

Level 1 Good to Eat

단어	품사	한글뜻	영문뜻	예문
mineral	noun	광물, 무기물	a chemical substance made by natural physical processes that is found in the ground or in certain foods	Ordinary sand contains different types of minerals.
vegetable	noun	채소	a plant that is raised and eaten as food	Many children don't like to eat vegetables.
calcium	noun	칼슘	an important component of most plants and animals, particularly for the formation of bones and teeth	Milk is a good source of calcium.
healthy	adj	건강한, 건전한	being free from illness, disease, and other physical problems	If we want to be healthy, we must eat the proper foods.
carbohydrates	noun	탄수화물	substances, found in certain kinds of food, that provide you with energy	Carbohydrates give our bodies strength, but they can also make us fat.
starch	noun	녹말, 전분	a substance that is found in some foods, such as bread and potatoes, that your body changes to energy	Most people get the necessary starch for their diet from potatoes, rice, or bread.
wheat	noun	밀	a grain that is turned into flour in order to make food	Much of the wheat grown in the world comes from China.
muscle	noun	근육	a part of the body of a human or animal that functions to produce movement	If you exercise a lot, your muscles will become stronger.
energy	noun	정력, 힘	the power or strength to work or act	Sugar can increase your energy quickly.
contain	verb	담다, 포함하다, 함유하다	to have an item that holds something inside of it	The popcorn in a theater contains a lot of fat.
popular	adj	인기 있는, 평판이 좋은	being liked or supported by a large number of people	Sally was a very popular girl in her school.
protein	noun	단백질	a substance found in some foods, such as meat, that is needed by the body to stay healthy	Many people get the necessary protein for their bodies from meat or eggs.

repair	verb	수선하다, 수리하다	to fix or restore something that is broken	I asked my friend to repair my broken computer.
substance	noun	물질, 재료	a particular type of material	There is a sticky substance on this desk.