

High School 

Common English 1

Preface

영어는 다양한 문화 배경을 지닌 이들이 의사소통을 위해 사용하는 가장 보편적인 세계 공용어입니다. 과학 발전과 정보 통신 기술의 진보로 인해 국가 간 교류와 협력이 지속적으로 확대되고, 서로 다른 문화권 사람들 간 소통도 이제 매우 일상적인 일이 되었습니다. 이러한 추세에서 영어 의사소통 능력은 정보 습득, 문화적 산물의 향유 및 세계 공동체와의 협력을 위한 필수 역량으로 자리 잡았습니다.

본 교과서는 다채로운 주제에 대한 깊이 있는 학습과 실생활과 연계된 활동들을 통해 영어로 된 정보를 이해하고, 자신의 생각과 감정을 창의적으로 표현할 수 있는 영어 의사소통 능력 개발을 목표로 합니다. 이를 위해 학생들이 흥미를 느낄 수 있을 만한 범교과적 소재를 바탕으로 대주제를 선정하였습니다. 각 단원은 하나의 Big Question 아래 다섯 개의 하위 주제가 유기적으로 연결된 구성 방식을 취하고 있습니다. 단원을 학습하며 학생들은 다양한 이슈에 대해 통합적으로 접근하고 비판적으로 사고하면서 Big Question에 대한 자신만의 답을 찾아 낼 수 있을 것입니다. 또한 이 교과서는 매체 발달과 기술 변화에 따라 다각화된 의사소통 방식을 반영하고자 듣기, 말하기, 읽기, 쓰기뿐만 아니라 영상 보기와 발표하기 같은 이해와 표현 수단도 통합적으로 사용할 수 있도록 설계되었습니다. 이와 더불어, 학생들이 단계별로 체계적인 학습을 진행하고, 새로 학습한 전략을 적용해 보며, 단원 마지막에는 자신의 학습 과정과 태도를 성찰하게 함으로써 자기 주도적인 학습을 할 수 있도록 하였습니다.

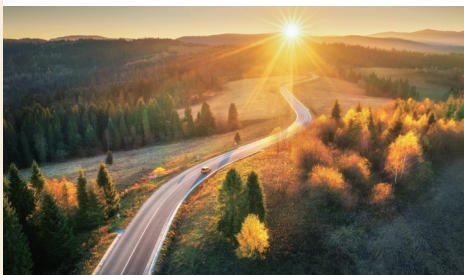
이 교과서를 통해 여러분이 영어에 대한 흥미와 자신감을 얻고, 영어 의사소통 능력은 물론 타 문화에 대한 이해와 포용력도 갖추게 되기를 바랍니다. 향상된 영어 실력을 바탕으로 세계를 폭넓게 경험하고, 다양한 사람들과 교류하며, 시대 변화와 세계 공동체의 문제 해결에도 적극적으로 대처하는 글로벌 시민으로 성장하길 기대합니다.

저자 일동

Contents

Lesson 1

A Journey into Yourself



008

Lesson 2

Health Matters!



030

Project

Make Habit Trackers

052

Lesson 3

Nature & Us



054

Lesson 4

The Winds of Change



076

Project

Create Biography Cards

098

Special Lesson

Two Thanksgiving Day Gentlemen

100



Appendix

Answers	110
Transcripts	114
Sources	118

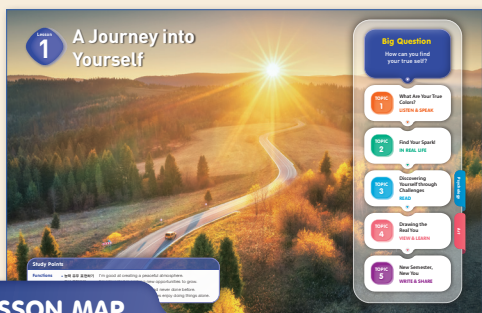
Scope and Sequence

LESSON	Big Question	TOPIC 1 LISTEN & SPEAK	TOPIC 2 IN REAL LIFE
1 A Journey into Yourself	How can you find your true self?	What Are Your True Colors? 능력 유무 표현하기 I'm good at creating a peaceful atmosphere. • 성격 유형을 주제로 하는 대화 듣기 • 자신의 장점을 찾는 방법에 관한 발표 듣기	Find Your Spark! 관심 표현하기 I'm interested in seeking new opportunities to grow. 자신의 꿈을 펼치며 열정적인 삶을 사는 사진작가 인터뷰 듣기
2 Health Matters!	How can we lead a healthy lifestyle?	Make Every Day a Healthy Day 충고하기 I think you should try to go for a walk after you eat. • 식후 가벼운 산책의 필요성에 관한 대화 듣기 • 야식 먹는 습관을 개선하는 방법에 관한 대화 듣기	How Digitally Fit Are You? 희망, 기대 표현하기 I hope these tips help you enjoy your favorite shows in a healthy way. 과도한 영상 콘텐츠 시청을 방지할 수 있는 방법에 관한 강연 듣기
3 Nature & Us	How can we live in harmony with nature?	We Are All Part of Nature 동의나 이의 여부 묻기 Don't you agree? • 곤충이 환경에 미치는 긍정적인 영향에 관한 대화 듣기 • 우리의 상품 소비가 환경에 미치는 영향에 관한 담화 듣기	Join the Green Movement! 확실성 정도 표현하기 I'm sure that we can make the world a better place. 시민 과학 프로젝트를 홍보하는 광고 듣기
4 The Winds of Change	How does change influence us?	Changes in Our Lives 정의하기 This means we can learn new things more easily than ever before. • 영상 콘텐츠의 보편화가 가져온 사회적 변화에 관한 대화 듣기 • 밀키트의 장단점에 관한 대화 듣기	Before and After Modern Inventions 선호 표현하기 Which do you prefer? 소셜 미디어가 뉴스 소비 방식에 미치는 영향에 관한 토론 듣기
Special Lesson	Two Thanksgiving Day Gentlemen Literature O. Henry의 단편 소설 읽기		

TOPIC 3 READ	FOCUS ON LANGUAGE	TOPIC 4 VIEW & LEARN	TOPIC 5 WRITE & SHARE
Discovering Yourself through Challenges Psychology 새로운 도전을 통해 자신을 알아 가는 학생들에 관한 글 읽기	• Going to the theater alone was something I had never done before. • This experience made me realize that I sometimes enjoy doing things alone.	Drawing the Real You Art 자신의 정체성을 표현하는 초상화를 그리는 방법에 관한 영상 보기	New Semester, New You 새 학기를 맞는 자신의 다짐과 그 실천 방법에 관한 글 쓰기
Talk It Out, Help Is Here Psychiatry 짐바브웨의 심리 상담 프로그램인 '우정 벤치'를 소개하는 인터뷰 글 읽기	• I needed to find a way to bring psychiatry into the community. • It is such a rewarding experience to help people make positive changes in their lives.	Connecting Body and Mind Health 몸과 마음의 연결성에 관해 설명하는 영상 보기	Be Kind to Your Mind 자신이 느낀 감정을 표현하고 부정적 감정을 돌보기 위한 감정 일기 쓰기
Letters to Nature Environment 멜버른의 나무를 되살리기 위한 도시 숲 전략에 관한 글 읽기	• Without you and all your friends, we humans wouldn't be able to get enough oxygen. • I noticed that a family of birds has made a nest in your branches.	The Forest Man Biology 척박한 땅을 울창한 숲으로 만든 Jadav Payeng에 관한 영상 보기	Toward a Sustainable Future 자전거 친화적인 도시의 순위도표를 묘사하는 글 쓰기
Pictures Worth a Thousand Words History 큰 사회적 변화를 불러일으킨 사진들에 관한 글 읽기	• The article featured a shocking photograph of flames and smoke rising from the river. • But this was not a photograph of the 1969 fire, which was put out so quickly that nobody took a picture of it.	A New View of Space Science 허블 우주 망원경의 역사적 의의에 관한 영상 보기	New Trends in Education 태블릿 필기와 종이 필기에 대한 의견을 담은 글 쓰기

Introduction

- 단원 전체를 관통하는 Big Question을 중심으로 다양한 Topic 학습
- 인문, 사회, 과학, 예술 등의 교과 간 통합 학습을 통한 융합적 사고 배양
- 실생활 중심의 소재 및 시청각 자료로 실제적인 의사소통 능력 신장



LESSON MAP

Study Points ▶ Big Question

- 단원에서 학습할 의사소통 기능과 언어 형식을 확인한다.
- 단원 주제를 담고 있는 Big Question과 Topic들을 보고 단원의 흐름을 파악한다.



LISTEN & SPEAK

Warm Up ▶ Listen In ▶ Listen and Interact

- 의사소통 기능이 포함된 대화나 담화를 듣고 이해도를 확인한다.
- Topic에 따른 다양한 듣기, 말하기, 쓰기 통합 활동을 한다.

Listening Skill

주요 듣기 전략을 학습한다.



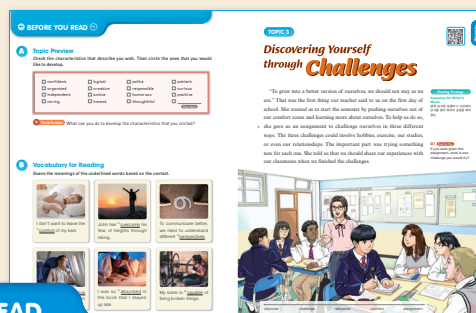
IN REAL LIFE

Listen to the Talk Show ▶ Share Your Ideas

- 토크 쇼, 강연, 광고, 토론 등 실생활과 밀접한 형식의 듣기 활동을 하며 내용을 파악한다.
- 앞서 들은 것과 연관된 소재에 대해 자신의 의견이나 조사 내용을 쓴 뒤 말해 보는 통합 활동을 한다.

Speaking Skill

주요 말하기 전략을 학습한다.



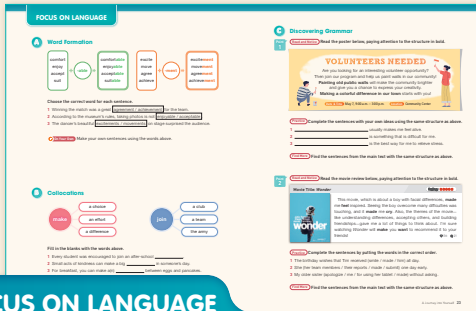
READ

Before You Read ▶ Read ▶ After You Read

- 본문의 소재에 관한 배경지식을 익히고, 본문에 나오는 주요 어휘를 사전에 학습한다.
- 주어진 읽기 전략을 활용하여 다채로운 내용과 형식의 본문을 종합적으로 이해한다.
- 본문을 읽은 후 이해도를 확인하고, 토론, 조사 등의 확장 활동을 통해 주제를 심도 있게 탐구한다.

Culture Notes

본문의 주제와 연관된 문화적 요소들에 관해 읽으며 타 문화에 대한 포용적 태도를 기른다.



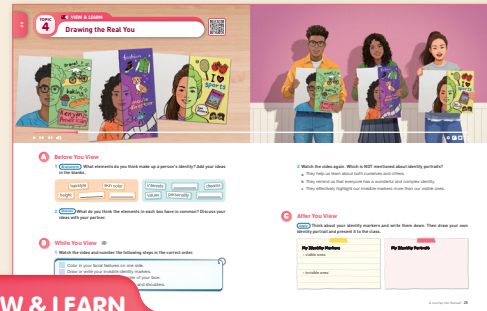
FOCUS ON LANGUAGE

Word Formation ▶ Expressions in Use ▶ Collocations ▶ Discovering Grammar

- 본문에 사용된 단어의 접미사 및 접두사, 숙어, 연어를 학습한다.
- 연설문, 광고, 이메일 등 다양한 형식의 실용문을 통해 본문에 사용된 주요 언어 형식을 학습하고 해당 구조의 문장을 완성해 본다.

On Your Own

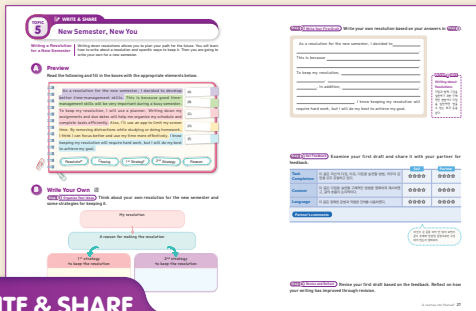
앞서 학습한 단어나 표현을 활용하여 직접 문장을 만들어 본다.



VIEW & LEARN

Before You View ▶ While You View ▶ After You View

- 영상 내용을 예상하며 배경지식을 활성화하고, 영상에 나오는 주요 어휘를 사전에 학습한다.
- 단원의 주제와 연관된 영상을 시청하며 이해도를 확인한다.
- 영상을 시청한 후 토론, 조사 등의 확장 활동을 통해 주제를 심도 있게 탐구한다.



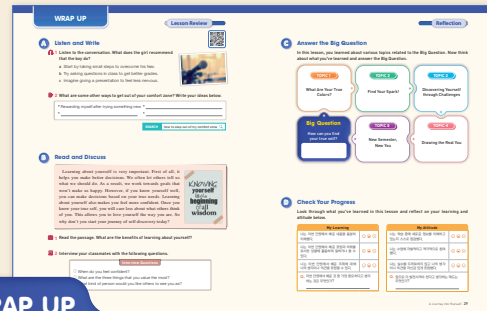
WRITE & SHARE

Preview ▶ Write Your Own

- 예시 글을 통해 여러 형식의 글의 구조를 학습하고, 연관된 주요 표현을 익힌다.
- 자신의 의견이나 경험을 토대로 다양한 형식의 글에 대한 단계별 글쓰기 훈련을 한다.
- 개요를 바탕으로 글을 써 본 뒤, 자기 평가와 동료 평가를 거쳐 글을 수정한다.

Language Help

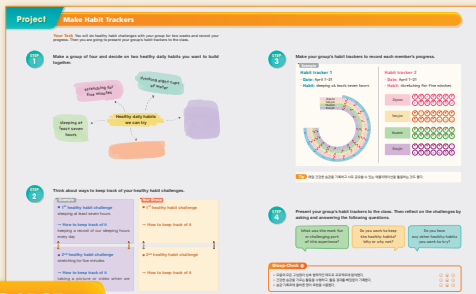
글쓰기에 필요한 단어나 표현을 알아본다.



WRAP UP

Lesson Review ▶ Reflection

- 듣고 쓰기, 읽고 발표하기 등의 통합 활동을 통해 단원에서 학습한 내용을 전반적으로 점검하고, 의사소통 기능과 언어 형식을 복습한다.
- 단원 전체의 내용을 떠올리며 Big Question에 대한 답변을 도출하고, 자신의 학습 과정을 돌아본다.



PROJECT

모둠 활동을 통해 결과물을 만들고, 이를 발표하는 과정을 수행하며 창의적 문제 해결 능력 및 협력적인 태도를 기른다.



QR코드 스캔

- **LISTEN & SPEAK, IN REAL LIFE** 듣기 활동의 음원을 들을 수 있습니다.
- **READ** 본문 전체 듣기, 본문 페이지별 듣기를 할 수 있습니다.
- **VIEW & LEARN** 영상을 시청할 수 있습니다.
- **WRAP UP** 듣기 활동의 음원을 들을 수 있습니다.



듣기



작성 활동



쓰기



영상 보기



듣기



읽기



쓰기



토론



발표



온라인 게시



검색

Lesson

1

A Journey into Yourself

Study Points

Functions

- 능력 유무 표현하기 I'm good at creating a peaceful atmosphere.
- 관심 표현하기 I'm interested in seeking new opportunities to grow.

Structures

- **Going to the theater alone** was something I had never done before.
- This experience **made** me **realize** that I sometimes enjoy doing things alone.



Big Question

How can you find
your true self?

TOPIC
1

What Are Your True
Colors?

LISTEN & SPEAK

TOPIC
2

Find Your Spark!
IN REAL LIFE

TOPIC
3

Discovering
Yourself through
Challenges

READ

TOPIC
4

Drawing the
Real You

VIEW & LEARN

TOPIC
5

New Semester,
New You

WRITE & SHARE

Psychology

Art

TOPIC
1

LISTEN & SPEAK

What Are Your True Colors?

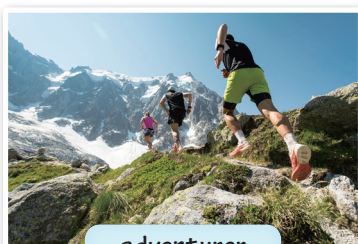


• 능력 유무 표현하기 I'm good at creating a peaceful atmosphere.

A

Warm Up

What type of person are you? Think about the word that best suits you.



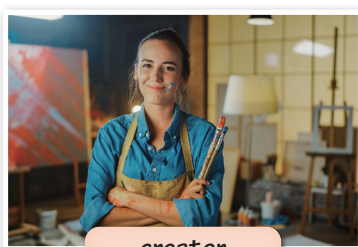
adventurer



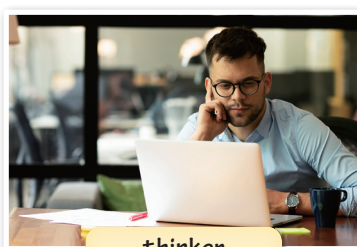
organizer



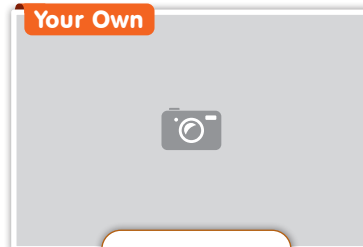
peacemaker



creator



thinker



B

Listen In

1 Listen to the conversation. Which best describes the boy's personality?

a Gold Type

- respects rules
- responsible

b Blue Type

- good listener
- values relationships

c Green Type

- focused
- reasonable

d Orange Type

- open-minded
- active

2 Listen again. What is the girl most likely to do after the conversation?

- a take a personality test
- b try to make new friends
- c find a color that looks best on her

C

Listen and Interact

Step 1 Listen to the presentation and answer the following questions.

1 Fill in the blanks based on the presentation.

To better understand y_____, it is important to recognize your s_____.

Listening Skill

Noticing Signal Words

내용의 순서나 흐름의 전환, 인과 관계 등을 나타내는 표현에 주의를 기울이며 들으면 세부 사항을 보다 잘 파악할 수 있다.

2 Listen again. Which is NOT mentioned as something to think about?

- a the good qualities you have
- b moments that cheer you up
- c what you are often praised for

Step 2 Think about what you like most about yourself and then discuss your good traits with your partner.



I'm good at communicating with others.

I think you always try to look on the bright side of things.



I'm good at _____.

I think you _____.



Example

A: Hey, Sam. What's one thing that you really like about yourself?

B: Hmm... I think **I'm good at** communicating with others.

A: I've noticed that! Plus, I think you always try to look on the bright side of things.

B: Thank you. We should recognize our strengths so that we can keep developing them.

Self-Check

- ▶ 능력 유무를 표현하는 말을 듣고 이해할 수 있으며, 이를 활용하여 말할 수 있다.
- ▶ 자신의 특징과 장점을 떠올려 보고 그에 대해 말할 수 있다.



Find Your Spark!



관심 표현하기 I'm interested in seeking new opportunities to grow.



A

Listen to the Talk Show

1 Complete the interview report based on the talk show.

Interview Report

Interviewee
Janis Smith

Interviewee's Jobs
1) p_____,
travel guide,
and researcher



What inspires her

- experiencing the world
- new opportunities to grow

What makes her work unique

- It captures human 2) e_____ through facial expressions.

Advice for those who want to follow their dreams

- Always 3) p_____ your dreams.
- Look for what really 4) i_____ you.

2 Listen again and check your answers. Then compare them with your partner's.

B

Share Your Ideas

Step 1 Think about the following questions and write your hobbies and interests.

How do I spend my free time?

What is something I can talk about for hours?

What do I love doing so much that I lose track of time?

I am interested in ...



playing basketball

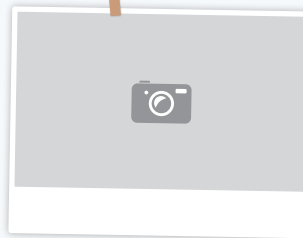
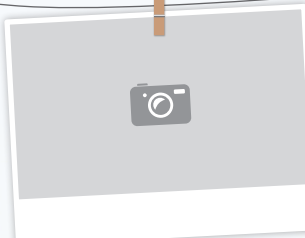
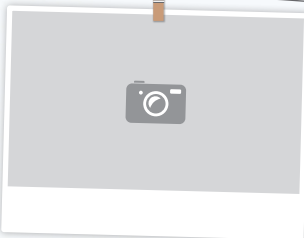


learning new languages



volunteering with friends

Example



Your Own

Step 2 Talk about your hobbies and interests with your partner.

Example

A: What are you interested in doing?

B: I'm interested in playing basketball. In fact, that's how I spend a lot of my free time.

A: Wow! You must really enjoy it. Do you have any other interests?

B: I do. I also love learning new languages and volunteering with friends.

A: It's good to have a lot of interests.

Speaking Skill

Reacting after Asking Questions

질문을 한 후에는 상대방의 대답을 잘 듣고, 그에 대한 적절한 반응을 하는 것이 중요하다. 필요시 상대방의 대답에 대한 추가 질문을 하는 것도 좋다.

Self-Check

- ▶ 관심을 표현하는 말을 듣고 이해할 수 있으며, 이를 활용하여 말할 수 있다.
- ▶ 자신의 취미와 관심사를 떠올려 보고 그에 대해 말할 수 있다.



A

Topic Preview

Check the characteristics that describe you well. Then circle the ones that you would like to develop.

- | | | | |
|--------------------------------------|-----------------------------------|--------------------------------------|-----------------------------------|
| ☐ confident | ☐ logical | ☐ polite | ☐ patient |
| ☐ organized | ☐ creative | ☐ responsible | ☐ curious |
| ☐ independent | ☐ active | ☐ humorous | ☐ positive |
| ☐ caring | ☐ honest | ☐ thoughtful | ☐ _____ |

Your Own



Think Further

What can you do to develop the characteristics that you circled?

B

Vocabulary for Reading

Guess the meanings of the underlined words based on the context.



I don't want to leave the ¹⁾comfort of my bed.



John has ²⁾overcome his fear of heights through hiking.



To communicate better, we need to understand different ³⁾perspectives.



Alex has a ⁴⁾preference for window seats when flying.



I was so ⁵⁾absorbed in the book that I stayed up late.



My sister is ⁶⁾capable of fixing broken things.



Discovering Yourself through Challenges

Reading Strategy

Guessing the Writer's Mood

글에 묘사된 상황이나 사건에서 단서를 찾아 화자의 심경을 파악한다.

Q1 Over to You

If you were given this assignment, what is one challenge you would try?

“To grow into a better version of ourselves, we should not stay as we are.” That was the first thing our teacher said to us on the first day of school. She wanted us to start the semester by pushing ourselves out of our comfort zones and learning more about ourselves. To help us do so, she gave us an assignment to challenge ourselves in three different ways. The three challenges could involve hobbies, exercise, our studies, or even our relationships. The important part was trying something new for each one. She told us that we should share our experiences with our classmates when we finished the challenges.



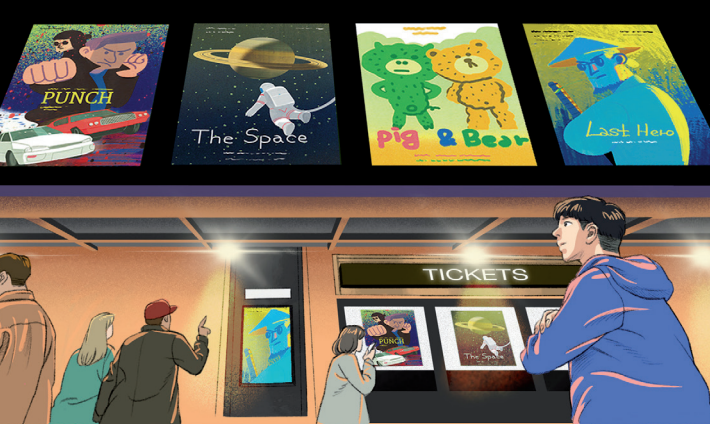
discover
involve

challenge

semester

comfort

assignment



Challenge 1: Ticket for One

These days, I tend to watch movies on streaming services. However, if I go to the theater, I usually watch an action or science fiction movie with my friends or family. Those 5
are the kinds of movies they enjoy.

