2 Crazy Challenge[1], Special Change

NO

☐ **Challenge 1**

Do not use any plastics for 2 weeks.

☐ **Challenge 2**

Sleep on the street for 3 days.

☐ **Challenge 3**

Go to bed before 10 p.m. every night.

1. challenge [ˋtʃæləndʒ] *n.* 挑戰

1. Here are six challenges. Which one do you think you can meet? Why or why not?

2. What can you learn from these challenges?

Challenge!

☐ **Challenge 4**

Spend less than NT$500 a week.

☐ **Challenge 5**

Do not drink any beverages for a month.

☐ **Challenge 6**

Do not use computers and smartphones for 5 days.

Can you buy nothing but **necessities**[2] for a whole year? How about wearing the same clothes for 100 days? Is it possible for you to live without using any plastics? Believe it or not, these are some things that people have done to challenge themselves to make special changes. Let's

5 see how these people **accomplished**[3] their crazy **missions**[4]!

"No-Buy Year" **Project**[5]

I used to go shopping **whenever**[6] I felt depressed or **stressed**[7]. I would **purchase**[8] a lot of items even though I didn't need them. In

10 order to kick my **awful**[9] shopping habit, I challenged myself to buy only what I needed on a day-to-day **basis**[10] for a whole year. During this no-buy year, I recorded my experiences on

The 1st Challenger
A Beauty Blogger
Hannah Poston

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2. necessity [nə`sɛsə,tɪ] *n.* 必需品
3. accomplish [ə`kɑmplɪʃ] *vt.* 完成
4. mission [`mɪʃən] *n.* 任務
5. project [`prɑdʒɛkt] *n.* 計畫
6. whenever [hwɛn`ɛvɚ] *conj.* 每當
7. stressed [strɛst] *adj.* 壓力大的
8. purchase [`pɝtʃəs] *vt.* 購買
・ even though 儘管
9. awful [`ɔfl] *adj.* 極糟的
10. basis [`besɪs] *n.* (行動) 方式

YouTube. I began to face my problems and learned how to control my **desire**[11] to shop. Finally, I discovered that I no longer had to **depend**[12] on spending money to make myself happy. 😊

"One Outfit* 100 Days" Project

The problem of fashion waste is becoming more and more serious around the world. Thus, I started a new project: I decided to wear the same dress to school for 100 days so as to teach my students a lesson about **sustainability**[13]. I did this because I thought

The 2nd Challenger
An American Teacher
Julia Mooney

there is really no need for us to wear different clothes every day. After the project was **completed**[14], I suggested that people should choose to

buy eco-friendly* clothes, wear them often, and **recycle**[15] them when they were no longer needed.

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11. desire [dɪˋzaɪr] *n.* 慾望
12. depend [dɪˋpɛnd] *vi.* 依靠
 * outfit [ˋaʊtˏfɪt] *n.* (特定場合、活動的) 服裝
13. sustainability [səˏstenəˋbɪlətɪ] *n.* 永續性

14. complete [kəmˋplit] *vt.* 完成
 * eco-friendly [ˋikoˏfrɛndlɪ] *adj.* 環保的
15. recycle [riˋsaɪkḷ] *vt.* 回收利用

"Plastic-Free Challenge" Project

I **carried out** an **experiment**[16] by living my life without plastics for 3 weeks. During this challenge, I insisted that I should not buy or use any plastics. First, I **got rid of** more than 500 plastic items in my house. Also, I bought food from the local market and wrapped it in newspaper. On a rainy day, I chose not to use a plastic umbrella and simply covered my head with a piece of cloth. Through this challenge, I tried to **call for** other Japanese **citizens**[17] to cut down on their plastic waste and care more about our planet.

The 3rd Challenger
An NHK Producer*

Are you interested in **launching**[18] a special challenge like one of these? Perhaps not everyone is able to do such extraordinary challenges like these individuals, but we can all do something different in our own way. Let's make a change for ourselves or the world, and all we have to do is start with our own daily lives!

