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體裁 / 主題	議題	素養
passage 文章 + bullet points 列點 inspiration for teens 青少年啟發	life 生命教育	self-advancement 自我精進
website 網站 life 生活	reading literacy 閱讀素養教育	information and technology literacy 科技資訊
news clip 新聞短片 sport 體育	outdoor education 戶外教育	physical and mental wellness 身心素質
passage 文章 + bullet points 列點 health & body 健康與身體	career planning 生涯規劃教育	physical and mental wellness 身心素質
poem 詩 relationship 人際關係	family education 家庭教育	interpersonal relationship 人際關係
poster 海報 school life 學校生活	technology 科技教育	planning and execution 規劃執行
passage 文章 + bullet points 列點 relationship 人際關係	morality 道德教育	interpersonal relationship 人際關係
conversation 對話 weather & climate 天氣與氣候	environment 環境教育	logical thinking 系統思考
passage 文章 famous or interesting people 知名或有趣的人物	information 資訊教育	information and technology literacy 科技資訊
magazine article 雜誌文章 science 科學	reading literacy 閱讀素養教育	problem solving 解決問題

01 See it, Reach it!



1 Do you have special goals you want to reach? Maybe you want to read a book a week. Maybe you want to be the top of your class or get on the school sports team. The thing is, reaching your goals can be hard. It is very easy to give up half way. One thing that can help is a vision board.

2 A vision board is a collection of pictures that reflect your goals. Seeing the pictures every day keeps you focused. Here is how to make a vision board in four easy steps.

^ reaching a goal

3 **1. Choose your goals**

Choose a few goals that are important to you. They can be small goals, like drinking more water. Or they can be bigger goals, like learning a new language. For bigger goals, it helps to break them down into steps.

4 **2. Find pictures**

Look for pictures that reflect your goals. You can find these online and print them out. Or you can cut them out of old magazines and books.

5 **3. Design your board**

Stick your pictures to a board using tape or glue. You could also write some cheering words—like “Keep going!”—in the blank spaces.

6 **4. Use it!**

Put your board in a spot you look at every day, like your bedroom wall. Every morning, take a minute and focus on it. Think about your goals and what you are doing to reach them.



QUESTIONS

- Which of these does the writer think can be difficult?
 - Giving up on your goals.
 - Choosing your goals.
 - Finding pictures online.
 - Reaching your goals.
- What is the writer's main point in the article?
 - People can have long-term goals and short-term goals.
 - Making a vision board can help you reach your goals.
 - You should look at your vision board every day.
 - You can make a vision board in four easy steps.
- What is the main idea in step 1?
 - Drinking water is good for you, so you should do it more.
 - For your vision board, choose goals that are important to you.
 - Learning a new language takes lots of time and effort.
 - You can reach big goals by taking small steps.
- Which of these places is a good place to put your vision board?

(A)	(B)	(C)	(D)
			
- What does the writer suggest that you write in the blank spaces on your vision board?
 - Cheering words.
 - Your name and address.
 - Things that make you sad.
 - Your favorite foods.

02 Strawberry Snack Bars for Sale

MyTreat All Natural Snack Bars [Box]



Total reviews: 35

Total weight: 228 grams

Number of bars in each box: 12

Strawberry NT\$900

Banana NT\$900



Order before March 31 and get free shipping!

About This Item

- 1 MyTreat Snack Bars are healthy, delicious snack bars that you can enjoy for breakfast or for a snack during the day.
- 2 We use all natural ingredients in our snack bars. We like to keep things simple, too. Our bars are made of three things only: dried fruit, honey, and oats. We never add any unnatural flavors. We believe that the best flavor always comes from using high-quality, natural ingredients. And we are 100% sure you will agree!
- 3 We are also very careful about who we get our ingredients from. We only work with farmers who do not harm the environment. When you eat a MyTreat Snack Bar you can be sure that you are not supporting anyone who hurts our planet.
- 4 Our snack bars give you a big boost whenever you are feeling low on energy. And they are just the right size to carry around with you in your bag. If you ever feel tired, just pull one out and take a bite! You'll have all the energy you'll need to make it through the rest of the day!
- 5 Each box contains 12 snack bars. That works out at just NT\$75 for each bar! So what are you waiting for? Give MyTreat a try!



