

GENERAL SCHOLASTIC ABILITY TEST

114

A n n o M M X X V

ENGLISH · LISTENING

114 年 英聽考古題

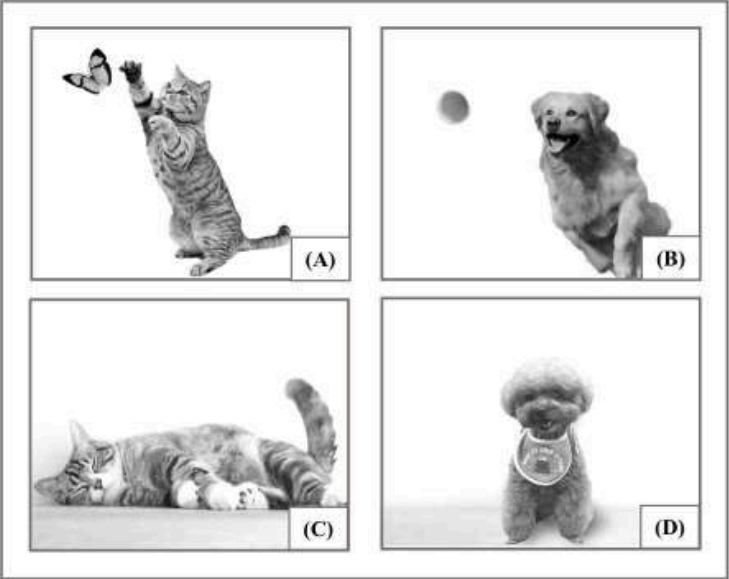
學科能力測驗 · 英語聽力測驗

ITEMS	GRADE CUT-OFFS	CONTENTS
40 題	A 35 · B 26.5 · C 13	試題 · 答案 · 聽力稿 · 解析

圖片聽解（單選）

1.

第 1 題



2.

第 2 題



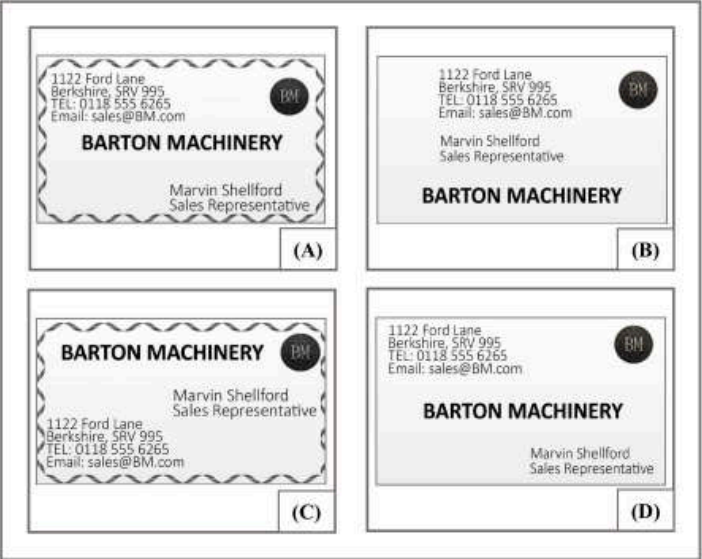
3.

第 3 題



4.

第 4 題



圖片聽解（多選）

5. 多選（選2個）

第 5 題（Picture 5）



（選項於錄音中播出，請依所聽內容作答）

6. 多選（選2個）

第 6 題（Picture 6）



（選項於錄音中播出，請依所聽內容作答）

7. 多選 (選2個)

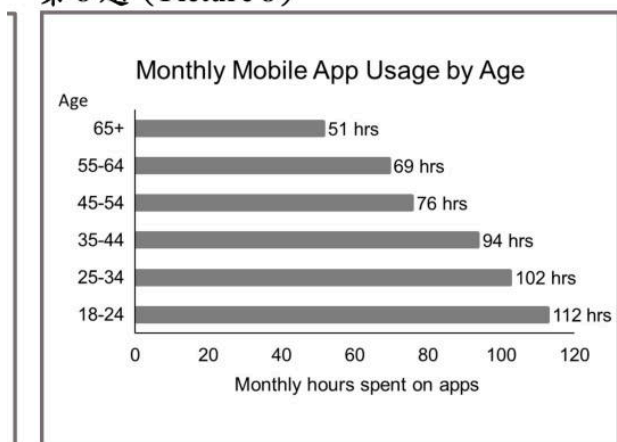
第 7 題 (Picture 7)



(選項於錄音中播出，請依所聽內容作答)

8. 多選 (選2個)

第 8 題 (Picture 8)



- 4 -

(選項於錄音中播出，請依所聽內容作答)

對答

9.

- (A) I called twice, but nobody answered.
- (B) He kept complaining about it all night.
- (C) Someone called earlier, but I missed it.
- (D) We should get a quiet dog like our neighbor's.

10.