Q2

What did the writer like about choosing the movie and seat on his own?

Going to the theater alone was something I had never done before. So, for the first challenge, I decided to give it a try. It was nice to choose the movie and the seat on my own. I didn't have to worry about anyone else's preferences. I saw the experience as a good opportunity to watch 10
something different, so I chose a historical drama that I had been curious about.

Q3 Over to You

Have you ever been to the movies by yourself? If you have, how was the experience? If not, do you want to try it?

At first, it felt a bit awkward and lonely to sit in the theater by myself. But once the movie started, I became completely absorbed in the story. It was so satisfying just to focus on the movie itself. There 15
was nothing to distract me! This experience made me realize that I sometimes enjoy doing things alone. After the movie, I promised myself that I would try to make my own choices more often and enjoy more activities by myself in the future.



give it a try
satisfying

preference
distract

opportunity

awkward

absorbed

Challenge 2: Riding the Waves

Ever since I was a child, I've always been afraid of water. So I have never enjoyed water activities or felt comfortable while doing them. For the second challenge, I decided to try to overcome this discomfort.

5 However, I wasn't sure what to do at first. One day, I came across a video clip of my cousin surfing at an indoor pool on social media. It looked fun, and I liked the fact that it took place in a shallow pool, not in the ocean. I messaged my cousin about it. She assured me that it wasn't too hard, so I signed up for a beginner course.

10 At the beginning of the lesson, it was hard just to stand up on the board. After some help from the instructor, however, I learned how to balance properly and even managed to surf a few waves! It gave me such a rush of excitement. Being in the water wasn't as bad as I had thought. While the experience didn't completely change my mind about
15 water sports, it did help me discover my sense of adventure.

Q4

How did the writer come up with the idea to try surfing at an indoor pool?

Q5 Over to You

Like the writer, do you have something you're afraid of? What is it and why are you afraid of it?



overcome
instructor

discomfort
properly

come across
manage to

assure
excitement

sign up
adventure

Challenge 3: A New Look

Q6

Why did the writer keep the same hairstyle for many years?

Of all the challenges I chose for myself, the third one made me the most nervous: changing my hairstyle. For many years, I had kept the same hairstyle because I had been worried about my forehead. I had always thought it was large, and I didn't want to draw attention to it. Since I was feeling confident after the first two challenges, I went to a hair salon and talked to the stylist. He listened to my concerns and helped me find a shorter hairstyle that suited me.

Q7 Apply the Strategy

Guess how the writer might have felt before and after changing his hairstyle.

The next day at school, my classmates were a bit surprised. But overall, the reactions were positive. I realized that trying a different look wasn't as difficult as I thought it would be. In fact, it made me feel more confident about myself. I didn't expect that stepping out of my comfort zone would have such a positive effect on how I felt about myself.

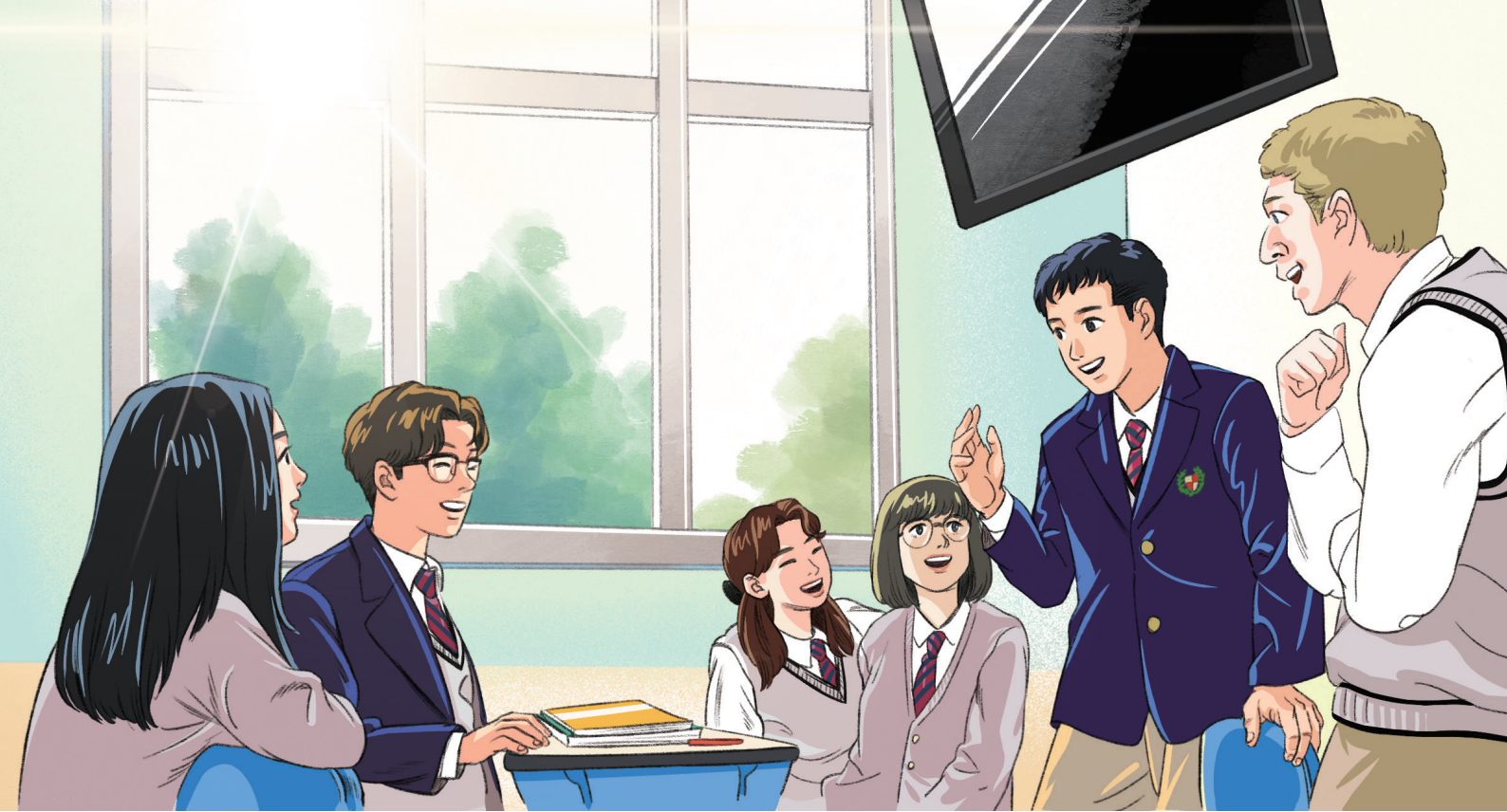


forehead

concern

overall

reaction



I learned a lot about myself through this assignment, and I found out that my classmates did, too. One of them tried new foods from different countries, while another joined a creative writing club. Through these experiences, we all realized how important it is to push
5 ourselves to try new things. We gained different perspectives on life and had a lot of fun, too! My classmates and I even talked about setting more challenges for ourselves. There are always more things that we can discover about ourselves, and it's exciting to keep learning and growing. We never know what we're capable of until we try!

**Connect to the
Big Question**

How do challenges
help you learn about
yourself?

perspective

capable



A

Summarize

Complete the summary of the main text using the words in the box.

An Assignment for Self-Discovery



What the Assignment Was

The students had to ¹⁾ _____ themselves by trying three new things.

What the Students Tried

- One student tried going to the ²⁾ _____ alone, learned how to surf, and changed his hairstyle.
- Another student tried new foods, while another joined a creative ³⁾ _____ club.



What the Students Gained

- They gained various different ⁴⁾ _____ on life.
- They realized that we never know what we are ⁵⁾ _____ of until we try.



movies

writing

capable

challenge

perspectives

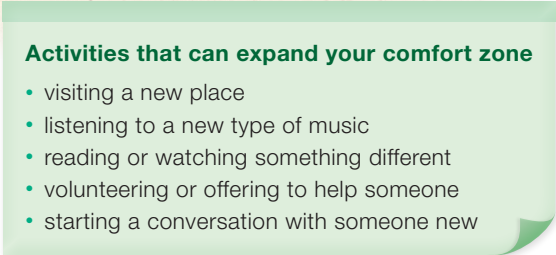
B

Check the Details

Read the sentences and check T for true or F for false based on the main text.

	T	F
1 After the first challenge, the writer promised himself that he would go to the theater with his family more often.	☐	☐
2 The challenge that made the writer the most nervous was overcoming the discomfort of being in the water.	☐	☐
3 The writer decided to change his look because he was feeling confident after completing the first two challenges.	☐	☐
4 The writer and his classmates learned the importance of staying in their comfort zones through the challenges.	☐	☐

Apply In the comfort zone, write some activities you feel comfortable with. In the growth zone, write some activities that could help you expand your comfort zone.



Discuss Describe a time when you stepped outside your comfort zone.

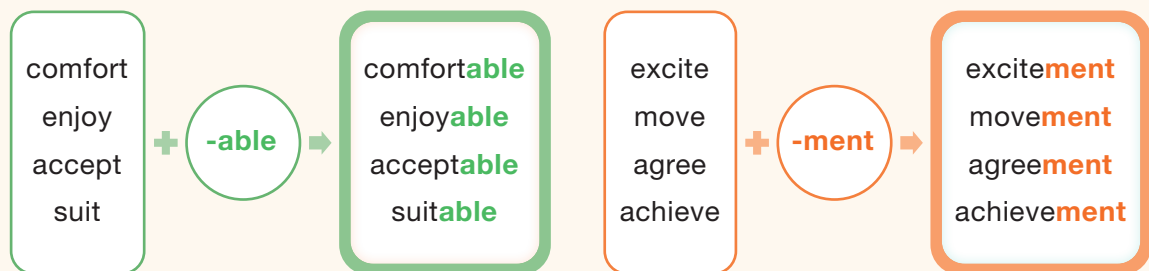
Example

- • **What you did**
- One day, I took a different route to
- school. Along the way, I discovered
- new places in my neighborhood.
- • **How it changed you**
- This experience taught me how a
- small change in my routine can lead
- to interesting discoveries.

Your Own

- What you did
- How it changed you

A Word Formation

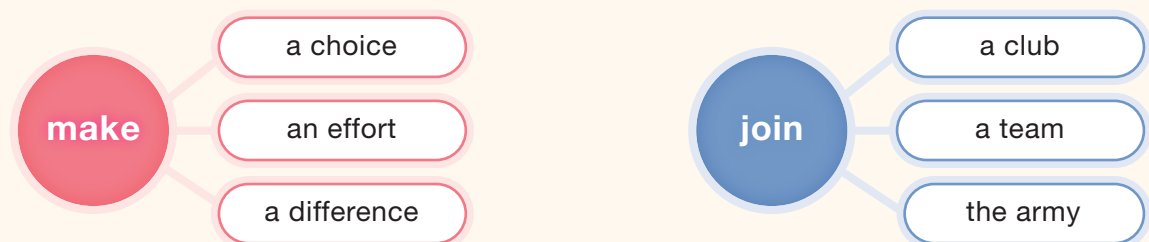


Choose the correct word for each sentence.

- 1 Winning the match was a great agreement / achievement for the team.
- 2 According to the museum's rules, taking photos is not enjoyable / acceptable.
- 3 The dancer's beautiful excitements / movements on stage surprised the audience.

+ On Your Own Make your own sentences using the words above.

B Collocations



Fill in the blanks with the words above.

- 1 Every student was encouraged to join an after-school _____.
- 2 Small acts of kindness can make a big _____ in someone's day.
- 3 For breakfast, you can make a(n) _____ between eggs and pancakes.

+ On Your Own Make your own sentences using the phrases above.

C

Discovering Grammar

Point
1

Read and Notice Read the poster below, paying attention to the structure in bold.

VOLUNTEERS NEEDED

Are you looking for an interesting volunteer opportunity?
Then join our program and help us paint walls in our community!

Painting old public walls will make the community brighter
and give you a chance to express your creativity.

Making a colorful difference in our town starts with you!

Date & Time May 7, 9:00 a.m. – 3:00 p.m. **Location** Community Center

Practice Complete the sentences with your own ideas using the same structure as above.

- 1 _____ usually makes me feel alive.
- 2 _____ is something that is difficult for me.
- 3 _____ is the best way for me to relieve stress.

Find More Find the sentences from the main text with the same structure as above.

Point
2

Read and Notice Read the movie review below, paying attention to the structure in bold.

Movie Title: *Wonder* Rating: ★★★★★

This movie, which is about a boy with facial differences, **made** me **feel** inspired. Seeing the boy overcome many difficulties was touching, and it **made** me **cry**. Also, the themes of the movie—like understanding differences, accepting others, and building friendships—gave me a lot of things to think about. I'm sure watching *Wonder* will **make** you **want** to recommend it to your friends!

♡ 56 @ 21

Practice Complete the sentences by putting the words in the correct order.

- 1 The birthday wishes that Tim received (smile / made / him) all day.
- 2 She (her team members / their reports / made / submit) one day early.
- 3 My older sister (apologize / me / for using her tablet / made) without asking.

Find More Find the sentences from the main text with the same structure as above.

Drawing the Real You



A

Before You View

- 1 **Brainstorm** What elements do you think make up a person's identity? Add your ideas in the blanks.

hairstyle	skin color	interests	_____	dreams
height	_____	values	personality	_____

- 2 **Discuss** What do you think the elements in each box have in common? Discuss your ideas with your partner.

B

While You View

- 1 Watch the video and number the following steps in the correct order.

- ☐ Color in your facial features on one side.
- ☐ Draw or write your invisible identity markers.
- ☐ Draw a vertical line down the center of your face.
- ☐ Sketch an image of your face, neck, and shoulders.



2 Watch the video again. Which is **NOT** mentioned about identity portraits?

- a They help us learn about both ourselves and others.
- b They remind us that everyone has a wonderful and complex identity.
- c They effectively highlight our invisible markers more than our visible ones.



After You View

Apply Think about your identity markers and write them down. Then draw your own identity portrait and present it to the class.

My Identity Markers
• visible ones:
• invisible ones:

My Identity Portrait

New Semester, New You

Writing a Resolution for a New Semester

Writing down resolutions allows you to plan your path for the future. You will learn how to write about a resolution and specific ways to keep it. Then you are going to write your own for a new semester.

A

Preview

Read the following and fill in the boxes with the appropriate elements below.

As a resolution for the new semester, I decided to develop better time-management skills. This is because good time-management skills will be very important during a busy semester. To keep my resolution, I will use a planner. Writing down my assignments and due dates will help me organize my schedule and complete tasks efficiently. Also, I'll use an app to limit my screen time. By removing distractions while studying or doing homework, I think I can focus better and use my time more effectively. I know keeping my resolution will require hard work, but I will do my best to achieve my goal.

(A) _____
(B) _____
(C) _____
(D) _____
(E) _____

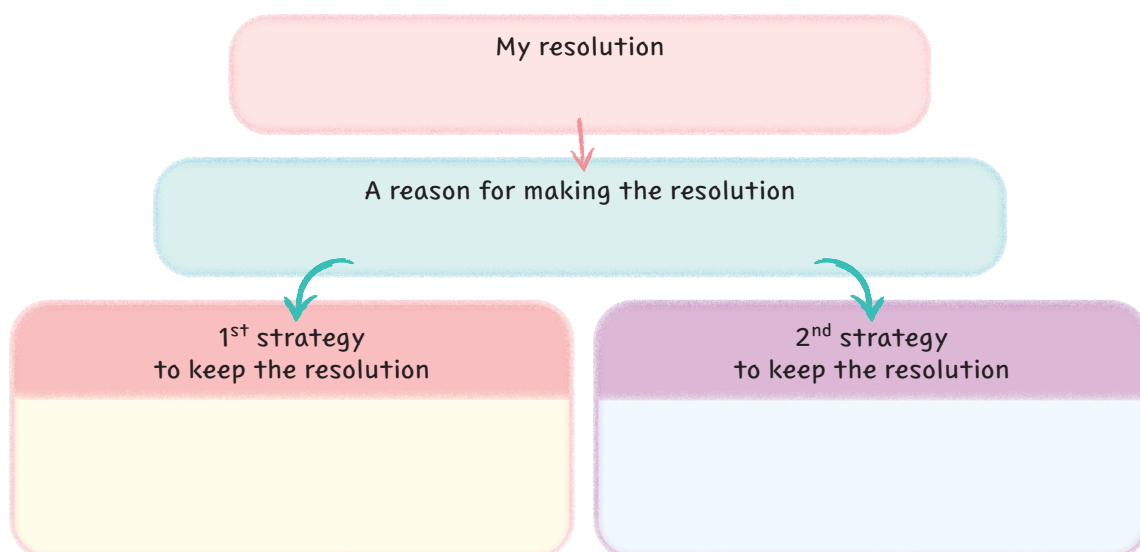
Resolution Closing 1st Strategy 2nd Strategy Reason

B

Write Your Own

Step 1 Organize Your Ideas

Think about your own resolution for the new semester and some strategies for keeping it.



Step 2 Write Your First Draft Write your own resolution based on your answers in **Step 1**.

As a resolution for the new semester, I decided to _____
 _____.

This is because _____
 _____.

To keep my resolution, _____
 _____.

_____. In addition, _____
 _____.

_____. I know keeping my resolution will
 require hard work, but I will do my best to achieve my goal.

Writing Skill

Writing about Resolutions

다짐과 함께 그것을 실천하기 위한 구체적인 방법이나 다짐을 실천하면 얻을 수 있는 효과 등을 쓴다.

Step 3 Get Feedback Examine your first draft and share it with your partner for feedback.

		Self	Partner
Task Completion	이 글은 자신의 다짐, 이유, 다짐을 실천할 방법, 마무리 문장을 모두 포함하고 있다.	☆☆☆☆	☆☆☆☆
Content	이 글은 다짐을 실천할 구체적인 방법을 명확하게 제시하였고, 글의 흐름이 논리적이다.	☆☆☆☆	☆☆☆☆
Language	이 글은 정확한 문법과 적절한 단어를 사용하였다.	☆☆☆☆	☆☆☆☆
Partner's comments			

자신이 쓴 글을 여러 번 읽어 보면서 글이 주제와 연관된 문장으로만 구성되어 있는지 살펴보자.

Step 4 Revise and Reflect Revise your first draft based on the feedback. Reflect on how your writing has improved through revision.



A Listen and Write

1 Listen to the conversation. What does the girl recommend that the boy do?

- a Start by taking small steps to overcome his fear.
- b Try asking questions in class to get better grades.
- c Imagine giving a presentation to feel less nervous.



2 What are some other ways to get out of your comfort zone? Write your ideas below.

- Rewarding myself after trying something new • _____
- _____ • _____

SEARCH

how to step out of my comfort zone

B Read and Discuss

Learning about yourself is very important. First of all, it helps you make better decisions. We often let others tell us what we should do. As a result, we work towards goals that won't make us happy. However, if you know yourself well, you can make decisions based on your true needs. Learning about yourself also makes you feel more confident. Once you know your true self, you will care less about what others think of you. This allows you to love yourself the way you are. So why don't you start your journey of self-discovery today?

KNOWING
yourself
is *the*
beginning
of all
wisdom

1 Read the passage. What are the benefits of learning about yourself?

2 Interview your classmates with the following questions.

Interview Questions

- ☐ When do you feel confident?
- ☐ What are the three things that you value the most?
- ☐ What kind of person would you like others to see you as?

C Answer the Big Question

In this lesson, you learned about various topics related to the Big Question. Now think about what you've learned and answer the Big Question.

TOPIC 1

What Are Your True Colors?

TOPIC 2

Find Your Spark!

TOPIC 3

Discovering Yourself through Challenges

TOPIC 5

New Semester, New You

TOPIC 4

Drawing the Real You

Big Question

How can you find your true self?

D Check Your Progress

Look through what you've learned in this lesson and reflect on your learning and attitude below.

My Learning		My Attitude	
나는 이번 단원에서 배운 내용을 충분히 이해했다.	😊 😐 😞	나는 학습 중에 새로운 정보를 이해하고 있는지 스스로 점검했다.	😊 😐 😞
나는 이번 단원에서 배운 표현과 어휘를 유사한 상황에 활용하여 말하거나 쓸 수 있다.	😊 😐 😞	나는 수업에 자발적이고 적극적으로 참여했다.	😊 😐 😞
나는 이번 단원에서 배운 주제에 대해 나의 생각이나 의견을 표현할 수 있다.	😊 😐 😞	나는 실수를 두려워하지 않고 나의 생각이나 의견을 자신감 있게 표현했다.	😊 😐 😞
Q. 이번 단원에서 배운 것 중 가장 중요하다고 생각하는 것은 무엇인가? 		Q. 앞으로 더 발전시켜야 한다고 생각하는 태도는 무엇인가? 	

Lesson

2

Health Matters!

Study Points

Functions

- 충고하기 I think you should try to go for a walk after you eat.
- 희망, 기대 표현하기 I hope these tips help you enjoy your favorite shows in a healthy way.

Structures

- I needed to find a way **to bring** psychiatry into the community.
- It is such a rewarding experience **to help** people make positive changes in their lives.



Big Question

How can we lead a healthy lifestyle?

TOPIC 1

Make Every Day a Healthy Day

LISTEN & SPEAK

TOPIC 2

How Digitally Fit Are You?

IN REAL LIFE

TOPIC 3

Talk It Out, Help Is Here

READ

TOPIC 4

Connecting Body and Mind

VIEW & LEARN

TOPIC 5

Be Kind to Your Mind

WRITE & SHARE

Psychiatry

Health

Make Every Day a Healthy Day



충고하기 I think you should try to go for a walk after you eat.

A

Warm Up

How healthy is your lifestyle? Find out by categorizing the following activities.

- Ⓐ Sitting up straight
- Ⓑ Getting enough sleep
- Ⓒ Exercising or stretching
- Ⓓ Avoiding unhealthy food
- Ⓔ Eating breakfast every day
- Ⓕ Spending time outside in the fresh air

Things that I'm doing well

Things that I need to work on

B

Listen In

1 Listen to the conversation. Which picture best shows the girl's situation the previous day?



2 Listen again and check T for true or F for false.

- (1) Lately, the girl has been having stomachaches after dinner.
- (2) The boy thinks sitting right after a meal is unhealthy.

T

F

☐
☐
☐
☐

C

Listen and Interact

Step 1 Listen to the conversation and answer the following questions.

1 What are the speakers mainly talking about?

- a how to make healthy snacks
- b side effects of drinking less water
- c ways to stop eating snacks at night

Listening Skill

Finding the Main Idea

대화의 주제를 파악하기 위해서는 세부 사항에 집중하기보다 전체적인 흐름을 이해해야 한다.

2 Listen again. Fill in the blanks based on the conversation.

According to the website, the boy should d_____ more water and not s_____ meals during the day.

Step 2 Ask your partner about an unhealthy habit he or she has. Then give advice on how to change it.

Example



- **Unhealthy habit**
I don't drink enough water.
- **Advice**
Carry a water bottle with you to drink water more often.

Your Own

• **My partner's unhealthy habit**

• **My advice**

Example

A: Do you have any unhealthy habits?

B: Well, I don't drink enough water.

A: In that case, I **think you should** carry a water bottle with you to drink water more often.

B: That sounds like a good way to stay healthy. Thanks for the advice!

A: No problem. You know, small habits can make a big difference over time.

Self-Check

- ▶ 충고하는 말을 듣고 이해할 수 있으며, 이를 활용하여 말할 수 있다.
- ▶ 건강에 좋지 않은 습관을 바꿀 방법을 떠올려 보고 그에 대해 말할 수 있다.



