

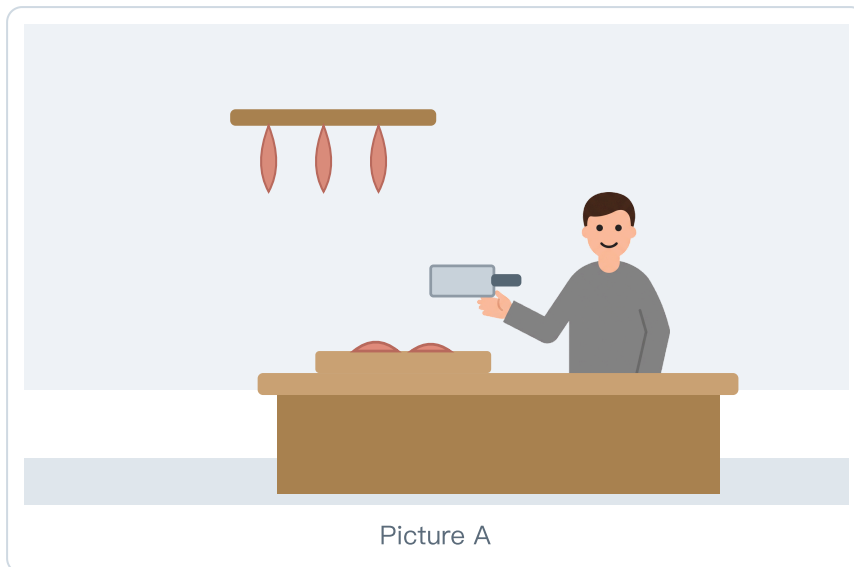
中級聽力測驗 單字第 05 回 食材與營養 教師用 (含錄音稿・答案・詳解)

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答案一覽

1	2	3	4	5	6	7
C	C	A	B	C	D	D
8	9	10	11	12	13	14
B	A	D	B	D	C	C
15	16	17	18	19	20	21
C	D	C	A	A	C	C
22	23	24	25	26	27	28
C	B	C	B	D	C	D
29	30	31	32	33	34	35
C	C	C	B	B	D	D

第 1 部分 看圖辨義 Picture Description



For questions number one and two, please look at picture A.

1. What is the man behind the counter doing? **答案 C**

櫃台後的男子正在做什麼？

- A. He is looking through a microscope. 他正在用顯微鏡觀察。
- B. He is installing a cooker. 他正在安裝爐具。
- C. He is chopping meat. 他正在剁肉。**
- D. He is pushing a wagon. 他正在推推車。

詳解 | 圍著圍裙的男子高舉刀子在砧板上剁肉，是肉販（butcher）的動作。microscope（顯微鏡）、wagon（推車）、install（安裝）、cooker（爐具）都是本回單字的誘答。

2. Where is this scene taking place? **答案 C**

這個場景發生在哪裡？

- A. At a farm. 在農場。
- B. In a laboratory. 在實驗室。
- C. At a butcher's shop. 在肉舖。**
- D. In a school kitchen. 在學校廚房。

詳解 | 牆上掛著肉品、櫃台裡陳列生肉、男子在剁肉，是典型的肉舖。butcher 是「肉販、肉舖」，本回主題字。

NUTRITION FACTS (per serving)	
Protein	18 g
Sugar	9 g
Fat	6 g
Vitamin C	12 mg
Serving size 200 ml	

Picture B

For question number three, please look at picture B.

3. According to the label, which nutrient is highest in this food? **答案 A**

根據標示，這個食品中含量最高的營養素是什麼？

- A. Protein. 蛋白質。
- B. Fat. 脂肪。
- C. Vitamin C. 維生素 C。
- D. Sugar. 糖。

詳解 | 營養標示上 Protein 18 公克最高，糖 9 公克、脂肪 6 公克、維生素 C 只有 12 毫克。
nutrient (營養素)、protein (蛋白質)、vitamin (維生素) 都是本回主題字。

