在國際地球村的趨勢下，英語成了升學、出國的必備利器，
《常春藤生活英語雜誌》為便讀者可以輕鬆與外國人對話，特別推出「生活FUN學堂」，
內容有生活性的實用對話、時事主題及新知，讓你輕輕鬆鬆，英語升級！

Everything Bagel



貝果：你的早餐首選

Bagels are everywhere, especially on January 15.

Bagels have a **unique**[1] **chewy texture** with a shiny crust because they are boiled before they are baked. They became a staple food of Jewish culture **due to**[2] the custom of taking one day a week off to rest and do no work at all. On Shabbat, which is **observed**[3] from before sundown on Friday until after nightfall on Saturday, Jews are **forbidden**[4] to perform some activities, including cooking. The bagel is a product of this tradition.

Bagel dough contains yeast, which needs at least 12 hours to rise at a low **temperature**[5]. Therefore, a person could begin making bagels on Friday afternoon and finish them on Saturday evening after observing the day of rest.

In the modern world, there are many ways to enjoy a bagel. There are regional **variations** of the **recipe**[6] in different cities. Some **varieties**[7] are prepared with fruit, sesame seeds, or grains such as rye or whole wheat. Many people like to **toast**[8] their bagels before eating them, and when it comes to toppings, everything is possible. Smoked salmon is often used with cream cheese and capers for a **savory** brunch. Another common breakfast item is a bagel sandwich with bacon, eggs, and cheese. How would you like your bagel?

Translation

貝果油亮的麵包外皮有一種獨特的耐嚼口感，因為在烘焙之前它們有先被煮過。它們成為猶太文化的主食是由於每周休息一天不工作的習慣。從星期五日落之前直到星期六黃昏後的安息日，猶太人被禁止從事一些活動，包括煮飯。貝果就是這一傳統下的產物。

貝果麵糰含有酵母，在低溫下發酵至少要12小時。因此，一個人可以在星期五下午開始做貝果，並在慶祝完安息日後的星期六晚上完成。

在現代，我們有很多種享用貝果的方式。不同城市間的食譜存在地域差異。有些是用水果、芝麻、或是像黑麥或全麥等穀物做成的。很多人喜歡在吃之前先將貝果烤一遍，而當提到配料時，任何東西都可以。煙燻鮭魚通常佐以奶油乳酪及刺山柑花蕾一起用於美味的早午餐。另一種常見的早餐品項是貝果三明治配培根、蛋和起司。你希望你的貝果是怎麼樣的呢？

混合題型：1. (D)　2. (A) boil (B) yeast (C) smoked salmon

Words & Phrases 單字片語 ★號為全民英檢初級必背單字

★ 1. **unique** [juˈnik] a. 獨特的，特有的
The unique houses in this little town attract a lot of tourists every year.
這座小鎮的獨特住宅每年都吸引了大批遊客。

2. **due to...** 由於／因為……
Many schools along the coast were closed due to the approaching typhoon.
許多沿海學校因為即將來襲的颱風而停課了。

3. **observe** [əbˈzɝv] vt. 遵行（習俗）；慶祝（節日）
Chinese people observe Moon Festival by eating mooncakes.
華人會吃月餅來慶祝中秋節。

4. **forbid** [fəˈbɪd] vt. 禁止
三態為：forbid, forbade [fəˈbæd / fəˈbed] , forbidden [fəˈbɪdn]
My father forbids us to use our phones during dinner.
父親不准我們吃晚餐時用手機。

★ 5. **temperature** [ˈtɛmprətʃɚ] n. 氣溫，溫度
at a low / high temperature 在低／高溫下
This chemical reaction only occurs at a high temperature.
這種化學反應只會在高溫下發生。

6. **recipe** [ˈrɛsəpɪ] n. 食譜，烹飪法
Can you give me the recipe for the onion soup?
你能不能給我這道洋蔥湯的食譜？

7. **variety** [vəˈraɪətɪ] n. 種類
This area has more than 30 varieties of plants.
這個區域中有30多種植物。

★ 8. **toast** [tost] vt. 烤；烘
Mom always toasts her bread before eating it.
媽媽在吃麵包前，通常會把它拿去烤。

Extra Words& Phrases 補充字詞

★ **chewy** [ˈtʃuɪ] a. 耐嚼的，有嚼勁的
★ **texture** [ˈtɛkstʃɚ] n. 口感
★ **variation** [ˌvɛrɪˈeʃən] n. 變化（的種類）
★ **savory** [ˈsevərɪ] a. 美味可口的

混合題型

① Which of the following is true about bagels?
(A) They are from Poland.
(B) Jews eat them during Shabbat.
(C) They are bigger than a human's hand.
(D) Recipes can vary from place to place.

② 請從文章內容選出一個單詞或詞組填入下列空格，並視語法需要作適當的字形變化，使句子語意完整、語法正確，且符合全文文意。
(1) People need to __(A)__ bagels before they are baked. That way, they can have a unique chewy texture with a shiny crust.
(2) Bagel dough needs at least 12 hours to rise at a low temperature because it contains __(B)__.
(3) To make a delicious bagel brunch, __(C)__ is often used with cream cheese and capers.

