

1) Make 做

In the video we heard the word 'make':

"The high altitude means there's less oxygen in the air, which makes it harder to breathe..."

单词 'make' 有很多不同的含义:

Make 可以意味着做什么东西。

E.g. I want to make a sandwich for my lunch today.

Make 的意思可以是造成什么。

E.g. My husband always makes such a mess in the house.

Make 可以是做什么动作。

E.g. Remind me to make that phone call to the dentist.

Make 也可以指强迫他人做什么事情。

E.g. You shouldn't make him play football if he doesn't want to.

Make 也可以指总数为什么。

E.g. If you add 5 and 6 together it makes 11.

2) Advantage / disadvantage 优势/劣势

In the video we heard the word 'advantage'.

"... giving them the added advantage when they race against others at lower altitude."

Advantage 就是指某种形势或情况能够给人带来优势。

E.g. His speed on the pitch gives him a big advantage over other footballers.

Disadvantage 劣势当然就是优势的反义词，使一个人处于不利之地。

E.g. One disadvantage of living in the countryside is that it takes me a long time to get to work in the city.

请选用 **advantage** 或 **disadvantage** 来完成以下句子。

1. One _____ of living in the countryside is that it can be quieter than living in the city, which I prefer.
2. He is very tall and I think it gives him an _____ when he is playing basketball as he can score points easier.
3. The _____ of booking flights earlier is that you can usually get them at a better price.
4. The _____ of living in London is that it is very expensive.

Answers 答案

2) Advantage / disadvantage 优势 / 劣势

1. One advantage of living in the countryside is that it can be quieter than living in the city, which I prefer.
2. He is very tall and I think it gives him an advantage when he is playing basketball as he can score points easier.
3. The advantage of booking flights earlier is that you can usually get them at a better price.
4. The disadvantage of living in London is that it is very expensive.

Script 文字稿

Presenter

Hi I'm Natalie and welcome to Talking Sport.

Today we're hearing about why Kenyan runners are so successful and we are learning the words 'altitude' and 'resilient'.

Kenya is known for having excellent long distance runners, two of which are Linet and Moses Masai.

Today we go to their school in Kenya to find out why the place they grew up in has helped them win competitions.

Listen for the words 'altitude' and 'resilient'.

Clip

Linet and Moses went to school here - Bishop Okiring Secondary. It's a sporty school high up in the foothills of Mount Elgon. The high altitude means there's less oxygen in the air, which makes it harder to breathe and harder to run. But because these kids are used to training in these conditions they become extra resilient, giving them an added advantage when they race against others at lower altitude.

Presenter

Listen again for the words 'altitude' and 'resilient'.

Clip

Linet and Moses went to school here - Bishop Okiring Secondary. It's a sporty school high up in the foothills of Mount Elgon. The high **altitude** means there's less oxygen in the air, which makes it harder to breathe and harder to run. But because these kids are used to training in these conditions they become extra **resilient**, giving them an added advantage when they race against others at lower **altitude**.

Presenter

Did you hear the word 'altitude'?

On screen

altitude

纬度

Presenter

"The high altitude means there's less oxygen in the air ..."

We heard the word 'resilient'.

On screen

resilient
有弹性的

Presenter

... in these conditions they become extra **resilient**, giving them that added advantage

Well we have heard that due to the high altitude of where the school is, the children become extra resilient meaning they can run faster at lower altitudes.

Now, let's hear from some people in London.

Listen to them using the word 'resilient'.

Vox pops

You need to be resilient when looking for a job because you may get many rejections.

I think I am a very resilient person.

I think taking vitamins in winter can help make your body resilient to colds.

On screen

You need to be **resilient** when looking for a job because you may get many rejections.

I think I am a very **resilient** person.

I think taking vitamins in winter can help make your body **resilient** to colds.

Presenter

I'm Natalie and that's all from Talking Sport.

See you next time.