SHOPPING LIST

1. Whole grain bread
2. Maple syrup
3. Chewing gum
4. Olive oil

Picture C

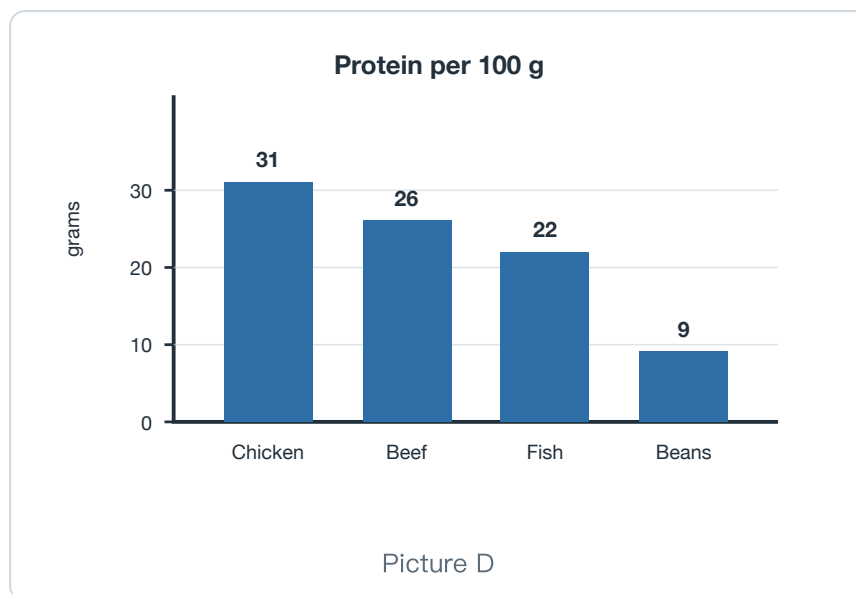
For question number four, please look at picture C.

4. Looking at the shopping list, what does the woman NOT need to buy? **答案 B**

看這張購物清單，這位女子不需要買什麼？

- A. Whole grain bread. 全穀麵包。
- B. Fresh lemonade.** 現榨檸檬汁。
- C. Maple syrup. 楓糖漿。
- D. Chewing gum. 口香糖。

詳解 | 清單上有全穀麵包、楓糖漿與口香糖，唯獨沒有檸檬汁 (lemonade)。grain (穀物)、syrup (糖漿)、gum (口香糖) 都是本回單字。



For question number five, please look at picture D.

5. What can we tell from the chart? **答案 C**

從這張圖表可以看出什麼？

- A. Beef and chicken contain the same amount. 牛肉和雞肉含量相同。
- B. Fish contains the least protein of the four. 魚是四者中蛋白質最少的。
- C. Chicken has the highest protein content. 雞肉的蛋白質含量最高。**
- D. Beans contain more protein than fish. 豆類的蛋白質比魚多。

詳解 | 圖中雞肉 31 最高，牛肉 26、魚 22、豆類 9，所以正解是「雞肉蛋白質含量最高」。說魚最少的那個選項錯，最少的是豆類；牛肉與雞肉也不相等。

第 2 部分 問答 Question Response

M: Why does the doctor want you to eat more grain?

醫生為什麼要你多吃穀類？

6. 答案 D

A. The commander gave a strict order concerning the camp. 指揮官下了一道關於營地的嚴格命令。

B. That proverb comes from a primitive tribe in the mountains. 那句諺語出自山裡一個原始部落。

C. The lens of my costly camera is broken. 我那台昂貴相機的鏡頭壞了。

D. Because it helps digestion, he says. 他說那有助於消化。

詳解 | 問原因就要用 because 回答。grain (穀物)、digestion (消化) 是主題字；commander (指揮官)、strict (嚴格的)、proverb (諺語)、lens (鏡頭) 都是誘答。

W: Is there any protein in this soup?

