

**Reading Skill로
끝내는
중학내신독해 1
Dictation Sheet**

Chapter 01**01**

p.08

Most children love chocolate because it _____. However, most parents tell their children not to eat too much. The reason is that chocolate is _____. It also has a lot of sugar, so it is bad for the teeth. Fortunately, children have a _____ for eating chocolate.

A _____ that dark chocolate has some health benefits. It has more cocoa than other types of chocolate. Cocoa contains flavonoids. These _____ for the body. For example, they _____. They reduce the chances of a heart attack or a stroke. They also increase blood flow to the brain. That improves a person's memory.

So _____ to enjoy chocolate each day. But scientists say people only need to eat around 85 grams of dark chocolate daily. So don't eat too much.

Chapter 01

02



p.10

Most parents never want to hear their babies cry. But Japanese parents sometimes want their babies to cry. In fact, they want their babies to _____ _____ _____ loudly.

Each year, the Naki Zumo _____ _____ _____ in Japan. Parents take their babies to the festival and give them to sumo wrestlers. Then, the sumo wrestlers hold the babies up in the air. Most of the babies start crying. However, some babies do not cry. Then, men in _____ _____ _____ the babies to _____, _____ _____ loudly.

Why do they do this? The Japanese believe if a baby cries in a wrestler's hands, it will _____ _____ _____ to the child. This is an old tradition in Japan. So Japanese parents pay around 10,000 yen to make their babies cry. What an _____, _____!

Chapter 01

03



p.12

Nowadays, movies with superheroes _____ . Superman, Batman, and the Incredible Hulk are some famous superheroes. They all started as _____ . The Hulk is a _____ , _____ superhero with green skin. But the original Hulk was not green. Instead, his skin was gray.

Stan Lee created the Hulk in 1962. He wanted the Hulk to _____ on the Earth. So he drew the Hulk gray. But there was a problem with the printing of the first comic book. The Hulk was not just gray in the book. He was green on some pages. The readers of the comic book _____ . So Stan Lee made the Hulk green. That was _____ . Thanks to his green color, people can _____ the Incredible Hulk.

Chapter 01**04**

p.14

Which day of the week do you _____? Most people say Monday. The fun, relaxing weekend is over. And people _____ work or school. Mondays are stressful for most people.

Surprisingly, stress on Mondays _____.

Some new research from Sweden studied when people have heart attacks. The researchers _____ . People are 11% more _____ have a heart attack on Mondays than on other days. A person's stress level can _____ . People have lots of stress every Monday. So they have many heart attacks on Mondays.

Unfortunately, it is not possible to avoid stress on Mondays. But you can _____ by exercising, deep breathing, and watching funny movies. Then, you can avoid heart attacks and stay healthy.

Chapter 02

05



p.20

Millions of people visit Google and Yahoo! to _____ daily.

Have you ever wondered how they got their names? The stories behind them are interesting.

Larry Page and Sean Anderson founded Google. First, they wanted to use the name Googolplex. A googolplex is a _____. They liked the name because their website could _____ of data. However, Page _____ it to Googol. But Anderson _____ and used Google. Both men liked the _____, so they named their company Google.

The history of Yahoo! is also fun. In the book *Gulliver's Travels*, Yahoos are _____. Founders Jerry Yang and David Filo thought they were like Yahoos. So they changed their website's name to Yahoo! Originally, they planned to use Dave and Jerry's Guide to the World Wide Web.

Chapter 02

06



p.22

Some foods like bacon and eggs _____ . However, when you eat certain foods together, they can _____ .

Tea and milk are both healthy. Many people pour milk in their tea. But they are an _____ . Proteins in the milk make the antioxidants in tea useless. And the caffeine in the tea _____ the calcium in the milk.

White bread and jam are another bad combination. When you eat them together, the sugar in your blood _____ . Then, your body _____ lots of insulin to bring your blood sugar down. That can cause diabetes.

Nowadays, people love eating salads with fat-free dressing. But the nutrients in plants are not _____ dressing. Instead, olive oil and vinegar are good on salads.

Chapter 02

07



p.24

Around the world, most people tell time the same way. But the African country Ethiopia is different. Ethiopia is _____ . So the amount of daylight is almost _____ the year. As a result, many Ethiopians use a twelve-hour clock. One cycle of 1 to 12 is from dawn to sunset. The other cycle is _____ .

So when it is 7 A.M. in other places, it is 1 o'clock in Ethiopia. At 6 o'clock Ethiopian time, Ethiopians usually eat lunch. When the sun sets at 6 P.M. in other countries, it is 12 o'clock in Ethiopia.

