

2018년 4월 24일 키워드 스피킹 방송 / 주제: 간편 가정식(HMR)의 인기

<광고>



# More Like It

일상회화 편 2 출간

총 6권 완간(完刊)

전체	영어만
	

## Summary

An increase of single households has brought many changes to Korea's retail industry. We see launches of **new products targeted at those who live alone**. The trend is also conspicuous in the food market, where **various kinds of instant foods that only need microwave oven or boiling water are hitting the shelves**. But it's not just single residents who enjoy the comfort of instant foods or so-called HMR (Home Meal Replacement) in Korea. (HMRs are referred to "TV Dinners", "frozen meals" and "frozen foods" in English speaking countries.)

Statistics show that the total size of Korea's frozen food market exceeded 3 trillion won last year. The main driver is not only single households but the standard three-to-four member families. Many dual income families now **choose the comfort and economy of HMRs over the hassles of cooking at home**. With stronger demand for instant foods, more varieties have been added and the quality and taste have also become better. Almost all kinds of home foods, Korean or western, are available now in the frozen food section, and some department stores have launched their own brand of upscale HMRs **that appeal to the palate of more affluent customers**. The market is expected to grow and hit 4 trillion won in sales volume in 2018.

**For those who have nostalgia for their mom's cooking**, these microwavable, MSG-filled instant foods may not be the option. But in this age of rapid changes, people's definition of a "home cooked meal" **is not what it used to be**.

## 해석

1. new products targeted at those who live alone 혼자 사는 사람들을 타겟으로 한 새로운 상품
2. The trend is also conspicuous in ~ 그런 트렌드는 ~에서도 두드러진다
3. various kinds of instant foods that only need microwave oven or boiling water are hitting the shelves 전 자레인지나 뜨거운 물만 있으면 되는 다양한 인스턴트 음식이 진열대를 채우고 있다 (출시되고 있다)
4. choose the comfort and economy of HMRs over the hassles of cooking at home 직접 요리하는 불편함 대신 간편 가정식의 편리함과 경제성을 선택한다
5. HMRs that appeal to the palate of more affluent customers 고소득 소비자들의 입맛에 어필하는 간편 가

## 정식

6. For those who have nostalgia for their mom's cooking 어머니가 해 주신 음식에 향수가 있는 사람들
7. is not what it used to be 과거의 그것이 아니다, 과거와 다르다

**Keywords / Key Sentences**

1. 시간도 절약되고 맛도 나쁘지 않고 가격도 저렴해서 간편 가정식을 선호하는 3~4인 가구가 많다. HMRs provide relatively good taste at a reasonable price and save time. That's why many three-to-four member families are also choosing HMRs over cooking at home. / Today's frozen foods have great value for money. Therefore, its popularity is rising amongst Korean families. / Korea's nuclear families are switching to frozen foods to save time and money.
2. 일과 가정 모두를 챙기느라 바쁜 맞벌이 가정이 HMR을 선택하는 경향이 크다. For many dual income families, HMRs are not a bad choice, as they're always pressed for time balancing work and family. / In a lot of cases, both parents work and don't have time to prepare dinner for their children, so frozen food is a convenient option. / Frozen meals offer a time-saving alternative for families who don't have a good work-life balance.
3. 국내 HMR 시장 규모는 지난해 3조원을 넘어섰고 올해는 4조원대에 육박할 것으로 전망된다. The size of HMR market exceeded three trillion won last year. It is expected to grow to four trillion won in 2018. / The frozen food market is expecting to see 25% growth this year. / A double-digit increase in frozen food sales is forecasted for this year.
4. 고급 식재료와 유명 맛집의 조리법을 앞세운 프리미엄 간편 가정식도 등장하고 있다. Also available are premium line of HMRs that uses high quality ingredients and recipes from famous restaurants. / High-end TV dinners have been launched in the market. These frozen foods have better ingredients and better recipe from famous restaurants. / Food companies have teamed up with popular restaurants to release a new line of up-market frozen meals.
5. 아무리 편하다고 해도 각종 첨가물과 방부제가 들어 있어 몸에 좋지 않을 것이다. 아이들에게 인스턴트 음식을 주로 먹일 수는 없다. HMRs can be convenient, but various additives and preservatives in the food won't be good for our children. We shouldn't make those instant foods a staple in their diet. / Frozen foods are convenient and delicious, but they contain high levels of sodium, trans fats, artificial coloring and flavorings which are not healthy for humans to consume in large amounts, especially children. / Frozen foods are processed foods. They will fill you up, but they are not good for you because they contain potentially harmful ingredients. Parents should be careful when feeding their children such foods.