這碗湯裡有蛋白質嗎？

7. 答案 D

A. The delicate shell was covered in beads. 那個精緻的貝殼上布滿珠子。

B. He yawned and then whistled a tune. 他打了個呵欠，然後吹起口哨。

C. The property next to the cottage belongs to my uncle. 小屋旁邊那塊地產是我叔叔的。

D. Yes, it has chicken and beans in it. 有，裡面有雞肉和豆子。

詳解 | 問湯裡有沒有蛋白質 (protein)，正解舉出雞肉和豆子這些含蛋白質的食材。shell (貝殼)、bead (珠子)、whistle (吹口哨)、property (財產) 都是誘答。

M: Should I chop the vegetables before boiling them?

青菜要先切再煮嗎？

8. 答案 B

A. The text was written in Latin. 那份文本是用拉丁文寫的。

B. Yes, but not too small, or the nutrients are lost. 要，但別切太小，否則營養素會流失。

C. I owe you an apology for that criticism. 那句批評我該向你道歉。

D. The sum came to nine hundred dollars. 總額是九百元。

詳解 | chop 是「切碎」，正解回答「要」並補充理由 (nutrient 營養素會流失)。apology (道歉)、text (文本)、sum (總額) 都是本回通用字的誘答。

W: This yogurt is past its date. Should we still eat it?

這優格過期了。還能吃嗎？

9. 答案 A

A. I'd throw it away, to be on the safe side. 保險起見我會丟掉。

B. The cyclist won by two seconds. 那位自行車手以兩秒之差獲勝。

C. Nylon enables the coat to dry faster than cotton. 尼龍讓這件外套比棉的乾得更快。

D. The wicked queen dominated the whole kingdom. 那個邪惡的王后掌控了整個王國。

詳解 | 問過期食物能不能吃，正解給出明確建議：保險起見丟掉。wicked（邪惡的）、nylon（尼龍）、cyclist（自行車手）都與食物安全無關。

M: What's the difference between these two kinds of flour?

這兩種麵粉有什麼不同？

10. 答案 D

A. The building collapsed last winter and crushed a car. 那棟建築去年冬天倒塌，壓毀了一輛車。

B. He installed the new software himself. 他自己安裝了新軟體。

C. The composer was in his prime in 1897. 那位作曲家在 1897 年正值巔峰。

D. It's hard to distinguish them by sight alone. 光靠肉眼很難分辨。

詳解 | 問兩者差別，正解用 distinguish（分辨）回應。collapse（倒塌）、composer（作曲家）、install（安裝）都是誘答。

W: Do you have a specific brand of syrup in mind?

你心裡有特定牌子的糖漿嗎？

11. 答案 B

A. Evolution takes millions of years. 演化需要數百萬年。

B. The one in the glass container, please. 請給我玻璃罐裝的那個。

C. The republican party won the seat. 共和黨贏得了那個席次。

D. The declaration was signed in July by our main competitor. 那份宣言七月由我們的主要競爭對手簽署。

詳解 | specific 是「特定的」，正解指出想要玻璃罐裝的那個。container（容器）、syrup（糖漿）是本回單字；declaration、evolution、republican 都是誘答。

M: I've had a complaint about the meat we sold yesterday.

有人針對我們昨天賣的肉提出客訴。

12. 答案 D

A. The instructor was patient to a great extent. 那位講師在很大程度上很有耐心。

B. Contrary to the plan, they left early. 與計畫相反，他們提早離開了。

C. This version is much older. 這個版本舊多了。

D. Then we ought to check the whole batch. 那我們應該檢查整批貨。

詳解 | 接到客訴 (complaint) 最負責的回應是全面檢查。ought to 是「應該」。instructor (教練)、version (版本)、contrary (相反的) 都是誘答。

W: Is this container durable enough for the freezer?

這個容器夠耐用可以冷凍嗎？

13. 答案 C

A. I only glimpsed the explosion from far away. 我只從遠處瞥見那場爆炸。

B. She has a tendency to arrive late. 她有遲到的傾向。

C. It should be. It's made for continuous daily use. 應該可以。它是設計來每天不間斷使用的。

D. Please cultivate the soil first. 請先耕作土壤。

詳解 | durable 是「耐用的」，正解用 continuous (不間斷的) 回應耐用度。注意 continuous (不間斷的) 與 continual (一再反覆的) 意思不同，本回兩個字都要會。cultivate (耕作)、explosion (爆炸)、tendency (傾向) 都是誘答。

M: Why do you warn customers about this cheese?

