

Reading Skill로 끝내는 중학내신독해 1_Audio Script

[Ch1-00]

M: page 6, Chapter 1. Exercise

M: Camping is really fun, especially with family members and friends. However, be sure to do the following for your trip. First, check the weather before you go. Nobody enjoys camping in the rain. Next, you need to bring a first-aid kit in case someone gets hurt. In addition, don't forget bug spray to keep the mosquitoes away. Lastly, put out your campfire completely before you go home. Follow these simple steps, and you will have a safe and fun camping trip.

[Ch1-01]

W: page 8, Passage 1

W: Most children love chocolate because it tastes delicious. However, most parents tell their children not to eat too much. The reason is that chocolate is high in calories. It also has a lot of sugar, so it is bad for the teeth. Fortunately, children have a good excuse for eating chocolate.

A recent study says that dark chocolate has some health benefits. It has more cocoa than other types of chocolate. Cocoa contains flavonoids. These provide several benefits for the body. For example, they help prevent heart disease. 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 feel free 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.

[Ch1-02]

M: page 10, Passage 2

M: 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 yell and scream loudly.

Each year, the Naki Zumo festival takes place 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 scary masks frighten the babies to make them cry loudly.

Why do they do this? The Japanese believe if a baby cries in a wrestler's hands, it will bring good luck 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 interesting tradition!

[Ch1-03]

W: page 12, Passage 3

W: Nowadays, movies with superheroes are popular. Superman, Batman, and the Incredible Hulk

are some famous superheroes. They all started as comic book characters. The Hulk is a big, powerful 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 look unlike anyone 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 preferred the green color. So Stan Lee made the Hulk green. That was a smart decision. Thanks to his green color, people can easily recognize the Incredible Hulk.

[Ch1-04]

M: page 14, Passage 4

M: Which day of the week do you dislike the most? Most people say Monday. The fun, relaxing weekend is over. And people have to return to work or school. Mondays are stressful for most people. Surprisingly, stress on Mondays threatens our health.

Some new research from Sweden studied when people have heart attacks. The researchers learned something surprising. People are 11% more likely to have a heart attack on Mondays than on other days. A person's stress level can cause a heart attack. 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 lower your stress level by exercising, deep breathing, and watching funny movies. Then, you can avoid heart attacks and stay healthy.

[Ch2-00]

W: page 18, Chapter 2. Exercise

W: Eating breakfast is very important. When you skip breakfast, your brain does not get enough energy. Then, you will not be able to pay attention during class. So you will not learn much. Skipping breakfast will also make you hungry before lunchtime. You might eat a snack during your break. As a result, you will not be hungry at lunch. This will upset your meal cycle. And it will lead to an unhealthy lifestyle.

[Ch2-05]

M: page 20, Passage 5

M: Millions of people visit Google and Yahoo! to search for information daily. Have you ever wondered how they got their names? The stories behind them are interesting.

Larry Page and **Sergey Brin** founded Google. First, they wanted to use the name Googolplex. A googolplex is a very large number. They liked the name because their website could handle large amounts of data. However, Page wanted to shorten it to Googol. But **Sean Anderson, Page's friend**, misspelled the name and used Google. **Both Page and Brin** liked the incorrect spelling, so they named their company Google.

The history of Yahoo! is also fun. In the book Gulliver's Travels, Yahoos are wild, rude creatures.

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.

[Ch2-06]

W: page 22, Passage 6

W: Some foods like bacon and eggs go well together. However, when you eat certain foods together, they can harm your body.

Tea and milk are both healthy. Many people pour milk in their tea. But they are an unhealthy combination. Proteins in the milk make the antioxidants in tea useless. And the caffeine in the tea prevents your body from absorbing the calcium in the milk.

White bread and jam are another bad combination. When you eat them together, the sugar in your blood rises quickly. Then, your body needs to release 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 absorbed well with fat-free dressing. Instead, olive oil and vinegar are good on salads.

[Ch2-07]

M: page 24, Passage 7

M: Around the world, most people tell time the same way. But the African country Ethiopia is different. Ethiopia is close to the equator. So the amount of daylight is almost the same throughout 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 from sunset to dawn.

