



雙語週報

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A Rumble in Your Tummy 肚子咕嚕叫



英聽教學

We all get hungry, but why?
饑餓感何來何至？

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英文 / Leila Luo 圖 / 123RF

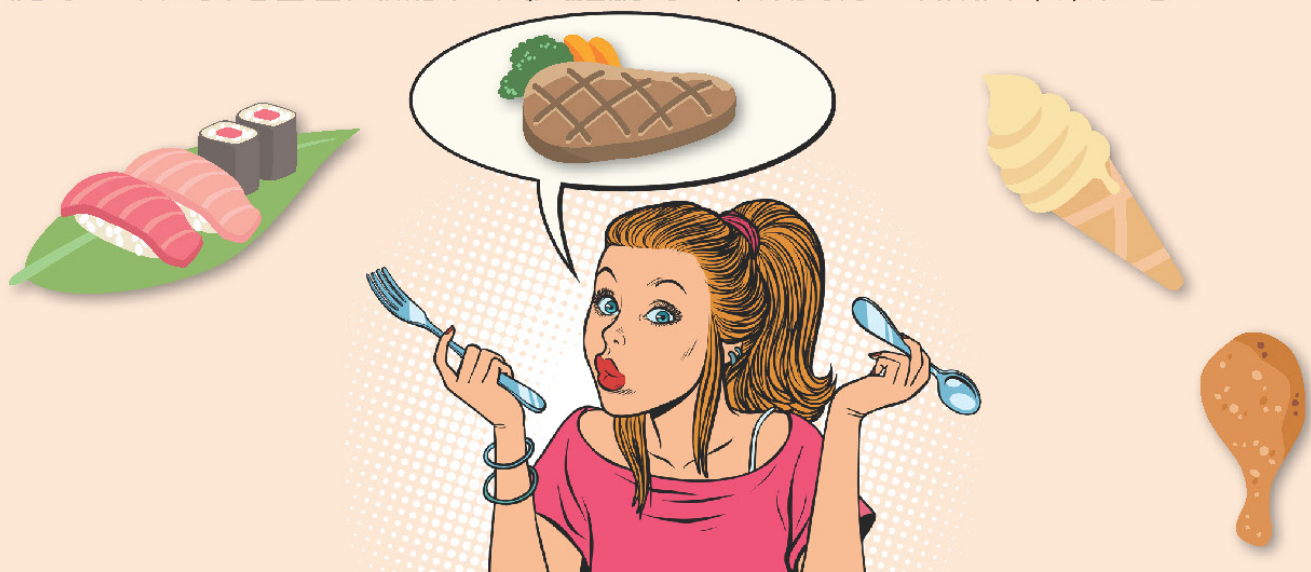


Growl. Your stomach turns and you instantly feel hungry. Where did that come from? It begins with the hormone called ghrelin. Once you've used all the energy from your last meal, your body produces ghrelin in the gut. This tells the brain that more food is needed. Hormones might tell us we need food, but our minds decide what food we eat.

「咕嚕——」腸胃一陣翻攪，飢餓隨之而來，這樣的感覺從何而來？當身體消耗完上一餐的能量，腸道會釋放荷爾蒙——飢餓素，通知大腦：身體需要攝取更多食物。飢餓素荷爾蒙用以提醒我們進食，但選擇滿足我們心意的食物，卻是取決於大腦的意志。

Eating processed snack foods causes our brains to make a chemical called dopamine that makes us feel good. The problem is when the dopamine from snack foods quickly fades, our bodies still crave nutrients and minerals. Instead, try eating nuts that are rich in naturally occurring protein and fat, or pieces of dehydrated vegetable and fruit.

