

Unit 1
閱讀翻譯篇



班級：

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認識未來肉品	Meet the Future Meat
人類攝取的肉量高於以往。	People eat more meat than before.
有些人甚至每餐都吃肉。	Some even have meat for every meal.
然而，地球的人口數仍不斷攀升，所以需要養活的人口也更多。	However, the number of people on earth is still growing, so there will be more mouths to feed.
那我們要如何得到更多的肉呢？	How do we get more meat then?
馬克·波斯特博士對此有一個解決辦法。	Dr. Mark Post has an answer to this.
我們現在可以在實驗室中培養出肉。	We can now grow meat in labs.
他和他的團隊從動物身上抽取細胞，然後培製成肉類。	He and his team take cells from animals and then grow them into meat.
藉由這樣做，就不會有動物喪命。	By doing so, no animals lose their lives.
這種肉因為是在實驗室培養的，所以也更乾淨。	This kind of meat is also cleaner because it comes from the lab.
此外，飼養動物會製造很多溫室氣體，但培養肉不會。	What's more, raising animals creates a lot of greenhouse gas, but growing lab meat doesn't.
它對環境較友善，對地球也更好。	It is more friendly to the environment and better for the earth.
培養肉嚐起來如何？	How does the lab meat taste?
許多人試過後都無法將其與真正的肉作分辨，因為它嚐起來就像真的一樣。	Many people tried it and couldn't tell it from real meat because it tastes just like the real thing.
現在重要的問題是：你會想要試試嗎？	Now for the big question: Would you try it?



Unit 2
閱讀翻譯篇

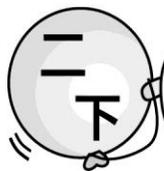


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由紀的日記	Yuki's Diary
親愛的日記：	Dear Diary,
今天下午非常的熱，所以寇弟跟我決定要去海裡游泳。	It was very hot this afternoon, so Cody and I decided to go for a swim in the sea.
我們聽說有一個美麗的海灘，並想去看看。	We heard about a beautiful beach and wanted to check it out.
一切都很完美，直到一件可怕的意外發生。	Everything was perfect until a terrible accident happened.
我嚇壞了，因為寇弟差一點就溺死了。	I was scared because Cody almost drowned.
大約下午三點，寇弟和我到了海灘。	Around 3 p.m., Cody and I got to the beach.
很少人知道這個地方，所以那裡除了我們之外，只有一位漁夫。	Very few people knew about this place, so we were the only ones there besides a fisherman.
我們游了一段時間，玩得很開心。	We swam for some time and had a lot of fun.
我游完泳後，就在岸邊休息，享受著海浪聲。	After swimming, I stayed on the beach for a rest and enjoyed the sound of the waves.
寇弟仍在離海灘很遠的地方自己游泳。	Cody was swimming by himself far from the beach.
他是我們學校最好的泳者，所以我一點都不擔心。	He is the best swimmer in our school, so I wasn't worried at all.
突然間，一個大浪打在寇弟的身上，他開始掙扎。	Suddenly, a big wave hit Cody, and he started to struggle.
他大聲呼救，那位漁夫就把船划過去救他。	He shouted for help, and the fisherman rowed his boat over to save him.
我打給119，援助很快就到了。	I called 119, and soon help came.
寇弟在他們對他做心肺復甦術後醒過來。	Cody became conscious after they did CPR on him.
真是謝天謝地！	Thank goodness!
「今天真是我人生中最糟糕，卻也是最幸運的一天。謝謝你把我拉出水面。」	"It's the most terrible but also the luckiest day of my life. Thank you for pulling me out of the water,"
寇弟跟漁夫說。	Cody told the fisherman.
「這沒什麼。只是要記得，一定要在海灘這附近游泳。強浪是很危險的。」漁夫說道。	"It's nothing. Just remember to always swim near the beach here. The strong waves are dangerous," the fisherman said.
我永遠不會忘記那場意外。	I will never forget that accident.
今天寇弟和我兩人都學到了關於水上安全的一課。	Today Cody and I both learned a lesson in water safety.
以後我們在海邊游泳時，一定會小心的。	We will always be careful when we swim in the sea.



