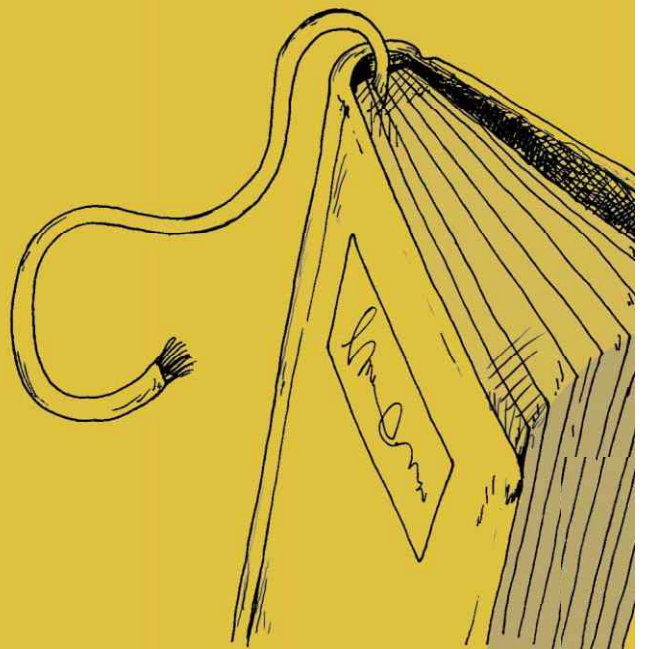


링구아포럼

**TOEFL iBT 'b'**

- Writing -



**TOEFL iBT 'b'**  
**- Writing -**

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LINGUAFORUM

b

Writing

링구아포럼™

## Preface

토플은 전 세계 180개국 이상에서 실시되는 영어 구사능력 평가를 위한 가장 공신력 있는 시험으로 인정받고 있다. 특히 2006년부터 iBT TOEFL 형식으로 바뀌면서 읽고 들은 내용을 바탕으로 과제를 수행하는 통합형 유형의 문제가 말하기 영역과 쓰기 영역에 추가되었다.

이에 발맞추어 LinguaForum TOEFL iBT b-Writing은 iBT TOEFL을 준비하는 학생들을 위한 최적의 준비서적이 되도록 기획 제작하였다. iBT TOEFL b-Writing은 링구아포럼에서 실시하는 iBT 온라인 테스트 자료를 바탕으로 한국 학생들이 글쓰기 영역에서 보이는 문제점들을 정확하게 파악하여 이를 위한 개선 방법을 고려하였다. 그리고 글쓰기 영역에 효과적으로 접근하는 방법을 제시하고자 다음과 같은 사항들이 중심으로 다루어졌다.

- 자신의 생각을 영어로 가장 효과적으로 전달하는 데 자신감을 주기 위해 필수적으로 익혀야 하는 표현들을 주제별로 익히고 다양한 문장을 쓰는 연습
- 단순한 영작 연습에서 한 걸음 더 나아가 영어 에세이에 대한 올바른 접근 방법을 제시하고 이를 연습하기 위해 Writing Focus를 통해 영문 에세이의 기본 요소들을 체계적으로 연습
- 새롭게 추가된 통합형 문제에서 정보를 종합하여 전달하는 데 필요한 기본 능력인 paraphrasing과 summarizing을 충분히 연습
- 기본기를 다진 후 실전 감각을 익히기 위해 문제 유형을 step-by-step으로 연습

영어로 글을 쓴다는 것은 분명 쉬운 일이 아니다. 뿐만 아니라, 단시일 내에 빠른 성과를 기대하기가 어려운 영역이기도 하다. 어렵고 힘든 것은 분명 불가능한 것과는 다른 의미를 갖는다. 그래서 본 교재에서는 학습자들이 가장 힘들어하고, 가장 가려워하는 부분에 대해 시원한 방법을 제시하고자 하였다. 본 교재를 통해 탄탄하게 기초를 다지고 한 단계 더 높이 발전하는데 도움이 될 수 있기를 바란다.

LinguaForum Research Center  
iBT TOEFL Writing 연구팀

# Structure

## Part A - Basic Practice

### Before You Start

각 장에서 배우게 될 구문 및 주제별 관련 영어 표현을 연습한다. 잘못 사용된 영어 표현 또는 혼동하기 쉬운 표현들을 학습하는 과정을 통해 정확하고 바른 영어 표현을 구사한다.

