

선 택 형

주제

You have probably heard the saying, "You are what you eat." It means that it is important to eat good food in order to be healthy. But the way you eat food is just as important as eating the right food. Many people have bad eating habits, but they often aren't aware of them. Do you have any bad eating habits? Let's find out whether you fall into any of the following categories.

1. 다음 글의 주제로 가장 알맞은 것은?

- ① The history of popular sayings in different world cultures
- ② How to cook delicious meals in less than 10 minutes
- ③ Ways to grow vegetables at home without any soil
- ④ The role of exercise in replacing healthy food choices
- ⑤ The importance of healthy food and proper eating habits

2. 다음 글의 주제로 가장 알맞은 것은?

- ① Replacing all fast food meals with only home-cooked dishes
- ② Encouraging children to try cooking for their own health
- ③ Recognizing and correcting harmful eating behaviors in daily life
- ④ Studying the origins of famous English proverbs and sayings
- ⑤ Promoting international festivals related to food and agriculture

3. 다음 글의 주제로 가장 알맞은 것은?

- ① Awareness of bad habits as key to healthier eating
- ② Training professional chefs for world-class cooking competitions
- ③ Developing new technology for faster food delivery systems
- ④ The influence of advertising on global food market prices
- ⑤ Differences between traditional and modern table manners worldwide

4. 다음 글의 주제로 가장 알맞은 것은?

- ① The nutritional differences between fruits and processed snacks
- ② Why ancient civilizations depended on seasonal farming systems
- ③ How eating methods affect health as much as food choice
- ④ Teaching teenagers about cooking through school lunch programs
- ⑤ The development of food preservation techniques in history

5. 다음 글의 주제로 가장 알맞은 것은?

- ① Identifying unhealthy eating styles to improve overall well-being
- ② Learning to prepare meals using only locally grown ingredients
- ③ Exploring the relationship between agriculture and economic growth
- ④ The role of spices in traditional cooking across the world
- ⑤ Visiting famous restaurants to learn about unique cultural dishes

제목

You have probably heard the saying, "You are what you eat." It means that it is important to eat good food in order to be healthy. But the way you eat food is just as important as eating the right food. Many people have bad eating habits, but they often aren't aware of them. Do you have any bad eating habits? Let's find out whether you fall into any of the following categories.

26. 다음 글의 제목으로 가장 알맞은 것은?

- ① The History of Dining Etiquette in Ancient Civilizations
- ② Cooking Quickly for Busy People with Limited Time
- ③ Can Organic Vegetables Guarantee Perfect Human Health?
- ④ The Rise of Street Food in Major Global Cities
- ⑤ Eating Right: Why Habits Matter as Much as Food

27. 다음 글의 제목으로 가장 알맞은 것은?

- ① How Modern Refrigeration Changed the Way We Eat
- ② Is Fast Food Always Bad for Our Overall Health?
- ③ The Economic Impact of Local Food Production on Cities
- ④ Healthy Eating: Identifying and Fixing Bad Daily Habits
- ⑤ Exploring Cultural Food Traditions Across the World Today

28. 다음 글의 제목으로 가장 알맞은 것은?

- ① Why Should We Care About the Way We Eat?
- ② Does Skipping Breakfast Actually Harm Your Body?
- ③ The Popularity of Cooking Classes in Urban Communities
- ④ The Role of Meat in Traditional Human Diets
- ⑤ When Did People Start Eating Three Meals a Day?

29. 다음 글의 제목으로 가장 알맞은 것은?

- ① Cultural Influences on the Spread of Street Food Vendors
- ② How to Become a Professional Chef in Ten Months
- ③ The Impact of Eating Habits on Our Health
- ④ The Invention and Use of Ancient Cooking Equipment
- ⑤ Comparing Nutritional Value of Fruits in Different Regions

30. 다음 글의 제목으로 가장 알맞은 것은?

- ① Do Superfoods Really Provide All the Nutrients We Need?
- ② Why Eating Methods Are as Important as Food Choice
- ③ The Growing Popularity of Vegetarian Diets in Modern Life
- ④ The Cultural History of Tea Drinking in East Asia
- ⑤ Exploring the Flavors of Traditional Mediterranean Cooking

함축의미

You have probably heard the saying, "You are what you eat." It means that it is important to eat good food in order to be healthy. But the way you eat food is just as important as eating the right food. Many people have bad eating habits, but they often aren't aware of them. Do you have any bad eating habits? Let's find out whether you fall into any of the following categories.

51. 다음 글에서 밑줄 친 "the way you eat food is just as important" 부분이 함축하는 의미로 가장 적절한 것은?

- ① Eating style determines every aspect of a person's lifestyle
- ② Only expensive organic food can maintain perfect health
- ③ How you eat is far less important than what you eat
- ④ Eating habits influence health as much as food choices
- ⑤ Cooking skills matter more than the nutritional value of meals

52. 다음 글에서 밑줄 친 "fall into any of the following categories" 부분이 함축하는 의미로 가장 적절한 것은?

- ① You might have one of the listed bad habits
- ② You must avoid all eating habits that others recommend
- ③ You are guaranteed to have none of these bad habits
- ④ Your lifestyle will completely match each described category
- ⑤ These categories describe cooking techniques for healthy meals

53. 다음 글에서 밑줄 친 "they often aren't aware of them" 부분이 함축하는 의미로 가장 적절한 것은?

- ① Eating habits are the same across all cultures and nations
- ② Everyone knows their bad habits but ignores them completely
- ③ People always deny having any harmful eating behaviors
- ④ Bad eating habits are caused entirely by lack of education
- ⑤ Many people do not notice their unhealthy eating patterns

54. 다음 글에서 밑줄 친 "You are what you eat" 부분이 함축하는 의미로 가장 적절한 것은?

- ① The food you eat greatly affects your overall health
- ② People should only eat foods that look visually attractive
- ③ Everyone eats the same type of food every single day
- ④ Cooking your own meals is the key to happiness
- ⑤ Eating habits are completely unrelated to personal well-being

Imagine biting into a chocolate chip cookie fresh from the oven. The heavenly smell and the rich chocolate melting in your mouth are sure to make your mouth water. The human body is designed to crave sweets. Sugar is a quick source of energy for our body. It also triggers our brains to release chemicals that make us feel good. Not only that, it's delicious, too! However, if you are unable to go a single day without sweets, you need to control your sweet tooth. It doesn't mean you have to stop eating sugary snacks completely. Eating smaller portions, such as a fun-size candy bar, can slow down your sugar cravings. Instead of sugary snacks, try healthier alternatives such as fruit or dark chocolate. If any of the four descriptions sound like you, it is time to make a change. It won't happen overnight, but if you make a conscious effort, you will become a better and healthier eater.

70. 다음 글에서 밑줄 친 "designed to crave sweets" 부분이 함축하는 의미로 가장 적절한 것은?

- ① Everyone prefers salty snacks over sweet desserts
- ② People can only enjoy bitter flavors in their meals
- ③ Sugar cravings are entirely learned from modern society
- ④ Humans are naturally inclined to desire sugary foods
- ⑤ Humans dislike sweets unless forced to eat them

71. 다음 글에서 밑줄 친 "unable to go a single day without sweets" 부분이 함축하는 의미로 가장 적절한 것은?

