

1 □ 單字 & 片語

habitat

/'hæbitæt/

n. 棲地；動植物生活的地方**a safe habitat** 安全的棲地**a habitat for birds** 鳥類的棲地**protect a habitat** 保護棲地

This wetland is a safe habitat for birds.

這片濕地是鳥類安全的棲地。

用法 habitat 指動物或植物生活的地方。初階先使用 a safe habitat、a habitat for birds 和 protect a habitat。

habit

/'hæbit/

n. 習慣**a good habit** 好習慣**make it a habit** 養成習慣**change a habit** 改變習慣

Checking heat alerts is a good habit.

查看高溫警報是個好習慣。

用法 habit 是名詞，表示經常做的事。常見搭配是 a good habit、make it a habit 和 change a habit。

heat

/'hi:t/

n. 熱；高溫**extreme heat** 極端高溫**a heat wave** 熱浪**feel the heat** 感受到高溫

The heat feels strong today.

今天的熱氣讓人感覺很強。

用法 heat 可以表示熱或高溫。初階先使用 extreme heat、a heat wave 和 feel the heat。

healthy

/'helθi/

adj. 健康的；有益健康的**healthy soil** 健康的土壤**a healthy habitat** 健康的棲地**stay healthy** 保持健康

The wetland seems healthy after the rain.

下雨後，這片濕地看起來很健康。

用法 healthy 可以描述人、植物、土壤或棲地的良好狀態。常見搭配是 healthy soil、a healthy habitat 和 stay healthy。

help

/help/

vt./vi. 幫助；有助於**help animals** 幫助動物**help keep places cool**

有助於讓地方保持涼爽

help someone 幫助某人

Trees help keep the park cool.

樹木有助於讓公園保持涼爽。

用法 help 可以表示幫助某人，也可以表示有助於某個結果。常見結構是 help + 人、help + 原形動詞和 help + 人 + 原形動詞。

hide

/haɪd/

vt./vi. 躲藏；藏起來**hide from the heat** 躲避高溫**hide under a tree** 躲在樹下**animals hide** 動物躲藏

Small animals hide from the heat.

小動物躲避高溫。

用法 hide 可以表示躲藏，也可以表示把東西藏起來。初階先使用 hide from the heat、hide under a tree 和 animals hide。

hail

/heil/

n./vi. 冰雹；下冰雹**hail hit an area** 冰雹襲擊某地區**hail fell** 冰雹落下**a hailstorm** 冰雹風暴

Hail fell during the storm.

暴風雨期間下了冰雹。

用法 hail 可以表示冰雹，也可以表示下冰雹。初階先使用 hail hit an area、hail fell 和 a hailstorm。

harm

/hɑ:m/

vt./n. 傷害；危害**harm plants** 傷害植物**harm animals** 傷害動物**cause harm** 造成傷害

Extreme heat can harm young plants.

極端高溫可能傷害幼小植物。

用法 harm 可以表示傷害或危害。初階先使用 harm plants、harm animals 和 cause harm，並用 can 表達可能的風險。

head to

/hed tu:/

phr. v. 前往**head to a safe place** 前往安全的地方**head to a shelter** 前往避難所**head home** 回家

People should head to a safe place when officials warn them.

官員發出警告時，人們應前往安全的地方。

用法 head to + 地點表示前往某地。初階先使用 head to a safe place、head to a shelter 和 head home。注意 home 前面不加 to：說 head home，不說 head to home。

延伸詞彙 wetland 濕地 heat wave 熱浪 heat alert 高溫警報 biodiversity 生物多樣性 protected area 保護區 nature-based solution 以自然為本的解方 storm 暴風雨 floodwater 洪水 shelter 避難所 emergency alert 緊急警報

A Hot Day at the Wetland

During a heat warning, Bearry and Lexi visit a wetland near their town. The air feels hot, and the sky turns gray. Hail starts to fall, so small animals hide under trees. People head to a safe shelter and help one another. The wetland seems healthy, but the storm can harm young plants. After the rain, the marsh is home to many birds. The group makes a good habit of checking alerts and protecting this habitat. The day ends with a plan to keep the place healthy.

