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# Starting Your Day the English Way

## 美好的一天就從 英式早餐開始

—Barbara von Aswegen

英式早餐 (English breakfast) 的經典菜色包括培根、煎蛋、烤番茄、蘑菇、薯餅等油煎菜 (fry-up [friːʌp])，這個字也是英式早餐的別名，常搭配茶或咖啡，是英國、愛爾蘭等地常見的餐點，各地區也發展出自己獨特的菜色。現在世界各地許多咖啡館餐店或餐廳都會全天候提供這樣的餐點。如果你也是英式早餐的爱好者，趕快跟著我們一起了解它的起源吧。

### Part

#### 1

課文朗讀 正常 CD/MP3 Track 1 慢速 MP3 Track 87

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper."<sup>1</sup> This old saying emphasizes the importance of a **hearty**<sup>2</sup> breakfast, and the art of preparing breakfast is something the English have perfected with their traditional fry-up.

A fry-up usually **consists**<sup>3</sup> of fried eggs, back bacon, sausages, tomatoes, mushrooms, toast, and baked beans. It is also served with tea or, more recently, coffee. However, each region has its own **variation**<sup>4</sup> on the English breakfast with its own unique additions, like soda bread in Ireland and potato scones and haggis in Scotland. In Wales, a kind of seaweed paste is included, while a Cornish breakfast comes with a type of sausage called hog's pudding.

These days, a full English breakfast can be found on menus all over the world. But how and when did starting one's day with a hearty meal come about? In the Middle Ages, members of the upper social class called the **gentry**<sup>5</sup> began serving generous breakfasts to family and friends. The gentry, who **prided themselves on preserving**<sup>6</sup> the English country lifestyle,<sup>7</sup> offered up these feasts<sup>8</sup> at social occasions

20 such as weddings and hunting parties. Only the best ingredients were used, and the huge spreads were meant to show off the quality of the ingredients as well as the skills of the chefs.<sup>6</sup>

soda bread  
[ˈsəʊdə] 蘇打麵包



## Part

### 2

課文朗讀 正常 CD/MP3 Track 2 慢速 MP3 Track 88

25 While the gentry were maintaining their traditions and enjoying their breakfasts, Queen Victoria came to the throne<sup>7</sup> and brought forth a new era<sup>8</sup> of social change. Now, the rich were no longer made up of highborn<sup>9</sup> and noble people, but merchants, businessmen, and industrialists.<sup>10</sup>

35 The British Empire<sup>10</sup> created new wealth and gave British commoners<sup>11</sup> a chance to aspire<sup>12</sup> to greatness and prosperity. The new upper and middle classes aimed to be like the gentry, and breakfast was one of the things they adopted and **made their own**. During the Industrial Revolution, the working class also started having full English breakfasts to sustain<sup>13</sup> themselves throughout the day. This practice continued into the 20th century, and by the 1950s, 40 almost half of the adult population in the United Kingdom **kicked off** their day with a traditional fry-up.

45 The full English breakfast remains popular because of its hearty flavors, long tradition, and the fact that it can be enjoyed by anyone, regardless of class. Today, many cafés and restaurants even serve the breakfast all day. This way, people can satisfy their appetite for an English breakfast not just in the morning but at any time of day. ☺

補充說明 第 15 行的 come about 表示「出現、產生、發生」。

第 22 行的 spread [spred] 在此作名詞用，表「豐盛的菜餚；宴席」，尤指為特別場合準備的菜餚。show off 表示「展示、炫耀」，show off 可作及物或不及物動詞用。



potato scone  
[skon] 馬鈴薯鬆餅



haggis [ˈhaɡɪs]  
肉餡羊肚 (常直譯為「哈革斯」)



seaweed paste  
[ˈsi.wid] [pest] 海苔醬



hog's pudding  
[hɒɡz] [ˈpʊdɪŋ]  
豬油布丁

## Discussion Starter

What do you like to eat for breakfast? Please describe.

I like to start the day with ...

Usually, I eat ...

## Reading Comprehension

### 1. Where is soda bread included as part of the full English breakfast?

(A) England  
(B) Wales  
(C) Scotland  
(D) Ireland

### 2. Who started having full breakfasts during the Industrial Revolution?

(A) The working class  
(B) The gentry  
(C) The upper class  
(D) Industrialists

答案請見第 188 頁

## Vocabulary

◎為第二個課題裡的起始符號

\* 表示大考出現過的字彙

**1. hearty** [ˈherti] *adj.* (食物) 豐盛的；滋味豐富的  
A hearty lunch will give us the energy to work in the afternoon.

\* **2. consist** [kənˈsɪst] *v.* 由……組成、構成 (之後需接介系詞 *of*，無被動用法)

My apartment consists of a bedroom, a bathroom, and a kitchen.