TOPIC
2

 IN REAL LIFE

How Digitally Fit Are You?



희망, 기대 표현하기 I hope these tips help you enjoy your favorite shows in a healthy way.



A

Listen to the Lecture

1 Fill in the blanks based on the lecture.

Binge-watching is the act of watching a series of shows without s_____. It is bad for your h_____, but there are ways to prevent yourself from doing it.

2 Listen again and check T for true or F for false.

QUIZ

How much do you know about binge-watching?

- (1) Binge-watching can lead to reduced physical activity.
- (2) You must stop watching a show right away when the alarm you set goes off.
- (3) Exercising while watching shows is not recommended.

T F

☐ ☐

☐ ☐

☐ ☐

B

Share Your Ideas

Step 1 Complete the survey on your use of digital devices.

Are you addicted to your digital devices?

1 or 2 positive answers: Under control
3 or 4 positive answers: Take caution
5 or 6 positive answers: Possible addiction

		Yes	No
1	Do you check your digital devices during meals?	☐	☐
2	Do you post something on social media every day?	☐	☐
3	Do you take your digital devices with you to the restroom?	☐	☐
4	Do you lose track of time when you use your digital devices?	☐	☐
5	Do you check your digital devices while walking down the street?	☐	☐
6	Do you feel uncomfortable when you go out without your digital devices?	☐	☐

Step 2 What do you mostly use your digital devices for? And how can you improve your digital well-being? Discuss these questions with your partner.

○ What I mostly use my digital devices for: _____

○ How I can improve my digital well-being _____



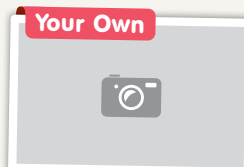
focus more on my hobbies



put my devices out of sight



limit time for using specific apps



Example

A: Do you think you use your digital devices too much?

B: Yes, I do. I spend too much time each day keeping up with new posts on social media.

A: How can you improve your digital well-being?

B: I'm going to try to focus more on my hobbies.

A: Good idea! **I hope** that brings you a healthier digital life.

Speaking Skill

Expressing Encouragement

상대방이 자신의 결심이나 계획에 대해 말할 때, 지지나 격려의 말로 힘을 북돋아 주는 것이 좋다.

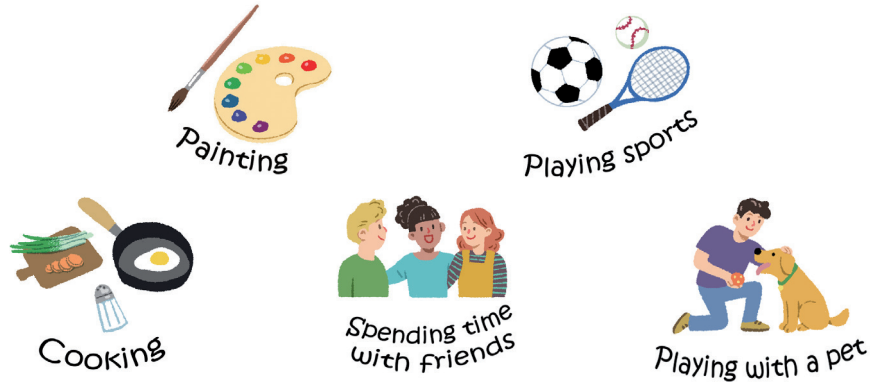
Self-Check

- ▶ 희망이나 기대를 드러내는 표현을 듣고 이해할 수 있으며, 이를 활용하여 말할 수 있다.
- ▶ 자신의 디지털 기기 이용 습관을 평가하고, 보다 건강하게 이용하는 방법에 대해 말할 수 있다.



A Topic Preview

Think about what makes you feel better when you are feeling down.



B Vocabulary for Reading

Look at the pictures and fill in the blanks with the words in the box.



Emily was ¹⁾ _____ when her best friend moved away.



My friend and I could ²⁾ _____ tickets for the concert at last.



If you are ill, sleeping could speed up your ³⁾ _____.



Caroline is ⁴⁾ _____ because she always keeps her promises.



Kenneth's ⁵⁾ _____ allows him to understand how others feel.



We are here to help start-ups ⁶⁾ _____ their business abroad.

empathy expand depressed recovery reliable afford



Talk It Out, Help Is Here

Host On today's show, we are going to learn about special park benches in Zimbabwe called Friendship Benches. We have two special guests. First, please welcome the founder of the Friendship Bench program, Dr. Dixon Chibanda. Can you tell us what inspired you to come up with the program?

Dr. Chibanda Sure. The idea came from an experience I had as a psychiatrist. One of my patients had become severely depressed. However, she couldn't get help because she was unable to afford the bus ride to the hospital. This shocked me, as I had never considered such a problem before. In fact, it is difficult for many people in Zimbabwe to pay for transportation and receive medical treatment. Furthermore, there has been a lack of psychiatrists in the country for many years. When the Friendship Bench program started in 2006, there were only eleven psychiatrists serving Zimbabwe's population of over twelve million people. I needed to find a way to bring psychiatry into the community.

Reading Strategy

Finding the Main Idea

반복되는 개념이나 어휘를 바탕으로 글의 요지를 파악한다.

Q1

Why was one of Dr. Chibanda's patients unable to get help?

📍 짐바브웨(Zimbabwe)

아프리카 동남부에 위치한 내륙 국가로, 잠비아, 모잠비크, 남아프리카 공화국, 보츠와나와 국경을 접하고 있다. 수도는 하라레(Harare)이며, 세계 3대 폭포라 불리는 빅토리아 폭포가 있는 곳이다.

founder
depressed

inspire
afford

come up with
transportation

psychiatrist
treatment

severely
population



Host Oh, so that was the beginning of it. Could you explain to us how the Friendship Bench program works?

Dr. Chibanda Certainly. The program was created as a way to provide accessible mental health services. It offers talk therapy sessions to people dealing with issues such as depression or anxiety. The sessions are free and are provided by respected elderly women from the community. These women, called “grandmothers,” volunteer

Q2 Apply the Strategy

What is the Friendship Bench program?

to sit with patients at the benches, listen to their stories, and provide them with emotional support.

Host What a wonderful idea! How did these amazing grandmothers become a part of your program?

Dr. Chibanda Grandmothers were chosen for our program because they are deeply connected to the community. Moreover, they have all the qualities of a counselor, such as excellent listening skills, empathy, and the ability to engage in meaningful discussions. They are also very reliable, which is important for our efforts to support mental health. At the beginning, we started with only fourteen volunteer grandmothers. But today, there are thousands of grandmothers who have been trained to provide Friendship Bench therapy in Zimbabwe.

Q3 Over to You

What do you think makes a good counselor?

accessible
volunteer

therapy
counselor

depression
empathy

anxiety
engage in

respected
reliable

Host That's interesting! What happens after patients complete their sessions with the grandmothers?

Dr. Chibanda When the sessions with the grandmothers are over, patients are encouraged to join a community support group made up of former patients of the program. The members of these groups can easily relate to and support one another. This is because most of them come from the same community and have experienced similar struggles.

Host That sounds like a great way to continue the support and build a sense of community. And the program has been incredibly successful, right?

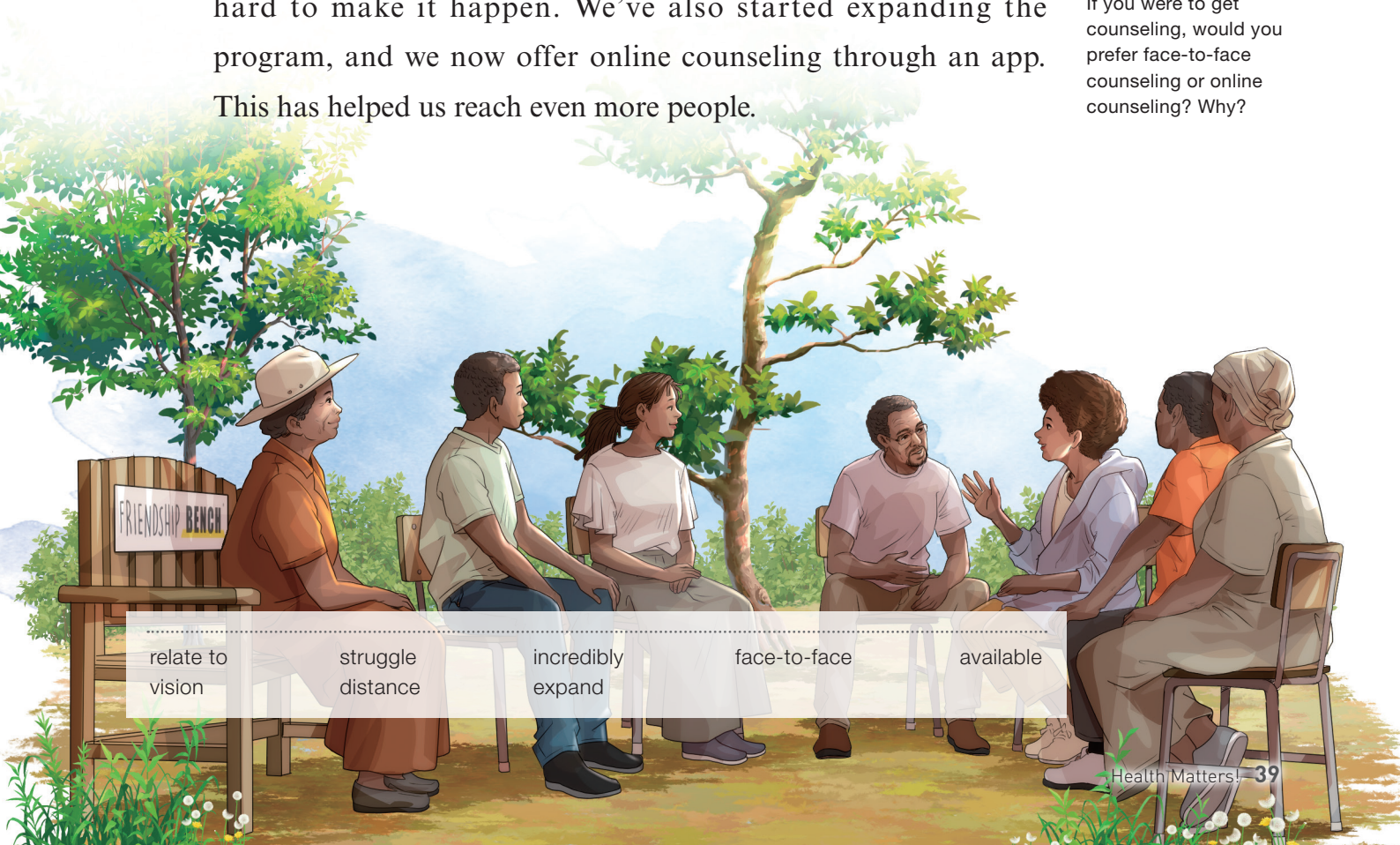
Dr. Chibanda That's correct. In 2022, we provided face-to-face counseling to about 90,000 patients in Zimbabwe. Now, Friendship Benches are available in more than twenty different regions around the country. Our vision is for everyone to have a Friendship Bench within walking distance, and we are working hard to make it happen. We've also started expanding the program, and we now offer online counseling through an app. This has helped us reach even more people.

Q4

What happens to the patients when the sessions with the grandmothers are over?

Q5 Over to You

If you were to get counseling, would you prefer face-to-face counseling or online counseling? Why?



relate to
vision

struggle
distance

incredibly
expand

face-to-face

available



Host That's really amazing! Thank you for your time, Dr. Chibanda. Now let's hear from one of the grandmothers who volunteers for the program. Can you introduce yourself and tell us how you got involved with the Friendship Bench program?

Grandma Moyo Hello, my name is Judith Moyo, but people call me Grandma Moyo. I'm 76 years old, and I have been volunteering for the Friendship Bench program for about eight years. I joined the program because many people in my community struggle with mental health problems, and I wanted to do something about it. I knew that I could help heal their wounded hearts by supporting them.

Q6

Why did Grandma Moyo join the program?

wounded

Host That's very kind of you. Can you tell us about your experience as a grandmother for the Friendship Bench program?

Grandma Moyo It's been wonderful. Seeking help for mental health problems is nothing to be ashamed of. I've seen how it can make a difference in people's lives. One patient of mine, a nineteen-year-old girl, was going through a difficult time after her mom passed away. I counseled her and helped her begin her recovery journey. Now her life is back on track, and she has even started her own business! Cases like this make me so proud to be part of the program. It is such a rewarding experience to help people make positive changes in their lives.

Host Thanks for sharing your experiences with us today, Grandma Moyo. It's truly inspiring to see the influence that the Friendship Bench program has had. And it's all thanks to the hard work of people like you and Dr. Chibanda.

Q7

What does Grandma Moyo think about seeking help for mental health problems?

Connect to the Big Question

What are some ways to keep your mind healthy?

Source <https://www.friendshipbenchzimbabwe.org/> 외 다수 (p.118 참조)





A

Summarize

Complete the summary of the main text using the words in the box.

Why It Was Started

- Many people in Zimbabwe can't afford ¹⁾ _____ and medical treatment.
- There has been a lack of psychiatrists in Zimbabwe.

How It Works

- It offers talk therapy sessions to people dealing with mental health problems.
- After the sessions, patients can also join a community ²⁾ _____ group.



Grandmothers as Counselors

- They are deeply ³⁾ _____ to their communities.
- They have great listening skills, empathy, and the ability to engage in meaningful discussions.

Its Achievements

- Many people receive counseling through the program every year.
- It has reached even more people by providing ⁴⁾ _____ counseling.

connected

transportation

online

support

B

Check the Details

Check two sentences that are NOT true and correct them based on the main text.

1 The purpose of the Friendship Bench program is to provide accessible mental health services. ☐

2 Members of community support groups mostly come from the same community. ☐

3 In 2022, the Friendship Bench program offered online counseling to about 90,000 patients in Zimbabwe. ☐

4 One of Grandma Moyo's patients has even started volunteering for the Friendship Bench program after receiving help. ☐

- C** **Imagine** Pretend you are sitting on a Friendship Bench with a “grandmother” and answer the questions.



Hello. Welcome to our bench. Would you mind sharing your biggest problem these days?

I'm sorry to hear that. Can you tell me about how this problem makes you feel?

I completely understand how you feel. What can you do to start solving the problem?

- D** **Apply** What words comforted you when you were having a hard time? Share your experience with your partner.

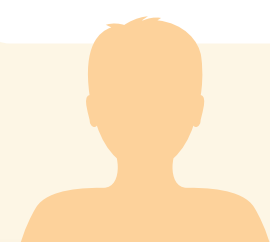
When I wasn't accepted into the drama club, a friend of mine said, "Every success story has its challenges." It really encouraged me and made me want to try again.



When I was having a hard time getting used to a new school, my teacher comforted me by saying, "It's very natural to feel that way. I'm here to help you." That made me feel greatly relieved.



Your Own



A

Expressions in Use

- The leaders held a meeting to **come up with** solutions to their problems.
- It is important to **engage in** regular exercise to maintain a healthy lifestyle.
- He should **be ashamed of** himself for telling such a lie.

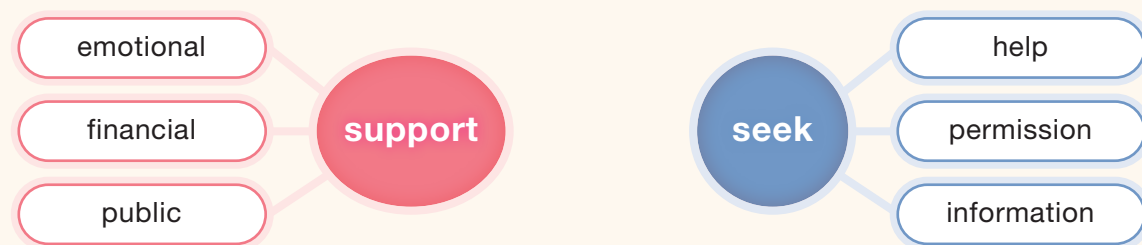
Fill in the blanks with the expressions in bold above.

- 1 Expressing your emotions is not something to _____.
- 2 The teacher encouraged the students to _____ volunteering during summer vacation.
- 3 To _____ a good idea, you should try to use your creativity and think outside the box.

+ On Your Own Make your own sentences using the expressions above.

B

Collocations



Fill in the blanks with the words above.

- 1 Universities provide _____ support to students through scholarships.
- 2 They sought _____ from their neighbor to move the heavy boxes together.
- 3 Students must seek _____ from their parents to be able to go on the field trip.

+ On Your Own Make your own sentences using the phrases above.

C

Discovering Grammar

Point
1

Read and Notice Read the announcement below, paying attention to the structure in bold.

Welcome aboard Flight 123 to New York City. For your safety, we would like to share some important information. Please make sure your seatbelt is fastened, as this is the best way **to keep** you safe during the flight. Also, please check the location of the nearest emergency exit. We are glad to have the opportunity **to be** a part of your travel experience.



Practice Complete the sentences by putting the words in the correct order.

- 1 I respect your decision (your own / follow / to / beliefs and values).
- 2 The writer's new article has (support / enough sources / its argument / to).
- 3 (to / learn / the best way / a new language) is to practice speaking it often.

Find More Find the sentences from the main text with the same structure as above.

Point
2

Read and Notice Read the thank-you letter below, paying attention to the structure in bold.

Dear Nicky,

We want to thank you for joining us at the charity event. **It** was nice **to have** your support. Your presence made a real difference, and **it** was truly wonderful **to see** everyone come together for such a great purpose. **It** was hard for us **to thank** you personally at the event, but we are grateful for your kindness and support.

Yours sincerely,
The Hope Charity

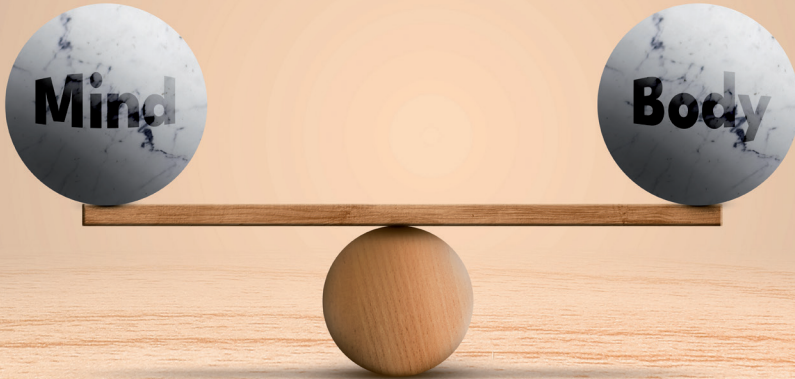
Thank you

Practice Complete the sentences using the given words and the same structure as above.

- 1 _____ was _____ the second prize. (win, a great honor)
- 2 _____ is _____ outdoor concerts in the summer. (attend, fun)
- 3 _____ is very _____ enough fruit and vegetables in order to stay healthy. (important, eat)

Find More Find the sentences from the main text with the same structure as above.

Connecting Body and Mind



A

Before You View

1 **Brainstorm** Have you ever experienced a time when your anger caused a stress response in your body? When was it, and what happened to your body at that time?

2 **Vocabulary** Read the sentences and match the underlined words or phrases to their meanings.

- Daniel was anxious while waiting for news about his job interview.
- Eric promised to look after his sister's plants while she was on vacation.
- Your advice and support always help me cope with challenging situations.
- The constant noise of traffic outside their apartment kept them awake all night.

- (1) _____: worried or very nervous about something
- (2) _____: to deal with a difficult situation successfully
- (3) _____: happening over and over or continuing without stopping
- (4) _____: to do what is necessary to keep something safe or healthy

MIND-BODY CONNECTION



B

While You View

1 Watch the video and complete the notes.

► **The link between your mind and body**

The mind-body connection makes it clear that our ¹⁾ m_____ and ²⁾ p_____ well-being influence each other.

► **Examples of ways to take care of both your mind and body**

- Focus on the ³⁾ b_____ in and out.
- Go walking or jogging outdoors.
- Take a break or ⁴⁾ s_____.

2 Watch the video again and check your answers.

C

After You View

Apply To manage your mind and body better, ask yourself the following questions.

What am I thinking about? How does it make me feel?

How is that feeling affecting my body?

How can I reduce negative emotions and regain balance between my mind and body?

Be Kind to Your Mind

Writing a Feelings Journal

Writing a journal about your feelings helps you to explore your emotions and gain a deeper self-understanding. You are going to write a feelings journal about a tough day you recently experienced and what you did to make yourself feel better.

A

Preview

Read the following feelings journal and think about a tough day you experienced.

Feelings Journal: A Tough Day

Date: MAR 24

The feelings I experienced today

- | | | | |
|--|--|--------------------------------------|---|
| ☐ happy | ☐ worried | ☐ grateful | ☐ scared |
| ☐ excited | ☐ proud | ☐ sad | ☐ relieved |
| ☐ nervous | ☐ satisfied | ☐ stressed | ☒ confident |
| ☒ frustrated | ☒ disappointed | ☐ other _____ | |

Step 1
Identify your feelings.

What made me feel that way

I had to give a presentation in English class today. I had practiced hard, so I felt confident at first. However, when I stood in front of the class, my mind went blank. I forgot what to say and ruined my presentation. I felt so disappointed in myself.

Step 2
Think and write about the causes.

How I dealt with my feelings

- | | | |
|---|--|--|
| ☐ watched a movie | ☐ slept in | ☒ enjoyed my hobbies |
| ☐ ate my favorite food | ☐ went shopping | ☐ did exercise |
| ☐ other _____ | | |

Step 3
Describe how you managed your emotions.

After I got home, I spent some time working on my model airplane. As I put the parts together, the frustration of the day faded away, and I was able to forget the disappointment I had felt in myself.

What I learned from the experience

Anyone can mess up. Also, I shouldn't worry too much about something that already happened. I'm sure I can do better next time.

Step 4
Reflect on and write about what you've learned.

B

Write Your Own

Step 1 Write Your Journal Write your own feelings journal.

Feelings Journal: A Tough Day

Date: _____

The feelings I experienced today

☐ happy	☐ worried	☐ grateful	☐ scared	☐ excited
☐ proud	☐ sad	☐ relieved	☐ nervous	☐ satisfied
☐ stressed	☐ confident	☐ frustrated	☐ disappointed	☐ angry
☐ other _____				

What made me feel that way

How I dealt with my feelings

☐ watched a movie ☐ slept in ☐ enjoyed my hobbies ☐ ate my favorite food

☐ went shopping ☐ did exercise ☐ other _____

What I learned from the experience

Step 2 Get Feedback Examine your journal and share it with your partner for feedback.

		Self	Partner
Content	이 글은 과거에 느꼈던 부정적인 감정과 그것을 다스린 방법, 그로부터 배운 점을 구체적으로 서술하고 있다.	☆☆☆☆	☆☆☆☆
Language	이 글은 정확한 문법과 적절한 단어를 사용하였다.	☆☆☆☆	☆☆☆☆

Step 3 Revise and Reflect Revise your journal based on the feedback. Reflect on how your writing has improved through revision.



A Listen and Post

- 1 Listen to the conversation. Which picture best shows what the speakers are looking at?

a FOOD

	8,00
	9,00
	2,00
	3,00

DRINKS

	2,00
	3,00
	3,00
	5,00

b How to Make Shrimp Pasta

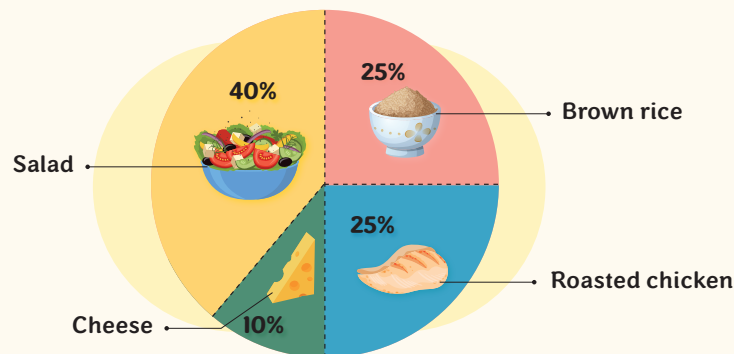
Ingredients

1. _____
2. _____
3. _____
4. _____
5. _____

c

	Mon	Tue	Wed	Thu
Break-fast				
Lunch				
Dinner				

- 2 Look at the example and make your own healthy meal plan for one meal. Then post it on the online class board.



