

# Sentence Practice

• 정답 p. 86

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

<sup>1</sup>Your body does something amazing after every meal. <sup>2</sup>It uses a special helper to turn  
\_\_\_\_\_ food into energy—a hormone called insulin. <sup>3</sup>If insulin doesn't work right, your body can't  
\_\_\_\_\_ produce energy.

<sup>4</sup>When you eat, **food turns into blood sugar**. <sup>5</sup>Blood sugar gives your body energy as  
\_\_\_\_\_ cells turn it into fuel. <sup>6</sup>But sugar can't enter your cells without insulin. <sup>7</sup>Insulin **acts like** a  
\_\_\_\_\_ key that opens the door to let sugar in.

<sup>8</sup>Sometimes insulin can't open the cell door. <sup>9</sup>If you eat too many processed  
\_\_\_\_\_ carbohydrates and don't move much, fat builds up in your cells. <sup>10</sup>**Cells full of fat** won't  
\_\_\_\_\_ let insulin open their doors. <sup>11</sup>This is called "insulin resistance." <sup>12</sup>When this happens,  
\_\_\_\_\_ sugar stays in your blood. <sup>13</sup>This makes blood thicker and stops oxygen from reaching your  
\_\_\_\_\_ tissues. <sup>14</sup>This can cause diseases like high blood pressure, diabetes, and cancer.

<sup>15</sup>Experts say regular exercise is the best way to fix insulin resistance. <sup>16</sup>**Just 30 minutes**  
\_\_\_\_\_ **a day helps** your cells use sugar before it turns into fat. <sup>17</sup>Also, eating whole foods with  
\_\_\_\_\_ fiber is important. <sup>18</sup>These foods break down slowly and keep sugar levels steady.