

Lesson 2 All About My Plate

[의사소통 기능]

- 경험 묻고 답하기

A: **Have** you ever **tried** Greek yogurt?

B: Yes, I **have**. / No, I **haven't**.

- 제안하기

Why don't you try having breakfast?

[언어 형식]

- 현재완료

I've **decided** to eat less salty foods from now on.

- 비교급 강조 표현

Nuts are **much better than** chips.

Listen A

1

G Have you ever tried Greek yogurt?

B No, I haven't. How does it taste?

G It's less sweet than regular yogurt.

2

G Have you ever heard of Acai Bowl?

B No, I haven't. What is it?

G It's a smoothie bowl with acai berries, nuts and some other fresh fruits.

B It sounds delicious and healthy. I'll try it.

3

B Have you ever had a tuna sandwich?

G Yes, I have. It is so good.

B How do you like your sandwich?

G I like my sandwich with lots of vegetables.

B Yeah. Me, too!

Listen B

G Hey, there! What did you have for breakfast? Oh, no, did you skip it? Starting our day with a healthy breakfast is very important. It is good for our brain and body. It also gives us energy for the whole day. Why don't you try having breakfast tomorrow?

Watch

G Have you ever heard of the "Water & I"?

B No, I haven't. What is it?

G It is a health app for keeping a water-drinking habit. The mission is to drink enough water during the day.

B Oh, I don't think I drink enough water. How much water should I drink?

G You should drink 4 to 6 cups a day, but avoid drinking too much water all at once.

B Really? I didn't know that.

G Why don't we use the app together? We can get a cute emoji when we complete our daily mission.

B Sure. I can't wait to start.

Wrap Up

B Have you ever tried Vietnamese spring rolls?

G No, I haven't. What are they?

B They have fresh vegetables and meat in rice papers.

G It sounds healthy. Why don't we try them later?

2과 본문

Join Our Food Diary Project

Hello, my awesome classmates!

Since last week, our school has introduced a Food Diary Project. Our slogan? "Low sugar, low salt, and low fat." Do you want to join this project? Follow these steps. Choose healthy foods for your meals, take photos, and share them with us. Don't forget to leave friendly comments on your friends' posts.

Ready to join? Have fun sharing!

Sugar Free_ Maya

After a soccer game, I wanted to drink a cold soft drink. But when I checked the ingredients, I realized that it has about 10 teaspoons of sugar. So, I decided to choose a cold herbal tea instead. It has far less sugar than a soft drink. I felt a lot healthier with the tea.

↳ Wow, 10 teaspoons of sugar in a soft drink?

Thanks for sharing this!

↳ I've never tried herbal tea after an exercise! I'll give it a try next time.

Salt Checker_ Eunho

This afternoon, my friends and I had malatang. I thought it was a good choice because it had meat, vegetables, and noodles. But when I got home, I felt really thirsty. I drank a lot of water, but it didn't help. I think malatang was too salty for me. I've decided to eat less salty foods from now on.

↳ You know what? Bananas can reduce the negative effects of salt in your body!

↳ That's a great tip! I'll remember that!

Healthy Fat Finder_ Yura

On my way home, I was really hungry and wanted a snack. The potato chips at the convenience store looked delicious. But I've learned that they have a lot of unhealthy fats. So, I chose nuts instead. Nuts are full of healthy fats, vitamins, and minerals. They're much better than chips for the body.

↳ I've learned about healthy fats in class, too. Great choice!

↳ Nuts are good, but be careful! Eating too many nuts can cause stomach problems.