加工品零食會讓大腦產生多巴胺，這種化學物質可以使我們心情愉悅；然而在多巴胺迅速消退後，身體仍渴望零食無法提供的營養素和礦物質。下次你餓了想吃點心，不如試嚐富含天然蛋白質與脂肪的堅果類食物，或幾片果菜乾吧！



hormone (n.) 荷爾蒙

energy (n.) 能量

processed (a.) 加工的

snack (n.) 點心

nutrient (n.) 營養素

加國自然處方箋 免費暢遊國家公園 80 有餘

英文 / Andrew Edmunds 圖 / 123RF

Thanks to a new program called PaRx Canada, Canadian medical professionals can now prescribe nature therapy by giving their patients free annual Discovery passes. According to PaRx, spending time in nature decreases risk of heart diseases, high blood pressure, and diabetes. Nature therapy also improves mental health of cancer patients and activates tumor killing cells.

在加拿大國家公園自然處方 (PaRx Canada) 新計劃中，醫療專家可開立「自然療法」處方箋，提供患者國家公園免費年票。PaRx 指出，透過置身大自然的自然療法，將可減少罹患心臟病、高血壓以及糖尿病的風險，更可改善癌症患者的心理健康，並啟動腫瘤殺手細胞工作。

質輕剛強更勝防彈玻璃 超級材料強勢登場

英文 / Andrew Edmunds 圖 / 123RF

MIT chemical engineers have developed a new lightweight material with exceptional strength. It's called 2DPA-1. Because it can take up to six times more force than bulletproof glass before deforming, 2DPA-1 could be used to shield cars, planes and machinery, and potentially even support entire buildings.

麻省理工學院的化學工程師開發了 2DPA-1。這是一種質地輕盈卻無比堅韌的新材質。其強度是鋼的 2 倍，還更可承受使防彈玻璃變形的 6 倍外力。預估未來將可用於車輛、飛機及機械的防護，甚至有支撐整棟建築物的發展潛力。

躺好睡飽自然瘦？

減重新理論尚待應證 zzz

英文 / Leila Luo 圖 / 123RF

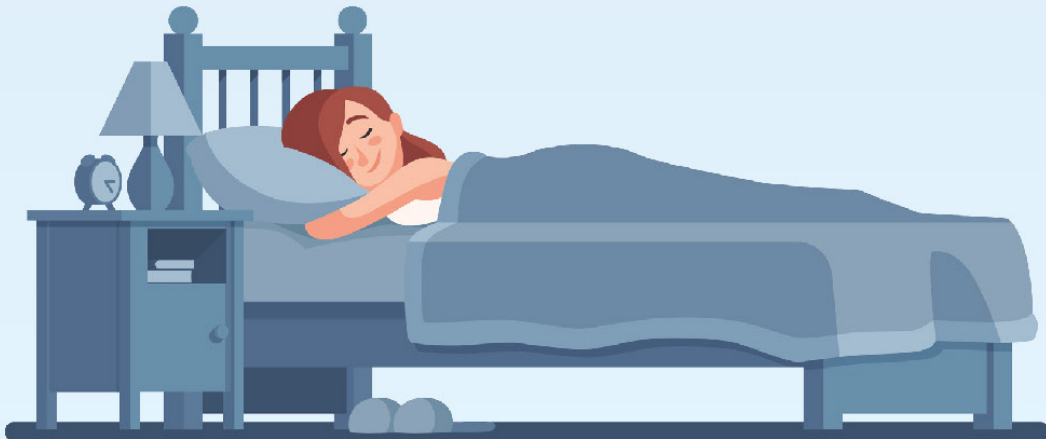


It turns out that just getting enough sleep can help lose weight. Researchers from the University of Chicago studied 80 overweight adults who typically slept less than six and a half hours per night. Half of the group didn't change anything. The other half were asked about their sleep habits and given some advice, which helped them get about 1.2 more hours of sleep, on average.

