

全民英檢秘笈

書香聊天室

郭岱宗 (英文系副教授)

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. 筴白筍 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

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