q2** Why should we keep a regular sleep schedule?  
point   weekday   regular   pattern





Another interesting question was asked by *morning412*.

 **morning412** How much sleep do we need?

In a study, researchers found that teenagers need 8 to 10 hours of sleep each night. However, the quality of sleep matters, too.

Here is a simple tip for having a deep sleep: Put your phone down  
 5 30 minutes to an hour before you go to bed. Looking at videos or  
 messages keeps your brain active.  
 So, if you bring your phone to bed,  
 you may have trouble falling asleep.

Did you enjoy today's live stream?  
 10 Sleep well, and see you next time!



**Q3** How much sleep do teenagers need?

**Q4** What is Dr. Jang's tip for having a deep sleep?

researcher    quality    active    asleep

[Link to the Big Question ?](#)

**How can you have healthy sleep habits?**



## After You Read

**A** 본문 속 방송을 시청한 학생들이 남긴 댓글을 읽고, 방송을 바르게 이해한 사람을 골라 봅시다.

	love1208
(a)	I'll change my sleep patterns often to be healthy.
(b)	I learned that my brain stops making space for new memories during sleep.
(c)	Sleep is important. If we don't get enough sleep, we can get sick.
(d)	To sleep better, I will bring my phone to bed with me.

**B** 본문 내용과 일치하도록 빈칸에 알맞은 말을 골라 써 봅시다.

### Why is sleep so important?

- Your body <sup>1</sup> \_\_\_\_\_ your cells and muscles when you sleep.
- Your brain clears <sup>2</sup> \_\_\_\_\_ memories during sleep.

#### Questions

I don't get enough sleep on weekdays. So, I try to sleep more on <sup>3</sup> \_\_\_\_\_. Is it okay?

How much sleep do teenagers need?

#### Answers

It may <sup>4</sup> \_\_\_\_\_. But you should try to keep a(n) <sup>5</sup> \_\_\_\_\_ sleep schedule.

Teenagers need to sleep for 8 to 10 hours each night. But the <sup>6</sup> \_\_\_\_\_ of sleep matters, too.

weekends    repairs    regular    unnecessary    quality    help

### Make Connections

**C** 아래 질문에 대한 답을 고른 후, 자신의 수면 생활에 관해 글을 써 봅시다.

#### 1. How many hours do you sleep a day?

- ☐ Less than 6 hours    ☐ 6-7 hours  
☐ 7-8 hours    ☐ More than 8 hours

#### 2. Do you have any bad sleep habits?

- ☐ Using my phone before bed  
☐ Going to bed at different times each night  
☐ Staying up late every day  
☐ Others: \_\_\_\_\_  
☐ No bad habits

예시

I sleep 6 hours a day.  
 I think I need more sleep.  
 Also, I have a bad sleep habit. I use my phone before bed. I will sleep better if I stop doing this.

## Culture Focus

### Healthy Living Around the World

건강한 삶을 위한 각국의 생활 방식을 보여 주는 사진을 보고, 알맞은 설명을 찾아 연결해 봅시다.

1



2



3



a

화산 활동이 많아 온천이 발달한 **일본**에서는 많은 사람들이 근육의 피로를 풀기 위해 온천욕을 즐깁니다.

b

**인도**에서 시작된 요가는 명상, 호흡, 스트레칭이 결합된 수련법으로, 사람들은 몸과 마음을 단련하기 위해 요가를 합니다.

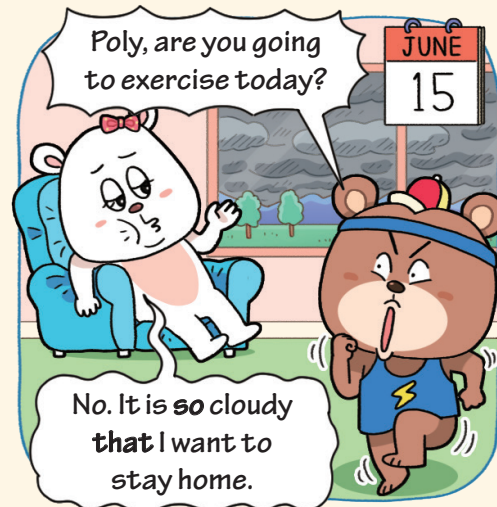
c

지중해 국가인 **그리스**의 사람들은 과일과 채소, 곡물, 해산물, 견과류, 올리브유가 주를 이루는 식단으로 건강을 관리합니다.