B Read and Present

Surprisingly, your posture can influence your mind and your emotions. In fact, the relationship between mind and body is so powerful that your body position plays a large role in how you think, feel, and act. For example, sitting and standing up straight will increase your confidence and decrease your stress. Try walking with your chest out and your chin raised. Don't you feel more confident in this position? Also, research has shown that good posture can be highly beneficial for students. If students have good posture, it is easier for them to concentrate and stay in a good mood.

- 1 Read the passage. Which effect of good posture seems the most important to you?
- 2 Create slides about proper sitting and standing postures. Then present them to the class.

C Answer the Big Question

In this lesson, you learned about various topics related to the Big Question. Now think about what you've learned and answer the Big Question.

TOPIC 1

Make Every Day
a Healthy Day

TOPIC 2

How Digitally Fit
Are You?

TOPIC 3

Talk It Out,
Help Is Here

TOPIC 5

Be Kind to Your Mind

TOPIC 4

Connecting
Body and Mind

Big Question

How can we lead
a healthy lifestyle?

D Check Your Progress

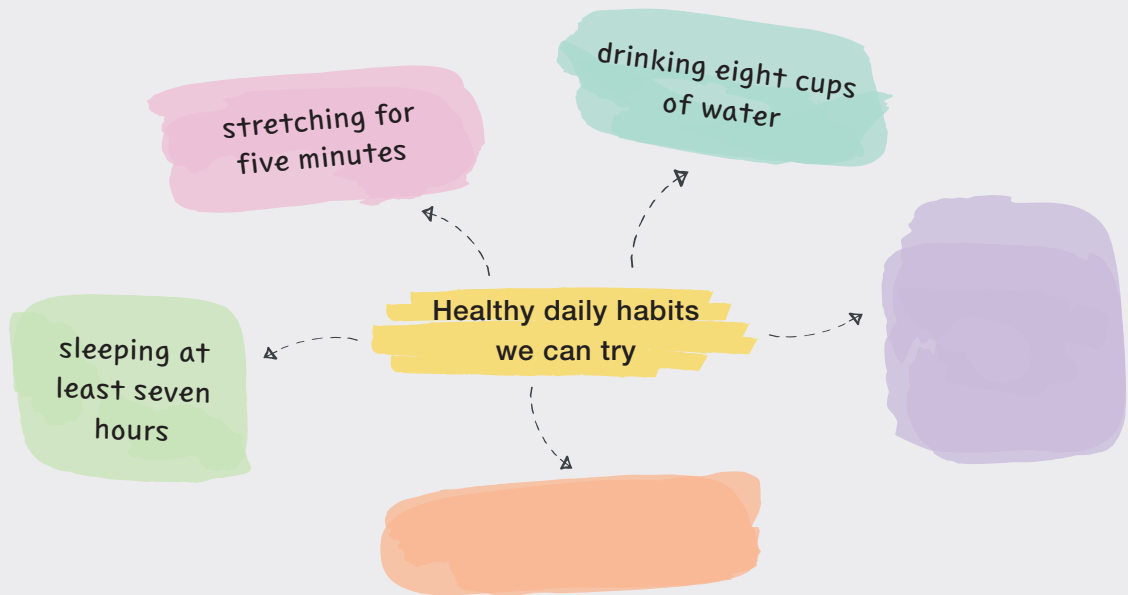
Look through what you've learned in this lesson and reflect on your learning and attitude below.

My Learning		My Attitude	
나는 이번 단원에서 배운 내용을 충분히 이해했다.	😊 😐 😞	나는 학습 중에 새로운 정보를 이해하고 있는지 스스로 점검했다.	😊 😐 😞
나는 이번 단원에서 배운 표현과 어휘를 유사한 상황에 활용하여 말하거나 쓸 수 있다.	😊 😐 😞	나는 수업에 자발적이고 적극적으로 참여했다.	😊 😐 😞
나는 이번 단원에서 배운 주제에 대해 나의 생각이나 의견을 표현할 수 있다.	😊 😐 😞	나는 실수를 두려워하지 않고 나의 생각이나 의견을 자신감 있게 표현했다.	😊 😐 😞
Q. 이번 단원에서 배운 것 중 가장 중요하다고 생각하는 것은 무엇인가? 		Q. 앞으로 더 발전시켜야 한다고 생각하는 태도는 무엇인가? 	

Your Task You will do healthy habit challenges with your group for two weeks and record your progress. Then you are going to present your group's habit trackers to the class.

STEP 1

Make a group of four and decide on two healthy daily habits you want to build together.



STEP 2

Think about ways to keep track of your healthy habit challenges.

Example

■ 1st healthy habit challenge

sleeping at least seven hours

→ How to keep track of it

keeping a record of our sleeping hours every day

■ 2nd healthy habit challenge

stretching for five minutes

→ How to keep track of it

taking a picture or video when we stretch

Your Group

■ 1st healthy habit challenge

→ How to keep track of it

■ 2nd healthy habit challenge

→ How to keep track of it

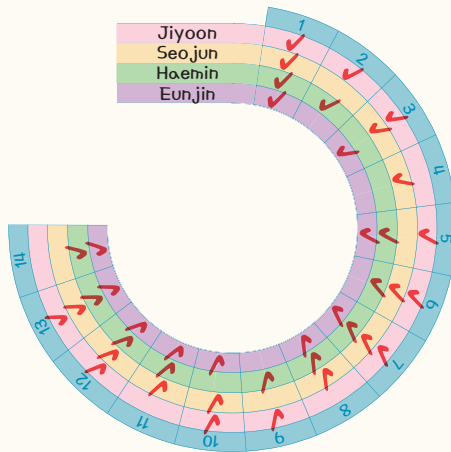
STEP 3

Make your group's habit trackers to record each member's progress.

Example

Habit tracker 1

- **Date:** April 7-21
- **Habit:** sleeping at least seven hours



Habit tracker 2

- **Date:** April 7-21
- **Habit:** stretching for five minutes

Jiyeon	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Seojun	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Haemin	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒
Eunjin	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒

Tip 매일 건강한 습관을 기록하고 서로 공유할 수 있는 애플리케이션을 활용하는 것도 좋다.

STEP 4

Present your group's habit trackers to the class. Then reflect on the challenges by asking and answering the following questions.

What was the most fun or challenging part of this experience?

Do you want to keep the healthy habits? Why or why not?

Do you have any other healthy habits you want to try?

Group-Check

- ▶ 모둠의 모든 구성원이 상호 협력적인 태도로 프로젝트에 참여했다.
- ▶ 건강한 습관을 기르는 활동을 수행하고, 활동 결과를 빠짐없이 기록했다.
- ▶ 습관 기록표에 올바른 영어 표현을 사용했다.



Lesson

3

Nature & Us

Study Points

Functions

- 동의나 이의 여부 묻기 Don't you agree?
- 확실성 정도 표현하기 I'm sure that we can make the world a better place.

Structures

- **Without** you and all your friends, we humans **wouldn't be** able to get enough oxygen.
- I noticed **that** a family of birds has made a nest in your branches.

Big Question

How can we live in harmony with nature?

TOPIC
1

We Are All Part of Nature

LISTEN & SPEAK

TOPIC
2

Join the Green Movement!

IN REAL LIFE

TOPIC
3

Letters to Nature

READ

TOPIC
4

The Forest Man

VIEW & LEARN

TOPIC
5

Toward a Sustainable Future

WRITE & SHARE

Environment

Biology

We Are All Part of Nature

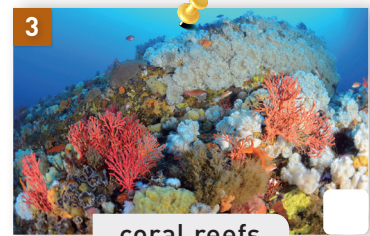


• 동의나 이의 여부 묻기 Don't you agree?

A

Warm Up

Match each of the living things shown in the pictures to the role they play in nature.



- a care for and protect nature
- b are homes for sea creatures
- c produce oxygen and provide shade



Think Further

What are some roles of other living things in nature?

B

Listen In

1 Listen to the conversation. What are the speakers mainly talking about?

- a the importance of insects in nature
- b ways to stop insects from disappearing
- c reasons why we need to get rid of pests

2 Listen again. Which is NOT mentioned as something that insects can do?

- a reduce weeds
- b control pollution
- c help plants make fruit

Listening Skill

Taking Notes

들으면서 메모하는 것은 중심 내용뿐만 아니라 세부 정보를 파악하는 데에도 도움이 된다. 메모를 할 때는 핵심 단어나 주요 사항 위주로 기록하는 것이 좋다.

C

Listen and Interact

Step 1 Listen to the speech and answer the following questions.

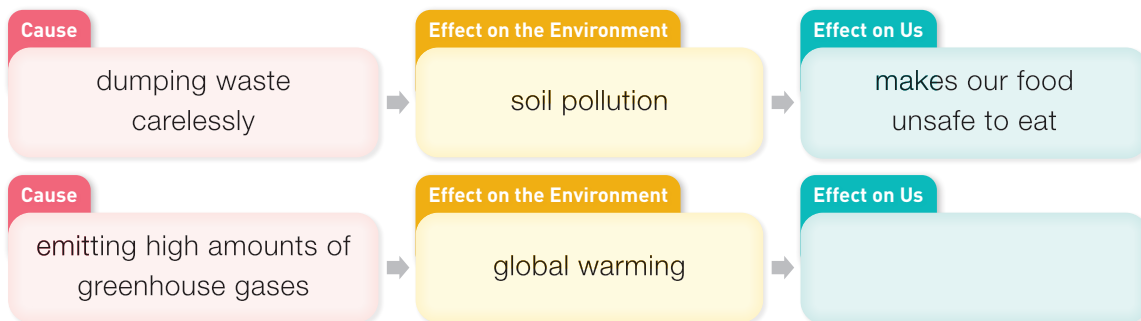
1 What is the purpose of the speech?

- a to inform people of effective ways of recycling
- b to encourage people to consider the impact of their purchases
- c to announce that greenhouse gas emissions are a serious problem

2 Listen again. Then fill in the blanks based on the speech.

- Making products requires a huge amount of w_____ and produces greenhouse gases.
- You will produce a lot of household w_____ if you buy too many products.

Step 2 Fill in the empty box with an effect that climate change can have on us. Then talk about it with your partner.



Example

A: I think dumping waste carelessly really harms the environment. **Don't you agree?**

B: Yes, I do. It leads to many kinds of problems, including soil pollution.

A: Exactly! And soil pollution can make our food unsafe to eat.

B: Yeah, we should keep in mind that our actions affect both the environment and ourselves.

Self-Check

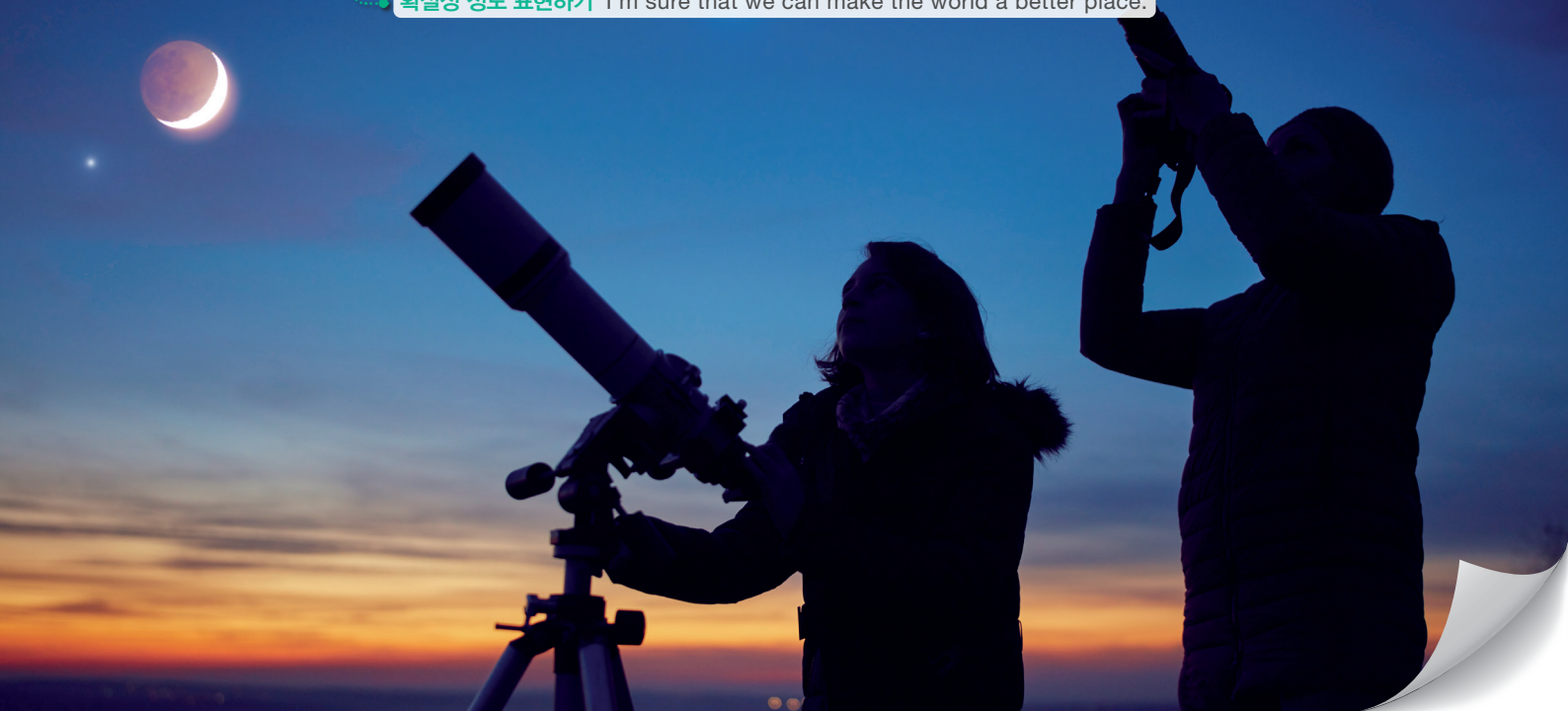
- ▶ 동의나 이의 여부를 묻는 말을 듣고 이해할 수 있으며, 이를 활용하여 말할 수 있다.
- ▶ 환경 파괴가 우리에게 미치는 영향을 말할 수 있다.



Join the Green Movement!



확실성 정도 표현하기 I'm sure that we can make the world a better place.



A

Listen to the Advertisement

1 What is the best slogan for the website?

- a Science: From Ideas to Inventions
- b Let's Protect Nature from Technology!
- c Be a Citizen Scientist for a Better World!

2 Listen again and complete the brochure based on the advertisement.

EcoTrackers  Help Scientists Study Air Quality Take photos from the tops of ¹⁾ m_____ to support scientists in their air quality research. 	Check Soil Quality  Try growing ²⁾ c_____ in a community garden and share data about the soil quality of your region.	Record Light Pollution Keep track of light pollution by reporting the visibility of ³⁾ s_____. 
---	--	--

B

Share Your Ideas



Step 1 Look at the following environmental projects and search for another one you want to participate in.

The Neighborhood Bird Count



Activity
counting the number of birds of each species in our neighborhood

Expected Effect
will help scientists better understand and protect birds

WORLD WATER MONITORING DAY



Activity
testing nearby water sources using a water testing kit

Expected Effect
will raise awareness about protecting our natural water resources

Your Own



Activity

Expected Effect

SEARCH

environmental citizen science projects



Step 2 Talk about the project you have found with your partner.

Example

A: I want to participate in a project called the Neighborhood Bird Count.

B: Oh, what kind of activity does it involve?

A: It involves counting the number of birds of each species in our neighborhood.

B: That sounds really interesting!

A: I agree! **I'm sure** that the project will help scientists better understand and protect birds.

Speaking Skill

Showing Interest

눈을 마주치고 고개를 끄덕이는 동작이나 "Sounds interesting."과 같은 표현을 통해 자신이 상대방의 말에 주의를 기울이고 있음을 드러낼 수 있다.

Self-Check

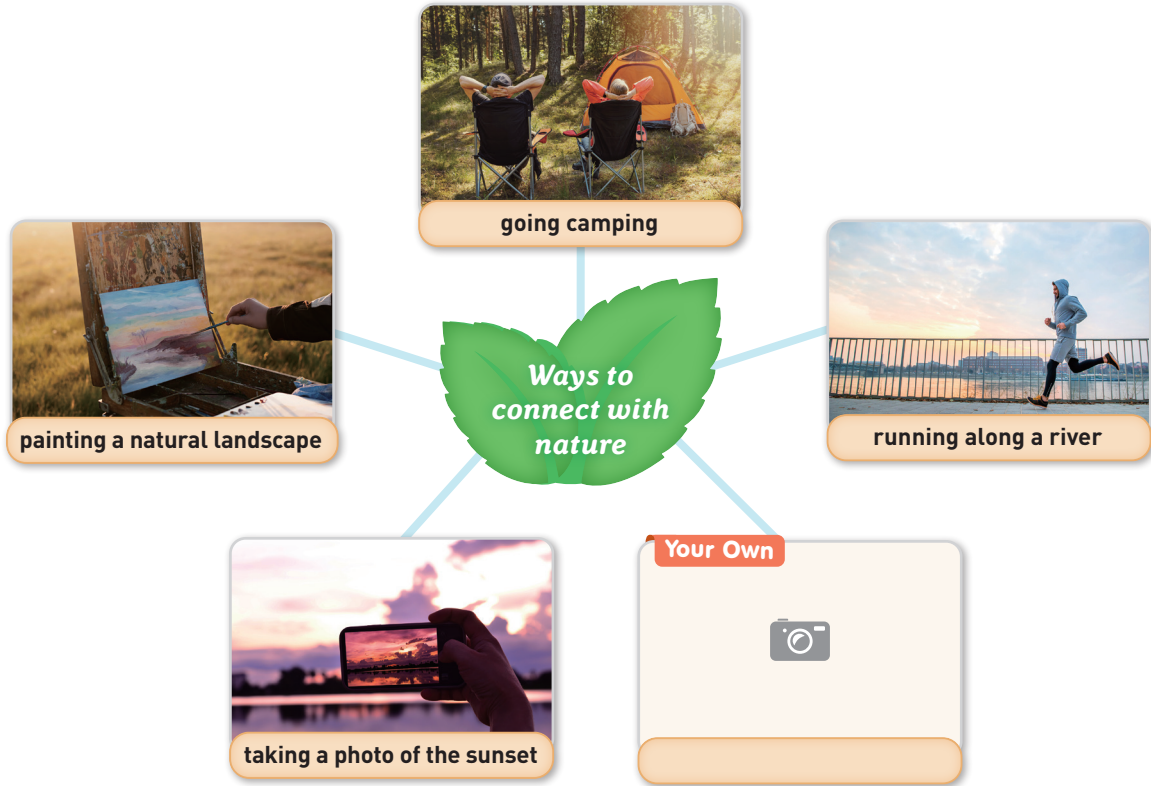
- ▶ 확실성 정도를 표현하는 말을 듣고 이해할 수 있으며, 이를 활용하여 말할 수 있다.
- ▶ 환경과 관련된 시민 과학 프로젝트를 찾아보고 그에 대해 말할 수 있다.



A

Topic Preview

Look at the pictures and think about other ways you can connect with nature.



B

Vocabulary for Reading

Guess the meanings of the underlined words based on the context.



Many city ¹⁾ residents value ²⁾ urban parks for their role in reducing air pollution.

Preserving nature is very important for future ³⁾ generations. We must work together for a ⁴⁾ sustainable future.



The widespread use of electric cars is a fairly recent ⁵⁾ phenomenon.



Letters to Nature



Dear Tree,



Whenever I walk past you, your beautiful leaves bring a smile to my face. Whenever I stop in front of you and take a deep breath of fresh air, I appreciate the oxygen that you produce. Without you and all
 5 your friends, we humans wouldn't be able to get enough oxygen. By the way, I noticed that a family of birds has made a nest in your branches. It's so kind of you to provide them with a home. I hope that more people realize how important you and all the other trees are to the environment. Have a nice day!



Reading Strategy

Guessing the Meaning from the Context

글의 문맥을 토대로 모르는 단어나 표현의 뜻을 추측하며 읽는다.

📍 멜버른(Melbourne)

호주 남동부에 위치한 빅토리아주의 주도(州都)로, 호주에서 시드니 다음으로 큰 도시이다. '정원의 도시'라고 불릴 만큼 높은 녹지율을 자랑한다.

- 10 Believe it or not, trees in Melbourne, Australia receive emails like this all the time. How is it possible that trees have email addresses? And why are people sending them messages?

appreciate

produce

nest

branch



The story behind these emails begins with Melbourne’s Urban Forest Strategy plan, a response to Australia’s millennium drought. This drought lasted from the late 1990s to 2010. By the time it ended, 40 percent of the city’s 77,000 trees were in a state of declining health. Furthermore, the overall number of trees was decreasing.

As a result, the amount of shade provided by trees within the city, also known as canopy cover, decreased. The loss of canopy cover is a major threat to urban environments because it raises temperatures. Higher temperatures in cities can be dangerous for residents, as they increase the risk of heat exhaustion*. They also lead to a rise in the use of air-conditioning. This speeds up climate change by increasing energy consumption and greenhouse gas emissions.

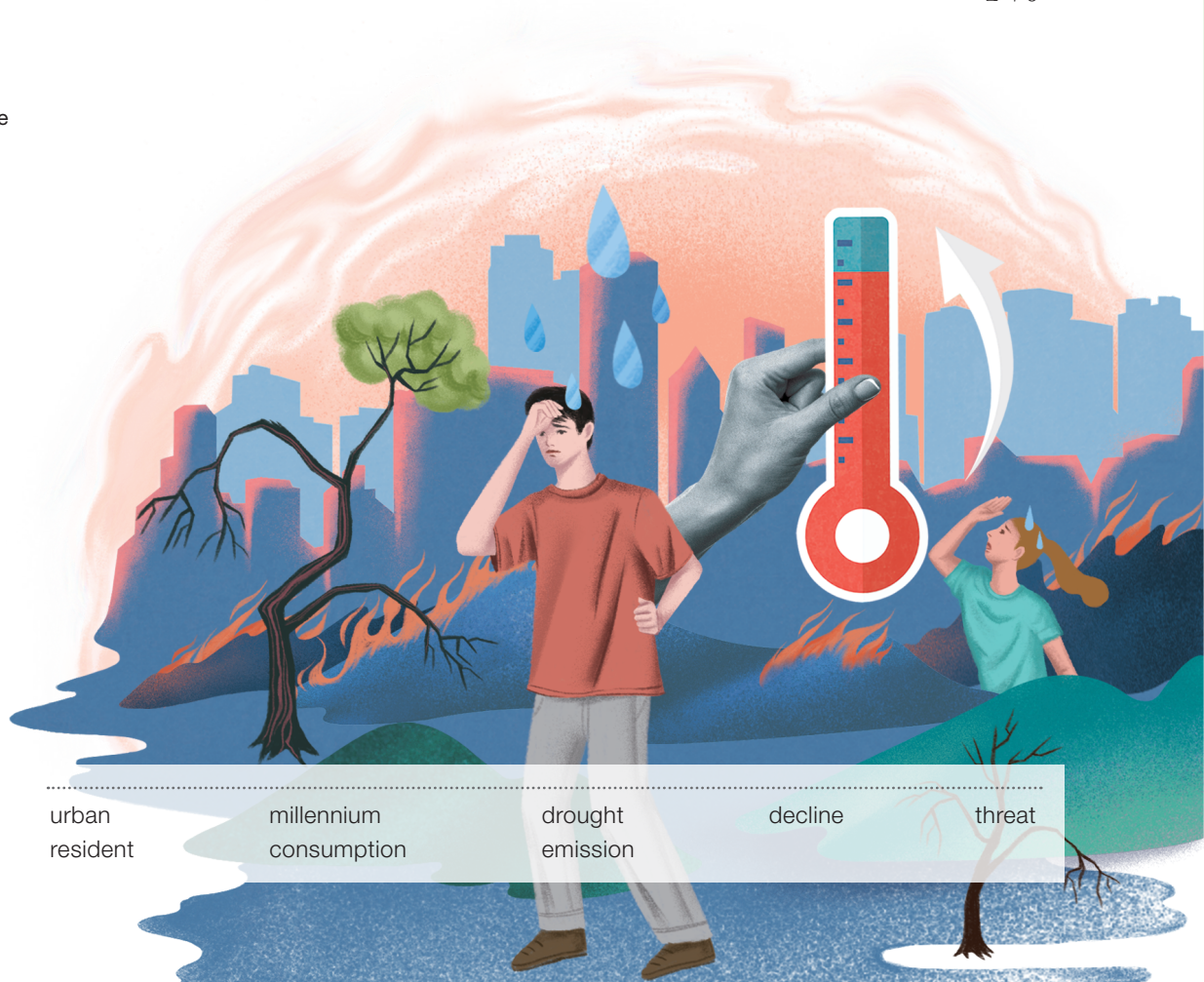
*heat exhaustion 열사병

Q1

How does a rise in the use of air-conditioning speed up climate change?

