

中心：_____

姓名：_____

1100719 高中職生 英翻中短文翻譯 題目

If you want to keep healthy and strong, please follow these tips.

1. Don't stay up late too often. It harms your health a lot and you may not sleep well if you go to bed too late.
2. Before you play sports, do some warm-ups, or you will get hurt easily on your knees, legs, or arms.
3. Don't spend over thirty to forty minutes sitting at the desk or in front of the computer. That will make your eyes tired easily and get near-sighted easily.
4. If your body tries to tell you something about your health, go to the doctor for help.

Remember the fact: nothing is more important than health!

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如果你想維持健康和強壯的話，請照著以下方式：

1. 別太常熬夜，那非常傷害你的健康，而且假如你太晚睡的話，你可能會睡不好。
2. 在你運動之前，做些暖身運動，否則你很容易傷害你的膝蓋、腿部、或是手臂。
3. 不要在電腦桌前坐超過 30 至 40 分鐘，那將會使你的眼睛容易疲憊，並且容易近視。
4. 假如你的身體試著告訴你，你的健康有些狀況了，那麼就要尋求醫生協助。

記得一個事實：沒有什麼事比健康更重要!