Unit 3
閱讀翻譯篇



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可可果孩童	Cocoa Children
人們喜愛巧克力。	People love chocolate.
單美國人在一年中最甜蜜的時節—情人節當天，就買了超過五千八百萬磅的巧克力。	Americans alone buy more than 58 million pounds of chocolate for Valentine's Day, the "sweetest" time of the year.
但是對於象牙海岸的可可果童工來說，巧克力的滋味不甜，反而很苦澀。	But for the cocoa child workers in the Ivory Coast, chocolate doesn't taste sweet but bitter.
童工在象牙海岸是個很大的問題。	Child labor is a big problem in the Ivory Coast.
大部分的可可果童工介於十二到十六歲。	Most cocoa child workers are between 12 and 16 years old.
農場的主人要這些孩童一天工作十二個小時。	The farm owners make the kids work 12 hours a day.
在農場上，他們迅速且安靜地採摘可可豆。	On the farm, they pick cocoa beans quickly and quietly.
他們比大多數成人還努力工作，但是他們一天只能賺到大約六十五美分。	They work harder than most adults but only get about 65 cents a day.
這些小小工作者在農場裡工作了很多年，所有的時間都花在那裡。	These little workers work on the farm for years and spend all their time there.
他們沒有機會去上學。	They don't have a chance to go to school.
這個故事很令人難過。	This story is sad.
在可可果農場背後的巧克力公司必須停止使用童工。	The chocolate companies behind the cocoa farms need to stop using child labor.
現在，越來越多人在為這些兒童的權益而奮鬥，因為他們需要幫助。	Now, more and more people are fighting for the children's rights because they need help.
有些人選擇不買這些公司的巧克力，而其他人則把這些孩童的故事說出去。	Some choose not to buy chocolate from these companies, and others tell the children's stories.
讓我們一起加入他們的行列，並做出改變吧。	Let's join them and make a change.



Unit 4
閱讀翻譯篇



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搜救犬	Rescue Dogs
我們常視狗兒們為我們最好的朋友，因為牠們總是在我們的身邊不離不棄。	We often see dogs as our best friends because they are always there for us.
這些動物不只是我們生活的一部分。	These animals aren't just a part of our lives.
有些甚至會拯救生命。	Some even save lives.
在地震的搜救當中，我們常看到搜救犬英勇地執行牠們的任務。	In an earthquake rescue, we often see rescue dogs doing their job bravely.
牠們穿過瓦礫和尖銳的玻璃碎片。	They walk through rubble and sharp glass.
牠們的嗅覺比我們的好上幾千倍。	Their sense of smell is thousands of times better than ours.
因為牠們的體型，牠們可以鑽進很小的空間。	They can reach very small spaces because of their size.
如果牠們發現生還者或是屍體，牠們會停下來，並發出聲音來讓牠們的搜救隊知道。	If they find survivors or dead bodies, they will stop and make a sound to let their team know.
牠們讓搜救工作更快速。	They make rescue work go faster.
因此，一個好的搜救小組一定要有搜救犬。	So, a good rescue team must have rescue dogs.
在臺灣，我們因為1999年的集集大地震而開始訓練搜救犬。	In Taiwan, we started to train rescue dogs because of the Jiji earthquake in 1999.
現在，我們訓練得很好，而且擁有一群很棒的搜救犬。	Now, we are great at it and have a wonderful team of rescue dogs.
人們可以看到牠們在臺灣各處拯救生命。	People can see them working all over Taiwan to save lives.
牠們真的是我們最好的朋友。	They are truly our best friends.



