



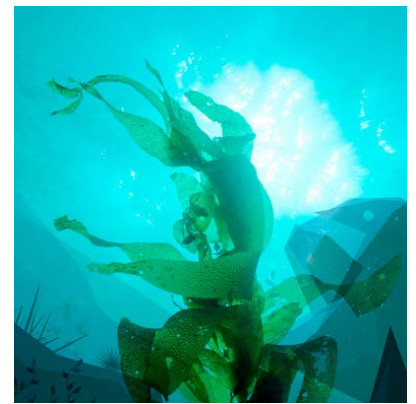
第七十七期

The Health Benefits of Kelp

海帶的健康益處

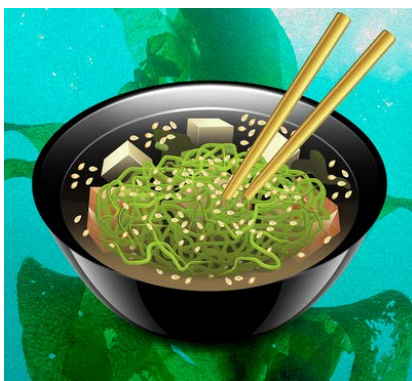
These days, health trends are all the rage. One nutritious food that has had an impact on the health community is kelp. Kelp is a kind of **seaweed** that grows close to the coastal areas of many countries all over the world. This lengthy brown algae grows in kelp forests, which can be found in both **temperate** and polar waters. Some kinds of kelp can grow **extraordinarily** fast—nearly half a meter per day!

近來，健康趨勢正盛。海帶這種營養食物對健康社群大有影響力。海帶是一種海藻，生長在世界各地許多國家的沿海地帶。這種長長的褐藻生長於海帶林，可以在溫帶及極地水域找到。有些種類的大海帶可以成長得非常快速，一天可長到將近半公尺長！



The fact that kelp grows fast is a good thing, as many people can benefit from eating it. Kelp takes in many nutrients from the environment that surrounds it. People with low thyroid problems should be encouraged to eat more kelp, as kelp is rich in iodine. Iodine promotes not only a healthy thyroid, but also a healthy brain. Some kinds of kelp have close to 3,000 micrograms of iodine, which is considered very high.

海帶生長快速是件好事，因為許多人都可以食用海帶而受益。海帶從周遭環境中攝取許多營養物質。應鼓勵患有甲狀腺機能低下問題的人多吃海帶，海帶富含碘。碘不僅可以促進甲狀腺的健康，還能促進大腦的健康。有些種類的大海帶有近3000微克的碘，被認為是非常高劑量。



To fight **inflammation**, which can lead to or **aggravate chronic** diseases, people can eat kelp for its antioxidants. Antioxidants found in kelp, like flavonoids and carotenoids, assist the body in fighting disease. The health of the heart and blood vessels can be improved if a person consumes vitamin C. Kelp also contains this. 為了抵抗可能造成慢性疾病或加重疾病的炎症，人們可以食用海帶攝取內含的抗氧化劑。海帶中發現如類黃酮與類胡蘿蔔素之類的抗氧化劑，有助於人體抵抗疾病的發生。如果一個人食用維生素C，也可改善心臟及

血管健康。海帶中也包含這項益處。

Anyone on a health kick should add a bit of kelp to his or her diet. Try some today!

任何一個熱衷保健的人都應該在他的飲食中加入一點海帶。今天就試試看吧！

Vocabulary 好字精選

1. community (n) a group of people living in the same place or having a particular characteristic in common 社區，社群

The Italian community celebrated their culture.

義大利社區在慶祝他們的文化。

2. seaweed (n) large algae growing in the sea or rocks 海藻

Many fish can be seen swimming around the seaweed.

可以看到許多魚在海藻周圍游泳。

3. temperate (adj.) relating to or indicating a region or climate characterized by mild temperatures 溫帶的

A temperate climate doesn't get extremely hot or cold.

一個溫帶氣候不會太熱或太冷。

4. extraordinarily (adv.) extremely 非常地，極端地，極為

Those shoes are extraordinarily cheap! 那些鞋子非常便宜！

5. inflammation (n) a physical condition in which part of the body becomes reddened, swollen, hot, and often painful 炎症，發炎

Due to inflammation in his hip, Joe couldn't walk very far.

由於他的臀部發炎，Joe 無法走遠。

6. aggravate (v) to make an injury worse 加劇，加重

Henry aggravated his knee injury by jumping. Henry 因跳躍加重了他的膝傷。

7. chronic (adj) (of an illness) long-term; persistent 慢性的，長時間的，持續的

Diabetes is a chronic disease. 糖尿病是一種慢性疾病。

Phrases and Sentence Patterns 句型解析

1. all the rage (idiom) to be very popular at a particular time (一時) 流行

Skinny jeans are all the rage these days. 緊身牛仔褲這陣子很流行。

2. have an impact on (phrase) to affect 影響

The presentation had an impact on me. 演講對我有影響。

3. the fact that (phrase) 事實是…

The fact that Ken arrived late again indicates that he is quite a lazy person.

