

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 (備課與教學用)

授課年級：高中一年級 單元：Book 1 Lesson 3 難度：CEFR A2-B1

READING PASSAGE

Do Animals Sleep like You and Me?

★ 紅字標註：核心字彙 / 藍框：常用片語 / 綠底線：關鍵句型

- Are you getting enough sleep? If you don't, your body tells you. Without sleep, it is hard to make decisions [it is adj. to V], control feelings, and stay focused.
- Giraffes are not like most mammals [n. 哺乳動物]. 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 [n. 掠食者] around, they never nap [v./n. 小睡] too long.
- Sea otters look very cute when they sleep. They float on their backs in the water and hold paws [n. 爪子]. This helps them avoid drifting away [avoid + V-ing].
- 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 [v. 生存].
- Some migratory [adj. 遷徙的] 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 [adj. 難以置信的]?
- Animals show a wide variety [n. 多樣性] of sleeping habits. Each creature has its own way to survive. They are all experts at life in the wild.

CLASS NOTES • 備課與教學重點指引 (Teacher Reference)

★ 課堂板書與延伸教學建議

① 核心句型 Focus

- it is + adj. + to V 做某事是...的
例：it is hard to make decisions.
- avoid + V-ing 避免做某事
例：This helps them avoid drifting away.
- stay + adj. 保持某種狀態
例：stay focused / stays awake.

② 關鍵片語 Collocations

- on average 平均而言
- float on one's back 仰躺漂浮於水面
- look out for 提防、留意
- in flight 在飛行中

③ 詞性轉換 Word Families

- survive (v.) → survival (n.) 生存
- vary (v.) → variety (n.) 多樣性 → various (adj.) 各式各樣的
- migrate (v.) → migratory (adj.) 遷徙的 → migration (n.) 遷徙
- credible (adj.) 可信的 → incredible (adj.) 難以置信的

LESSON 3 • DO ANIMALS SLEEP LIKE YOU AND ME?

★ 教師解答解析版 (Answer Key & Explanations)



Structure Map • Reading Practice • Translation

MISSION 1 (Structure Map): 50 / 50

MISSION 2 (Reading Practice): 50 / 50

TOTAL SCORE: 100 / 100

MISSION 1 • READING STRUCTURE MAP

每題 10 分，共 50 分

WORD BANK

mammals⁽¹⁾ | predators⁽²⁾ | drifting⁽³⁾ | survive⁽⁴⁾ | incredible⁽⁵⁾

1 GIRAFFES (SHORT NAPS)

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

【解析】對應第2段 "not like most mammals" 與 "predators around"。

2 SEA OTTERS & DOLPHINS

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

【解析】對應第3段 "avoid drifting" 與第4段 "need to survive"。

3 ALPINE SWIFTS (IN FLIGHT)

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

【解析】對應第5段 "up to two hundred days... incredible"。

4 WILD EXPERTS (SUMMARY)

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

【解析】對應第6段總結每種生物獨特的生存之道。

MISSION 2 • READING PRACTICE

每題 10 分，共 50 分

(A) Q1 Vocabulary

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

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

【考點與解析】predator (n.) 掠食者。干擾排除：(B) 紀念碑；(C) 樂器；(D) 策略。

(B) Q2 Vocabulary

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

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

【考點與解析】survive (v.) 生存。干擾排除：(A) 激勵；(C) 漂流；(D) 忽視。

(B) Q3 Big Idea

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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.

【考點與解析】主旨題。全文介紹長頸鹿、海獺、海豚、高山雨燕等動物為了在野外生存所演化出的獨特睡眠習慣，故選 (B)。

(B) Q4 Detail

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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.

【考點與解析】細節題。依第3段 "hold paws. This helps them avoid drifting away."，故選 (B)。

(A) Q5 Inference

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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.

【考點與解析】推論題。依第4段說明海豚一半大腦睡覺、另一半保持清醒呼吸並提防危險，故選 (A)。

文 TRANSLATION 課文完整中文翻譯參考・自我核對用

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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。