

# Sentence Practice

• 정답 p.82

**C** 다음 굵은 글씨로 된 부분에 유의하며, /로 끊어 읽기를 표시하고 해석을 써 봅시다.

<sup>①</sup>We eat two kinds of food every day. <sup>②</sup>**One kind** is called acidic food, **which** includes  
\_\_\_\_\_  
things like meat, bread, sugar, and milk. <sup>③</sup>**The other kind** is called alkaline food, and it  
\_\_\_\_\_  
mostly includes fruits and vegetables.

<sup>④</sup>Alkaline food **is good for** us because it has many healthy vitamins and minerals. <sup>⑤</sup>It also  
\_\_\_\_\_  
has a lot of fiber, which is **good for digestion**. <sup>⑥</sup>But if we eat too much acidic food, it can be  
\_\_\_\_\_  
bad for our bodies. <sup>⑦</sup>**When there is too much acid** in our blood, it can become thick, **which**  
\_\_\_\_\_  
**makes it hard for** our blood **to** carry oxygen and nutrients to our cells. <sup>⑧</sup>That can **make us**  
\_\_\_\_\_  
**feel tired or sick**.

<sup>⑨</sup>Experts say we should eat more alkaline foods. <sup>⑩</sup>They **suggest** that most of what we  
\_\_\_\_\_  
eat **should be** alkaline, and **only a small amount** should be acidic. <sup>⑪</sup>This balance helps us  
\_\_\_\_\_  
stay healthy. <sup>⑫</sup>So, let's try to eat more fruits and vegetables every day!