

STEP
5

Reading & Speaking 40

Touching *English*

Strategic HRD Partner



목차

Unit 1. Living Longer

Unit 2. Feeling Good

Unit 3. Physical Exam

Unit 4. Ginger & Nausea

Unit 5. Green Tea

Unit 6. Unconscious Fears

Unit 7. Anxiety

Unit 8. Fears

Unit 9. Relaxation

Unit 10. Agoraphobia

Unit 11. Skin Protection

Unit 12. Healthy Teeth

Unit 13 Regular Exercise

Unit 14. Saving

Unit 15. Paying Off Debt

Unit 16. Habit of Smoking

Unit 17. Tobacco

Unit 18. Causing Cancer

Unit 19. Result of Smoking

Unit 20. Tar from Smoking

Unit 1

Living Longer

Like Ponce de Leon in search of the Fountain of Youth, it seems we're always chasing after dreams of renewed longevity. Why is it that so many of us want to live to be 100 or more? Some days I do, too—especially when I'm on vacation, or when I watch my kids reaching for the stars, or when I'm feeling like a kid myself or pretending to be a star. Then there are those other days when living longer doesn't sound like such a great idea. You know the ones I mean: your achy, breaky back days, your "I'm too sick to move" days, and your overwhelmed and stressed-out days.

Today's Words

1. Ponce de Leon n. 폰세데레온 (스페인의 탐험가)
2. in search of ~을 찾아서
3. Fountain of Youth 청춘의 샘 (청춘을 되찾게 해준다는 유럽 전설 속 신비의 샘)
4. renewed 새로워진, 새로 시작된
starting again, especially with increased interest or strength
5. longevity 장수
the amount of time that someone or something lives.
6. achy 계속 조금씩 아픈
7. breaky 부러지기 쉬운, 고장 나기 쉬운
8. back 등
9. overwhelmed 압도된
too much or too difficult to deal with
10. stressed-out 스트레스로 지친
so worried and tired that you cannot relax

Today's Talking

*Answer these questions according to the story.

Teacher: Who is Ponce-de Leon?

Student:

Teacher: What does '*longevity*' mean?

Student:

Teacher: When does living longer not sound like such a great idea?

Student: _____

Teacher: What does '*overwhelmed*' mean?

Student: _____

오늘의 확인 리스닝/Today's Listening *Again*

*원어민의 발음을 들으면서 빈칸을 채워보세요.

Like Ponce de Leon in _____ of the Fountain of Youth, it seems we're always _____ after dreams of renewed _____. Why is it that so many of us want to live to be 100 or more? Some days I do, too—especially when I'm on vacation, or when I watch my kids _____ for the stars, or when I'm _____ like a kid myself or _____ to be a star. Then there are those other days when living longer doesn't _____ like such a great idea. You know the ones I mean: your _____, breaky back days, your "I'm too _____ to move" days, and your _____ and _____ days.