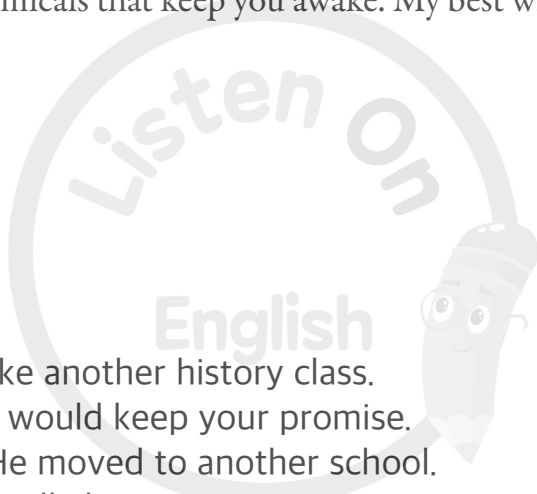




19. 여자가 하는 말의 주제로 가장 적절한 것을 고르시오.

W: Hello, listeners. This is Dr. Nixon from Jayward Hospital. Many people these days have difficulty sleeping well due to mental stress. Interestingly, eating a certain way can help. But this means more than just avoiding caffeine and heavy foods at night. There are some foods that'll bring you more restful nights. The first one is yogurt. The calcium in yogurt has been found to help you sleep soundly. The second is fish. Fish is rich in vitamin B6, which helps improve your sleep quality. The next one is almonds. They're rich in magnesium that can help raise the quality of your sleep. Lastly, there is honey. It can also be a sleep aid because it can lower levels of certain chemicals that keep you awake. My best wishes for your improved sleep. Thank you for listening.



- ① Definitely. I'd like to take another history class.
- ② Thank you. I knew you would keep your promise.
- ③ Well, I don't think so. He moved to another school.
- ④ Congratulations! You finally became a programmer.
- ⑤ Don't worry. You should go see her to get help.

Learn new words

_____	_____
_____	_____
_____	_____
_____	_____

Dictation

W: Hello, listeners.

This is Dr. Nixon from Jayward Hospital.

Many people these days have _____.

Interestingly, _____.

But this means more than just _____ at night.

There are some foods that'll bring you more restful nights.

The first one is _____.

The calcium in yogurt has been found _____.

The second is _____.

Fish is rich in vitamin B6, which helps _____.

The next one is _____.

They're rich in magnesium that can help _____.

Lastly, there is _____.

It can also be a sleep aid because _____.

_____.

My best wishes for your improved sleep.

Thank you for listening.