在高溫警報期間，Bearry 和 Lexi 到城鎮附近的濕地。空氣感覺很熱，天空變成灰色。冰雹開始落下，所以小動物躲到樹下。人們前往安全的避難處，並互相幫忙。這片濕地看起來很健康，但暴風雨可能傷害幼小植物。雨後，這片沼澤地是許多鳥類的家。這群人養成查看警報和保護這片棲地的習慣。這一天最後以一項讓這個地方保持健康的計畫作結。



1 Bearry and Lexi arrive at a wetland and see a heat warning, dry grass, and a bright sun.



2 The air feels hot and the sky turns gray as Bearry and Lexi look up at the changing weather.



3 Hail starts to fall, small animals hide under trees, and Bearry and Lexi point toward a safe direction.



4 People head to a safe shelter while volunteers help one another and check simple emergency supplies.



5 After the rain, birds and young plants appear in the wetland; some plants are harmed, but the habitat still looks healthy.



6 Community members make a daily plan to check alerts, save water, and protect the habitat.

3 新聞裡的單字

每一句都用到本章的一個單字，依據近期報導改寫成學習用句，不是原文引用。想讀原文，點「原文」。

habitat

Protected areas can help keep **habitats** safe for wildlife.

保護區可以幫助讓野生動物的棲地保持安全。

Convention on Biological Diversity · 2026-08-13

原文 [Nairobi meetings pave the way for 2026 UN Biodiversity Conference](#)

habit

Checking emergency alerts is a good **habit** before a storm.

暴風雨前查看緊急警報是個好習慣。

City of Asheville · 2026-09

原文 [September is Emergency Preparedness Month: Make a Plan](#)

heat

Weather experts warned that El Niño could bring months of extreme **heat**.

氣象專家警告，聖嬰現象可能帶來好幾個月的極端高溫。

UN News · 2026-09

原文 [El Niño is surging. Months of extreme heat could follow](#)

healthy

Nature-based solutions can help keep communities **healthy** and cool.

以自然為本的解方有助於讓社區保持健康和涼爽。

Government of California · 2026-08-11

原文 [As 2026 continues notching heat records, Governor Newsom announces a strategic action plan to address extreme heat in California](#)

help

Rescue teams **helped** people after floods.

洪水過後，救援隊幫助了人們。

Ministry of Foreign Affairs, Nepal · 2026-09-10

原文 [Daily Situation Update on Bhote Koshi River Floods — 10 September 2026](#)

hide

Animals may **hide** from extreme heat.

動物可能躲避極端高溫。

NOAA National Centers for Environmental Information · 2026-07

原文 [July 2026 Global Climate Report](#)

hail

Hail hit parts of Indiana in August 2026.

2026 年 8 月，冰雹襲擊印第安納州部分地區。

Indiana Department of Homeland Security · 2026-08

原文 [August 2026 Disaster Information Hub](#)

harm

Extreme heat can **harm** plants and wildlife.

極端高溫可能傷害植物和野生動物。

United Nations Environment Programme · 2026

原文 [Updates on nature, land and biodiversity](#)

head to

People should **head to** a safe place when officials issue an alert.

官員發布警報時，人們應前往安全的地方。

Governor of Ohio · 2026-08

原文 [Governor DeWine Requests Presidential Major Disaster Declaration for August Storms](#)

4 ✎ 小測驗

1. Which sentence is correct?

- A. The air feels heat. B. The air feels hot. C. The air feels hotly.
D. The air is feel hot.

2. Which sentence means that the wetland looks healthy?

- A. The wetland seems health. B. The wetland seem healthy.
C. The wetland seems healthy. D. The wetland seems healthily.

3. What can you say when the sky changes from light to dark?

- A. The sky turns dark. B. The sky turns darkness. C. The sky turn dark.
D. The sky is turn dark.

4. Officials warn people about the storm. What should people do?

- A. They should head the shelter. B. They should head at a safe place.
C. They should head with a safe place. D. They should head to a safe place.

