

Sentence Practice

• 정답 p. 72

C 다음을 /로 끊어 읽기를 표시하고, 빨간색으로 된 부분에 유의하여 해석해 봅시다.

^①Are two foods with the same number of calories equally nutritious? ^②The answer is no.

^③Let's **compare a sweet potato with a soft drink**.

^④What is the difference between 100 calories of sweet potato and 100 calories of cola?

^⑤Sweet potatoes provide important nutrients, like carbohydrates and vitamins. ^⑥When you

eat 100 calories of sweet potato, your body uses the nutrients for energy. ^⑦It also gives you

fiber, **which** helps with digestion. ^⑧Cola, on the other hand, has almost no nutrients. ^⑨It

is mostly water and sugar. ^⑩If you drink 100 calories of cola, your body stores most of the

sugar as fat. ^⑪This can cause weight gain and other health problems.

^⑫Knowing your daily calorie intake is helpful. ^⑬But calories are **not the only factor to**

consider. ^⑭You should also think about how they affect your body. ^⑮Instead of just counting

calories, focus on the nutrients in your food. ^⑯Try to choose healthy foods. ^⑰Eat a balanced

diet. ^⑱Making smart choices will help you stay healthy.
