

2019년 3월 25일 [mini] 키워드 스피킹 방송 / 주제: 패스트푸드

<광고>

	<p>『구동사 편』</p> <p>총 251 개의 구동사</p> <p>구동사가 만들어지는 원리에 중점을 둔 설명</p>		<p>『시사이슈 편』</p> <p>『키워드 스피킹』 팟캐스트 에서 다룬 표현들을 소개</p> <p>총 43개의 시사 이슈에 관 한 유용한 문장들</p>
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패스트푸드는 몸에 안 좋다. 조금 먹으면 괜찮다고 생각하지만 몸에 쌓이고 결국 안 좋은 영향을 준다. 절대 먹지 말아야 한다.

- Junk food is bad for your health. People easily think that having junk food once or twice a week won't have a big impact on their health, but those bad ingredients accumulate inside your body. Eventually, it will take a toll on your health. You should never eat junk food.
- Eating junk food is bad for you. People think that having a cheat day or two won't affect their health. But overtime, those calories and preservatives add up and you will gain weight. You should avoid junk food at all costs.
- People think that consuming small amounts of junk food is okay and it won't hurt them. But in the long run, eating food that is bad for your health adds up over time. Junk food contains unhealthy fats and chemicals that cause inflammation. You should eliminate junk food from your diet.

건강에 너무 민감할 필요는 없다. 건강을 결정하는 요인은 무수히 많다. 가끔 정크푸드의 맛과 편리함을 즐기는 것은 나쁘지 않다.

- You don't have to be a health nut. Your health condition is determined by millions of factors that are sometimes beyond your control. Instead of being super picky about what you eat, you should enjoy the good taste and the convenience of junk food whenever you feel like.
- You shouldn't be too concerned about junk food. Being healthy is not only about diet. You should allow yourself a treat now and again. Junk food can be delicious and makes you feel good. So why not enjoy it?
- Your overall health will not be affected by a bag of chips or a piece of cake. So, don't worry about eating junk food. You should indulge once in a while in the foods you love, even if they are unhealthy.