#### 문법&독해



### 3.Eat Right Be Healthy\_YBM(한상호)



◇「콘텐츠산업 진흥법 시행령」제33조에 의한 표시

1) 제작연월일 : 2019-05-21

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3) 이 콘텐츠는 「콘텐츠산업 진흥법」에 따라 최초 제작일부터 5년간 보호됩니다. ◇「콘텐츠산업 진흥법」외에도「저작권법」에 의하여 보호되는 콘텐츠의 경우, 그 콘텐츠의 전부 또는 일부를 무단으로 복제하거나 전송하는 것은 콘텐츠산업 진흥법외에도 저작권법에 의한 법적 책임을 질 수 있습니다.



### 핵심문법 수이와 동사의 수일치, 생략

- 주어와 동사의 수 일치
- → 주어의 인칭과 수에 따라 동사의 형태가 달라지므로, 주어의 인칭과 수를 파악하는 것이 중요하다
  - 1) 부분을 나타내는 말(half/most/some/none)+of+명사: of 뒤의 명사에 수 일치 한다.
  - 2) a number of + 복수명사 + 복수동사 : 많은 ~ / the number of + 복수명사 + 단수명사 : ~의 수 both A and B + 복수동사 : A와 B 둘 다 / either(neither) A or(nor) B :B에 수일치 함
    - ex. Most of these colors and flavors are not natural. (most of 뒤의 colors and flavors에 수일치 시킴)
    - ex. The number of restaurants run by foreigners is growing these days. (the number of는 단수명사를 씀)
- 생랴
- → 의미를 파악하는 데 지장이 없는 어구들은 반복을 피하기 위해 생략할 수 있다.
  - ex. Every year, Americans consume 170 liters of soda per person, and the British (consume) 100 liters ( of soda per person)



### 대표유형 시험에 자주 출제되는 유형의 문제를 꼭 확인하세요!!

- ❶ [독해] 글의 제목으로 가장 적절한 것 고르기
- ★❷ [독해] 괄호에서 문맥상 적절한 것 고르기
  - ❸ [독해] 주어진 문장이 들어갈 적절한 곳 고르기
- ★4 [독해] 빈칸에 들어갈 적절한 접속사 고르기
  - **⑤** [독해] 글의 내용과 일치/불일치하는 것 고르기
- ★❸ [문법] 밑줄 친 부분 중 어법상 옳은/틀린 보기 고르기
- ☞ [문법] 괄호 안에서 어법에 맞는 표현 고르기

독해유형 글의 제목으로 가장 적절한 것 고르기

\* # #

### **1.** 다음 글의 제목으로 가장 적절한 것은?

Diet sodas replace the sugar with artificial sweeteners. Artificial sweeteners provide a sweet, sugary taste with fewer calories. You may think reduced calories help you prevent weight gain, but it is the other way around. According to a recent study, artificial sweeteners make you want more sweet foods, and therefore you may easily gain weight if you keep drinking diet soda. In addition, artificial sweeteners cause a variety of health problems. They are known to generate headaches, emotional disorders, and sleeping problems.

- ① Artificial Sweeteners for Weight Loss
- 2 Diet Sodas: Not for Taste, But for Health
- 3 Why Artificial Sweeteners Can Increase Appetite
- 4 Artificial Sweeteners vs. Sugar: Which is Better?
- (5) What You Need to Know about Artificial Sweeteners



독해유형 괄호에서 문맥상 적절한 것 고르기

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# 2. (A), (B), (C)의 각 괄호 안에서 문맥에 맞는 낱말 로 가장 적절한 것을 고르시오.

You can see how the ingredients in sodas are really not good for you. Perhaps you might now understand that you should stop drinking them. However, if quitting sodas (A) [completely / occasionally] sounds too difficult, cut down gradually. For example, replace one regular soft drink per day with another more healthy drink. In fact, choosing the water as a drink would be the best (B) [appreciation / approach] because it has no calories, no acid, no caffeine, and no chemicals of any kind. If it is (C) [competent / demanding] for you to break your soda drinking habits in a short period of time, don't be too hard on yourself. Once you start cutting back, you are heading in the right direction.

(A)	(B)	(C)
① completely	··· appreciation	 competent
2 completely	··· approach	 demanding
③ occasionally	··· appreciation	 demanding
4 occasionally	··· approach	 demanding
(5) occasionally	··· approach	 competent

\*\*\*

# 3. (A), (B), (C)의 각 괄호 안에서 문맥에 맞는 낱말로 가장 적절한 것은?

Experts recommend various kind of foods in your daily diet. Yogurt is a (A) [dairy / diary] product that provides essential- protein and bacteria good for health. Quinoa is the plant seed that contains essential proteins as well as vitamins and minerals. It is grown mostly in the Andes Mountains in Peru. The lentil is a kind of bean rich in vitamin B and high (B) [quality / quantity] protein. Gim is a type of sea plant high in minerals, healthy fats, and vitamins. Natto is a traditional food made from beans. It contains (C) [beneficial / harmful] bacteria lo help maintain a healthy digestive system. The olive is a fruit rich in healthy fats and other substances which protect cells from damage. Many dishes developed in Europe use olives and their oil.

