

類別:科學

日期:2020/6/17

如果你發現一隻雛鳥離開鳥巢，你該怎麼辦？

如果鳥受傷了：

打電話給動物中心（0-123-4567）。

或者

小心地把鳥抱起來，送到動物醫院去。

(要讓小鳥保持溫暖,不要給它任何食物!)

如果小鳥沒有受傷：

o 如果羽毛很少：

+你可以搆到巢穴

-->把鳥放回去

如果你找不到或無法搆到巢穴

-->打電話給動物中心

o 如果它有羽毛：

+ 就把小鳥留在原地！

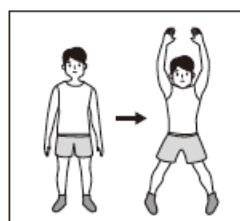
（它正在學飛！）

人們相信如果雛鳥身上沾染到人類的氣味，母鳥就會棄養這隻雛鳥。

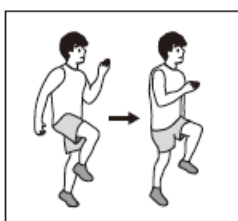


錯！鳥兒不在乎！

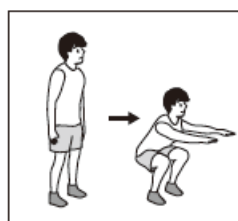
Tabata training is a very popular way of exercising these days. It doesn't take much time or space, and it burns calories faster than other ways of exercising. The idea of Tabata training is simple: exercise for 20 seconds, rest for 10 seconds, and then repeat (at least eight times). The moves for the 20-second exercise are not difficult to learn. Jumping jacks, high knees, squats, and planks are some of the most common moves. You can decide yourself what moves to do in your Tabata training. For example, you can do more leg exercises if you want strong legs.



JUMPING JACK



HIGH KNEES



SQUAT



PLANK

One great thing about Tabata training is that your body will keep burning calories for at least an hour after 4 minutes of Tabata training. But to have this wonderful "afterburn," you need to exercise really hard during each 20 seconds. If you seldom exercise or have heart problems, this exercise may not be good for you. But for people who enjoy exercising but are too busy to go to the gym, Tabata training might just be the answer.

calorie 卡路里 (熱量單位)

- ( ) 27. Which idea is talked about in the first paragraph (段落) of the reading? (65%)
- (A) How you should do Tabata training.  
 (B) What is the best time for Tabata training.  
 (C) Who first had the idea of Tabata training.  
 (D) How often you should do Tabata training.
- ( ) 28. Who might find that Tabata training is right for them? (49%)
- (A) People who enjoy team sports.  
 (B) People who want to start exercising.  
 (C) People who want to fix their heart problems.  
 (D) People who already have a habit of exercising.
- ( ) 29. Which is true about Tabata training? (66%)
- (A) It is difficult to learn the moves.  
 (B) You are free to choose your own moves.  
 (C) You need a large space to do the exercises.  
 (D) You cannot rest between moves if you want the afterburn.

