

## Lesson 4 Always Stay Healthy

### Functions

- 상태 묻기

What's wrong?

- 상기시키기

Don't forget to take the medicine on time.

### Forms

- so ~ that ...

Sleep is **so** important **that** you can't live without it.

- 수동태

Another interesting question **was asked by**

*morning412.*

### Topic 1 Listen & Talk

#### A Listen and Number

1

W Hello, how can I help you?

B Hi. I'd like to see a doctor.

W What's wrong?

B I have a bad headache.

W Okay. Have a seat, and the doctor will see you

soon.

2

M Please take a seat. What's wrong?

G I'm not feeling well, and I have a cough.

M I'll take your temperature. Oh, you have a fever, too. I think you have a cold.

G What should I do?

M You need to take medicine. Don't forget to eat something before you take it.

G Okay. Thank you.

3

G Dohyeon, I saw that the doctors were talking to you. What's wrong?

B Hey, Emma. They said I need surgery on my leg.

G I'm sorry to hear that. How are you feeling?

B I'm a bit nervous, but it's only a small surgery.

G I think you'll be fine. Call me if you need anything!

B Thanks, Emma.

G No problem. Don't forget to rest and take it easy.

### C Listen Up

(ringing)

G Hello?

B Hi, Tina. It's Brian. You didn't come to school today. What's wrong?

G Hey, Brian. I have a bad cold. I keep coughing and have a runny nose.

B I'm sorry to hear that. You should see a doctor.

G I already did. And I got some medicine.

B Good. Don't forget to take the medicine on time.

G Okay. Thank you for calling, Brian.

B You're welcome. Take care and see you in class.

### Lesson Review

G Hi, Taylor. You look uncomfortable. What's wrong?

B Hi, Kate. My back hurts a lot. I think it's because I sat for too long.

G Oh, that's too bad. You need to stretch more often.

B Okay, I'll try that.

G Yes, it can help with the pain. Also, don't forget to take breaks from sitting and move around.

B I will. Thanks for the advice.

G You're welcome. You'll feel better soon.

### Topic 2 Real-Life Communication

B Good morning, Ms. Kang. I'm not feeling well.

W What's wrong?

B I have a bad stomachache. It hurt so much when I woke up this morning.

W What did you eat last night?

B I ate spicy noodles late at night.

W Spicy food can sometimes cause stomach pain. Eating late is also not good.

B I see. What should I do?

W Drinking warm water will be helpful. You should take this medicine, too.

B Okay, I will. Thank you, Ms. Kang.

W You're welcome. Don't forget to tell your teacher if your stomach still hurts.

## 4과 본문

**Sleep Matters for Teenagers**

Hello, everyone! I'm Dr. Jang. I'm so happy to have about 400 teenagers here for my live stream.

Today, we will talk about sleep. Ready? Let's go!

Sleep is so important that you can't live without it.

When you sleep, your body repairs your cells and muscles. So, if you don't get enough sleep, you can get sick.

Sleep is important for your physical health. And it is also important for your memory. While you sleep, your brain clears memories that are not needed. This makes space for new memories. Imagine keeping every detail of your experiences in your memory. It would be like a room with unnecessary items everywhere.

*sweetdream* During sleep, the brain works like a cleaner.

*Sweetdream* made a good point. Yes, unnecessary memories are cleaned up by your brain while you sleep.

Now, let's look at some questions. Here's an interesting one.

*sleepy* I have so much homework on weekdays that I can't sleep enough. So, I sleep more on weekends. Is this okay?

Trying to sleep a lot during weekends may help. But you should try to keep a regular sleep schedule.

Changing sleep patterns too often may lead to health problems.

Another interesting question was asked by *morning412*.

[morning412](#) How much sleep do we need?

In a study, researchers found that teenagers need 8 to 10 hours of sleep each night. However, the quality of sleep matters, too.

Here is a simple tip for having a deep sleep: Put your phone down 30 minutes to an hour before you go to bed. Looking at videos or messages keeps your brain active. So, if you bring your phone to bed, you may have trouble falling asleep.

Did you enjoy today's live stream? Sleep well, and see you next time!