Unit 5
閱讀翻譯篇



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自然界的藥物	Nature's Medicines
我們生病的時候，許多人會去看醫生。	When we are sick, many of us will go see a doctor.
然而，當我們只是得到一般的感冒，看醫生不一定是件必要的事。	However, going to the doctor is not always a must when we have a common cold.
我們也可以向大自然求助。	We can also turn to nature for help.
當我們感冒時，我們的身體非常努力地對抗它。	When we catch a cold, our body fights it really hard.
這會使我們感到虛弱和病懨懨的。	This makes us feel weak and sick.
有一些大自然的禮物能夠幫助我們感到更舒服。	Some of nature's gifts can help make us feel more comfortable.
其中一項是蜂蜜。	One of them is honey.
實際上，在許多文化中，人們會吃蜂蜜來對抗咳嗽和喉嚨痛。	Actually, in many cultures, people eat honey to fight coughs and sore throats.
大蒜和薑也很有助益。	Garlic and ginger are helpful, too.
在西班牙，當有人覺得身體不舒服時，喝大蒜茶是很常見的。	In Spain, when someone feels under the weather, it is common to drink garlic tea.
它能幫助身體抵抗感冒。	It can help the body fight the cold.
在中華文化中，人們常會因同樣的原因在茶中放入薑根。	In Chinese culture, people often put ginger root in their tea for the same reason.
儘管薑和大蒜可能嚐起來和聞起來不是那麼的好，但是它們對抵抗感冒很有效。	Although ginger and garlic may not taste or smell good, they are good for fighting a cold.
來自大自然的藥物可以幫忙治療感冒。	Medicines from nature can help treat a cold.
下次你可以試試看它們。	You can give them a try next time.
不過，重要的還是要多喝水及多休息。	However, it's always important to have lots of water and rest.



Unit 6
閱讀翻譯篇



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性別重要嗎？	Does Gender Matter?
想像你在一間醫院生病了。	Picture that you're sick in a hospital.
一位護理師走向你，並帶你到一個房間。	A nurse comes up to you and brings you to a room.
裡面，醫生正坐在桌前。	Inside, the doctor is sitting at a desk.
現在請誠實回答。	Now, be honest.
你剛剛想像的護理師是位女性，而醫生是位男性，對不對？	You pictured the nurse as a woman and the doctor as a man, didn't you?
那麼你可能抱有性別刻板印象，而且你應該停止這麼做。	Then, you might hold a gender stereotype, and you should stop it.
性別刻板印象可能會導致許多問題。	Gender stereotypes can lead to many problems.
人們常說男生應該要強壯、勇敢和擅於運動。	People often say boys should be strong, brave, and good at sports.
至於女生，她們應該要纖瘦、善良和擅於烹飪。	As for girls, they should be thin, kind, and good at cooking.
這些刻板印象會迫使人們隱蔽他們真實的自我。	These stereotypes can push people into hiding their true selves.
比方說，男性很少會在時尚圈或是藝術領域工作，而女性很少會選擇在運動或科學領域發展職涯。	For example, men seldom build a career in fashion or art, and women seldom choose a career in sports or science.
正因為如此，我們的世界會損失許多人才，所以對抗性別刻板印象是重要的。	Because of this, our world may lose many talents, so it's important to fight gender stereotypes.
許多人試圖破除性別刻板印象。	Many people try to break gender stereotypes.
以吳季剛和郭婞淳為例。	Take Jason Wu and Kuo Hsing-chun for example.
吳季剛是位出色的時尚設計師。	Jason Wu is an excellent fashion designer.
他的媽媽從未在他兒時阻止他玩洋娃娃，而且她總是在他身邊支持他。	His mom never stopped him from playing with dolls as a child, and she was always there for him.
至於郭婞淳，她堅信女性也能很強壯。	As for Kuo Hsing-chun, she believes women can be strong, too.
為了證明這點，她打破許多世界紀錄。	To show this, she broke many world records.
吳季剛和郭婞淳兩人得以活得盡興，因為他們都沒有讓性別刻板印象阻礙他們發展。	Both Jason Wu and Kuo Hsing-chun are able to live lives to the full because they didn't let gender stereotypes hold them back.
每個人都是特別且獨一無二的。	Everyone is special and different in their own way.
相信你自己。	Believe in yourself.
不要讓性別刻板印象界定你。	Don't let gender stereotypes define you.