

中心：\_\_\_\_\_

姓名：\_\_\_\_\_

### 1110725 高中職生 英翻中短文翻譯 題目

Do you know how long we can live without drinking water? Only three days! But we can live over three weeks without eating food. Our bodies contain about 60% water which keeps our bodies working so we must resupply water we lose through sweat and other ways. The following are goods of drinking water.

1. A healthy balance: Drinking plenty of water helps our bodies keep a healthy balance of fluids.
2. Weight loss: Water makes people feel full and helps reduce our hunger to eat.
3. Clearer skin: Drinking enough water washes away the toxins and gives people better and clearer skin.

Enough water is key to a healthy life so let's drink more water together.

contain 包含

resupply 再補給

fluid 液體

toxin 毒素

中心：\_\_\_\_\_

姓名：\_\_\_\_\_

### 1110725 高中職生 英翻中短文翻譯 參考答案

你知道不喝水我們可以存活多久嗎？只有三天！但沒有吃東西我們可以存活超過三個星期。我們的身體包含 60%的水，而水能維持我們身體的運作，所以我們必須補充因流汗或其他方式流失的水分。以下是一些喝水的好處。

1. 健康的平衡：大量喝水能幫助我們身體維持健康的液體平衡。
2. 體重減輕：水讓人有飽足感，且能幫助降低我們的食慾。
3. 光亮的皮膚：足夠的水分能沖掉毒素，帶給人們更好更光亮的皮膚。

足夠的水分是健康生活的關鍵，所以我們一起喝更多水吧。