- ① Occasionally enjoying desserts after a main meal
- ② Having excessive dependence on sugary snacks every day
- ③ Disliking sweet flavors and avoiding them altogether
- ④ Eating sugar only during special holiday celebrations
- ⑤ Never eating sweet food even when offered by friends

72. 다음 글에서 밑줄 친 "control your sweet tooth" 부분이 함축하는 의미로 가장 적절한 것은?

- ① Reduce the urge to eat sugary foods frequently
- ② Completely stop eating any type of sweet snack
- ③ Replace all meals with desserts and candies
- ④ Eat sweets without caring about the consequences
- ⑤ Avoid fruit because it contains natural sugars

73. 다음 글에서 밑줄 친 "triggers our brains to release chemicals" 부분이 함축하는 의미로 가장 적절한 것은?

- ① Eating sugar prevents the brain from functioning normally
- ② Sugar makes people instantly forget all their problems
- ③ Sugar stimulates the brain to produce pleasurable feelings
- ④ Sweet foods erase memories of stressful experiences
- ⑤ Sugar intake permanently increases intelligence in humans

74. 다음 글에서 밑줄 친 "make a conscious effort" 부분이 함축하는 의미로 가장 적절한 것은?

- ① Intentionally work towards changing unhealthy eating habits
- ② Let habits improve naturally without taking any action
- ③ Avoid all foods that you previously enjoyed eating
- ④ Depend solely on others to improve your lifestyle
- ⑤ Change habits only if forced by external circumstances

내용일치

You have probably heard the saying, "You are what you eat." It means that it is important to eat good food in order to be healthy. But the way you eat food is just as important as eating the right food. Many people have bad eating habits, but they often aren't aware of them. Do you have any bad eating habits? Let's find out whether you fall into any of the following categories.

75. 다음 글의 내용과 일치하는 것은?

- ① The text will focus only on healthy eating recommendations.
- ② The way you eat food is less important than choosing the right food.
- ③ Most people are fully aware of their bad eating habits.
- ④ Bad eating habits are extremely rare among young people.
- ⑤ The saying "You are what you eat" emphasizes the importance of eating good food.

76. 다음 글의 내용과 일치하지 않는 것은?

- ① The way you eat is just as important as eating the right food.
- ② Many people have bad eating habits without being aware of them.
- ③ The text will examine different categories of eating habits.
- ④ Everyone is completely conscious of their eating patterns.
- ⑤ The saying "You are what you eat" relates food to health.

77. 다음 글의 내용과 일치하지 않는 것은? [본문 1]

- ① Good food is important for maintaining health.
- ② The method of eating is equally significant as food choice.
- ③ Bad eating habits are always immediately noticeable to people.
- ④ The text will help readers identify their eating habit categories.
- ⑤ Many people lack awareness about their eating behaviors.

78. According to the passage, what will the text help readers discover?

- ① The most expensive healthy foods available in markets
- ② Whether they fall into certain eating habit categories
- ③ How to cook nutritious meals at home
- ④ The history of popular sayings about food
- ⑤ Scientific research about food and nutrition

79. 다음 글의 내용과 일치하는 것은?

- ① The text only focuses on the types of food people should eat.
- ② Eating habits have no connection to overall health and wellbeing.
- ③ The way people eat food is just as important as food selection.
- ④ All individuals are naturally aware of their eating patterns.
- ⑤ Bad eating habits are impossible to change or improve.

빈칸

100. 다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?

You have probably heard the saying, "You are what you eat." It means that it is important to eat good food in order to be healthy. But the way you eat food is _____ as eating the right food. Many people have bad eating habits, but they often aren't aware of them. Do you have any bad eating habits? Let's find out whether you fall into any of the following categories.

- ① significantly less important than choosing
- ② just as important and crucial
- ③ much more difficult than selecting
- ④ completely unrelated to enjoying
- ⑤ far less effective than buying

101. 다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?

You have a big test tomorrow. There are many things to memorize, and you don't feel prepared at all. Looking at the piles of books in front of you, you begin to crave something spicy! When stressed, many people naturally turn to food, especially strong-tasting food such as tteokbokki or spicy chicken. This is an example of stress eating. Stress eaters use food to make themselves feel better. They try to escape reality for a while by eating food with a strong flavor. But _____ to solutions to their problems.

- ① it will always lead them directly
- ② t can sometimes point them
- ③ it might occasionally guide them
- ④ it will definitely show them the way
- ⑤ never will it lead

102. 다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?

5, 4, 3, 2, 1. The bell rings. Thrilled students rush to the school cafeteria. As soon as they get their food, they eat it as if it's the last 10 seconds of a speed-eating contest. The food is gone in the blink of an eye, but are they really satisfied? Probably not. Speed eaters tend to eat too much before they realize they are full. Moreover, _____ the experience of appreciating the pleasures of a good meal.

- ① speed eating significantly enhances and improves
- ② speed eating takes away and eliminates
- ③ speed eating carefully preserves and maintains
- ④ speed eating greatly amplifies and increases
- ⑤ speed eating perfectly captures and retains

103. 다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?

You come home from school and lie on your bed with a bag of potato chips in one hand and your smartphone in the other. Checking your social media, you start eating the chips. Suddenly, you realize your fingers are touching the bottom of an empty bag! You have just become a prime example of a mindless eater. Mindless eating happens _____ and do not pay attention to how much food you are eating.

- ① when you are completely focused on your meal
- ② when you are mindfully enjoying every bite
- ③ when you are carefully planning your nutrition
- ④ when you are paying close attention to flavors
- ⑤ when you are distracted by other activities

요약문

105. 다음 글의 내용을 한 문장으로 요약하고자 한다.
빈칸 (A), (B)에 들어갈 말로 가장 적절한 것은?

You have probably heard the saying, "You are what you eat." It means that it is important to eat good food in order to be healthy. But the way you eat food is just as important as eating the right food. Many people have bad eating habits, but they often aren't aware of them. Do you have any bad eating habits? Let's find out whether you fall into any of the following categories.

The saying "You are what you eat" emphasizes that both eating (A)_____ food and the (B)_____ of eating are equally important for health.

- | (A) | / | (B) |
|-------------|---|-------|
| ① expensive | / | speed |
| ② good | / | way |
| ③ organic | / | time |
| ④ foreign | / | place |
| ⑤ processed | / | cost |

106. 다음 글의 내용을 한 문장으로 요약하고자 한다.
빈칸 (A), (B)에 들어갈 말로 가장 적절한 것은?

You have a big test tomorrow. There are many things to memorize, and you don't feel prepared at all. Looking at the piles of books in front of you, you begin to crave something spicy! When stressed, many people naturally turn to food, especially strong-tasting food such as tteokbokki or spicy chicken. This is an example of stress eating. Stress eaters use food to make themselves feel better. They try to escape reality for a while by eating food with a strong flavor. But never will it lead to solutions to their problems. It will lead only to an upset stomach or feelings of guilt and shame. To avoid being a stress eater, try to move yourself away from food and find other ways to relieve your stress. For example, you could go for a walk, talk to a friend, or watch your favorite TV show. If you still want something to eat, treat yourself to whole-grain toast or a nice cup of tea.

Stress eating involves turning to (A)_____ food when feeling overwhelmed, but it never leads to problem (B)_____ and may cause guilt instead.

