

高年級英語朗讀比賽題目

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200 Years of Bicycles

Riding a bike is fun. Can you ride a bike? I learned how to ride a bicycle in the fifth grade and still ride a bike whenever possible. Using a bicycle is a smart idea. You just need your legs. Sit on the seat, put your feet on the pedals, push the pedals, and go!

It's pedal power! Amazing! Such a great idea! Who had this smart idea? The answer is "a lot of people." The first idea for a bicycle is more than 200 years old! It was made in Germany. But the first bicycle didn't have pedals. You put your feet on the ground and pushed the bike forward with your legs. Now, bicycles use pedals, a chain, and gears. You can ride a bike really far and fast!

Bicycles change the whole world. Today, lots of people use "public bicycles." "Public" means "for people." A public bicycle is a bicycle anyone can borrow or rent for little money. It's an easy and convenient idea! In Taipei, public bikes are called "U-Bikes," and in Kaohsiung, they are called "C-Bikes." Maybe we don't need so many cars or motorcycles. We can ride bicycles!

Bicycles are clean and quiet. You can get some exercise when you ride them, too! Taiwan makes really good bicycles all over the world. People love bikes made in Taiwan. I'm really glad so many people had great ideas that gave us bicycles! Pedal power is amazing!

(選文參考自 ICRT News LunchBox)

Don't Drink Too Much Soda

I love to drink soda. It tastes so good! Do you like soda? A lot of people love it. And they drink a lot of soda. But they should not do that because soda has a lot of sugar. Sugar makes food taste sweet. So, that's why soda tastes so sweet.

I'm sure you like sugar. Many people do. I like sugar, too. But I know this is not a good thing. Sugar is not good for your body. Sugar can hurt many parts of your body. For example, it can do bad things to your teeth. This is why it's important to brush your teeth every day. Too much sugar can even harm your heart as well. And, of course, too much sugar makes you fat. So, it can cause more health problems.

Some people did experiments on drinking soda. They studied people who drink at least two cans of soda every day. They found that these people often have health problems. So, put down that can of soda right now! I don't mean to scare you. But it's true. Too much sugar is really bad for you. So, don't drink soda too often if you want to live a long and healthy life. Also, don't eat too many other sweet desserts.

In addition, remember to do exercise, too. Exercise helps your body. Exercise can even help your body fight the bad effects of sugar. Therefore, if you want to stay healthy, eat less sugar, and remember to get some exercise every day.

(選文參考自 ICRT News LunchBox)

No More Plastic

What do you like to drink? Water, juice, tea, or sports drink? What do you usually use for drinking your tea? A plastic straw, right? Straws are really convenient! Many places in Taiwan don't give plastic straws because straws are made of plastic. There are more than 23 million people in Taiwan. If everybody uses one or two straws daily, there will be a lot of straws and plastic garbage!

Most plastic things don't rot and become part of the earth when you throw them away. For example, food spoils and becomes part of the earth when you throw it away. Paper, clothes, and many things rot and become part of the earth after you throw them away but not plastic.

The government hopes people will stop using plastic straws, which will eliminate tons of plastic garbage! It sounds like a good idea. But what can we use for drinking our juice or sports drink?

One idea is bamboo straws, or straws made out of metal. You can use a metal straw again and again. Bamboo is good for the earth. But, unfortunately, it rots and goes away like food.

We use too much plastic in Taiwan. Some plastic garbage goes into the ocean, and some plastic garbage stays on the earth for years and years! We can all help Taiwan by using fewer plastic things.

We can use a metal straw or a bamboo straw, and we can use our plastic bags again and again.

We have more than 23 million people in Taiwan! If everyone uses less plastic daily, it could make a big difference! (選文參考自 ICRT News LunchBox)