Hi guys you're listening to [today's Pronunciation Challenge](http://goo.gl/44MwK4), and my name is Kristi.

So today we have a video, it's called "[Where Does Fat Go When You Lose Weight?](http://goo.gl/rXw1rr)",

so lots of people are desperate to lose weight, and they might try methods such as exercising and also uhm... cutting down on what they eat. In this video explain "where does fat go" when we actually slim down or get skinnier.

So let's take a look at todays sentence:

**To get your body to "burn" up these cells, your body has to use up the immediate energy from food and dip into your energy reserves. In other words, you burn more calories than you take in, so you have to use your fat stores.**

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那我們首先要來看的第一個字呢，就是

Burn(v.) 燃燒；著火

，這邊的"ur"發"ɝ"的音，舌頭要記得往後捲。

[Dry wood burns easily.]=

[乾柴易燃。]

那如果講

Burnt(adj.) 已經燒毀!!!!!!!!!的；燒掉的

[There was a burnt house at the side of the road.]=

[路旁有一間燒毀!!!!!!!!!的房子]

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那再來我們來看

Immediate(adj.) 立即的；立刻的

，這邊的"a"呢有點藉在短音"ə"跟短音"ɪ"的中間，

所以念起會像是"ih-mee-dee-it"

那我們好像比較常看到他的副詞阿，就是

Immediately [ɪˋmidɪɪtlɪ] (adv.) 馬上地；立刻地

那它這邊的"t"呢並沒有發出"te-lee"的音，

而是"ih-mee-dee-it-lee"，它是一個停頓音。

[Upon hearing the news, he immediately headed out.]=

[他一聽到這個消息，就馬上衝出去了。]

那可能就是去買iPhone 7吧，who knows?right?

\*也有可能去買GTX1080(沒有好嗎\*

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那再來我們來看

Energy (n.) 能源；能量；活力

它的"E"是發"ɛ"的音，"En-er-jee"

[After a long day of work, she no longer has the energy to deal with her kids.]=

[她工作了一天之後，已經沒力氣應付她的小孩了。]

那他的動詞呢則是

Energize (v.) 使某種東西有電；給...能量  
那我記得有一種電池阿，它的名字就叫"Energize"，

那這很合理，因為這個電池會讓放它進去的東西有電。

那它還有一個形容詞則是

Energetic [ɛnɚˋdʒɛtɪk] (adj.) 精力旺盛的；很活潑

它的重音是在"ge"這個地方"en-er-**jet**-ik"，

[She has always been so lively and energetic.]=

[她一直以來都這麼的活潑開朗外向。]

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再來我們來看

Dip [dɪp] (v.) 浸泡；沾

這邊的"i"只有發短音"ɪ"的音，記得別發成長音"ee"。

它當名詞的時候是「沾醬」的意思。

我們有時候會用"dip"或著是"dipping"，

[Fish n' Chip's tartar dipping.]=

[炸魚薯條的塔塔醬]\*I am so god damn hungry now ToT\*

發成長音"ee"就會變成

Deep (adj.) 很深的

那其實很深的這個字呢，除了實指  
[The ocean is deep.]=

[海洋很深。]\*好白話XD\*

我們也可以指某個人講話可能很深奧或是有很深的含意在背後，我們就可以說

[Wow, dude. That's deep]=

[挖，老兄，有夠深奧。](X)\*WTF亂翻XD\*

[你講的話實在是有夠深奧。](O)

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再來我們來看

Reserve (v.) 保留；儲存；保存

它的"s"是發"z"的音，"ri-zurv "

那我當然知道(挺胸)

大家很多人會把"reserve"、"preserve"、"conserve"這三個字搞混，

主要以人為主的[Reserve]=[定位；訂旅館]

它名詞是  
Reservation (n.) 訂位

[He had made a reservation a bed-and-breakfast in Tokyo]=

[他已經訂好一間位在東京的食宿了。]

[他已經訂好一間在倫敦B n' B的訂位了。](???????)

那麼主要以食物為主的[Preserve]=[保存食物]

Preserve (v.) 保存

它的名詞是  
Preservation (n.) 保護

那比較特別的是  
[Preservative (n.)]=

[防腐劑]

再來是以保護動物、古蹟的概念為主的[Conserve]=[保護動物、古蹟]

Conserve (v.) 保護

名詞是

Conservation (n.) 保存

[Wildlife Conservation]=

[野生動物保護區]

[Heritage Conservation]=

[古蹟保護]

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最後我們來看

Store (v.) 保存；儲存

大家很熟悉，就知道是店面(n.)的意思，

[With the popularity of iPhone, a lot of people store their photos on iClould.]=

[隨著iPhone的普及，大家都把照片存在iClould上。]

而它的名詞是

Storage (n.) 儲存

這邊的"a"是發短音"ɪ"的音，"stawr-ij"

[storage room]=

[儲藏間]

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Alright so let's take a look at today's sentence one more time:

**To get your body to "burn" up these cells, your body has to use up the immediate energy from food and dip into your energy reserves. In other words, you burn more calories than you take in, so you have to use your fat stores.**

Alright, so that's it for todays Pronunciation Challenge, remember to leave your recordings below, and I know we still have another day to work tomorrow that's sad, but still, you know, you're still on the Pronunciation Challenge, so keep practicing and I will challenge you guys tomorrow. Bye~