

Before You Read

►現代的人喝咖啡或茶時，喜歡加些糖（sugar），讓茶或咖啡的口感更香甜，加的糖的種類有很多，如喝熱咖啡或茶時常加的冰糖（crystal sugar），方糖（sugar cube），焦糖（caramel），或一般的砂糖（granulated sugar），而喝冰咖啡及冰茶時則常使用較容易攪拌的糖漿（syrup）。

■ National News

New Study Warns Against Pearl Milk Tea

The Consumers' Foundation has released some alarming facts and **figures** after **analyzing** the results of a study and survey on the popular Taiwanese **refreshment**, pearl milk tea. Armed with the findings of a Taipei Medical University Hospital study **conducted** in 2006, the organization claims that drinking **excessive** amounts of pearl milk tea may cause **adverse** health effects and (1) people to consider the risks involved in drinking too much of the popular treat.

The study **cited** by the Consumers' Foundation found that a single 700ml cup of pearl milk tea (2) a **whopping** 400 calories—the **equivalent** of about 300 grams of rice. The Consumers' Foundation then conducted a survey of almost 7,000 people and found that roughly one (3) six **respondents** claimed to drink one cup of pearl milk tea per day. In the same survey almost 3% of those (4) **admitted** to consuming three cups a day. At 400 calories per serving, that is a **staggering** 1,200 calories—over half of the (5) daily **caloric intake** for an adult. Drinking three cups of pearl milk tea in a day is the equivalent of eating almost one kilogram of rice but (6) the **nutritional value** since the majority of the calories in pearl milk tea comes from simple sugars. What's more, the Consumers' Foundation claims that if the yearly amount of sugar consumed island-wide were calculated in the form of standard sugar cubes piled on one another, they (7) the height of 545,000 Taipei 101 buildings.

Experts are concerned that consuming excessive sugary drinks can (8) **obesity** and **tooth decay** and increases the risk of (9) **chronic** diseases, such as **diabetes**. Therefore, authorities are advising people to think twice before reaching (10) a cup of pearl milk tea. They strongly suggest that thirsty people choose water **for the sake of their health**.

◆ Multiple Choices

- | | | | |
|------------------------------|---------------------|--------------------|----------------------|
| _____ 1. (A) urge | (B) is urging | (C) urging | (D) urged |
| _____ 2. (A) is consisted of | (B) contains | (C) makes up of | (D) is composed of |
| _____ 3. (A) out of | (B) to | (C) against | (D) apart from |
| _____ 4. (A) questioned | (B) questioning | (C) who questioned | (D) that questioning |
| _____ 5. (A) accommodated | (B) accommodating | (C) recommended | (D) recommending |
| _____ 6. (A) with | (B) under | (C) without | (D) over |
| _____ 7. (A) are equal to | (B) were equal to | (C) will equal | (D) would equal |
| _____ 8. (A) lead to | (B) result from | (C) devote to | (D) contribute to |
| _____ 9. (A) gaining | (B) diagnosing with | (C) receiving | (D) suffering from |
| _____ 10. (A) out | (B) over | (C) down | (D) for |

◆ Vocabulary and Idioms

1. figure ['fɪɡjə] *n.* 數字
2. analyze ['ænlʌɪz] *v.* 分析
3. refreshment ['rɪ'frɛʃmənt] *n.* 食物和飲料；小吃
4. conduct [kən'dʌkt] *v.* 指揮；主持
5. excessive [ɪk'sesɪv] *adj.* 過度的
6. adverse [æd'vɜ:s] *adj.* 不利的；有害的
7. cite [saɪt] *v.* 引用；引證
8. whopping ['hwɑ:pɪŋ] *adj.* 極大的；不平常的
9. equivalent [ɪ'kwɪvələnt] *n.* 相等的事物或數量
10. respondent [rɪ'spɒndənt] *n.* 應答者；受訪者
11. admit [əd'mɪt] *v.* 承認
12. staggering ['stægərɪŋ] *adj.* 驚人的
13. caloric [kə'lɒrɪk] *adj.* 熱量的
14. intake ['ɪn.tek] *n.* 吸入；攝取
15. nutritional value [nu'trɪʃənəl 'vælju] *n.* 營養價值
16. obesity [o'bisəti] *n.* 過度肥胖
17. tooth decay [,tuθ dr'ke] *n.* 蛀牙
18. chronic ['krɒnɪk] *adj.* 慢性的
19. diabetes [daɪə'bitɪz] *n.* 糖尿病
20. for the sake of sth./sb. *prep. phr.* 為了某事／某人起見

◆ Patterns

Armed with the findings of a Taipei Medical University Hospital study conducted in 2006, ...

= Armed with the findings of a Taipei Medical University Hospital study which was conducted in 2006,

⇒句中的過去分詞片語“conducted in 2006”由形容詞子句“which was conducted in 2006”省略而來。當動詞表被動時，改為過去分詞。文中還有其他含有相同用法的句子：

1. In the same survey almost 3% of those questioned admitted to consuming three cups a day.
2. What's more, the Consumers' Foundation claims that if the yearly amount of sugar consumed island-wide were calculated in the form of standard sugar cubes piled on one another, they would equal the height of 545,000 Taipei 101 buildings.

◆ Translation

新的研究警告少喝珍珠奶茶

消基會在分析一項受臺灣人喜愛的飲料，珍珠奶茶所做的調查研究之後，公布了一些駭人的事實及數據。根據一項臺北醫學大學附設醫院在 2006 年所做的研究發現，消基會指出飲用過量的珍珠奶茶可能造成對健康不利的效果，並且力勸人們仔細思考喝太多這個受歡迎的飲料所可能有的危險。

這個被消基會引用的研究發現一杯七百毫升的珍珠奶茶中含有四百卡的熱量，相當於三百克米飯的含量。消基會後來對近七千人所做的調查中發現大約有六分之一的受訪者表示他們每天喝一杯珍珠奶茶。同一項調查中大約有百分之三的受訪者承認一天喝三杯。以每一杯四百卡計算，那可是驚人的一千兩百卡的熱量，超過建議成人每天所應攝取的熱量的一半。一天喝三杯珍珠奶茶相當於吃下近一公斤米飯但卻沒有其營養價值，因為珍珠奶茶中主要的熱量來自於糖分。更甚者，消基會表示如果把全國一年所攝取的糖以標準的方糖一塊塊疊在一起的方式來計算，它們相當於五十四萬五千棟 101 大樓的高度。

專家們擔心攝取過量的含糖飲料可能導致過度肥胖及蛀牙，並增加罹患像是糖尿病等的慢性疾病。因此，有關當局建議民眾在喝珍珠奶茶之前要三思。他們強烈建議口渴的民眾，為了健康著想，還是選擇白開水。

◆ **Answer**

- (1) B (2) B (3) A (4) A (5) C (6) C (7) D (8) A (9) D (10) D

[illegible]