Q2 Apply the Strategy

What do you think “consumption” in line 13 means based on the context?



urban
resident

millennium
consumption

drought
emission

decline

threat

Something had to be done to deal with the loss of Melbourne's trees. In 2012, the city government announced its Urban Forest Strategy plan. It set the ambitious goal of planting more than 3,000 trees every year for the next twenty years. The plan also involved the creation of an online map called the Urban Forest Visual.

Q3

What ambitious goal did the Urban Forest Strategy plan set?

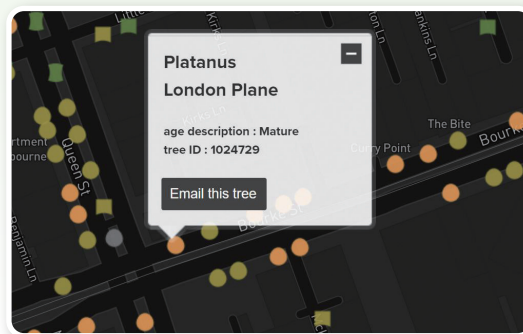
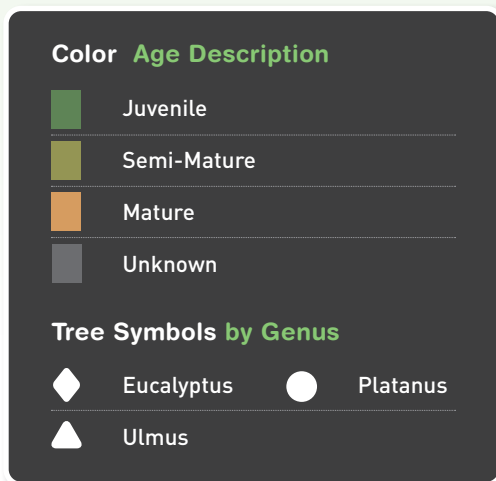
This interactive map shows the location of every single tree in the city's parks and along its roads. It uses colors and symbols to indicate each tree's age and genus. Also, users can click on a tree to find out its species and even send it an email. At first, the "Email this tree" function had a specific purpose. It was designed to allow people to easily inform council workers about trees that were damaged or in poor health.

Q4

What was the original purpose of the map function that allowed users to email trees?

속(genus)

생물을 분류할 때 사용하는 기본 단위 중 하나로, 과(family)와 종(species) 사이의 개념이다. 간혹 하나의 속이 한 가지 종으로 이루어지는 경우도 있다.



◀ ▲ The Urban Forest Visual map

ambitious
council

interactive

symbol

indicate

species



Q5 Over to You

Why do you think the tree mail phenomenon spread all over the world?

Q6 Apply the Strategy

What do you think “collective” in line 18 means based on the context?

After the map was posted online, something unexpected happened. The trees started receiving thousands of emails, but many of them were not reports about damage or poor health. Instead, they were love letters, poems, greetings, and messages expressing appreciation for the trees. One person wrote, “I love the way the light shines on your leaves and how your branches hang so low. It is almost like you are trying to hug me.” The tree mail phenomenon quickly spread, and people all over the world started sending messages.

A message that was sent all the way from Russia said, “When I read about this wonderful project, I was inspired to write to you, even though I live thousands of miles away. Although we are separated by a great distance, we share the same planet and the same environment. Perhaps one day we will meet. Until then, I hope you can stay healthy and strong.”

The global popularity of the tree mail phenomenon reminds us that we are all connected to nature, and we are all involved in building a more sustainable world. Without collective action from people across the globe, we would have little hope of saving our planet for future generations.



unexpected
collective

phenomenon
generation

separate

popularity

sustainable

Locally, the tree mail phenomenon has inspired many Melbourne residents to offer their own ideas about building an environmentally friendly urban environment. Some have even volunteered to measure trees and monitor animals for nature programs in the city.

5 Meanwhile, the Urban Forest Strategy's tree planting project has remained on track, and canopy cover is predicted to increase from 23 percent in 2012 to 40 percent by the year 2040. Melbourne's urban forest strategy will help keep the city cool. It will also allow residents to interact with nature and engage in outdoor activities every day. As a
10 result, residents will be happier and healthier as they move toward a greener future.

Connect to the Big Question

What can we learn from the tree mail phenomenon?

 **Source** <http://melbourneurbanforestvisual.com.au/> 외 다수 (p.118 참조)

environmentally friendly

measure

monitor

on track



Culture Notes

Protecting Elves, Protecting Nature

Elves have been an important part of Iceland's folk culture and myths for centuries, and most Icelanders like to imagine that elves exist among them. Icelanders' interest in these imaginary beings gives them an emotional connection to nature. In Icelandic culture, it is important for people to respect and protect rocks and hills because they are homes for elves. Therefore, people think twice about digging up the country's beautiful natural landscapes. Also, plans for the construction of roads, factories, and bridges are sometimes changed. Thanks to the elves of Iceland, nature is being protected!





A

Summarize

Complete the summary of the main text using the words in the box.

The Urban Forest Strategy

- The city started the plan in 2012 to recover from the ¹⁾ _____ of its trees.
- It set the goal of planting thousands of trees every year until 2032.
- Canopy cover is predicted to ²⁾ _____ to 40 percent by 2040.

An Online Map Called the Urban Forest Visual

- It uses colors and symbols to show each tree's ³⁾ _____ and genus.
- The map is ⁴⁾ _____, and users can even send emails to the trees.

The Tree Mail Phenomenon

- Apart from sending ⁵⁾ _____ about damage and poor health, many people have sent messages of love and appreciation to the trees.
- This phenomenon has inspired residents in Melbourne to help build an environmentally friendly city.

reports

interactive

increase

loss

age

B

Check the Details

Read the sentences and correct the underlined parts based on the main text.

- 1 As a result of the millennium drought in Australia, a fifth of Melbourne's trees were in poor health.
- 2 Canopy cover indicates the amount of oxygen provided by trees.
- 3 The Urban Forest Visual shows a picture of every single tree in the city's parks and along its roads.

C

Apply Write a short message to a tree in your neighborhood. Then share it with your partner.

Example

Dear Beautiful Tree,

I often notice you when I visit the park near my house. I've always considered you the most beautiful tree in the park. Last month, I had a picnic with my friends in your shade.

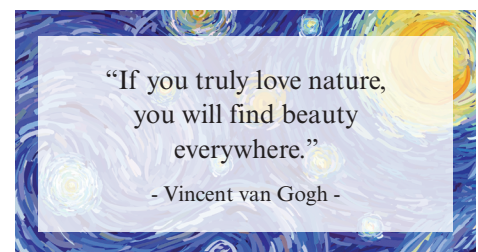
Now, every time I see you, you remind me of that wonderful day.

Thank you for the special memory!

Your Own

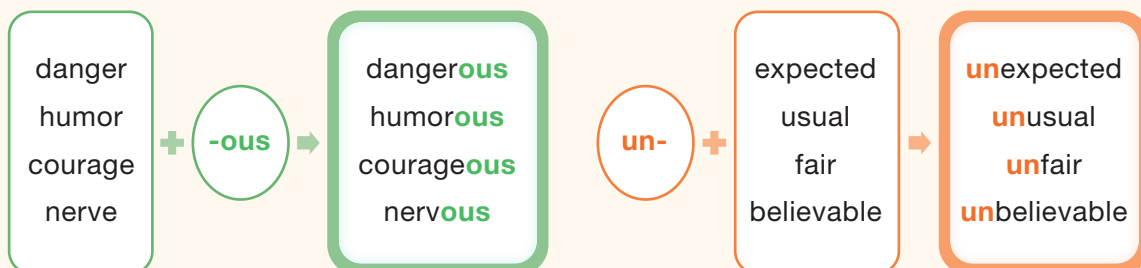
D

Discuss Look at the famous quotes related to nature and discuss the following questions with your partner.



- 1 Which quote do you like the most? Talk about the reason.
- 2 Search for another quote related to nature. What do you think the quote you have found means?

A Word Formation

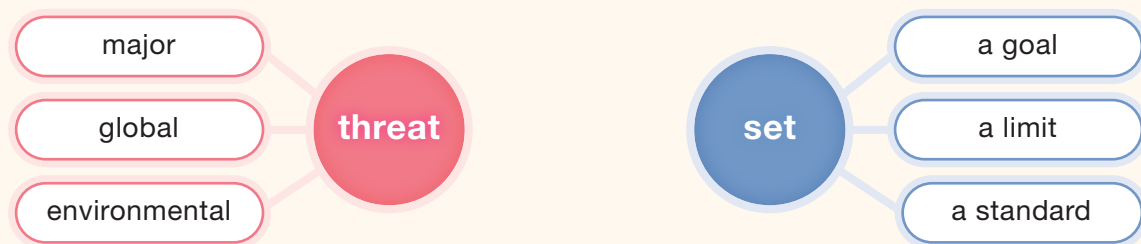


Choose the correct word for each sentence.

- Poor air quality is especially courageous / dangerous for young children.
- It is unfair / unusual for Sally to walk to school, as she rides her bike on most days.
- Although his friends were there to encourage him, he was still humorous / nervous about the contest.

+ On Your Own Make your own sentences using the words above.

B Collocations



Fill in the blanks with the words above. Change the forms if necessary.

- My mom set a _____ on how much money I could spend.
- Some people believe that AI will be a(n) _____ threat to their job security.
- Setting short-term _____ along the way can help you reach your long-term objectives faster.

+ On Your Own Make your own sentences using the phrases above.

C

Discovering Grammar

Point
1

Read and Notice Read the poster below, paying attention to the structure in bold.

5th Fall Novel Fair / October 25-28

Without fun and inspiring stories, life **would be** rather unexciting. It's true that we can experience stories through TV and movies. However, nothing can replace the impact novels have on our minds and spirits. **Without** novels, the world **would** certainly **be** a less imaginative place. So, this month, remember to pick up a novel!



Practice Look at the example and change the underlined parts so that they have the same meaning as above.

Example

Without my dreams, my hard work would be meaningless.

→ If it were not for my dreams, my hard work would be meaningless.

- 1 Without my pet dog, my house would feel empty.
→ If _____, my house would feel empty.
- 2 If it were not for public transportation services, our lives would be less convenient.
→ _____, our lives would be less convenient.

Find More Find the sentences from the main text with the same structure as above.

Point
2

Read and Notice Read the welcome letter below, paying attention to the structure in bold.

Welcome to the Royal Hotel, and thank you for choosing us! We offer free Wi-Fi access, a business center, an indoor pool, and more. We believe **that** we have everything you need for an enjoyable stay. Our staff is ready to help you at any time, so please let us know what we can do. We hope **that** you have a great experience here!

Sincerely,

Mark Richard,
General Manager



Practice Complete the sentences by putting the words in the correct order.

- 1 We know (to / you / go / that / didn't / the library) yesterday.
- 2 (sleep / research / is / that / closely connected / shows) to mental health.
- 3 Do you (have / that / the right / believe / people) to access clean drinking water?

Find More Find the sentences from the main text with the same structure as above.

The Forest Man



A

Before You View

- 1 **Predict** The man in the picture above is called the “Forest Man.” Why do you think he is called that?

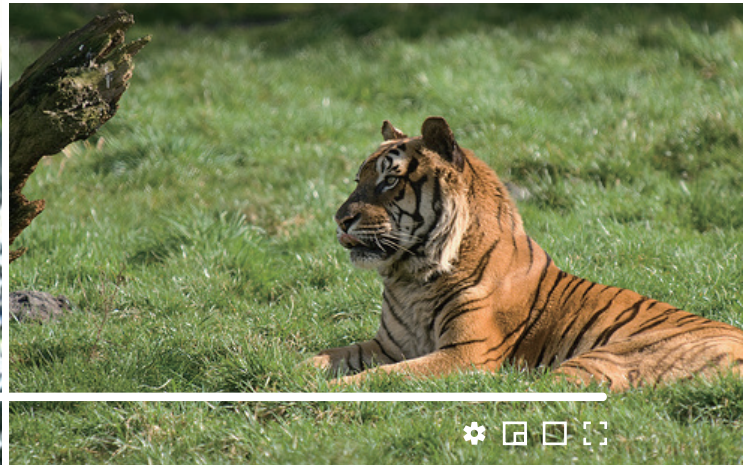
Example

I think he is called the Forest Man because he lives in the forest, taking care of the plants and animals in it.

- 2 **Vocabulary** Read the sentences and match the underlined words to their meanings.

- The country is known for its amazing diversity of wildlife.
- Most of the plants in our garden reproduce through seeds.
- After years of drought, the area has turned into a barren landscape.
- It is dark inside this forest because of its dense population of tall trees.

- (1) _____: to create young plants or animals
 (2) _____: animals living in natural conditions
 (3) _____: being unable to produce plants or fruit
 (4) _____: having many things that are close together



B

While You View

1 Watch the video and fill in the blanks.

Thanks to the continuous e_____ of Jadav Payeng, a barren piece of land has been transformed into a great forest. It is now home to a wide variety of s_____.

2 Watch the video again and check T for true and F for false.

(1) Molai Forest is now as big as New York's Central Park.

☐
☐

(2) At first, planting trees didn't have a big impact on the land.

☐
☐

C

After You View

Discuss Look at the quotes from Jadav Payeng and discuss which one inspires you the most with your partner.

"I'll plant until my last breath."

"Without oxygen, what is the use of inventing technology to go to the moon?"

"After I plant the trees, nature takes care of them."

Toward a Sustainable Future

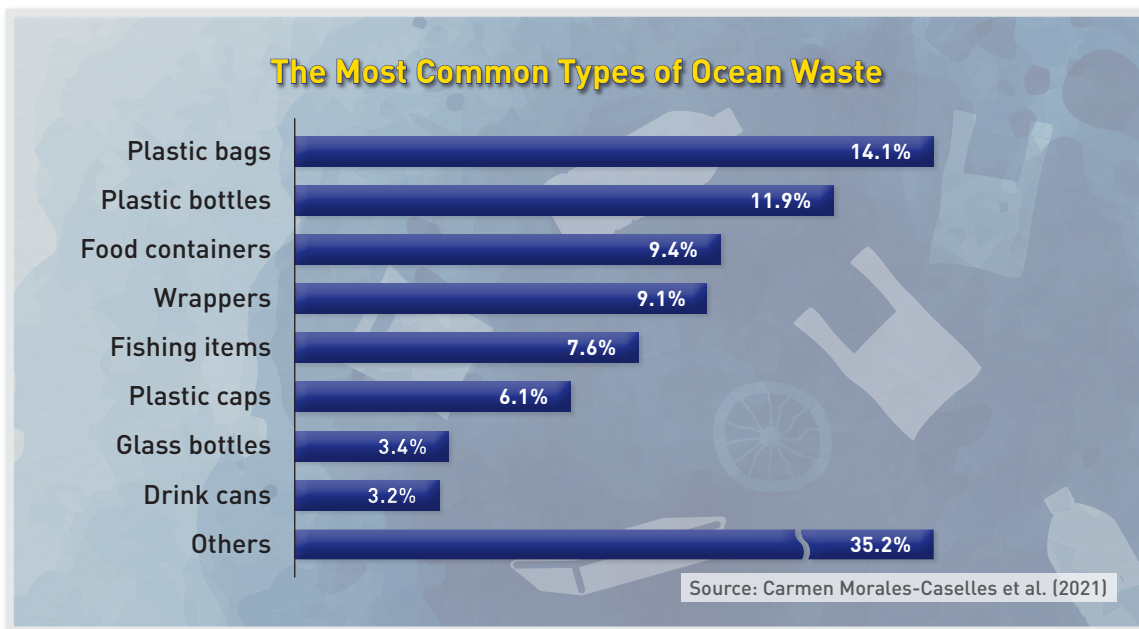
Describing a Graph

Graphs are used to show data visually. When describing a graph, be sure to include descriptions of the most notable information about the data. You are going to describe a graph about the most bike-friendly cities in the world.

A

Preview

Look at the following graph and read the paragraph below that describes it.



The above graph shows the eight most common items that pollute the world's oceans. Plastic bags are the most common waste item and make up about fourteen percent of ocean waste. Plastic bottles make up more than ten percent of ocean waste and are the second most common waste item. Wrappers are nearly as common in the world's oceans as food containers. Fishing items make up over seven percent of ocean waste, a little more than plastic caps and glass bottles. Drink cans are the least common of the listed items. From this graph, we can see that a wide variety of man-made items are polluting our oceans.

General Statement

Description

Conclusion

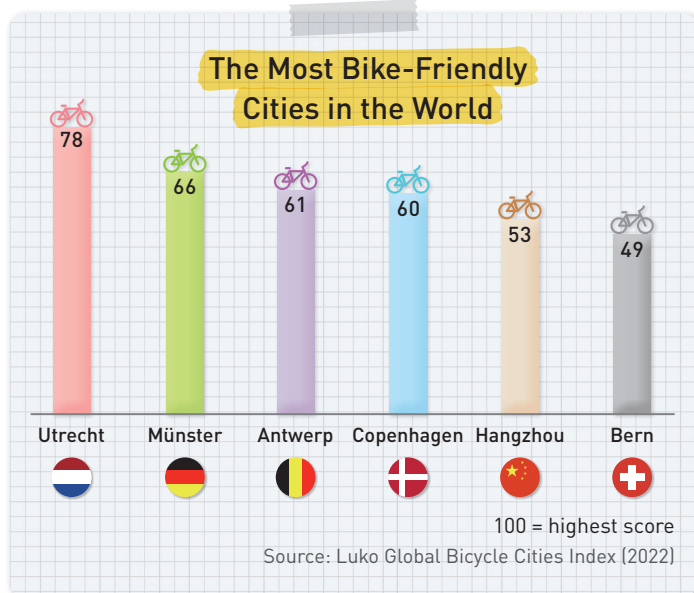
Language Help

- The percentage of ... is the same as ~
- ... has the highest[lowest] percentage ~
- ... is the most[least] *expensive* ~
- ... is twice[three times] as *high* as ~
- almost[nearly] a fifth
- more than half
- around forty percent
- a large majority of ...

B

Write Your Own

Step 1 Organize Your Ideas Look at the following graph and fill in the blanks.



- _____ is considered the most bike-friendly city.
- Münster came in _____ place, though it received more than ten points fewer than Utrecht.
- _____ and _____ were given similar scores of 61 and 60 points respectively.
- The only Asian city in the top six is Hangzhou, with a score of _____.

Step 2 Write Your First Draft Complete the paragraph based on the information in **Step 1**.

The graph shows _____.
_____, with a score of 78.
Münster came in _____, though _____.
_____ were given similar scores of 61 and 60 points respectively. The only Asian city in the top six is _____, with a score of _____. Based on this graph, _____
_____ than cities in other parts of the world.

Step 3 Get Feedback Examine your first draft and share it with your partner for feedback.

		Self	Partner
Content	이 글은 도표 내용을 명확하게 서술하였다.	☆☆☆☆	☆☆☆☆
Language	이 글은 정확한 문법과 적절한 단어를 사용하였다.	☆☆☆☆	☆☆☆☆

Step 4 Revise and Reflect Revise your first draft based on the feedback. Reflect on how your writing has improved through revision.



A Listen and Post

- 1** Listen to the conversation. Which picture best shows what the speakers are talking about?



- 2** If you were to create a video about climate change, what aspect would you deal with? Create a thumbnail for your video and post it on the online class board.

B Read and Present

Green walls are vertical structures on which plants are grown. You might think that they are just pleasant to look at. However, they offer many other benefits. First, green walls help save energy by reducing the need for air conditioning. Because plants absorb and reflect large amounts of sunlight, they help keep surrounding areas cool. Green walls also contribute to healthier living environments by producing more oxygen. They even provide shelter and food for small animals! Finally, green walls remind us of our connection to nature. Let's enjoy the benefits of green walls and remember that we must protect nature.



- 1** Read the passage and fill in the blanks.

Green walls offer several benefits by saving e_____, helping to create h_____ living environments, and providing homes for animals.

- 2** Search for an example of an impressive green building and present it to the class.

SEARCH

best examples of green buildings

C Answer the Big Question

In this lesson, you learned about various topics related to the Big Question. Now think about what you've learned and answer the Big Question.



D Check Your Progress

Look through what you've learned in this lesson and reflect on your learning and attitude below.

My Learning		My Attitude	
나는 이번 단원에서 배운 내용을 충분히 이해했다.	😊 😐 😞	나는 학습 중에 새로운 정보를 이해하고 있는지 스스로 점검했다.	😊 😐 😞
나는 이번 단원에서 배운 표현과 어휘를 유사한 상황에 활용하여 말하거나 쓸 수 있다.	😊 😐 😞	나는 수업에 자발적이고 적극적으로 참여했다.	😊 😐 😞
나는 이번 단원에서 배운 주제에 대해 나의 생각이나 의견을 표현할 수 있다.	😊 😐 😞	나는 실수를 두려워하지 않고 나의 생각이나 의견을 자신감 있게 표현했다.	😊 😐 😞
Q. 이번 단원에서 배운 것 중 가장 중요하다고 생각하는 것은 무엇인가? _____		Q. 앞으로 더 발전시켜야 한다고 생각하는 태도는 무엇인가? _____	

Lesson

4

The Winds of Change



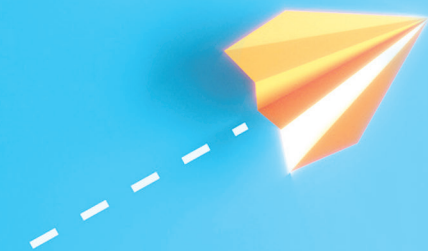
Study Points

Functions

- 정의하기 This means we can learn new things more easily than ever before.
- 선호 표현하기 Which do you prefer?

Structures

- The article featured a shocking photograph of flames and smoke **rising from the river**.
- But this was not a photograph of the 1969 fire, **which** was put out so quickly that nobody took a picture of it.



Big Question

How does change influence us?

TOPIC
1

Changes in
Our Lives

LISTEN & SPEAK

TOPIC
2

Before and After
Modern Inventions

IN REAL LIFE

TOPIC
3

Pictures Worth
a Thousand Words

READ

TOPIC
4

A New View of
Space

VIEW & LEARN

TOPIC
5

New Trends in
Education

WRITE & SHARE

History

Science

Changes in Our Lives



정의하기 This means we can learn new things more easily than ever before.

A

Warm Up

Read the descriptions and match each one to the correct picture.

