

National News

Lack of Calcium Linked to Decrease in Height

A recent study indicates that the **average** height of elementary level students has dropped by almost a centimeter over the last couple of years. (1) One of them is that too much attention has been paid to weight loss since the average weight of elementary students became a concern. (2) Since calcium is closely linked to human height, a lack of it may cause a **hindrance** in **adequate** growth.

(3) However, **statistics** indicate that four out of five school children eat foods high in calcium less than three times a month, let alone on a daily basis. Research also suggests that parents do not seem to be familiar with other high-calcium foods, which is one of the main causes for children's lack of calcium intake.

(4) Some are easily **available**, such as **soy** products, seafood and certain vegetables. In addition, black and white **sesame seeds** are rich in calcium. With this in mind, parents can offer their children different kinds of delicious foods, other than just dairy foods, which can help them grow taller.

(5) Thus, experts also suggest that apart from eating foods that are high in calcium, keeping early hours is also a must. In addition, regular exercise that involves jumping, such as skipping rope and playing basketball can also be a plus for height **enhancement**.

◆ Discourse Structure

- (A) **Genetics**, **nutrition**, exercise, and **sufficient** rest are believed to be the key **elements** that **influence** children's height.
- (B) Another more **significant** reason is that parents have **overlooked** their children's **calcium intake**.
- (C) Experts point out that there are **a variety of** foods rich in calcium.
- (D) This shocking finding may be the result of a number of factors.
- (E) It is commonly known that the most popular **sources** of calcium are eggs and **dairy foods**, such as milk and cheese.

(1)
(2)
(3)
(4)
(5)



Before You Read

►美國的時報週刊專輯中，曾介紹十大最佳營養食品，包括有：

綠茶 (green tea)、鮭魚 (salmon)、菠菜 (spinach)、青花椰菜 (broccoli)、蒜頭 (garlic)、紅酒 (red wine)、蕃茄 (tomatoes)、堅果 (nuts)、燕麥 (oats)、藍莓 (blueberries)，而其中的青花椰菜 (broccoli)、菠菜 (spinach) 及鮭魚 (salmon)，也都是富含鈣質的食物。

◆ Vocabulary and Idioms

1. average [ˈævərɪdʒ] *adj.* 平均的
2. significant [sɪɡˈnɪfəkənt] *adj.* 重要的
3. overlook [ˌoʊvəˈluːk] *v.* 忽視
4. calcium [ˈkælsɪəm] *n.* 鈣
5. intake [ˈɪnˌteɪk] *n.* 攝取；進入
6. hindrance [ˈhɪndrəns] *n.* 起妨礙作用的人或事物
7. adequate [ˈædəkwɪt] *adj.* 充分的；適當的
8. source [sɔːs, sɔːrs] *n.* 來源
9. dairy food [ˈdeəri fud] *n.* 乳製品
10. statistics [stəˈtɪstɪks] *n.* 數據
11. a variety of *adj. phr.* 許多；不同的
12. available [əˈveɪləbl̩] *adj.* 可得到的
13. soy [sɔɪ] *n.* 大豆
14. sesame seed [ˈsesəmi siːd] *n.* 芝麻子
15. genetics [dʒəˈnetɪks] *n.* 遺傳學
16. nutrition [n(ɪ)ˈutrɪʃən] *n.* 營養
17. sufficient [səˈfɪʃənt] *adj.* 充足的；足夠的
18. element [ˈeləmənt] *n.* 要素
19. influence [ˈɪnfluəns] *v.* 影響
20. enhancement [ɪnˈhænsmənt] *n.* 增加

◆ Patterns

Thus, experts also suggest that apart from eating foods that are high in calcium, keeping early hours is also a must.

apart from 有以下不同的用法：

- (1) apart from = except for 除外
 ⇨ Apart from some small mistakes, he did a really good job on the project.
 (除了一些小錯誤外，他這項企劃案做得很不錯。)
- (2) apart from = as well as 不只；此外
 ⇨ Apart from the great decor, the restaurant offers delicious food.
 (除了很棒的裝潢外，這個餐廳也提供美味的食物。)

◆ Translation

鈣質的缺乏與身高下降息息相關

最近一項研究指出，國小學生的平均身高在最近幾年之中，已經下降了約一公分。這項驚人的發現可能由許多的因素所造成。其中之一是從國小學生的平均體重開始令人擔憂後，太多的注意力都放在減重上。另一項更重要的原因是父母忽略孩子對鈣質的攝取。因為鈣質與人的身高有密切關係，因此，若缺乏鈣質，將阻礙適當的成長。

一般人都知道，蛋、牛奶和乳酪等乳製品，是鈣最普遍的來源。然而，統計數據指出，有 80 % 的學童一個月內吃高鈣的食物少於三次，更不用說是天天吃了。研究調查也指出，父母似乎對其他富含高鈣的食物並不熟悉，這也是導致孩子們缺乏鈣質攝取的主要原因之一。專家們指出有很多食物含有豐富鈣質。有一些很容易取得，像是大豆類的食品、海鮮及某些蔬菜。此外，黑芝麻和白芝麻也富含鈣質。有了這樣的認知，父母可以提供孩子們幫助他們長高的各種美食，而不再只是乳製品。

遺傳、營養、運動及充足的休息被認為是影響孩子們身高的關鍵因素。因此，專家們也建議除了吃富含高鈣的食物，早睡早起也是必要的。另外，常做有跳躍動作的運動，像是跳繩及打籃球，也有益增高。

◆ Answer

(1) D (2) B (3) E (4) C (5) A