### Language Focus

주요 문법사항들을 학습하고, 이를 활용하여 글쓰기 영역에서 유용하게 쓰일 수 있는 문장들을 연습한다.

### Writing Focus

영어로 글을 쓰는데 알아야 하는 기본 구조에 대해 연습한다. 에세이의 기본 구조, 논제 제시문(thesis statement), 주제문(topic sentence), 그리고 뒷받침 문장(supporting sentence) 쓰기 등을 연습하고 익힌다.

### iBT Skill Practice

읽고 들은 내용의 중요 정보를 종합하여 자신의 말로 전달하는 통합형 글쓰기 과제에서 중요한 능력인 paraphrasing과 summarizing 연습을 한다.

### Review

각 장에서 학습했던 유용한 표현들을 다양한 연습 방법으로 복습한다.

## Part B - Task Practice

### Useful Expressions

문제 유형에 따른 유용한 표현들을 제시된 예문과 함께 학습하여 영어로 글을 쓰는데 익숙해 질 수 있도록 한다.

### Guided Writing

각 유형에 따라 제시된 답변을 준비하고 직접 쓰기까지의 과정을 따라 step-by-step으로 연습한다. 샘플 답안과 Expression Drill을 통해 주요 표현과 그와 같은 의미의 다양한 표현들을 익힌다.

### iBT Practice

실전과 유사한 환경에서 문제를 풀어 실전감각을 익힌다.

### Vocabulary Review

각 장의 지문 및 답안에서 제시되었던 중요 어휘의 의미를 문제 풀이를 통해 다시 한번 복습하고 익힌다.

## Part A - Basic Practice



*Food & Health*

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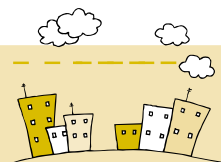
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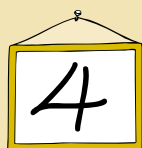


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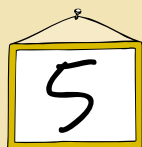


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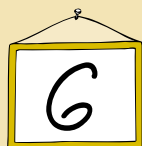
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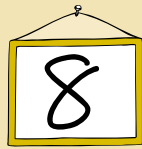
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*Challenging Arguments*