1

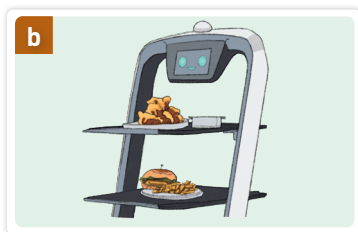
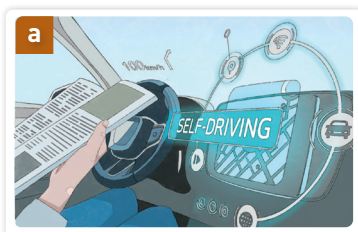
This makes the process of serving food automatic.

2

This allows us to access the Internet from almost anywhere.

3

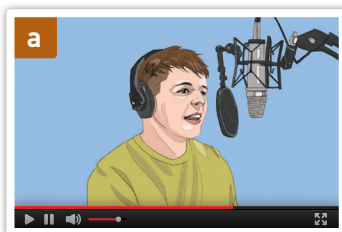
This makes it possible for a car to drive on its own.



B

Listen In

1 Listen to the conversation. Which picture best shows the video channel the boy created?



2 Listen again. Which is true according to the conversation?

- a The girl wants to make her own video channel.
- b The boy's sister wants to learn to play an instrument.
- c The boy thinks that it has become easier to learn new things.

Listening Skill

Understanding Pronouns

앞서 언급된 대상을 지칭하는 대명사에 유의하며 대화 내용을 파악한다.

C

Listen and Interact

Step 1 Listen to the conversation and answer the following questions.

1 Fill in the blanks based on the conversation.

While meal kits make c_____ easier and save a lot of time, it would be better for them to be more e_____.

2 Listen again. What is the problem with meal kits according to the conversation?

- a They are rather expensive.
- b They produce a lot of packaging waste.
- c There are only a few meal options available.

Step 2 Look at the following things that have changed our everyday lives. Then talk about each one and its impact with your partner.

Online shopping services



Change: how we buy things
Impact: We can purchase a wide range of products easily from anywhere.

Streaming platforms



Change: how we consume entertainment
Impact: We can watch TV shows and movies anytime and anywhere.

Digital payment systems



Change: _____
Impact: _____

Example

A: What is an example of something that has changed our everyday lives?

B: I think online shopping services have greatly changed how we buy things.

A: I couldn't agree more. I can't imagine how people used to live without them.

B: Also, they are becoming more and more convenient to use. **This means** we can purchase a wide range of products easily from anywhere.

Self-Check

- ▶ 정의하는 말을 듣고 이해할 수 있으며, 이를 활용하여 말할 수 있다.
- ▶ 우리의 일상을 바꾸는 변화에 대해 말할 수 있다.



TOPIC
2

IN REAL LIFE

Before and After Modern Inventions



선호 표현하기 Which do you prefer?



A

Listen to the Discussion

1 Complete the notes based on the discussion.

DISCUSSION NOTES	
Date	June 12
Place	Classroom 2
Topic	The Impact of Social Media on News Consumption
Summary	- Ethan: Younger generations tend to get more news from social media than from ¹⁾ t_____ sources. - Sophia: Social media has made it quicker and easier to ²⁾ a_____ and share news. - Liam: ³⁾ F_____ or misleading information can spread quickly online. - Ava: We should check if the news is true before we ⁴⁾ s_____ it.

2 Listen again and check your answers. Then compare them with your partner's.

B

Share Your Ideas



Step 1 Look at the examples of changes that technological advances have brought about. Then write the advantages of having an online meeting.

In Restaurants



Ordering from a server

- creates a friendly atmosphere
- is good for people who may not be familiar with using machines



Ordering from electronic kiosks

- reduces labor costs
- saves time

At Work



Having a face-to-face meeting

- helps people stay more focused
- is better for people who enjoy in-person interactions



Having an online meeting

-
-

Step 2 Talk about the changes with your partner.

Example

A: Nowadays, ordering from electronic kiosks is becoming more common in restaurants.

B: That's right. That is because it reduces labor costs and saves time.

A: I still prefer ordering from a server, though. It creates a friendly atmosphere, and it is good for people who may not be familiar with using machines. **Which do you prefer?**

B: I prefer ordering from kiosks, but I believe that each method has its own benefits.

Speaking Skill

Talking about Preferences

"I prefer" 외에도
"I like A better than B."
와 같은 표현을 써서
선호를 나타낼 수 있다.

Self-Check

- ▶ 선호를 표현하는 말을 듣고 이해할 수 있으며, 이를 활용하여 말할 수 있다.
- ▶ 기술의 발전으로 인해 달라진 사회의 모습에 대하여 말할 수 있다.



A Topic Preview

Think about a time when media or entertainment influenced your thoughts or actions. Then share your experience with your partner.

Reading a **news article** about a great scientist made me interested in studying science.

After watching a **TV show** about abandoned animals, I decided to volunteer at an animal shelter.

I once listened to a **song** about loving oneself, and I realized that I should try to love myself for who I am.

B Vocabulary for Reading

Look at the pictures and fill in the blanks with the words in the box. Change the forms if necessary.



The new book had a strong ¹⁾ _____ on me.



The campaign raised people's ²⁾ _____ of the disease.



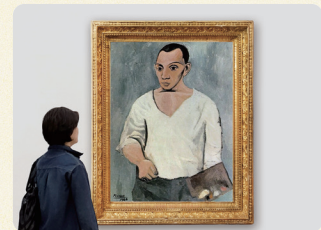
The three children are ³⁾ _____ to be their favorite characters.



The inside of an apple turns brown when it is ⁴⁾ _____ to air.



In some cultures, turtles are highly ⁵⁾ _____ as symbols of good luck.



The current exhibition ⁶⁾ _____ Picasso's early paintings.

regard pretend expose impact feature awareness



Pictures Worth a Thousand Words



As quickly as a camera captures a scene, an image can grab hold of our emotions. Through speech or written text, it can be difficult to convey a complex message quickly. Yet photographs can change people's hearts and minds in an instant. And when the magic of photography sparks an emotional reaction in a great number of people, it can change history.

The Burning River That Started a Movement

In the 1880s, industry began to grow rapidly along the Cuyahoga River in the city of Cleveland. This industrial growth provided steady jobs to people in the area. Meanwhile, steel mills and factories started dumping large amounts of waste into the river. Although the river became polluted, most people simply regarded this as a sign of the area's economic success.



▲ The Cuyahoga River, 1968



▲ Masses of dirty foam in the Cuyahoga River

Reading Strategy

Identifying Cause and Effect

글에 언급되는 사건의 원인과 결과에 주목하며 전체 흐름을 이해한다. because, as a result, cause 등의 표현을 통해 인과 관계를 파악할 수 있다.

Q1

How are photographs different from speech or written text according to the passage?

capture
industry

grab hold of
steel mill

convey
regard

complex
economic

spark

Q2

Why did few people in Cleveland care when the Cuyahoga River caught fire in 1969?

Q3 Over to You

How does the image of the burning Cuyahoga River make you feel?

In June 1969, the polluted river caught fire. The likely cause was a burning flare falling from a train, which set fire to oil-soaked waste beneath a bridge. At that time, few people in Cleveland cared. This was because fires had been recorded on the Cuyahoga more than ten times before, and some of them had been much worse.

5

However, it wasn't long before the 1969 fire became famous. This was thanks to an article published in *Time* magazine that year. The article featured a shocking photograph of flames and smoke rising from the river. But this was not a photograph of the 1969 fire, which was put out so quickly that nobody took a picture of it. In fact, it was a picture of a much worse fire that had occurred on the river several years earlier. Still, the image had a great impact on people.

10

likely	flare	oil-soaked	beneath	article
feature	flame	put out	impact	



▲ A fire on the Cuyahoga River in 1952 (Published in 1969 by *Time*)



Around that time, the attitudes of Americans toward environmental problems were starting to change. More and more people were becoming aware of the need to protect the environment, and the shocking image of the burning river sparked public anger about water pollution. As a result, the Cuyahoga River fire of 1969 became a symbol of pollution. A national environmental awareness event was held on April 22, 1970, which later became known as the first Earth Day. And in 1972, national water quality standards were established with the passage of the Clean Water Act.

🌍 지구의 날(Earth Day)

매년 4월 22일로, 1970년 4월 22일 미국에서 2천만 명의 자연보호론자들이 최초의 대규모 자연보호 캠페인을 개최한 것을 기념하고 환경오염의 심각성을 알리고자 제정되었다. 유엔에서 지정한 세계 환경의 날(6월 5일)과는 달리 민간운동에서 출발한 것이 특징이다.

10 Exposing the Harsh Reality of Child Labor

In the 19th century, the Industrial Revolution led to a dramatic increase in factory production in the United States. The demand for workers increased, and many new positions were filled by children. By 1900, about twenty percent of all children in the United States were employed, and some of those working in factories were only four years old. The work was difficult and dangerous, leaving many child laborers with health problems.

Factory owners turned to child labor for several reasons. For example, children could be paid less than adult workers. They were also less likely to go on strike.

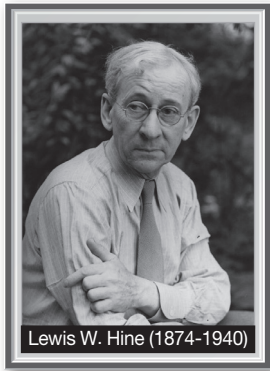
Q4

Why did 19th-century factory owners in the United States turn to child labor?

awareness	standard	establish	passage	expose
harsh	revolution	employ	go on strike	

📍 루이스 하인(Lewis Hine)

평소 사회 문제에 깊은 관심을 가지고 있던 루이스 하인은 아동 노동자 외에도 산업 노동자나 이민자들의 생생한 현실도 사진에 담아낸 사회 기록 사진의 선구자로 알려져 있다.



Lewis Hine, a teacher and photographer, wanted to reveal how cruel this system was. So he quit his teaching job and started to work for the National Child Labor Committee as an investigative photographer. He gained access to factories by pretending to have different jobs like insurance agent or fire inspector.

Once inside, he would photograph the children working there. He would also ask their names and ages and record information about their living and working conditions. From 1908 to 1912, he secretly gathered information and took photographs to expose factory owners who were taking advantage of helpless children.

Q5

What are some examples of jobs children did in Hine's photographs?

Hine's photographs captured young children doing all sorts of jobs. These included picking vegetables, weaving baskets, and even handling dangerous equipment. What is more, the children's faces showed the tragic impact of hard labor. When people saw the children's joyless expressions, they could not help but feel heartbroken.

Q6 Over to You

How do the photographs of Lewis Hine make you feel?



▲ Boys working on a spinning frame



▲ Child laborers at a coal mine

reveal
inspector
tragic

committee
take advantage of
can't help but

investigative
helpless

pretend
weave

insurance
equipment

The pictures were later shown in exhibitions, lectures, magazine articles, and so on. As a result, the public realized just how serious the

5 situation was. Soon, many states passed stronger laws to ban the employment of children. In 1938, the United States Congress passed an act that made it illegal for children under sixteen to work in factories during school hours.



▲ A girl working in a cotton mill

Q7 Apply the Strategy

What were the results of the release of Hine's photographs?

10 These examples show that photographs can bring meaningful change to society. They prove that, sometimes, a picture truly is worth a thousand words.

Source www.time.com/3921976/cuyahoga-fire/
www.archives.gov/education/lessons/hine-photos 외 다수 (p.118 참조)

Connect to the Big Question

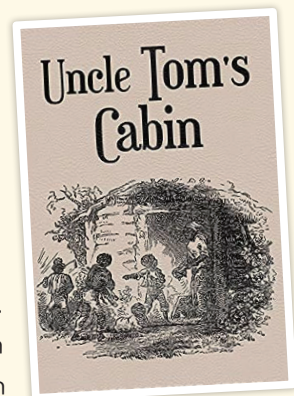
What are some ways to make a difference in our society?

exhibition ban congress illegal

Culture Notes

Literature That Changed the Course of History

Harriet Beecher Stowe's 1852 novel *Uncle Tom's Cabin* contributed to historical change in the United States. The novel mainly follows Uncle Tom living a hard life as an African American slave. It also features Eliza and her son, who escape from slavery. The novel exposes the horrors of the slavery system and treating humans as property. After it was published, people in the North became increasingly against slavery. However, because the Southern economy relied on slave labor, people in the South still wanted to keep it. This conflict led to the Civil War, which contributed to the end of slavery. Although Stowe's novel didn't get rid of slavery by itself, it played an important role in bringing about its end.

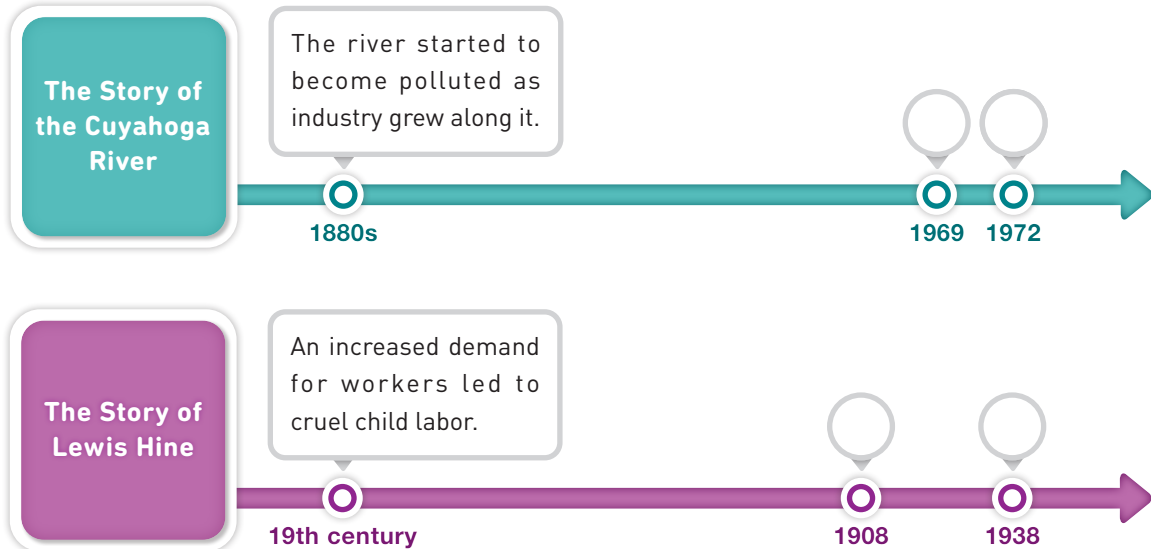




A

Summarize

Put the following events in the correct order based on the main text.



- a National water quality standards were established.
- b Lewis Hine started taking photos of children working in factories.
- c It became illegal for children under sixteen to work in factories during school hours.
- d An article with a shocking photograph of the burning Cuyahoga River was published.

B

Check the Details

Read the sentences and check T for true or F for false based on the main text.

	T	F
1 The pollution of the Cuyahoga River was once viewed as a sign of Cleveland's economic success.	☐	☐
2 The Cuyahoga River caught fire for the first time in 1969.	☐	☐
3 While working as a teacher, Lewis Hine took pictures to reveal the harsh reality of child labor.	☐	☐
4 Hine got into factories by pretending to have different jobs.	☐	☐

C

Discuss Look at the pictures and their descriptions. Then discuss how these images have influenced people's perceptions with your partner.



Elizabeth Eckford at Little Rock, 1957

An African American girl is walking to school while other students scream at her.



A starving polar bear, 2018

A polar bear is crawling on ice-free ground desperately searching for food.



Workman on the framework of the Empire State Building, around 1931

A man is working on a steel beam hundreds of feet above Manhattan.

D

Apply Write about an example of media or entertainment that brought change to our society.

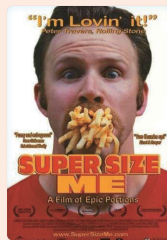
Example

• **Title:** *Super Size Me*

• **What it is about:**

It is a documentary about a man who consumes only fast food for 30 days. It reveals how unhealthy fast food is and how a fast-food chain encourages unhealthy eating habits for profit.

• **Impact on Society:** It changed people's perceptions of fast food by making them more aware of its harmful effects.

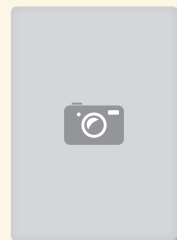


Your Own

• **Title:** _____

• **What it is about:**

• **Impact on Society:** _____



A

Expressions in Use

- It took about ten hours to **put out** the massive fire last night.
- The company was criticized for **taking advantage of** its employees.
- I **can't help but** wonder why my friend hasn't texted me back in weeks.

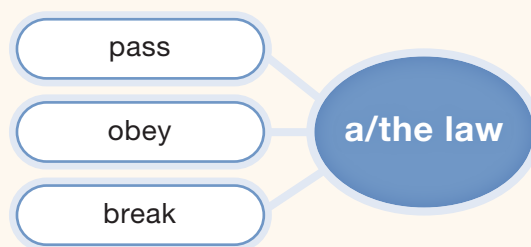
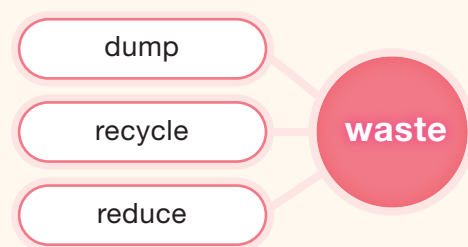
Fill in the blanks with the expressions in bold above. Change the forms if necessary.

- 1 Aiden broke his promise to her, so he _____ feel sorry for her now.
- 2 Please make sure to _____ the fire before you leave the camping area.
- 3 He sometimes thinks that people are _____ him by constantly asking for favors.

+ On Your Own Make your own sentences using the expressions above.

B

Collocations



Fill in the blanks with the words above. Change the forms if necessary.

- 1 Every citizen has a duty to _____ the laws of his or her society.
- 2 Using your own water bottle is an effective way to _____ waste.
- 3 Maggie _____ the law by driving the wrong way on a one-way street yesterday.

+ On Your Own Make your own sentences using the phrases above.

C

Discovering Grammar

Point
1

Read and Notice Read the advertisement below, paying attention to the structure in bold.



- Come visit the shop **selling the most delicious cakes in town!**
- Our cupcake sale **featuring various flavors of cupcakes** has started. But don't forget to try our special birthday cakes, too!
- The Cake Castle is open every day from 8:00 a.m. to 8:00 p.m. Why don't you stop by today?

Practice Complete the sentences using the given words and the same structure as above.

- 1 I remember _____ with happiness. (shine, your face)
- 2 Do you know _____ by the car? (stand, the woman)
- 3 We stared at _____ outside the window. (the snow, fall down)

Find More Find the sentences from the main text with the same structure as above.

Point
2

Read and Notice Read the guide below, paying attention to the structure in bold.



Welcome to *Changdeokgung*, **which** was the favorite palace of many kings of the Joseon Dynasty. While walking along the ponds and through the trees, you can enjoy the peaceful atmosphere under the moon. You will also be able to watch a show performed by traditional Korean dancers, **who** will be dressed up in beautiful *hanbok*.

Practice Complete the sentences by putting the words in the correct order.

- 1 The roads were covered with ice, (walking / made / which / a struggle).
- 2 My favorite book is *The Little Prince*, (I / more than / which / have read / ten times).
- 3 The teacher gave presents to her students, (were / who / graduating / the school / from).

Find More Find the sentences from the main text with the same structure as above.

A New View of Space



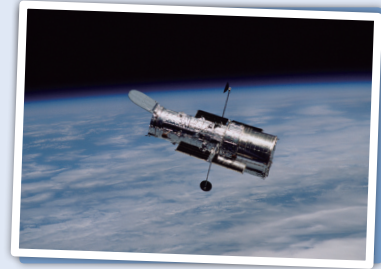
A

Before You View

[Learn about the Topic](#)

Read the passage and match the underlined words to their meanings. Change the forms if necessary.

The Hubble Space Telescope was launched into space by NASA more than thirty years ago. It was named after Edwin P. Hubble, an astronomer who made important discoveries in the early 20th century. Most telescopes have to take pictures of space through Earth's atmosphere. Since the atmosphere blocks or changes light that comes from space, the pictures can be unclear. The Hubble Telescope, however, takes pictures while orbiting just above Earth's atmosphere. As a result, it can get much clearer pictures of objects in space. This has allowed it to reveal the existence of many galaxies.



- (1) _____: the gases that surround a planet
- (2) _____: an extremely large group of stars
- (3) _____: to send a device into space, the sky, or water
- (4) _____: to travel around a much larger object in space

**B**

While You View

1 Watch the video and fill in the blanks.

The Hubble Space Telescope, launched by NASA in 1990, has t_____ our view of outer space and inspired the development of a more a_____ space telescope.

2 Watch the video again. Which is true about the Hubble Telescope?

- a It helped scientists estimate the age of the universe.
- b It found a completely empty area of deep space.
- c It helped reveal that the universe has stopped expanding faster.

C

After You View

Discuss Search for another example of a scientific discovery that has changed the world. Then discuss it with your partner.

Example

The discovery of X-rays allowed doctors to get more information about what was happening inside the human body.

New Trends in Education

Supporting Your Opinion

In an opinion paragraph, you express your thoughts on a particular topic. Start with a clear topic sentence stating your point of view, and then support your opinion by presenting reasons and examples.

A

Preview

Read the following and fill in the boxes with the appropriate elements below.

Are Online Classes Helpful?

In my opinion, online classes are helpful for several reasons.

First, they use online learning tools that students find interesting. These tools, such as screen sharing and live chats, keep students' attention and help them learn more effectively.

In addition, online classes save time and energy. As the classes can be accessed anywhere, students do not have to spend much time and energy going to and from school. This means they can study more efficiently.

For these reasons, I think online classes are helpful for students.

(A)

(B)

(C)

(D)

Supporting Detail 1

Conclusion

Your Opinion

Supporting Detail 2

B

Write Your Own

Step 1 Organize Your Ideas

Decide on your own opinion on the following topic and write two supporting details for it.

Which Is Better for Taking Notes, a Tablet or Paper?

I think a tablet is better for taking notes.

Supporting Detail ①

Supporting Detail ②

I think paper is better for taking notes.

Supporting Detail ①

Supporting Detail ②

Step 2 Write Your First Draft Write your own paragraph based on your answers in **Step 1**.

Which Is Better for Taking Notes, a Tablet or Paper?

In my opinion, _____
 for several reasons. To start with, _____.

_____.

_____.

Moreover, _____.

_____.

_____.

Therefore, I think _____.

Language Help

- needs to be charged often
- can be faster than writing by hand
- needs an Internet connection
- can help us remember better
- can add images and other types of digital files
- has various underlining and highlighting options

Writing Skill

Restating Your Opinion

결론에서 자신의 의견을 정리하며 다시 한번 강조하는 것이 좋다. 이 때 *in conclusion, therefore, to sum up* 등의 표현을 사용할 수 있다.

Step 3 Get Feedback Examine your first draft and share it with your partner for feedback.

		Self	Partner
Task Completion	이 글은 자신의 의견과 그것을 뒷받침하는 근거, 결론을 모두 포함하고 있다.	☆☆☆☆	☆☆☆☆
Content	이 글은 자신의 의견을 뒷받침하는 근거를 명확하게 제시하였고, 글의 흐름이 논리적이다.	☆☆☆☆	☆☆☆☆
Language	이 글은 정확한 문법과 적절한 단어를 사용하였다.	☆☆☆☆	☆☆☆☆
Partner's comments			

의견을 뒷받침하는 근거가 타당한지, 지나치게 감정적으로 서술된 부분은 없는지 확인하자.

Step 4 Revise and Reflect Revise your first draft based on the feedback. Reflect on how your writing has improved through revision.



A Listen and Write

- 1 Listen to the conversation. Which picture best shows what the speakers are talking about?



- 2 Look at the example and write your own description for a technology that is changing our society.

Example

Virtual Reality uses computer-generated images and sounds to create a realistic, interactive 3D environment. It has changed the way we experience entertainment, education, tourism, and more.