- | (A) | / | (B) |
|------------------|---|----------------|
| ① bland | / | creation |
| ② healthy | / | analysis |
| ③ cold | / | identification |
| ④ expensive | / | complications |
| ⑤ strong-tasting | / | solutions |

어휘

110. 다음 글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

You have probably heard the saying, "You are what you eat." It means that it is ① important to eat good food in order to be healthy. But the way you eat food is just as ② important as eating the right food. Many people have ③ bad eating habits, but they often aren't ④ aware of them. Do you have any ⑤ good eating habits? Let's find out whether you fall into any of the following categories.

111. 다음 글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

You have a big test tomorrow. There are many things to ① memorize, and you don't feel prepared at all. Looking at the piles of books in front of you, you begin to ② crave something spicy! When stressed, many people naturally turn to food, especially ③ strong-tasting food such as tteokbokki or spicy chicken. This is an example of stress eating. Stress eaters use food to make themselves feel better. They try to ④ face reality for a while by eating food with a strong flavor. But never will it lead to ⑤ solutions to their problems.

112. 다음 글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

5, 4, 3, 2, 1. The bell rings. ① Thrilled students rush to the school cafeteria. As soon as they get their food, they eat it as if it's the last 10 seconds of a speed-eating contest. The food is gone in the blink of an eye, but are they really ② satisfied? Probably not. Speed eaters tend to eat too much before they realize they are full. Moreover, speed eating takes away the experience of ③ appreciating the pleasures of a good meal. Although it may seem advantageous to save some time from your busy schedule by eating quickly, ④ speeding up your meals actually has more benefits. Give yourself at least 20 minutes to eat your meals. Take smaller bites and ⑤ chew your food for a longer time.

113. 다음 글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

You come home from school and lie on your bed with a bag of potato chips in one hand and your smartphone in the other. ① Checking your social media, you start eating the chips. Suddenly, you realize your fingers are touching the bottom of an ② empty bag! You have just become a prime example of a mindless eater. Mindless eating happens when you are ③ attentive and do not pay attention to how much food you are eating. It usually ends when you run out of food, which is too ④ late. So, instead of being a mindless eater, you need to become a ⑤ mindful eater.

114. 다음 글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

Imagine biting into a chocolate chip cookie fresh from the oven. The heavenly smell and the rich chocolate melting in your mouth are sure to make your mouth water. The human body is ① designed to crave sweets. Sugar is a quick source of ② energy for our body. It also triggers our brains to release chemicals that make us feel ③ bad. Not only that, it's delicious, too! However, if you are unable to go a single day without sweets, you need to ④ control your sweet tooth. It doesn't mean you have to stop eating sugary snacks ⑤ completely.

어법 1

115. 다음 글의 밑줄 친 부분 중, 어법상 틀린 것은?

You have probably heard the saying, "You are what you eat." It means that it is important ① to eat good food in order to be healthy. But the way you eat food is just as important as ② eat the right food. Many people have bad eating habits, but they often ③ aren't aware of them. Do you have any bad eating habits? Let's find out ④ whether you fall into any of the following categories. These categories ⑤ will help you understand your eating patterns better.

116. 다음 글의 밑줄 친 부분 중, 어법상 틀린 것은?

You have a big test tomorrow. There are many things ① to memorize, and you don't feel prepared at all. ② Looking at the piles of books in front of you, you begin to crave something spicy! When stressed, many people naturally turn to food, especially strong-tasting food such as tteokbokki or spicy chicken. This is an example of stress eating. Stress eaters use food ③ to make themselves feel better. But never ④ it will lead to solutions to their problems. To avoid being a stress eater, try ⑤ to move yourself away from food and find other ways to relieve your stress.

117. 다음 글의 밑줄 친 부분 중, 어법상 틀린 것은?

The bell rings. Thrilled students rush to the school cafeteria. As soon as they get their food, they eat it as if it's the last 10 seconds of a speed-eating contest. The food is gone in the blink of an eye, but are they really satisfied? Probably not. Speed eaters tend ① to eat too much before they realize they are full. Moreover, speed eating takes away the experience of ② appreciating the pleasures of a good meal. ③ Although it may seem advantageous to save some time from your busy schedule by eating quickly, slowing down your meals actually has more benefits. Give yourself at least 20 minutes ④ to eat your meals. Not only will eating slower prevent you from eating too much, but it will also allow you ⑤ appreciate all the flavors of your food.

118. 다음 글의 밑줄 친 부분 중, 어법상 틀린 것은?

You come home from school and lie on your bed with a bag of potato chips in one hand and your smartphone in the other. ① Checking your social media, you start eating the chips. Suddenly, you realize your fingers ② are touching the bottom of an empty bag! You have just become a prime example of a mindless eater. Mindless eating happens when you are distracted and do not pay attention to ③ how much food you are eating. It usually ends when you run out of food, ④ that is too late. So, instead of being a mindless eater, you need ⑤ to become a mindful eater.

119. 다음 글의 밑줄 친 부분 중, 어법상 틀린 것은?

Imagine ① biting into a chocolate chip cookie fresh from the oven. The heavenly smell and the rich chocolate ② melting in your mouth are sure to make your mouth water. The human body ③ is designed to crave sweets. Sugar is a quick source of energy for our body. It also triggers our brains ④ to release chemicals that make us feel good. However, if you are unable to go a single day without sweets, you need to control your sweet tooth. ⑤ Eat smaller portions, such as a fun-size candy bar, can slow down your sugar cravings.

어법 2

120. 다음 중 어법 상 알맞은 것을 고르시오

You have probably 1) [hear / heard] the saying, "You are 2) [what / that] you eat." It means 3) [what / that] it is important 4) [eat / to eat] good food in order to be 5) [healthily / healthy]. But the way you eat food is just as important as eating the right food. Many people have bad eating habits, but they often aren't aware of them. Do you have any bad eating habits? Let's find out whether you fall into any of the following categories.

121. 다음 중 어법 상 알맞은 것을 고르시오

You have a big test tomorrow. There 1) [is / are] many things to memorize, and you don't feel 2) [preparihng / prepared] at all. 3) [Looking / Looked] at the piles of books in front of you, you begin to crave 4) [spicy something / something spicy]! When 5) [stressed / stressing], many people naturally turn to food, especially strong-tasting food such as tteokbokki or spicy chicken. This is an example of stress eating. Stress eaters use food to make themselves 6) [to feel / feel] better. They try to escape reality for a while by eating food with a strong flavor. But never 7) [it will / will it] lead to solutions to their problems. It will lead only to an upset stomach or feelings of guilt and shame. To avoid 8) [being / to be] a stress eater, try to move yourself away from food and find other ways to 9) [relieves / relieve] your stress. For example, you could go for a walk, talk to a friend, or 10) [watching / watch] your favorite TV show. If you still want something to eat, treat yourself to whole-grain toast or a nice cup of tea.

순서

125. 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?

You have probably heard the saying, "You are what you eat."

(A) But the way you eat food is just as important as eating the right food. Many people have bad eating habits, but they often aren't aware of them.

(B) It means that it is important to eat good food in order to be healthy.

(C) Do you have any bad eating habits? Let's find out whether you fall into any of the following categories.

- ① (A) - (C) - (B) ② (B) - (A) - (C)
 ③ (B) - (C) - (A) ④ (C) - (A) - (B)
 ⑤ (C) - (B) - (A)

126. 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?