- ‧ carry out　進行
- 16. experiment [ɪk`spɛrəmənt] *n.* 實驗
- ‧ get rid of　除去
- * producer [prə`djusɚ] *n.* 製作人

- ‧ call for　呼籲
- 17. citizen [`sɪtəzn̩] *n.* 市民
- 18. launch [lɔntʃ] *vt.* 發起

Cultural Note

近年來掀起一股挑戰風潮，其中一項為冰桶挑戰 (Ice Bucket Challenge)，參加者將水桶中的冰塊及水倒在自己頭上，目的為喚起大眾對漸凍人的關注；另外一項為俄羅斯方塊挑戰 (Tetris Challenge)，警消及救護人員將執勤裝備在地上一字排開，並躺在裝備旁，再由高空俯視拍下一比一模型照，成為另類的「開箱照」。

2

AFTER YOU READ

I. Reading Skill: Inference

以推論 (infer) 的方式找出段落中沒有直接明講的訊息。

Hint 閱讀及思考段落所提供的訊息，並用其作為線索推測相關事物或表達態度等。

Choose the thing that the three challengers might do.

Hannah Poston   Julia Mooney   The NHK Producer

1. _____   2. _____   3. _____

(A) Carry a cup to buy bubble tea.

(B) Buy a lot of clothes at a big sale.

(C) Shop for a small amount of food at a time.

(D) Advise people to donate and recycle their old clothes.
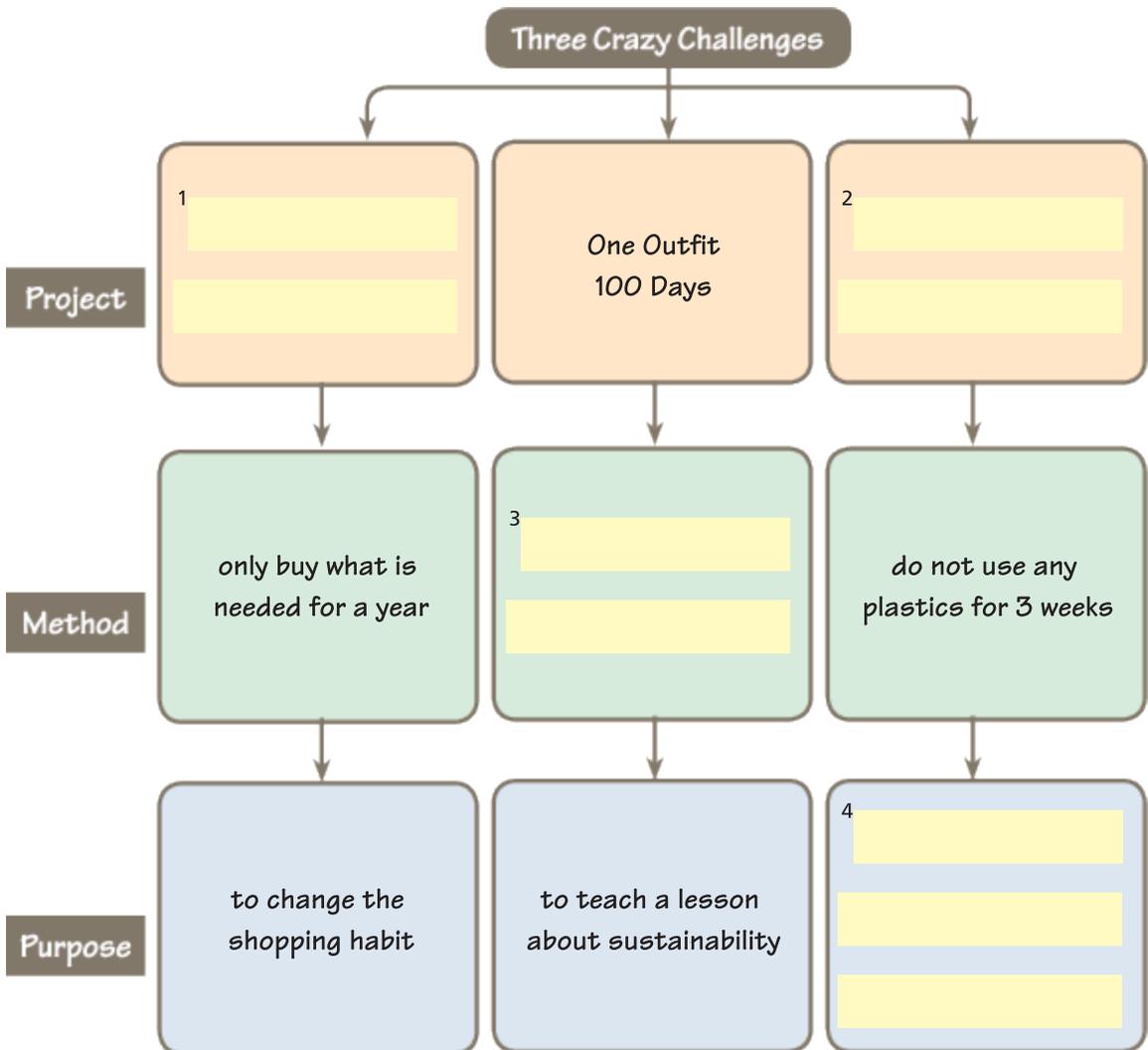
(E) Store a large amount of toilet paper for future use.

