



06. 대화를 듣고, 여자의 주장으로 가장 적절한 것을 고르시오.

M: Mom, I'm not feeling well this morning. My stomach hurts.

W: Oh, sweetie. Are you okay? I wonder if your late-night eating may have caused it.

M: That's possible. Actually, I ate instant noodles last night before I went to bed.

W: Eating heavy food before bed isn't good for you. Your body doesn't have enough time to digest it.

M: I think you're right.

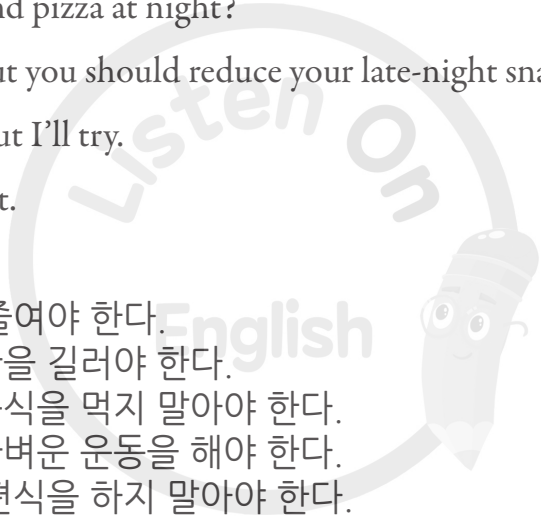
W: So you should try to cut down on eating before bed.

M: Then, no more chicken and pizza at night?

W: Maybe once in a while, but you should reduce your late-night snacking as much as possible.

M: That's going to be hard, but I'll try.

W: Good. I'll help you with it.



- ① 잠자기 전 야식 섭취를 줄여야 한다.
- ② 일찍 잠자리에 드는 습관을 길러야 한다.
- ③ 건강을 위해 인스턴트 음식을 먹지 말아야 한다.
- ④ 소화불량 해결을 위해 가벼운 운동을 해야 한다.
- ⑤ 고른 영양 섭취를 위해 편식을 하지 말아야 한다.

Learn new words

Dictation

M: Mom, _____.

My stomach hurts.

W: Oh, sweetie. Are you okay? I wonder if your late-night eating may have caused it.

M: That's possible. Actually, _____

_____.

W: Eating heavy food before bed isn't good for you. _____

_____.

M: I think you're right.

W: So you should try to cut down on eating before bed.

M: Then, _____?

W: Maybe once in a while, _____

_____ as much as possible.

M: That's going to be hard, but I'll try.

W: Good. I'll help you with it.