

Hotdogs Shorten Healthy Lifespan

Gosh, I love eating hot dogs.

They taste so good! And you can add lots of toppings to make them even better!
Some people like to keep it simple with ketchup and mustard. Other people like to add chili or onions or pickles.

No matter what you add, it's all delicious!

我超喜歡吃熱狗！不管你加什麼配料，都非常美味！

What was that?

What did you say?

Hotdogs are bad for you?

Who told you that?

什麼？吃熱狗會傷害身體？誰說的？

A university study?

Let me see that!

Hmm...okay, according to this report, hotdogs ARE bad for you! It says here that each hotdog you eat takes away 36 minutes of healthy life!

It doesn't mean you'll die faster if you eat hotdogs, but you'll have less healthy time.

某一所大學的研究顯示，如果你吃一個熱狗，你的健康壽命會縮短 36 分鐘！

Wow. If that's true...how many hot dogs have I eaten?

Uh oh...

Maybe that's enough hot dogs for now.

I think I'll go have a salad instead!

Wait! Let me see that study again!

It says here that a peanut butter and jelly sandwich adds 33 minutes of healthy life!

等等！這個研究也說，一個花生醬加果醬的三明治，可以增加 33 分鐘的健康壽命！

I'll eat those more often!

Vocabulary

熱狗對身體不好，少吃為妙。

1. Delicious 美味的。

This hamburger is delicious! 這個漢堡真好吃!

You should try the sushi. 你應該嚐一嚐壽司。

It's even more delicious! 它更好吃。

2. Taste 品嚐。

You're right! This sushi tastes really good! 你說對了，這個壽司吃起來真不錯!

Wait until you taste the sandwich I made. 等一下你嚐嚐我做的三明治。

3. Better 更好的。

Is peanut butter better than hot dogs? 花生醬比熱狗好嗎?

I believe so. 我相信是的。

Many snacks are better than hot dogs. 很多種點心都比熱狗好。

4. Healthy 健康的。

Hot dogs are not healthy because they're too salty. 熱狗不健康，因為它太鹹。

What's healthy and delicious? 有什麼東西健康又美味?

Sweet potatoes. 地瓜。

I love sweet potatoes! 我喜歡地瓜!

So let's eat healthy foods.

Delicious 美味的

taste 品嚐

better 更好的

healthy 健康的

Quiz

1. What food item is this story talking about?

A: Hotdogs

B: Hamburgers

C: Ice cream

2. How are hotdogs bad for you?

A: They shorten your healthy lifespan

B: They cost too much

C: They are food for real dogs

3. What is a healthier alternative to hot dogs?

A: Pizza

B: Peanut butter and jelly sandwiches

C: Beef noodle soup