

## 翻译赛文（一）

### **Find and keep your friendship**

Every one of us, the rich or the poor, should at least have one or two good friends. Your friends will listen to you when you want to talk, will take care of you when you are sick, and will go together with you side by side through the journey of life.

Everyone needs friends. Friendship can make us happier. How can we find a good friend and get on well with each other? Here is some advice.

★ Make friends with a person who is easy to get along with.

★ You should make friends with a person who has something in common with you.

★ Give your friend a hand when he or she is in trouble. Friends should always be ready to help each other.

★ Believe each other. This is the most important thing in a friendship.

★ Even the best friends may have a quarrel sometimes. If this happens, don't let your quarrel last long. Try to make up with your friends after a quarrel.

Friendship is a kind of treasure in our life. It is like a bottle of wine, the longer it is kept, the sweeter it will be.

（全国中学生英语翻译大赛组委会办公室 提供）

## 翻译赛文（二）

### **Friendly handshakes**

What do you do when you meet someone for the first time? You probably shake his or her hand. The handshake is now a worldwide greeting, but it probably started in Europe or the Middle East. Many people believe that the handshake started when two warriors met for the first time. Each warrior would hold out his hand to show that he was not holding a weapon. Over time, this became a gesture of peace and friendliness.

Today, many people think a handshake can tell us a lot about a person. A strong handshake shows that the person is confident. If people do not meet your eyes during the handshake, it may mean that they are not very interested in you or they have something to hide. Handshakes can have a million different meanings, but the basic idea is always the same. It is a gesture of peace.

（全国中学生英语翻译大赛组委会办公室 提供）

### 翻译赛文（三）

#### **Houses of the future**

Houses used to be simple buildings. Now, people are looking for ways to make houses more helpful. They want to build houses that take care of the people living in them. In these houses, for example, people wouldn't need keys because the houses would recognize the voice of the owners. If it were too cold or hot, the houses would turn on the heat or air conditioner. These new homes would be much more complex than earlier homes. They would be controlled by computers.

Bill Gates, the owner of Microsoft, has built the most advanced house in the world. People inside the house wear electronic badges. The house's computer can read the badges and recognize the person. The computer then makes the house more comfortable for that person. For example, when Bill Gates is in the house, the house changes the temperature and puts on his favorite music and TV programs. Today, Gates' house is the most advanced, but one day all houses may be like his.

（全国中学生英语翻译大赛组委会办公室 提供）

### 翻译赛文（四）

#### **Staying healthy**

**Eat right.** For good health, it's important to eat a balanced diet, which includes a lot of fruits and vegetables, whole grains and low fat milk. Keep away from fats and sugars. This can help you keep a healthy weight.

**Be active.** Children should try to get at least an hour of exercise a day. Activities such as riding a bike, jumping rope and using the stairs can help you stay fit.

**Drink water.** More than half of the human body is made up of water. The body needs water to survive, so be sure to drink enough water when you are thirsty and when it is warm outside.

**Wash your hands.** Washing your hands can stop the spread of diseases. Always wash your hands with soap and warm water as this can keep you from getting sick.

**Get enough sleep.** Children between the ages of 6 and 9 need about 10 hours of sleep each night while children between the ages of 10 and 12 should have about nine hours of sleep each night.

（全国中学生英语翻译大赛组委会办公室 提供）