Your Own

B Read and Search

Everybody sees change as a challenge. The difference is that some people regard it as something blocking our progress, while others see it as an opportunity. What's important about change is how we prepare for it and react to it.

Although change is unavoidable, does living in a fast-paced, digital world force us to change? I don't think most changes have anything to do with true innovation. At times, it's wiser to hold onto what we already have.

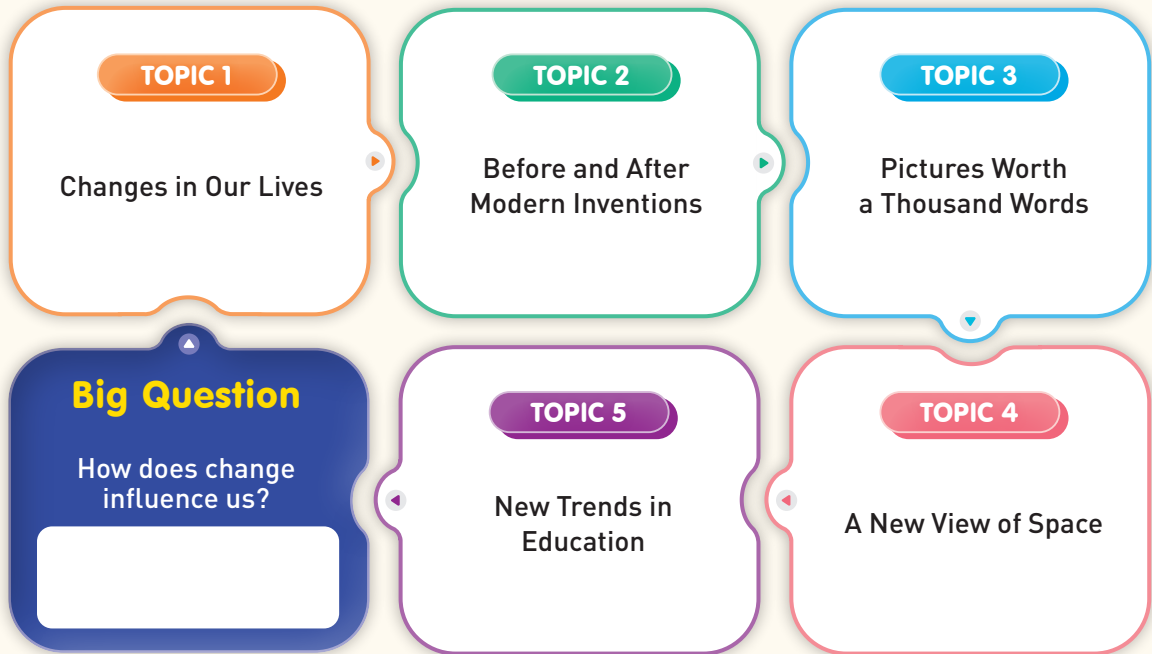
Change is the only thing that brings progress. If we are not willing to change our minds and let go of old ideas and beliefs, we cannot change anything.

- 1 Read the opinions above. Which do you agree with most?

- 2 Search for a quote related to change and share it as a group.

C Answer the Big Question

In this lesson, you learned about various topics related to the Big Question. Now think about what you've learned and answer the Big Question.



D Check Your Progress

Look through what you've learned in this lesson and reflect on your learning and attitude below.

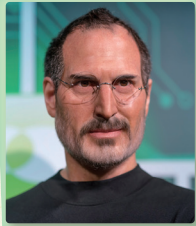
My Learning	
나는 이번 단원에서 배운 내용을 충분히 이해했다.	😊 😐 😞
나는 이번 단원에서 배운 표현과 어휘를 유사한 상황에 활용하여 말하거나 쓸 수 있다.	😊 😐 😞
나는 이번 단원에서 배운 주제에 대해 나의 생각이나 의견을 표현할 수 있다.	😊 😐 😞
Q. 이번 단원에서 배운 것 중 가장 중요하다고 생각하는 것은 무엇인가? _____	

My Attitude	
나는 학습 중에 새로운 정보를 이해하고 있는지 스스로 점검했다.	😊 😐 😞
나는 수업에 자발적이고 적극적으로 참여했다.	😊 😐 😞
나는 실수를 두려워하지 않고 나의 생각이나 의견을 자신감 있게 표현했다.	😊 😐 😞
Q. 앞으로 더 발전시켜야 한다고 생각하는 태도는 무엇인가? _____	

Your Task You will create biography cards with your group that introduce someone who changed the world. Then you are going to post them on the online class board.

STEP 1

Make a group of four and decide on a world-changer you would like to introduce.



Steve Jobs

an inventor who came up with user-friendly technology and design innovations



Wangari Maathai

an environmental activist who became the first African woman to be awarded the Nobel Peace Prize



Marie Curie

a scientist who brought about development in medicine and science through her research in radioactivity

Your Group



STEP 2

Search for information and pictures of the person your group has chosen. Then organize the content for each card.

Example

Card 1 (Opening)

Title

- Steve Jobs: How He Changed the World

His Quote

- Innovation is saying no to a thousand things.

Card 2

Brief Personal Information (nationality, occupation, etc.)

- born in 1955 & died in 2011
- a businessperson and inventor

Card 3

Achievements

- developed various innovative electronic devices
- created simple and user-friendly product designs

Card 4

Changes He Brought to the World

- changed communication methods and information access
- inspired many people to be creative and innovative

STEP 3

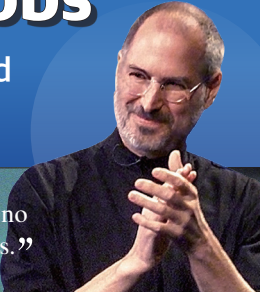
Make your group's biography cards based on the information you organized in **STEP 2**.

Example

Steve Jobs

How He Changed the World

"Innovation is saying no to a thousand things."



About Steve Jobs

- He was born in 1955 and died in 2011.
- He was an American businessperson and inventor who created innovative things.



Achievements

- He developed innovative products for personal computing, music, and mobile communication.
- He created simple and user-friendly product designs.



Changes He Brought to the World

- He transformed the way people communicate and access information.
- He inspired many people to be creative and innovative.



Tip 인물 카드 뉴스에는 핵심 내용을 간결하게 작성하고 그에 어울리는 이미지를 함께 제시한다. 다양한 템플릿을 제공하는 웹 사이트를 활용하면 쉽고 편리하게 카드 뉴스를 제작할 수 있다.

STEP 4

Post your group's set of biography cards on the online class board. Then vote on each of the categories below.

The group that introduced the most interesting person

The group with the most well-designed biography cards

The group with the most well-written content

Group-Check

- ▶ 모둠의 모든 구성원이 상호 협력적인 태도로 프로젝트에 참여했다.
- ▶ 세상을 변화시킨 인물을 소개하는 카드 뉴스를 효과적으로 제작했다.
- ▶ 카드 뉴스 제작 및 발표 시에 올바른 영어 표현을 사용했다.





About the Author

Two Thanksgiving Day Gentlemen (1907) was written by the American novelist William Sydney Porter (1862–1910), who is better known by his pen name, O. Henry. Using ironic humor and unexpected endings, he wrote nearly 600 stories about the lives of ordinary people in America.



Two Thanksgiving Day Gentlemen

by O. Henry

There is one day when all Americans gather to eat a big dinner. We don't actually remember much about the people who had the first Thanksgiving. But we know they ate a large bird called a turkey, so it is served for Thanksgiving dinner. That is a tradition, and Thanksgiving Day is the one day of the year that is purely American. Here is a story to prove that there are old traditions even in this new country.

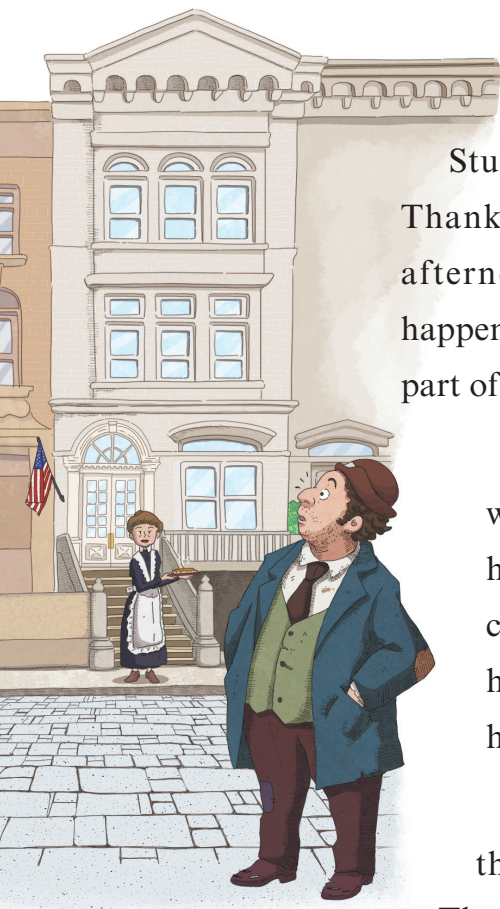
tradition

purely

prove



▲ Thomas Waterman Wood, *For Thanksgiving Day* (1885)



Stuffy Pete sat down on a seat in a New York City park. Every Thanksgiving Day for nine years, he had sat there at one in the afternoon. Every time he was there, something wonderful had happened to him. This filled his heart with joy, and it filled another part of him, too.

5

On most ordinary days, Stuffy was hungry. But on this day, he was not hungry at all. He had had a dinner that was so big that he could barely move. His body seemed ready to break out of his clothes. It is a strange thing. There are rich people who wish to help the poor, but many of them seem to think that the poor are hungry only on Thanksgiving Day.

The dinner had been completely unexpected. Near the park, there was a large house where two elderly ladies lived. Every Thanksgiving Day, they sent a servant to the front door of their house to bring in the first hungry-looking person who was walking by and offer the person a meal. This was their tradition. And on this day, Stuffy Pete was passing by on his way to the park when the ladies' servant came to the door. She brought Stuffy into the house and fed him until he could eat no more. Tradition was followed.

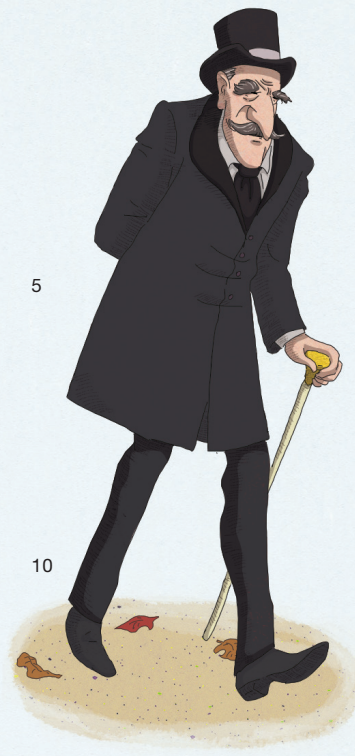
20

Q1 Over to You

What do you think the author means by "many of them seem to think that the poor are hungry only on Thanksgiving Day"?

ordinary
barely
servant
pass by





From his seat in the park, a very full Stuffy Pete spotted something that made his breath stop. The Old Gentleman was coming toward him.

Every Thanksgiving Day for nine years, the Old Gentleman had come to find Stuffy on his seat. After that, he led Stuffy to a restaurant and watched him eat a big dinner. This was the very thing that the Old Gentleman was trying to make into a tradition. Buying dinner for Stuffy once a year was a small act, but the Old Gentleman believed that he was helping to build a great American tradition. In order to build a

Q2

What had the Old Gentleman done to build a tradition?

.....
spot
compared to

tradition, the same thing must be done again and again for a long time, and he had been doing very well. Nine years is a long time in America, as it is a young country compared to old countries like England.

The Old Gentleman was thin and tall, and he was dressed all in black. His hair was whiter and thinner than it had been the previous year. His legs did not seem as strong as they had seemed the year before. As this kind Old Gentleman came toward him, Stuffy wished he could fly away. But he could not move from his seat.



"I am glad to see that the troubles of another year have not hurt you," said the Old Gentleman. "If you come with me, I will give you a dinner that will surely make your body feel as thankful as your mind."

That was what the Old Gentleman had said every Thanksgiving Day for nine years. The words themselves were almost a tradition. For the past nine years, they had always been music to Stuffy's ears. But now as he looked up at the Old Gentleman's face, Stuffy had tears of suffering in his eyes.

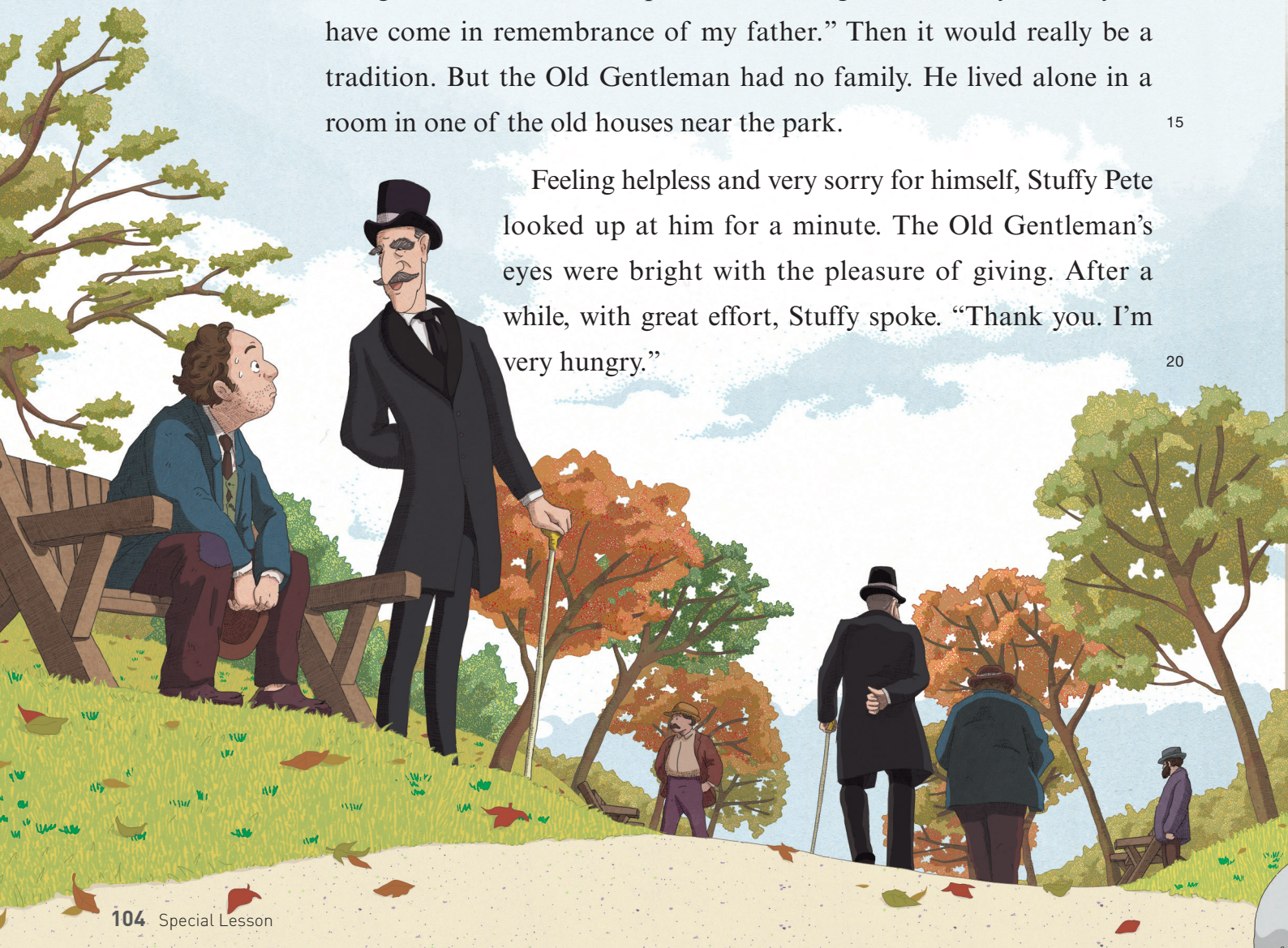
Q3 Over to You

Why do you think Stuffy Pete had tears of suffering in his eyes as he looked up at the Old Gentleman this year?

unaware
in remembrance of

Stuffy had always wondered why the Old Gentleman seemed sad as he spoke. He was unaware that the Old Gentleman was wishing that he had a son. A son could come there once the Old Gentleman himself was gone. He would stand proud and strong before Stuffy, and say, "I have come in remembrance of my father." Then it would really be a tradition. But the Old Gentleman had no family. He lived alone in a room in one of the old houses near the park.

Feeling helpless and very sorry for himself, Stuffy Pete looked up at him for a minute. The Old Gentleman's eyes were bright with the pleasure of giving. After a while, with great effort, Stuffy spoke. "Thank you. I'm very hungry."

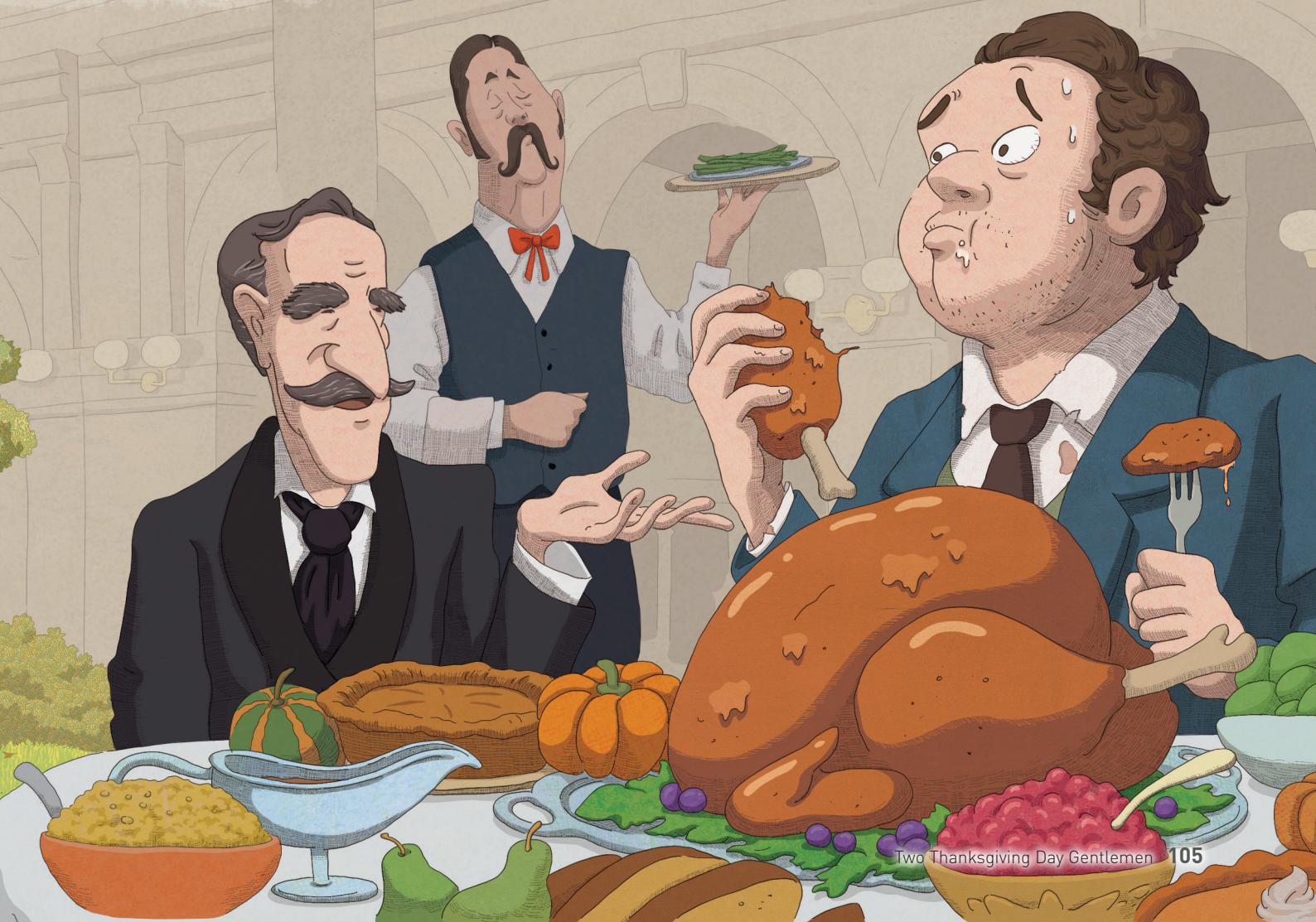


Stuffy was very full, but he understood that he was part of a tradition. The Old Gentleman led Stuffy to the restaurant and to the same table as before. The Old Gentleman sat at the table and watched the waiters bring large amounts of food. Stuffy struggled with his full stomach as he ate and ate. However, he couldn't stop eating, as he saw the look of happiness on the Old Gentleman's face. So he continued until he finished the whole meal.

Q4

Why couldn't Stuffy Pete stop eating until he finished the whole meal?

When the struggle was finished, Stuffy said, "Thank you for my Thanksgiving dinner." Then he stood up heavily to leave. The Old Gentleman carefully counted out one dollar and thirty cents and left fifteen cents more for the waiter.





The two men said goodbye at the door, and the Old Gentleman went south, while Stuffy went north. After turning the first corner, Stuffy stood for a moment, then collapsed. Before long, he was picked up and taken to a hospital. An hour later, the Old Gentleman was brought to the same hospital.

5

Q5

What happened an hour after Stuffy was taken to the hospital?

Q6 Over to You

Why do you think the Old Gentleman hadn't eaten for three days?

.....
collapse

After a while, one of the doctors met another doctor, and they discussed the Old Gentleman's case. "Did you hear what's wrong with that nice old gentleman over there? He almost died from hunger. He seems like a very proud man. He told me he hadn't eaten for three days."

10

 **Source** <https://americanenglish.state.gov/resources/> (p.118 참조)

A

Comprehension

Number the following events in the correct order based on the main text.



Stuffy Pete had a big meal at the house of two elderly ladies.

Stuffy Pete collapsed after eating too much.

Stuffy Pete and the Old Gentleman met at a New York City park.

The Old Gentleman took Stuffy Pete to a restaurant and bought him a Thanksgiving dinner.

The Old Gentleman was taken to a hospital due to hunger.



B

Extension

What do you think happened next? Write your own ending and share it with your partner.

Example



After a while, a doctor asked the Old Gentleman why he hadn't eaten for so long. He told her about his tradition. He also explained that he had been saving money to keep it going, and that's why he hadn't been able to eat enough. The doctor was deeply moved and promised to meet Stuffy and the Old Gentleman once a month to have dinner together. This would become a new tradition.

Your Own



Appendix





Answers	110
Transcripts	114
Sources	118

Answers

Lesson 1

A Journey into Yourself

TOPIC1 Listen & Speak

pp.10-11

B 1. b 2. a

C **Step 1** 1. yourself, strengths 2. b

TOPIC2 In Real Life

p.12

A 1. 1) photographer 2) emotions 3) pursue 4) interests

Before You Read

p.14

B 1) 안락, 편안함 2) 극복하다 3) 관점 4) 선호(도)
5) ~에 몰두한, 빠져 있는 6) ~을 할 수 있는

TOPIC3 Read

pp.15-19

Q1 **sample** I would challenge myself to make new friends.

Q2 He liked that he didn't have to worry about anyone else's preferences.

Q3 **sample** I haven't been to the movies by myself yet, but I would like to try going alone because it sounds like a good way to focus on the movie itself.

Q4 He came across a video clip of his cousin surfing at an indoor pool on social media.

Q5 **sample** Yes, I do. I am afraid of heights because I don't want to fall from a high place and hurt myself.

Q6 He had always thought his forehead was large, and he didn't want to draw attention to it.

Q7 **sample** I think he would have been nervous before doing it, but he would have felt good after the experience.