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 confuses many foreigners. But it makes sense to Ethiopians, and they are proud of their unique ways. So if you visit Ethiopia, remember their way of telling time.

[Ch2-08]

W: page 26, Passage 8

W: Have you ever heard of biomethane? It is a type of gas made from human and household waste. People can use it as fuel in their homes and vehicles. 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 looks normal, but its engine burns biomethane made from human poo and food waste. So people call it the poo bus.

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

[Ch3-00]

M: page 30, Chapter 3. Exercise

M: Winter is often cold and snowy. It is hard for animals to find food then. Therefore, many animals sleep during winter. This is called hibernation. During hibernation, the animals seem to be dead. They breathe very slowly, and their body temperature drops. So the animals do not need much energy. Therefore, they can stay alive without eating food during winter. However, when the warm spring comes, they wake up. And they eat a lot of food because they are so hungry.

[Ch3-09]

W: page 32, Passage 9

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

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

[Ch3-10]

M: page 34, Passage 10

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

Humans tamed dogs and cats a long time ago. They kept cats to catch mice. On the other hand, humans kept dogs for several reasons. For example, they used dogs for hunting, herding animals, protecting places, and pulling sleds. So humans created new breeds of dogs because dogs had to do different tasks. This resulted in 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.

[Ch3-11]

W: page 36, Passage 11

W: Everyone yawns. Even babies in their mothers' bodies yawn. Why do we yawn? Scientists are not sure. But they have a couple of ideas.

According to one theory, breathing affects yawning. When we are bored or tired, we do not

breathe deeply. So our bodies get less oxygen. A lack of oxygen makes us feel tired. The body needs oxygen, so it makes us yawn. This brings in oxygen and removes carbon dioxide from the body.

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

[Ch3-12]

M: page 38, Passage 12

M: Measure your height in the morning. Then measure it again at night. You are about one centimeter taller in the morning. Surprised?

Soft, stretchy tissue covers two body parts. They are the knees and the spine. While we walk during the day, the tissue in both places gets squeezed. This makes the spaces between the bones grow smaller. As a result, we get shorter during the day. However, when we go to sleep, the soft tissue in the knees and spine goes back to its original form.

Gravity also affects our height. 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 bodies are horizontal. Therefore, gravity does not affect our height.

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

[Ch4-00]

W: page 42, Chapter 4. Exercise

W: You wake up in the middle of the night and smell smoke. Your house is on fire! What should you do? Should you call the fire department first? Or should you find a safe place in the house? You need to get out of the house at once. Do not hesitate. Do not take anything with you either. If there is smoke, get close to the floor. Smoke rises, so there is more fresh air near the floor. After you get outside, you can call the fire department.

[Ch4-13]

M: page 44, Passage 13

M: You eat some beans for lunch. A while later, you are sitting in class. You get a strange feeling in your body. Suddenly, it happens: you fart out loud. It smells terrible, and everyone laughs at you. You are embarrassed, but you should not be. Farting is actually a good sign.

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 release smelly gas. 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 gets rid of sick cells.

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

[Ch4-14]

W: page 46, Passage 14

W: Weddings are important events in people's lives. People celebrate them by singing, dancing, and eating delicious food. But there are unusual wedding traditions in some countries.

In Scotland, friends sometimes throw garbage at the bride and groom. They are helping the bride and groom prepare for difficult times in their marriage. In Korea, wedding guests beat the groom's bare feet 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 are expected to cry 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, the luckier they will be.

[Ch4-15]

M: page 48, Passage 15

M: Visit a park, and you will probably see a flying saucer. 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 thin metal plates. Students would throw the empty plates and yell, "Frisbie!" Later, Walter Morrison and Warren Franscioni invented a plastic disc. It flew better than metal ones. They called it the Frisbee.

The Frisbee flies well thanks to its design. With its curved top, 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 lets it fly in the air for a long time.

[Ch4-16]

W: page 50, Passage 16

W: Some planets are easy to identify. Earth is blue, Mars is red, and Saturn has beautiful rings. And Jupiter is the big planet with the Great Red Spot.

