



# 雙語週報

160 期



官方網站



線上訂購

發行人：吳苑庭 出刊日 2021 年 6 月 18 日 訂報專線 (02) 2649-7111

定價 40 元



## From the Ground Up 食在從頭



英聽教學

**Sometimes the best way to help people comes from the earth beneath our feet.**

**助人的最佳方法，有時就在我們腳下的土地。**

紙本刊物合作：漢玲文化

PChome 線上購物!  
<http://shopping.pchome.com.tw>

買東西  
udn shopping

電子書合作：| 讀書吧 PubW 電子書城

讀冊生活

Hami 書城



# 食物沙漠難嘗鮮食

## 健康寶典藏於生活圈

英文 / Leila Luo 圖 / 123RF

You probably know what a desert is, but have you ever heard of a food desert? Just like how finding water in the middle of the desert is very difficult, finding fresh, nutritious food in a food desert is just as challenging. Unlike a desert, however, a food desert can be anywhere—in poor and wealthy countries, and even in cities.

你應該知道沙漠是什麼，但「食物沙漠」你聽過嗎？好比在沙漠中尋找水源般的困難，想在食物沙漠裡取得新鮮、營養豐富的食物也同樣極具挑戰性。然而不同於沙漠地形的是，任何地方都可能有食物沙漠的存在，不論在貧困或富裕的國家，甚至是繁榮的城市。

In the United Kingdom, there are around 1.2 million people who don't have access to supermarkets. In the United States, the number is around 23.5 million. With only fast food and convenience stores around, these people don't get proper nutrition. People who live in food deserts are more likely to suffer from obesity, mental health problems and disease.



在英國，約有 120 萬人不易到超市採買；而美國更高達 2,350 萬人。在這些人的生活圈內僅有速食店和便利商店，導致他們營養不均衡。因此生活在食物沙漠的人常有肥胖、心理健康的問題，也更容易疾病纏身。



nutritious (a.) 有營養的    supermarket (n.) 超市    fast food (n.) 速食    convenience (n.) 方便    disease (n.) 疾病



# 海上稻草人威懾鳥心

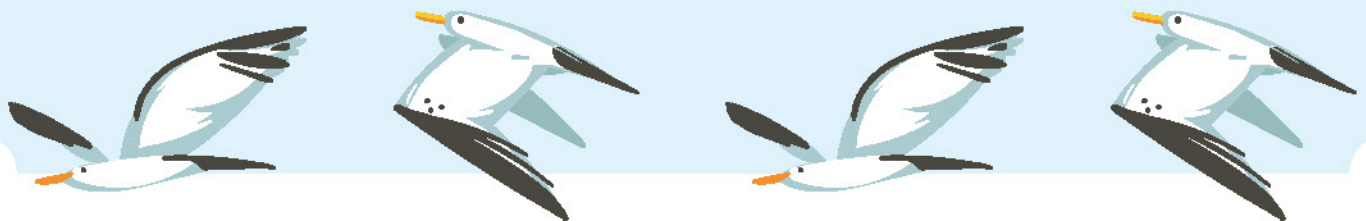
## 霸王餐客非請勿入



英文 / Andrew Edmunds 圖 / 123RF

To stop seabirds from getting caught in fishing nets, a multinational team of conservationists have made a floating scarecrow. So far, with its large, moving eyes and bright orange base, the Looming Eyes Buoy has reduced the numbers of Estonian seabirds around fishing nets by 25%.

為了防止海鳥受困漁網，一支跨國環保團隊打造了名為「幽影眼浮標」的海上漂浮稻草人。該稻草人以它鮮橘色的底座及巨大可活動的眼睛嚇阻海鳥接近。截至今日，受困愛沙尼亞漁網中的海鳥已減少了百分之二十五。（編註：浮標名稱暫譯。）



# 34載育養81嬰孩

## 寄養媽咪助殘兒揚帆啟航



英文 / Andrew Edmunds 圖 / 123RF

For more than 34 years, 78-year-old Linda Owens of San Francisco has fostered 81 babies. Many of these newborns have been exposed to drugs or have other difficulties. By caring for them, Owens helps the babies feel safe, learn trust and become ready to join new families.

