

Lesson 2 Living Healthy

의사소통 기능

걱정 표현하기

A: I feel cold, and I have a fever.

B: Oh, no! I'm worried about you.

당부하기

A: Make sure you get enough sleep.

B: Okay, I will.

언어 형식

접속사 because

I'm a bit worried **because** she's so into it.

의문사 + to부정사

I'll show you **how to rest**.

Communication A

1

W You don't look well. What's wrong?

B I feel cold, and I have a fever.

W Oh, no! I'm worried about you. You should go to the nurse's office.

B Okay, I will.

W Make sure you get some rest.

2

G I heard the yellow dust is terrible today.

B Really? I'm worried about it.

G Me, too. We should not play outside today.

B You're right. And make sure you wash your hands more often.

G Good idea. I'll do that.

3

B You look down. What's wrong?

G I'm worried about my presentation.

B When do you do your presentation?

G It's this afternoon. I feel so nervous.

B Don't worry. You'll do fine. Just make sure you stand up straight and speak clearly.

G I'll try. Thanks for your advice.

Communication C

Ms. Kim Minji, Alex, what are you doing?

Alex Hi, Ms. Kim. We're watching some videos for the science project.

Ms. Kim That's good, but I'm worried about your necks.

Minji Why? Is there something wrong with our necks?

Ms. Kim Yes, you're looking down at the smartphone. It'll increase stress on your necks, and you can get text neck.

Minji Oh, really? I didn't know that. What should we do?

Ms. Kim When you use your phone, you should hold it at eye level.

Minji Okay, we'll start doing that.

Ms. Kim Great. And make sure you do some neck stretching exercises.

Alex We'll do that, too. Thank you, Ms. Kim.

Express My Thoughts

B Hi, I'm Tony. These are my plans for a healthier life. First, I'll exercise every day because I want to get stronger. Second, I'll drink water instead of soft drinks because I want to cut down on sugar. Third, I'll go to bed at 10 p.m. to get enough sleep. Do you want to get healthier, too? Think about how to have a healthier life.

Wrap Up

W What's wrong, Ryan?

B I have pain in my leg. I'm worried about it.

W I think you exercised too much. Make sure you go see a doctor.

B Okay, I will. Thank you.

2과 본문

Promise Me!

Hi! I'm Bailey, the friendly dog in town. I have a tail for you. Oops, I mean a tale! It's about my sweet friend Jin and her smartphone. I'm a bit worried because she's so into it.

4 p.m.

Bow-wow! Jin, I was waiting for you all day. Let's go out and play! Oh, you can't hear me. Those tiny earphones in your ears are blocking me out. I can hear the thundering sounds from them. Are some singing monsters living there? Those loud sounds will harm your hearing. Please take them off and play with me!

11 p.m.

It's late, but you're still busy with your phone. Are you watching something interesting? Your eyes look pink, and you keep rubbing them. Please give your eyes a break! I'll show you how to rest. Close your eyes and think about your favorite snacks.

8 a.m. the Next Day

Good morning! Have fun at school! Oh, you're coming back. Did you forget something again? You're forgetful these days. Look! The news says many teens experience memory problems because they use digital devices too much. I hope you're not one of those teens, my smart friend.

After school that day, I brought her my leash and did a cute dance. My plan worked! She put down her phone, and we walked around town. I was so happy.

Jin, please use your phone less and spend more time with me! Can you promise me?

Digital Life Tips for You

60-60 Rule

Use earphones for less than 60 minutes a day. Make sure the volume is below 60 percent of the maximum.

20-20 Rule

Rest your eyes for 20 seconds after 20 minutes of screen time. During this break, look far away.

Train Your Brain

Use your brain to remember what to do. You are smart enough without your smartphone!