Let's Talk!

Have you ever taken on any challenges or wanted to complete a certain challenge?

II. Reading Skill: Classification

分類 (classification) 是將有相同特性的事物放在一起。運用這個技巧可以幫助釐清訊息，並辨認事物的相同處和相異處。

Hint 找出事物之間有哪些相同或不同的特性，可以幫助分類。

Use the classification method to complete the chart.

Three Crazy Challenges

Project	1 [ ] [ ]	One Outfit 100 Days	2 [ ] [ ]
Method	only buy what is needed for a year	3 [ ] [ ]	do not use any plastics for 3 weeks
Purpose	to change the shopping habit	to teach a lesson about sustainability	4 [ ] [ ] [ ]

VOCABULARY

I. Words for Production

1 **challenge**
[`tʃæləndʒ]

n. [C][U] 挑戰 (a difficult task that tests one's ability)

▶ Wendy took on the **challenge** of finishing all of the desserts within 20 minutes.

2 **necessity**
[nə`sɛsə,tɪ]

n. [C] 必需品   ANT luxury

(something someone needs, particularly in order to live)

▶ Air, food, water, and clothes are some of the basic **necessities** of human life.

3 **accomplish**
[ə`kɑmplɪʃ]

vt. 完成   SYN achieve

(to succeed in doing something)

▶ The kids **accomplished** the task of building a rainbow-colored bridge with the LEGO bricks.

accomplishment
[ə`kɑmplɪʃmənt]

n. [C] 成就   SYN achievement

▶ Scoring 81 points in a single game is one of Kobe Bryant's greatest **accomplishments** in the NBA.

4 **mission**
[`mɪʃən]

n. [C] 任務 (an important job given to someone)

▶ The detection dog is on a **mission** to find illegal things at the airport.

5	**project** [`prɑdʒɛkt]	*n.* [C] 計畫 (a planned work with an aim) ▶ The company is <u>working on a</u> **project** to encourage the staff to come up with more creative ideas.
6	**whenever** [hwɛn`ɛvɚ]	*conj.* 每當 (every time that something happens) ▶ Frank always thinks of his ex-girlfriend **whenever** he hears this song.
7	**stressed** [strɛst]	*adj.* 壓力大的 (too anxious to relax) ▶ Amy was so **stressed** that she could not sleep well the night before the big exam.
	stress [strɛs]	*n.* [C][U] 壓力 ▶ When Henry <u>is under</u> a lot of **stress**, he will hold and press a ball in his hand.
8	**purchase** [`pɝtʃəs]	*vt.* 購買 (to buy something) ▶ I never **purchase** tickets <u>from</u> strangers online because it is too risky.
	purchase [`pɝtʃəs]	*n.* [U][C] 購買 (物) ▶ The store offered a discount on many items to attract customers to <u>make</u> a big **purchase**.

