



### 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。

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

## B. Reading Practice

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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 atleast 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.

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#### 出展

意味 Weblio辞書 英和辞典・和英辞 <http://ejie.weblio.jp/>  
例文 Weblio 英語例文 <http://ejie.weblio.jp/sentence/>

**C. Sentence Construction Practice**

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**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**

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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

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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...