

## 문장 1

Variety, balance, and moderation are keys to good nutrition. A variety of foods, including vegetables, fruits, grain, and protein, is essential to make sure we get the full range of nutrients for good health. When young children are given a balanced variety of healthy foods, with moderate amounts of fat, sugar, and salt, they are learning good nutrition habits. It's the variety that makes my eating so enjoyable.

주요 단어 및 구:

1. **variety** - 다양성
2. **nutrition** - 영양
3. **balanced variety** - 균형 잡힌 다양성
4. **moderate amounts** - 적당량
5. **nutrients** - 영양소

## chatGPT 번역

다양성, 균형, 그리고 절제는 좋은 영양의 열쇠입니다. 야채, 과일, 곡물, 단백질을 포함한 다양한 음식은 건강을 위해 필요한 모든 영양소를 섭취하는 데 필수적입니다. 어린아이들이 적당량의 지방, 설탕, 소금을 포함하여 균형 잡힌 다양한 건강한 음식을 제공받으면, 그들은 좋은 영양 습관을 배우게 됩니다. 제가 먹는 것을 즐겁게 만드는 것은 바로 이 다양성입니다.

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**1. What are the keys to good nutrition?**

- a) Exercise and sleep
- b) Variety, balance, and moderation
- c) Proteins and vitamins
- d) Fat, sugar, and salt
- e) Drinking water

**답:** b) Variety, balance, and moderation

**2. What is essential for good health?**

- a) Drinking water
- b) Balanced variety of healthy foods
- c) Eating only fruits and vegetables
- d) Avoiding fats entirely
- e) Skipping meals

**답:** b) Balanced variety of healthy foods

**3. What makes eating enjoyable for the speaker?**

- a) Moderation of sugar
- b) Balanced nutrition
- c) Variety of foods
- d) Limiting calories
- e) Healthy habits

**답:** c) Variety of foods

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**1. 좋은 영양의 열쇠는 무엇인가요?**

- a) 운동과 수면
- b) 다양성, 균형, 그리고 절제
- c) 단백질과 비타민
- d) 지방, 설탕, 소금
- e) 물을 마시는 것

**답:** b) 다양성, 균형, 그리고 절제

**2. 건강을 위해 필수적인 것은 무엇인가요?**

- a) 물을 마시는 것
- b) 균형 잡힌 다양한 건강식
- c) 과일과 채소만 먹는 것
- d) 지방을 완전히 피하는 것
- e) 식사를 거르는 것

**답:** b) 균형 잡힌 다양한 건강식

**3. 화자가 먹는 것을 즐겁게 만드는 것은 무엇인가요?**

- a) 설탕을 적게 먹는 것
- b) 균형 잡힌 영양
- c) 다양한 음식
- d) 칼로리를 제한하는 것
- e) 건강한 습관

**답:** c) 다양한 음식

## 문장 2

The president is elected for a single four-year term. The word 'presidency' is often used to describe the office, dignity, or term of a president. The term 'presidency' is used to describe the time period in office held by an individual president, which is "term of a president". Consequently, "term of a president" is termed as "presidency".

주요 단어 및 구:

1. **elected** - 선출된
2. **four-year term** - 4년 임기
3. **presidency** - 대통령직
4. **dignity** - 존엄
5. **time period in office** - 재임 기간

## chatGPT 번역

대통령은 4년의 단임제로 선출됩니다. 'presidency'라는 단어는 종종 대통령의 직위, 존엄성, 혹은 임기를 나타내는 데 사용됩니다. 'presidency'라는 용어는 개별 대통령이 재임한 기간을 나타내는 데 사용되며, 이는 "대통령의 임기"를 의미합니다. 따라서 "대통령의 임기"는 "presidency"로 표현됩니다.

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The president is elected for a single four-year term. The word 'presidency' is often used to describe the office, dignity, or term of a president. The term 'presidency' is used to describe the time period in office held by an individual president, which is "term of a president". Consequently, "term of a president" is termed as "presidency".