舊金山高齡78歲的琳達·歐文斯，在她34餘年的寄養人生中，共收養了81名嬰兒。這些新生兒多數因母親於孕期使用毒品，而有發展遲緩，或有其他身心障礙問題。歐文斯視如己出般地照顧這些嬰兒，幫助他們找回安全感，學習信任，做好融入新家庭的準備。





# 食物沙漠 新手園丁不寂寞

## 自力耕生 菜更甜



英文 / Leila Luo 圖 / shutterstock, 123RF



How can we give as many people as possible a head start on eating more vegetables? By teaching them how to grow their own. That's what an organization called Million Gardens Movement is doing for Americans. Since March 2021, the organization has been donating their Little Green Garden kits to schools and homes in food deserts.

如何開啟更多人吃更多蔬菜的契機？那就教他們種菜吧！這正是「百萬花園運動」組織服務美國民眾的宗旨。自 2021 年 3 月，該組織持續在處於食物沙漠地區的學校和家庭，捐贈他們的小小綠色菜園工具包。

Each kit comes with ready-to-use fruit and vegetable garden beds, instructions and online lessons to support new gardeners. So far, more than 5,000 kits have been given out—632 of those have gone to schools to teach students. The goal is to show people how easy it is to grow their own fruits, herbs and vegetables.

每個工具包都配有即用型蔬果苗圃、說明書，及線上教育課程輔導菜鳥園丁立即上手。迄至今日，該組織已發送超過 5000 組工具包，其中 632 組更為學校教學使用。該組織希望藉此活動告訴人們：自己種植水果、香草和蔬菜是如此容易。





# 人飢如己飢 小三生闢菜園解燃眉急

英文 / Leila Luo 圖 / 123RF、瀚昇

When Ian McKenna was in the third grade of elementary school, he learned that almost one quarter of his schoolmates didn't have enough food to eat at home. He wanted to help them, but local organizations wouldn't let him volunteer because he was too young. So, he decided to start a garden at school to grow food for anyone in need.

伊恩・麥肯納就讀小學三年級時，發覺校內近四分之一的同學，在家中無法獲得充足食物。麥肯納雖想助同學一臂之力，但當地志工組織卻以年紀太小為由，婉拒了他的加入。於是，他決定在校內開闢一塊菜園，栽種食物給有需要的人。



In its first year, McKenna grew 340 kilograms of vegetables to feed the hungry. His garden was so successful that five more schools in the Austin, Texas area joined his Giving Garden project. Now 17, McKenna still gets his hands dirty working in the garden, but he also cooks meals to give away and teaches both gardening and cooking lessons online.

第一年，麥肯納便生產了 340 公斤的蔬菜，提供給食物不足的人。他的菜園大放異彩，並得到德克薩斯州奧斯丁市 5 間學校的響應，參與助人菜園 (Giving Garden) 計畫。現年 17 歲的麥肯納不在意雙手沾滿泥土，除了持續在田園中辛勤勞動外，他還親自下廚烹煮佳餚、免費贈出，更在線上開辦園藝與烹飪相關課程。(編註：計畫名稱暫譯。)



quarter (n.) 四分之一

volunteer (v.) 做志願者

garden (n.) (住宅旁) 菜園

dirty (a.) 髒的

gardening (n.) 園藝



1. What is missing from a food desert?
  - a. convenience stores
  - b. fast food
  - c. gas stations
  - d. grocery stores
2. Which fraction means the same as a quarter?
  - a.  $\frac{1}{5}$
  - b.  $\frac{1}{4}$
  - c.  $\frac{1}{3}$
  - d.  $\frac{1}{2}$
3. Which word means “relating to the mind”?
  - a. brain
  - b. challenging
  - c. mental
  - d. proper
4. What does “head start” mean?
  - a. an advantage
  - b. a mental problem
  - c. a hairstyle
  - d. the beginning of a game
5. What problem did Ian McKenna face?
  - a. He wasn’t old enough to help at organizations.
  - b. The supermarkets were empty.
  - c. His classmates were full.
  - d. He didn’t like gardening.
6. Where does a gardener work?
  - a. on a farm
  - b. on the sea
  - c. in a garden
  - d. in a field

### Cloze Test A

Use your finger to make holes \_\_\_\_ the dirt about 10 centimeters apart. Put one seed in each hole. Cover the holes \_\_\_\_ dirt. Don’t forget \_\_\_\_ give them some water!

