

UNIT 4 PUMPKINS: A HEALTHY AND FUN FOOD

配合題：依提示將正確的選項填入句子當中

converted beneficial protect variety cancer normal
carotenoids avoid fiber importantly digestive

Autumn is here, and that means it's pumpkin season. These tasty fruits are found in a _____ of dishes, from salads and soups to pies and cakes. More _____, they're _____ to our health in more ways than one. 秋天到了，那表示又到了南瓜季。這些美味的果實在**各式各樣的**菜餚中都可以找到，從沙拉、湯到派、蛋糕都有。**更重要的是**，它們對於我們的健康在很多方面都有**好處**。

Like carrots and mangos, pumpkins contain _____, which are found mainly in red, yellow, or orange foods. Carotenoids help _____ our cells against _____ and can even be _____ by our bodies to vitamin A which is necessary for good eye, skin, and heart health. 就像胡蘿蔔和芒果一樣，南瓜含有**類胡蘿蔔素**，主要在紅色、黃色或橘色的食物中都可以找到。類胡蘿蔔素有助於**保護**我們的細胞對抗**癌症**，甚至可以**被身體轉換成**維生素A，這對眼睛、皮膚和心臟健康是必要的。

Another reason pumpkin is good for us is its high _____ content. A high-fiber diet is key to maintaining _____ blood sugar levels as well as keeping our _____ systems running smoothly. A fiber-rich diet can also help us lose weight, since it lets us feel more quickly and thus _____ overeating.

纖維是另一個南瓜對我們有好處的原因。**高纖**飲食是維持**正常**血糖值以及讓我們的**消化系統**運作順利的關鍵。富含纖維的飲食也可以幫助我們減重，因為我們會比較快有飽足感，因此能**避免**飲食過量。

effective stand out linked scoop prefer rot
stem goodness possible dry out pressure

Finally, the _____ of pumpkins is found in the seeds as well.

Pumpkin seeds are high in fatty acids, which may be _____ against high blood _____ . Best of all, pumpkin seeds make wonderful

snacks. 最後，南瓜的**好處**也可以在種子裡找到。南瓜籽富含脂肪酸，也許能**有效**對抗**高血壓**。最棒的是，南瓜籽可以作為很棒的點心！

A favorite fall activity – and one that's _____ to Halloween – is pumpkin carving. There are many ways to go about carving a pumpkin. Here are some tips for making your jack-o'-lantern _____.

一項受到喜愛的秋季活動(也是一項跟萬聖節**有關**的活動)就是雕刻南瓜。雕刻南瓜有很多種方式。這裡有一些讓你的南瓜燈**引人注目的**訣竅。

With a knife, cut a hole in the pumpkin. Most people cut around the _____ , but some _____ to cut the hole in the back. This is because cutting off the stem may make the pumpkin _____ quicker.

用刀子在南瓜上切個洞。大多數人都會在**梗**周圍切開，但有些人比較**喜歡**在後面切洞。這是因為把梗切掉可能會使南瓜更快**乾掉**。

Take a large spoon and _____ everything out of the pumpkin. Leave no seeds or fiber inside, as these can cause the pumpkin to _____ .

Scrape the walls, too, to remove as much flesh as _____ .

取一支大湯匙將南瓜裡的所有東西都**挖掉**。裡面不留種子或纖維，因為這些可能會使南瓜**腐爛**。南瓜壁也要刮，**盡可能**多把果肉移除。

Spray Light up carve electric
recommended needed spoil

Design your jack-o'-lantern by drawing out ideas on paper first. Once you know how it should look, draw your design on the pumpkin with a marker. Next, _____ your pumpkin in one sitting so that it doesn't dry out. _____ it with water if _____.

設計南瓜燈時先在紙上畫出構想。一旦你知道看起來應該長怎樣，就用麥克筆在南瓜上畫出設計圖。接著一口氣刻完你的南瓜，這樣才不會乾掉。若有需要就噴點水。

_____ your jack-o'-lantern at night with an _____ light, like an LED. A candle isn't _____, as it can heat up the pumpkin and make it _____ faster.

晚上用電燈如LED來點亮你的南瓜燈。不推薦用蠟燭，因為它可能會讓南瓜變熟而腐敗得更快。



★ turn into a pumpkin 該回家睡覺了

Ex. It's too late for me - I turn into a pumpkin at ten o'clock.

現在對我來說已經太晚了，我10點就要回家睡覺。