答案 ✎

- 1. B — feel 在這裡連接 air 和形容詞 hot，不是直接接名詞 heat。
- 2. C — 第三人稱單數主詞使用 seems，後面接形容詞 healthy。
- 3. A — turn + adjective 可以表示顏色或狀態改變。
- 4. D — 固定搭配是 head to + 地點，表示前往某地。

5 Be and Linking Verbs : 描寫狀態、變化與感受

A. be 描寫主詞的狀態

S + be + adjective

The soil is dry.

土壤是乾的。

B. be 描寫主詞的身分或分類

S + be + noun

This marsh is a habitat for birds.

這片沼澤地是鳥類的棲地。

C. become、turn 和 get 表示狀態改變

S + become / turn / get + adjective

The sky turns dark.

天空變暗了。

D. seem 表示看起來或似乎

S + seem + adjective

The wetland seems healthy.

這片濕地看起來很健康。

E. look 和 feel 描寫外觀或感受

S + look / feel + adjective

The plants look dry.

這些植物看起來很乾。

F. smell 描寫主詞的氣味

S + smell + adjective

The soil smells fresh.

土壤聞起來很清新。

有些動詞不把動作直接施加到受詞，而是把主詞和後面的形容詞或名詞連起來。後面的內容稱為主詞補語，用來說明主詞是什麼、處於什麼狀態，或給說話者的觀察。

用連綴動詞改變描述角度

句型 S + be + adjective → S + linking verb + adjective = 連綴動詞後面接主詞補語，用來描述主詞的狀態、身分、變化、外觀或感受。

直接描述：主詞是什麼或怎麼樣

The wetland is healthy.

(The wetland 是主詞，is 後面的 healthy 是描述狀態的補語。)



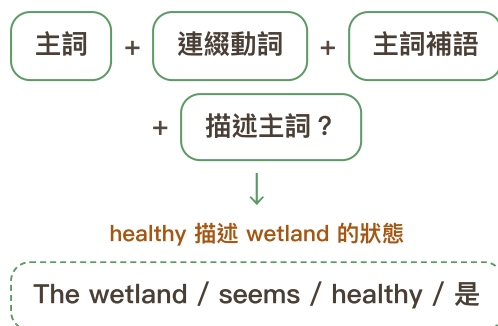
連綴描述：主詞看起來、變得或感覺怎麼樣

The wetland seems healthy.

(seems 仍然連接主詞和 healthy；seems 表示說話者的觀察。)

這片濕地是健康的。 / 這片濕地看起來很健康。

連綴動詞判斷圖



更多例子

The sky is dark. ↓ The sky turns dark.

天空是暗的。 / 天空變暗了。

The air is hot. ↓ The air feels hot.

空氣是熱的。 / 空氣感覺很熱。

小提醒

你可以用 be 直接描述主詞，也可以用 seem、turn 或 feel 表示看起來、變得或感覺如何。連綴動詞後面接形容詞，形容詞是在描述主詞。



小劇場：Bearry 又搞錯了

The air feels heat.



✗ Bearry

Say: The air feels hot. Feel links the air to an adjective.



Lexi

The wetland seems health.



✗ Bearry

Say: The wetland seems healthy. Use the adjective healthy after seems.



Lexi

The sky looks darkly.



✗ Bearry

The sky looks dark!



✓ Bearry

✎ 文法小練習

Choose the correct linking verb or rewrite each sentence so you could actually use it in conversation.

1. Find the subject complement: The soil is dry.

2. Change to seem plus an adjective: The wetland is healthy.

3. Change to turn plus an adjective: The sky is dark.

4. Complete the sentence with hot or heat: The air feels ____.

5. Complete the sentence with dry or dryly: The plants look ____.

6. Complete the sentence with fresh or freshly: The soil smells ____.

7. This sentence is wrong. Write it correctly: The air feels heat.

練習答案 📝

- 1. dry
- 2. The wetland seems healthy.
- 3. The sky turns dark.
- 4. The air feels hot.
- 5. The plants look dry.
- 6. The soil smells fresh.
- 7. The air feels hot.