研究發現充足的睡眠有助減重。芝加哥大學研究團隊針對每夜睡眠少於 6 個半小時的過重成年人進行測試。在 80 名受試者中，一半維持日常生活，另一半則經諮商調整睡眠習慣，使其增加夜間睡眠時間約 1.2 小時。

The researchers used the doubly labeled water method to measure the participants' calorie intake and expense. Even without changing eating or exercise habits, participants who slept more cut their calories by 270 per day, on average. Some even ate up to 500 fewer calories a day. Considering that previous research has shown that too little sleep can increase ghrelin, this new study suggests that the opposite is also true.

研究團隊藉由雙標記水法，測量受試者的熱量攝取與消耗。他們發現，即便不改變飲食或運動習慣，睡眠獲得改善的受試者，平均每日可減少 270 卡、甚至 500 卡的熱量攝取。根據過往研究顯示，睡眠不足會增加飢餓素的分泌，而新研究則提出，睡眠充足亦可抑制飢餓素產生的論述。



typically (adv.) 通常 habit (n.) 習慣 participant (n.) 參與者 calorie (n.) 卡路里 opposite (n.) 對立的事物

嗷餓如仇 空碗義賣 為民除餓 嘉惠鄰里

英文 / Leila Luo 圖 / 123RF



Hunger over the course of weeks, months, or years can lead to serious problems. Children can suffer from malnutrition, weakened learning abilities, and overall worse mental health. Because chronic hunger hurts everyone, Jada Ahern has organized an annual fundraiser in Tucson, Arizona for the past ten years. She and other local potters have handmade around 11,000 bowls over the years to sell.

數週、數月甚至數年處於飢餓狀態，將可能導致嚴重的問題。以兒童為例，除了營養不良、學習能力降低，更會對心理健康造成整體性的負面影響。慢性飢餓已造成社會的傷害，於是在過去 10 年，潔姐・艾亨每年都在亞利桑那州圖森市組織募款活動。多年來，她與當地陶藝家已製作約 11,000 隻手工陶碗義賣販售。

The funds from Ahern's "Empty Bowls" event goes to ICS Food Banks, which distributes more than 3,500 emergency food bags monthly to low-income people in need. Empty Bowls also benefits the new Mobile Food Bank, a truck that gives out frozen meats, dairy, produce and other food staples to neighborhoods in need. Since January, the truck has been serving at least 150 families for five days per week.

艾亨的「空碗」募款活動將義賣所得捐贈給 ICS 食物銀行，再由 ICS 每月發送 3,500 餘個緊急食品袋，給需要食物幫助的低收入戶。就連新興的行動食物銀行，也因「空碗」活動獲益良多。透過行動食物銀行卡車，將冷凍肉食、乳製品、農產品與其他主食，分送至需要的社區。自今年 1 月起，每週服務 5 日的行動食物銀行，至少嘉惠 150 個家庭。



serious (a.) 嚴重的

chronic (a.) 長期的

bowl (n.) 碗

distribute (v.) 分配

dairy (n.) 乳製品

1. According to page two, what does the body hunger for?
 - a. chemicals
 - b. ghrelin
 - c. hormones
 - d. nutrients
2. Which word from page three means the possibility of something bad happening?
 - a. exceptional
 - b. mental
 - c. potential
 - d. risk
3. What is NOT true about the new material from page three?
 - a. It can stop bullets.
 - b. It could hold up buildings.
 - c. It is heavier than older materials.
 - d. It takes a lot of force to deform it.
4. What do we call someone who is involved in an activity or an event?
 - a. an adult
 - b. an engineer
 - c. a participant
 - d. a researcher
5. What is the definition of produce as it was used on page five?
 - a. to make something especially by using machines
 - b. to provide money for a play, movie, TV show, etc.
 - c. fresh fruits and vegetables
 - d. handmade bowls
6. Mental is to mind as ____.
 - a. disease is to emergency
 - b. nutrition is to dairy
 - c. physical is to body
 - d. therapy is to weaken

Cloze Test A

The Parks Canada Discovery Pass covers unlimited admission to over 80 destinations across the country ____ 12 months. Compared to daily admission fees, the pass pays for itself in as little ____ seven days. Camping fees, hot springs admission ____ guided tours are not included.

