



### 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>reducing</b>      | making less in amount or making smaller |
| 減らすこと                | 減らしたり、小さくすること                           |
| <b>impulsive</b>     | to do something based on emotions       |
| 衝動的な                 | 感情によって何かをすること                           |
| <b>bulk</b>          | in large number                         |
| 大部分                  | 数多く                                     |
| <b>instructional</b> | of teaching or instructing              |
| 教育の                  | 教えることの、指導することの                          |
| <b>alternatives</b>  | other choices                           |
| 選択肢                  | ほかの選択                                   |

## 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。

### Effective Ways to Save Money

#### 1. Walk or Bike as Much as You Can

One effective way of **reducing** your expenses is by cutting your cost on car maintenance. To do this, you may walk or ride a bike to get to your destination if it's not too far. This way, you could save money on gas and change oil, while having some time for workout.

#### 2. Be a Smart Shopper

Preparing a shopping list before heading to a store will save you time, effort and money. This is a good way to avoid **impulsive** buying which leads to purchases out of your budget. Taking advantage of sale discounts and buy-1-take-1 promos is also a big help.

#### 3. Spend More Time in Your Kitchen

Preparing your own meals instead of dining out or buying microwave meals is a big step to cut your monthly budget. Maintaining sufficient food supplies in your kitchen is a good motivator to cook at home, so you may want to buy in **bulk** what you consume regularly.

#### Work Out At Home

Instead of paying monthly membership fees in a gym, choosing to do exercise at home will also save you a lot of money. Countless work out **instructional** vidoes are now available online for free, no matter how many times you replay them.

#### 5. Make It a Habit

With the right mindset, you will be able to find more good practices and **alternatives** that will aid you on your goal. If saving money is just too hard for you, maybe spending less is what will work for you. Try you best to make it a part of your lifestyle.

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出展

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

A 1. \_\_\_\_\_

A 2. \_\_\_\_\_

**B. impulsive**

B 1. \_\_\_\_\_

B 2. \_\_\_\_\_

**C. bulk**

C 1. \_\_\_\_\_

C 2. \_\_\_\_\_

**D. instructional**

D 1. \_\_\_\_\_

D 2. \_\_\_\_\_

**E. alternatives**

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 How can you save money on gas and change oil?

I can save money on gas and change oil by...

- 2 What should you prepare before heading to a store to save time, effort, and money?

Before heading out to a store I should prepare a...

- 3 How can you maintain sufficient food supplies in your kitchen?

I can maintain sufficient food supplies by...

- 4 Instead of going to a gym, how can you save money while keeping your body active?

Instead of going to a gym, I can save money by...

- 5 If saving money is difficult to do, what should you try to do instead?

I should try to...

#### 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 mentioned above do you think is the most effective?

I think, the most effective advice is...

- 2 Can you think of any other tips to save money?

I think you can also save money by...

- 3 Do you think saving money is important? Why?

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