(A)	(B)	(C)	
① dairy ·····	quality	harmful	
② dairy ·····	quality	beneficial	
③ dairy ·····	quantity ·····	harmful	
4 diary ····	quantity ·····	beneficial	
⑤ diary ·····	quality	harmful	

독해유형 주어진 문장이 들어갈 적절한 곳 고르기

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# **4.** 다음 문장이 들어가기에 가장 적절한 것을 고르 시오.

Despite these, acid has many harmful effects on the body.

Most soda contains several types of acid. Acid is a chemical substance with a sour taste. ① When it is added to water, it produces a sharp flavor which increases the desire to eat. ② Acid also delays the growth of bacteria, which extends the expiration date of a product. ③ It interferes with the body's ability to absorb calcium, which results in bone softening. ④ It not only blocks nutrient absorption by slowing down digestion, but it damages tooth enamel, the hard substance that protects your teeth. ⑤ Therefore, if you drink sodas regularly, your teeth decay more easily.

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

Therefore, if you drink one small can of soda, your daily sugar intake already exceeds the recommended amount.

Everyone knows that soft drinks are loaded with large amounts of sugar. ( ① ) A typical 250ml can of soda contains 30 grams of sugar. ( ② ) WHO, the World Health Organization, recommends that people consume less than 25 grams of sugar a day. ( ③ ) What is worse, people usually don't stop with one can. Having extra sugar means adding unnecessary calories. ( ④ ) Over time, this can lead to obesity and other health problems, such as heart disease and diabetes. ( ⑤ )

독해유형 빈칸에 들어갈 적절한 접속사 고르기

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## 빈칸 (A), (B)에 들어갈 말로 가장 적절한 것을 고 르시오.

Most soda contains several types of acid. Acid is a chemical substance with a sour taste. When it is added to water, it produces a sharp flavor. Acid also delays the growth of bacteria, which extends the expiration date of a product. \_\_\_(A)\_\_\_, acid interferes with the body's ability to absorb calcium, and as a result, bone softening occurs. Also, the acid in sodas interacts with stomach acid, slowing digestion and blocking nutrient absorption. \_\_\_(B)\_\_\_, it can damage tooth enamel, the hard substance that protects your teeth. If you drink sodas regularly, your teeth decay more easily.

> (A) (B)

1) However In addition

② Therefore **Futhermore** . . . . .

3 Otherwise Although

4) For instance ..... In conclusion

(5) In other words..... Nevertheless

독해유형 글의 내용과 일치/불일치하는 것 고르기

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## 다음 글의 내용과 일치하지 않는 것은?

When you hear, the word "caffeine," you most likely think of coffee. But some sodas, especially colas and carbonated energy drinks, also contain caffeine. Caffeine makes you feel more awake, but it may bring about an irregular heartbeat. 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 at night.

- ① Caffeine may cause irregular heartbeat.
- 2) People tend to relate caffeine with coffee.
- 3 One can of cola can make you feel nervous.
- (4) Regular consumption of colas can prevent you from sleeping well at night
- (5) Caffeine is included in not only coffee but also some sodas such as colas and carbonated energy drinks.

문법유형 밑줄 친 부분 중 어법상 옳은/틀린 보기 고르기

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### \* 다음을 읽고 물음에 답하시오.

#### Acid

Most soda contains several types of acid, a chemical substance with a sour taste. When it @is added to water, it produces a sharp flavor. Acid also delays the growth of bacteria, which extends the expiration date of a product. However, acid interferes with the body's ability to absorb calcium. Also, the acid in sodas interacts with stomach acid, slowing digestion and blocking nutrient absorption. Furthermore, it can damage tooth enamel, the hard substance that protects your teeth. If you drink sodas regularly,

#### Artificial Colors and Artificial Flavors

Soft drink companies attract consumers by adding bright colors and sweet flavors to their products. Most of these colors and flavors however, bis not natural. They are artificial chemicals. For example, the artificial color Yellow No. 6, Cusing in some pineapple juices, adds nothing to the taste. It is just there to make the drink look pretty. Also, the artificial flavor that @ give the drink its pineapple taste is not real pineapple juice at all.