你為什麼要提醒顧客注意這款起司？

14. 答案 C

A. The intimate occasion calls for a suit. 那個私密的場合需要穿西裝。

B. The monitor shows the temperature. 那個螢幕顯示溫度。

C. Because some people cannot digest it easily. 因為有些人不容易消化它。

D. That was a remarkable performance. 那是場了不起的表演。

詳解 | warn 是「警告、提醒」，正解給出理由 (digest 消化)。occasion (場合)、remarkable (了不起的)、monitor (螢幕) 都是誘答。

W: How much consideration did they give to nutrition?

他們對營養有多少考量？

15. 答案 C

A. Immigration rules changed last year. 移民規定去年改了。

B. The counter was covered in flour. 流理台上都是麵粉。

C. Considerable, judging by the new menu. 從新菜單看得出來，考量相當多。

D. He showed courageous behavior. 他表現出勇敢的行為。

詳解 | consideration (考量) 與 considerable (相當多的) 是同詞根不同詞性，正解巧妙呼應。
counter (流理台)、courageous (勇敢的)、immigration (移民) 都是誘答。

第 3 部分 簡短對話 Short Conversations

W: The butcher said this cut is leaner than the one I usually buy.

肉販說這塊肉比我平常買的那塊更瘦。

M: Less fat is good, but will it still be tender?

脂肪少是好事，但還會嫩嗎？

W: He suggested cooking it slowly so the flesh does not dry out.

他建議用小火慢煮，肉質才不會變柴。

16. What did the butcher recommend? 答案 D

肉販建議什麼？

A. Adding more salt. 多加點鹽。

B. Freezing it immediately. 立刻冷凍。

C. Buying a fattier cut. 買油脂多一點的部位。

D. Cooking the meat slowly. 慢慢煮這塊肉。

詳解 | 女子最後說 He suggested cooking it slowly (他建議慢慢煮)。butcher (肉販)、flesh (肉) 都是本回主題字。

M: My grandmother says a spoonful of syrup a day is good for you.
我奶奶說每天一匙糖漿對身體好。

W: That's a nice idea, but contrary to what most nutritionists say.
想法不錯，但與大多數營養師的說法相反。

M: I suppose she grew up in different times.
我想她是在不同的年代長大的。

17. What does the woman think of the advice? 答案 C

女子對這個說法有什麼看法？

- A. She has never heard of it. 她從沒聽過。
- B. She wants to try it herself. 她想自己試試。
- C. She thinks experts would disagree.** 她認為專家不會同意。
- D. She fully agrees with it. 她完全同意。

詳解 | contrary to (與.....相反) 明確表示與營養學界的說法抵觸。nutrition (營養) 的相關字與 contrary 都是本回單字。

W: Why do you keep the flour in a glass container?
你為什麼把麵粉放在玻璃罐裡？

M: Plastic lets in air. Glass keeps it fresh much longer.
塑膠會透氣。玻璃能保鮮久很多。

W: I should do the same, then.
那我也該這麼做。

18. Why does the man use glass? 答案 A

男子為什麼用玻璃罐？

- A. It keeps the flour fresh longer.** 能讓麵粉保鮮更久。
- B. It is easier to clean. 比較好清洗。
- C. It looks nicer on the shelf. 放在架上比較好看。
- D. It is cheaper than plastic. 比塑膠便宜。

詳解 | 男子說 Glass keeps it fresh much longer (玻璃能保鮮久很多)。container (容器) 是本回衍生字。

M: The instructor warned us not to reheat rice more than once.

講師警告我們白飯不要重複加熱超過一次。

W: Really? I do that all the time.

真的嗎？我常常這樣。

M: Apparently it can upset your digestion.