9

awful
[`ɔfḷ]

adj. 極糟的　**SYN**　terrible

(very bad or unpleasant)

▶ My shoes got wet in the rain, and they smelled **awful** after I wore them all day long.

10

basis
[`besɪs]

n. [C][sing.] (行動) 方式

(the way things are done or organized)

▶ Larry exercises on a regular **basis**. He goes to a gym three to four times a week.

n. [C] 基礎 (the reason why something is done)

▶ The best dish in the cooking contest will be chosen on the **basis** of flavor, cooking skills, and creativity.

base
[bes]

vt. 基於……

▶ A healthy relationship between a couple is **based** on trust and respect.

11

desire
[dɪ`zaɪr]

n. [C][U] 慾望，渴望 (a strong hope to have or do something)

▶ Angela has a strong **desire** to become a singer, so she often takes part in singing contests in order to be heard.

desire
[dɪ`zaɪr]

vt. 渴望

▶ The Smiths are a newly-married couple who **desire** to have a house of their own.

12 **depend**
[dɪ`pɛnd]

vi. 依靠 (to need someone or something to live or succeed)
▶ The kittens **depend on** their mother for care and food.

vi. 取決於…… (used to say one is affected by another)
▶ Whether to go mountain climbing or go to the movies **depends on** the weather tomorrow.

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13 **sustainability**
[sə͵stɛnə`bɪlətɪ]

n. [U] 永續性 (the ability to continue for a long time or to continue without harming the environment)
▶ For environmental **sustainability**, most stores in Taiwan do not provide free plastic bags or straws for customers.

sustainable
[sə`stɛnəbḷ]

adj. 永續的
▶ The organization is promoting the use of **sustainable** energy, such as the power of the sun, wind, and water.

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14 **complete**
[kəm`plit]

vt. 完成 (to finish doing something)
▶ Lucy won't go picnicking with us tomorrow because she has a lot of work to **complete**.

complete
[kəm`plit]

adj. 完全的，十足的　**SYN** total
▶ Talking with Nick was a **complete** waste of time because he did not pay attention to what I said.

adj. 完整的　**SYN** whole　**ANT** incomplete
▶ As a fan of J.K. Rowling, Anita bought the **complete** series of *Harry Potter*.

15 **recycle**

[ri`saɪkl̩]

vt. 回收利用 (to change waste materials so that they can be used again)

▶ Used paper can be **recycled** into paper bags instead of simply being thrown away.

16 **experiment**

[ɪk`spɛrəmənt]

n. [C] 實驗 (a scientific test done to learn about something)

▶ Many people are against the idea of performing **experiments** on living animals.

17 **citizen**

[`sɪtəzn̩]

n. [C] 市民 ；公民 (someone who lives in a certain place or legally belongs to a country)

▶ Tom was praised for being a brave **citizen** after he saved a koala from a deadly Australian wildfire.

18 **launch**

[lɔntʃ]

vt. 發起 ，開始 (to start a plan or an activity or introduce something new)

▶ The police **launched** a national search for the murderer who had already killed three people.

vt. 發射 (火箭) ，使 (船) 下水 (to send a spacecraft into space or put a ship into the water)

▶ The captain's new ship was successfully **launched** into the sea today.

1. outfit [`aʊtˌfɪt] *n.* [C] (特定場合、活動的) 服裝
2. eco-friendly [`ikoˌfrɛndlɪ] *adj.* 環保的
3. producer [prə`djusɚ] *n.* [C] 製作人

PHRASES

| 1 | **even though** | 儘管，雖然 (despite the fact that) |
| | | ▶ **Even though** Patrick set three alarm clocks, he still overslept this morning. |

| 2 | **carry out** | 進行，執行 **SYN** conduct (to do something) |
| | | ▶ The researchers are **carrying out** tests to see if the new drugs are effective. |

| 3 | **get rid of** | 除去，擺脫 (to remove something unwanted or unpleasant) |
| | | ▶ Debbie put several lemons in the fridge to **get rid of** the bad smells inside. |

| 4 | **call for** | 呼籲 (to ask publicly for something to be done) |
| | | ▶ The organization **called for** the public to donate money to people in need. |

