

# 古力變成了超人

Gurung the Superhero

文：「從起步開始」計劃團隊  
圖：FaMiuly







我是妙妙，  
My name is Mina.  
我今年三歲，  
I am three years old.  
我是女孩子，  
I am a girl.  
我喜歡跳舞。  
I like dancing.

我是古力，  
My name is Gurung.  
我今年六歲，  
I am six years old.  
我是男孩子，  
I am a boy.  
我喜歡吃東西。  
I like food.



我是叮叮，  
My name is Dipti.  
我今年五歲，  
I am five years old.  
我是女孩子，  
I am a girl.  
我喜歡唱歌。  
I like singing.

我是阿林，  
My name is Lavik Singh.  
我今年四歲，  
I am four years old.  
我是男孩子，  
I am a boy.  
我喜歡踢足球。  
I like playing football.





今天是森林學校的野餐日。

It's the school's picnic day.

同學們都帶來食物一起分享。

All the kids have brought their food to share with their friends.

阿林說：「我愛吃糖果，我帶了心形的糖果。」

'I love eating candies,' says Lavik Singh. 'I've brought some heart-shaped candies.'

古力說：「我愛喝汽水，我帶了冰凍的汽水，

'I love drinking soda,' says Gurung. 'I've brought two bottles of chilled sodas

又帶了好吃的巧克力。」

and a bar of yummy chocolate.'

叮叮說：「我甚麼都沒有帶！但我愛吃甜甜的巧克力。

妙妙，你呢？」

Dipti says, 'I haven't brought anything with me! But I love eating sweet chocolate.

What about you, Mina?'





大家好奇地看着妙妙的餐盒。

Everyone is curious about what Mina has for lunch.

妙妙說：「我帶了美味的蔬菜、魚、肉和水果。」

Mina says, 'I have vegetables, fish, meat, and fruits. These are all very nice and delicious!'

古力說：「你的食物不好吃，來吃我的巧克力吧！」

Gurung says, 'Yours look dull. Let's eat my chocolate!'





吃飽後，他們在草地上睡覺，

After finishing their lunch, Gurung, Dipti, and Lavik Singh take a nap on the grass.

只有妙妙在公園裏散步。

Meanwhile, Mina goes for a walk in the park.







突然，他們的身體出現了變化！  
Suddenly, something strange happens to their bodies!









他們哭着說：「為甚麼我們會變成這樣？」

‘Why do we look like this?’ they cry out.

妙妙回答：「因為你們沒有健康生活！」

Mina explains, ‘Because you don’t have a healthy life!’

阿林問：「甚麼是健康生活？」

Lavik Singh asks, ‘What does it mean to live a healthy life?’



妙妙說：「我們要有均衡飲食的習慣，多吃有益的食物，少吃零食！」

'It means we should have a balanced diet, eat more healthy food, and less snacks,' says Mina.





妙妙說：「古力，你吃得過飽，所以變得肥胖。

'Gurung, you eat too much, so you become chubby.

叮叮，你常常偏食，會容易生病！

'Dipti, you're always picky about food, that's why you get sick often,' she adds.

阿林，你愛吃甜食，而且進食後不清潔牙齒，  
會容易蛀牙呀！」

'Lavik Singh, you love eating sweets, and if you don't clean your teeth after meals, you'll get rotten teeth easily!'





妙妙邀請朋友們一同做運動。

Mina invites her friends to do exercises with her.

古力說：「我愛做運動！我愛做運動！」

'I love doing exercises very much!' says Gurung.





大家叫着：「是古力超人啊！」

'Look,' everybody says, 'it's Gurung the superhero!'

古力說：「只要有健康生活好習慣，有均衡的飲食、

'With a healthy lifestyle, a balanced diet,

適量的運動和充足的休息，你和我都可以成為健康超人！」

proper exercises, and enough rests, you and I can all be healthy superheroes!' says Gurung.





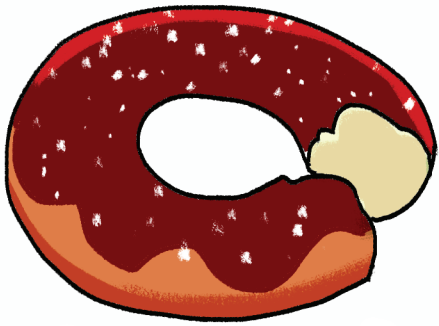
古力超人說：「阿林！讓我來幫你趕走蛀牙蟲吧！」

'Lavik Singh, let me get rid of the sugar bugs in your mouth!' Gurung the superhero continues.

大家齊說：「刷牙！刷牙！刷牙！」

Everyone yells, 'Brush your teeth! Brush your teeth! Brush your teeth!'





甜甜的  
sweet



糖果  
sweets, candy



古力  
Gurung



叮叮  
Dipti



口  
mouth



哭  
cry



吃  
eat

說  
speak







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