DAILY TOPIC

PALLO!

질문에 대해 생각하고, 주어진 표현을 활용해 자유롭게 이야기해 보세요.

1. Have you ever tried a wellness trend you heard about or saw online?

듣거나 본 웰니스 트렌드를 직접 해본 적 있나요?

KEYWORDS **preventative (예방의) | hydration (수분 섭취)**

I heard that a **preventative** to Alzheimer's is to solve word puzzles and read a lot of books.
Hydration or drinking enough water every day helps improve our body's health and keeps our skin looking more healthy.

2. What's one health tip you wish more people took seriously?

사람들이 좀 더 진지하게 받아들였으면 하는 건강 팁 하나는 뭔가요?

KEYWORDS **balance (균형) | consistent (일관된)**

A **balanced** meal is important for our health. Too much meat or carbs like rice and potatoes can lead to health problems.
A **consistent** early sleep schedule gives our body the energy it needs at the right time each day.

3. How have health apps changed the way we take care of ourselves?

건강 앱은 우리가 스스로를 관리하는 방식을 어떻게 바꿨을까요?

KEYWORDS **sedentary (활동량이 적은) | recover (회복하다)**

I check my steps on my watch to avoid a **sedentary** lifestyle. If I don't have enough, I get up and go for a walk.
After a good workout, I like to **recover** my strength by going to the sauna and having a filling meal.

4. Do you think the more money you spend, the healthier you can be?

돈을 많이 쓸수록 더 건강해질 수 있다고 생각하나요?

KEYWORDS **stick to (고수하다) | boost (높이다)**

Ever since I spent a lot of money on PT, I **stick to** my workout plans more than before.
Spending a lot of money on being healthy is a great **boost** in motivation for some.

5. How much does social media shape what it means to be healthy?

소셜 미디어는 '건강하다'는 것의 의미에 얼마나 영향을 미칠까요?

KEYWORDS **mainstream (주류의) | overrated (과대평가된)**

Thanks to social media, some sports or healthy pastimes have become **mainstream** like pickleball.
Some wellness trends on social media are **overrated**. They could actually have a negative effect on your body.

6. Are wellness trends a lifestyle, or more of a business?

웰니스 트렌드는 라이프스타일일까요, 아니면 비즈니스에 더 가까울까요?

KEYWORDS **accessible (접근하기 쉬운) | placebo (플라시보, 위약)**

I am more willing to try a wellness trend if it is **accessible** and does not cost a lot of money.
Fake wellness trends can give us a **placebo** effect. We think we are getting healthier when they don't actually help us at all

IMPROVEMENT Konglish verbs

In Korean, many verbs are made by adding "하다" to regular words, but this doesn't happen in English. So sometimes "do" or other verbs get added into sentences, which makes them sound strange even though the meaning stays the same. For example:

❌ Last weekend I **took** a **rest** at home.	❌ I **do** a **workout** every morning.
✅ Last weekend I **stayed** at home.	✅ I **work out** every morning.

While there is no one answer that fits all, try to avoid double verbs by not adding "do" or other similar verbs into every sentence if there already is one there.

Practice **Solve the problems below by changing each sentence.**

1. I do exercise every morning.
2. I'm doing diet right now.
3. I do running three times a week.
4. I do meditation before bed.
5. I do stretching after exercising.
6. I do sports with my friends.
7. I do a workout at home.
8. I do healthy food during the week.
9. I need to do less stress.

JOURNAL TOPIC

VOCABULARY REVIEW

멤버들과 영어로 대화하며 지난주 단어의 뜻을 복습하고, 한 표현씩 예문을 발표해보세요.

come across as	arrogant	misjudged	humble

TOPIC Limited-Time Only

FOLLOW-UP QUESTION

Have you ever fallen for a limited-time offer?

한정 판매나 기간 한정 할인에 혹한 적이 있나요?

I've never been a big fan of desserts, but a sign outside a cafe caught my attention: "Limited edition! This week only!" I walked past it, but the long line made me curious. I **talked myself into** waiting forty minutes and even showed off the cake to my friend. "Was it worth the wait?" she asked. Honestly, it tasted pretty ordinary. Days later, I saw a new sign: "Back by popular demand!" You'd think I'd learned my lesson, but I **fell for** it again. A store advertised "80% OFF! LAST DAY!" I didn't need workout clothes, but the deal was too good to **pass up**. I **got carried away** and bought three sets, convinced I'd **gotten a great deal**. A month later, the same sale banner was still there. Now, Nike is releasing sneakers with a brand I've never heard of. Everyone online seems desperate to buy them, and somehow, I'm ready to **jump on the bandwagon**. I don't even know if I like the shoes. Maybe that's the trick. A deadline makes us focus more on when something will disappear than on whether we actually want it. But a discount doesn't save us money if we weren't planning to buy anything in the first place. Why does walking away feel like losing something? Maybe I'm not buying the product itself. I'm buying the relief of knowing I didn't miss my chance. Perhaps the real question isn't "What if I miss my chance?" but "Would I still want this if it were always available?"

AFTER READING

USEFUL EXPRESSIONS Using context clues, match vocabulary and expressions to their meanings.

talk oneself into •	• ~에 혹하다	**get carried away** •	• 유행에 편승하다
fall for something •	• 스스로를 설득하다	**get a great deal** •	• 지나치게 몰입하다
pass up •	• 포기하다	**jump on the bandwagon** •	• 좋은 가격에 구매하다

READING CHECK Using the above text and vocabulary, answer the following questions.

1. What happened after the writer bought the limited-edition cake and the discounted workout clothes?
2. Have you ever wanted something more just because it was a limited edition?
3. Using one of the phrases and vocabulary words, make a question. Next, ask this question to a partner.

ACTIVITY Fake wellness trend

1. Each member creates a fake wellness trend that sounds believable.
멤버들은 각자 그럴듯해 보이는 가짜 웰니스 트렌드를 만듭니다.

2. Once finished, each member presents their trend to the others.
트렌드를 다 만들면 다른 멤버들에게 발표합니다.

3. The most believable fake trend wins!
가장 그럴듯한 가짜 트렌드가 우승합니다!

USEFUL VOCABULARY

ridiculous : It is ridiculous to use a hammer to open a can of food.
revolutionary : AI is a revolutionary technology that has changed society.
proven : It is proven that drinking water is good for your health.
enhance : Foods like nuts and vegetables enhance your brain activity.