QUESTIONS

1. How much does each box of MyTreat Snack Bars weigh?
 - (A) Two hundred and eighteen grams.
 - (B) Two hundred and eight grams.
 - (C) Two hundred and eighty-two grams.
 - (D) Two hundred and twenty-eight grams.
2. Which of these is NOT in a MyTreat Snack Bar?
 - (A) Dried fruit. (B) Honey. (C) Oats. (D) Milk.
3. What do MyTreat Snack Bars say about the farmers they work with?
 - (A) They don't harm the environment.
 - (B) They don't sell low-quality food.
 - (C) They are from all over the world.
 - (D) They only grow a small amount of food.
4. What point is the writer trying to make in the fourth paragraph?
 - (A) MyTreat Snack Bars fit easily into your bag.
 - (B) MyTreat Snack Bars give the people who eat them lots of energy.
 - (C) MyTreat Snack Bars are a convenient way to give yourself energy.
 - (D) MyTreat Snack Bars are good for people who get tired at work.
5. Here is a review from someone who bought a box of MyTreat Snack Bars.

GaryG



I bought a box of these snack bars last week. I have to say, they taste great and I enjoyed eating them. You can tell that the strawberries they use are of very high quality. But I think each bar was too small. One just wasn't enough, and each time I was hungry I had to eat two or three. I hoped that the box would last around two weeks, but after less than a week it is already empty. My advice to MyTreat: please make bigger bars!

What is the writer's main point?

- (A) The writer bought a box of MyTreat Snack Bars last week.
- (B) The strawberries used in MyTreat Snack Bars are of high quality.
- (C) The snack bars are delicious but each one is too small.
- (D) The writer wanted the box of snack bars to last for around two weeks.

Translation

※ 本書中譯採意譯，非逐字逐句翻譯，請避免逐字對照。

Unit 1 閱讀技巧

1-1 歸納要旨／找出支持性細節

01 看見它、達成它！ P. 20.....

你是否有想達到的特別目標？也許你想一星期讀一本書，也許你想在班上名列前茅，或者是加入學校的體育校隊。問題是，你的目標可能沒那麼容易達成，一不小心就有可能會半途而廢，此時你需要願景板來助你一臂之力。

願景板是指將可呼應目標的圖片收集展示。每天看到這些圖片，就能讓你保持專注在自己的目標上。以下是如何以四個簡單步驟製作出自己的願景板。

1. 選擇目標

選幾個對你來說很重要的目標，可以是多喝水這類的小目標，或是學習一種新語言等規模較大的目標。要是你的目標規模較大，將其細分成若干階段會有助於目標的選擇。

2. 搜尋圖片

搜尋能呼應目標的圖片。你可以上網搜尋圖片，然後列印出來，或者把舊書和雜誌上的圖片剪下來用。

3. 設計版面

用膠帶或膠水將圖片黏貼在願景板上，你也可以在空白處寫上一些鼓勵的話，例如「繼續加油！」。

4. 使用願景板！

將你的願景板放在每天都會看到的地方，像是房間的牆面上。每天早上，花一分鐘的時間專注地看著願景板，想一想你的目標，想一想你為達成目標而正在做的事。

02 出售草莓點心棒 P. 22.....

「我的零嘴」全天然點心棒〔盒裝〕.....

