

3. Eat Right, Be Healthy

What Is SODA Doing to You

When you eat fast food, such as pizza, hamburger, or fried chicken, what do you drink with it?
Most people have a soda.

1) 당신이 영화를 보러 가거나 그저 갈증을 해소하기 위해 무언가 상쾌한 것을 찾을 때, 탄산음료는 자주 첫 번째 선택지가 된다.

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Soda, also called a soft drink, is a sweet drink with carbonation. People all over the world love sodas. Every year, Americans consume 170 liters of soda per person, and the British 100 liters.

2) 모든 연령대에서, 10대들이 가장 많은 탄산음료를 마신다.

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3) 그러나 대부분의 사람들은 탄산음료가 그 성분들로 인해 그들의 건강에 좋지 않다는 것을 이해한다.

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What is in a soda? Which ingredients are really not good for you?

Sugar

Everyone knows that soft drinks are loaded with large amounts of sugar. A typical 250ml can of soda contains 30 grams of sugar. WHO, the World Health Organization, recommends that people consume less than 25 grams of sugar a day.

4) 따라서 만약 당신이 작은 탄산음료 한 캔을 마신다면, 당신의 일일 설탕 섭취량은 이미 권장된 양을 초과하는 것이다.

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What is worse, people usually don't stop with one can.

5) 추가적인 설탕을 먹는다는 것은 불필요한 칼로리를 축적한다는 뜻이다.

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6) 시간이 지나며, 이것은 비만과 심장 질환, 당뇨와 같은 다른 건강 문제로 이어질 수 있다.

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Even diet sodas are not safe.

7) 다이어트 탄산음료는 설탕을 인공 감미료로 대신한다.

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Artificial sweeteners provide a sweet, sugary taste with fewer calories. This may seem like a good thing, but it really isn't.

8) 최근의 연구에 따르면, 인공 감미료는 당신이 더 많은 단 음식을 원하도록 만든다.

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This means that you may easily gain weight if you keep drinking diet soda.

9) 또한, 인공 감미료는 두통, 감정 장애와 수면 장애를 일으키는 것으로 알려져 있다.

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Acid

Most soda contains several types of acids.

Acid is a chemical substance with a sour taste.

10) 물에 더해졌을 때, 산은 강렬한 맛을 낸다.

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11) 산은 또한 박테리아의 성장을 늦추는데, 그것은 제품의 유통기한을 연장시킨다.

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However, acid interferes with the body's ability to absorb calcium, and as a result, bone softening occurs.

12) 또한, 탄산음료에 든 산은 소화를 느리게 하고 영양 흡수를 막으면서 위산과 상호작용한다.

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Furthermore, it can damage tooth enamel, the hard substance that protects your teeth. If you drink sodas regularly, your teeth decay more easily.

Caffeine

When you hear the word "caffeine," you most likely think to coffee. But some sodas, especially colas and carbonated energy drinks, also contain caffeine.

13) 카페인에 당신이 더 깨어 있는 기분이 들도록 만들지만, 그것은 불규칙적인 심장 박동을 유발할 수 있다.

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A single can of cola may not affect you much, but if you consume colas regularly, they can make you feel more nervous and keep you from sleeping well at night.

Artificial Colors and Artificial Flavors.

14) 탄산음료 회사는 그들의 상품에 밝은 색과 달콤한 맛을 첨가함으로써 소비자들을 유혹한다.

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Most of these colors and flavors, however, are not natural. They are artificial chemicals.

15) 예를 들어, 몇몇 파인애플 주스에 사용되는 황색 인공 색소 6호는 맛에 아무런 것도 더하지 못한다.

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It is just there to make the drink look pretty. Also, the artificial flavor that gives the drink its pineapple taste is not real pineapple juice at all.

Studies have shown that excessive consumption of these kinds of chemicals can create problems such as kidney disease and ADHD.“

You can see how the sugar, the acid, the caffeine, and the artificial chemicals in sodas are really not good for you. Perhaps you might now understand that you should stop drinking them.

16) 그러나 만약 탄산음료를 한 번에 모두 끊는 것이 너무 어렵게 들린다면, 조금씩 줄여 나가라.


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For example, replace one regular soft drink or one diet soda per day with another more healthy drink. Of course, the best choice would be water. Water has no calories, no acid, no caffeine, and no chemicals of any kind. And if you want something to add a boost of flavor, put a slice of lemon in the water.

17) 만약 당신이 단기간에 탄산음료 마시는 습관을 깨지 못한다 해도, 자신을 너무 몰아붙이지 마라.

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Once you start cutting back, you are heading in the right direction.

	<p>◇「콘텐츠산업 진흥법 시행령」제33조에 의한 표시</p> <p>1) 제작연월일 : 2018년 01월 15일</p> <p>2) 제작자 : 교육지대㈜</p> <p>3) 이 콘텐츠는 「콘텐츠산업 진흥법」에 따라 최초 제작일부터 5년간 보호됩니다.</p>
<p>◇「콘텐츠산업 진흥법」외에도「저작권법」에 의하여 보호되는 콘텐츠의 경우, 그 콘텐츠의 전부 또는 일부를 무단으로 복제하거나 전송하는 것은 콘텐츠산업 진흥법 외에도 저작권법에 의한 법적 책임을 질 수 있습니다.</p>	

정답

- 1) When you go to the movies or when you just want something refreshing to satisfy your thirst, a soda is often the first choice.
- 2) Of all age groups, teenagers drink the most soda.
- 3) Most people, however, understand that sodas are not good for their health due to the ingredients.
- 4) Therefore, If you drink one small can of soda, your daily sugar intake already exceeds the recommended amount.
- 5) Having extra sugar means adding unnecessary calories.
- 6) Over time, this can lead to obesity and other health problems, such as heart disease and diabetes.
- 7) Diet sodas replace the sugar with artificial sweeteners.
- 8) According to a recent study, artificial sweeteners make you want more sweet foods.
- 9) In addition, artificial sweeteners are known to generate headaches, emotional disorders, and sleeping problems.
- 10) When added to water, it produces a sharp flavor.
- 11) Acid also delays the growth of bacteria, which extends the expiration date of a product.
- 12) Also, the acid in sodas interacts with stomach acid, slowing digestion and blocking nutrient absorption.
- 13) Caffeine makes you feel more awake, but it

may bring about an irregular heartbeat.

- 14) Soft drink companies attract consumers by adding bright colors and sweet flavors to their products.
- 15) For example, the artificial color Yellow No. 6, used in some pineapple juices, adds nothing to the taste.
- 16) However, if quitting sodas altogether sounds too difficult, cut down gradually.
- 17) If you can't break your soda drinking habits in a short period of time, don't be too hard on yourself.