106 會考 (27~28) 解析

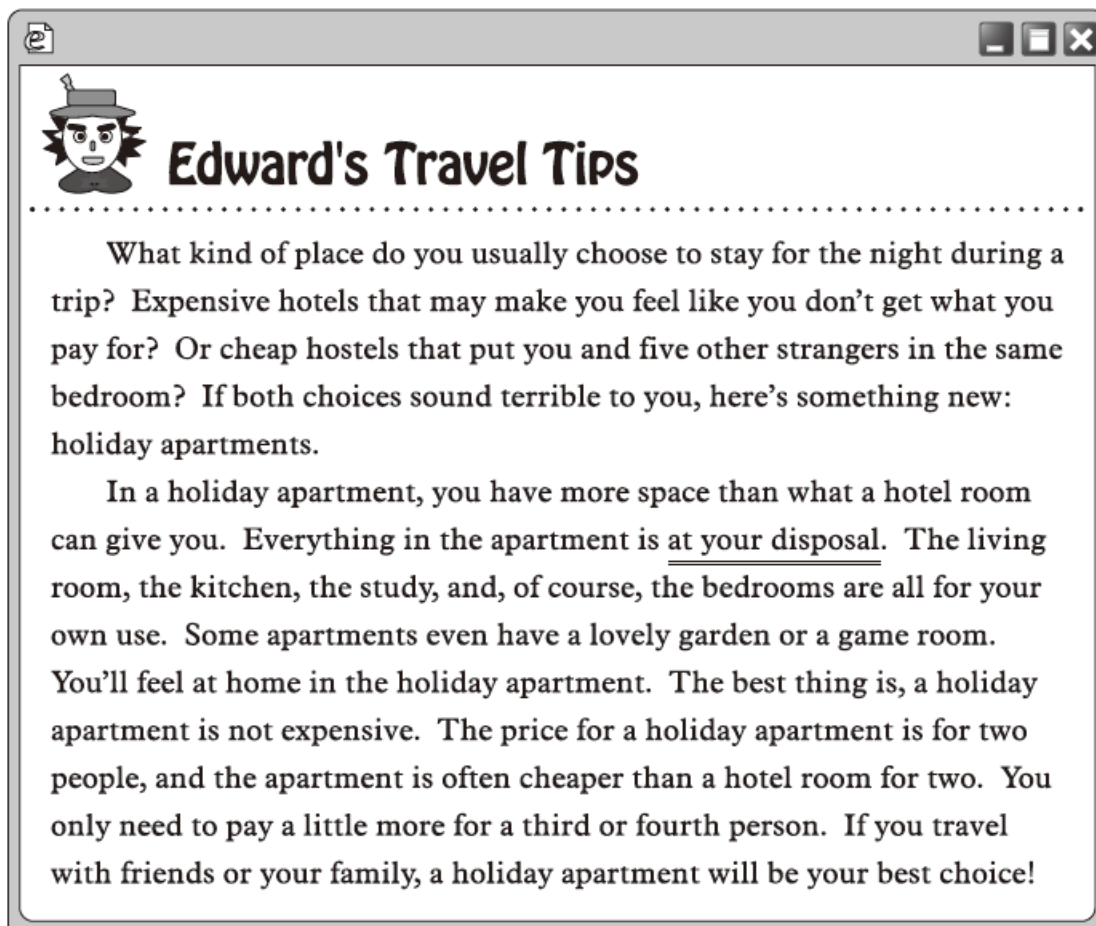
- ( A ) 27. Which idea is talked about in the first paragraph (段落) of the reading? (65%)
- (A) How you should do Tabata training.  
(B) What is the best time for Tabata training.  
(C) Who first had the idea of Tabata training.  
(D) How often you should do Tabata training.  
27. 第一段提到 Tabata 訓練的做法。
- ( D ) 28. Who might find that Tabata training is right for them? (49%)
- (A) People who enjoy team sports.  
(B) People who want to start exercising.  
(C) People who want to fix their heart problems.  
(D) People who already have a habit of exercising.  
28. 更正：(A) Tabata 訓練不是團體運動。(B)(C) 第二段倒數第二句建議較少運動者或有心臟問題的人不適合 Tabata 訓練。
- ( B ) 29. Which is true about Tabata training? (66%)
- (A) It is difficult to learn the moves.  
(B) You are free to choose your own moves.  
(C) You need a large space to do the exercises.  
(D) You cannot rest between moves if you want the afterburn.  
29. 第一段倒數第二句提到可以自行調整訓練的部位。


106 會考 (27~28) 中譯

Tabata 訓練是當今非常流行的運動方式。它不需要很多時間或空間，且相較其他鍛鍊方式，它能更快燃燒熱量。Tabata 訓練的概念很簡單：運動 20 秒，休息 10 秒，然後重複（至少八次）。20 秒的鍛鍊動作並不難學。開合跳、高抬腿、深蹲和平板支撐是其中一些最常見的動作。你可以自己決定在 Tabata 訓練中要做什麼動作。例如，如果你想要強壯的腿，你可以做更多腿部訓練。

(圖略)