Word Smart

用 **-ability / -ibility** 取代形容詞字尾 **-able / -ible**，使形容詞變成抽象名詞，表示「有……性質、特性」。

stable + ability
→ stability
穩定性

capable + ability
→ capability
能力

-ability -ibility

sustainable + ability
→ sustainability
永續性

responsible + ibility
→ responsibility
責任

Practice

possible →

_____ 可能性

available →

_____ 可得性

NOTE ✎ _____

GRAMMAR

$$S + \left\{ \begin{array}{l} \text{insist} \\ \text{suggest} \\ \text{demand} \end{array} \right\} + \text{that} + S + \text{(should) V....}$$

▲ 根據圖片與句意，完成下面句子。

brush their teeth
washed their hands
complete the project
finishing his experiment
recycle the plastic bottles

1. Ian's boss demanded that Ian should _____ within a month.

2. Amanda insists that her daughters should _____ before they go to bed.

3. Kent suggested that the girls _____ instead of simply throwing them away.

1. 這個句型用來表示「堅持」(insist)、「建議」(suggest) 或「要求」(demand)。

2. that 子句中的 should 常省略，後面直接接原形動詞 (V)。

◆ The sick girl insisted that she (should) **go** to school.

◆ Her father suggested that she (should) **wear** a mask.

◆ The doctor demanded that she (should) **take** the medicine twice a day.

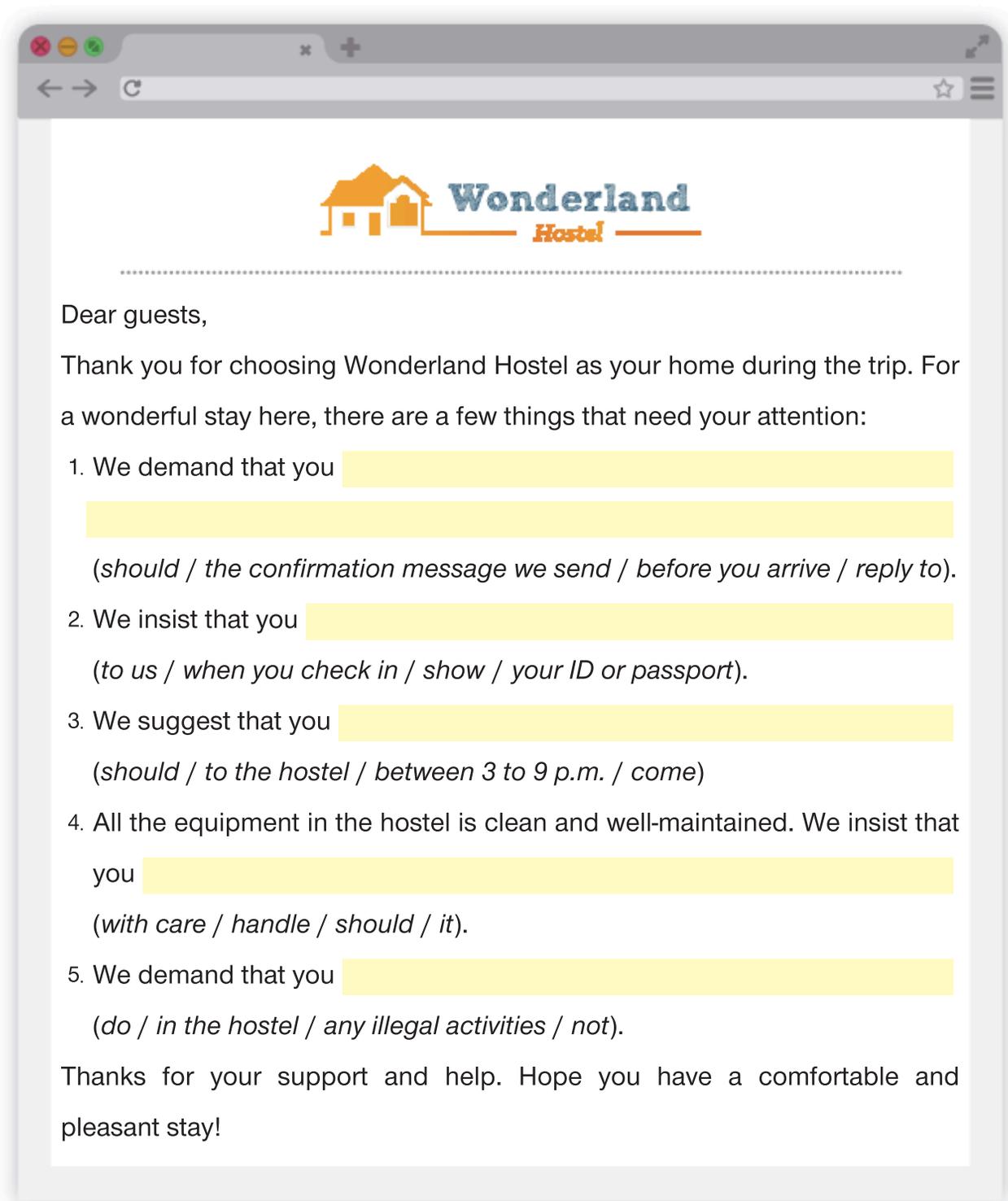3. that 子句如果是否定句，則在原形動詞前面加 not，變成 (should) not V。