### \* 3. **preserve** [priˈzɜːv] *v.* 維護；保存

The city government has put a lot of money into preserving the local monuments.

### \* 4. **lifestyle** [ˈlaɪf,staɪl] *n.* 生活方式

■ **lifetime** [ˈlaɪf,taim] *n.* 終生、一生；(事物的) 使用期、壽命

Daniel maintains an active lifestyle by exercising and playing sports every day.

### 5. **feast** [fɛst] *n.* 豪宴、盛宴

A feast was served for the guests at the wedding.

### \* 6. **chef** [ʃef] *n.* 主廚；廚師

The restaurant's business improved after a new chef was hired.

### \* 7. **throne** [θrən] *n.* 王位；(君王的) 銀座、王座 (文中 come to the throne 表示「即位、登基」)

After the king died, there was no one to occupy his throne.

### \* 8. **era** [ˈɛrə] *n.* 年代、時代；紀元

The technological era that we're living in now has led to many new inventions.

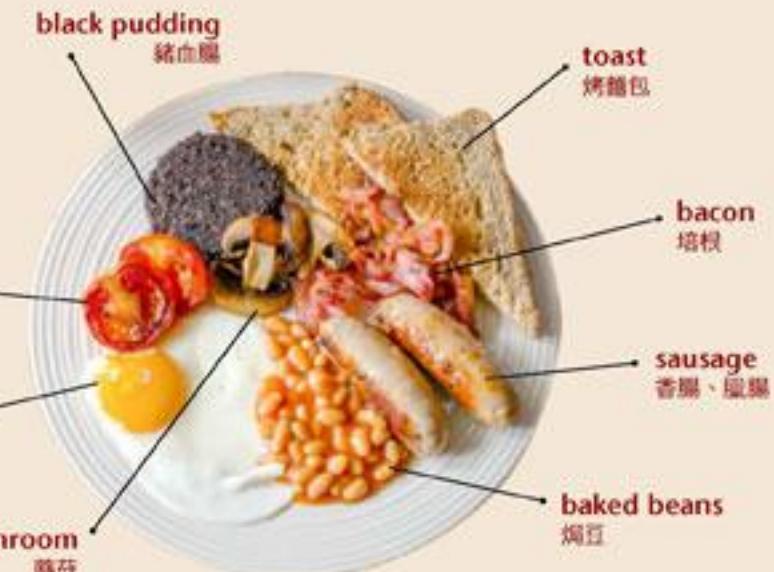
### \* 9. **industrialist** [ɪnˈdʌstriəlist] *n.* 實業家；工業家

■ **industrial** [ɪnˈdʌstriəl] *adj.* 工業的；產業的 (文中第 36 行)

Derek's grandfather was an industrialist who became rich by producing cars.

### \* 10. **empire** [ˈɛm,pair] *n.* 帝國

Napoleon's empire came to an end at the Battle of Waterloo.



\* 11. **sustain** [sə'sten] *v.* 支持、支撑：使维持  
My sister's support has sustained me through many hard times.

#### 参考字彙

- \* pauper [pə'pər] *n.* 窮人；貧民
- \* variation [və'rei'efən] *n.* 變化形式；變化
- \* gentry [dʒentri] *n.* 仕紳階級、上流社會人士
- ④ \* highborn [haɪ'baʊm] *adj.* 出身名門的
- \* commoner [kə'mənər] *n.* 平民
- \* aspire [ə'spaɪər] *v.* 有志於；嚮往、追求（之後可接 to N./V.）

#### Language Spotlight

##### 1. pride oneself on N./V-ing 以……自豪

- Jerry prides himself on his talent as a cook.  
傑瑞以身為廚師的才華感到自豪。
- 2. make sth one's own 將……改造成自己的（風格、版本）  
此片語指「改編、改造某事物，使其成為自身特有的」。
  - The singer performs Beatles' songs but makes them his own.  
那位歌手演唱披頭四的歌曲，但改成自己的風格。

##### 3. kick off (活動、比賽等) 開始

kick off 原為足球用語，表示「開球」，後引申指「(活動)開場；開始」。kick off 可作及物或不及物用。

作及物

- We'll kick off the event with a few words from the organizer.  
我們將以主辦人的幾句話為活動揭開序幕。
- 作不及物
- The FIFA World Cup will kick off in June 2018.  
世界盃足球賽將在二〇一八年六月開賽。

#### 動手寫寫看一

答案請見第 188 頁

◆ 她接下父親的餐廳，然後改造成自己的餐廳。

She took over her father's restaurant and \_\_\_\_\_.

◆ 我們以到海灘玩來展開我們的假期。

We \_\_\_\_\_ the holiday with a trip to the beach.

#### Sentence Patterns

The full English breakfast remains popular because of its hearty flavors, long tradition, and the fact that it can be enjoyed by anyone, regardless of class.