☆☆☆☆☆

總評論數：35 則

總重量：228 克 每盒點心棒數量：12 支

草莓 新台幣 1,200 元

香蕉 新台幣 1,200 元



3月31日前訂購可享免運優惠！

關於此品項

「我的零嘴」點心棒既健康又美味，適合於早餐或作為日常點心享用。

本公司生產的點心棒皆採用天然食材，我們如希望成分單純，所以點心棒僅以三種食材製成：果乾、蜂蜜和燕麥，絕不添加任何非天然的香料。我們認為，最美味的食物永遠來自於高品質且天然的食材，而我們百分之百肯定，您會贊同我們的理念。

本公司在食材來源的選擇上也十分謹慎。我們只與不會破壞環境的農家合作。您在食用「我的零嘴」點心棒時，可以放心您不是跟傷害地球的商家購買產品。

我們的點心棒能在您每次覺得精神不濟時，讓您活力大增。還有，點心棒的大小適中，剛好可以放在您的包包裡隨身攜帶。要是您感到疲憊了，就隨時拿一支出來吃吧！那麼您就會有足夠的精力來撐過今天剩下的時間！

每盒內含 12 支點心棒，每支點心棒只要新台幣 100 元！那麼您還在等什麼呢？嚐嚐「我的零嘴」吧！

03 下半場更精彩？ P. 24

旁白 1：下半場現在要開打了。目前的比數是東城隊兩分，南城隊零分。南城隊如果想要贏得今天這場重要的球賽，可得好好努力一番了。

旁白 2：沒錯。南城隊至目前為止的表現都不佳，他們的後衛一直讓東城隊的前鋒越過防守，而他們自己的前鋒，根本也不怎麼積極。希望下半場他們可以開始打得更有氣勢。我敢說他們的教練米契·麥當勞在中場休息的時候就已經對他們說了重話。

旁白 1：我們來看看球員是否有把教練的話聽進去。球賽開打了，現在是南城隊發球。球在布朗那裡，他把球傳給史密斯。史密斯正一路往東城隊的球門跑去，但是東城隊的後衛來了！羅伯茲要鏟球，但史密斯身手敏捷地從旁閃了過去。

旁白 2：閃得漂亮！史密斯展現了精湛的球技，但他也有辦法躲過另一個後衛瓊斯嗎？史密斯和瓊斯，現在面對面了。史密斯覺得危險，就把球傳給馬丁斯。馬丁斯發現了敵人的破綻。現在就只有他和守門員對戰。他射門，他進球得分了！

旁白 1：好精采的射門！下半場剛開場幾分鐘，南城隊就把比數拉到了二比一。球隊表現的差距也太大了吧！簡直像是另一個完全不同的球隊。如果他們繼續維持這樣的表現，最終很有可能贏得這場比賽！

04 照顧自己 P. 26

做一個用功的學生當然是一件好事。不過，你有時可能太過於專注念書，而不敢給自己休個假。這樣的讀書方式可能會導致身體生病，所以在日常生活作息中納入能幫助你放鬆的活動，真的很重要。在朝著學習目標努力的同時，你可以進行以下三件事情來維持你的身心健康。

1. 犒賞自己——別人不見得會知道你很用功讀書，所以他們不一定會因此而獎勵你。然而，重點在於你肯定自己的努力。你知道自己一直都很用功念書，那就可以犒賞自己，對自己好一點，例如享受美味的甜點、和朋友一起消磨時間或是打個電玩遊戲。

2. 暫停一下——當你覺得讀書的壓力越來越大，可以試著騰出時間，遠離書本，好好放鬆一下自己。你要是沒辦法真的去度個假，那就儘量讓自己遠離社群媒體。去掉所有的「雜訊」能給自己留出一些迫切需要的喘息空間。

3. 散步——科學家已經證明，散步可降低壓力程度，讓你頭腦清晰，並使得晚上更好睡。簡而言之，每天走點路，對你的心理健康有很大的益處。

希望藉由執行以上三件簡單的事，你就能達到學習目標，同時維持健康的心態。切記，雖然在意自己的學業是好事，但是照顧好自己也很重要！