



# Spring Ahead, Fall Back

by Coach Jeff

Last March 8th in the United States, everyone in the country

turned their clocks **ahead** (Spring ahead!) one hour, beginning the months of “daylight saving time.” For countries in the northern hemisphere, the sun **rises early** during the **summer** and stays out until late in the evening. Setting the clocks ahead is a way to save energy. By doing so, in some places the sun is still **shining** at 8:30 p.m. so you don’t have to turn on any lights!

When **winter** comes around, everyone sets their clocks back (Fall back!) one hour. On November 1st, daylight saving time will end for this year. The good news is that on that night, everyone can sleep for an extra hour. The bad news is that it’s suddenly going to **get dark** very early. For some people, the sun will **set** at around 4 p.m. during the winter months.

## 春天往前，秋天往後

文／林育如

在美國，今年3月8日那天，全國的每一位民眾都把他們的時鐘「往前」調整1小時（春天往前跳），開始「日光節約時間」的幾個月份。對於位在北半球的國家，太陽在夏季升起的时间很早，而且持續到晚上很晚才落下，把時鐘往前調整是一個節省能源的方法。在某些地區太陽在晚上8:30仍高掛天空，藉由調整時間就不必開燈。

當冬天來臨時，人們會把時鐘往後調1小時（秋天往後掉）。在11月1日，今年的日光節約時間就結束了。好消息是，每個人在那天晚上都可以多睡1小時。而壞消息是，天色會突然很早就變黑了。對某些人來說，太陽在冬季月份期間會在大約下午4點就落下。

### 一、實用文法

表達某件事呈現了那項特質，可使用「**get+形容詞**」。

### 二、小試身手

使用「**get+形容詞**」，從單字庫中選出適當單字，完成下列句子。

單字庫 Word box			
wet	interested	thirsty	
hot	cool	tired	

1. After turning on the air conditioner, the room will \_\_\_\_\_.
2. Remember to drink some water if you \_\_\_\_\_.
3. During the rain storm, we all \_\_\_\_\_ because we didn't bring umbrellas.

### 閱讀能力測驗

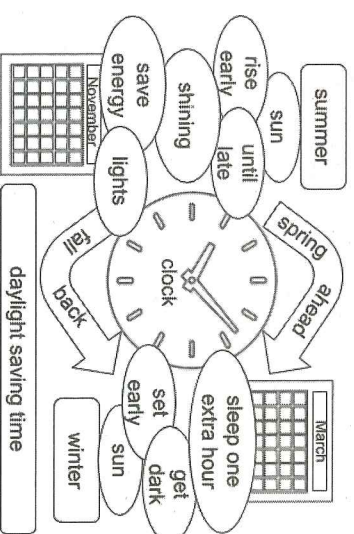
1. What is the article mainly about?  
A. The effect of changing clocks  
B. The reason for changing seasons  
C. The benefit of sleeping for an extra hour
2. What is true about the northern hemisphere?  
A. Most countries use daylight savings time.  
B. There are fewer hours of daylight in the winter.  
C. People sleep fewer hours in the summer.
3. Why do some countries have daylight savings time?  
A. To save energy  
B. To enjoy sunshine  
C. To prepare for the winter months

### 國中2000字

### 補充單字

<b>ahead</b> 向前地	<b>rise</b> 上升
<b>early</b> 早的	<b>set</b> 落下
<b>summer</b> 夏天	
<b>shine</b> 照耀	
<b>winter</b> 冬天	
<b>dark</b> 黑暗的	

### Mind Maps 文章心智圖



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