

2019년 8월 4일 [mini] 키워드 스피킹 방송 / 주제: 건강 보조 식품

<광고>

	<p>『일상회화 편 2』</p> <p>세련되고 효과적인 회화 표현</p> <p>213개의 대화문과 71개의 추가 문장으로 스피킹 업그레이드</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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건강 보조 식품을 먹는 것이 좋다. 세 끼 식사만으로는 필요한 모든 영양분을 섭취할 수 없다. 비용은 좀 들지만 그만큼 가치가 있다.

- Having various dietary supplements is good for your health. Your regular meal doesn't supply all the nutrients you need. It will cost more, but it's definitely worth it.
- Supplements are needed to supplement your diet. It is difficult to ingest all the nutrients you need on a daily basis, so supplements can help. It may be costly, but you will get what you pay for.
- The benefits outweigh the cost when it comes to supplements. They are necessary to compensate for essential vitamins and minerals that we lack in our diet.

건강보조식품 많이 먹을 필요 없다. 건강에 대한 염려를 이용해서 건강보조 식품을 판매하려는 사람들이 많지만, 밥 잘 먹고 규칙적으로 운동하는 것이 건강 비결이다.

- You don't have to take too many dietary supplements. There are many people and companies who take advantage of your health concerns and try to sell unnecessary dietary supplements. Having a good diet and taking regular exercise are all you need to live a healthy life.
- Supplement companies are marketing to scare people into buying their products. A well-balanced diet and exercise are the key to being healthy.
- There is too much hype over supplements. They are a waste of money and are not necessary. All you need to do is stay fit and eat well.