貝果小字典



★ **crust** [krʌst] n. 麵包皮
★ **Shabbat** [ʃəbˈæt] n.（猶太教）安息日
★ **dough** [do] n. 麵糰
★ **yeast** [jist] n. 酵母
★ **rise** [raɪz] vi.（麵包或麵糰）發酵膨起
★ **sesame** [ˈsɛsəmɪ] n. 芝麻
★ **rye** [raɪ] n. 黑麥
★ **whole wheat** 全麥
★ **topping** [ˈtɑpɪŋ] n.（加在食物上的）配料
★ **smoked salmon** [ˌsmokt ˈsæmən] n. 煙燻鮭魚
★ **caper** [ˈkepɚ] n.（用作調味料的）刺山柑花蕾

本專欄內容出自《常春藤生活英語雜誌》1月號



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●聽本篇朗讀請點擊播QRCode。

英閱大視野

Sharks Shoot Sea Grass Scenes

by Coach Jeff

It may be **difficult** to guess what the title of this article means! One way to research a **topic** that you don't understand is to ask six important **questions**: who, what, where, when, how, and why. **Reporters** often use the answers to these questions to write their articles. Let's try.

What is sea **grass**? It's grass that grows in the ocean. **Where** does it grow? It usually grows in **meadows** in shallow water near the coast. **Who** cares? **Scientists** do, especially scientists studying climate change. **Why**? One important reason is that sea grass stores carbon so it's good for the planet. **When** did the scientists study this? They did their research from 2016 to 2020. **How** did they do it? They put video cameras on tiger **sharks** to shoot video under water! Amazingly, those sharks found the largest sea grass meadow on Earth near the Bahamas: 66,000 square kilometers! Any questions?

虎鯊拍攝海草場景

文／林育如

看著這個標題，你可能很難猜出這篇文章的內容是什麼！一個搜尋你不了解的標題的方法就是問6個重要的問題：誰、什麼、在哪裡、何時、如何發生以及為什麼。記者常用這些問題的答案寫文章。我們來試試看。

什麼是海草？它是生長在海裡的草。它在哪裡生長？通常生長於沿海淺水處。誰在乎這件事？科學家們在乎，尤其是研究氣候變遷的科學家。為什麼？一個重要的原因是海草會儲存碳，因此儲存碳的海草對地球是好的。科學家什麼時候研究這件事的呢？他們在2016年到2020年之間做了這個研究。他們是如何做研究的？他們放攝影機在虎鯊身上以拍攝海水中的景象！神奇的是，那些沙魚竟然在巴哈馬附近發現了地球上最大的海草草原：6萬6千平方公里！還有其他問題嗎？

一、實用文法

使用疑問詞**who**、**what**、**where**、**when**、**how**和**why**，獲得關於「誰」、「什麼」、「哪裡」、「何時」、「如何」和「為什麼」的資訊。

二、小試身手

依劃線提示，用合適的疑問詞寫出完整的問句。

1. Pandas live <u>in bamboo forests in China.</u>

_____

2. Victoria will go to high school <u>in 2023</u>.

_____

3. The person on the stage is <u>the president of the country</u>.

_____

閱讀能力測驗

1. What is the article mainly about?
   A. Helpful research questions
   B. Sharks' favorite food
   C. A new kind of grass

2. Why do scientists care about sea grass?
   A. It can help them understand sharks.
   B. It can help to stop climate change.
   C. It only grows in shallow water near the coast.

3. According to the article, which statement is probably true?
   A. There are few tiger sharks living near the Bahamas.
   B. Tiger sharks sometimes swim in sea grass meadows.
   C. Scientists taught sharks how to operate video cameras under water.

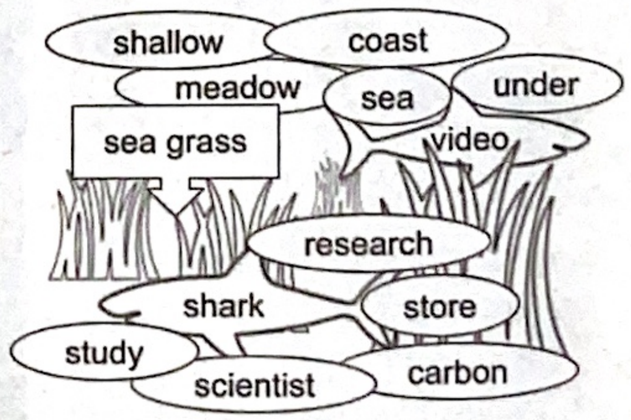
國中2000字

difficult 困難的
topic 標題
question 問題
grass 草
scientist 科學家
shark 鯊魚

補充單字

reporter 記者
meadow 草原

Mind Maps 單字心智圖



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「小試身手」解答請見p17

「閱讀能力測驗」解答：A, B, B