# Academic English 2

Mid Speaking Script

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Topic: Conversation about people who worry too much about nutrition.

경훈: Wow, It was very long lecture.

석환: Yes. Shall we go to something to drink?

경훈: Cool! Let’s go!

(석환 buys coke in vending machine.)

경훈: Do you drink coke again?

석환: Yes! I love coke. I have one can of coke a day.

경훈: Oh, Sodas are very bad for your teeth.

석환: Don’t worry. I brush my teeth immediately after drink.

경훈: What? That’s risky behavior! Soda’s acid rusts teeth, so if you brush teeth in this condition, your teeth will be more damaged. So you should brush your teeth after at least 30 minutes.

석환: Really? Then I shouldn’t do it.

경훈: It’s so important, but soda is bad not only our teeth but our entire body.

석환: Umm... For what?

경훈: Soda’s sugar is absorbed into blood without digestive process. So it effects badly to glycemic control. And it robs bones and causes Osteoporosis[[1]](#footnote-1). Also, it can be cause of obesity. Because of these reasons, since 2015, there is Children’s Dietary Law[[2]](#footnote-2) that vending machine can’t sell soda in school.

석환: Oh my god! I didn’t know about laws about soda. But coke is too delicious.

경훈: Try to reduce drinking coke for your health.

석환: I got it. Thank you for good information!

경훈: You’re welcome. By the way, I’m hungry. Do you have dinner?

석환: Umm... Not yet. What would you like to eat?

경훈: There is new McDonald nearby. Shall we go? I really love Shanghai burger!

석환: Oh, no! Trans fat in hamburger enhances amount of cholesterol, it is very risky to blood vessel health! If blood vessel is narrower, it can cause heart disease like Myocardial Infarction[[3]](#footnote-3).

경훈: I know trans fat is risky to body. But by McDonald hamburger’s ingredient list, hamburger’s trans fat figure is 0g.

석환: You should’t believe just the way it is! By food labeling standards, less than 0.2 trans fat can be marked to 0g. You can think it is very small amount. But it is accumulated in fat and it is very bad for your health.

경훈: Ok, I will be careful.

석환: If you want to catch health and taste, how about try hand-made burger?

경훈: Hand-made burger?

석환: Yes, many hand-made hamburger stores are interested in well-being today.

경훈: Oh, cool! From now on, I should reduce junk food and take Well-being food. By the way, I didn’t know you have concerned about nutrition.

석환: I start to have an interest nowadays, it’s more dangerous than I think. I think I should care about healthy more.

경훈: Then, how about go to eat hand-made burger?

석환: Let’s go!

1. Osteoporosis: 골다공증 [↑](#footnote-ref-1)
2. Children’s Dietary Law: 어린이 식생활안전관리 특별법 [↑](#footnote-ref-2)
3. Myocardial Infarction: 심근 경색 [↑](#footnote-ref-3)