This twelve-hour clock _____ . But it _____
_____ Ethiopians, and they are proud of their _____ .
So if you visit Ethiopia, remember their way of telling time.

Chapter 02

08



p.26

Have you ever heard of biomethane? It is a type of gas made from _____
_____. People can use it as fuel in their _____
_____. Then, they do not have to use fossil fuels like gasoline.

Biomethane is a form of renewable energy.

In England, there is a bus called the Bio-Bus. It _____, but its engine
burns biomethane made from human poo and food waste. So people call it the poo bus.

The poo bus is an _____. It uses the waste from more than 32,000
households in the local area. By turning poo into energy, it is _____. It
also _____ than gasoline engines do. It is _____
_____ around the world. Someday, maybe you will take a poo bus in your country.

Chapter 03

09



p.32

Have you ever cut an onion? What happened after you did that? You probably started crying. There is a _____ . Cutting an onion releases chemicals called amino acid sulfoxides. When these chemicals go into the air, they make a gas. When the gas _____ , it forms an acid. Then, the acid burns and makes your eyes sting. So _____ the stinging.

Fortunately, there are some ways _____ when you cut an onion. First, put the onion into water or the freezer before cutting it. This _____ and reaching your eyes. Second, light a candle. It will burn the gas away. Finally, put a spoon into your mouth. The gas will _____ , so it will not reach your eyes.

Chapter 03

10



p.34

Dogs and cats are two popular pets. But look closely at them. Most cat _____
_____. But dog breeds _____ in their
sizes, shapes, faces, and colors. There is a reason for this.

Humans _____ a long time ago. They kept
cats to catch mice. On the other hand, humans kept dogs _____
_____. For example, they used dogs for hunting,
herding animals, protecting places, and pulling sleds. So humans _____
_____ of dogs because dogs had to _____. This
_____ many different types of dogs.

In addition, humans started breeding dogs hundreds of years ago. But they only started
breeding cats around 75 years ago. As a result, there are 340 breeds of dogs today. But there
are only 42 breeds of cats.

Chapter 03

11



p.36

_____ . Even babies in their mothers' bodies yawn. Why do we yawn?

Scientists are not sure. But they have a _____ .

According to one theory, _____ . When we are bored or tired, we do not breathe deeply. So our bodies get less oxygen. _____

_____ makes us feel tired. The body needs oxygen, so it makes us yawn.

This _____ and removes carbon dioxide from the body.

Another theory is that _____ . In other words, one person can make another person yawn. What happens when you see someone yawn? You probably _____ , too. Try it right now. Look at someone and then yawn. Did that person also yawn?

Chapter 03

12



p.38

Measure your height in the morning. Then _____ at night.

You are about one centimeter taller in the morning. Surprised?

Soft, stretchy tissue _____. They are the knees and the spine. While we walk during the day, the tissue in both places _____. This makes the spaces between the bones grow smaller. As a result, we _____ the day. However, when we go to sleep, the soft tissue in the knees and spine goes back to _____.

Gravity also _____. While we are standing, it pushes out the water between the discs in the spine. This causes us to get smaller. But when we sleep, our _____. Therefore, gravity does not affect our height.

For these two reasons, our _____ during the day and night.

Chapter 04

13



p.44

You eat some beans for lunch. A while later, you are sitting in class. You get a _____
_____ in your body. Suddenly, it happens: you fart out loud. It _____
_____, and everyone _____ _____. You _____
_____, but you should not be. Farting is _____ _____
_____.

Foods such as beans, bananas, and apples have lots of resistant starch. All people have
bacteria inside their intestines. When the bacteria break down the resistant starch, they
_____. Then, your body removes this gas as a fart. At the
same time, the bacteria release a molecule. It helps blood flow to the intestines and
_____ sick cells.

So do not avoid eating foods rich in resistant starch. Sure, you will fart. But the resistant
starch can help you _____ _____.

Chapter 04

14



p.46

Weddings are important events in people’s lives. People celebrate them by singing, dancing, and eating delicious food. But there are _____ in some countries.

In Scotland, friends sometimes _____ at the _____ . They are helping the bride and groom _____ in their marriage. In Korea, wedding guests beat the groom’s _____ after the ceremony ends. They tie his feet together and slap them with dried fish. They are testing the groom’s strength for married life.

Perhaps the strangest one of all is a Tujia tradition from China. Brides _____ at their weddings. As a result, they practice for many hours before the big day. After getting married, the brides cry in front of the guests. They think the more beautifully they cry, _____ .

