

Lesson 91

1 TOPIC QUESTION

今日のトピック

Are you prepared for a disaster?

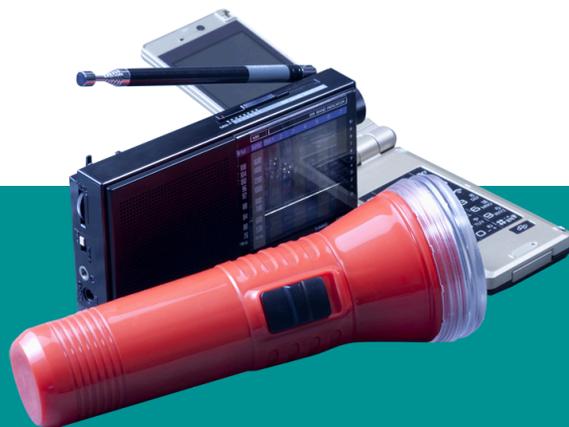
災害に備えていますか？

2 ARTICLE

記事

Directions: Read the following article aloud.

課題: 以下の記事をはっきりとした声で音読しましょう。



Disaster Preparation

There are many ways you can prepare for a disaster. One of the most important is having an evacuation plan. In the case of an earthquake, fire or flood you may have to leave your house quickly. You should have a safe evacuation area that you can get to. You should practice your evacuation procedure on a regular basis. It's also important to make sure that your home insurance is up to date.

Another important skill to have is knowledge of basic medical treatment, sometimes called First Aid. There are many courses you can take in order to learn basic medical skills such as treating wounds, injuries or heart attacks. This knowledge could be very useful in many different situations. Always keep a first aid kit in your home.

After a disaster it is important to stay in contact with your family and friends. A disaster can be a very traumatic experience. You will need help and support for a long time after experiencing a disaster. You may suffer from stress, fear or anger. It is important to speak to your family and friends and in time you will recover.

Lesson 91

3 VOCABULARY

語い

Directions: First repeat after your tutor and then read aloud by yourself.

課題: 先生の後が続いてくり返した後、今度はひとりで発音してみましょう。

prepare 準備する

evacuation 避難

insurance 保険

knowledge 知識

treatment 治療

suffer ~をこうむる、受ける

injury (事故などによる) 傷害

wound 傷

4 Questions

質問

Directions: Read the questions aloud and answer them.

課題: 質問を声に出して読んだ後、答えてみましょう。

1. How can you prepare for a disaster?
2. What is First Aid?
3. What should you do after a disaster?
4. Do you think you are prepared for a disaster?