- (A) Yes, I think we'd better go home.
- (B) It looks like we need a new home.
- (C) We could just bring our umbrellas with us.
- (D) No, I don't have to stay up late every night.

11.

- (A) That's awfully kind of you.
- (B) No, I wouldn't go if I were you.
- (C) Our plane will be landing shortly.
- (D) Sorry, I don't have any cash on me.

12.

- (A) I didn't like it either, actually.
- (B) You should have your own fan club.
- (C) I talked to the film critics, eventually.
- (D) You might want to rewrite the ending.

13.

- (A) I'll visit you if you don't mind.
- (B) Any seat in the front row is fine.
- (C) Anytime you consider to be convenient.
- (D) Whenever you like, I'm home all the time.

14.

- (A) Sure, I'll heat it up in a few minutes.
- (B) Yes. There will be enough for everyone.
- (C) Not really. I think it tastes just fine as it is.
- (D) Well, not everyone likes black pepper though.

15.

- (A) You're more than welcome to join our class.
- (B) The basketball club meets Friday afternoons.
- (C) I'd love to, but I'm not very good at baseball.
- (D) Thanks for asking me, but I already have plans.

16.

- (A) There isn't enough storage space in the shop.
- (B) Well, the supply won't come in until tomorrow.
- (C) Look, the recipe shows how to make a cherry pie.
- (D) The shop has all kinds of seeds to grow cherry trees.

簡短對話

17.

- (A) Take a bus.
- (B) Take a train.
- (C) Travel by plane.
- (D) Drive Aunt Sally's car.

18.

- (A) He did not understand her culture.
- (B) He did not show up at the meeting.
- (C) He gave the woman some pressure.
- (D) He thought he was late for the meeting.

19.

- | | |
|-----------------------|-----------------------|
| (A) In a bakery. | (B) In a kitchen. |
| (C) At a fish market. | (D) At a gas station. |

20.

- | | |
|---------------------------------------|--|
| (A) To get off work on time. | (B) To move on with other work. |
| (C) To meet with her clients on time. | (D) To avoid getting in trouble at work. |

21. 第 21-22 題為題組

- (A) She has just bought a lot of school stuff.
- (B) She has not cleaned it out for a long time.
- (C) She is going on a long trip with her brother.
- (D) She is not willing to give away her winter coat.

22.

- | | |
|------------------------------------|---------------------------------------|
| (A) She totally forgot about it. | (B) She failed her science class. |
| (C) Her brother wanted to read it. | (D) Her mother forgot to put it away. |

23. 第 23-24 題為題組

- | | |
|---------------------------------|---------------------------------------|
| (A) To learn Swedish. | (B) To improve his English. |
| (C) To pursue graduate studies. | (D) To study international relations. |

24.

- (A) The woman used to study in England.
- (B) The man has not sent out his application.
- (C) The woman has not decided where to study.
- (D) The man used to study in Canada and the U.S.

短文聽解

25. 第 25-26 題為題組

According to the talk, which of the following is NOT true about the speaker?

- (A) He had a stomachache.
- (B) He went to see a doctor.
- (C) He stayed in bed for two entire days.
- (D) He went for a walk when he felt better.

26.

What does the speaker imply at the end of the talk?

- (A) He should have stayed in bed resting longer.
- (B) He simply wants to forget this boring weekend.
- (C) His positive way of thinking surprised his doctor.
- (D) His experience made him better appreciate the world.

27. 第 27-28 題為題組

What is the talk mainly about?

- (A) Strategies to make customers curious.
- (B) Responsibilities of a reliable salesperson.
- (C) Tips for becoming an outstanding salesperson.
- (D) Importance of promoting a company's reputation.

28.

Which of the following is NOT mentioned in the talk?

- (A) Having keen observation.
- (B) Being a trustworthy person.
- (C) Drawing customers' attention.
- (D) Offering a variety of products.

29. 第 29-30 題為題組

According to the speaker, which is the best way to start running?

- (A) By going for walks first.
- (B) By doing it three times a week.
- (C) By consulting your trainer first.
- (D) By running for fifteen minutes a day.

30.

What advice is given at the end of the talk?

- (A) Run for five minutes at a time.
- (B) Try not to go over your limit.
- (C) Do not run before you can walk.
- (D) Maintain a regular running schedule.

31. 第 31-32 題為題組

What is this talk mainly about?