Chapter 04

15



p.48

Visit a park, and you will probably _____ . Is it a UFO? No, it is an IFO: a frisbee. The Frisbee is popular because it is easy to carry and play with. But its beginning was humble.

In 1871, William Frisbie sold pies on _____. Students would _____ and yell, "Frisbie!" Later, Walter Morrison and Warren Franscioni invented a plastic disc. It _____ metal ones. They called it the Frisbee.

The Frisbee flies well _____. With its _____, the Frisbee is shaped like an airplane wing. As it flies, air travels more quickly above it than below it. This creates lift, so it flies while spinning. The spinning motion of the Frisbee gives it momentum. This _____ in the air for a long time.

Chapter 04

16



p.50

Some planets are _____. Earth is blue, Mars is red, and Saturn _____. And Jupiter is the big planet with the Great Red Spot.

What is the Great Red Spot in Jupiter? It is a _____. In fact, it has winds blowing more than 640 kilometers per hour. The storm has been on Jupiter for at least 150 years and maybe for more than 400 years. How is that possible? Jupiter _____
_____. So it has no solid ground
_____.

Today, the Great Red Spot is 1.3 times bigger than the Earth. But it used to be bigger. In the 1800s, it was more than _____ the Earth. Since then, it has become smaller. Scientists think it might disappear someday. Then, Jupiter's _____ will change.

Chapter 05

17



p.56

Wake up! It's time for school.

Mom, I feel under the weather.

What does Sam mean? Is the weather above him? He is saying _____
 _____. Many people _____ when they are sick. But
 where does it come from?

Historians believe it comes from the sea. In the past, there were no airplanes. So people
 _____ by ship. Ships usually sailed in clear weather. But
 sometimes the weather _____. The wind blew, and rain fell. Ships
 _____. It caused _____.

In bad weather, people could not stay on a ship's top deck. Instead, they went below deck
 as the rocking there was less noticeable. Passengers had to go under the deck _____
 _____. So the expression "under the weather" was born.

Chapter 05

18



p.58

You are _____ to a tropical island. But your plane crashes. You survive and swim to the closest island. But it is a _____. You probably _____. But calm down and think about what you _____. Here are some tips for survival.

- Look for a source of fresh water like a stream. You can only live 3~4 days without water.
 - _____ to protect yourself from bad weather and animals.
 - Make a fire to cook food and to _____.
 - Spell H-E-L-P on the beach. Someone can see your SOS message and _____.
 - Find some _____ like roots and fruits. You can fish in the ocean, too.
- Most of all, _____ and relax. Someone on a passing plane or ship will save you.

Chapter 05**19**

p.60

Imagine finding a box _____ . Wouldn't that be exciting?

This could really happen. But first, you need to travel to the Rocky Mountains in the United States.

In 2010, Forrest Fenn filled a box with \$2 million of treasure. Then, he buried it in the Rocky Mountains. He also _____ with clues for finding the treasure. Every year, people search for it. They _____. However, the search is not easy. Three people have died while searching for it. So the police asked Fenn to take his treasure. He said no because he wanted people to enjoy nature and have adventures.

Some say the _____. Others say Fenn already took the box back. _____, people still look for the treasure. Do you want to _____?

Chapter 05

20



p.62

Nations around the world _____ people's rights. They want people to live together _____. So most countries have _____. However, some places have strange laws.

In Singapore, chewing gum cannot be imported. This law was passed keep _____. Denmark has official guidelines for naming children. There are 7,000 approved names on a list. If parents want to use different names, they need to _____. People who feed the pigeons in Venice, Italy, will _____ \$700. The city thinks they are bad for people's health. So they do not want more pigeons. Finally, don't wear high heels in Greece. It is illegal because they can cause _____ monuments.

If you visit these places, remember these strange laws. Then, you will not get in trouble.

Chapter 06

21



p.68

Driving on the wrong side of the road _____ . In some countries, people drive on the left, but they _____ in other countries. Why are they different?

People often _____ on horses in England. They rode to the left of others. So their right hand was closer to the people they passed. That made it easier to wave or _____. Today, people in England and its former colonies _____.

However, _____ in the USA. The drivers sat on the horse on the left. They drove the wagon with their left hand and _____ with their right hand. They stayed on the right side of the road to see other wagons passing by. Today, the world's other countries, including the USA, drive on the right.

Chapter 06

22



p.70

Everyone knows recycling can _____ . But few know about upcycling. Both _____ on the environment, but they have some differences.

When people recycle materials, they get broken down. Then, they are _____ . It requires energy and water to break down the materials. And the quality of the new products is often _____ ones.