You can see how the sugar, the acid, the artificial chemicals in sodas are really not good for you. However, if quitting sodas altogether @ sound too difficult, cut down gradually. 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 acid and no chemicals of any kind.

(3) (c)

### 밑줄 친 @~@중 어법상 옳은 것은?

(1) (a)

② (b)

(4) (d) (5) (e) \*\*\*

# **9.** 다음 글의 밑줄 친 부분 중, 어법상 <u>틀린</u> 것을 고르시오.

Soft drink companies attract consumers by ① adding bright colors and sweet flavors to their products. Most of these colors and flavors, however, ② are not natural. They are artificial chemicals. For example, the artificial color Yellow No. 6,③ using in some pineapple juices, adds nothing to the taste. It is just there to make the drink ④ look pretty. Also, the artificial flavor that gives the drink its pineapple taste ⑤ 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.

문법유형 괄호 안에서 어법에 맞는 표현 고르기

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# **10.** (A), (B), (C)의 각 괄호 안에서 어법에 맞는 표현으로 가장 적절한 것은?

Soft drink companies attract consumers by adding bright colors and sweet flavors to their products. Most of these colors and flavors, however, are not natural. They are artificial chemicals. For example, the artificial color Yellow No. 6, (A) [using/used] in some pineapple juices, adds nothing to the taste. It is just there (B) [to make/make] the drink look pretty. Also, the artificial flavor that gives the drink (C) [it/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.

(A)	(B)		(C)
① using ·····	make		its
② used	make		its
③ using ·····	to make	••••	it
4) used	to make		its
(5) used	make		it

### 정답 및 해설

### 1) [정답] ⑤

[해설] 인공감미료가 체중을 늘게 하고 건강상의 문제를 일으킨다는 내용을 통해서, 제목은 ⑤'인공감미료에 대해서 당신이 알아야 할 것'이다.

### 2) [정답] ②

[해설] (A)소다를 '완전히' 끊는 것이 어렵다면 (B)음료 대신 물을 선택하는 것이 가장 좋은 '접근'일 것이다. (C)만약 소다를 마시는 습관을 단기간에 고치는 것이 당신에게 '부담이 크다'면, 너무 몰아붙이지 말라.

### 3) [정답] ②

[해설] (A)요거트는 유제품이라는 내용 (B)질 좋은 단백질이 풍부하다는 내용 (C)이로운 박테리아가 포함되어있다는 내용이다.

### 4) [정답] ③

[해설] 주어진 문장은 '이것들에도 불구하고, 산은 신체에 해로운 여러 영향을 가진다.'이다. 즉 주어진 문장은 내용 전환이 되는 부분이므로, 전후에산의 장점과 산의 단점이 나와야 한다. 따라서산이 박테리아 성장을 지연시킨다는 장점과 몸의흡수 능력을 방해한다는 단점 사이에 들어가야한다.

### 5) [정답] ③

[해설] 주어진 문장은 '그러므로, 만약 작은 캔 하나를 마시면 당신의 하루 설탕 섭취량은 이미 초과하는 것이다.'이다. 즉 하루 권장량에 대한 정보가 먼저 나온 뒤에 주어진 문장이 들어가야 적절하다.

### 6) [정답] ①

[해설] (A)이전 내용은 산에 대한 장점이고 다음 내용은 소화기능을 방해한다는 단점이므로 내용 전환이다. (B)산의 단점들이 계속해서 연결되고 있으므로 내용 추가이다.

## 7) [정답] ③

[해설] 마지막 문장을 통해서 한 캔의 콜라는 많은 영향을 끼치지 않을 것임을 알 수 있다. 따라서 한 캔으로 긴장되게 만든다는 것은 일치하지 않는다.

### 8) [정답] ①

[해설] ①주어인 it(acid)가 물에 더해지는 것이므로 수동태가 적절하다. ②주어인 Most of these colors and flavors와 수일치 하므로 복수동사 are이 적절하다. ③'사용되는 황색 색소'라는 의미이므로 수동의 과거분사used가 적절하다. ④선행사가 단수주어이므로 gives가 맞다. ⑤동명사는

단수취급 하므로 sounds이다.

### 9) [정답] ③

[해설] ①[전치사+명사(구)] ②수일치 ③'파인애플 주스에 사용되는'의 수동적 의미를 보여주는 과거분사 used가 적절하다 ④[사역동사+목적어+동사원형] ⑤주어the artificial flavor와 수일치이다.

#### 10) [정답] ④

[해설] (A)'~에 사용되는'의 의미인 과거분사used (B)'~을 위해'의 의미인 to부정사의 부사적 용법 (C)the drink에 파인애플 맛을 첨가한다는 의미이므로 소유격을 쓴다.