## A Sleep is so important that you can't live without it. p. 73



so ~ that ... 구문은 '매우 ~해서 ... 하다'라는 뜻으로 원인과 결과를 나타냅니다.

My bed is so comfortable that I can't get out of it.  
원인 결과

It is so cloudy that I want to stay home.  
원인 결과

**Let's Use It** that과 주어진 표현을 활용하여 문장을 완성해 봅시다.

- 1 The movie was so scary \_\_\_\_\_.
- 2 The weather is so sunny today \_\_\_\_\_.
- 3 Lisa loves the song so much \_\_\_\_\_.

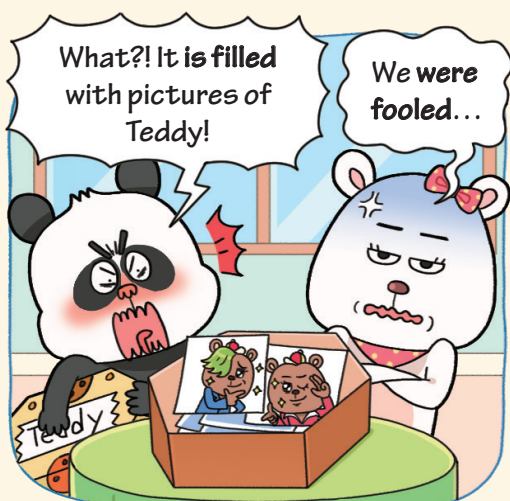
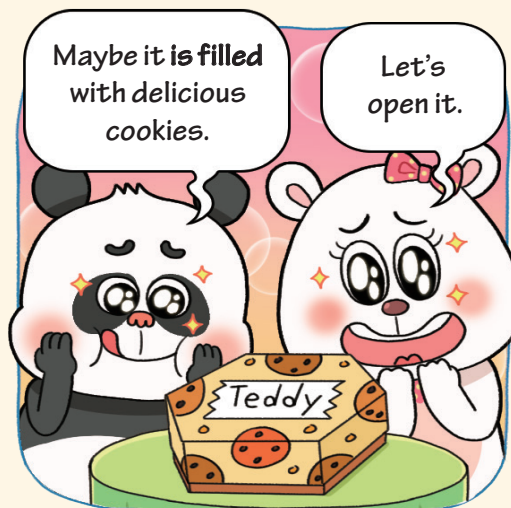
we all screamed

she listens to it every day

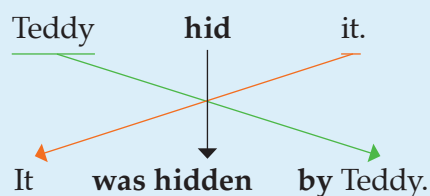
I need sunglasses



## B Another interesting question was asked by *morning412*. p. 75



수동태는 「be동사 + 과거분사(+ by 행위자)」의 형태로 주어가 동사의 행위를 당하거나 그 행위의 영향을 받을 때 사용합니다.



**Let's Use It** 주어진 단어를 활용하여 문장을 완성해 봅시다.

- 1 English \_\_\_\_\_ in many countries today.
- 2 This cake \_\_\_\_\_ by my brother last night.
- 3 The *Mona Lisa* \_\_\_\_\_ by Leonardo da Vinci.
- 4 The beach \_\_\_\_\_ by many people every year.

bake  
speak  
paint  
visit



# Topic 4

## Start a Healthy Life

**STEP 1** 건강을 위해 추천하고 싶은 실천 방법에 어떤 것이 있는지 생각해 봅시다.



**STEP 2** STEP 1에서 떠올린 실천 방법과 주어진 내용을 바탕으로 다음 질문에 답해 봅시다.

예시

**Title:** The Easiest Exercise Ever

**What do you recommend?**

I recommend walking to stay healthy.

**Why do you recommend it?**

- 1) It is so easy that anyone can do it.
- 2) You can do it anywhere, at anytime.

**Your little tip**

Walking with family or friends makes it more enjoyable.

**Your last words**

Why don't you try it? It will give you energy!



**Title:**

**What do you recommend?**

I recommend \_\_\_\_\_  
to stay healthy.