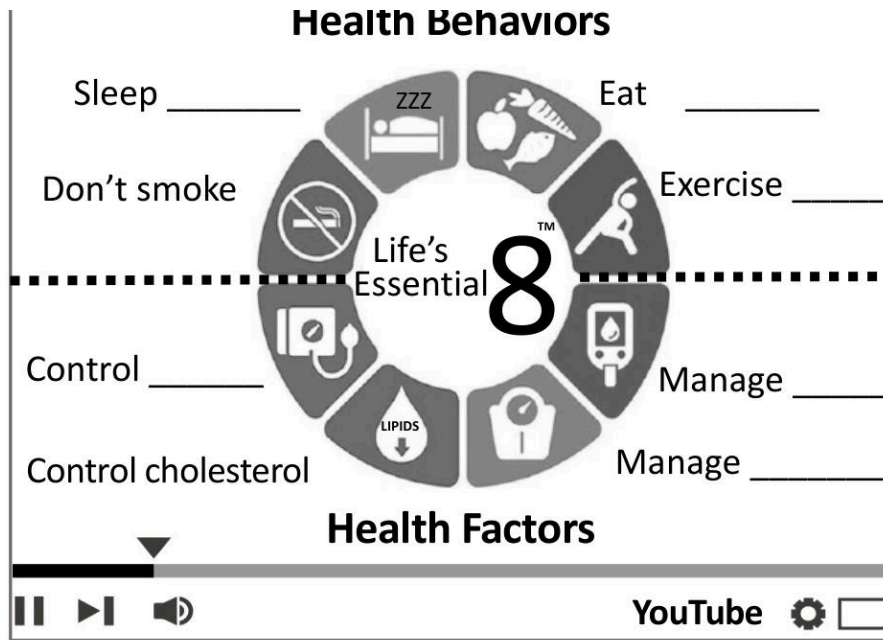
- (A) Business customs in different countries.
- (B) Different ways men and women greet others.
- (C) The custom of kissing on the cheek as greeting.
- (D) The reason why men kiss each other on the cheek.

32.

According to the talk, which of the following is true?

- (A) Men exchange kisses with women in Saudi Arabia.
- (B) Men do not kiss other men on the cheek in Türkiye.
- (C) Women often kiss other women in greeting in South Europe.
- (D) Women cannot kiss their friends in business situations in France.

33. 第 33-36 題為題組



- (A) Watching a video on YouTube.
(B) Creating a program on YouTube.
(C) Posting a recording on YouTube.
(D) Taking an exercise class on YouTube.
34.
(A) The eight measures are about lung health.
(B) Staying up late helps improve brain function.
(C) Getting enough sleep helps the body to recover.
(D) Seven to nine hours of exercise a day is good for health.
35.
(A) She is a heavy smoker.
(B) She likes to cook for herself.
(C) She goes to the gym regularly.
(D) She is concerned about her weight.
36.
(A) Go for a workout.
(B) Design a weight loss plan.
(C) Change their eating habits.
(D) Join the American Heart Association.
37. 第 37-40 題為題組
(A) It is a regular show on weekdays.
(B) It provides information on parenting.
(C) The host will call listeners to give away free books.
(D) The host will talk about the importance of school education.
38.
(A) Becoming new parents.
(B) Children's development.
(C) Children's mental health.
(D) Coaching children's sports.

39.

- (A) Social skills.
- (C) Academic skills.

- (B) Memory skills.
- (D) Language skills.

40.

- (A) Playing chess.
- (C) Playing soccer.

- (B) Reading books.
- (D) Practicing the violin.

參考答案

1	2	3	4	5	6	7	8	9	10
A	B	B	D	BD	CD	AB	AD	A	C
11	12	13	14	15	16	17	18	19	20
D	A	B	C	D	B	C	D	B	D
21	22	23	24	25	26	27	28	29	30
B	A	C	B	C	D	C	D	A	D
31	32	33	34	35	36	37	38	39	40
C	C	A	C	D	A	B	B	A	C

聽力稿與解析

1. 答案 A

For question 1, you'll listen to a short conversation. Please look at the four pictures. What is that kitten doing? Just getting some exercise, I think. I don't think so. Take a closer look. Oh yeah. She's just following her instincts. I guess so. They're born to hunt, aren't they? I just hope she never catches anything. Right, what would we do if she brought a dead bird or something into the house? Question 1 Which picture best shows what the man and woman are watching?

兩人先猜小貓在運動，但被糾正：**following her instincts. born to hunt.** 正解圖是小貓像獵人般盯著或撲向目標；單純運動、玩耍是被否定的誤解。

字彙：kitten *n.* 小貓；instinct *n.* 本能；hunt *v.* 捕獵

2. 答案 B

For question two, you'll listen to a short conversation. Please look at the four pictures. Are you there? Can you hear me? Yes, I can hear you, but I don't see you. Can you turn on your camera? Okay, wait a moment. Great, I can see you now. Let's get started. Thank you for coming to this meeting. Today, we're going to discuss- Excuse me. Could you please turn up the volume? Alright, is that better? Yeah, that's better. I can hear you now. The earthy Question 2 Which of the following pictures best matches what the speakers are doing?

對話出現 **turn on your camera**、**turn up the volume**、**Let's get started**，說明兩人正在線上視訊開會。應選使用電腦進行視訊會議的圖，不是面對面開會或打電話。

字彙：camera *n.* 攝影鏡頭；volume *n.* 音量；discuss *v.* 討論

3. 答案 B

For question 3 You'll listen to a short talk. Please look at the four pictures. I've worked here for three months. Most of the time I help customers fill up their tanks and handle the payment. Whether in the form of cash or credit. I sometimes have to tell customers about the station's current fuel prices, sales, and discounts. Despite the low pay. It's a pretty interesting job because I get to meet many different kinds of people. Decent key Question 3 Which of the following pictures best shows where the man works?

