

彰化縣立鹿港國中 114 學年度校內英語朗讀比賽選文

第一篇 (字數:270)

Good morning, everyone. I am number ___. Today, I am going to read article number ___ for you.

These days, the fashion industry is producing clothing at cheaper costs and a faster pace so that it can deliver new collections more often and encourage people to buy more. This trend is called “fast fashion,” and it is harmful to the environment in ways that most people may not realize.

According to the United Nations, the fast-fashion industry is the second-largest water consumer in the world. To make one cotton shirt requires 2,700 liters of water. That’s how much an average person drinks in two and a half years! The fast-fashion industry not only wastes but also pollutes water, since it uses toxic chemicals for the colors and designs on its clothes. These chemicals end up in our clean water when chemical-filled water is left untreated and dumped by factories into our rivers and oceans.

The environmental damage doesn’t stop there. Artificial fabrics, often used in fast fashion because they’re cheap, tend to shed fibers when washed in a washing machine. The fibers make their way to the oceans, where they’re eaten by fish and, in turn, by us. Furthermore, with more clothes available at cheaper prices, consumers tend to buy new clothes and throw away old ones more often than ever. In fact, 21 billion tons of clothes are sent to landfills every year!

It’s difficult to resist buying new clothes, especially when they’re cheap. But before you go to the stores next time to take advantage of a sale, think about fast fashion’s impact on the environment. Ask yourself if you really need something new. Making smarter shopping choices can help protect the Earth for future generations.

Thanks for listening.

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第二篇 (字數: 279)

Good morning, everyone. I am number ___. Today, I am going to read article number ___ for you.

The average person sleeps between six and nine hours each night, which means we spend about one-third of our lives sleeping. It might seem like a lot of time to be inactive. However, when compared to other primates, humans actually sleep less. Interestingly, scientists believe this reduced need for sleep may be one of the key reasons behind our successful evolution as a species.

Around three million years ago, our ancestors had bodies more similar to apes and likely slept in trees for safety. Over time, however, early humans began to walk upright and spend more time on the ground. This shift also changed their sleeping habits—they started to build beds or sleeping areas on the ground, which provided a safer and more stable environment. Sleeping on the ground reduced the risk of falling and allowed for longer, deeper, and more restful sleep.

The discovery of fire was another major turning point. Fire not only provided warmth and protection from predators but also made it possible to cook food. Cooked food was easier to digest and provided more nutrients, which supported the development of larger brains. With bigger brains and better-quality sleep, early humans were able to use their waking hours more effectively—for thinking, problem-solving, and creating tools.

It took millions of years for the human brain to develop to its current size. Experts believe that these evolutionary changes allowed humans to get more efficient sleep. Although we sleep fewer hours than most other primates, the deeper quality of our sleep means we still get the rest we need. So, when we really think about it, the time we spend asleep is not a waste of time.

Thanks for listening.

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第三篇 (字數:275)

Good morning, everyone. I am number ___. Today, I am going to read article number ___ for you.

Most people today enjoy a higher standard of living than they did a century ago. Modern technology, medicine, and transportation have improved lives in many ways. However, in many of the world's cities, a large number of people still live with very little money. This situation, known as urban poverty, means that families often struggle to meet basic needs such as safe housing, nutritious food, healthcare, and education. In cities, the cost of living can be especially high, which makes it difficult for people who earn low wages to support their families. As a result, some families have to live in spaces that are too small or in poor conditions because they cannot afford anything better.

Urban poverty is not just about having little money; it is also about lacking access to services that many of us take for granted. For example, some people might not have clean water to drink or reliable electricity to use at home. Others may not have a safe neighborhood where children can grow up without fear. Education and healthcare, which are key to breaking the cycle of poverty, might be hard to reach or too expensive for families to pay for.

Thankfully, there are efforts to address urban poverty. Organizations, charities, and governments are working together to build affordable homes, create job opportunities, and ensure children can attend school and receive a good education. Some programs also provide training for adults so that they can learn new skills and earn higher wages. Reducing urban poverty not only improves the lives of those who are struggling but also strengthens entire communities, creating a healthier and more hopeful future for everyone.

Thanks for listening.