

Unit 4 Healthy, Smart Life

Communicate

- 허락 구하기

A: Is it okay to go over to Sora's house?

B: Of course.

- 당부하기

A: Make sure you do your homework first.

B: Okay, I will.

Language Use

- ask/want/tell/advise + 목적어 + to부정사

Your mom **asked** you **to call** her.

- It ~ to부정사

It is important **to cut** down on screen time.

Communicate A

M Hello, welcome to Dodam Science Museum. How can I help you?

G Hi. I have a few questions. Is it okay to bring some water to the exhibition?

M I'm afraid not. No food or drink is allowed in the exhibition.

G Is it okay to take pictures?

M Sure. Feel free to take pictures. Enjoy your visit.

Communicate B

W May I have your attention, please? This is your English teacher, Ms. Seo. This is a reminder about the English speech contest. It starts on July 2 at 3 p.m. in the Language Hall. Make sure you are on time. The topic is technology in our lives. Speeches should be 3 to 5 minutes long. Don't forget to email your presentation file by tonight. Thank you.

Communicate C

W Henry, you look tired. What's wrong?

B I'm just tired, Mom. I went to bed late last night.

W You seem to go to bed late these days. Are you okay?

B To be honest, I have trouble falling asleep.

W That's too bad. What do you usually do before going to bed?

B Nothing much. I just watch some short videos and check out social media on my smartphone.

W Oh, boy. You need to stop using your smartphone after 10 p.m.

B Okay, I'll try... but may I use my smartphone a little longer on the weekend?

W Of course you can. Just make sure you don't use it too much.

Wrap Up

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B Mom, is it okay to use your tablet?

W Jaewoo, why do you need it?

B I need to watch some videos for my homework. My smartphone screen is too small.

W Sure. Go ahead.

B Thanks, Mom!

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G Dad, I'm going to ride a bike with my friends today.

M That sounds fun. Don't forget to wear a helmet!

G Okay, I will.

4과 본문

Do you Have Popcorn Brain?

Imagine this — you are doing your homework at your desk. Suddenly, you remember that your mom asked you to call her. When you pick up your smartphone, a message pops up. It is for a new video from your favorite channel. You watch the video and keep watching many other short videos. Then, you hear another sound. There is a sale on the shoes that you really want. You were going to ask your mom to buy them for you. Wait, you forgot to call her two hours ago! If this story feels like yours, you may have “popcorn brain.”

It is easy to experience popcorn brain when you do many things at the same time on your smartphone. You keep moving down the screen and clicking, and many thoughts pop up quickly, like popcorn in a pan! If it happens at night, you may have trouble sleeping.

More importantly, people with popcorn brain have trouble paying attention. They cannot concentrate on one thing for a long time. In a study, people were able to focus on one thing for 2.5 minutes in 2004. Nowadays, people can only concentrate for 47 seconds. If you do not want to have popcorn brain, you need to make some changes. Here are some tips.

Put away your phone.

Leave it in another room when you need to focus.

Get moving.

Play some sports with your friends.

Enjoy the small things in life.

Feel the sunshine and look at the sky.

Try to focus on one thing for a long time.

Read a book.

Smartphones are useful. They connect people and make life easier. However, using them too much can hurt your brain and your mind. It is important to cut down on screen time. Are you ready to give it a try?