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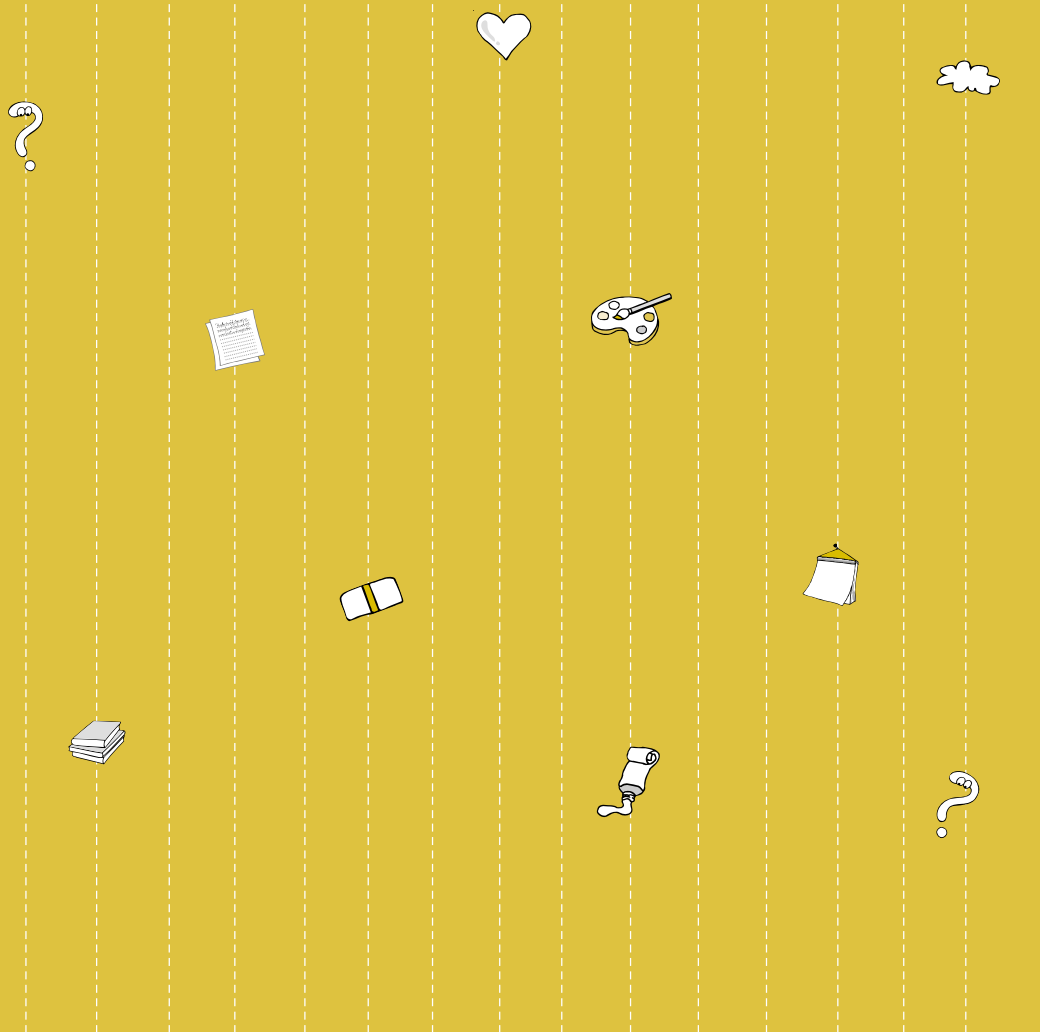
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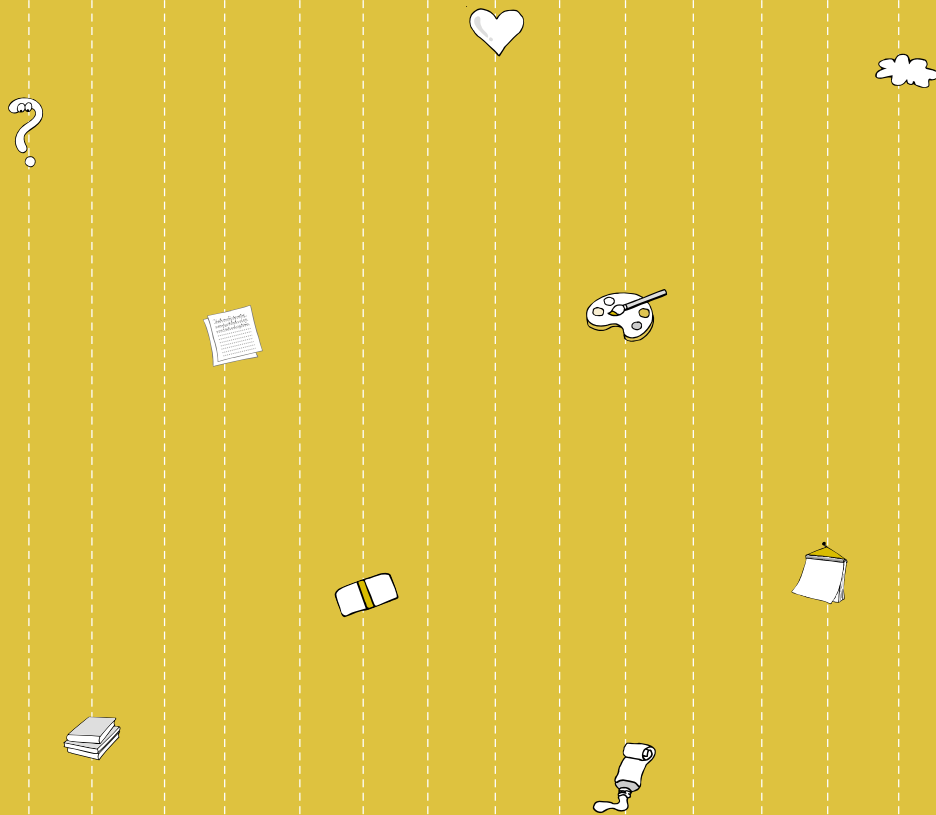
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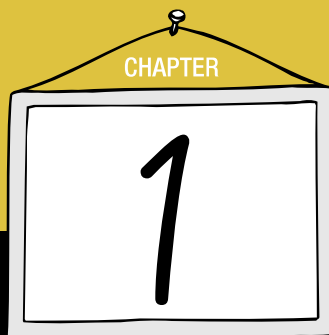
PART A

