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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