說話者說 **help customers fill up their tanks**、告知 **fuel prices**，可知他在加油站工作。收款與服務客人也可能出現在商店，但加油才是關鍵；低薪只是附帶資訊。

字彙：fuel *n.* 燃料；tank *n.* 油箱；payment *n.* 付款

4. 答案 D

For question 4. You'll listen to a short conversation. Please look at the four pictures. I'd like to design a new business card for my sales staff. I want the company name Barton Machinery to be large and in the center. I see. In the lower right, I want the name of the sales representative. And the company contact information at the top. Do you want a border? No, thank you. I want the card to be plain. Decent heat. Question 4 Which of the following cards best fits the man's request?

男子要求 **company name** 大且置中、**lower right** 放業務姓名、**contact information** 在上方，且不要邊框、要簡單樸素。正解圖同時符合這些條件；其他圖多是位置錯或有邊框。

字彙：business card *n.* 名片；border *n.* 邊框；plain *adj.* 樸素的

5. 答案 B、D

For question five Please look at Picture 5. Question 5 Which two of the following are true about the picture? The child is crying for food. The woman is feeding the child. The woman is cooking for the child. The child is looking away from the woman.

依圖，女子正在餵小孩（**feeding the child**），且小孩把視線移開（**looking away**）。小孩為食物哭鬧、女子煮飯給小孩，都與圖不符，屬於相似動作的干擾。

字彙：feed *v.* 餵食；look away *phr.* 把視線移開；cry *v.* 哭

6. 答案 C、D

For question 6, please look at picture 6. Question 6 Which two of the following are true about this picture? A. A police officer is arresting a drunk driver. B. A police officer is getting out of the police car. C. A car will be taken away by a tow truck. D. A white car is illegally parked alongside another car.

依圖，一輛車將被拖吊車拖走（**taken away by a tow truck**），且白車違規並排停在另一輛旁（**illegally parked**）。警察逮捕酒駕、下警車是圖中沒有的情節。

字彙：tow truck *n.* 拖吊車；illegally *adv.* 違法地；arrest *v.* 逮捕

7. 答案 A、B

For question 7 Please look at picture 7. Question 7 Which two of the following are true about the poster? A. The workshop will be held in the evening. B. Tickets are cheaper if purchased in advance. C. Tickets are sold only in the Grand Meeting Hall. D. The workshop is mainly for business majors.

依海報，工作坊在晚上舉行（**held in the evening**），且預售票較便宜（**cheaper if purchased in advance**）。售票地點只限大會堂、主要給商科學生，都是海報沒有的資訊，屬過度推論。

字彙：workshop *n.* 工作坊；in advance *phr.* 事先；ticket *n.* 票

8. 答案 A、D

For question 8, please look at picture 8. Question 8. Which two of the following are true about the graph. Younger people tend to spend more time on apps than older people. Over 65 years of age spend less than 15 hours a month using apps. People under 34 years of age spend less than 100 hours a month on apps. People in the 55-64 age range spend close to 70 hours a month using apps.

依圖，年輕人使用 app 時間較長（**younger people spend more time**），55 至 64 歲約 70 小時。65 歲以上少於 15 小時、34 歲以下少於 100 小時不符。

字彙：tend to *phr.* 傾向於；graph *n.* 圖表；age range *n.* 年齡層

9. 答案 A

Question 9 Did you call the neighbor to complain about his dog barking in the middle of the night?

對方問是否打電話向鄰居抱怨狗在半夜亂叫，**I called twice, but nobody answered.** 直接說明打過兩次沒人接。整晚抱怨、早前有人來電、養安靜的狗都沒有回答是否打過電話。

字彙：complain *v.* 抱怨；neighbor *n.* 鄰居；bark *v.* 吠叫

10. 答案 C

Question 10 Looks like it's going to rain. Don't you think we'd better stay home?

對方問 **we'd better stay home?** , **We could just bring our umbrellas** 表示仍可出門, 帶傘即可, 委婉不同意。同意回家、換新家、熬夜都沒回應, 或只重複 home。

字彙: umbrella *n.* 雨傘; stay up *phr.* 熬夜; had better *phr.* 最好

11. 答案 D

Question 11 It's kind of embarrassing. But you wouldn't be able to lend me \$5,000 would you?

對方難為情地問能否借 \$5,000 , **I don't have any cash on me** 委婉拒絕。That's awfully kind 是回應提供幫助; 勸別去、飛機將降落皆與借錢無關。

字彙: embarrassing *adj.* 尷尬的; lend *v.* 借出; cash *n.* 現金

12. 答案 A

Question 12 Big fan of this writer. Critics have said her newly published novel isn't good at all.

