

中心：\_\_\_\_\_

姓名：\_\_\_\_\_

**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

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**1141201 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。