You have a big test tomorrow. There are many things to memorize, and you don't feel prepared at all. Looking at the piles of books in front of you, you begin to crave something spicy!

(A) Stress eaters use food to make themselves feel better. They try to escape reality for a while by eating food with a strong flavor. But never will it lead to solutions to their problems. It will lead only to an upset stomach or feelings of guilt and shame.

(B) When stressed, many people naturally turn to food, especially strong-tasting food such as tteokbokki or spicy chicken. This is an example of stress eating.

(C) To avoid being a stress eater, try to move yourself away from food and find other ways to relieve your stress.

- ① (A) - (C) - (B) ② (B) - (A) - (C)
 ③ (B) - (C) - (A) ④ (C) - (A) - (B)
 ⑤ (C) - (B) - (A)

127. 주어진 글 다음에 이어질 글의 순서로 가장 적절한 것은?

5, 4, 3, 2, 1. The bell rings. Thrilled students rush to the school cafeteria. As soon as they get their food, they eat it as if it's the last 10 seconds of a speed-eating contest.

(A) The food is gone in the blink of an eye, but are they really satisfied? Probably not. Speed eaters tend to eat too much before they realize they are full.

(B) Give yourself at least 20 minutes to eat your meals. Take smaller bites and chew your food for a longer time.

(C) Moreover, speed eating takes away the experience of appreciating the pleasures of a good meal. Although it may seem advantageous to save some time from your busy schedule by eating quickly, slowing down your meals actually has more benefits.

- ① (A) - (C) - (B) ② (B) - (A) - (C)
 ③ (B) - (C) - (A) ④ (C) - (A) - (B)
 ⑤ (C) - (B) - (A)

삽입

130. 글의 흐름으로 보아, 주어진 문장이 들어가기에 가장 적절한 곳은?

But the way you eat food is just as important as eating the right food.

You have probably heard the saying, “You are what you eat.” (①) It means that it is important to eat good food in order to be healthy. (②) Many people have bad eating habits, but they often aren’t aware of them. (③) Do you have any bad eating habits? (④) Let’s find out whether you fall into any of the following categories.

131. 글의 흐름으로 보아, 주어진 문장이 들어가기에 가장 적절한 곳은?

This is an example of stress eating.

You have a big test tomorrow. (①) There are many things to memorize, and you don’t feel prepared at all. (②) Looking at the piles of books in front of you, you begin to crave something spicy! (③) When stressed, many people naturally turn to food, especially strong-tasting food such as tteokbokki or spicy chicken. (④) Stress eaters use food to make themselves feel better. (⑤) They try to escape reality for a while by eating food with a strong flavor. (⑥) But never will it lead to solutions to their problems. (⑦) It will lead only to an upset stomach or feelings of guilt and shame. (⑧) To avoid being a stress eater, try to move yourself away from food and find other ways to relieve your stress. (⑨) For example, you could go for a walk, talk to a friend, or watch your favorite TV show. (⑩) If you still want something to eat, treat yourself to whole-grain toast or a nice cup of tea.

132. 글의 흐름으로 보아, 주어진 문장이 들어가기에 가장 적절한 곳은?

Although it may seem advantageous to save some time from your busy schedule by eating quickly, slowing down your meals actually has more benefits.

5, 4, 3, 2, 1. (①) The bell rings. (②) Thrilled students rush to the school cafeteria. (③) As soon as they get their food, they eat it as if it’s the last 10 seconds of a speed-eating contest. (④) The food is gone in the blink of an eye, but are they really satisfied? (⑤) Probably not. (⑥) Speed eaters tend to eat too much before they realize they are full. (⑦) Moreover, speed eating takes away the experience of appreciating the pleasures of a good meal. (⑧) Give yourself at least 20 minutes to eat your meals. (⑨) Take smaller bites and chew your food for a longer time. (⑩) Not only will eating slower prevent you from eating too much, but it will also help you appreciate all the flavors of your food.

서 술 형

영작

135. 다음 글의 밑줄 친 우리말과 같은 뜻이 되도록 <보기>에 주어진 단어만을 모두 사용하여 영작하십시오.

앞에 있는 책더미들을 바라보면서, 당신은 매우 것이 당기기 시작한다!

<보기>

135)[front / books / something / crave / of / you / in / Looking / at / piles / the / begin / of / you, / spicy! / to]

→ _____

136. 다음 글의 밑줄 친 우리말과 같은 뜻이 되도록 <보기>에 주어진 단어만을 모두 사용하여 영작하십시오.

스트레스를 받을 때, 많은 사람들이 자연스럽게 음식, 특히 떡볶이나 매운 치킨과 같은 강한 맛의 음식으로 향한다.

<보기>

136)[food / as / people / spicy / to / chicken. / tteokbokki / naturally / strong-tasting / food, / stressed, / many / especially / such / turn / or / When]

→ _____

137. 다음 글의 밑줄 친 우리말과 같은 뜻이 되도록 <보기>에 주어진 단어만을 모두 사용하여 영작하십시오.

스트레스 먹기를 하는 사람들은 기분을 좋게 만들기 위해 음식을 사용한다.

<보기>

137)[eaters / food / to / themselves / use / feel / make / Stress / better.]

→ _____

138. 다음 글의 밑줄 친 우리말과 같은 뜻이 되도록 <보기>에 주어진 단어만을 모두 사용하여 영작하십시오.

그들은 강한 맛의 음식을 먹음으로써 잠시 현실을 회피하려고 한다.

<보기>

138)[while / They / a / try / flavor. / escape / by / food / reality / strong / with / a / for / eating / to]

→ _____

정답 및 해설

1) 정답: ⑤ The importance of healthy food and proper eating habits
해설: 글은 “무엇을 먹는가”뿐 아니라 “어떻게 먹는가”가 건강에 중요하다고 강조하며, 나쁜 식습관을 인식하고 개선할 필요성을 전달한다.

2) 정답: ③ Recognizing and correcting harmful eating behaviors in daily life
해설: 글은 나쁜 식습관의 존재와 그 인식의 중요성을 다루고 있어 이를 가장 잘 포괄하는 내용이다.

3) 정답: ① Awareness of bad habits as key to healthier eating
해설: 건강한 식습관을 위해서는 우선 잘못된 습관을 자각하는 것이 필수임을 강조한다.

4) 정답: ③ How eating methods affect health as much as food choice
해설: 올바른 음식 선택 못지않게 섭취 방법의 중요성을 전달하는 글이다.

5) 정답: ① Identifying unhealthy eating styles to improve overall well-being
해설: 글은 독자 스스로 자신의 나쁜 식습관을 점검하고 건강을 개선하도록 유도한다.

6) 정답: ④ Understanding and overcoming stress-induced eating habits
해설: 글은 스트레스 상황에서 폭식하는 원인과 이를 피하는 방법을 제시하므로 ④이 적절하다.

7) 정답: ① Managing stress without relying on unhealthy eating
해설: 본문은 스트레스 해소를 위해 음식 대신 다른 방법을 찾는 것을 권하므로 ①이 적절하다.

8) 정답: ⑤ Identifying stress eating and finding healthier solutions
해설: 글은 스트레스 먹기의 특징과 이를 대체할 건강한 방법을 설명하므로 ⑤이 적절하다.

9) 정답: ④ Avoiding stress-driven eating for better health
해설: 스트레스 상황에서 폭식을 피하고 건강을 지키는 방법을 안내하므로 ④이 적절하다.