語意讀文第 43 例

##### 解析 1.

remain + adj./N. 的用法

remain 在此作連續動詞，表示「保持、持續」。

- I remained still as the bear came toward me.  
那隻熊向我走來時，我保持不動。

##### 解析 2.

the fact that 的用法

片語介系詞 because of 之後接 N./V-ing，欲接子句時須先加上名詞同位語如 the fact，句中 the fact that it can be enjoyed ... 即為此用法。此外，用 the fact that 而不是 that 來接子句更能強調要表達的事；當 that 子句為句子的主詞時，也會寫成 the fact 子句。

- Despite the fact that Andy studied very hard, he didn't pass the exam.  
儘管安迪非常用功讀書，他還是沒能通過這次考試。
- Why don't you just admit the fact that you're wrong?  
你為什麼不乾脆承認自己錯了呢？
- The fact that he didn't come to work today suggests that there might be something wrong.  
他今天沒來上班表示可能有什麼事不對勁。

##### 解析 3.

regardless of + N./名詞片語 不論……

- Anyone can join our group, regardless of age or background.  
任何人都可以加入我們的團體，不論年紀或背景。

#### 動手寫寫看二

答案請見第 188 頁

◆ 被問到他是否打破玻璃時，那名男孩保持沉默。

\_\_\_\_\_ when asked if he had broken the window.

◆ 不管天氣如何，他們計畫週末去徒步健行。

They plan to go hiking this weekend \_\_\_\_\_.

## Part

1

课文朗讀 正常 CD/MP3 Track 52 慢速 MP3 Track 138

Cats are **beloved**<sup>1</sup> pets in homes around the world, and they have made their way into the hearts of even more people by becoming the stars of many **online**<sup>2</sup> videos. These **adorable**<sup>3</sup> animals provide us with entertainment and **companionship**.<sup>4</sup> However, some of their **behaviors**<sup>5</sup> are so strange that we are left wondering, "Why do cats do that?"



# Why Do Cats Do That?

—K. M. Wright

## 貓咪行為大解密

不管有沒有真遇見，你可能都曾對貓咪的一些古怪行為摸不著頭緒。牠們總喜歡鑽進紙箱或是躲在各種狹小空間裡。一不小心還會卡在裡面嗚咽叫。這樣的行为常令人啼笑皆非。現在讓我們一起來了解貓咪更多奇怪行為背後的原因吧。

One behavior that many cat owners wonder about is kneading. While it may seem like your cat is trying to give you a relaxing **massage**,<sup>4</sup> there is more to kneading than that. Kittens knead their mother's belly to help keep milk flowing. When cats grow up, they usually knead when they are feeling **cozy**.<sup>5</sup> The thing that they are kneading, whether it's your skin or a blanket, may remind them of their mother's belly. Cats might also knead when they are **anxious**,<sup>6</sup> as a way to calm themselves.

Besides kneading their owners, cats have also been known to headbutt them. This may seem strange, but it's actually a sign of **affection**<sup>7</sup> and trust. Cats rub their faces



▲ 猫咪遇到你的时候会用前脚轻轻揉搓，称为「揉蹭」(Knead (nug)). 這個動作來自於幼貓會揉蹭母親的肚子以刺激母乳分泌。



▲ 搭伴喜歡用頭顱撞 (headbutt [hɛd'bʌt]) 主人或物品，目的是為了留下氣味。◎市三攝



on people in order to share pheromones,<sup>8</sup> as there are special <sup>20</sup> scent<sup>8</sup> glands<sup>9</sup> located there. Rubbing their faces on people or objects is also how cats mark their property.

## Part

### 2

譯文朗讀 正常 CD/MP3 Track 53 慢速 MP3 Track 139

Cats are known for their love of sleeping in small places—whether that be a cardboard<sup>9</sup> box, a drawer, or even the bathroom sink. There are obviously plenty of more spacious,<sup>10</sup> <sup>25</sup> comfortable places that they could nap, so why do they choose to cram<sup>11</sup> themselves into these spots? Simply put, cats feel more safe and secure<sup>12</sup> in small, enclosed<sup>13</sup> spaces. For cats in the wild, such tight spaces help them hide from predators<sup>14</sup> and avoid being ambushed;<sup>15</sup> it's also a good way to keep warm.

Although pet cats spend much of their time napping, they tend to come alive in the middle of the night. If you are a cat owner, you've probably been kept up by your cat yowling<sup>16</sup> or running around the house before. It's natural for cats to be awake for part of the night, as their sleeping patterns are different from those of humans. In addition, house cats might see daytime as "quiet time"—since their owners are away—and therefore have energy to burn off in the evening and at night.

