**ICRT News Lunchbox 110/09/10** **News for Kids（國小）**

Wash Your Eggs Before You Eat Them

I love eggs. I love eggs no matter how they are cooked. I like eggs fried,

scrambled, hard boiled, and soft boiled.

我喜歡吃雞蛋，不論怎樣的做法都喜歡。

Do you like eggs as much as I do?

I eat a lot of eggs, that's why I make sure I prepare them correctly. Because if you don't prepare eggs correctly, you can get very sick.

蛋沒有好好保存或是煮熟的話，吃了會生病。

You should wash eggs only right before you cook them. 雞蛋應該在煮之前清洗喔!

Don't wash eggs before you put them in the refrigerator!

放在冰箱前不要先洗。

Only before you are about to cook them.

This is because eggs have a natural protection on their shells. If you wash

them too early, you wash the protection away, and germs can get into the egg.

太早洗乾淨，細菌反而會跑進去。

But if you wash eggs right before you cook them, germs don't have time to get into the egg. This means you won't accidentally get sick.

Some people like raw eggs, but experts say that is probably not a good idea.

最好不要吃生的雞蛋，怕有細菌。

And you should always make sure eggs are completely cooked before you eat them.

Oh well, at least I can still eat scrambled eggs! Yum!

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**Vocabulary**

1. Cook 做飯。

Cooking is difficult for me. 對我來說做飯菜很難。

Really? Even cooking eggs or noodles? 真的喔? 即使煮蛋煮麵也是嗎？

Yes. It takes a lot of time. 對啊，很花時間。

2. Boil 水煮。

Maybe you can just boil some eggs. 也許你可以就煮幾個蛋。

It's easy. 那很容易的。

But I hate boiled eggs. 但是我討厭水煮蛋。

3. Sick 生病的。

You will get sick if you keep eating so little. 你總是吃這麼少會生病的。

You know what? I never get sick. 你知道嗎？我從來不生病。

4. Wash 清洗。

My hands are itchy. 我的手好癢。

You've washed your hands too many times. 你洗手太多次了。

These are useful words to learn.

**cook 做飯**

**boil 水煮**

**sick 生病的**

**wash 清洗**

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Quiz

1. What kind of food is being talked about in this story?

a. Rice

b. Eggs

c. Vegetables

2. What should you do to eggs before you put them in the refrigerator?

a. Wipe them with a dry cloth

b. Wipe them with a damp cloth

c. Cook them

3. When should you wash eggs?

a. Before you cook them

b. Before you put them in the refrigerator

c. After you eat them

Answers

1. B

2. A

3. A

**ICRT News Lunchbox 110/09/10** **News Bites（國中）**

Hello everybody, and welcome to a new episode of News Bites!

I'm Nancy Sun...

And I'm Ryan Drillsma.

In today's news:

Changing climate, a cat's point of view, and a scary spinoff in the works.

All that and more, coming up next.

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暖化加劇 台灣面臨消失的冬天

A Future with Long Summers and No Winter?

Does an extra long summer sound like a good thing?

How about having no winter?

The Ministry of Science and Technology (科技部) says this could really happen.

The ministry published a new report about climate change in Taiwan.

The report says from 1911 to 2020, the average temperature in Taiwan rose 1.6

degrees Celsius.

And the ministry says the temperature is rising more and more quickly.

The report says if Taiwan takes steps to fight climate change, these rising

temperatures may slow down a bit.

But if nothing is done, temperatures could rise by up to 3.4 degrees Celsius

by the end of century (世紀)!

And summer could be as long as 7 months!

A few degrees hotter, or a longer summer may not seem so bad.

We can just turn up the air conditioning, right?

But think about how hot it has been this summer.

Many cities saw high temperatures up to 37 or 38 degrees.

And last year in July, Taipei was up to 39.7 degrees!

When it is that hot, it's very easy for people to get heatstroke (中暑), or

get sick.

And the super hot weather also affects all animals and plants, including the

things we grow to eat.

這種高溫度的天氣不只影響我們人類，也會影響到所有動物和植物。

And that's not all.

The government report also shows that there are now more years where we get

less rain.

Do you remember earlier this year, when most parts of Taiwan did not have

enough water?

Did you have days when you got no water service at home?

If climate change continues, we might see more of that in the coming years.

The report says Taiwan must take steps to fight global warming if we do not

want to see this happen.

專家說台灣也需要同步強化應對氣候變遷的能力，才能緩解地球暖化的衝擊。

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美國貓咪帶頭示範戴眼鏡樂趣

Truffles the Kitty Makes Glasses Fun

Many of us spend a lot of time looking at computer and cell phone screens each day.

This means more and more people have eye problems.

But for younger children, going to see the eye doctor can be scary.

And if they have to wear glasses (眼鏡) or something else special on their

eyes, they might get even more scared.

So one cat in the U.S. is putting on glasses to help!

Truffles was found as a stray cat in 2016.

Her human mom Danielle is an optician (配鏡師), a person who helps people who

need glasses.

One day, Danielle brought Truffles to work with her.

And she found that the black and white cat with big green eyes really helped

kids relax.

So Danielle started having Truffles wear glasses.

Danielle says sometimes, a young child comes to the shop to get glasses, but

is very scared.

Truffles will come out, and Danielle will help the cat put on glasses.

And Danielle says children always start to smile and laugh when they see

Truffles wearing glasses.

當警張的小朋友看到貓咪淡定的戴上眼鏡，他們都會笑開懷，漸漸覺得眼鏡沒有那麼可怕。

Truffles also has an eye patch (眼罩).

Some kids need to wear an eye patch to help make their eyes stronger.

But wearing the eye patch might make them feel nervous (緊張、不安).

When they see Truffles wearing an eye patch too, it makes them happy and more

comfortable.

Danielle says Truffles likes to wear the glasses, and sometimes won't let

Danielle take them off.

Danielle says she is glad that Truffles has helped so many kids feel happy

and confident.

She hopes more people who want pets will choose to adopt (領養), because she

says adopted animals are special!

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新的大法師恐怖片外傳

Exorcist Spin-off In Production

A classic horror movie is getting a follow-up.

A spin-off movie to The Exorcist is currently in the works (正在進行).

The original movie came out in 1973.

One of the actors from the original will co-star in the new project.

一位1973年大法師電影演員將加入新的外傳。

Ellen Burstyn got an Oscar nomination (提名) for her role in The Exorcist.

In this new film, her character will help another parent whose child is

possessed.

The movie will be directed by horror movie veteran David Gordon Green.

This film will start off a new trilogy, and should hit theaters in 2023.

新電影2023年上映，是新三部曲的第一部電影。

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So, in today's News Bites:

A government report says Taiwan could see long summers and no winters in the

future.

The Ministry of Science and Technology report says this could happen if we do

nothing to fight global warming.

Summers could last as long as 7 months, and winters may disappear.

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A cat in the U.S. wears glasses to help kids.

Truffles works at a shop that sells glasses.

And she often puts on glasses to help kids feel less nervous, and to make

them smile.

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And,

A spin-off movie to The Exorcist is currently in the works.

One of the actors from the original will co-star in the new project.

In this new film, Ellen Burstyn's character will help another parent whose

child is possessed.

And that's today's episode of News Bites!