# Basic Practice



본 파트에서는 본격적인 유형별 연습에 앞서 **다양한 주제**와 관련된 영어 문장을 써보고, 영어식 에세이와 논리적인 글의 구조를 이해하는 데 필요한 사항들을 학습할 것이다. 또한 *iBT Writing*에서 필요한 **paraphrasing**과 **summarizing** 연습을 각 chapter마다 익힐 수 있도록 하였다.

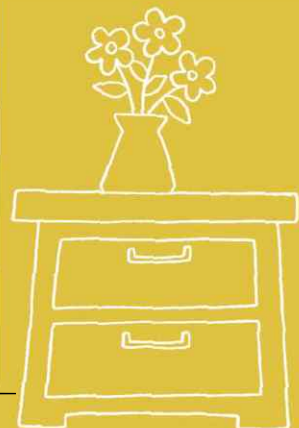
본 파트를 통해 학생들은 자신의 생각을 영어로 표현하는 데 **자신감**을 가질 수 있을 뿐만 아니라 보다 체계적으로 *iBT TOEFL Writing*을 준비하게 될 것이다.



# Food & Health

## Chapter Goals

- I. Language Focus +subject forms +it ... to / that
- II. Writing Focus +the structure of an essay
- III. iBT Skill Practice +paraphrasing



## Before You Start

우리말을 영어로 알맞게 옮긴 것에 표시(☑)해 보자.

- 1** John과 나는 매일 아침 조깅하러 간다.  
☐ (A) John and I go jogging every morning.  
☐ (B) John and me go jogging every morning.
  
- 2** 식사를 거르는 것은 체중조절에 도움이 안 된다.  
☐ (A) Skipping meals does not help with weight control.  
☐ (B) Skip meals does not help with weight control.
  
- 3** 담배가 건강에 위험하다는 것은 잘 알려진 사실이다.  
☐ (A) Cigarettes are dangerous to your health is a well-known fact.  
☐ (B) It is a well-known fact that cigarettes are dangerous to your health.
  
- 4** 어린이들이 일찍이 건강한 식습관을 배우는 것은 중요하다.  
☐ (A) It is important for children to learn healthy eating habits early in life.  
☐ (B) To children, it is important to learn healthy eating habits early in life.
  
- 5** 다이어트를 해야겠다.  
☐ (A) I will have to do diet.  
☐ (B) I will have to go on a diet.
  
- 6** 방학 동안 몸무게가 늘었다.  
☐ (A) I gained weight during the vacation.  
☐ (B) I gained my weight during the vacation.
  
- 7** 약을 먹을 때에는 의사의 지시를 따라야 한다.  
☐ (A) When you eat medicine, you should follow the doctor's instructions.  
☐ (B) When you take medicine, you should follow the doctor's instructions.
  
- 8** 간접흡연 역시 암을 유발시킬 수 있다.  
☐ (A) Secondhand smoke can also cause cancer.  
☐ (B) Secondhand smoking can also cause cancer.



## 1. Subject Forms

- 적절한 주어의 사용은 문장의 형식뿐만 아니라 내용과 관련하여 세련된 문장을 쓸 수 있는 중요한 요소이다. 인칭 대명사로만 시작하는 문장 이외에 다양한 주어의 형태를 연습하도록 하자.

Noun phrase	<ul style="list-style-type: none"> <li>• <b>Exercise</b> prevents heart disease.</li> <li>• <b>John and I</b> go jogging every morning.</li> <li>• <b>My favorite food</b> is fried chicken.</li> </ul>
-ing / to do	<ul style="list-style-type: none"> <li>• <b>Eating</b> is pleasure. / <b>To eat</b> is pleasure.</li> </ul>

## 2. It ... to / that

- 문장의 주어가 너무 길면 글의 내용이 명확하게 전달되지 못하는 경우가 생긴다. 긴 주어 부분을 뒤로 보내 문장의 균형을 맞추어 내용 전달이 정확하게 될 수 있는 구조를 익혀 보자.

