

## 全民英檢秘笈

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### 一、實用字彙

1. 便秘了 constipated (adj.)
2. 便秘 constipation (n.)
3. 疏通便秘 ease constipation (v.)
4. 痔瘡 piles (n.)
5. 長痔瘡 have piles (n.)
6. 纖維 fiber (n.)
7. 多纖維的 fibrous (adj.)
8. 竹筍 bamboo shoots
9. 筊白筍 water shoots 或 coba
10. 芹菜 celery
11. 獨特的 unique
12. 香味 fragrance (n.)
13. 香的 fragrant (adj.)
14. 香菇 mushroom (n.)
15. 防癌的 cancer-blocking (adj)
16. 堅果 nut
17. 富含 rich in
18. 核桃 walnut
19. 腰果 cashew nut

### 二、請填入英文，訂正後大聲唸3遍

1. 你又便秘了嗎? Are you \_\_\_\_ again?
2. 竹筍是多纖維的食物。\_\_\_\_\_ are \_\_\_\_\_.
3. 芹菜既多纖維，又有獨特的香味。\_\_\_\_\_ are \_\_\_\_\_ and have a \_\_\_\_\_.
4. 香菇可以防癌! \_\_\_\_\_ are \_\_\_\_\_.
5. 堅果類富含Omega-3, 可防癌。\_\_\_\_\_ are \_\_\_\_\_ Omega-3, which is \_\_\_\_\_.

6. 核桃和腰果是好點心。\_\_\_\_\_ and \_\_\_\_\_ are good \_\_\_\_\_ .

### 三、答案

1. constipated

2. Bamboo shoots fibrous

3. Celeries fibrous unique fragrance

4. Mushrooms cancer-blocking

5. Nuts rich in cancer-blocking

6. Walnuts cashew nuts snacks