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英文閱讀 READING KNOW-HOW 素養課



I'm unfamiliar with these words.

Try looking at the general context for their meanings.

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到深度思考
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LiveABC
英語數位學習第一品牌

UNIT
1



Ways to Stay Healthy That Don't Involve¹ Exercise

PRE-READING

- Do you like to exercise?
- What do you do to stay healthy?
- How many hours do you sleep every night on average?

Reading Vocabulary

processed foods



yoga



whole foods



digestion



meditation



journaling

hydration



heart disease





READING

► TRACK 01

We often link good health with exercise. However, there are many ways to stay healthy that don't require us to work up a sweat. Here are some of them.

Much of our health depends on what we eat.

5 **1** This is why we should avoid processed² foods like potato chips³ and candy, which contain few vitamins⁴ and more salt and sugar than our body needs. It's better to choose healthy whole foods such as fruits and vegetables. Also, eating too fast is bad for our
10 digestion.⁵ According to health coach Kelly Johnston, we should chew⁶ our food 20 to 30 times for each bite.



Besides food, water is also key to staying healthy. Around 60 percent⁷ of our body **is made up of** water, so

1. to include someone or something as a part of a group
2. to change something into another form by treating it in a particular way
3. a thin and crispy piece of food that is usually salty
4. a substance found in foods that helps to keep the body healthy
5. the physical process of changing food into a simpler form so that nutrients can be absorbed by the body
6. to use your mouth to break down food into small pieces
7. one part in every hundred; an amount that is one-hundredth of something



Finally, although some stress is good for us, too much of it can create problems like heart disease and high blood pressure. Stress may also lead to "stress eating," which means eating food to lift our mood,¹² even when we're not hungry. This, of course, can cause weight gain. So what can we do? Try doing things like meditation,¹³ yoga,¹⁴ or journaling to lower¹⁵ your stress level. Chances are that they'll make you feel a lot better.

Make sure that you practice these healthy habits. If you do, you'll soon be on the road to better health—even without exercise!



- 12. a person's emotional state or the way they feel at that moment
- 13. the act of spending time in quiet thought or reflection
- 14. a form of exercise that is practiced for mental and physical health that uses poses and breathing
- 15. to reduce the amount of something or the value of something

Info Box

第 3 行 work up a sweat [swet] 指「(運動、辛苦工作而) 滿身大汗」。

第 4 行 depend on 指「取決；視……而定」。

第 12 行 be key to N./V-ing 指「是……的關鍵」。

第 28 行 instead of 指「取代、代替……」。

第 32 行 heart disease [di'ziz] 指「心臟病」；high blood pressure ['preʃə] 指「高血壓」。

第 37 行 journaling [dʒənɔɪŋ] 為動名詞，表示「寫日誌」。



1 Which of the following words can be associated with drinking water?

A. Relaxation B. Digestion
C. Nutrition D. Hydration

2 What does Kelly Johnston suggest as a way to improve our health?

A. Cleaning the house B. Eating more slowly
C. Practicing meditation D. Getting more sleep

3 Which of the following activities is mentioned in the article?

A.



B.



C.



D.



4 What are some health-related problems addressed in the article?

5 What kind of food are potato chips and why are they bad for health?

Potato chips are a kind of _____, and they are bad for us because they _____.

Vocabulary

* 參考單字

1. **involve** [in'valv] *v.* 需要、包含；牽涉
Brian's job was very tiring, as it involved a lot of traveling.

2. **process** [prə'ses] *v.* 加工、處理 (過去分詞 processed 作形容詞，指「加工處理過的」；processed foods 指「加工食品」)
At the factory, the flour is processed into bread.

3. **chip** [tʃɪp] *n.* 碎片、碎屑 (potato chips 指「洋芋片」)
This new flavor of potato chips is too salty.

4. **vitamin** [vɪtə'mən] *n.* 維生素、維他命
Oranges have a lot of vitamin C.

5. **digestion** [dɪ'gɛstʃən] *n.* 消化；消化系統
Drinking too much coffee can be bad for your digestion.

6. **chew** [tʃu] *v.* 咀嚼
Snakes do not chew their food; they swallow it whole.

7. **percent** [pə'sent] *n.* 百分之……
The store is having a closing sale and everything has been reduced by 50 percent.

* 8. **hydration** [haɪ'dreʃən] *n.* 補充水分
Hydration is very important for runners competing in marathons.

9. **active** [æk'tɪv] *adj.* 忙碌、活躍的；積極的
Living an active life is good for your health.

10. **reward** [rɪ'wɔ:d] *n.* 回報、報酬；獎賞
The teacher promised the children a reward if they behaved well on the trip.

11. **elevator** [ə'lə'veɪtə] *n.* 電梯
The elevator is being fixed, so I had to take the stairs this morning.

12. **mood** [mud] *n.* 心情、情緒
Exercise can improve your mood.

* 13. **meditation** [medɪ'teʃən] *n.* 瞑想、沉思
People suffering from stress can often be helped by practicing regular meditation.

14. **yoga** [joga] *n.* 瑜伽
Jane enjoys going to her yoga class, as it helps her to relax after a busy day.

15. **lower** [ləʊə] *v.* 降低、減少
I'm trying to lower the amount of sugar that I eat.

Language Spotlight

1. **A be made up of B** A 由 B 組成、構成

此句型中的 A 為整體，B 為其中的一部分。

- The test was made up of questions from the textbook.

這次測驗是來自於教科書上的題目。

此片語亦可用主動語態來表示，兩者用法如下：

整體 + **be made up of** + 部分
部分 + **make up** + 整體



Skimming and Scanning

Skimming and scanning are highly useful reading techniques. They both require you to move your eyes quickly across text; however, they have slightly different purposes.

You skim a text to get a general idea of the material and to decide whether it is useful for your purposes. Let's say that you have a test coming up and you want to review the pages you've studied. Reading each word on every page could be a waste of time. Why not skim the pages for information you're not familiar with and study only that? To skim a text, look for key words, proper nouns, dates and times, numbers, and bold-type words. Also, pay attention to the first and last sentences of each paragraph. Information about the paragraph's general idea is often located there.

If you've skimmed a text and decided it is useful, then the next step is to scan it. This technique of fast reading is particularly useful for looking up specific information, such as words in a dictionary or prices in a product catalogue. To scan a text, first think of a key word, such as a name. Then, look for it as your eyes move quickly down the page. Once you've located the key word, you can carefully read the text surrounding it.

By skimming and scanning texts, you can take better notes and improve your reading comprehension. Best of all, it allows you to save time.



Test Your Skills

I Return to the article and, without rereading it in full, use the technique of skimming to gather the following information:

Explain briefly what the purpose of the following paragraph

Paragraph 2: Our overall health often depends on _____

Paragraph 3: Why _____ is important for health

Paragraph 4: The importance of getting enough

Paragraph 5: How to exercise without

Paragraph 6: Ways to reduce

5 Who would find this article most useful or interesting?