It ... to	<ul style="list-style-type: none"> <li>• <i>Having / To have a balanced diet</i> is important.</li> <li>= <b>It</b> is important <b>to have a balanced diet</b>. (it = to have a balanced diet)</li> </ul>
It ... that	<ul style="list-style-type: none"> <li>• <i>That health is important</i> is obvious.</li> <li>= <b>It</b> is obvious (<b>that</b>) <b>health is important</b>. (it = that health is important)</li> </ul>

- 사람이 to부정사의 주어로 표현되는 경우에는 다음과 같은 형태의 문장 구조를 사용하자.

It ... for someone to do			
It is	adjective	for someone	to do
It is	difficult	<b>for me</b>	to get up at six.
	important	<b>for children</b>	to learn healthy eating habits.
	enjoyable	<b>for most people</b>	to eat out with friends.

## Practice

**A** 다음 문장에서 주어 부분에 밑줄을 긋고, 문장 전체의 동사에 동그라미 쳐 보자.

1. Salvatore's Italian Restaurant has a fabulous salad bar.
2. Fruit, nuts, and vegetables are nutritious snacks.
3. Smoking causes many diseases.
4. Staying up late makes you feel tired throughout the day.
5. Eating too many sweets causes cavities.
6. To prepare meals at home is time-consuming.
7. To eat fresh fruit for dessert is a good idea.

**B** 주어진 표현들을 사용하여 It ... to 또는 It ... that 구문으로 문장을 만들어 보자.

1. eat too much junk food / unhealthy  
It is unhealthy to eat too much junk food.
2. make exercise a part of your daily routine / healthy  
-----
3. develop good habits / takes time and effort  
-----
4. have a medical checkup to prevent disease / a good idea  
-----
5. our life expectancy is steadily increasing / said  
-----
6. today's children are becoming overweight / reported  
-----
7. daily exercise provides a lot of health benefits / well known  
-----

**C** 다음 주어진 표현들을 이용하여 It ... for someone ... to 구문으로 문장을 만들어 보자.

difficult scary natural boring convenient	for students for small children for busy people <del>for me</del> for parents	to watch horror movies to buy things online to spend all day studying to love their children <del>to cut down on sweets</del>
---	---	---

1. It is difficult for me to cut down on sweets.
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_


**D** 다음 글을 읽고 다섯 개의 틀린 부분을 찾아 바르게 고쳐보자. (첫 번째 틀린 부분은 보기로 제시됨)

### Eating Out

Some people prefer eating out, while others like cooking for themselves better. I think ~~eat~~ <sup>eating</sup> out is more advantageous than cooking for myself for the following reasons. First, it saves me time. Although cook is also enjoyable, it takes time and effort. I do not have enough time to prepare three meals a day. Also, wash dishes after each meal really bothers me. Second, it is true that prepare meals takes skill. My cooking never turns out very well. It is better someone else to do it. Therefore, I prefer eating out because it is more convenient and efficient.



## on your own

우리말을 영어로 옮겨보자. 

- 1 섬유소, 과일, 야채는 몇몇 암의 발병률을 줄여줄 수 있다.

can reduce the risk of some cancers.

♦ 섬유소: **fiber**

- 2 긍정적인 태도를 유지하는 것은 건강에 있어 중요한 요소이다.

is an important factor in good health.

♦ 유지하다: **keep/maintain** ♦ 긍정적인 태도: **a positive attitude/outlook**

- 3 집에서 식사준비를 하는 것은 시간이 걸린다.

It takes time

♦ 식사를 준비하다: **prepare a meal**

- 4 과식이 건강에 해롭다는 것은 잘 알려져 있다.

It is well known

♦ 과식하다: **overeat** ♦ 건강에 해롭다: **be bad for health**

- 5 우리 가족이 외식하는 것은 흔치 않다.

It is unusual

♦ 외식하다: **eat out**

- 6 대부분의 건강한 사람들은 좋은 식습관을 갖고 있다.

♦ 식습관: **eating habits**

- 7 요가를 하는 것은 나의 마음을 편하게 해준다.