**Why do you recommend it?**

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

**Your little tip**

\_\_\_\_\_  
\_\_\_\_\_

**Your last words**


Why don't you try it? \_\_\_\_\_  
\_\_\_\_\_

**STEP 3** STEP 2에서 정리한 내용을 활용하여 건강을 위해 추천하고 싶은 실천 방법에 관한 블로그 글을 써 봅시다.

예시

### The Easiest Exercise Ever

I recommend walking to stay healthy. It is so easy that anyone can do it. Also, you can do it anywhere, at anytime. Here's my little tip for you! Walking with family or friends makes it more enjoyable. Why don't you try it? It will give you energy!



I recommend \_\_\_\_\_ to stay healthy. \_\_\_\_\_

Also, \_\_\_\_\_.

Here's my little tip for you! \_\_\_\_\_

Why don't you try it? \_\_\_\_\_

#### Writing Tip

추천하는 글을 쓸 때는 그 대상을  
추천하는 구체적인 이유를 함께  
설명하는 것이 좋아요.

#### Self-Check

- 실천 방법을 추천하는 이유가 잘 드러나도록 작성했나요?
- 추천하는 실천 방법에 관한 유용한 조언을 포함했나요?





# 1-Week Healthy Habits Challenge



건강한 습관을 만들기 위한  
도전 과제를 이주일 동안 실천한 후  
발표 자료를 만들어 봅시다.

## STEP 1 Think and Choose

건강에 도움이 되는 습관을 생각해 보고, 모둠원과 상의하여 일주일간 함께 실천할 도전 과제를  
정해 봅시다.



washing your hands properly



drinking 2 liters of water a day



sleeping at least 8 hours



exercising 3 times a week



eating vegetables every day

## STEP 2 Write

STEP 1에서 정한 도전 과제를 실천할 구체적인 계획을 세워 봅시다.

### Our Challenge

예시 eating vegetables every day

### Start Date – End Date

예시 June 1 – June 7

### What will we do?

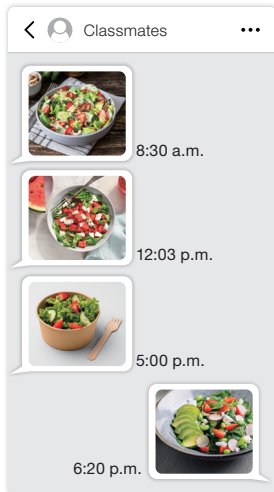
예시 We will eat a plate of fresh  
vegetables every day.

### How will we record and share the challenge?

예시 We will take pictures of the vegetables  
on our plates and share them in the chat.

### STEP 3 Create

STEP 2에서 작성한 계획을 일주일 동안 실천하면서 결과를 기록한 후, 발표 자료를 만들어 봅시다.



1-Week Vegetable Eating Challenge							
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Jiwon	✓	✓	✗	✓	✓	✓	✗
Jaeho	✓	✗	✓	✗	✗	✓	✓
Yumi	✓	✓	✓	✓	✓	✓	✓
Suchan	✓	✓	✓	✗	✗	✗	✓

### STEP 4 Share and Comment

다른 모둠의 발표를 듣고, 각 모둠의 도전이 어떤 점에서 훌륭한지 평가하여 칭찬 메시지를 적어 봅시다.



#### • Group-Check

- 발표 내용을 효과적으로 전달할 수 있는 자료를 만들었나요?
- 발표 자료에 모든 모둠원의 실천 기록을 포함하였나요?






## Lesson Review




- A** 대화 듣고, 대화 내용과 일치하도록 빈칸을 채워 봅시다.



Taylor

My <sup>1</sup> \_\_\_\_\_ hurts a lot.



Kate

<sup>2</sup> \_\_\_\_\_ more often.  
Don't forget to take breaks from sitting  
and <sup>3</sup> \_\_\_\_\_.

- B** 다음을 읽고, 글의 흐름상 어색한 문장을 골라 봅시다.

Sleep is important for your physical health. And it is also important for your memory. ㉠ While you sleep, your brain clears memories that are not needed. ㉡ This makes space for new memories. ㉢ Different parts of the brain keep different types of memories. ㉣ Imagine keeping every detail of your experiences in your memory. It would be like a room with unnecessary items everywhere.

