

A EXERCISE • 實戰演練

Question: What do you usually eat? What are your eating habits?

I would say that I am a healthy eater. I eat lots of fruits and vegetables. I also like to eat meat. I'm trying to get as many micronutrients as I can and that is basically from the raw source of fruits and vegetables. But sometimes I pig out on fried chicken, and ice cream and cake. I do have a sweet tooth. I really love those sweet foods or the fried foods, but they can be unhealthy. But overall I would say I am a healthy eater.

B LANGUAGE FOCUS • 學習焦點

1. ... as { many + countable nouns } as { one can }
 { much + uncountable nouns } { possible }

Every candidate is trying to get as many votes as they can.

We want to get as much money as possible from the investment.

2. I love to pig out on ...

I love to pig out on junk food.

3. But overall, I would say

But overall I would say it was a good work environment.

C WORDS & PHRASES • 詞彙片語

1. healthy	[ˈheɪlθɪ]	(adj.) 健康的；健全的
2. eater	[ˈi:tə]	(n.) 吃的人（或動物）
3. micronutrient	[ˌmaɪkroˈnjuːtriənt]	(n.) 微量營養素
4. basically	[ˈbeɪsɪklɪ]	(adv.) 基本上
5. raw	[rɔ]	(adj.) （食物等）生的
6. source	[sɔːs]	(n.) 來源，出處
7. pig out on		(idiom.) 大吃特吃
8. have a sweet tooth		(idiom.) 喜歡吃甜
9. fried	[fraɪd]	(adj.) 油炸的，油煎的
10. overall	[ˈoʊvəˌɔːl]	(adv.) 總的（來說）