

3학년 \_\_반 \_\_번 이름: \_\_\_\_\_

## A Get Ready

B Have ( ) ( ) that chewing ice is ( ) ( ) your teeth?

G No, I ( ). ( ) is that?

B It can ( ) your teeth. It can also make them too ( ).

## B Listen and Choose

B You look tired. Did you get ( ) ( )?

G Yes, I did. I ( ) ( ) over seven hours.

B Okay. ( ) did you go to bed?

G I went to bed after ( ), ( ) ( ).

B That's ( ) what is making you tired. ( ) you ( ) that when you go to bed is very ( )?

G No, I ( ). Why is that?

B Scientists say that going to bed ( ) can ( ) you feel ( ) the next day.

G I didn't know that.

B ( ) the other ( ), going to bed early can ( ) your memory and help you be ( ) ( ). ( ) now ( ), try to go to bed ( ).

## C Listen and Speak

G ( ) you ( ) the ( ) *body image*? It means "the ( ) you see your own body." A ( ) of teens have a ( ) body image. They think they're too ( ) or too thin ( ) to others. However, I want you ( ) ( ) a positive body ( ). ( ) your body as ( ) is and ( ) yourself ( ) every day. Remember, there is only one ( ), so don't ( ) yourself to ( ). Loving ( ) can make a big ( ) in your ( ).