

中心：_____

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1141201 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