



Make It Easy with Life Hacks!

If you're looking to make life easier, life hacks[♦] might be just what you need! These quick-fix ideas might be useful for many objectives, including organization and convenience.

One handy¹ life hack is the brownie-in-a-mug. This life hack has you covered when you just need a brownie for one. Take a coffee mug and fill it with four tablespoons each of sugar and flour, along with two tablespoons each of cocoa, butter, and water. Mix it all together and heat it in the microwave² for just under two minutes. You've got what you want and nothing extra³! Another surprising life hack is listening to video game music while working. The music in video games is typically **designed**⁴ to **motivate**⁵ without breaking players' focus. This makes it **ideal**⁶ for when you have important tasks⁷ to work on—just don't let the music **drag**⁸ you into the game!

Some life hacks are especially useful for daily living and general tasks. A few simple examples include using sticky⁹ notes to remove dust¹⁰ from your keyboard¹¹, painting your house keys with different colors of nail polish¹² to tell them apart¹³, and putting a flashlight against a bottle of water to distribute¹⁴ light all around. **Combining**¹⁵ life hacks can make them super effective. For example, roll your clothes instead of folding them to save time. Then when you are traveling, you'll save space and your clothes won't wrinkle¹⁶. Additionally, put ribbons on the **handles**¹⁷ of your baggage¹⁸ so that you can easily spot it.

These are just a few of the many life hacks out there—you can check out more on the Internet. Go ahead and give them a try!

閱讀理解

請在下列選項中，選出最適合的答案。

- ❶ How do you make a brownie for one person?
 - (A) In a mug
 - (B) On a spoon
 - (C) In a refrigerator
 - (D) On a computer
- ❷ Why would you put a flashlight against a bottle of water?
 - (A) To make the bottle less sticky
 - (B) To see inside the bottle
 - (C) To match nail polish colors
 - (D) To fill a room with light

核心字彙

107 表示該字在學測出現過的年度 107 則為該年度考題的正確選項



TRACK 68

1 handy [ˈhændi]

adj. 方便的；手邊的

Sandy's new music player came with a **handy** carrying case.

珊蒂新的音樂播放器有一個方便的攜帶盒。

📌 **come in handy** 派得上用場；有用的

My Swiss Army knife always **comes in handy** when I travel.

去旅行時，我的瑞士刀總是派得上用場。

2 microwave [ˈmaɪkroʊweɪv]

100 n. [C] 微波爐（在此為 microwave oven 的簡稱）

If you want to warm up the pizza, just put it in the **microwave** for a minute.

如果你想要加熱披薩，只要把它放在微波爐加熱一分鐘就好。

100 📌 **microwavable** adj. 微波的；可微波的

3 extra [ˈɛkstrə]

n. [C] 額外之物

A membership here comes with many **extras** that you won't find at other gyms.

這裡的會員有許多額外附加價值，是你在其他健身房找不到的。

95 adj. 外加的；額外的

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It's smart to carry **extra** water with you on a hike.

健行時隨身多帶些水是聰明的。

107 📌 **extraordinary** adj. 非凡的；特別的

📌 **go the extra mile** 加倍努力

If you want to get ahead in your company, you have to be willing to **go the extra mile**.

如果你想在公司出人頭地，你必須願意加倍努力。

4 design [dɪˈzaɪn]

103 vt./vi. 設計

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Carla works for a clothing company, and she **designs** all kinds of dresses.

卡拉在服飾公司上班，她設計各種洋裝。

107 n. [C] 設計圖；圖案 [U] 設計（風格）

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Laura really liked some of the clothing **designs** that she saw at the show.

蘿拉真的很喜歡她在服裝秀上看到的一些服裝設計圖案。

96 📌 **fashion design** 服裝設計

📌 **graphic design** 平面設計

5 motivate [ˈmɒtəˌveɪt]

103 vt. 激發；激勵；驅使

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98 The speech that the teacher gave
91 motivated her students to study harder.

那位老師的演說激發了她的學生更用功讀書。

91 motivation n. [C, U] 動機；誘因

6 ideal [aɪˈdiəl]

99 adj. 理想的；完美的 n. [C] 理想

97 Will has just found the ideal location for his new business.

威爾剛找到適合新事業的理想地點。

98 ideally adv. 理想上地

7 task [tæsk]

107 n. [C] 任務；工作；苦差事

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98 Reading the report was my first task of
97 the day.

95 看這份報告是我這天的首要任務。

8 drag [dræg]

vt. 拖；拉

Betty dragged her heavy bags across the airport to check in.

貝蒂拖著沉重的行李走到機場另一端去登記搭機。

n. [S] 令人厭倦的人事物

Ulrich found his math classes a real drag.

烏立克發覺他的數學課真的很無趣。

drag one's feet 拖拖拉拉；怠慢

Warren's boss told him to stop dragging his feet and finish the report by the end of the week.

老闆告訴華倫不要拖拖拉拉，要在這星期結束前完成報告。

9 sticky [ˈstɪki]

100 adj. 黏的；濕熱的；棘手的

96 Stacey went to the bathroom to wash the sticky glue off her hands.

史黛西去洗手間把手上黏黏的膠水給洗掉。

stick vt./vi. 黏住；釘住

10 dust [dʌst]

94 n. [U] 灰塵；塵土

Lou wiped dust off the top of the table.

盧把桌上的灰塵擦掉了。

dusty adj. 滿是灰塵的

11 keyboard [ˈkiːbɔːrd]

n. [C] 鍵盤；琴鍵

Araya's keyboard is missing some keys, so she needs to get them replaced.