Cats may seem crazy when they do things like headbutt<sup>17</sup> <sup>40</sup> you or squeeze into seemingly uncomfortable sleeping spots, but there is a method to their madness.<sup>18</sup> By learning about why cats do the things they do, we can better understand our feline<sup>19</sup> friends. ☺

翻譯請見第 200

**補充說明** 第 5 行的 leave 做「使……處於某種狀態」，用法為 leave + O. + O.C.，文中為被動用法 be left + O.C.，其中補語裡 we 為主動關係，故用現在分詞 wondering，若為被動關係則用過去分詞表示。

第 13 行的 whether it's your skin or a blanket 為插入用法，以進一步來說明前面的兩句，用來補充說明前面的先行詞 the thing。

第 23 行的 whether that be . . . or . . . 意指「無論那是……或……」，為正式的用法，相當於 whether that is . . . or . . .

第 33 行的形容詞 up 意為「醒著的、清醒的」。



## Discussion Starter

Which strange cat behavior were you most surprised by?

It was surprising to learn that . . . because . . .  
I didn't realize that . . . so . . .

## Reading Comprehension

- Which of the following was NOT mentioned as a behavior observed in cats?  
(A) Kneading people and objects  
(B) Sleeping in small spaces  
(C) Being more active at night  
(D) Brushing their tails on people
- According to the article, why do cats headbutt people?  
(A) To show they are unhappy or scared  
(B) To show affection and trust  
(C) To show that they want to play  
(D) To show that they are hungry

答案請見第 200 頁

## Vocabulary

◎ 第二個課程天的起始符號 \* 表示大考出現過的字彙

- 1. beloved** [bə'lʌvd] *adj.* 受到喜愛的；深愛的  
The beloved actor has fans around the world.
- 2. companionship** [kəm'pænʃən, -ʃɪp] *n.* 陪伴；情誼（不可數）  
Jen enjoyed the care and companionship she shared with her best friend.
- 3. behavior** [bɪ'hevɪə] *n.* 行為、舉止  
Students who are on their best behavior will be rewarded at the end of the day.
- 4. massage** [mæ'saʒ] *n., v.* 按摩  
I got a back massage yesterday to help ease my sore muscles.
- 5. cozy** [kəʊzɪ] *adj.* 溫暖、舒服的；（地方）溫馨舒適的  
The candles gave the room a warm and cozy feel.
- 6. anxious** [æŋkʃəs] *adj.* 焦慮的；緊張的  
I felt anxious while waiting to hear whether I got accepted into my first choice school.
- 7. affection** [ə'fekʃən] *n.* 喜愛、鍾愛；愛慕  
Megan was shown great affection on her birthday.
- 8. scent** [sɛnt] *n.* 氣味；香味 *v.* 發出氣味  
The wolf followed the scent left behind by his prey.

◎ 9. **cardboard** [kɑːrd'bɔːd] *adj.* 硬紙板製的  
*n.* 硬紙板

We packed up our clothes in two cardboard boxes in preparation for moving.

10. **spacious** [spɪ'ʃəs] *adj.* 寬敞的；廣闊的

This is a very spacious dining room—it can fit 20 people.

11. **cram** [kræm] *v.* 把……塞進、擠進（常搭配 into、in 等介系詞）

Julie managed to cram herself inside the crowded MRT just before the doors closed.

\* 12. **secure** [sə'kjʊər] *adj.* 安心的；（物品等）安全的

I hope you feel secure enough to bring up any problems you have.

\* 13. **enclose** [ɪn'kloʊz] *v.* 包圍；封閉（文中 enclosed 為過去分詞作形容詞用，表示「封閉的」）

Our yard is enclosed by a fence and locked gate.

\* 14. **predator** [prɪ'dətə] *n.* 掠食動物；掠奪者

Make sure to keep an eye out for predators while you're camping!

## 參考字彙

- \* **online** [ən'laɪn] *adj., adv.* 線上（的）、網路上（的）
- \* **adorable** [ə'dɔːrəbəl] *adj.* 可愛的；討人喜愛的
- \* **pheromone** [fərə'mɔːn] *n.* 費洛蒙
- \* **gland** [glænd] *n.* 腺體
- \* **ambush** [əm'bʊʃ] *v.* 埋伏；伏擊
- \* **yowl** [jaʊl] *v.* 嘴叫；哀嚎
- \* **feline** [fɪ'laɪn] *adj.* 猫科的 *n.* 猫科動物

## Language Spotlight

1. **simply put** 簡而言之；簡單地說

 *in a word*、*to put it simply/briefly*

**simply put**是由 *to put it simply* 簡化而來，亦可寫作 *put simply*，*put*在此表示「說；表達」。

- *Simply put, these directions will guide you through the entire process.*  
簡而言之，這些說明會引導你完成整個流程。

 類似的用法還有：

- *to put it bluntly* [blʌntli] 直言不諱
- *to put it mildly* 委婉地說
- *to put it another way* 換個方式說