Praise for the Humble Potato

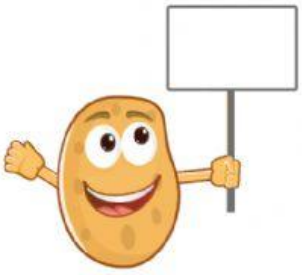
請依照題示將正確的動詞型態和介系詞填入空格

Many people believe that potatoes are an unhealthy food. That's because potatoes are often _____(eat) in the form of french fries or potato chips, which are _____(load) _____(介系詞) salt and fat. The truth is that potatoes are good _____(介系詞) us.

很多人認為馬鈴薯是不健康的食物。那是因為馬鈴薯常以薯條或洋芋片的形式來食用，那些食品富含鹽和脂肪。事實是馬鈴薯對我們是好的。

One medium potato contains many kinds of vitamins and minerals, _____ (include) vitamin C. This helpful vitamin can reduce the time it takes to recover _____(介系詞) a cold and keep our skin _____ (look) young. Potatoes are _____(pack) with fiber and protein, and they also provide many of the things that our bodies need to keep _____(function). To illustrate, _____ _____ (即使) you eat only potatoes, you can still get all the protein that your body requires.

一顆中型馬鈴薯含有許多種維生素和礦物質，包含維生素C。這種有益的維生素可以縮短感冒復原的時間並且使我們的皮膚看起來年輕。馬鈴薯富含纖維和蛋白質，也提供許多讓身體維持運作需要的東西。舉例來說，即使你只吃馬鈴薯，你還是可以得到所有身體所需的蛋白質。



Practical Vocabularies:

1. mouse potato 電腦迷
2. couch potato 沙發薯仔
   (指愛窩在沙發裡看電視的人，老看電視的人)
3. hot potato 燙手山芋；棘手的事情
4. I potato you 我超喜歡你
   (很喜歡一個人，但是還沒到達愛的程度)

LIVEWORKSHEETS

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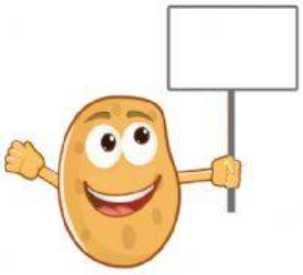
_____(最後), potatoes are quite low in fat. A hundred grams of this food _____(contain) _____(little) fat than one slice of white bread. _____ _____(此外), potatoes could help those who are trying to lose weight. In fact, studies show that potatoes can make you feel fuller for a longer period of time compared _____(介系詞) many other types of foods, like eggs or rice.

最後，馬鈴薯的脂肪含量很低。一百克馬鈴薯所含的脂肪比一片白麵包還少。此外，馬鈴薯可以幫助那些努力在減肥的人。確切地說，研究顯示比起很多其他食物像蛋或米飯，馬鈴薯可以讓你更有飽足感持續更長的時間。

Besides _____(be) healthy, potatoes lend themselves _____(介系詞) different ways of cooking. So put aside those French fries and potato chips, and try _____(make) this simple and healthy dish _____(介系詞) your next meal instead.

除了健康以外，馬鈴薯很適合不同的烹調方式。所以把那些薯條和洋芋片放一邊，試著在下一餐改做這道簡單又健康的菜吧。



Practical Vocabularies:

1. small potatoes 不重要的事
e.g. It's just small potatoes. Don't worry! 那只是小事。別擔心。
2. meat and potatoes ...最重要的部分；...最基本的部分
3. a small potato 地位低微的人；小人物
e.g. He is just a small potato and he can never render us any help.
他只不過是個無名小卒罷了，無法給我們任何幫助的。

LIVEWORKSHEETS