阿拉亞的鍵盤遺失了一些按鍵，所以她需要拿去更換。

12 polish [ˈpɒlɪʃ]

99 n. [U] 亮光劑

Kevin bought some special polish for his car.

凱文為他的車買了一些特別的亮光劑。

vt. 改善；改進；擦亮

This will be a really good song if you just polish up the lyrics.

只要改善一下歌詞，這會是一首真的很棒的歌曲。

Don decided it was time to polish his résumé and look for a new job.

唐決定該是潤飾履歷並找新工作的時候了。

The waiters were told to polish silverware whenever they didn't have anything else to do.

服務生被要求在沒其他事要做的時候，得將銀製餐具擦亮。

12 **polish one's skills** 精進技巧

Reading a book aloud will help you **polish your** English pronunciation skills.

大聲朗讀書籍有助精進你的英語發音。

13 **nail polish** 指甲油

14 **nail polish remover** 去光水

13 **tell sth. apart** [tɛl] [əˈpɑːt]

phr. 分辨……的不同

The sisters look so much alike that it is difficult to **tell them apart**.

那對姊妹長得很像，很難分辨她們。

延伸

apart 當副詞時有「(時間、空間)分開地；間隔」的意思，常與動詞結合形成片語動詞，此類用法還有：

- **keep . . . apart** 使……分開；隔開……

I will **keep** the two cats **apart** at night until they get used to each other.

在那兩隻貓熟悉彼此之前，晚上我會把牠們隔開。

- **set . . . apart (from . . .)** 使……(與……)有區隔；顯得突出

Jacqueline's ability to work so fast **sets** her **apart from** her coworkers.

賈桂琳工作迅速的能力使她在同事間顯得特別突出。

14 **distribute** [dɪˈstrɪbjut]

vt. 分送；分配；配銷

The books were **distributed** to schools around the country.

那些書被分送到全國各地的學校。

15 **give out** *v. phr.* 分發

There is a man on the street **giving out** leaflets about a protest meeting.

有個男人在街上分發有關抗議活動的傳單。

105 **distribution** *n.* [U, C] 分配；散布

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96

The **distribution** of medical and food supplies after an emergency is most important.

急難之後藥物和食物供給的分配是最重要的。

15 **combine** [kəmˈbaɪn]

106 *vt./vi.* 結合；綜合

The artist **combines** ink, paint, and crayon to produce her work.

這位藝術家結合墨水、顏料和蠟筆創造她的作品。

16 **combine A with B** 結合 A 與 B

Her new song **combines** ancient sounds **with** modern melodies.

她的新歌結合古老的聲音和現代的旋律。

16 **wrinkle** [ˈrɪŋkəl]

91 *vi.* 起皺紋；皺起來

When you come in the office, put your coat on the coat rack, so it won't **wrinkle**.

當你進到辦公室，把外套放在衣架上，那麼它就不會皺了。

98 *n.* [C] 皺紋；褶皺

I can see the **wrinkles** near the woman's eyes when she smiles.

那名女子笑的時候，我可以看到她眼睛周遭的皺紋。

91 **wrinkled** *adj.* 有皺紋的

17 **handle** [ˈhændl]

n. [C] 把手

Be careful; the **handle** of the cup is hot.
小心，那杯子的把手很燙。

105 *vt.* 處理；操縱；拿；抓

97

We have a lot of work to do tonight, but I think we can **handle** it.

我們今晚有很多工作要做，但我想我們應付得來。

104 **cope/deal with** *v. phr.* 處理；應付

18 **baggage** [ˈbæɡɪdʒ]92 **n. [U] 行李**

Lisa left her **baggage** with Ben and went to make a call.

莉莎把行李交給班，然後去打電話。

同 **luggage** *n. [U] 行李*

同 **baggage claim** 行李提領區

參考詞彙

life hack [laɪf] [hæk] *n. [C]* 【口】使生活更方便簡單的小技巧

單字填空 請利用本單元學過的單字，完成下列句子。

- ① Jenny was m d to find a new job because her last boss didn't treat her very well.
- ② Steve couldn't lift the heavy chair, so instead he d d it across the floor.
- ③ The famous actor took the money he made from the movie and d d it among several charities.
- ④ Tony c s play with learning in his lessons.
- ⑤ Keep some coins h y in case we have to take the bus later.

Is your workspace clean? Do you have too many papers and ❶ _____ pens laying around? Here are some basic tips for keeping things neat where you work.

If you work on a computer, then there's something that might be dirty that your fingers are constantly touching: the ❷ _____! It's easy for ❸ _____ to build up between the buttons. To fix the problem, use something ❹ _____, like tape, and rub in between the buttons.

The only things that need to be within arm's reach are the things you use frequently. If you don't need to keep something ❺ _____, store it away properly. Don't keep more pens than you need, and mark papers with the date when it's all right to throw them away. As for contracts and business cards, try to save them all as files—you can just take pictures of them.

When it's time to take a break, you might want to warm up some food in a(n) ❻ _____. This should be cleaned too, to avoid bad smells. Before cleaning, you can loosen the dirt by putting some wet paper towels inside and turning it on for about four minutes.

It's much more ❼ _____ to keep your workspace clean. Do this, and you'll stay motivated to complete all your ❽ _____ on time.

(A) handy

(B) ideal

(C) extra

(D) dust

(E) keyboard

(F) sticky

(G) tasks

(H) microwave