據說那會引起消化不良。

19. What does the man warn the woman about? 答案 A

男子提醒女子注意什麼？

A. Reheating rice more than once. 白飯重複加熱超過一次。

B. Eating rice while it is cold. 吃冷掉的飯。

C. Cooking rice for too long. 飯煮太久。

D. Buying rice in large bags. 大包裝買米。

詳解 | 男子引述講師 (instructor) 的警告：not to reheat rice more than once (白飯不要重複加熱超過一次)。warn (警告)、digestion (消化) 都是本回單字。

W: This label says the product contains no artificial colors.

這個標示說產品不含人工色素。

M: Good, but look at the sugar — nine grams in one small cup.

很好，但看看糖——一小杯就九公克。

W: I hadn't noticed that.

我沒注意到。

20. What is the man's concern? 答案 C

男子擔心的是什麼？

A. The artificial colors. 人工色素。

B. The price of the product. 產品價格。

C. The amount of sugar. 含糖量。

D. The size of the cup. 杯子大小。

詳解 | 男子用 but 轉折，指出糖分偏高。聽力題中 but 之後往往才是說話者真正的重點。

W: The new machine can measure vitamin levels in ten seconds.

這台新機器十秒就能測出維生素含量。

M: That's remarkable. The old one took an hour.

真了不起。舊的要一小時。

W: It cost a considerable sum, though.

不過它花了相當大一筆錢。

21. What does the woman point out at the end? 答案 C

女子最後指出什麼？

A. The machine is easy to use. 機器很好用。

B. The machine often breaks. 機器常故障。

C. The machine was expensive. 機器很貴。

D. The machine is slow. 機器很慢。

詳解 | a considerable sum 是「相當大的一筆錢」，指價格昂貴。remarkable（了不起的）、considerable、sum（總額）都是本回單字。

Nutrition per 100 g

Food	Protein	Fat
Beef	26 g	15 g
Chicken breast	31 g	3.6 g
Peanuts	26 g	49 g
Cheese	25 g	33 g

M: I need something high in protein but low in fat.
我需要蛋白質高、脂肪低的東西。

W: Then only one of these four fits.
那這四種只有一種符合。

M: I'll take that one.
那我就選那個。

22. Look at the table. Which food will the man choose? **答案 C**

請看營養表。男子會選哪一種食物？

- A. Cheese. 起司。
- B. Beef. 牛肉。
- C. Chicken breast. 雞胸肉。**
- D. Peanuts. 花生。

詳解 | 條件是蛋白質高、脂肪低。雞胸肉蛋白質 31 公克最高、脂肪僅 3.6 公克最低，正是正解。花生與起司脂肪都很高，牛肉脂肪 15 公克也偏高。

M: Do you think we should install a water filter in the kitchen?

你覺得廚房該裝濾水器嗎？

W: The tap water here is fine, according to the last test.

根據上次的檢測，這裡的自來水沒問題。

M: Then let's save the money.

那我們就省下這筆錢。

23. What will they most likely do? 答案 B

他們最可能怎麼做？

- A. Test the water again. 再檢測一次水質。
- B. Not buy a filter. 不買濾水器。**
- C. Buy bottled water instead. 改買瓶裝水。
- D. Install the filter this week. 這週安裝濾水器。

詳解 | 女子說水質沒問題，男子接著說 let's save the money（省下這筆錢），可知不會買。install（安裝）是本回通用字。

W: My son chews gum all day. Is that bad for him?

我兒子整天嚼口香糖。這對他不好嗎？

M: Sugar-free gum is fine, but too much can upset the stomach.

無糖的沒問題，但嚼太多會讓胃不舒服。

W: I'll tell him to cut down.