10) 정답: ① Recognizing and breaking unhealthy stress eating patterns
해설: 본문은 스트레스 먹기를 인식하고 이를 끊는 방법을 제시하므로 ①이 적절하다.

11) 정답: ③ Benefits of eating slowly for health and satisfaction
해설: 글은 천천히 먹는 것이 건강과 만족도에 주는 이점을 강조하므로 ③이 적절하다.

12) 정답: ① Why slowing down meals prevents overeating
해설: 본문은 빠른 식사가 과식을 유발하고, 천천히 먹는 것이 이를 막는 이유를 설명하므로 ①이 적절하다.

13) 정답: ⑤ Appreciating flavors by eating at a slower pace
해설: 글은 천천히 먹음으로써 음식을 더 잘 즐길 수 있다는 점을 강조하므로 ⑤이 적절하다.

14) 정답: ④ Avoiding speed eating to maintain a healthy diet
해설: 본문은 빠른 식사를 피하고 건강한 식습관을 유지할 것을 권하므로 ④이 적절하다.

15) 정답: ① Slowing down meals for better digestion and health
해설: 천천히 식사하는 것이 소화와 건강에 유익하다는 점을 주제로 하고 있으므로 ①이 적절하다.

16) 정답: ③ Avoiding mindless eating by focusing on your food
해설: 글은 주의를 다른 데 두지 않고 먹는 것에 집중해야 함을 강조하므로 ③이 적절하다.

17) 정답: ⑤ The dangers of distracted eating habits
해설: 본문은 주의가 분산될 때 무심코 과식하게 되는 문제를 다루므로 ⑤이 적절하다.

18) 정답: ② Being a mindful eater to avoid overeating
해설: 글은 음식에 집중하는 ‘mindful eating’을 통해 과식을 막는 것을 권하므로 ②이 적절하다.

19) 정답: ① Eating only when you can fully pay attention

해설: 식사에 전념할 수 있을 때만 먹어야 한다는 글의 핵심 메시지를 담고 있으므로 ①이 적절하다.

20) 정답: ④ Recognizing and changing unconscious eating behaviors

해설: 무의식적으로 먹는 습관을 인식하고 바꾸는 것이 글의 핵심이므로 ④이 적절하다.

21) 정답: ⑤ Controlling sugar cravings for a healthier lifestyle

해설: 글은 단 음식의 과도한 섭취를 줄이는 방법을 안내하므로 ⑤이 적절하다.

22) 정답: ④ Managing a sweet tooth without giving up treats

해설: 본문은 단 음식을 완전히 끊지 않고도 절제하는 방법을 제시하므로 ④이 적절하다.

23) 정답: ① Finding healthier alternatives to sugary snacks

해설: 단 음식을 대체할 건강한 간식을 찾는 방법이 글의 핵심이므로 ①이 적절하다.

24) 정답: ⑤ Reducing sugar consumption through portion control

해설: 본문은 양 조절을 통한 단 음식 섭취 감소를 권장하므로 ⑤이 적절하다.

25) 정답: ① Changing eating habits to become a healthier eater

해설: 글은 단 음식을 절제하고 건강한 식습관을 형성하는 것을 목표로 하므로 ①이 적절하다.

26) 정답: ⑤ Eating Right: Why Habits Matter as Much as Food

해설: 글은 좋은 음식 선택뿐 아니라 섭취 습관이 건강에 미치는 중요성을 다루며, 나쁜 습관을 인식하고 개선해야 함을 강조한다.

27) 정답: ④ Healthy Eating: Identifying and Fixing Bad Daily Habits

해설: 글의 핵심은 나쁜 식습관을 자각하고 바르게 고치는 것이 건강한 삶의 기초라는 점이다.

28) 정답: ① Why Should We Care About the Way We Eat?

해설: 제목이 음식 섭취 방식의 중요성을 묻는 질문형으로, 글 전체의 문제의식과 일치한다.

29) 정답: ③ The Impact of Eating Habits on Our Health

해설: 글은 먹는 습관이 건강에 주는 영향을 인식하는 것이 중요하다고 강조한다.

30) 정답: ② Why Eating Methods Are as Important as Food Choice

해설: 글의 중심 내용인 '먹는 방법의 중요성'을 간결하게 반영한 제목이다.

31) 정답: ④ Stress Eating: Understanding the Habit and How to Stop

해설: 스트레스 먹기의 원인과 해로운 결과, 대안까지 다루고 있어 정답이 가장 포괄적이다.

32) 정답: ① Managing Stress Without Relying on Overeating for Comfort

해설: 글의 핵심은 음식 대신 건전한 방법으로 스트레스를 해소하는 것이다.

33) 정답: ① How Can We Break the Cycle of Stress Eating?

해설: 본문은 스트레스 상황에서 매운 음식 등 강한 맛을 찾는 'stress eating'의 문제점을 설명하고, 이를 끊기 위한 대안을 제시한다. ①번은 문제 제기과 해결 방법을 모두 담아 글의 핵심을 잘 나타낸다.

34) 정답: ④ Practical Ways to Avoid Eating When Feeling Stressed

해설: 글 후반부에서 산책, 대화, 차 마시기 등 음식 대신 스트레스를 해소할 수 있는 구체적이고 실천 가능한 방법을 소개한다. ④번은 이러한 대안 제시 내용을 정확히 반영한다.

35) 정답: ⑤ Identifying and Overcoming Harmful Stress-Related Eating Patterns

해설: 본문은 먼저 'stress eating'이라는 나쁜 식습관을 인식하게 하고, 이어서 이를 피하거나 개선하는 방안을 제시한다. ⑤번은 두 요소를 모두 포함해 전체 내용을 포괄적으로 표현한다.

36) 정답: ④ Speed Eating: Why Slowing Down Can Benefit Your Health

해설: 본문은 급하게 먹는 습관이 과식과 만족감 저하를 초래한다고 지적하며, 천천히 먹을 때의 건강상 이점을 설명한다. ④번은 문제점과 해결책을 함께 담아 주제를 정확히 반영한다.

37) 정답: ⑤ Healthy Living: The Advantages of Eating at a Slower Pace

해설: 글은 속도를 줄여 식사하는 것이 건강과 식사 만족도를 높인다고 강조한다. ⑤번은 이러한 실천의 구체적 장점을 간결히 전달한다.

38) 정답: ① Why Should We Take More Time to Eat Meals?

해설: 본문은 빠른 식사가 과식과 만족감 저하로 이어진다고 지적하며, 시간을 들여 천천히 먹는 것이 건강과 식사 만족도를 높인다고 설명한다. ①번은 이러한 핵심 내용을 그대로 반영한다.

39) 정답: ② The Health Benefits of Slowing Down at Mealtimes

해설: 글의 핵심은 천천히 먹는 것이 건강을 지키는 효과적인 방법이라는 점이며, ②번은 이를 직설적으로 표현한다.

40) 정답: ⑤ How Slower Eating Prevents Overeating and Improves Satisfaction

해설: 본문이 제시한 '과식 방지'와 '식사 만족도 향상'이라는 두 가지 효과를 제목에서 모두 담아내 가장 적절하다.

