**ICRT News Lunchbox 110/10/08News for Kids（國小）**

How Much Exercise You Need After Sitting All Day

I have been sitting for too long. My back hurts, 我的背好痛，I need to stand

up and walk around!

Did you know that sitting too long is not good for your body?

你知道坐太久對身體不好嗎？

Sitting can be very relaxing, and it feels nice, but if you sit too long, it

is bad for your health! Really!

Scientists have done studies that prove if you sit for hours and hours, you

are hurting your body. 科學家說坐太久會傷害身體。

But a lot of people need to sit for a very long time, for work, or for

school. 但是很多人因為工作或是上課，需要一直坐著。

So scientists say you should try to exercise for about thirty to forty

minutes a day. 每天花三到四十分鐘動一動。This will help keep your body

healthy, even if you are sitting a lot.

Some good ideas for moving around are going for a walk or riding a bike.

去走走路，或是騎腳踏車。

These aren't very hard things to do, but it will keep you healthy!

這樣可以保持健康。

Doing things like taking the stairs instead of the elevator, 選擇走樓梯,

不要搭電梯， or doing more chores around the house, 多做一點家事， are also

good ways to keep moving. All of these activities keep your body strong.

That reminds me, I've been so busy talking that I forgot I need to get up and

move around! I'm going for a walk!

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**Vocabulary**

1. Move 動作。

You have a bike in your room! 你房間裡有腳踏車！

Yeah, I think better when I'm moving 是的，我動來動去時腦筋比較清楚。

2. Healthy 健康的。

It can certainly help keep you healthy. 對你保持健康一定會有幫助。

Actually it's not enough, 其實這不夠，because I eat a lot of junk food.

因為我吃很多垃圾食物。

3. Body 身體。

Junk food can hurt your body. 垃圾食物可能傷害身體。

But you already knew that. 不過你早就知道這一點。

I do. Don't worry. 我知道，別擔心。

My body is strong. 我身體強壯。

4. Around 周圍。

Where's Emily? Emily在哪裡？

Somewhere around the house. 就在房子附近吧。

She really likes to move around. 她就喜歡到處跑來跑去。

Please read the words after me.

move動作

healthy 健康的

body 身體

around 周圍

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Quiz

1. What shouldn't you do for hours and hours?

a. Sit

b. Sing

c. Stare

2. Scientists say people should do how much exercise every day?

a. 3-4 minutes

b. 30-40 minutes

c. 1 minute

3. What is a good way to exercise?

a. Sit some more

b. Sleep

c. Take a walk

Answers

1. A

2. B

3. C

**ICRT News Lunchbox 110/10/08News Bites 文字檔 (國中)**

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

I'm Ryan Drillsma...

And I'm Nancy Sun.

In today's news:

Batik Day in Taiwan, a clown shortage in Northern Ireland, and

record-breaking music sales in the UK.

All that and more, coming up next.

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印尼在台的蠟防染布日

Batik Day Celebrated in Taiwan

Colorful costumes, happy music, dancing, and art... it must be Batik Day!

Well, Batik Day was on October 2nd, and it was celebrated (慶祝) in Taipei on

October 3rd.

If you are Indonesian (印尼人), you will know what Batik is.

If not, don't worry, we'll tell you!

Batik (蠟染) is a special technique (技術) used to dye cloth.

People put hot wax on cloth in lines, dots and patterns. The wax dries and it

covers parts of the cloth to make a pattern.

The cloth is then dyed - or colored with ink - and made into clothing, art,

or other things.

蠟防印花是印尼傳統染布的技術。 先把熱蠟滴到布上，再放入彩色水墨。

Batik is a very important, traditional technique in Indonesia, and people

believe it has been used for hundreds of years.

And there are many Indonesian people living in Taiwan.

The Batik Day celebrations in Taipei featured a runway (伸展台), where models

(模特兒) walked up and down to show off shirts, dresses, and other pieces of

clothing with Batik designs.

And as well as Batik clothing, dancers wore gold jewelry and head pieces to

put on a show to traditional Indonesian music.

And there were choirs!

Choirs are groups of people singing together.

A manager of the event said she thinks it is important to raise awareness

(提高意識) about Indonesian Batik, and share the culture with everyone.

And an Indonesian representative encouraged people everywhere to wear Batik

clothing.

Perhaps you can find some and try it on!

印尼在台灣的代表鼓勵大家試穿傳統蠟防染布的衣服，也許你可以找幾件來試試看!

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北愛爾蘭缺乏小丑

Irish Circus Holds Online Auditions among Clown Shortage

There's a clown shortage (短缺) in Northern Ireland.

That's no joke!

A circus (馬戲團) owner in the UK territory said his circus does not have

enough clowns.

That's because many were from foreign countries and went home during the

COVID-19 pandemic.

Now, Duffy's Circus needs more people to fill their big shoes.

Duffy's Circus has been closed for over 500 days because of the pandemic.

But rules in Northern Ireland are changing. And the circus will be able to

open again.

However, many of its clowns and other performers (表演者) went to other

countries.

They were able to get work in other countries because the COVID situation has

been less serious.

Duffy's Circus原本的表演者因為疫情的關係去別的國家找工作機會。

So now Duffy's Circus is trying to recruit (招募) people at home who think

they might make a good clown!

But what does make a good clown?

Of course, you have to wear white face paint, colorful clothes, and a big red

nose.

But more importantly you have to laugh… at yourself!

One clown said in an interview (採訪) that being a clown isn't about making

jokes about other people.

It's about making fun of - or laughing at - yourself.

So you can't be embarrassed (不好意思) about people laughing at you.

And the owner of Duffy's Circus said you have to be ready to give a great

show, no matter what mood you are in.

Plus, you have to think on your feet - that means things might happen by

surprise, and you have to think in the moment about how you will respond

(反應).

Duffy's Circus is holding auditions (面試、試鏡) for new clowns online.

Do you think you might have what it takes?

要當個好的小丑需要能夠笑自己，而且需要思維靈敏、反應快速。Duffy's

Circus已經開始透過網路招募新的小丑，你覺得你能勝任嗎？

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ABBA樂團新專輯破英國預購紀錄

ABBA Breaks UK Preorder Record

A classic pop group is coming back with a bang.

ABBA is getting ready to release their first new album in nearly four

decades.

Called Voyage, it will come out in early November.

The album has already broken preorder (預購) records in the United Kingdom.

過了將近四十年，ABBA樂團將發行新的轉機。

Over 80 thousand British customers pre-ordered Voyage in the first three days

it was available.

That's the highest number ever for their record label (唱片公司) in the

country.

Aside from the new album, ABBA is also working on a new concert.

They will perform virtually in London next May.

新專輯在英國三天內被預購八萬次，破了紀錄。

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So, in today's News Bites:

There were celebrations for Batik Day in Taiwan.

Batik is a special Indonesian technique used to dye cloth.

The event featured colorful costumes, happy music, dancing and art.

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And,

There's a clown shortage in Northern Ireland.

Duffy's Circus is trying to recruit people at home who think they might make

a good clown!

A good clown has to think on their feet.

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