

# 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。