41) 정답: ① Mindless Eating: How Distractions Lead to Overeating Problems

해설: 글은 스마트폰 등 다른 활동에 몰입한 채 무의식적으로 음식을 먹는 문제를 'mindless eating'으로 설명하고, 이를 방지하기 위한 'mindful eating' 습관을 제안한다.

42) 정답: ⑤ Healthy Eating: Staying Fully Aware During Every Meal

해설: '먹는 행위에 집중하는 것'이 글 전반의 핵심 메시지로, 올바른 식습관 형성의 중요성을 전달한다.

43) 정답: ③ Why Should We Avoid Eating While Doing Other Activities?

해설: 본문은 다른 활동을 하면서 식사하는 'mindless eating'이 과식으로 이어진다고 설명하며, 해결책으로 mindful eating을 제안한다. ③번은 이러한 문제 제기와 해법을 질문형으로 잘 담고 있다.

44) 정답: ① The Risks of Eating Without Paying Full Attention to Food

해설: 본문은 주의가 분산된 상태에서 먹는 행위의 위험성을 경고하고 있다.

45) 정답: ⑤ How Mindful Eating Improves Health and Prevents Overeating

해설: 'mindful eating'의 건강상의 이점과 과식 방지 효과를 모두 담아 글의 핵심을 정확히 표현한다.

46) 정답: ① Controlling Your Sweet Tooth for Better Health and Well-being

해설: 글은 단맛에 대한 본능적 욕구와 그로 인한 문제를 설명하고, 이를 절제하는 실질적인 방법을 제시한다.

47) 정답: ③ Healthy Living: Managing Daily Sugar Intake with Smarter Choices

해설: 글의 핵심은 설탕 섭취를 완전히 끊는 대신 건강한 대안으로 조절하는 것이다.

48) 정답: ④ How Can We Reduce Cravings for Sugary Snacks?

해설: 본문은 단 것을 자주 찾는 습관을 줄이는 방법으로 소량 섭취와 과일·다크초콜릿 같은 건강한 대안을 제시한다. ④번은 이러한 문제 해결 방안을 정확히 담고 있어 가장 적절하다.

49) 정답: ① Strategies to Limit Sugar Consumption Without Quitting Completely

해설: '완전 금지'가 아닌 '절제와 조절'이 글에서 제시하는 핵심 전략이다.

50) 정답: ② How Balanced Sugar Habits Lead to a Healthier Lifestyle

해설: 적절한 설탕 섭취 습관이 건강을 유지하는 데 도움이 된다는 메시지를 잘 담고 있다.

51) 정답: ④ Eating habits influence health as much as food choices

해설: 본문은 좋은 음식 선택과 더불어 올바른 섭취 방식이 건강에 중요함을 강조한다.

52) 정답: ① You might have one of the listed bad habits

해설: 글은 독자가 제시된 유형에 속하는지 점검하도록 유도한다.

53) 정답: ⑤ Many people do not notice their unhealthy eating patterns

해설: 본문은 나쁜 식습관이 있어도 대부분 인식하지 못한다고 말한다.

54) 정답: ① The food you eat greatly affects your overall health

해설: 속담은 섭취하는 음식이 신체와 건강에 직접적인 영향을 준다는 의미다.

55) 정답: ③ Stress eating cannot actually solve the real problems faced

해설: 본문은 스트레스 상황에서 먹는 행위가 문제 해결이 아니라 부정적 결과를 가져온다고 강조한다.

56) 정답: ① Use eating as a temporary distraction from life's challenges

해설: 글에서는 강한 맛의 음식을 먹는 것이 현실의 압박을 잠시 잊게 한다고 설명한다.

57) 정답: ④ Choose healthier snack options to satisfy mild food cravings

해설: 본문은 스트레스 상황에서도 건강한 간식을 선택하라고 조언한다.

58) 정답: ③ Suddenly desire food with strong and intense flavors

해설: 글은 스트레스 시 매운 음식처럼 강한 맛을 찾는 현상을 설명한다.

59) 정답: ⑤ Seek alternative methods besides eating to handle pressure

해설: 본문은 산책, 대화, TV 시청 등 다양한 대안을 통해 스트레스를 풀라고 조언한다.

60) 정답: ② Eating food extremely quickly without enjoying the experience

해설: 표현은 급하게 먹는 모습을 과장해 묘사한 것으로, 속식의 문제를 드러낸다.

61) 정답: ⑤ Food disappears extremely quickly during rapid eating

해설: 순식간에 사라지는 음식은 급하게 먹는 문제를 강조하는 표현이다.

62) 정답: ① Fully enjoying the flavors, textures, and experience of eating

해설: 글은 천천히 먹을 때 식사 of 즐거움을 온전히 느낄 수 있다고 말한다.

63) 정답: ⑤ Take enough time to eat slowly and mindfully

해설: 20분 이상 식사 시간을 확보하면 과식 방지와 만족감 향상에 도움이 된다.

64) 정답: ① Take smaller bites and slow down the eating process

해설: 본문은 오래 씹는 습관이 소화와 식사 만족도에 긍정적인다고 설명한다.

65) 정답: ⑤ You have finished the entire bag without noticing

해설: 무의식적으로 과식하게 되는 mindless eating 상황을 나타낸다.

66) 정답: ③ The overeating has already happened before you realize it

해설: 깨달았을 때는 이미 음식을 다 먹어버린 상태임을 뜻한다.

67) 정답: ① Paying complete attention to eating without any distraction

해설: 본문에서 'fully aware of the food'은 다른 활동에 방해받지 않고 오직 먹는 행위에 집중하는 mindful eating을 의미한다. 이는 식사량을 조절하고 음식의 맛을 온전히 느끼게 하는 핵심 개념이다.

68) 정답: ④ Avoid multitasking during meals to prevent overeating

해설: 다른 활동과 식사를 동시에 하면 무의식적 과식으로 이어질 수 있음을 경고한다.

69) 정답: ① Practice focusing entirely on the act of eating meals

해설: mindless eating을 방지하기 위해 주의 깊게 식사하는 습관을 기르는 것을 말한다.

70) 정답: ④ Humans are naturally inclined to desire sugary foods
해설: 글은 단맛을 원하는 것이 인간의 본능임을 설명한다.

71) 정답: ② Having excessive dependence on sugary snacks every day
해설: 본문에서 'unable to go a single day without sweets'는 하루라도 빠짐없이 단 음식을 찾는 과도한 의존 상태를 의미한다. 이는 건강을 위해 조절이 필요한 습관임을 강조한다.

72) 정답: ① Reduce the urge to eat sugary foods frequently
해설: 글은 절제와 조절을 통해 단맛 욕구를 관리하라고 조언한다.

73) 정답: ③ Sugar stimulates the brain to produce pleasurable feelings
해설: 본문은 설탕이 행복감을 주는 화학물질 분비를 유도한다고 설명한다.

74) 정답: ① Intentionally work towards changing unhealthy eating habits
해설: 의식적으로 행동을 바꿔야 식습관이 개선된다는 의미다.

75) 정답: ⑤ The saying "You are what you eat" emphasizes the importance of eating good food.
해설: 본문에서 "It means that it is important to eat good food in order to be healthy"라고 명시되어 있어 좋은 음식을 먹는 것의 중요성을 강조한다고 정확히 일치한다.

