

[6 월-2 실전대화] 건강관리 식습관에 관한 의견 대립

A: You alright, mate? It's June and **it's getting** hotter. You know, we should really care about our eating habits to stay healthy.

You alright (영국식 인사, 주로 대화 시작할 때 많이 쓰임) 안녕

7.26 It's getting 점점 ~해지고 있어.

care about ~에 대해 신경쓰다, 관심을 가지다

stay healthy 건강을 유지하다

B: **What do you mean by** 'eating habits'? I think as long as we exercise, it doesn't matter what we eat.

6.25 What do you mean by ~? ~이[~라는 게] 무슨 뜻이야?

A: **Since when did you** start thinking that way? **You're better off** eating healthy and exercising.

6.21 Since when did you V? 넌 언제부터 ~하게 되었어?

6.22 You are better off V-ing 넌 ~하는 것이 더 나아.

B: **Maybe you should** try eating ramen and burgers and see how it goes. I'm telling you, it's fine if you work out enough.

6.20 Maybe you should V 넌 ~해야만 할 것 같아.

I'm telling you. 정말이야, 진짜라니까

A: **It's a good thing** you have the motivation to exercise, but you should be mindful of what you eat.

6.16 It's a good thing (that) ~ ~라서 다행이야.

be mindful of ~에 주의하다, 염두에 두다

B: How am I supposed to resist a delicious burger? Besides, who's going to stop me?

6.19 How am I supposed to-V? 내가 어떻게 ~해야 하는 거야?

resist (몹시 하고 싶은 것을 하지 않고) 참다

A: Shouldn't you be worrying about your health? Junk food can have long-term effects.

6.28 Shouldn't you be V-ing? 너 ~해야 되는 거 아냐?

long-term effects 장기적인 영향

B: Do you have any idea how much I run every day? I burn all those calories, no problem.

6.30 Do you have any idea ~? 넌 ~을 알아?

A: You have a unique way of thinking. Impressive!

B: Should I remind you that balance is key? Exercise and enjoy your food.

6.27 Should I V? 내가 ~해야 할까?

A: But really, think about it. Healthy eating can complement your workouts.

complement 보완하다

workout 운동

B: But mate, we're not going to live forever, right? While we're alive, we should do what we want and eat what we want.

A: Who's saying not to? It's just about avoiding foods that are harmful to your body.

B: Sure, you enjoy your fancy meals and live forever.

fancy 고급스러운

(참고로, 영국에서 fancy 는 '좋아하다', '원하다' 라는 뜻으로 많이 쓰임 e.g. Do you fancy~? 는 Would you like~? 또는 Do you want~?의 뜻)

-----수고하셨습니다 -----

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