說話者是作者的粉絲, 聽到評論家說她的新小說 **isn't good at all** , **I didn't like it either, actually.** 表示自己也有同感。擁有自己的粉絲團、與影評人交談、改寫結局都答非所問。

字彙: critic *n.* 評論家; novel *n.* 小說; fan *n.* 粉絲

13. 答案 B

Question 13. Professor Wu When I visit your class this afternoon, where would you like me to sit?

訪客問 **where would you like me to sit** , 教授回答 **Any seat in the front row is fine.** 針對地點。其他選項回答何時方便或到府拜訪, 並非地點。

字彙: seat *n.* 座位; convenient *adj.* 方便的; front row *n.* 前排

14. 答案 C

Question 14. And just tasted the soup. Do you think it needs a little more salt? //

有人問 **needs a little more salt?** , **Not really. It tastes just fine** 直接回答不需加鹽。熱湯、人人夠分、黑胡椒只與湯相關, 沒有回答加不加鹽。

字彙: taste *v.* 嚐起來; salt *n.* 鹽; pepper *n.* 胡椒

15. 答案 D

Question 15. Are you going to join us for the basketball game after class today?

同學邀請放學後打籃球, **Thanks for asking me, but I already have plans.** 禮貌拒絕。歡迎加入班級、籃球社週五集會、不擅長棒球, 只是重複 basketball、class。

字彙: join *v.* 參加; club *n.* 社團; plan *n.* 計畫

16. 答案 B

Question 16 Were you able to get fresh cherries at the store? We need them to make a cherry pie.

對方問是否買到 **fresh cherries** , **the supply won't come in until tomorrow** 暗示今天還沒到貨。其他選項談儲存空間、食譜、種子, 只是重複 cherry。

字彙: supply *n.* 供貨; fresh *adj.* 新鮮的; recipe *n.* 食譜

17. 答案 C

For question 17, you'll listen to a short conversation. How will we go to Aunt Sally's house in the summer? Will we take a bus, a train, or a plane? Or will we drive there? The plane is of course the fastest, but if we bring our car, we will be able to drive around. Aunt Sally said she could let us use her car. That's good. I will book our flight tickets tomorrow. There's a TT Question 17 How will the family go to visit Aunt Sally?

兩人比較巴士、火車、飛機、開車，最後說 **I will book our flight tickets tomorrow**，所以搭飛機。Sally 阿姨願借車讓他們到當地開，是抵達後的用途，不是前往的交通方式。

字彙：flight *n.* 班機；book *v.* 訂；drive around *phr.* 開車四處逛

18. 答案 D

Question 18 You'll listen to a short conversation. I'm sorry. Have you been waiting a long time? Not really. I just arrived here about 10 minutes ago. I thought our meeting would start at 11 o'clock. Don't worry, you're not late. Why do you always arrive early for meetings? People in my country like to arrive early. It's just part of our culture. That's a good practice. I agree. But it may give others unnecessary pressure. The Shabbat heat Question 18 Why did the man apologize to the woman?

男子道歉是因為他 **thought our meeting would start at 11**，以為自己遲到，但對方說 **you're not late**。提早到的文化與給人壓力是後面的話題；他並未缺席，也沒說不懂對方的文化。

字彙：apologize *v.* 道歉；culture *n.* 文化；pressure *n.* 壓力

19. 答案 B

For question 19, you'll listen to a short conversation. This chicken dish is absolutely delicious. How do you make it? It's quite easy actually. First bake the chicken in the oven. While it's baking, fry some onions with butter and a pan to make the sauce. Finally, you mix the sauce with the cooked chicken. And that's it. What about time? Do you have to bake the chicken for long? Not really. All in all, about 20 minutes with low heat. Otherwise, it'll burn. Then she tilted. Question 19 Where does the conversation most likely take place?

對話談如何做雞肉：先在 **oven** 烤、**fry onions with butter** 做醬、最後拌入，並談烘烤時間。這是在說明烹調步驟，最可能在廚房；沒有買賣魚貨或加油的線索，烘焙店也不是談糕點。

字彙：bake *v.* 烘烤；sauce *n.* 醬汁；fry *v.* 煎炒

20. 答案 D

For Question 20, you'll listen to a short conversation. Could you please give me a hand? If I don't get this job finished in the next 10 minutes. The boss is going to get angry. No problem. What can I do to help? Could you take these documents and make 10 photocopies of each? Ten copies of each document? Okay. The Earth should be Question 20. Why does the woman need help finishing the job?

女子說 **If I don't get this job finished in 10 minutes, the boss is going to get angry**，所以請人幫忙是為了避免惹麻煩。準時下班、見客戶皆未提。

字彙：photocopy *n.* 影印本；give a hand *phr.* 幫忙；boss *n.* 老闆

21. 答案 B

Questions 21 and 22 You'll listen to a conversation. Hey, Sis. Your backpack looks awfully heavy. You're not going on a trip. What do you have in there? I don't know. Just the usual stuff. School stuff I guess. Let me take a look. Sure, go ahead. You have five books in here. One of them is your science textbook from last year. Unbelievable. Really? I guess I forgot all about it. And here's your winter coat at the bottom. It's already the end of April. What's this heavy coat doing in your backpack? Oh, I wondered where that was. Mom wanted to put it away with the winter clothes, but I just couldn't find it. She was a little upset with me. You really should clean this backpack out. You're right. I hope I don't find the last year's lunch in there. Question 21 Why is the woman's backpack so heavy?