76) 정답: ④ Everyone is completely conscious of their eating patterns.
해설: 본문에서 "Many people have bad eating habits, but they often aren't aware of them"이라고 하여 많은 사람들이 자신의 나쁜 식습관을 인식하지 못한다고 했으므로 ④번이 일치하지 않는다.

77) 정답: ③ Bad eating habits are always immediately noticeable to people.
해설: 본문에서 "but they often aren't aware of them"이라고 하여 사람들이 종종 자신의 나쁜 식습관을

인식하지 못한다고 했으므로 ③번이 일치하지 않는다.

78) 정답: ② Whether they fall into certain eating habit categories
해설: 본문에서 "Let's find out whether you fall into any of the following categories"라고 명시되어 있어 독자들이 특정 식습관 범주에 해당하는지 알아보도록 도울 것이라고 되어 있다.

79) 정답: ③ The way people eat food is just as important as food selection.
해설: 본문에서 "But the way you eat food is just as important as eating the right food"라고 명시되어 있어 음식을 먹는 방식이 올바른 음식을 선택하는 것만큼 중요하다고 정확히 일치한다.

80) 정답: ③ Stress eating leads to feelings of guilt and shame.
해설: 본문에서 "It will lead only to an upset stomach or feelings of guilt and shame"라고 명시되어 있어 스트레스성 식사가 죄책감과 수치심을 야기한다고 정확히 일치한다.

81) 정답: ③ Stress eating always provides permanent solutions to problems.
해설: 본문에서 "But never will it lead to solutions to their problems"라고 하여 스트레스성 식사가 문제 해결로 이어지지 않는다고 했으므로 ③번이 일치하지 않는다.

82) 정답: ④ Stress eating provides long-term solutions to academic challenges.
해설: 본문에서 "But never will it lead to solutions to their problems"라고 하여 스트레스성 식사가 문제 해결로 이어지지 않는다고 명시했으므로 ④번이 일치하지 않는다.

83) 정답: ② Move away from food and find alternative stress relief methods
해설: 본문에서 "try to move yourself away from food and find other ways to relieve your stress"라고 명시되어 있어 음식에서 멀어지고 다른 스트레스 해소 방법을 찾으라고 되어 있다.

84) 정답: ② Watching TV is suggested as an alternative to stress eating.
해설: 본문에서 "you could go for a walk, talk to a friend, or watch your favorite TV show"라고 하여 좋

아하는 TV 프로그램 시청이 스트레스 식사의 대안으로 제시되어 있다.

85) 정답: ③ Speed eating prevents people from appreciating meal pleasures.

해설: 본문에서 "speed eating takes away the experience of appreciating the pleasures of a good meal"이라고 명시되어 있어 빠른 식사가 좋은 식사의 즐거움을 음미하는 경험을 앗아간다고 정확히 일치한다.

86) 정답: ⑤ Eating slowly has fewer benefits than eating quickly.

해설: 본문에서 "slowing down your meals actually has more benefits"라고 하여 천천히 먹는 것이 실제로 더 많은 이익이 있다고 했으므로 ⑤번이 일치하지 않는다.

87) 정답: ③ Speed eating always leads to complete meal satisfaction.

해설: 본문에서 "The food is gone in the blink of an eye, but are they really satisfied? Probably not"이라고 하여 빨리 먹어도 실제로 만족하지 못할 것 같다고 했으므로 ③번이 일치하지 않는다.

88) 정답: ② They tend to eat too much before realizing they are full

해설: 본문에서 "Speed eaters tend to eat too much before they realize they are full"이라고 명시되어 있어 빠르게 먹는 사람들이 포만감을 느끼기 전에 너무 많이 먹는 경향이 있다고 되어 있다.

89) 정답: ③ Eating slower helps people appreciate all food flavors.

해설: 본문에서 "it will also help you appreciate all the flavors of your food"라고 명시되어 있어 천천히 먹는 것이 음식의 모든 맛을 음미하는 데 도움이 된다고 정확히 일치한다.

90) 정답: ③ Mindless eating usually ends when you run out of food.

해설: 본문에서 "It usually ends when you run out of food, which is too late"라고 명시되어 있어 무의식적 식사가 보통 음식이 떨어질 때 끝난다고 정확히 일치한다.

91) 정답: ① Mindless eaters always pay careful attention to their food consumption.

해설: 본문에서 "do not pay attention to how much food you are eating"이라고 하여 무의식적 식사자들이

얼마나 많은 음식을 먹는지 주의를 기울이지 않는다고 했으므로 ①번이 일치하지 않는다.

92) 정답: ③ Multitasking while eating is recommended for efficiency.

해설: 본문에서 "don't eat while doing another activity"라고 하여 다른 활동을 하면서 먹지 말라고 권고했으므로 멀티태스킹이 권장된다는 ③번이 일치하지 않는다.

93) 정답: ③ Eat only when they can focus completely on eating

해설: 본문에서 "Eat only when you can focus on eating"이라고 명시되어 있어 먹는 것에 집중할 수 있을 때만 먹으라고 되어 있다.

94) 정답: ④ Mindful eating involves being fully aware of food consumption.

해설: 본문에서 "you can be fully aware of the food you are putting into your mouth"라고 명시되어 있어 의식적 식사가 음식 섭취를 완전히 인식하는 것을 포함한다고 정확히 일치한다.

95) 정답: ① The human body is naturally designed to crave sweets.

해설: 본문에서 "The human body is designed to crave sweets"라고 명시되어 있어 인간의 몸이 단 것을 갈망하도록 설계되어 있다고 정확히 일치한다.

96) 정답: ③ People should never eat any sugary snacks under any circumstances.

해설: 본문에서 "It doesn't mean you have to stop eating sugary snacks completely"라고 하여 단 간식을 완전히 중단해야 한다는 의미는 아니라고 했으므로 ③번이 일치하지 않는다.

97) 정답: ④ Sugar cravings can be completely eliminated overnight.

해설: 본문에서 "It won't happen overnight, but if you make a conscious effort"라고 하여 하룻밤 사이에 일어나지 않는다고 했으므로 ④번이 일치하지 않는다.

98) 정답: ② Sugar is a quick energy source and triggers positive brain chemicals

해설: 본문에서 "Sugar is a quick source of energy for our body. It also triggers our brains to release chemicals that make us feel good"이라고 명시되어 있

다.

99) 정답: ③ Making conscious efforts can lead to better eating habits over time.

해설: 본문에서 "It won't happen overnight, but if you make a conscious effort, you will become a better and healthier eater"라고 명시되어 있어 의식적인 노력이 시간이 지나면서 더 나은 식습관으로 이어질 수 있다고 정확히 일치한다.

100) 정답: ② just as important and crucial

해설: 뒤에 "as eating the right food"가 이어지므로 "just as important"가 와야 하며, 음식을 먹는 방식이 올바른 음식을 먹는 것만큼 중요하다는 의미가 가장 적절하다.

101) 정답: ⑤ never will it lead

해설: 뒤에 "to solutions to their problems"가 이어지고, 앞 문장에서 "But"으로 대조되므로 스트레스 식사가 절대로 문제 해결로 이어지지 않는다는 부정적 의미가 가장 적절하다.

102) 정답: ② speed eating takes away and eliminates

해설: 문맥상 빠른 식사에 부정적 영향을 설명하는 부분이므로, 좋은 식사에 즐거움을 음미하는 경험을 앗아가고 제거한다는 의미가 가장 적절하다.