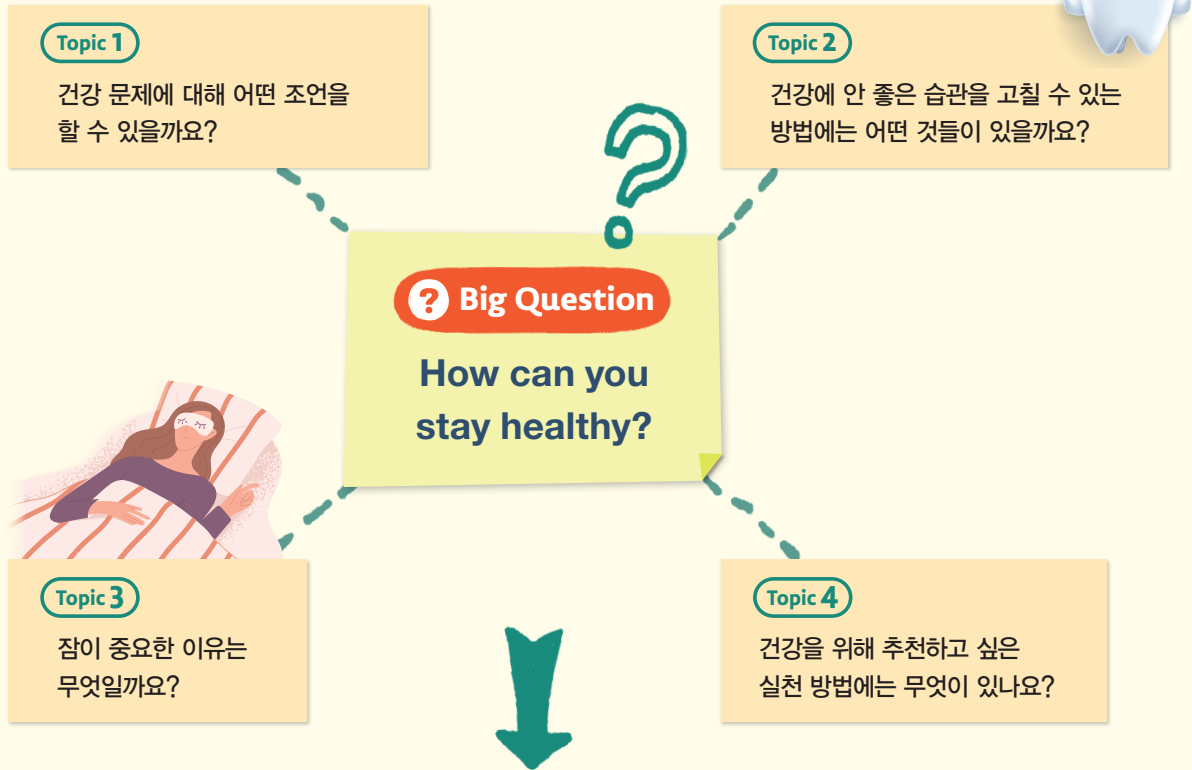
- C** 빈칸에 알맞은 단어를 써서 문장을 완성해 봅시다.

- 1 Steve was so tired that he fell \_\_\_\_\_ on the sofa.
- 2 Eating \_\_\_\_\_ meals is a good way to stay healthy.
- 3 Using a big backpack to carry a few items is \_\_\_\_\_.
- 4 After exercising, you should stretch to relax your \_\_\_\_\_.

regular   asleep   muscles   unnecessary

**Answer to the Big Question**

이번 단원에서 배운 내용을 생각해 보고, 아래 질문에 답해 봅시다.



**Your Answer**

**Now I Can ...**

이번 단원의 내용을 얼마나 잘 학습했는지 스스로 평가해 봅시다.

1 상대방에게 증상이나 문제 상황을 물을 수 있다.	😊 😐 😞
2 어떤 일을 상기시키는 표현을 사용하여 조언할 수 있다.	😊 😐 😞
3 잠의 중요성에 대한 글을 읽고 이해할 수 있다.	😊 😐 😞
4 건강을 위한 실천 방법을 추천하는 글을 쓸 수 있다.	😊 😐 😞
5 자신의 생활 습관들을 돌아보고, 더 건강한 삶을 위한 방법들을 실천할 수 있다.	😊 😐 😞