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**全民英檢秘笈**

**書香聊天室**

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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.核挑和腰果是好點心。\_\_\_\_\_\_ 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