Lesson 2 Food for the Heart

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☺ 다음 문장을 읽고 해석을 쓰시오.

1. Letters from Our Readers: My Comfort Food

① Comfort food is food that makes you feel good when you are sad, angry, or stressed out.

② It can also make you think of happy moments from the past.

③ It satisfies not only the stomach but also the heart.

④ Comfort foods differ around the world.

⑤ Let's see what comfort foods our international readers enjoy.

2. Jessica from USA

① My comfort food is chicken soup.

② In the USA, people eat this soup when they have a cold.

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③ When I was a small child, / I caught a very bad cold.

④ My father made me a bowl of chicken soup so that I could get well.

⑤ The hot soup warmed my body, / and I slowly started to feel better.

⑥ It was also very tasty.

⑦ Now, when I catch a cold, / I eat chicken soup.

3. Maria from Brazil

① In Brazil, there are many dishes that are made with cassava, a vegetable similar to a potato.

② I love cassava chips the most.

③ Once when I had a bad day at school and felt stressed out, / my best friend bought me a bag of cassava chips.

④ When I started to eat the chips, / my stress suddenly disappeared.

⑤ The crisp sound of eating chips made me feel better.

⑥ Now, every time I'm stressed out, / I eat cassava chips.

⑦ Then I feel good again!

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