Tabata 訓練有一個很棒的地方，在 4 分鐘的 Tabata 訓練後，你的身體會持續燃燒至少一個小時的卡路里。但要擁有這個美妙的「後續燃燒」，你必須在每個 20 秒內非常努力地運動。如果你很少運動或有心臟問題，這個運動可能不適合你。但是對於喜歡運動卻又忙到沒時間去健身房的人來說，Tabata 訓練可能就是解決方案。(圖略)



 **Edward's Travel Tips**

What kind of place do you usually choose to stay for the night during a trip? Expensive hotels that may make you feel like you don't get what you pay for? Or cheap hostels that put you and five other strangers in the same bedroom? If both choices sound terrible to you, here's something new: holiday apartments.

In a holiday apartment, you have more space than what a hotel room can give you. Everything in the apartment is at your disposal. The living room, the kitchen, the study, and, of course, the bedrooms are all for your own use. Some apartments even have a lovely garden or a game room. You'll feel at home in the holiday apartment. The best thing is, a holiday apartment is not expensive. The price for a holiday apartment is for two people, and the apartment is often cheaper than a hotel room for two. You only need to pay a little more for a third or fourth person. If you travel with friends or your family, a holiday apartment will be your best choice!

 hostel (提供廉價食宿的) 旅舍

- ( ) 22. What is the reading mostly about? (60%)
- (A) Where to find a nice holiday apartment.
  - (B) How to choose a nice holiday apartment.
  - (C) Why one should choose a holiday apartment.
  - (D) How one can change their house into a holiday apartment.
- ( ) 23. From the reading, what can we learn about holiday apartments? (55%)
- (A) They are good for people who like to take one-day trips.
  - (B) They are good for people who travel in a group of three or more.
  - (C) They are good for people who want to make new friends when traveling.
  - (D) They are good for people who like to spend their holidays in the country.
- ( ) 24. What does it mean to say that something is at your disposal? (59%)
- (A) You are free to use it.
  - (B) You can find it everywhere.
  - (C) You know everything about it.
  - (D) You can buy it at a lower price.

107 會考 (22~24) 解析

- ( C ) 22. What is the reading mostly about? (60%)
- (A) Where to find a nice holiday apartment.  
(B) How to choose a nice holiday apartment.  
(C) Why one should choose a holiday apartment.  
(D) How one can change their house into a holiday apartment.
22. 由第一段提到旅行住宿的方式，第二段提到選擇假日公寓的優點，故選 (C)。
- ( B ) 23. From the reading, what can we learn about holiday apartments? (55%)
- (A) They are good for people who like to take one-day trips.  
(B) They are good for people who travel in a group of three or more.  
(C) They are good for people who want to make new friends when traveling.  
(D) They are good for people who like to spend their holidays in the country.
23. 第二段提到假日公寓的價錢是以雙人計價，第三~四人只要再加付一點錢即可，所以三人以上一起旅行很划算，故選 (B)。
- ( A ) 24. What does it mean to say that something is at your disposal? (59%)
- (A) You are free to use it.  
(B) You can find it everywhere.  
(C) You know everything about it.  
(D) You can buy it at a lower price.
24. 由第二段第三句可知在假日公寓裡的所有設備皆可使用，故選 (A)。

107 會考 (22~24) 中譯

Edward 的旅行訣

你常常選什麼樣的地方在旅途中住宿呢？選擇很貴但是讓你感覺沒有得到與所付房價相當的飯店？或者你選擇得和其他五個陌生人同房的廉價旅館呢？如果這兩種選擇對你而言聽起來都很糟，這裡有個新選擇：假日公寓。

在假日公寓裡，你可以擁有比飯店房間更多的空間。公寓裡的一切設施都任你使用。客廳、廚房、書房，當然還有臥室也完全供你使用。有些公寓甚至還有可愛的花園或遊戲房。在假日公寓裡，你會覺得就像待在家裡一樣。最棒的是，假日公寓並不昂貴。假日公寓的房價是雙人價，而且通常比飯店的雙人房還更便宜。你只需要加付一點錢，就可以加入第三位或第四位房客。如果你要和朋友們或家人一起旅行，假日公寓將會是你最佳的選擇！