



고1\_2006[기출문제] 20

다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?¹ [20년 6월 20번]

The dish you start with serves as an anchor food for your entire meal. Experiments show that people eat nearly 50 percent greater quantity of the food they eat first. If you start with a dinner roll, you will eat more starches, less protein, and fewer vegetables. Beginning your meal with a starch also makes you likely to eat more overall.

Eat the healthiest food on your plate first. As age-old wisdom suggests, this usually means starting with your vegetables or salad. If you are going to eat something unhealthy, at least save it for last. This will give your body the opportunity to fill up on better options before you move on to starches or sugary desserts. It will also

\*anchor: 닻 \*\*starch: 녹말

- ① ensure you eat larger quantities of what is best for you
- ② make it easier for you to fall prey to the temptation of dessert
- ③ have you tempted with bad choices, resulting in significant weight gain
- ④ help you try priming before a meal with unhealthy alternatives
- ⑤ encourage you to eat a small snack before going somewhere where healthy options could be limited

다음 글의 흐름으로 보아, 주어진 문장이 들어가기에 가장 적절한 곳은?² [20년 6월 20번]

As age-old wisdom suggests, this usually means starting with your vegetables or salad.

The dish you start with serves as an anchor food for your entire meal. (A) Experiments show that people eat nearly 50 percent greater quantity of the food they eat first. (B) If you start with a dinner roll, you will eat more starches, less protein, and fewer vegetables. (C) Eat the healthiest food on your plate first. (D) If you are going to eat something unhealthy, at least save it for last. (E) This will give your body the opportunity to fill up on better options before you move on to starches or sugary desserts.

\*anchor: 닻 \*\*starch: 녹말

- ① A    ② B    ③ C    ④ D    ⑤ E



다음 글을 읽고 질문에 답하십시오. [20년 6월 20번]

The dish @that you start with serves as an anchor food for your entire meal. Experiments show @that people eat nearly 50 percent greater quantity of the food @that they eat first. If you start with a dinner roll, you will eat more starches, less protein, and fewer vegetables. Eat the healthiest food on your plate first. As age-old wisdom suggests, this usually means @that you should start with your vegetables or salad. If you are going to eat something @that is unhealthy, at least (A)save it for last. This will give your body the opportunity to fill up on better options before you move on to starches or sugary desserts.

\*anchor: 닻 \*\*starch: 녹말

위 글에서 밑줄 친 ㉠~㉤중 관계대명사의 개수는?³

- ① 1개    ② 2개    ③ 3개    ④ 4개    ⑤ 5개

위 글의 밑줄 친 (A)save와 의미상 가장 유사하게 사용된 것은?⁴

- ① He saved her from drowning.  
 ② I have saved almost 10,000 dollars so far.  
 ③ We'll eat some now and save some for tomorrow.  
 ④ We managed to save the animals from being put down.  
 ⑤ If we go this way it will save us two hours on the trip.

다음 글의 빈칸에 들어갈 말로 가장 적절한 것은?⁵ [20년 6월 20번]

The dish you start with serves as an anchor food for your entire meal. Experiments show that people eat nearly 50 percent greater quantity of the food they eat first. If you start with a dinner roll, you will eat more starches, less protein, and fewer vegetables. Eat the healthiest food on your plate first. As age-old wisdom suggests, this usually means starting with your vegetables or salad. If you are going to eat something unhealthy, at least save it for last. This will give your body the opportunity

\_\_\_\_\_ before you move on to starches or sugary desserts.

\*anchor: 닻 \*\*starch: 녹말

- ① to increase your appetite  
 ② to fill up on better options  
 ③ to be tempted with bad choices  
 ④ to eat larger quantities of pasta  
 ⑤ to start with unhealthy alternatives



다음 글의 흐름으로 보아, 어휘의 쓰임이 적절하지 않은 것은?<sup>6</sup> [20년 6월 20번]

The dish you start with serves as an anchor food for your entire meal. Experiments show that people eat @nearly 50 percent greater @quality of the food they eat first. If you start with a dinner roll, you will eat more starches, less protein, and fewer vegetables. Eat the @healthiest food on our plate first. As age-old wisdom suggests, this usually means starting with your vegetables or salad. If you are going to eat something @unhealthy, at least save it for last. This will give your body the opportunity to fill up on @better options before you move on to starches or sugary desserts.

\*anchor: 닻 \*\*starch: 녹말

- ① a    ② b    ③ c    ④ d    ⑤ e

다음 글을 통해서 알 수 있는 내용과 다른 것은?<sup>7</sup> [202006 모의 20번]

The dish you start with serves as an anchor food for your entire meal. Experiments show that people eat nearly 50 percent greater quantity of the food they eat first. If you start with a dinner roll, you will eat more starches, less protein, and fewer vegetables. Eat the healthiest food on your plate first. As age-old wisdom suggests, this usually means starting with your vegetables or salad. If you are going to eat something unhealthy, at least save it for last. This will give your body the opportunity to fill up on better options before you move on to starches or sugary desserts.

- ① 식사 때 처음 먹은 음식이 식사 전체를 좌우한다.  
 ② dinner roll은 녹말이 많이 들어 있는 음식이다.  
 ③ 야채류는 일반적으로 건강에 좋은 음식이다.  
 ④ 식사 때 단백질이 많은 음식을 먼저 먹는 것이 좋다.  
 ⑤ 설탕이 많이 들어간 후식은 건강에 좋지 않은 음식이다.



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정답

- 1 ①
- 2 ④
- 3 ③
- 4 ③
- 5 ②
- 6 ②
- 7 ④