6-09 · 6-3 먹거리에 대한 통념
06 환경과 지속가능성 · 교재 p.172

2026년 9월 고1 학평 31번

2026년 9월 시행 · 전국연합학력평가

Our tastes are ① innate. Even when you first drank milk, there was the milk, yes, but there was also the person behind the milk who will have presumably either made or messed up your relationship with food for the couple of decades after that. We ② learn to eat from our families and friends, at school and in work. A village develops a particular recipe for an apple pie—one that nobody outside the village likes, but who cares? We want these things not just because of what they are, but who we are. Tastes spread like this, person to person, like viruses, almost ③ irrespective of the qualities of the food involved. We observe other people in their food lives, often ④ judgmentally. Nothing turns me off something quicker than the wrong people liking it, by which I mean people almost identical to me in every respect, in a way that doesn't flatter me. I ⑤ avoided the viral chopped salad moment of 2024 by the skin of my teeth.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Food Quality Decides What We Like
② Why Villages Hate Apple Pie
③ Milk: The First Food We Choose Alone
④ We Eat Who We Are: The Social Nature of Taste
⑤ Salads That Changed the World

2026년 3월 고1 학평 22번

2026년 3월 시행 · 전국연합학력평가

Despite learned eating behaviors that are formed in early childhood and inborn biological differences, taste preferences can be changed throughout our lives due to neuroplasticity, our brain's amazing adaptability: There is far more flexibility in our food behaviors than most think, even as we age. This is terrific news for adventurous eaters who want to expand their dinner menu—it's a big, tasty world out there!—but it's amazing news for those eager to break poor diet habits. Just as kids gradually learn to like nutritious foods, so, too, can adults readjust their taste. Many who switch from processed grain foods like white bread and white rice to whole grain types, for instance, gradually learn to prefer the nutty flavors and chewy textures. _____— and a willingness to change—is the key.

1. 빈칸 추론 윗글의 빈칸에 들어갈 말로 가장 적절한 것은?

① Strict dieting
② Repeated exposure
③ Avoiding new foods
④ Eating only what you like
⑤ Genetic testing

2. 제목 윗글의 제목으로 가장 적절한 것은?

① Taste Is Fixed in Childhood
② Why White Bread Tastes Better
③ Old Habits Never Change
④ Children Hate Nutritious Food
⑤ You Can Learn to Love New Foods

2025년 10월 고1 학평 29번

2025년 10월 시행 · 전국연합학력평가

Human beings have evolved to make the most of the resources available to them in ways that are ① subtle and complicated. When we change our diets, especially when we do so quickly, we are effectively conducting huge experiments in nutrition. We ought to have more ② humility. Nutritional science is still ③ complete and there is so much we do not know. If we have eaten certain foods in certain ways for millennia, we should assume until it is proven otherwise that there is probably a good reason why. Traditional foods that don't fit neatly on the contemporary dietary food plate should generally be chosen over highly processed ones that do. We should assume that traditionally made fatty blood sausages are preferable to lean, factory-made salamis; that spoonfuls of honey are ④ superior to sprinkles of sweeteners. Witnessing how ⑤ poorly traditional societies are faring as they undergo a nutrition transition should make those who have already completed it question whether their diets have moved too far.

1. 어휘 윗글의 밑줄 친 부분 중, 문맥상 낱말의 쓰임이 적절하지 않은 것은?

① ② ③ ④ ⑤

2. 주장 윗글에서 필자가 주장하는 바로 가장 적절한 것은?

① 오랜 세월 먹어 온 전통 음식을 가공식품보다 우선해야 한다.
② 최신 영양학 지침을 그대로 따라야 한다.
③ 가공식품이 전통 음식보다 건강하다.
④ 감미료는 꿀보다 좋다.
⑤ 식단은 빨리 바꿀수록 좋다.

2025년 10월 고1 학평 31번

2025년 10월 시행 · 전국연합학력평가

Myths aren't only stories. For example, a well-known myth that persists today is the supposed high iron content in spinach. ① This is a legend that dates back to 1890 and originates from a simple miscalculation by physiologist Gustav von Bunge. ② He accurately determined that 100 grams of spinach contained 35 milligrams of iron but he was analyzing dried spinach, which held ten times more iron than the same amount of fresh leafy greens. ③ Spinach grows best in cool weather and needs plenty of water. ④ Although the error was swiftly corrected, the correction was just as swiftly forgotten. ⑤ The myth had taken hold. Popeye, who gained superhuman strength from the leafy greens and defended himself with iron fists, contributed to its endurance and even today, some nearly 150 years later, parents the world over use this tale to try to persuade their children into eating the healthy vegetable.

1. **무관한 문장** 윗글에서 전체 흐름과 관계 없는 문장은?

① ② ③ ④ ⑤

2. **주제** 윗글의 주제로 가장 적절한 것은?

① the real iron content of all vegetables
② how a simple error created a lasting myth about spinach
③ why Popeye ate only canned food
④ how to cook spinach properly
⑤ the life of Gustav von Bunge

정답 및 해설

6-09 **1.**① **2.**④ · 6-10 **1.**② **2.**⑤ · 6-11 **1.**③ **2.**① · 6-12 **1.**③ **2.**②

6-09 · 2026년 9월 고1 학평 31번

1. ① 우리는 가족·친구·학교에서 먹는 법을 배우므로 입맛은 '사회적'이다. ① innate → social.

2. ④ 입맛은 음식의 질보다 사람들 사이의 관계 속에서 바이러스처럼 퍼지며 형성된다는 글이다. ①은 글이 부정한 내용이다.

6-10 · 2026년 3월 고1 학평 22번

1. ② 아이들이 점차 영양가 있는 음식을 좋아하게 되듯, 어른도 '반복적인 노출'과 바꾸려는 의지로 입맛을 바꿀 수 있다.

2. ⑤ 뇌의 신경 가소성 덕분에 입맛은 평생 바꿀 수 있다는 글이다. ①은 글이 부정한 내용이다.

6-11 · 2025년 10월 고1 학평 29번

1. ③ 영양학은 아직 '초기 단계'이고 모르는 것이 많다. ③ complete → young.

2. ① 영양학은 아직 모르는 것이 많으므로 수천 년 먹어 온 전통 음식에는 이유가 있다고 보고 가공식품보다 선택해야 한다는 주장이다.

6-12 · 2025년 10월 고1 학평 31번

1. ③ 글은 계산 실수에서 생긴 시금치 철분 신화를 다룬다. ③은 시금치 재배 조건 이야기로 흐름과 무관하다.

2. ② 말린 시금치를 분석한 실수에서 비롯된 '철분이 풍부한 시금치' 신화가 뽀빠이 등으로 오래 이어졌다는 내용이다.