Cloze Test B

A polymer ____ a substance or material consisting of very large molecules. These macromolecules are composed ____ many repeating subunits. There ____ synthetic and natural polymers.

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

1. (d)nutrient(n. 營養素、養分)，當人體需要營養時，腸道中會釋放飢餓素，告訴大腦需要攝取更多的食物。

2. 題意為：哪個字彙意思是發生壞事的可能性。答案為 (d)risk (n. 風險)。

3. 選出最佳選項。閱讀第 3 版第 2 則報導指出，新材質以輕量化為特色，因此答案為 (c) 新材料重於許多舊材料。

4. participant (n. 參加者)，意指參與某項活動或事件的人。也可用於參加演唱會、表演等活動的人。其他選項，(a)n. 成年人、(b)n. 工程師、(d)n. 研究員。

5. 當 produce 作名詞使用時，通常指的是新鮮蔬果等「農產品」。

6. mental (a. 心理的) 與 mind (n. 精神) 是相關的形容詞與名詞，恰如 (c) physical (a. 身體的) 與 body (n. 身體)。

Cloze Test A

1.for 2.as 3.or

持加拿大國家公園探索年票，可於 12 個月中，無限次參觀全國 80 餘座國家公園。相較每日入園費，購買年票僅需 7 次入園就能回本。不過露營、溫泉和導覽等服務設施則須另外付費，不含其中。

Cloze Test B

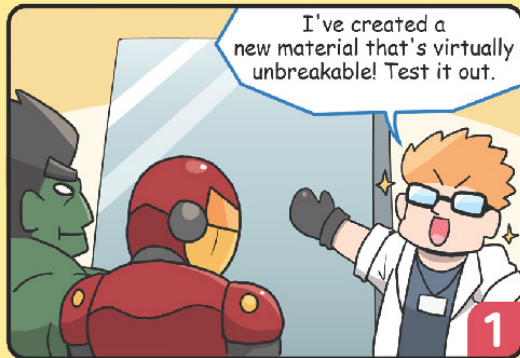
1.is 2.of 3.are

聚合物 (polymer) 是由大量的分子所組成的物質或材料，而這些巨分子 (macromolecule) 多由許多重複的亞基 (subunit) 聚合而成。聚合物一般可分為合成聚合物與天然聚合物。

英雄認證



腳本 / Leila Luo 漫畫 / 瀚昇



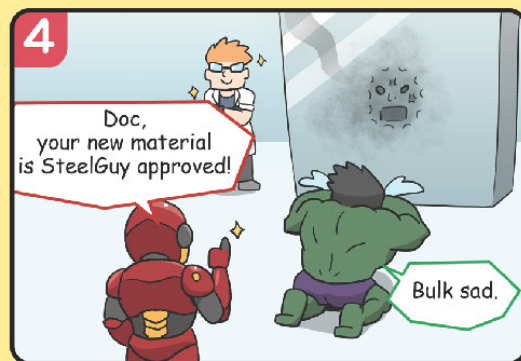
我發明了一個新材料，堅不可摧！
快來試看看。



它擋下了我的衝擊波，了不起！



暴克破壞！



博士，你的新發明獲得鋼鐵俠的認證了！
暴克哭哭。

The Rest is History

開創跨國股份經濟首例

VOC 開啟世界財金時代



英文 / Andrew Edmunds 圖 / 123RF

On the 20th of March 1602, the Dutch East India Company was founded. It became the first multinational corporation in the world. Through commercial trade and colonization, The East India trading company laid the groundwork for the economy of the Dutch Golden Age, a time that also saw great progress in science and art.

1602 年 3 月 20 日，全球第一家跨國股份公司荷蘭東印度公司 (VOC) 成立。該公司透過商業貿易與拓展殖民地，為荷蘭黃金時代科學、藝術的蓬勃發展，奠定了經濟基礎。