
BBC LEARNING ENGLISH

Take Away English 隨身英語

The growing popularity of cycling

騎車出行再度興起



詞彙: *cycling* 騎車

They say once you learn how to ride a bike, you never forget. Most of us learnt when we were kids, and many still **strap on** our **helmets**, put our feet on the **pedals**, and **shoot off** for a ride around the streets. In recent times, cycling has seen a boost in popularity, so the question is, what makes it so appealing to people to **straddle** their bikes once again?

First, let's look at the health benefits. Cycling can improve your **cardiovascular** health and **burn** excess **body fat**. Strengthening your leg muscles in your **calves** and **thighs** helps to increase your potential **torque** and **cadence**. And cycling's benefits aren't just physical, but mental as well. A long ride in the countryside could help you to clear your mind, or de-stress. But it's not only about your body and mind – there are also some plus sides for your wallet's health.

Cycling can be a great way to **commute** or **get about** town. By cycling, you save money on fuel or train **fares**. If you do drive into work, sometimes finding somewhere to park can be a nightmare, whereas finding somewhere to **chain** your bike up can be much simpler. Then, on the train, there are changes at stations and other commuters speaking loudly on their phones to deal with. Cyclists face neither of these issues. And if you're worried about safety, there are designated **cycle lanes** in many major cities. Wearing **high-visibility** clothing, sometimes referred to as 'hi-vis', is another way to improve your safety when cycling on the roads.

Finally, cycling can also be good for the environment. It can help you to reduce your **carbon footprint**. Not pumping out fumes into the atmosphere is better for the planet and your own environment.

So, whether people want to cycle for their health, getting about town, their wallet, the environment, or a combination of all of them – the popularity of cycling is on the rise.

詞彙表

strap on	繫上，繫好
helmet	頭盔，安全帽
pedal	腳蹬子，腳踏板
shoot off	快速騎走
straddle	騎，跨坐
cardiovascular	心血管的
burn	燃燒
body fat	體脂
calf	小腿肚
thigh	大腿
torque	扭轉力
cadence	節奏，韻律
commute	上下班往返，通勤
get about	出行，外出走動
fare	車費，票價
chain	(用鏈條)鎖住
cycle lane	自行車道
high-visibility	高能見度
carbon footprint	碳足跡

測驗與練習

1. 閱讀課文並回答問題。

1. What health benefits are mentioned in relation to cycling?
2. What can strengthening your leg muscles through cycling lead to?
3. What can cycling help you to save money on?
4. What issues related to train travel are mentioned?
5. Why is cycling good for the environment?

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. Come on, _____ your helmet and let's go for a ride.

strap on	torque	cadence	fare
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2. My _____ to work is really peaceful as not many people travel at the same time as me.

calf	commute	body fat	burn
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3. When cycling, always try to stay in the cycle _____. It's safer.

straddle	burn	lanes	body fat
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4. The train _____ is so expensive that I can't afford it this weekend.

torque	fare	calf	burn
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5. I want to buy a bike to help me _____ town more easily.

thigh	pedal	strap on	get about
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答案

1. 閱讀課文並回答問題。

1. What health benefits are mentioned in relation to cycling?

It can help you to burn excess fat, improve cardiovascular fitness, strengthen leg muscles, and lose weight. It can also help to improve your mental health.

2. What can strengthening your leg muscles through cycling lead to?

Improved torque and cadence.

3. What can cycling help you to save money on?

You can save on petrol costs and train fares.

4. What issues related to train travel are mentioned?

Noisy commuters and platform changes.

5. Why is cycling good for the environment?

Because it helps you to lower your carbon footprint.

2. 選擇意思恰當的單詞或片語來完成下列句子。

1. Come on, **strap on** your helmet and let's go for a ride.

2. My **commute** to work is really peaceful as not many people travel at the same time as me.

3. When cycling, always try to stay in the cycle **lanes**. It's safer.

4. The train **fare** is so expensive that I can't afford it this weekend.

5. I want to buy a bike to help me **get about** town more easily.