◆ James insisted that his son (should) **not stay** outside after 9 p.m.

◆ Lily's parents suggest that she (should) **not eat** too much fast food.

◆ The teacher demands that the students (should) **not leave** their seats during the exam.

▲ 找出兩句課文中使用到此句型的句子：

1. _____

2. _____

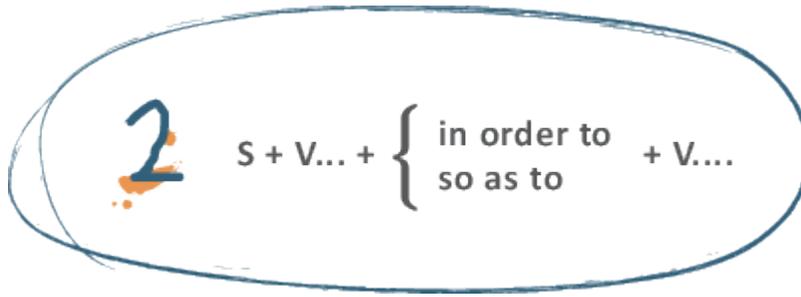Sandy 在網路上訂了仙境民宿 (Wonderland Hostel)，民宿用 e-mail 寄給她一份入住須知。根據句型，完成這份入住須知。

Dear guests,

Thank you for choosing Wonderland Hostel as your home during the trip. For a wonderful stay here, there are a few things that need your attention:

1. We demand that you _____

(*should / the confirmation message we send / before you arrive / reply to*).

2. We insist that you _____

(*to us / when you check in / show / your ID or passport*).

3. We suggest that you _____

(*should / to the hostel / between 3 to 9 p.m. / come*)

4. All the equipment in the hostel is clean and well-maintained. We insist that you _____

(*with care / handle / should / it*).

5. We demand that you _____

(*do / in the hostel / any illegal activities / not*).

Thanks for your support and help. Hope you have a comfortable and pleasant stay!

2 $S + V... + \begin{cases} \text{in order to} \\ \text{so as to} \end{cases} + V....$

2

▲ 用藍筆圈出句中主詞的「動作」，紅筆圈出動作的「目的」。

1. Alice jogs every day so as to keep fit and reduce stress.

2. In order to protect her voice, the singer doesn't eat any spicy food.

3. The students are carrying out experiments in order to collect data for their reports.

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1. in order to 和 so as to 都表示「為了……」，後面接表示「目的」的原形動詞，用來強調主詞做的動作是為了達到某個目的或結果。

2. in order to 以及它所引導的動詞 (或動詞片語) 可以移到句首。

◆ The students practice running every day in order to win the race.
　　　　　　　　　　　　　　　　　　　　　　　　+ 目的

= The students practice running every day so as to win the race.