我會叫他少嚼一點。

24. What does the man say about chewing gum? 答案 C

男子對嚼口香糖有什麼看法？

- A. It causes serious illness. 會造成嚴重疾病。
- B. It should be avoided completely. 應該完全避免。
- C. In small amounts it is acceptable. 少量是可以接受的。**
- D. It is good for the teeth. 對牙齒有益。

詳解 | 男子說無糖的沒問題（fine），但太多會不舒服，也就是「適量可以」。gum（口香糖）是本回主題字。

Nutrition Courses

Course	Time	Length
Food Safety	19:00	150 min
Reading Labels	19:00	90 min
Meal Planning	10:00	90 min
Kitchen Hygiene	14:00	120 min

M: I want a course that runs in the evening and lasts under two hours.
我想上晚上開課、且不超過兩小時的課。

W: Then there's just one that matches.
那只有一堂符合。

M: Please put my name down.
請幫我報名。

25. Look at the table. Which course will the man take? **答案 B**

請看課表。男子會上哪一堂課？

- A. Kitchen Hygiene. 廚房衛生。
- B. Reading Labels. 看懂標示。**
- C. Meal Planning. 餐食規劃。
- D. Food Safety. 食品安全。

詳解 | 條件是晚上開課且時長少於兩小時。Reading Labels 是 19:00、90 分鐘，同時符合，即為正解。Food Safety 雖在晚上但長達 150 分鐘。

第 4 部分 簡短談話 Short Talks

W: Attention, staff. Following a customer complaint last week, we are introducing a stricter routine for the fresh food counter. Every container must be labeled with the date it was opened, and any item past its date must be removed immediately. Consumers now expect clearer labels, so our trainer will run a short session on Thursday. We ought to see a considerable improvement within a month.

全體同仁請注意。因應上週的一則客訴，我們將對生鮮櫃台實施更嚴格的流程。每個容器都必須標上開封日期，任何過期品項須立即下架。消費者現在期待更清楚的標示，因此我們的講師將於週四進行一場簡短的訓練。我們應該能在一個月內看到相當顯著的改善。

26. Why is the new routine being introduced? **答案 D**

為什麼要導入新流程？

- A. A machine broke down. 機器故障。
- B. New staff have joined. 有新員工加入。
- C. The shop is moving. 店要搬遷。
- D. A customer made a complaint.** 有顧客提出客訴。

詳解 | 廣播第一句就說 Following a customer complaint last week (因應上週的客訴)。
complaint (客訴) 是本回通用字。

27. What must be written on every container? **答案 C**

每個容器上必須寫什麼？

- A. The price. 價格。
- B. The name of the staff member. 負責員工的姓名。
- C. The date it was opened.** 開封日期。
- D. The weight of the food. 食物重量。

詳解 | 廣播說 must be labeled with the date it was opened (標上開封日期)。
container (容器) 是本回衍生字。

M: Hello, this is the Green Valley Health Center calling for Ms. Chang. Your blood test results are back. Your protein and vitamin levels are all normal, but your iron is slightly low. The doctor suggests eating more dark green vegetables and red meat. There is no need to worry — this is very common. Please call us if you would like to consult the doctor in person.

您好，這裡是綠谷健康中心，找張小姐。您的血液檢查結果出來了。蛋白質與維生素數值都正常，但鐵質略低。醫師建議多吃深綠色蔬菜與紅肉。不需要擔心，這很常見。若您想親自諮詢醫師，請來電。

28. What does the test show? 答案 D

檢查結果顯示什麼？

- A. Her protein is too high. 她的蛋白質過高。
- B. She needs immediate treatment. 她需要立即治療。
- C. Everything is normal. 一切正常。
- D. Her iron level is a little low.** 她的鐵質略低。

詳解 | 留言說 your iron is slightly low (鐵質略低)，其餘數值正常。protein、vitamin 都是本回主題字。

29. What does the doctor suggest? 答案 C

醫師建議什麼？

- A. Taking medicine every day. 每天吃藥。
- B. Having another test next week. 下週再檢查一次。
- C. Eating certain foods.** 吃某些食物。
- D. Resting more at home. 在家多休息。

詳解 | 留言說 eating more dark green vegetables and red meat (多吃深綠色蔬菜與紅肉)。consult (諮詢) 是複習字。

W: And now for our health column. For years people were told that eating eggs raises cholesterol. A continual series of studies, however, has failed to prove it. Researchers now say that for most people one or two eggs a day is perfectly safe. Eggs are rich in protein and easy to digest, and they are among the cheapest sources of nutrition available. The old warning, it seems, was based on a single small study from the nineteen sixties.