**1. What is the length of a single presidential term?**

- a) Two years
- b) Four years
- c) Six years
- d) Eight years
- e) Ten years

**답:** b) Four years

**2. What does the word 'presidency' often describe?**

- a) The president's personal life
- b) The office, dignity, or term of a president
- c) Only the president's duties
- d) The president's popularity
- e) The president's political party

**답:** b) The office, dignity, or term of a president

**3. How is "term of a president" referred to in the text?**

- a) As "presidential duties"
- b) As "presidential office"
- c) As "presidency"
- d) As "presidential election"
- e) As "presidential power"

**답:** c) As "presidency"

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**1. 한 번의 대통령 임기는 몇 년인가요?**

- a) 2년
- b) 4년
- c) 6년
- d) 8년
- e) 10년

**답:** b) 4년

**2. 'presidency'라는 단어는 주로 무엇을 묘사하나요?**

- a) 대통령의 개인 생활
- b) 대통령의 직위, 존엄성, 혹은 임기
- c) 대통령의 의무만
- d) 대통령의 인기도
- e) 대통령의 정당

**답:** b) 대통령의 직위, 존엄성, 혹은 임기

**3. 본문에서 "대통령의 임기"는 어떻게 불리나요?**

- a) "대통령의 의무"로
- b) "대통령의 직위"로
- c) "대통령직"으로
- d) "대통령 선거"로
- e) "대통령의 권한"으로

**답:** c) "대통령직"으로

### 문장 3

By eating more fruits and vegetables, she reduced the amount of meat she ate. This reduced the total calories in her meal without reducing the amount of food she ate. After all, she had reduced to 125 pounds. Diets rich in fruits and vegetables not only help control your weight but also may reduce the risk of some types of cancer and other chronic diseases.

주요 단어 및 구:

1. **reduce** - 줄이다
2. **calories** - 칼로리
3. **fruits and vegetables** - 과일과 채소
4. **chronic diseases** - 만성 질환
5. **weight control** - 체중 조절

### chatGPT 번역

더 많은 과일과 채소를 섭취함으로써 그녀는 고기 섭취량을 줄였습니다. 이는 식사량을 줄이지 않고도 전체 칼로리를 줄이는 결과를 가져왔습니다. 결국 그녀는 체중을 125파운드까지 줄였습니다. 과일과 채소가 풍부한 식단은 체중 조절뿐만 아니라 일부 암과 기타 만성 질환의 위험을 줄일 수도 있습니다.

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**By eating more fruits and vegetables, she reduced the amount of meat she ate. This reduced the total calories in her meal without reducing the amount of food she ate. After all, she had reduced to 125 pounds. Diets rich in fruits and vegetables not only help control your weight but also may reduce the risk of some types of cancer and other chronic diseases.**

**1. How did she reduce the total calories in her meal?**

- a) By skipping meals
- b) By eating more meat
- c) By eating more fruits and vegetables
- d) By avoiding water
- e) By reducing her meal size

**답:** c) By eating more fruits and vegetables

**2. What are diets rich in fruits and vegetables good for?**

- a) Only improving taste
- b) Reducing water intake
- c) Controlling weight and reducing disease risk
- d) Avoiding physical exercise
- e) Increasing sugar levels

**답:** c) Controlling weight and reducing disease risk

**3. What happened to her weight after her diet changes?**

- a) It increased to 150 pounds
- b) It remained the same
- c) It reduced to 125 pounds
- d) It fluctuated continuously
- e) It was not mentioned

**답:** c) It reduced to 125 pounds



By eating more fruits and vegetables, she reduced the amount of meat she ate. This reduced the total calories in her meal without reducing the amount of food she ate. After all, she had reduced to 125 pounds. Diets rich in fruits and vegetables not only help control your weight but also may reduce the risk of some types of cancer and other chronic diseases.

**1. 그녀는 식사에서 전체 칼로리를 어떻게 줄였나요?**

- a) 식사를 거르면서
- b) 고기를 더 많이 먹으면서
- c) 과일과 채소를 더 많이 먹으면서
- d) 물을 피하면서
- e) 식사량을 줄이면서

**답: c) 과일과 채소를 더 많이 먹으면서**

**2. 과일과 채소가 풍부한 식단은 무엇에 좋나요?**

- a) 맛을 향상시키는 것만
- b) 물 섭취를 줄이는 것
- c) 체중 조절과 질병 위험 감소
- d) 신체 운동을 피하는 것
- e) 당 수치를 높이는 것

**답: c) 체중 조절과 질병 위험 감소**

**3. 식단 변경 후 그녀의 체중은 어떻게 되었나요?**

- a) 150파운드로 증가했다
- b) 변하지 않았다
- c) 125파운드로 감소했다
- d) 지속적으로 변동했다
- e) 언급되지 않았다

**답: c) 125파운드로 감소했다**