= In order to win the race, the students practice running every day.

3. 否定用法為 in order not to 和 so as not to，表示「為了不……」。

◆ Bill read the article carefully in order **not** to miss any important information.

◆ Jessica lowered her voice so as **not** to wake up the sleeping baby.

◆ In order **not** to get stuck in traffic, Kelly took the early bus to the office.

▲ 各找一句課文中使用到此句型的句子：

1. _____

2. _____

Let's Try!

根據句型，完成以下五個人的新年願望 (New Year's resolutions)。

Action	Purpose	New Year's Resolutions
save money	buy a new guitar	**Fiona** 1. I will _____ _____ .
write my parents a letter	tell them how much I love them	**Susan** 2. I will _____ _____ .

46

exercise three
times a week

lose some
weight

David

3. In order to _____ ,

   I will _____ .

2

study harder

not to fail my math
exam again

Peter

4. I will _____

   _____ .

get into the habit
of taking notes

not to forget
important things

Mark

5. _____ ,

   I will _____ .

A reporter is interviewing the NHK producer, who is taking on the "Plastic-Free Challenge."

1. Are you wrapping those vegetables in old newspaper? Why's that?

2. This is because I'm trying not to use any plastic products, like plastic shopping bags.

3. How come you put that cloth on top of your head? I've got an umbrella.

4. Oh, I don't need one.

5. Why not?

6. It's because your umbrella is made of plastic, too.

7. Don't you worry that people may think your behavior is a little weird?

8. Well, I think it's good if people notice me because I'm trying to appeal to them to take action on the plastic waste problem.

---

1. appeal [ə`pil] *vi.* 呼籲   2. take action on... 對……採取措施

1 What did you do that for?

你為什麼那麼做？

2 Could you please explain why you don't like romantic movies?

可以請你解釋一下為什麼不喜歡浪漫電影嗎？

3 May I inquire as to why you didn't attend the meeting?

我可以詢問你沒參加會議的原因嗎？

4 I was planning to give a presentation to the clients today.

我原本打算今天向客戶做簡報。

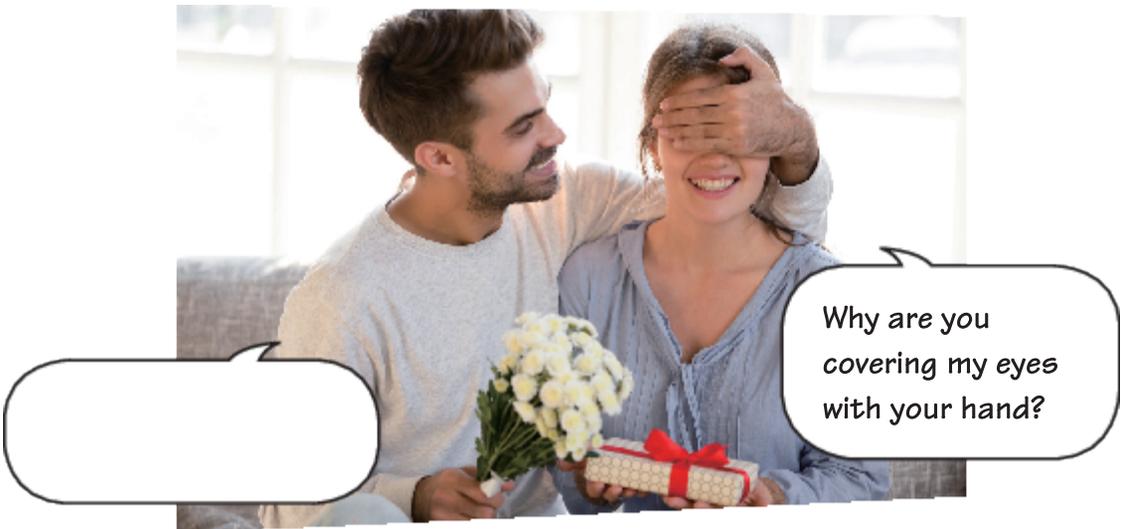**5** I did it to raise public awareness of global warming.

