

東大版

B4Unit4

Visitors to *Scotland* are often tempted to try a Scottish national dish called *haggis*. Haggis is a boiled sheep's stomach that is stuffed with a sheep's *lungs*, liver, and heart. Although it is thought of as a *delicacy* by the locals, some visitors are not so sure about this. If you go to Scotland, will you dare to eat this dish?

Food is an important part of any travel experience, and nothing helps develop friendships or business relationships like sharing a meal. As a matter of fact, if you are not willing to try the local food when you travel, you will miss the opportunity to know more about the culture there. Most people who travel frequently realize that trying the local food is not only a great way to show respect for the host, but also an essential part of experiencing a different culture.

You may have difficulty eating *exotic cuisine*, but it is *diplomatic* to take a bite of everything that is being served to you in order not to offend the locals. As a frequent traveler, I never turn down any chance to experience a foreign culture through its food. During my travels, I have eaten a lot of weird food. In *Saudi Arabia*, I have tasted sheep's eyeballs, which are served to the guest of honor. In Africa, I have tried *caterpillars*, which are important sources of *protein* for millions of people there. In Indonesia, I have eaten fried frog legs, which are not as tasty as chicken, but otherwise pretty similar. In China, I have tried a kind of boiled fish. It was so spicy that I felt like it could burn a hole in my *tongue*. In *South Korea*, I have eaten live *octopus*—the octopus almost stuck to my throat when I swallowed it. Eating these dishes has not always been easy for me, but it has contributed greatly to my travels and given me terrific stories to tell back home!

As for my advice for travelers who are unsure about eating strange food, the most important thing to remember is never to offend the hosts. Here are a few tips for making it easier to try foreign food. First of all, don't ask what the food is before you try it. Very often, the food you consider weird is probably delicious—it is the thought rather than the taste that spoils your appetite. Second, take small bites, or if you are serving yourself, just take a small *helping*. Trying a small amount of everything first is wiser than filling your plate with a lot of food. Finally, if you have trouble swallowing something, just take a sip of your drink. This can help disguise the unfamiliar taste.

When you travel overseas, remember that you are representing your country. If you try some of the local food, you'll probably make friends for both yourself and your country.

—by Toni Jordan

龍騰版

B2Unit 4

If you have chances to travel abroad, you may find that other countries have different customs when it comes to eating. While most Taiwanese people, for instance, eat with chopsticks, diners in Europe usually use a knife and fork. Let's look at a few more interesting examples!

Our first stop is Japan. Here, popular noodle dishes like ramen are enjoyed in quite a unique and noisy way in local restaurants. The Japanese like to slurp their noodles loudly when they eat. Doing so is a way of praising the chef. It shows that they like their food very much and can't wait to get it into their mouths!

On the other hand, Koreans are often expected to be patient at mealtime. In Korea, one of the most traditional Asian societies, people at the table shouldn't start eating before their elders take the first bite. Since older Koreans are respected for being wiser and more experienced, they are honored in this simple but meaningful way. While this isn't usually a rule when Koreans are dining out with friends, young people are likely to follow it at home.

Speaking of the "other hand," Indians are far more particular than most people about how they put their food into their mouths. The custom in India is usually to use the fingertips of one's right hand to eat. The locals believe that this is the most satisfying way to enjoy a meal. However, they also believe that it is shameful to use one's left hand to touch the food. For Indians, the left hand is regarded as the "dirty" hand because it is reserved for cleaning themselves after they use the restroom. Therefore, remember to get it right at mealtime in India!

Now that you've had a taste of some of the world's most interesting eating habits, always be sure to keep an eye out for the local customs in the places you visit. This way, you can avoid awkward situations and keep your appetite for trying new things!

東大版

B2Unit 6

Batman, Thor, Wonder Woman—do these names sound familiar to you? They are superheroes and a superheroine that we may see on the big screen. Many people are crazy about their stories and special abilities. However, believe it or not, they all have weaknesses and personal problems, just like you and me.

Under the costume, Batman is just a normal man without any superpowers. When he was a little boy, his parents were murdered. He became such a depressed person that he could never get over his parents' death. Later in life, he was able to create many high-tech weapons. With those weapons, he started to fight crime. He

chose to turn his anger into power and used it to protect others in the city. Surprisingly, his difficult childhood made him into a superhero.

Wonder Woman is a different kind of superheroine. She was born with superpowers and raised on a secret island of female soldiers. She lived there without any worries until a pilot appeared. Then, her life totally changed—she and the pilot fell in love. When the pilot died in a war, Wonder Woman’s heart was broken. However, instead of being beaten by sadness, she used her power to help more people. She was such a strong and brave woman that many people respected her.

Superheroes and superheroines are not perfect. They have emotions, and they also have to deal with the problems that ordinary people may experience. In fact, being a superhero or heroine means more than having amazing powers. When a true superhero or heroine faces something negative in life, he or she can turn it into something positive. This is why they are so extraordinary!

翰林遠東

B2Unit6

Food is an important part of culture. Many cultures have “strange” foods. For example, pig’s blood cake and stinky tofu are familiar to you, but a few foreign websites list them among the world’s most unusual foods. Now, imagine a menu with the following foods. Would you eat them?

Starter: Raw Octopus

Raw octopus with sesame oil is a special Korean dish. In fact, the octopus pieces are still moving on the plate. Be careful when you eat them, or they might stick in your throat!

Main Course: Fried Insects

Fried insects are eaten in lots of countries, but they are especially popular in Thailand. Many insects are deep-fried and sold in street markets there. They are crispy, quite tasty, and rich in protein.

Side Dish: Black Pudding

Black pudding comes from Britain, and it is often part of an English breakfast. It is made from pig’s blood and oatmeal and fried in slices, a bit like pig’s blood cake in Taiwan.

Drink: Civet Coffee

This rare and expensive coffee is from Indonesia. The coffee beans are first fed

to a civet, a type of wild cat. Their special flavor forms in the animal's stomach. The beans are taken from its waste and made into coffee.

Maybe you don't want to eat any dishes like these. People in other countries love them, however. Give them a try, and you might like them too.