Upcycling does not _____ . Instead, people find different ways to use them. For example, someone might turn doors into tables. Another person might make vases from empty plastic bottles. Making upcycled items just _____ . And their quality is often better or the same as the originals.

Upcycling is nothing new. People used to make new goods from old items to save money. However, we can help the environment by upcycling nowadays.

Chapter 06

23



p.72

You go shopping at a store. But there are many things to buy. You do not know which one to get. How do you decide?

Researchers learned that most shoppers _____ . They also often choose items based on the colors of their packages. In fact, about 90% of all _____ . Companies want to make as much money as they can. So they _____ which colors shoppers like. That way, they could use them in their ads.

_____ their research, men _____ . So packaging for men often includes the color black. Women, however, prefer softer colors. That is why packaging for women's products _____ . However, both men and women like blue more than any other color. So that color is common in packaging.

Chapter 06

24



p.74

When we see two _____, we know they are twins. However, twins can be different in appearances and personalities. Let's look at the two _____ of twins.

Identical twins _____. They are born when one egg in the mother divides into two when she is pregnant. Identical twins share the same DNA. For that reason, they are almost always two boys or two girls. They also often act alike. They may have _____ and likes and dislikes.

Fraternal twins do not look exactly alike. They are born when two _____ into babies. Fraternal twins do not share the same DNA. They share only about half of the same genes. _____, fraternal twins are usually one boy and one girl. They act like regular brothers and sisters.

Reading Skill로 끝내는 중학내신독해 1 Dictation Answer Keys**Chapter 01****01**

tastes delicious, high in calories, good excuse, recent study says, provide several benefits, help prevent heart disease, feel free

02

yell and scream, festival takes place, scary masks frighten, make them cry, bring good luck, interesting tradition

03

are popular, comic book characters, big, powerful, look unlike anyone, preferred the green color, a smart decision, easily recognize

04

dislike the most, have to return to, threatens our health, learned something surprising, likely to, cause a heart attack, lower your stress level

Chapter 02**05**

search for information, very large number, handle large amounts, wanted to shorten, misspelled the name, incorrect spelling, wild, rude creatures

06

go well together, harm your body, unhealthy combination, prevents your body from absorbing, rises quickly, needs to release, absorbed well with fat-free

07

close to the equator, the same throughout, from sunset to dawn, confuses many foreigners, makes sense to, unique ways

08

human and household waste, homes and vehicles, looks normal, ecofriendly bus, reducing waste, produces less pollution, receiving attention

Chapter 03**09**

reason for this, touches your eyes, tears flow to stop, to avoid crying, prevents the gas from

spreading, stick to the spoon

10

breeds look similar, look quite different, tamed dogs and cats, for several reasons, created new breeds, do different tasks, resulted in

11

Everyone yawns, couple of ideas, breathing affects yawning, A lack of oxygen, brings in oxygen, yawning is contagious, feel like yawning

12

measure it again, covers two body parts, gets squeezed, get shorter during, its original form, affects our height, bodies are horizontal, height changes

Chapter 04

13 strange feeling, smells terrible, laughs at you, are embarrassed, actually a good sign, release smelly gas, gets rid of, avoid getting sick

14

unusual wedding traditions, throw garbage, bride and groom, prepare for difficult times, bare feet, are expected to cry, the luckier they will be

15

see a flying saucer, thin metal plates, throw the empty plates, flew better than, thanks to its design, curved top, lets it fly

16

easy to identify, has beautiful rings, gigantic storm, is mostly made of gas, to weaken storms, four times larger than, appearance in pictures

Chapter 05**17**

he is sick, use this expression, traveled long distances, turned bad, moved back and forth, passengers to become seasick, because of the weather

18

going on vacation, deserted island, feel frightened, need to survive, Build a shelter, signal for help, rescue you, edible food, stay positive

19

full of treasure, wrote a poem, dream of becoming rich, whole thing is a trick, Despite these rumors, join this treasure hunt

20

establish laws to protect, without conflict, similar laws, public places clean, get approval from the government, get, fined, damage at ancient

Chapter 06**21**

is dangerous, drive on the right, used to ride, to draw a sword, drive on the left, wagons were popular, whipped the horses

22

help the environment, have positive impacts, remade into new products, worse than the original, break down items, requires creativity

23

make sudden decisions, purchases are based on colors, tried to figure out, According to, prefer dark colors, often includes white

24

identical boys or girls, most common types, look exactly alike, the same personalities, separate eggs develop, Unlike identical twins