

04. 다음을 듣고, 여자가 하는 말의 주제로 가장 적절한 것을 고르시오.

W: Hello, listeners. For your health, I'm going to share a healthy eating tip. Many people eat fruit for breakfast. Eating fruit is generally good for your health, but there is something you should consider. When eaten on an empty stomach, some fruits may have a negative impact on your health. Here are some fruits you may want to avoid eating on an empty stomach. For one, eating bananas on an empty stomach increases the amount of magnesium in the blood, which is bad for your heart. Also, tomatoes and pineapples may cause a stomachache. Their high acid content may hurt your stomach. Please pay attention to this advice and live a healthy life.

- ① 미세 플라스틱이 증가하는 원인
- ② 플라스틱 제품 재활용의 필요성
- ③ 해양 생태계 균형을 유지하는 방법
- ④ 미세 플라스틱이 해양 환경에 끼치는 위협
- ⑤ 지나친 어류 포획이 인류에게 미치는 영향

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Dictation

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