103) 정답: ⑤ when you are distracted by other activities

해설: 앞에서 스마트폰을 보면서 침을 먹는 상황을 묘사했고, 뒤에서 얼마나 먹는지 주의를 기울이지 않는다고 했으므로, 다른 활동에 주위가 산만해질 때라는 의미가 가장 적절하다.

104) 정답: ② you need to control your sweet tooth and cravings

해설: 앞에서 매일 단 것 없이 지낼 수 없다면이라는 조건을 제시했고, "However"로 대조되며 뒤에서 완전히 중단할 필요는 없다고 했으므로, 단 것에 대한 욕구를 조절해야 한다는 의미가 가장 적절하다.

105) 정답: ② good / way

해설: 본문에서 "it is important to eat good food"라고 하여 좋은(good) 음식을 먹는 것이 중요하고, "the way you eat food is just as important"라고 하여 먹

는 방식(way)이 똑같이 중요하다고 명시되어 있다.

106) 정답: ⑤ strong-tasting / solutions

해설: 본문에서 "especially strong-tasting food such as tteokbokki or spicy chicken"이라고 하여 강한 맛의(strong-tasting) 음식을 찾고, "never will it lead to solutions to their problems"라고 하여 문제 해결책(solutions)으로 이어지지 않는다고 명시되어 있다.

107) 정답: ② satisfied / slowly

해설: 본문에서 "but are they really satisfied? Probably not"이라고 하여 진정으로 만족하지(satisfied) 못하고, "slowing down your meals actually has more benefits"라고 하여 천천히(slowly) 먹는 것이 더 많은 이익이 있다고 명시되어 있다.

108) 정답: ④ distracted / mindful

해설: 본문에서 "Mindless eating happens when you are distracted"라고 하여 주의가 산만할(distracted) 때 무의식적 식사가 일어나고, "you need to become a mindful eater"라고 하여 의식적인(mindful) 식사자가 되어야 한다고 명시되어 있다.

109) 정답: ⑤ craves / control

해설: 본문에서 "The human body is designed to crave sweets"라고 하여 인간의 몸이 단 것을 갈망하도록(craves) 설계되어 있고, "you need to control your sweet tooth"라고 하여 단 것에 대한 욕구를 조절(control)해야 한다고 명시되어 있다.

110) 정답: ⑤ good → bad

해설: 본문에서 많은 사람들이 나쁜 식습관을 가지고 있지만 그것을 잘 인식하지 못한다고 언급하며, 이어지는 내용이 나쁜 식습관의 유형들을 소개하는 것이라고 예고하고 있다. 따라서 'bad eating habits(나쁜 식습관)'이 문맥상 적절하며, 'good(좋은)'은 문맥에 맞지 않는다.

111) 정답: ④ face → escape

해설: 본문에서 스트레스를 받을 때 사람들이 음식으로 기분을 좋게 만들려 한다고 설명하면서, 강한 맛의 음식을 먹음으로써 현실을 '회피(escape)'하려 한다고 언급하고 있다. 'face(직면하다)'는 반대 의미로 문맥상 부적절하다.

112) 정답: ④ speeding up → slowing down

해설: 본문에서 빨리 먹는 것의 문제점을 지적한 후, 식사

시간을 최소 20분으로 주고 더 작게 물어서 오래 씹으라고 조언하고 있다. 따라서 식사를 '천천히 하는(slowing down)' 것이 더 많은 이익이 있다는 맥락이므로, 'speeding up(빨리하기)'은 문맥상 부적절하다.

113) 정답: ③ attentive → distracted

해설: 본문에서 '무의식적 먹기(mindless eating)'는 주의가 산만해져서 얼마나 많은 음식을 먹고 있는지 주의를 기울이지 않을 때 일어난다고 설명하고 있다. 따라서 '주의가 산만한(distracted)' 상태가 적절하며, 'attentive(주의 깊은)'는 반대 의미로 문맥상 부적절하다.

114) 정답: ③ bad → good

해설: 본문에서 설탕이 우리 뇌로 하여금 기분을 좋게 만드는 화학물질을 분비하게 만든다고 설명하고 있다. 이는 설탕의 긍정적 효과를 언급하는 맥락이므로 'good(좋은)'이 적절하며, 'bad(나쁜)'는 문맥상 부적절하다.

115) 정답: ② eat → eating

116) 정답: ④ it will lead → will it lead

117) 정답: ⑤ appreciate → to appreciate

118) 정답: ④ that → which

119) 정답: ⑤ Eat → Eating

120) <정답>

- 1) heard
- 2) what
- 3) that
- 4) to eat
- 5) healthy

121) <정답>

- 1) are
- 2) prepared
- 3) Looking
- 4) something spicy
- 5) stressed
- 6) feel
- 7) will it

- 8) being
- 9) relieve
- 10) watch

122) <정답>

- 1) Thrilled
- 2) satisfied
- 3) to eat
- 4) appreciating
- 5) Although
- 6) slowing
- 7) has
- 8) chew
- 9) eating
- 10) appreciate

123) <정답>

- 1) Checking
- 2) happens
- 3) much
- 4) which
- 5) being
- 6) Eat
- 7) doing

124) <정답>

- 1) Imagine
- 2) melting
- 3) water
- 4) triggers
- 5) that
- 6) eating
- 7) Eating

125) [정답] ② (B) - (A) - (C)

126) [정답] ② (B) - (A) - (C)

127) [정답] ① (A) - (C) - (B)

128) [정답] ③ (B) - (C) - (A)

129) [정답] ② (B) - (A) - (C)

130) [정답] ②

131) [정답] ④

132) [정답] ⑧

133) [정답] ⑧

134) [정답] ⑨

<서술형>

135) Looking at the piles of books in front of you, you begin to crave something spicy!

136) When stressed, many people naturally turn to food, especially strong-tasting food such as tteokbokki or spicy chicken.

137) Stress eaters use food to make themselves feel better.

138) They try to escape reality for a while by eating food with a strong flavor.

139) But never will it lead to solutions to their problems.

140) To avoid being a stress eater, try to move yourself away from food and find other ways to relieve your stress.

141) As soon as they get their food, they eat it as if it's the last 10 seconds of a speed-eating contest.

142) The food is gone in the blink of an eye, but are they really satisfied?

143) Speed eaters tend to eat too much before they realize they are full.

144) Although it may seem advantageous to save some time from your busy schedule by eating quickly, slowing down your meals actually has more benefits.

145) Not only will eating slower prevent you from eating too much, but it will also help you appreciate all the flavors of your food.

146) You come home from school and lie on your bed with a bag of potato chips in one hand and your smartphone in the other.

147) Checking your social media, you start eating the chips.

148) Suddenly, you realize your fingers are touching the bottom of an empty bag!

149) Mindless eating happens when you are distracted and do not pay attention to how much food you are eating.

150) So, instead of being a mindless eater, you need to become a mindful eater.

151) That way, you can be fully aware of the food you are putting into your mouth.

152) Imagine biting into a chocolate chip cookie fresh from the oven.

153) The heavenly smell and the rich chocolate melting in your mouth are sure to make your mouth water.

154) The human body is designed to crave sweets.

155) It also triggers our brains to release chemicals that make us feel good.

156) However, if you are unable to go a single day without sweets, you need to control your sweet tooth.

157) If any of the four descriptions sound like you, it is time to make a change.