Ken 再次遲到的事實表明他是一個懶惰的人。

4. on a health kick (idiom) currently enthusiastic about health 熱衷保健…

Sue's really on a health kick lately. Sue 最近真的很熱衷保健。

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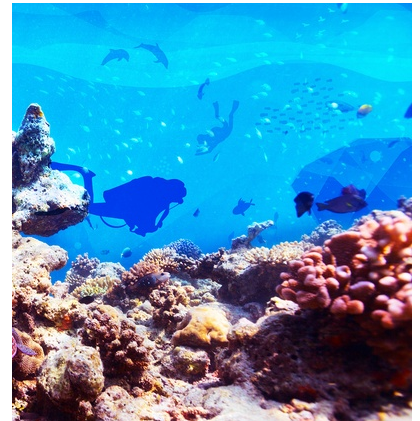
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The Importance of Coral Reefs

珊瑚礁的重要性

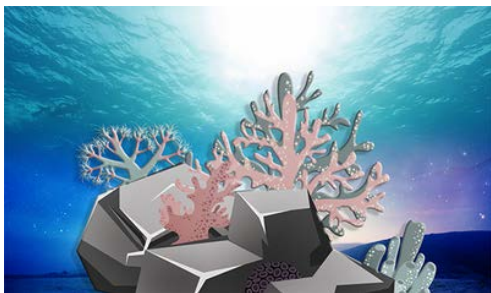
Coral reefs contain more **diversity** than any other **ecosystem** in the ocean. What's surprising is that they only cover a small part of the ocean floor, and yet they're home to about one fourth of all marine life. These animals rely on coral reefs for food and protection.

珊瑚礁比海洋中的任何其他生態系有著更豐富的生態多樣性。令人驚訝地是，珊瑚礁只覆蓋了海床中的一小部份，卻是四分之一的海洋物種的棲息地。這些海洋生物仰賴珊瑚礁取得食物及保護。



Humanity depends on coral reefs as well. Huge numbers of fish are taken from coral reefs every year to help feed humans. A lot of money is also made from tourism. The Great Barrier Reef is the biggest coral reef structure there is, and it attracts millions of visitors yearly.

人類同樣地也仰賴珊瑚礁過活。每年有大量棲息在珊瑚礁的魚類成為人類的糧食。觀光業同樣也賺了許多錢。大堡礁是最大的珊瑚礁群，每年吸引了上百萬的觀光客前來。



There are some big **threats** that are starting to take a toll on coral reefs. One bad impact is rising water temperatures. High temperatures lead to the loss of certain algae that many corals eat. This process is called "coral bleaching." Another threat is overfishing. This disrupts the **delicate** balance in the ecosystem.

但有一些巨大的威脅開始攻擊珊瑚礁了。其中一種負面影響就是海水溫度的上升。增升的溫度導致許多珊瑚賴以維生的特定藻類減少。這過程被稱為「珊瑚礁白化」。另一項威脅就是魚類過度捕捉。這破壞了脆弱的生態環境平衡。

These days many marine protected areas (MPAs) are helping **preserve** coral reefs. MPAs encourage responsible fishing and restrict harmful activities.

現今有許多海洋保護區（MPAs）正在協助珊瑚礁的保存。海洋保護區（MPAs）鼓勵有限度的捕魚，也限制破壞性的行為。

Vocabulary 好字精選

1. diversity (n) the condition of having lots of variety 多元性，多樣化

The rainforest contains a large diversity of plant life.

熱帶雨林中存在著多樣化的植物種。

2. ecosystem (n) a community of interacting animals and their environment 生態系

The local marine ecosystem is in danger.

當地的海洋生態系統處於危險中。

3. threat (n) a person or thing likely to cause damage or danger 威脅

Jimmy's bad smoking habit was a threat to their relationship.

Jimmy 不良的抽煙習慣會是威脅他們感情的一點。

4. delicate (adj) easily broken or damaged; fragile 脆弱的，易碎的

The new tea cups were quite delicate.

這些新茶杯相當易碎。

5. preserve (v) to maintain (something) in its original or existing state 保存，保留

We can preserve the meat by keeping it in the freezer.

我們可以將肉類放入冰箱內保鮮。

Phrases and Sentence Patterns 句型解析

1. rely on (phrasal verb) to depend on 依賴

I always rely on my sister for help with my math homework.

我總是依賴姐姐協助我完成數學功課。

2. take a toll on (idiom) to affect (usually negatively) 產生（負面地）影響

All the drinking is taking a toll on Alex's health.

喝酒對 Alex 的健康產生負面的影響。

3. lead to (phrasal verb) to cause to happen 導致，造成

The new government policy led to a rise in public disapproval.

這項新的政府政策會導致民眾的反對聲浪。



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