

3학년	Lesson 2	2과 More Reading ① Part A	Class No.	
Date	2022. . .		Name	

1. 동영상을 들으면서 글의 빈 칸에 알맞은 단어를 받아쓰세요.

## Does Comfort Food Really Make You Feel Better? (part1)



출처(Retrieved from): <https://youtu.be/z9Nr5jrFAg0>

Do comfort foods **actually** comfort us? Let's ask this snack cake. Oh,...I'm so comfortable right now guys. This is great.

Hey, guys. Tara is here for the news and you might think that comfort **food makes** you feel **good** when you are in a bad **mood** but **psychologists** say that the idea of that may actually be a **myth**. **Researchers** at the University of Minnesota asked a group of people to pick two different kinds of food: **comfort food** that they thought would make them feel good if they were in a bad mood like chocolate or ice cream or snack cakes and food that they liked but did not think would **elevate** their mood.

They then asked them **to watch** a 20 minute video **intended** to **elicit** feelings of **anger**, sadness and **fear**, and then have them **rate** their mood **immediately** after the video. And once again, three minutes later. During those three minutes, **participants** were **given** one of four things to eat either the **comfort food** that they picked, the food that they **liked** but did not **consider** comfort food, or a granola bar or **nothing** at all.

They were then asked to **rate** their mood after eating. So researchers could **determine** if the comfort food worked **better** than anything else at **lifting** one's mood.

3학년	Lesson 2	<b>2과 More Reading ①</b>  <b>Part B</b>	Class No.		
Date	2022. . .		Name		

1. 동영상을 들으면서 글의 빈 칸에 알맞은 단어를 받아쓰세요.

### Does Comfort Food Really Make You Feel Better? (part 2)

The comfort food actually does make us feel **better**. The bad news is so does everything else. I guess that's not really bad news so much as it is just news but **interesting**, **nonetheless**. All the **subjects** **including** the ones who ate nothing at all reported **better** moods after the three minutes had passed, which **implies** that **time** not food is actually the best **healer** of all.

The **author** of the study, Heather Wagner **points out** that people like to find **explanations** for things so it makes **complete** **sense** that they would **attribute** an improvement in mood **to** something they ate even if it wasn't the food that actually did it.

This also has **implications** for **depression**, which can **cause** **weight gain** in some people and especially if they turn to comfort foods as a way of **cop**ing with their **sadness**. Wagner says the team was surprised by the **results** and **while** they don't necessarily **account for** all of the **long-term** **stresses** people **deal with** in their everyday lives, they hope their findings can **at least** **prevent** people **from** **developing** **unhealthy** behaviors.

What about you guys? Do you have any comfort foods that you **turn to** in time of need? Let us know in the comments down below. **Otherwise** thanks for watching.

3학년	Lesson 2	<b>2과 More Reading ②</b> <b>Part A</b>	Class No.		
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2. 아래 뜻에 해당하는 영어 단어를 위 글에서 찾아 쓰세요. 굵게 쓰인 단어들 중에서 찾아 쓰세요.

심리학자	기분	사실상	잘못된 인식/ 오해	연구원
psychologist	mood	actually	myth	researcher
등급을 매기다	공포	향상시키다. 올리 다	당장	참가자
rate	fear	elevate	immediately	participant
들어 올리다	결정하다	고려하다	의도하다	유도하다
lift	determine	consider	intend	elicit

3. What is the research question?

- 1) Does comfort food really make you feel better ?
- 2) Did the comfort food work better than anything else at lifting one's mood?
- 3) Does time make us feel better?

4. Complete the steps of the research, and put them in a right order.

- Ⓐ They rated their feeling.
- Ⓑ They ate the food if they were given any.
- Ⓒ After eating, they rated their mood for the second time.
- Ⓓ The group of people watched a 20 minute long video that made them angry, sad, and fearful.
- Ⓔ The people were given one out of four choices to eat:
  - 1) comfort food
  - 2) food that is not considered comfort food
  - 3) a granola bar
  - 4) nothing at all.
- Ⓕ A group of people chose two types of food: comfort food and food that is not comfort food.

Ⓕ → Ⓓ → Ⓐ → Ⓔ → Ⓑ → Ⓒ

3학년	Lesson 2	<b>2과 More Reading②</b> <b>Part B</b>	Class No.	
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2. 아래 뜻에 해당하는 영어 단어를 위 글에서 찾아 쓰세요. 굵게 쓰인 단어들 중에서 찾아 쓰세요.

일으키다, 발생시키다	무게	~에 대처하다	치유하는 것	저자, 글쓴이
cause	weight	cope with	healer	author
지적하다	설명	완벽한	암시	증가
point out	explanation	complete	implication	gain
그럼에도 불구하고	~을 포함하여	우울	암시하다	결과
nonetheless	include	depression	imply	result
1)~하는 동안 2)~인 반면	~을 처리하다, 다 루다	적어도	~하는 것을 막다, 예방하다	발달시키다
while	deal with	at least	prevent A from B	develop
행동	A를 B때문이라하다	~에 의지하다.	그렇지 않으면	실험대상자
behavior	attribute A to B	turn to	otherwise	subject
* He is not so much a scholar as a teacher. = He is not a scholar so much as a teacher. = He is less a scholar than a teacher. = He is a teacher rather than a scholar. = He is more a teacher than a scholar.				

3. What are the answers to the research questions?

- Does the comfort food make us feel better? **Yes, it does**/ No, it doesn't.
- Did the comfort food work better than anything else at lifting one's mood?  
Yes, it did / **No, it didn't**.
- Does time make us feel better? **Yes, it does**/ No, it doesn't.

4. 위 글의 내용과 일치하면 T (True), 일치하지 않으면 F (False)를 쓰시오.

㉠ The comfort food actually does not make us feel better.	[ F ]
㉡ The food that they did not think as their comfort food did not lift their moods.	[ F ]
㉢ People who didn't eat anything at all reported better moods after three minutes.	[ T ]
㉣ The study suggests that time not food actually makes us feel better.	[ T ]
㉤ 우울증이 있는 사람들이 슬픔을 해결하기 위해 위안 음식에 의존하면 체중 증가가 올 수 있다.	[ T ]
㉥ 연구진들은 이 연구 결과가 사람들이 건강하지 않는 습관을 키우지 않게 하기를 희망한다.	[ T ]