弟弟發現背包裡有五本書、去年的科學課本，甚至 **winter coat**，並說 **You really should clean this backpack out**，顯示她很久沒整理。購買文具、旅行、不肯送人外套皆非原因。

字彙：backpack *n.* 背包；textbook *n.* 課本；heavy *adj.* 重的

22. 答案 A

Question 22 Why does the woman have last year's science textbook?

女子說 **I guess I forgot all about it**，即完全忘了課本還在背包。媽媽想收起來的是冬季外套，不是課本；她沒有不及格，也沒說弟弟想讀，故正解是她徹底忘了。

字彙：forget *v.* 忘記；fail *v.* 不及格；put away *phr.* 收起來

23. 答案 C

For questions 23 and 24, you'll listen to a conversation. I'm thinking of going abroad to graduate school next year. Really? Where are you planning to go? I want to study social work. And there are good programs in Canada and the United States. But, if possible, I want to study in Sweden. In Sweden? Do you even speak Swedish? Not at all. But there is a program for international students I'm interested in, and it's taught in English. Oh, I see. Well, you studied in England before, and you speak good English. Thanks. I hope so. To the program in Sweden and just hope for the best. Well good luck! Be sure to send me a postcard when you get there. Question 23 Why does the man want to go to Sweden?

男子說 **going abroad to graduate school next year**，想念社會工作，最想去瑞典，因為有以英文授課的國際生課程。他不是為了學瑞典語，英語也已經很好，更沒有提到國際關係。

字彙：graduate school *n.* 研究所；program *n.* 學程；social work *n.* 社會工作

24. 答案 B

Question 24 Which of the following is true about the conversation?

男子說想申請瑞典的課程並 **hope for the best**，表示尚未送出申請。曾在英國念書的是男子，不是女子；他只是考慮加拿大和美國，並未在那裡念過，且他已決定首選瑞典。

字彙：apply *v.* 申請；application *n.* 申請書；graduate *adj.* 研究所的

25. 答案 C

Questions 25 and 26 are based on the following talk. Last Friday was one of the longest and most boring days of my life. I woke up early with a terrible stomach ache. Much too sick to go to school. I made an appointment to see the doctor. She said I'd probably got some kind of mild food poisoning. Gave me some medicine and told me to go straight back to bed. And I stayed in bed all day. But I couldn't sleep much. Didn't want to eat anything, and couldn't even concentrate enough to read a book? Watch television or even play computer games. I just stared at the ceiling, feeling miserable and sorry for myself. But the following morning I felt much better. I got up. Went out for a walk and found the world had never looked so beautiful. And that's a feeling I don't want to forget.

講者說 **stayed in bed all day**，隔天早上就 **felt much better** 並出門散步，所以並沒有整整兩天躺在床上。肚子痛、看醫生、好轉後散步都有提到；two entire days 是時間誇大。

字彙：stomachache *n.* 胃痛；food poisoning *n.* 食物中毒；miserable *adj.* 難受的

26. 答案 D

Questions 25 and 26 are based on the following talk. Last Friday was one of the longest and most boring days of my life. I woke up early with a terrible stomach ache. Much too sick to go to school. I made an appointment to see the doctor. She said I'd probably got some kind of mild food poisoning. Gave me some medicine and told me to go straight back to bed. And I stayed in bed all day. But I couldn't sleep much. Didn't want to eat anything, and couldn't even concentrate enough to read a book? Watch television or even play computer games. I just stared at the ceiling, feeling miserable and sorry for myself. But the following morning I felt much better. I got up. Went out for a walk and found the world had never looked so beautiful. And that's a feeling I don't want to forget.

結尾說 **the world had never looked so beautiful**，還說這是不想忘記的感覺，暗示經驗讓他更懂欣賞世界。想多休息、忘記週末、讓醫生驚訝都不是原意。

字彙：appreciate *v.* 欣賞；imply *v.* 暗示；ceiling *n.* 天花板

27. 答案 C

Questions 27 and 28 are based on the following talk. There are three key things you need to keep in mind if you want to be a successful salesperson. The first is to be sensitive to your customers' needs. You have to observe and listen carefully to know what they really want. The second is to show your sincerity. No one is going to buy anything from you unless they believe you're reliable and trustworthy. And the third is to arouse your customers curiosity. If they are not interested in your product. You might as well give up. So there you have it. Every salesperson needs to be sensitive. Show sincerity And stimulate curiosity.