♦ 요가를 하다: **do yoga**

- 8 내가 하루 여덟 잔의 물을 마시는 것은 쉽지 않다.

♦ 여덟 잔의 물: **eight glasses of water**



The Structure of an Essay \*에세이의 구조

Practice



A 다음 글을 읽고 주어진 질문에 답해 보자.

**1** Many people eat junk food every day. However, there are lots of delicious healthy foods they could eat instead. **2** People should stop eating so much junk food and eat more fruits and vegetables.

**3** Junk food like pizza and cookies are tasty, but they are also really unhealthy. These foods are high in fat, sugar, and salt. Too much fat and sugar will make you gain weight and get cavities. Also, junk food does not give you much energy, either. It just makes you tired and lazy.

**4** On the other hand, nutritious foods like fruit and vegetables are extremely good for you. They have vitamins that your body needs. Doctors believe that some fruits, like strawberries, can prevent cancer. Natural foods give you lots of energy, and they will not make you fat or sick.

Although junk food tastes good, you should not eat it too often. Healthy food can be even tastier than junk food, and it is much better for you. Eat less junk food and more fresh food. You will feel great!

1. Which sentence shows the main idea of the entire essay?

- (A) **1**      (B) **2**      (C) **3**      (D) **4**

2. What do paragraphs 2 and 3 do?

- (A) They show different opinions.  
(B) They explain the main idea in detail.  
(C) They conclude the essay.

3. Which paragraph restates or summarizes the writer's opinion?



Vocabulary

- ☐ **junk food**      칼로리가 높고 영양가가 낮은 식품
- ☐ **tasty**      맛있는
- ☐ **cavity**      충치
- ☐ **nutritious**      영양이 풍부한
- ☐ **prevent**      예방하다

**B** 다음은 글의 서론(introduction), 본론(body), 결론(conclusion)을 설명하는 문장들이다. 각 부분에 해당하는 문장을 찾아 주어진 빈칸에 번호를 써 보자.

1. It explains and supports the main idea.
2. It introduces the main idea of the essay.
3. It restates or summarizes the writer's opinion.
4. It gives details, examples or explanations.
5. It concludes the essay.
6. It shows what the writer will discuss in the essay.

• Introduction:	_____ , _____
• Body:	_____ , _____
• Conclusion:	_____ , _____

**C** 다음 문단이 글의 서론, 본론, 결론 중 어느 부분에 속하는지 알아보고, 아래 주어진 빈칸에 알맞은 문단의 번호를 올바른 순서대로 써 보자.

1. Secondly, daily activity is an important factor in good health. It can prevent sickness now and diseases when you are older. Exercising builds healthier bones and a stronger heart. Studies show that people who exercise live longer, healthier lives.
2. Playing soccer every day or going for a swim is lots of fun, but it is also really good for you. Physical activity makes you feel great. It also keeps you fit and healthy. Making regular exercise part of your daily routine is a great habit to develop.
3. In conclusion, regular physical activity will improve your life in many ways. People who exercise have lower levels of stress. Also, they tend to be healthier and live to be older than those who do not have an active lifestyle.
4. First, exercising every day is a good way to keep you feeling good. Being physically active gives you lots of energy. Especially when you are stressed or depressed, it helps relieve stress and improve your mood.

Introduction: \_\_\_\_\_ → Body: \_\_\_\_\_ , \_\_\_\_\_ → Conclusion: \_\_\_\_\_

**tip 1** Using Synonyms

● Paraphrasing이란 다른 사람의 글이나 생각을 언급할 때 의미는 그대로 유지하되, 자신의 말로 바꾸어 표현하는 것을 말한다. 가장 기초적인 방법으로는 원문에서 쓰인 주요 어휘를 동의어나 비슷한 의미의 다른 말로 바꾸어 표현하는 것이다.

- A language **tells** you a lot about the culture.  
= A language **shows** you a lot about the culture.
- Playing computer games has some **negative** effects on children.  
= Playing computer games has some **bad** effects on children.