What is the Great Red Spot in Jupiter? It is a gigantic storm. 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 is mostly made of gas. So it has no solid ground to weaken storms.

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 four times larger than the Earth. Since then, it has become smaller. Scientists think it might disappear someday. Then, Jupiter's appearance in pictures will change.

[Ch5-00]

M: page 54, Chapter 5. Exercise

M: Matt used to spend more than 5 hours a day playing on his mobile phone. He lost interest in

other activities. His mom was upset, so she took it away from him. Matt had a hard time at first. He was bored and did not know what to do. But he slowly changed his lifestyle. He read more books. He did outdoor activities. He also spent more time with his friends and family. Living without his phone was not so bad after all.

[Ch5-17]

W: page 56, Passage 17

W: Wake up! It's time for school.

B: Mom, I feel under the weather.

W: What does Sam mean? Is the weather above him? He is saying he is sick. Many people use this expression 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 traveled long distances by ship. Ships usually sailed in clear weather. But sometimes the weather turned bad. The wind blew, and rain fell. Ships moved back and forth. It caused passengers to become seasick.

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 because of the weather. So the expression "under the weather" was born.

[Ch5-18]

M: page 58, Passage 18

M: You are going on vacation to a tropical island. But your plane crashes. You survive and swim to the closest island. But it is a deserted island. You probably feel frightened. But calm down and think about what you need to survive. 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.
- Build a shelter to protect yourself from bad weather and animals.
- Make a fire to cook food and to signal for help.
- Spell H-E-L-P on the beach. Someone can see your SOS message and rescue you.
- Find some edible food like roots and fruits. You can fish in the ocean, too.

Most of all, stay positive and relax. Someone on a passing plane or ship will save you.

[Ch5-19]

W: page 60, Passage 19

W: Imagine finding a box full of treasure. 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 wrote a poem with clues for finding the treasure. Every year, people search for it. They dream of becoming rich. 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 whole thing is a trick. Others say Fenn already took the box back. Despite these rumors, people still look for the treasure. Do you want to join this treasure hunt?

[Ch5-20]

M: page 62, Passage 20

M: Nations around the world establish laws to protect people's rights. They want people to live together without conflict. So most countries have similar laws. However, some places have strange laws.

In Singapore, chewing gum cannot be imported. This law was passed to keep public places clean. 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 get approval from the government. People who feed the pigeons in Venice, Italy, will get fined \$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 damage at ancient monuments.

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

[Ch6-00]

W: page 66, Chapter 6. Exercise

W: Bread is delicious and a good source of energy. So it is popular around the world.

But it has many different shapes and tastes. In France, the baguette is popular. It is a long, thin loaf of white bread. It is hard on the outside and chewy on the inside. In India, naan is a popular flat, round bread. People usually eat naan with butter or curry. And bagels are chewy rolls with a hole in the middle. People in Poland enjoy them. They spread cream cheese on their bagels.

[Ch6-21]

M: page 68, Passage 21

M: Driving on the wrong side of the road is dangerous. In some countries, people drive on the left, but they drive on the right in other countries. Why are they different?

People often used to ride 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 to draw a sword. Today, people in England and its former colonies drive on the left.

However, wagons were popular in the USA. The drivers sat on the horse on the left. They drove the wagon with their left hand and whipped the horses 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.

[Ch6-22]

W: page 70, Passage 22

W: Everyone knows recycling can help the environment. But few know about upcycling. Both

have positive impacts on the environment, but they have some differences.

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

Upcycling does not break down items. 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 requires creativity. 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.

[Ch6-23]

M: page 72, Passage 23

M: 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 make sudden decisions. They also often choose items based on the colors of their packages. In fact, about 90% of all purchases are based on colors. Companies want to make as much money as they can. So they tried to figure out which colors shoppers like. That way, they could use them in their ads.

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

[Ch6-24]

W: page 74, Passage 24

W: When we see two identical boys or girls, we know they are twins. However, twins can be different in appearances and personalities. Let's look at the two most common types of twins.

Identical twins look exactly alike. 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 the same personalities and likes and dislikes.

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