開頭說 **three key things ... successful salesperson**，三點為敏銳、誠懇、引起好奇，主旨是成為傑出業務員的訣竅。只談好奇、可靠度或公司名聲都以偏概全。

字彙：salesperson *n.* 業務員；sincerity *n.* 誠意；curiosity *n.* 好奇心

28. 答案 D

Questions 27 and 28 are based on the following talk. There are three key things you need to keep in mind if you want to be a successful salesperson. The first is to be sensitive to your customers' needs. You have to observe and listen carefully to know what they really want. The second is to show your sincerity. No one is going to buy anything from you unless they believe you're reliable and trustworthy. And the third is to arouse your customers curiosity. If they are not interested in your product. You might as well give up. So there you have it. Every salesperson needs to be sensitive. Show sincerity And stimulate curiosity.

三要點為 **observe and listen** 保持觀察、**reliable and trustworthy** 讓人信任、**arouse curiosity** 引起注意。講者沒提到提供多樣產品，所以產品多樣是 NOT 的答案。

字彙：observe *v.* 觀察；trustworthy *adj.* 值得信賴的；arouse *v.* 引起

29. 答案 A

Questions 29 and 30 are based on the following talk. Everyone knows that regular exercise is good for your health. And running for 30 or 40 minutes, three times a week is a great way to get in shape and lose some weight. But how should you get started? If you are new to exercise or particularly out of shape, Then it might be a good idea to begin by walking. Try it for 15 to 20 minutes a day until you feel ready to go running. When you do feel fit enough to run, take it slowly. Run for five minutes, then walk for two minutes. This will give your body time to adjust to the workload. Finally, keep it up like having a new hobby and habit. Keeping a regular schedule is the key to staying in shape. So, find the right time of day and stick to it.

講者說新手 **begin by walking**，每天走 15 到 20 分鐘再開始慢跑。每週三次是跑步頻率、15 分鐘是走路時間、諮詢教練並未提到，這些是數字或細節干擾。

字彙：get in shape *phr.* 維持健康體態；adjust *v.* 適應；workload *n.* 負荷

30. 答案 D

Questions 29 and 30 are based on the following talk. Everyone knows that regular exercise is good for your health. And running for 30 or 40 minutes, three times a week is a great way to get in shape and lose some weight. But how should you get started? If you are new to exercise or particularly out of shape, Then it might be a good idea to begin by walking. Try it for 15 to 20 minutes a day until you feel ready to go running. When you do feel fit enough to run, take it slowly. Run for five minutes, then walk for two minutes. This will give your body time to adjust to the workload. Finally, keep it up like having a new hobby and habit. Keeping a regular schedule is the key to staying in shape. So, find the right time of day and stick to it.

結尾說 **Keeping a regular schedule is the key** 並要大家找好時段 **stick to it**，所以建議固定跑步時間。跑五分鐘是初期做法；不要超過極限、先會走才會跑都沒說。

字彙：schedule *n.* 時間表；habit *n.* 習慣；stick to *phr.* 堅持

31. 答案 C

Questions 31 and 32 are based on the following talk. In some countries, people say hello to friends and relatives by kissing them on the cheek. This custom is common in southern and eastern Europe. In the Middle East and in South America. Generally, people will often exchange kisses on the cheek when they are first introduced by a mutual friend. However, people don't kiss in business situations, unless they are also friends. For women, they kiss each other when greeting. In European countries like France, Spain and Portugal, men and women kiss each other on the cheek. However, men and women do not exchange kisses in more conservative Muslim countries like Saudi Arabia, Iran, or Turkey. But men do kiss other men on the cheek in Turkey or Iran.

講者先說 **people say hello ... by kissing them on the cheek**，再說明哪些地區、場合與性別會這樣，所以主旨是臉頰親吻的問候習俗。商務習俗、男女差異、男男原因都只是其中細節。

字彙：cheek *n.* 臉頰；custom *n.* 習俗；greet *v.* 問候

32. 答案 C

Questions 31 and 32 are based on the following talk. In some countries, people say hello to friends and relatives by kissing them on the cheek. This custom is common in southern and eastern Europe. In the Middle East and in South America. Generally, people will often exchange kisses on the cheek when they are first introduced by a mutual friend. However, people don't kiss in business situations, unless they are also friends. For women, they kiss each other when greeting. In European countries like France, Spain and Portugal, men and women kiss each other on the cheek. However, men and women do not exchange kisses in more conservative Muslim countries like Saudi Arabia, Iran, or Turkey. But men do kiss other men on the cheek in Turkey or Iran.