接下來是健康專欄。多年來人們被告知吃蛋會升高膽固醇。然而，一次又一次的研究都未能證實這一點。研究人員現在表示，對大多數人來說，一天一到兩顆蛋是完全安全的。蛋富含蛋白質、容易消化，而且是最便宜的營養來源之一。看來那個舊有的警告，是根據一九六〇年代一項小型研究得出的。

30. What is the main point of the report? **答案 C**

這則報導的重點是什麼？

- A. Eggs should be avoided. 應該避免吃蛋。
- B. Only two eggs a week are safe. 一週只有兩顆蛋是安全的。
- C. The old warning about eggs was wrong.** 關於蛋的舊警告是錯的。
- D. Eggs are too expensive. 蛋太貴了。

詳解 | 報導指出一連串研究都無法證實舊說法，且現在認為每天一到兩顆是安全的，主旨是「舊警告站不住腳」。

31. What is said about eggs? **答案 C**

報導對蛋有什麼描述？

- A. They must be cooked slowly. 必須慢慢煮。
- B. They are hard to digest. 很難消化。
- C. They are cheap and full of protein.** 便宜又富含蛋白質。
- D. They contain no vitamins. 不含任何維生素。

詳解 | 報導說 rich in protein and easy to digest... among the cheapest sources of nutrition。digest（消化）、nutrition（營養）都是主題字。

32. What was the old warning based on? **答案 B**

舊的警告是根據什麼？

- A. A government report. 一份政府報告。
- B. One small old study.** 一項舊的小型研究。
- C. A doctor's personal opinion. 一位醫師的個人意見。
- D. A large international study. 一項大型國際研究。

詳解 | 報導最後說 based on a single small study from the nineteen sixties（根據一九六〇年代一項小型研究）。

Community Kitchen – This Week

Day	Session	Place
Mon.	Knife Skills	Kitchen
Tue.	Growing Vegetables	Garden
Thu.	Bread Making	Kitchen
Sat.	Food Preserving	Kitchen

M: Good morning, and welcome to the community kitchen. On the board are the four sessions we run this week. If you want to learn how to grow your own vegetables, the Tuesday session is the one to join, and it is held in the garden rather than the kitchen. Please note that the knife skills session is already full. Aprons are provided; please do not bring your own cleaning sprays, as the cans can be explosive near a gas flame.

早安，歡迎來到社區廚房。看板上是本週的四場課程。如果您想學自己種菜，請參加週二那一場，地點在花園而非廚房。請注意，刀工那一場已經額滿。圍裙由我們提供；請勿自行攜帶清潔噴劑，噴罐靠近瓦斯火源可能會爆炸。

33. Look at the board. Which session is held in the garden? **答案 B**

請看看板。哪一場課程在花園舉行？

- A. Knife Skills. 刀工。
- B. Growing Vegetables. 種菜。**
- C. Food Preserving. 食物保存。
- D. Bread Making. 製作麵包。

詳解 | 談話說想學種菜的請參加週二那場，且在花園舉行；對照看板，週二正是 Growing Vegetables。cultivate（耕作）的概念與此呼應。

34. Which session cannot be joined? **答案 D**

哪一場課程無法報名？

- A. Bread Making. 製作麵包。
- B. Growing Vegetables. 種菜。
- C. Food Preserving. 食物保存。
- D. Knife Skills. 刀工。**

詳解 | 談話明確說 the knife skills session is already full（刀工那場已額滿）。

35. What are participants asked not to bring? **答案 D**

參加者被要求不要帶什麼？

- A. Any food from home. 從家裡帶來的食物。

B. Cameras or phones. 相機或手機。

C. Their own aprons. 自己的圍裙。

D. Their own cleaning sprays. 自己帶來的清潔噴劑。

詳解 | 談話最後說 please do not bring your own cleaning sprays (請勿自行攜帶清潔噴劑)，因為噴罐靠近火源可能會爆炸 (explosive)。圍裙是「由我們提供」，不是禁止攜帶。