**Practice**

**A** 다음 주어진 문장이 잘못 paraphrasing 된 것을 골라보자.

1. I love to eat at food stands and restaurants.
  - (A) I prefer to eat at food stands and restaurants.
  - (B) I would like to eat at food stands and restaurants.
  - (C) I enjoy eating at food stands and restaurants.
2. There are both advantages and disadvantages to watching TV.
  - (A) There are both pros and cons to watching TV.
  - (B) There are both pluses and minuses to watching TV.
  - (C) There are reasons both for and against watching TV.
3. I was afraid of the results of the examination.
  - (A) I was shocked by the results of the examination.
  - (B) I was anxious about the results of the examination.
  - (C) I was worried about the results of the examination.

**B** 다음 주어진 표현들 중 의미가 비슷한 것끼리 연결해 보자.

- |                    |   |                         |
|--------------------|---|-------------------------|
| 1. go along with   | • | • ㉠ exercise            |
| 2. work out        | • | • ㉡ happen unexpectedly |
| 3. come up         | • | • ㉢ agree with          |
| 4. the majority of | • | • ㉠ helpful             |
| 5. beneficial      | • | • ㉡ enjoyable           |
| 6. great fun       | • | • ㉢ most of             |
| 7. by myself       | • | • ㉠ very quickly        |
| 8. now and then    | • | • ㉡ alone               |
| 9. in no time      | • | • ㉢ sometimes           |

**C** **B**의 표현을 이용하여, 다음 밑줄 친 부분을 비슷한 의미를 가진 다른 말로 바꾸어 문장을 다시 써 보자.

- I would go along with his opinion.  
I would agree with his opinion.
- I try not to be late, but something always comes up.  
\_\_\_\_\_
- If we work together, we can clean the house in no time.  
\_\_\_\_\_
- Now and then, I like to spend time by myself.  
\_\_\_\_\_
- I spend the majority of my free time working out at the gym.  
\_\_\_\_\_
- Physical activity is beneficial for health and also great fun.  
\_\_\_\_\_



Practice



**A** 다음은 함께 자주 쓰이는 표현들이다. 알맞은 표현을 보기에서 골라 주어진 빈칸에 써 보자.

보기

- healthy
- a meal
- a diet
- weight
- a habit
- late

1. go on a diet
2. stay \_\_\_\_\_
3. gain \_\_\_\_\_
4. stay up \_\_\_\_\_
5. skip \_\_\_\_\_
6. develop \_\_\_\_\_

**B** 보기에 제시된 표현들을 사용하여 아래 문장을 완성해 보자.

보기

junk food  
is good for

good eating habits  
get a medical checkup

get regular exercise  
nutritious food

1. Drinking at least eight glasses of water a day \_\_\_\_\_ your health.
2. Many children \_\_\_\_\_ by playing outside with their friends after school.
3. \_\_\_\_\_ is OK sometimes, but you shouldn't eat it every day.
4. It is important to \_\_\_\_\_ to prevent disease in the future.
5. Instead of cookies, you should eat \_\_\_\_\_ like fruit or nuts for a snack.
6. Developing \_\_\_\_\_ will keep you healthy now and in the future.

## Writing Practice



다음 글을 읽고 알맞은 표현을 아래 보기에서 골라 빈칸을 채워 완성해 보자.

A lot of us think we are pretty healthy, but a close look at our habits might surprise us. We might think we look and feel OK, but if we ate healthier foods and got enough physical activity, we could feel fantastic. ① \_\_\_\_\_

\_\_\_\_\_ are two extremely bad habits of many people.

People love eating junk food because ② \_\_\_\_\_.  
It is fun to go to have some pizza and soda with our friends. However, this is not something we should do often. ③ \_\_\_\_\_, and neither of these things is good for our bodies.

Instead of exercising, a lot of us prefer to lie on the couch and watch television for a few hours, or play games on the computer. Those are fun activities, but ④ \_\_\_\_\_. Instead, we should get outside and ride a bike, or kick a soccer ball around. Just half an hour of daily exercise will ⑤ \_\_\_\_\_.

Although it is easy to grab junk food or lie around watching television, these things are really bad for us. In fact, these habits can be very dangerous in the long run. It is better to ⑥ \_\_\_\_\_.

## 보 기

- make our bodies healthy and strong
- we should not spend all our free time doing them
- Pizza and soda have a lot of fat and sugar
- eat healthy foods and get some exercise
- it is convenient and tasty
- Eating a lot of junk food and not exercising