講者說 **southern and eastern Europe** 常有此習俗，且 **women kiss each other**，所以南歐女性常互吻。沙烏地男女不互吻、土耳其男性會吻男性，其他選項相反。

字彙：exchange *v.* 交換；conservative *adj.* 保守的；Muslim *adj.* 穆斯林的

33. 答案 A

Questions 33-36 are based on the following conversation. I just stopped by to say hello. What are you up to? I'm watching something on YouTube. What's it about? It's Life's Essential 8. It's the American Heart Association's checklist to evaluate how healthy your heart is. Interesting. Is it what the logo shows? Yes, it is made up of two areas. Behaviors and health factors. Look here. The top half includes being more active, eating better, getting healthy sleep, and quitting tobacco. I don't smoke, so I'm not worried about that. What should I eat? Eat whole foods, fruits and vegetables, lean protein and nuts. Okay, I'll try. What about exercise and sleep? Honestly, I'm not a sports person and I often stay up late. Well, it suggests people get two and a half hours of moderate physical activity per week and seven to nine hours of sleep per night. Enough sleep promotes healing and improves brain function. I see. Then what are the bottom four? They are Managed Blood Sugar, Managed Weight, Control Cholesterol, and Control Blood Pressure. I know high levels of blood sugar, high blood pressure, and bad cholesterol can damage our hearts. But it's just so hard to avoid the temptation of my favorite foods. That's why I always fail to lose weight. Well, keeping a healthy weight is beneficial. Oh, I had better watch my weight. Why don't we go to the gym right now? Sounds great. Let's go. The essential center Question 33 What is the man doing when the woman stops by?

女子問他在做什麼，男子說 **I'm watching something on YouTube**，內容是心臟健康清單。他沒有在製作節目、上傳錄影或上運動課，只是這些選項重複 YouTube。

字彙：checklist *n.* 檢查清單；logo *n.* 標誌；stop by *phr.* 順道拜訪

34. 答案 C

Question 34 Which of the following statements about life's essential aid is true?

對話說 **Enough sleep promotes healing**，所以睡眠足夠有助身體恢復。熬夜無助腦功能，八項指標談心臟而非肺，運動建議是每週兩個半小時，不是每天七至九小時。

字彙：promote *v.* 促進；healing *n.* 痊癒；cholesterol *n.* 膽固醇

35. 答案 D

Question 35 It can be inferred about the woman from the conversation.

女子說不吸菸、不愛運動，又說 **I always fail to lose weight**、**I had better watch my weight**，可推知她在意體重。她不是老菸槍，也沒規律上健身房。

字彙：concerned *adj.* 擔心的；temptation *n.* 誘惑；weight *n.* 體重

36. 答案 A

Question 36 What are the man and woman likely to do next?

結尾提議 **Why don't we go to the gym right now?** 對方回答 **Sounds great.** 所以兩人接著去運動。減重計畫、改飲食只是討論內容，美國心臟協會未提到。

字彙：gym *n.* 健身房；workout *n.* 運動；habit *n.* 習慣

37. 答案 B

Questions 37 to 40 are based on the following talk. You're listening to Parenting 101. Today is October 19th. We meet on the air every Saturday and Sunday morning. I'm Dr. Susan Chen, the author of the book, Easier, Happier Parents. I study children's learning and behavior. I have prepared a few copies of my book as a gift. If you call in and answer my questions correctly, We'll send you a free copy. The following is the introduction to my book. Take notes now and get your answers ready! Focus about the importance of exercise in children's overall development. Children learn through play from the time they are very young. When they get older, taking part in regular sports activities is important for physical development. Exercise builds healthy muscles and burns calories, which helps children grow stronger and healthier in a fun environment. In addition, Joining a sports team is good for them. Children learn the skills of the sport and they also learn to work with others. It is a great way to form friendships. On a team, everyone has a part to play. Therefore, even the quietest, shyest child can get involved. Through participation, confidence is built and social skills can be learned. It's a beautiful Sunday with clear blue skies. Don't you want to take your children out to burn off their energy? The essential team question 37 Which of the following is true about their talk?

節目名稱為 **Parenting 101**，主持人是研究兒童學習行為的作者，內容提供育兒資訊。節目在 **Saturday and Sunday** 播出，不是平日；贈書需答對，也不談學校教育。

字彙：parenting *n.* 育兒；author *n.* 作者；give away *phr.* 贈送

38. 答案 B

Question 38 What is Dr. Susan Chen's book about?

主持人說書的介紹是 **importance of exercise in children's overall development**，所以書談兒童發展。心理健康、新手父母、教練相關但非核心。

字彙：development *n.* 發展；overall *adj.* 整體的；muscle *n.* 肌肉

39. 答案 A

Question 39 Which of the following skills can children learn from the suggested activities?

講者說加入運動隊會 **learn to work with others**、**form friendships**，並說 **social skills can be learned**。記憶、學業、語言能力皆未提到，只有社交技巧符合。

字彙：confidence *n.* 自信；participate *v.* 參與；team *n.* 團隊

40. 答案 C

Question 40 According to the talk, Which of the following children's activities is most likely encouraged by Dr. Susan Chen.

講者強調 **regular sports activities** 與 **joining a sports team**，並鼓勵帶孩子出門消耗體力，最可能鼓勵踢足球。下棋、讀書、小提琴多為靜態或個人活動。

字彙：encourage *v.* 鼓勵；energy *n.* 精力；physical *adj.* 身體的
