## A. Vocabulary Study

Study the following words and expressions with your tutor.
講師と一緒に単語と表現を学びましょう。

<table>
<thead>
<tr>
<th>Vocabulary</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>research</td>
<td>study; investigation</td>
</tr>
<tr>
<td>リサーチ</td>
<td>研究、調査</td>
</tr>
<tr>
<td>efficient</td>
<td>performing in the best possible manner with the least waste of time and effort</td>
</tr>
<tr>
<td>効率的な</td>
<td>最小限の無駄と労力で最も良い方法で何かを行うこと</td>
</tr>
<tr>
<td>condition</td>
<td>bring into the desired state</td>
</tr>
<tr>
<td>調整する</td>
<td>望んだ状態にする</td>
</tr>
<tr>
<td>motivated</td>
<td>inspired; driven</td>
</tr>
<tr>
<td>動機を与える</td>
<td>影響させる、駆り立てる</td>
</tr>
<tr>
<td>alternative</td>
<td>one of two or more options</td>
</tr>
<tr>
<td>選択肢</td>
<td>2つ、または2つ以上の中の1つ</td>
</tr>
</tbody>
</table>
B. Reading Practice

Check the pronunciation, meaning and usage of the words with your tutor.
講師と一緒に言葉の発音、意味、使い方を確認しましょう。

**Tips on Healthy Living**

1. **Always Eat Breakfast**

According to *research*, those who maintain an ideal weight eats breakfast everyday. You will have a better vitamin and mineral status and tend to consume less food rich in calories if you include breakfast in your daily routine. People who struggle with over-eating are those who don't eat first thing in the morning. So, we can say that breakfast is really the most important meal of the day.

2. **Eat Small – and Often**

By eating small, frequent meals long term, our body becomes *efficient* in keeping the cortisol low, which helps the body reduce belly fat.

3. **Drink Water**

Drink just plain water, not soda, not ice tea. Drinking enough water *conditions* your body to function well. Fit people drink at least 6-8 ounce glasses of water a day, plus more when they exercise.

4. **Avoid Storing Junk Food in the House**

Don't stock cookies, crackers, chips, chocolates, full-fat ice cream or soda in your home, if you want to be fit. Stay *motivated* by freeing yourself from temptations.

5. **Customize Your Order**

In choosing what to eat, always find healthier *alternatives* especially when choosing from the menu. It's the food choices, not necessarily the restaurant choices, that help people to stay fit. Fit people usually order protein-rich meals, broiled, steamed, stir-fried, or poached dishes. You may also try making special requests like asking the dish to be prepared with no butter, sauces or dressings on the side.

出展

Weblio 辞書 英和辞典・和英辞典 [http://ejje.weblio.jp/](http://ejje.weblio.jp/)
C. Sentence Construction Practice

Construct your own sentences using the words listed below.
与えられた単語を使って、文章を作ってみましょう。

A. research
A 1. 
A 2. 

B. efficient
B 1. 
B 2. 

C. condition
C 1. 
C 2. 

D. motivated
D 1. 
D 2. 

E. alternative
E 1. 
E 2. 

D. Comprehension Questions

Answer the following questions based on the article.
上の文章に基づいて、質問に答えましょう。

1. What are the benefits of eating breakfast daily?
   The benefits of eating breakfast daily are...

2. What's the good thing about eating small but often?
   The good thing about eating small but often is...

3. What conditions your body to function well?
   What conditions my body to function well is...
4 What are the foods that you should avoid if you want to be fit?

If you want to be fit, you should avoid...

5 What do fit people usually order in restaurants?

Fit people usually order...

E. Discussion Questions

Answer the following questions based on your opinion.
あなたの意見をもとに、以下の質問に答えましょう。

1 Which advice do you think is the most effective?

The most effective advice is...

2 For you, what is the secret to making fitness a part of your healthy lifestyle?

The secret to making fitness a part of my healthy lifestyle is...

3 Do you believe that dieting leads to obesity or poor health? Why?

Yes, because... / No, because...