After You Read

p.20

A 1) challenge 2) movies 3) writing 4) perspectives
5) capable

B 1. F 2. F 3. T 4. F

Focus on Language

pp.22-23

A 1. achievement 2. acceptable 3. movements

B 1. club 2. difference 3. choice

C **Point 1**

Practice

1. **sample** Doing things that help others

2. **sample** Getting up early in the morning

3. **sample** Singing loudly

Find More

p.16 L7 Going to the theater alone was something I had never done before.

p.17 L13 Being in the water wasn't as bad as I had thought.

p.18 L10 I realized that trying a different look wasn't as difficult as I thought it would be.

p.18 L12 I didn't expect that stepping out of my comfort zone would have such a positive effect on how I felt about myself.

Point 2

Practice

1. made him smile

2. made her team members submit their reports

3. made me apologize for using her tablet

Find More

p.16 L16 This experience made me realize that I sometimes enjoy doing things alone.

p.18 L11 In fact, it made me feel more confident about myself.

TOPIC4 View & Learn

pp.24-25

B 1. 3-4-2-1 2. c

TOPIC5 Write & Share

p.26

A (A) Resolution (B) Reason (C) 1st Strategy
(D) 2nd Strategy (E) Closing

Wrap Up

p.28

A 1. a

B 1. It helps you make better decisions and makes you feel more confident.

Lesson 2

Health Matters!

TOPIC1 Listen & Speak

pp.32-33

B 1. a 2. (1) F (2) T

C **Step 1** 1. c 2. drink, skip

TOPIC2 In Real Life

p.34

A 1. stopping, health 2. (1) T (2) T (3) F

Before You Read

p.36

B 1) depressed 2) afford 3) recovery 4) reliable

5) empathy 6) expand

TOPIC 3 Read

pp.37-41

- Q1** She couldn't get help because she was unable to afford the bus ride to the hospital.
- Q2** It is a program that offers talk therapy sessions to people dealing with issues such as depression or anxiety.
- Q3** **sample** A counselor must have empathy to understand the situations of others and to provide emotional support.
- Q4** They are encouraged to join a community support group made up of former patients of the program.
- Q5** **sample** I would prefer face-to-face counseling because I can express my emotions more easily in person.
- Q6** She joined because many people in her community struggle with mental health problems, and she wanted to do something about it.
- Q7** She thinks that it is nothing to be ashamed of.

After You Read

p.42

- A** 1) transportation 2) support 3) connected 4) online
- B** 3. online → face-to-face
4. volunteering for the Friendship Bench program → her own business

Focus on Language

pp.44-45

- A** 1. be ashamed of 2. engage in 3. come up with
- B** 1. financial 2. help 3. permission
- C** **Point 1**

Practice

1. to follow your own beliefs and values
2. enough sources to support its argument
3. The best way to learn a new language

Find More

p.37 L15 I needed to find a way to bring psychiatry into the community.

p.38 L4 The program was created as a way to provide accessible mental health services.

p.38 L20 Moreover, they have all the qualities of a counselor, such as excellent listening skills, empathy, and the ability to engage in meaningful discussions.

p.38 L23 They are also very reliable, which is important for our efforts to support mental health.

p.39 L9 That sounds like a great way to continue the support and build a sense of community.

p.41 L3 Seeking help for mental health problems is nothing to be ashamed of.

Point 2

Practice

1. It, a great honor to win
2. It, fun to attend
3. It, important to eat

Find More

p.37 L10 In fact, it is difficult for many people in Zimbabwe to pay for transportation and receive medical treatment.

p.41 L10 It is such a rewarding experience to help people make positive changes in their lives.

p.41 L13 It's truly inspiring to see the influence that the Friendship Bench program has had.

TOPIC 4 View & Learn

pp.46-47

- A** 2. (1) anxious (2) cope with (3) constant (4) look after
- B** 1) mental 2) physical 3) breath 4) stretch

Wrap Up

p.50

- A** 1. c

Lesson 3

Nature & Us

TOPIC 1 Listen & Speak

pp.56-57

- A** 1. c 2. a 3. b
- B** 1. a 2. b
- C** **Step 1** 1. b 2. 1) water 2) waste

TOPIC 2 In Real Life

p.58

- A** 1. c 2. 1) mountains 2) crops 3) stars

Before You Read

p.60

- B** 1) 거주자, 주민 2) 도시의 3) 세대 4) 지속 가능한 5) 현상

TOPIC 3 Read

pp.61-65

- Q1** It does so by increasing energy consumption and greenhouse gas emissions.
- Q2** **sample** I think "consumption" means "the amount that is used."
- Q3** It was to plant more than 3,000 trees every year for the next twenty years.
- Q4** It was to allow people to easily inform council workers about trees that were damaged or in poor health.
- Q5** **sample** I think it was because there were people all over the world who appreciated and cared about

trees.

Q6 sample I think “collective” means “being shared.”

After You Read

p.66

- A** 1) loss 2) increase 3) age 4) interactive 5) reports
B 1. 40 percent[two fifths] of Melbourne’s trees
2. the amount of shade
3. the location

Focus on Language

pp.68-69

- A** 1. dangerous 2. unusual 3. nervous
B 1. limit 2. major 3. goals
C **Point 1**

Practice

1. it were not for my pet dog
2. Without public transportation services

Find More

p.61 L4 Without you and all your friends, we humans wouldn’t be able to get enough oxygen.

p.64 L18 Without collective action from people across the globe, we would have little hope of saving our planet for future generations.

Point 2

Practice

1. that you didn’t go to the library
2. Research shows that sleep is closely connected
3. believe that people have the right

Find More

p.61 L5 By the way, I noticed that a family of birds has made a nest in your branches.

p.61 L7 I hope that more people realize how important you and all the other trees are to the environment.

p.64 L15 The global popularity of the tree mail phenomenon reminds us that we are all connected to nature, and we are all involved in building a more sustainable world.

TOPIC 4 View & Learn

pp.70-71

- A** 2. (1) reproduce (2) wildlife (3) barren (4) dense
B 1. efforts, species 2. (1) F (2) T

TOPIC 5 Write & Share

p.73

- B** **Step 1** 1. Utrecht 2. second
3. Antwerp, Copenhagen 4. 53

Step 2 sample

The graph shows the most bike-friendly cities in the world. Utrecht is considered the most bike-friendly city, with a score of 78. Münster came in second place, though it received more than ten points fewer

than Utrecht. Antwerp and Copenhagen were given similar scores of 61 and 60 points respectively. The only Asian city in the top six is Hangzhou, with a score of 53. Based on this graph, European cities are generally more bike-friendly than cities in other parts of the world.

Wrap Up

p.74

- A** 1. a
B 1. energy, healthier

Lesson 4

The Winds of Change

TOPIC 1 Listen & Speak

pp.78-79

- A** 1. b 2. c 3. a
B 1. b 2. c
C **Step 1** 1. cooking, eco-friendly 2. b

TOPIC 2 In Real Life

p.80

- A** 1. 1) traditional 2) access 3) False 4) share

Before You Read

p.82

- B** 1) impact 2) awareness 3) pretending 4) exposed
5) regarded 6) features

TOPIC 3 Read

pp.83-87

- Q1** Photographs can change people’s hearts and minds in an instant.
Q2 Few people cared because fires had been recorded on the Cuyahoga more than ten times before, and some of them had been much worse.
Q3 sample It shocks me because I had never imagined a river could be on fire.
Q4 They turned to child labor because children could be paid less than adult workers, and they were also less likely to go on strike.
Q5 Some examples are picking vegetables, weaving baskets, and even handling dangerous equipment.
Q6 sample They make me feel angry that adults took advantage of such young children for their own benefit.
Q7 The public realized how serious the situation was. Soon, many states passed stronger laws to ban the employment of children.

After You Read

p.88

- A** d, a, b, c
B 1. T 2. F 3. F 4. T

Focus on Language

pp.90-91

- A** 1. can't help but 2. put out 3. taking advantage of
B 1. obey 2. reduce 3. broke
C **Point 1**

Practice

1. your face shining
2. the woman standing
3. the snow falling down

Find More

p.84 L1 The likely cause was a burning flare falling from a train, which set fire to oil-soaked waste beneath a bridge.

p.84 L7 The article featured a shocking photograph of flames and smoke rising from the river.

p.85 L13 By 1900, about twenty percent of all children in the United States were employed, and some of those working in factories were only four years old.

p.86 L8 Once inside, he would photograph the children working there.

p.86 L13 Hine's photographs captured young children doing all sorts of jobs.

Point 2

Practice

1. which made walking a struggle
2. which I have read more than ten times
3. who were graduating from the school

Find More

p.84 L1 The likely cause was a burning flare falling from a train, which set fire to oil-soaked waste beneath a bridge.

p.84 L9 But this was not a photograph of the 1969 fire, which was put out so quickly that nobody took a picture of it.

p.85 L6 A national environmental awareness event was held on April 22, 1970, which later became known as the first Earth Day.

TOPIC 4 View & Learn

pp.92-93

- A** (1) atmosphere (2) galaxy (3) launch (4) orbit
B 1. transformed, advanced 2. a

TOPIC 5 Write & Share

p.94

- A** (A) Your Opinion (B) Supporting Detail 1
(C) Supporting Detail 2 (D) Conclusion

Wrap Up

p.96

- A** 1. a

Special Lesson

Two Thanksgiving Day Gentlemen

Read

pp.101-106

- Q1** **sample** I think the author means that many people don't care about people like Stuffy Pete for the rest of the year. They only seem to provide kindness during special days like Thanksgiving Day.
- Q2** He had led Stuffy to a restaurant and bought him a big dinner every Thanksgiving Day for nine years.
- Q3** **sample** I think it was because he was already too full, but he knew that he couldn't refuse the Old Gentleman's kind gesture of buying him dinner.
- Q4** He couldn't stop eating because he saw the look of happiness on the Old Gentleman's face.
- Q5** The Old Gentleman was brought to the same hospital.
- Q6** **sample** I think the Old Gentleman wanted to save money to buy Stuffy Pete a Thanksgiving dinner. He cared a lot about their tradition and put it before his own needs.

After You Read

p.107

- A** 1-4-2-3-5

Lesson 1

A Journey into Yourself

TOPIC1 Listen & Speak

pp.10-11

B Listen In

- G:** Hey, Austin. What are you looking at?
- B:** It's a color personality test. I think this type is closest to my personality.
- G:** Let me see. I think you're right. You always listen to others carefully and treat people kindly.
- B:** Yeah, and I'm good at creating a peaceful atmosphere. I try to make things better when my family or friends have conflicts.
- G:** I definitely think you fit into this type. Should I find out what my personality type is?
- B:** Sure. It's quite fun. Plus, you can gain a better understanding of yourself.

C Listen and Interact

- M:** Finding your strengths is an important part of self-discovery. And it's easy to do! Just grab a pen and write down the answers to a few simple questions. To start with, think about how you perceive yourself. What do you think your good qualities are? What are you better at than others? Next, consider how others see you. What are some things that others often praise you for? What are some strengths your family and friends think you have? Once you've answered all of these questions, go back and review your answers. Then circle words that stand out. What did you discover about yourself?

TOPIC2 In Real Life

p.12

A Listen to the Talk Show

- M:** Our guest for today is Janis Smith. Please tell us about yourself.
- W:** Sure. I'm a photographer, travel guide, and researcher. I travel around the world for my work.
- M:** Wow, you're a true adventurer! What inspires you?
- W:** I love experiencing the world. And I'm interested in seeking new opportunities to grow.
- M:** That's a great attitude. What makes your photography unique?
- W:** In my pictures, I focus on capturing human

emotions through facial expressions. I think that makes my work unique.

M: Interesting! Do you have any advice for those who want to follow their dreams?

W: Absolutely. Always pursue your dreams and look for what really interests you. Life is short, so do what makes you happy.

TOPIC4 View & Learn

pp.24-25

B While You View

Video

W: Everyone has their own unique identity, which is composed of various elements. Some identity markers are visible, while others are invisible. These markers influence how you perceive the world. They also influence how the world perceives you.

An easy way to identify these markers is to create an identity portrait. Here's how you make one. First, draw a picture of your face, neck, and shoulders. Then draw a vertical line down the middle of your face. Color in the features of your face on one side of the line. On the other side, add your invisible identity markers. They can be words or pictures. The choice is yours!

Drawing identity portraits isn't just a fun and creative activity. It's a way to learn about yourself and others. It also reminds us that everyone's identity is as complex and beautiful as our own!

Wrap Up

p.28

A Listen and Write

- G:** Marco, your presentation is next week, isn't it?
- B:** Yes, but I'm nervous. I'm not good at speaking in front of others.
- G:** I understand. But if you want to overcome your fears, you must get out of your comfort zone.
- B:** That makes sense. What do you suggest?
- G:** Start with something small. How about asking a question in class today?
- B:** That doesn't sound too difficult. Do you think it will help?
- G:** Sure! After you take the first step, the next step will be easier.
- B:** Okay. I'll give it a try.

Lesson 2

Health Matters!

TOPIC 1 Listen & Speak

pp.32-33

B Listen In

- B:** Hey, Lisa! Why didn't you come to our math club meeting yesterday?
- G:** I had a stomachache after lunch, so I went home early.
- B:** Oh, that's too bad. What do you think caused it?
- G:** I'm not sure. These days, I often have an upset stomach when I'm in the library after lunch.
- B:** Maybe that's the problem. Sitting right after a meal can be bad for your health. I think you should try to go for a walk after you eat.
- G:** You're right. I should do that more often.

C Listen and Interact

- B:** I think I've gained some weight. This shirt feels tight.
- G:** Oh, what do you think made you gain weight?
- B:** I think I eat snacks too often, especially at night.
- G:** That's a bad habit. Let's look up ways to help you break it.
- B:** Okay. Oh, this website suggests drinking more water. It says people often mistake being thirsty for being hungry.
- G:** Right. And here it says not to skip meals during the day. That just makes you hungrier at night. Also, if you do need a snack, you should have fruit or nuts.
- B:** Those are good tips. I think I should try them.
- G:** Yes, it's important to take care of your health.

TOPIC 2 In Real Life

p.34

A Listen to the Lecture

- W:** Thanks to streaming platforms, you can watch your favorite shows anytime. You can even watch a whole series without stopping! This is called binge-watching. It sounds fun, but binge-watching isn't good for you. It can cause sleep problems and lead to reduced physical activity. So, how can you prevent binge-watching from affecting your health? First, decide how long you are going to watch a show before you start, and set an alarm. When the alarm goes off, it's important to stop watching even if you are in the middle of the show. Second, watch shows only while doing a productive activity,

such as exercising or organizing your desk. When you finish the activity, turn off the show. I hope these tips help you enjoy your favorite shows in a healthy way.

TOPIC 4 View & Learn

p.47

B While You View

Video

- M:** Think about the last time you were about to take an exam. If you were anxious, did your hands get sweaty? Maybe you felt more relaxed after a classmate made you laugh. Similarly, you might sometimes feel your mood improve after having a healthy meal. These situations reflect the mind-body connection.
- According to this concept, our minds and bodies can influence each other. For example, constant worry can result in stomach problems. Therefore, you should look after both your mental and physical well-being. When you're feeling down, focus on the breath in and out. This is an effective strategy to cope with your negative thoughts or emotions. If you're feeling stressed, go walking or jogging outdoors. When you're losing focus, take a break or stretch. That way, you can reconnect your body with your mind. Take care of your mind-body connection to be healthy inside and out.

Wrap Up

p.50

A Listen and Post

- G:** What's that, Jake?
- B:** It's my meal plan. It shows what I'll eat for each meal. Thinking about it in advance helps me maintain a healthy diet.
- G:** Great idea! I often end up having unhealthy fast food because I can't decide what to eat.
- B:** Really? Then I think you should make a meal plan, too.
- G:** Can you explain how you make each meal healthy?
- B:** Sure. I make sure there's the right balance of grains, protein, and vegetables. And I try to eat a variety of foods.
- G:** Okay. I'll try that!

Lesson 3

Nature & Us

TOPIC 1 Listen & Speak

pp.56-57

B Listen In

- B:** Look at the bees on the flowers. Even the smallest things help to keep nature balanced. Don't you agree?
- G:** Absolutely. It is amazing that some insects help plants produce fruit and seeds.
- B:** Right. By the way, I recently came across an interesting fact about insects.
- G:** Oh, what is it?
- B:** There are about one million insect species. But only 0.5 percent of them cause damage to crops. Most insects can help crops grow better by feeding on weeds and pests.
- G:** Oh, I didn't know that!

C Listen and Interact

- W:** Everything in nature is connected, and we're a part of nature. Therefore, our actions can have a direct influence on the environment around us. Then how can we help protect our planet? There are many simple ways to help, such as recycling, planting trees, and using less electricity. Buying fewer products can also be a very effective way to help the environment. This is because a lot of water is needed to make products. Not only that, but greenhouse gases are released during their production. Furthermore, you will produce a lot of household waste if you buy too many products. So the next time you shop, consider whether you really need an item before buying it. After all, protecting the planet starts with you!

TOPIC 2 In Real Life

p.58

A Listen to the Advertisement

- W:** Would you like to contribute to research and make a difference in the world? Join Eco Trackers to participate in environmental citizen science projects! Scientists need data, but it's hard for them to collect the information they need alone. Our website allows people from around the world to collect data while they work together on research projects. Do you enjoy hiking? Help scientists study air quality by taking photographs

from the tops of mountains. How about gardening? Try growing crops in your community garden and check your area's soil quality. You can even help scientists while looking at the stars! Just record light pollution by reporting how visible stars are. Come and join Eco Trackers today! I'm sure that we can make the world a better place.

TOPIC 4 View & Learn

p.71

B While You View

Video

- M:** In 1979, a young Indian man named Jadav Payeng came across some sandy land near his hometown. It used to be full of trees and wildlife. However, because the forest had been destroyed and there had been a serious flood, the land was beginning to turn barren. Payeng knew that he had to do something.
- So, he started planting one tree a day. At first, the land changed very slowly. However, he continued his efforts, and the trees soon started reproducing by themselves. Now, over 40 years later, the once sandy land has become a dense forest. In fact, it is almost twice as large as New York's Central Park. Payeng is now known as the "Forest Man of India." People call the forest "Molai," which is one of Jadav's nicknames.
- Molai Forest is now home to various plant and animal species. The Forest Man plans to continue planting trees.

Wrap Up

p.74

A Listen and Post

- M:** The weather has been really strange lately. Don't you agree?
- W:** Yes, I do. I heard that Venice is suffering from floods because sea levels are rising.
- M:** That's too bad. Is it due to climate change?
- W:** Yes, it is. Everything on Earth is connected. So when polar ice melts, cities with low sea levels like Venice can get flooded.
- M:** I'm worried that other cities that are near the coast might also have floods.
- W:** So am I. This is a global problem that affects everyone. So we all need to deal with it together.

Lesson 4

The Winds of Change

TOPIC 1 Listen & Speak

pp.78-79

B Listen In

- B:** I've started my own video channel.
- G:** What's it about?
- B:** It's focused on teaching how to play the guitar to beginners. You know I really love music!
- G:** That's great! My sister wants to learn how to play an instrument. I'll definitely recommend your channel to her.
- B:** Thanks! I hope it helps her learn.
- G:** It's so nice that you are willing to make helpful videos.
- B:** Many people are doing it these days. This means we can learn new things more easily than ever before.
- G:** You're right.

C Listen and Interact

- M:** Look at this picture. I prepared dinner for my family last weekend.
- W:** Wow, that looks great! Did you make everything?
- M:** No. Actually, I used a meal kit. Meal kits make cooking meals easier, and they save a lot of time.
- W:** Now I understand why they are so popular these days.
- M:** Why don't you try cooking with one? There is a wide variety of options to choose from.
- W:** Well, they are definitely convenient. But I worry about the excessive use of plastic packaging.
- M:** Yes, that is a problem. It would be great if there were more eco-friendly packaging options for them.

TOPIC 2 In Real Life

p.80

A Listen to the Discussion

- Ethan:** Social media has changed the way we consume news. Today, younger generations are much more likely to get their news from social media than from traditional sources like TV and newspapers. Which do you prefer?
- Sophia:** I prefer social media. It has completely transformed the way we get information. It has become so much quicker and easier to access and share news.
- Liam:** Absolutely. However, there is a negative

side to this. People don't always check whether information is accurate. As a result, false or misleading information can also spread very quickly online.

Ava: That's so true. That's why I prefer more traditional sources of news. We should never share news on social media without checking it first.

TOPIC 4 View & Learn

p.93

B While You View

Video

W: The Hubble Space Telescope has been orbiting just above Earth's atmosphere for more than thirty years. Ever since it was launched by NASA in 1990, Hubble has transformed the way we view outer space.

For example, it helped scientists to accurately estimate the age and size of the universe. In 1995, Hubble took a photograph of an area of deep space that appeared to be empty. However, the picture revealed something amazing. There were actually more than 1,500 galaxies located in the area. This kind of information has helped scientists learn how many galaxies there are. Hubble has also taught us about the rate at which the universe is expanding. Scientists thought it was slowing down, but it is actually getting faster.

In 2021, NASA launched a much more advanced telescope called the James Webb Space Telescope. Scientists hope this new telescope, which was inspired by Hubble's achievements, will reveal even more secrets of the universe.

Wrap Up

p.96

A Listen and Write

- M:** Hey, cool watch!
- W:** Thanks. I got it last week.
- M:** I'm thinking of buying a new watch, too. Are you satisfied with your purchase?
- W:** Yeah! This one keeps track of my heart rate, so it is very useful when I exercise.
- M:** Wow! That's amazing!
- W:** It has other cool functions, too. For example, I can use it to pay for things. This means that I don't need to carry my wallet with me anymore.
- M:** That's great! We can do so much more than telling time with watches nowadays.

Read

Lesson 2

Adapted from

<https://www.friendshipbenchzimbabwe.org/>

<https://www.weforum.org/agenda/2019/01/zimbabwe-grandmothers-mental-health/>

<https://www.mckinsey.com/mhi/our-insights/our-vision-is-a-friendship-bench-within-walking-distance-everywhere#/>

<https://drive.google.com/file/d/1Lmlm-wkgRp-PUOcJlbvRLByajl4SkUrb/view>

Lesson 3

Adapted from

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*집필진의 직접 집필인 경우 출처를 밝히지 않았음.

p.72

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p.8 p.9 p.10 p.11 p.12 p.13 p.14 p.20 p.23 p.28 p.30 p.31 p.32
 p.33 p.34 p.35 p.36 p.43 p.45 p.46 p.47 p.50 p.54 p.55 p.56 p.58
 p.59 p.60 p.61 p.67 p.69 p.71 p.72 p.73 p.74 p.76 p.77 p.79 p.80
 p.81 p.82 p.83 p.85 p.86 p.87 p.91 p.96 p.98 p.99 p.100 p.101 p.108
 p.109

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*출처를 밝히지 않은 사진, 삽화, 영상은 저작자 및 발행사에서 저작권을 가지고 있는 경우임.

Lesson 1

p.10	https://ne2.us/f7b5b8
p.12	https://ne2.us/IGVEvc
p.15	https://ne2.us/92Yuo4
p.24	https://ne2.us/yxzuFP
p.28	https://ne2.us/0c3RuW

Lesson 2

p.32	https://ne2.us/wx470d
p.34	https://ne2.us/cmTHr2
p.37	https://ne2.us/9R0vbd
p.46	https://ne2.us/jkEcew
p.50	https://ne2.us/J8509R

Lesson 3

p.56	https://ne2.us/T6F4VT
p.58	https://ne2.us/NV0ohf
p.61	https://ne2.us/uDMbfF
p.70	https://ne2.us/Q0JG41
p.74	https://ne2.us/bszGEt

Lesson 4

p.78	https://ne2.us/pNIpZI
p.80	https://ne2.us/GdDu8P
p.83	https://ne2.us/kcJGU0
p.92	https://ne2.us/z5n5bs
p.96	https://ne2.us/zuC9yp

Special Lesson

p.101	https://ne2.us/w288xy
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