

DO ANIMALS SLEEP LIKE YOU AND ME?

動物睡眠大奇觀

B1 • L3 Reading Worksheet | 課文閱讀與素養導向學習單

班級 _____ 座號 _____ 姓名 _____



READING PASSAGE *Do Animals Sleep like You and Me?*

課文精讀與重點標註

- 1 Are you getting enough sleep? If you don't, your body tells you. Without sleep, it is hard to make decisions, control feelings, and stay focused.
- 2 Giraffes are not like most mammals. On average, they sleep only about thirty minutes a day. They curl their necks and put their heads on their hips. But with many predators around, they never nap too long.
- 3 Sea otters look very cute when they sleep. They float on their backs in the water and hold paws. This helps them avoid drifting away.
- 4 Dolphins have an amazing habit. Only half of their brain sleeps at a time. The other half stays awake to breathe, swim to the surface, and look out for danger. Why do dolphins sleep in this way? They need to survive.
- 5 Some migratory birds, like Alpine swifts, can sleep during a long journey. They take short naps in flight and may stay in the air for up to two hundred days. Isn't that incredible?
- 6 Animals show a wide variety of sleeping habits. Each creature has its own way to survive. They are all experts at life in the wild.

CLASS NOTES *Teacher's Notes • Grammar • Useful Expressions*

LESSON 3 • DO ANIMALS SLEEP LIKE YOU AND ME?

Structure Map • Reading Practice • Translation



MISSION 1 (Structure Map) _____ / 50 MISSION 2 (Reading Practice) _____ / 50 TOTAL SCORE _____ / 100

MISSION 1 • READING STRUCTURE MAP

每題 10 分，共 50 分

WORD BANK mammals | predators | drifting | survive | incredible

1 GIRAFFES (SHORT NAPS)

- Unlike most (1) _____, sleep only 30 mins a day.
- Curl necks & avoid (2) _____ by quick naps.

2 SEA OTTERS & DOLPHINS

- Otters hold paws to avoid (3) _____ away.
- Dolphins sleep with half-brain to breathe & (4) _____.

3 ALPINE SWIFTS (IN FLIGHT)

- Migratory birds sleep during long flight.
- Stay airborne up to 200 days; truly (5) _____.

4 WILD EXPERTS (SUMMARY)

- Animals show a wide variety of sleeping habits.
- Unique adaptations ensure safety in the wild.

MISSION 2 • READING PRACTICE

每題 10 分，共 50 分

() Q1 Vocabulary



Wild rabbits must stay alert constantly because many dangerous _____ hunt them for food.

- (A) predators (C) instruments
(B) monuments (D) strategies

() Q2 Vocabulary



Without drinking fresh water, humans can hardly _____ for more than three days.

- (A) inspire (C) drift
(B) survive (D) ignore

() Q3 Big Idea



What is the main topic of this passage?

- (A) How human sleep patterns compare to ancient ancestors. (C) The dangerous predators living in the deep ocean.
(B) Diverse and amazing sleeping habits animals use to survive. (D) How to train wild migratory birds to stay in cages.

() Q4 Detail



Why do sea otters hold each other's paws while sleeping in the water?

- (A) To share body warmth during freezing winter storms. (C) To catch fish while swimming upside down.
(B) To avoid drifting away with ocean water currents. (D) To defend themselves against giant hungry sharks.

() Q5 Inference



What can be inferred about dolphins sleeping with only half of their brain?

- (A) It allows them to breathe and stay alert to danger simultaneously. (C) It prevents them from diving into deep ocean waters.
(B) It causes them to lose their long-term memory quickly. (D) It makes them sleep twice as long as other land animals.

文 TRANSLATION 課文完整中文翻譯參考，自我核對用



1 你有充足的睡眠嗎？如果沒有，身體會發出警訊。缺乏睡眠時很難做決定、控制情緒並保持專注。

2 長頸鹿與多數哺乳動物不同，平均每天只睡約三十分鐘。因掠食者圍繞，牠們從不小睡太久。

3 海獺睡覺時仰躺在水面並牽著前爪，這有助於防止牠們被水流漂走，模樣非常可愛。

4 海豚一次只有一半大腦睡覺，另一半保持清醒以呼吸、游上水面並提防危險，藉此生存。

5 高山雨燕等候鳥能在飛行途中短暫小憩，甚至可在空中停留長達兩百天，令人難以置信。

6 動物展現了各式各樣的睡眠習性。每種生物都有其獨特的生存之道，全都是野外生存大師。