我這麼做是為了提升民眾對全球暖化的意識。

6 That's because I couldn't find a parking space this morning.

那是因為今天早上我找不到停車位。

Role Play

The woman is asking the man to explain his behavior.

Why are you covering my eyes with your hand?

---

3. romantic [ro`mæntɪk] *adj.* 浪漫的
4. inquire [ɪn`kwaɪr] *vt.* 詢問
5. as to 關於
6. attend [ə`tɛnd] *vt.* 參加
7. presentation [ˌprɛzn̩`teʃən] *n.* [C] 報告
8. client [`klaɪənt] *n.* [C] 客戶
9. awareness [ə`wɛrnɪs] *n.* [U] 意識
10. parking [pɑrkɪŋ] *n.* [U] 停車

DO IT YOURSELF

根據圖片與例句，寫出正確的單字。

1. _____

The police dog is on a m_____n to catch the thief.

2. _____

People tend to p_____e more items during a big sale.

3. _____

It's time for Louis to wash his socks because they smell so a_____l.

4. _____

The researcher spent all day long doing e_____ts to test the new drug.

5. _____

In Taiwan, every c_____n who is at least 20 years old has the right to vote for the president.

II. Cloze Test

根據文意，選出最適當的答案。

Some people took on challenges to try to make special changes in their lives or the world. Take Hannah Poston, for example. She used to go shopping __1__ she felt depressed. Because of this, she challenged herself to buy only what she needed __2__ an everyday basis. Another interesting challenge was __3__ by Julia Mooney. To bring the problem of fashion waste to more people's attention, she decided to wear the same dress for a hundred days. The other is a challenge that was done by an NHK producer. He insisted that he __4__ without any plastics for 3 weeks. Through his challenge, he tried to urge people to __5__ the amount of plastic waste they produce.

(   ) 1. (A) whatever   (B) whoever   (C) whenever   (D) however

(   ) 2. (A) on   (B) in   (C) of   (D) at

(   ) 3. (A) kicked   (B) wrapped

            (C) assisted   (D) accomplished

(   ) 4. (A) living   (B) live   (C) to live   (D) by living

(   ) 5. (A) break down   (B) turn down

            (C) take advantage of   (D) cut down on

III. Multiple Choice

根據句意，選出最適合的答案。

(   ) 1. Alan organized a secret party _____ give his girlfriend a surprise.

            (A) so as to   (B) so that   (C) such that   (D) as to

(　　) 2. The salesperson suggested that we _____ a house near an MRT station.

(A) to buy　　　(B) buying　　　(C) buys　　　(D) should buy

(　　) 3. _____ ease her headache, Linda took some medicine and went to bed early.

(A) Thanks to　　(B) So as to　　(C) In order to　　(D) In addition to

(　　) 4. My parents insist that I _____ traveling alone. They think that this is too dangerous.

(A) to go　　　(B) not go　　　(C) going　　　(D) not to go

(　　) 5. A true friend should be someone you can _____ to get through difficult times.

(A) laugh at　　(B) bump into　　(C) depend on　　(D) show around

IV. Guided Translation

根據中文及提示字首,寫出完整字詞。每格限填一字。

1. 這間公司新的銷售計畫將在下個月實施。

The company's new sales plan will be c_____ o_____ next month.

2. 這個慈善機構發起了一項活動,向窮人們分發必需品,包括水、食物和衣服。

The charity l_____ a campaign to distribute n_____, including water, food, and clothes, to the poor.

3. 環保人士呼籲大眾回收廢紙和用過的塑膠瓶。

Environmentalists have c_____ f_____ the public to r_____ waste paper and used plastic bottles.

4. Teresa 搭計程車回家，因為她試圖擺脫一個跟隨她的陌生人。

Teresa took a taxi home because she tried to g_____

r_____ of a stranger who was following her.

5. 儘管 Michael 渴望購買一臺最新的相機，他就是買不起。

E_____ t_____ Michael d_____ to

buy the latest camera, he just couldn't afford it.