

STEP
6

Reading & Speaking 40

T ouching *English*

Strategic HRD Partner



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Unit 1

Brains & Exercise

We tend to assume that brains don't go with brawn – but that assumption is turning out to be seriously flawed. Exercising the body is one of the best ways to boost your intelligence and preserve it through old age.

Consider this: one German study found that older people who enjoy mild exercise – such as gardening – are half as likely to suffer from cognitive impairment as they age. Another experiment found that pensioners asked to take a leisurely walk a few times a week scored better on attention and memory tests. But it's not just older people: children who walk to school tend to concentrate better and get better test results than those given lifts in the car.

tend to ~하는 경향이 있다 assume 근거 없이 가정하다 go with 공존하다, 잘 어울리다 assumption 가정
flawed 흠이 있는 boost 증가시키다, 신장시키다 intelligence 지능 preserve 지키다, 보존하다 mild 가벼운
garden 정원 가꾸기를 하다 likely ~할 것 같은, ~의 가능성이 있는 suffer from ~로 고통을 받다
cognitive 인식의 impairment 장애 age 나이가 들다, 늙다 pensioner 연금 수령자 leisurely 한가한, 여유로운
attention 주의, 주목 concentrate 집중하다 given lifts in the car 차를 얻어 타는

오늘의 대화/Today's Talking

*Answer these questions according to the story.

Teacher: What does the physical activities have to do with the brain power?

Student: _____

Teacher: What is 'flawed'? Tell me the meaning of 'flawed'.

Student: _____

Teacher: What do you think belongs to mild exercise?

Student: _____

Teacher: When you do some mild exercise, what kind of benefits can you get?

Student: _____

Teacher: What can make children concentrate better?

Student: _____

소리 내서 읽기/reading with voice

*원어민의 발음을 들으면서 한 문장씩 정확히 발음해 보세요. (긴 호흡을 요구하는 문장들의 발음과 억양 연습)

Teacher: We tend to assume that brains don't go with brawn

Student: _____

Teacher: but that assumption is turning out to be seriously flawed.

Student: _____

Teacher: Exercising the body is one of the best ways to boost your intelligence and preserve it through old age.

Student: _____

Teacher: Consider this: one German study found that older people who enjoy mild exercise – such as gardening –

Student: _____

Teacher: are half as likely to suffer from cognitive impairment as they age.

Student: _____

Teacher: Another experiment found that pensioners asked to take a leisurely walk a few times a week scored better on attention and memory tests.

Student: _____

Teacher: But it's not just older people: children who walk to school tend to concentrate better and get better test results than those given lifts in the car.

Student: _____

오늘의 확인 리스닝/Today's Listening *Again*

*원어민의 발음을 들으면서 빈칸을 채워보세요.

We _____ to _____ that brains don't go with _____ – but that _____ is turning _____ to be seriously _____.
Exercising the body is one of the best ways to _____ your intelligence and _____ it through old age.

Consider this: one German study found that older people who enjoy _____ exercise – such as _____ – are half as _____ to _____ from cognitive _____ as they _____. Another experiment found that _____ asked to take a _____ walk a few times a week scored better on _____ and memory tests. But it's not just older people: children who _____ to school _____ to concentrate better and get better test results than those given _____ in the car.