### Cloze Test B

I didn’t like that town much. I walked around \_\_\_\_ over an hour and all I could find \_\_\_\_ eat was fast food restaurants. I hope there’s some place to buy \_\_\_\_ vegetables in the next town.

1.d 2.b 3.c 4.a 5.a 6.c

1. 第 2 版報導可得知，居住在食物沙漠的人不易前往超市 (n. supermarket)，而 grocery store (n. 食品雜貨店)，皆為採賣新鮮蔬果、食物的地方。

2. “a quarter”、“one fourth”、“twenty-five percent”都是指「四分之一」，因此正確答案為 (b)。

3. (c)mental(a. 精神的、心理的、思想上的)，是形容「與心靈有關」。我們用這個詞談論心理健康、情緒等精神狀態。選項 (a) brain (n. 大腦) 為名詞，看似正確，但指的是讓我們思考的器官。

4. 片語 head start，為「取得先機；有利的開始」之意。用於賽跑時，代表在起跑時搶得先機；用於人生，則代表出身條件較好。

5. 查閱第 5 版報導，伊恩・麥肯納想幫助校內同學，但因 (a) 年紀太小，所以當地志工組織拒絕他加入。

6. 園丁 (c) 在花園裡工作。

### Cloze Test A

1.in 2.with 3.to

每隔約 10 公分，用手指在土壤裡挖個小洞。每個洞裡再放一顆種子，用土把洞蓋起來；也別忘了給它們澆點水！

### Cloze Test B

1.for 2.to 3.some

我不太喜歡那個城鎮。走了一個多小時，我能找到的餐飲只有速食店。真希望下個城鎮有些可以採買蔬菜的地方。

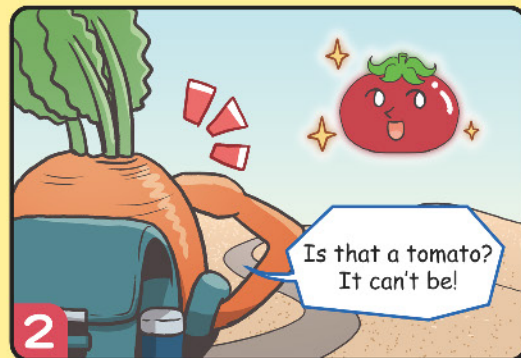


# 謬以千里

腳本 / Leila Luo 漫畫 / 瀚昇



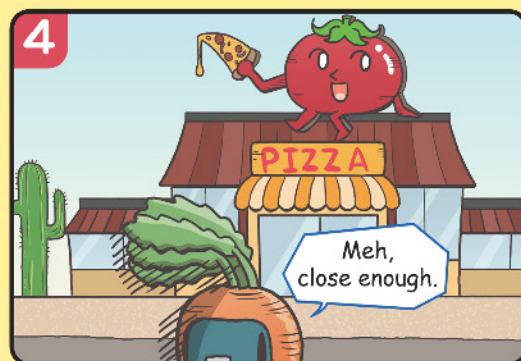
好熱啊……



不會吧！那是番茄嗎？



感謝老天！  
我以為我再也看不到其他蔬菜了。



唉，差不多啦。

## The Rest is History 異物梗塞莫驚慌

### 1 看 2 叫 3 施救 哈姆立克速救援

英文 / Andrew Edmunds 圖 / 123RF



On the 19th of June 1974, Henry Heimlich published an article in the journal Emergency Medicine. It described a new way to help someone who was choking on food and unable to talk. Since then, the now-famous Heimlich maneuver has been used to save countless lives around the world.

1974 年 6 月 19 日，亨利·哈姆立克在《急診醫學》期刊上，提出如何幫助被食物噎到、無法說話者的新方法。自文章發表後，著名的哈姆立克急救法至今已被廣泛使用，並挽救了全球無數生命。