



吉娃斯愛科學繪本

卑南族語
(西群卑南語)

第02集
勤勞的祝福

翻譯/配音
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本書多功能點讀筆使用說明

點讀故事步驟



錄音步驟



聽取錄音內容



改變播放速度



吉娃斯愛科學

第02集 勤勞的祝福

卑南族語 (西群卑南語)



族語全文朗讀



華語全文朗讀



英語全文朗讀



吉娃斯

Iwas

飛卉

Puypuy

乃奈(猴子)

Ungay

里昂

Limay

比亞

Pingay

比路(機器人)

Pilu

Ryuk(太空站)

Ryuk

斯娜決(女孩)

Senayan

馬凱瑟(男孩)

Makay



A Ulas za Ra'emetran



勤勞的祝福



A Blessing for Hard Work

慢

原







matiya' i Puypuy za kazu i kalingatran i intaw zi maretrevung kani Cinavu kalingatr-trau.



飛弁夢到自己在太空裡,還遇到了吉拿富太空人。



Behuy dreams that he is on the Space Station and sees a cinavu dressed in an astronaut uniform.

慢

原







amelri ku a “cinavu”, a “avay” ku kema i Cinavu kalingatr-trau.



吉拿富太空人卻說自己不是「吉拿富」而是「阿拜」。



The cinavu astronaut, however, clarifies that it is actually an “abay,” not a cinavu.

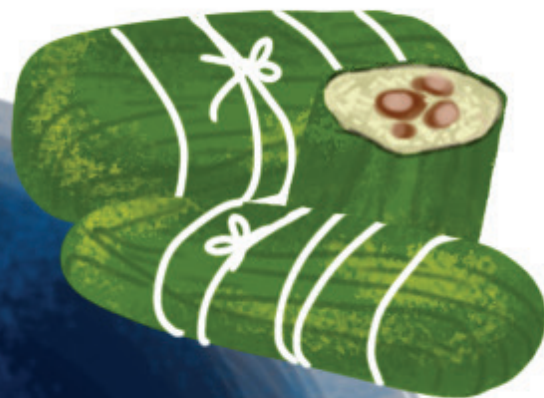
慢

原



吉拿富

阿拜





a “cinavu” mu, a aekanan za trungtrunglran kana Paywan. a “’avay” mu, a aekanan kana Pinuyumayan.



原來「吉拿富」是排灣族的傳統食物,「阿拜」才是卑南族的美食。



Behuy learns that “cinavu” are a traditional food of the Paiwan people, while “abay” are a delicious treat of the Puyuma people.

慢

原







kinger i Puypuy, na aekanan mu, mau a aekanan za 'azi ziya kinaekan i intaw, pukasa kana semangal zi maranger payas mekan kemipiya kana 'away.



飛奔聽到是自己沒吃過的食物,真是太高興了,很想馬上就把阿拜吃掉。



As soon as Behuy learns of this food he' s never tried before, he is so excited he wants to eat the abay right away.

慢

原







mawmu, merengay i 'Avay, “i kazu kana kalingatran mu, uniyan za imaranan nu mekan ta!”



但是阿拜說:「在太空中,人類是吃不出好味道的!」

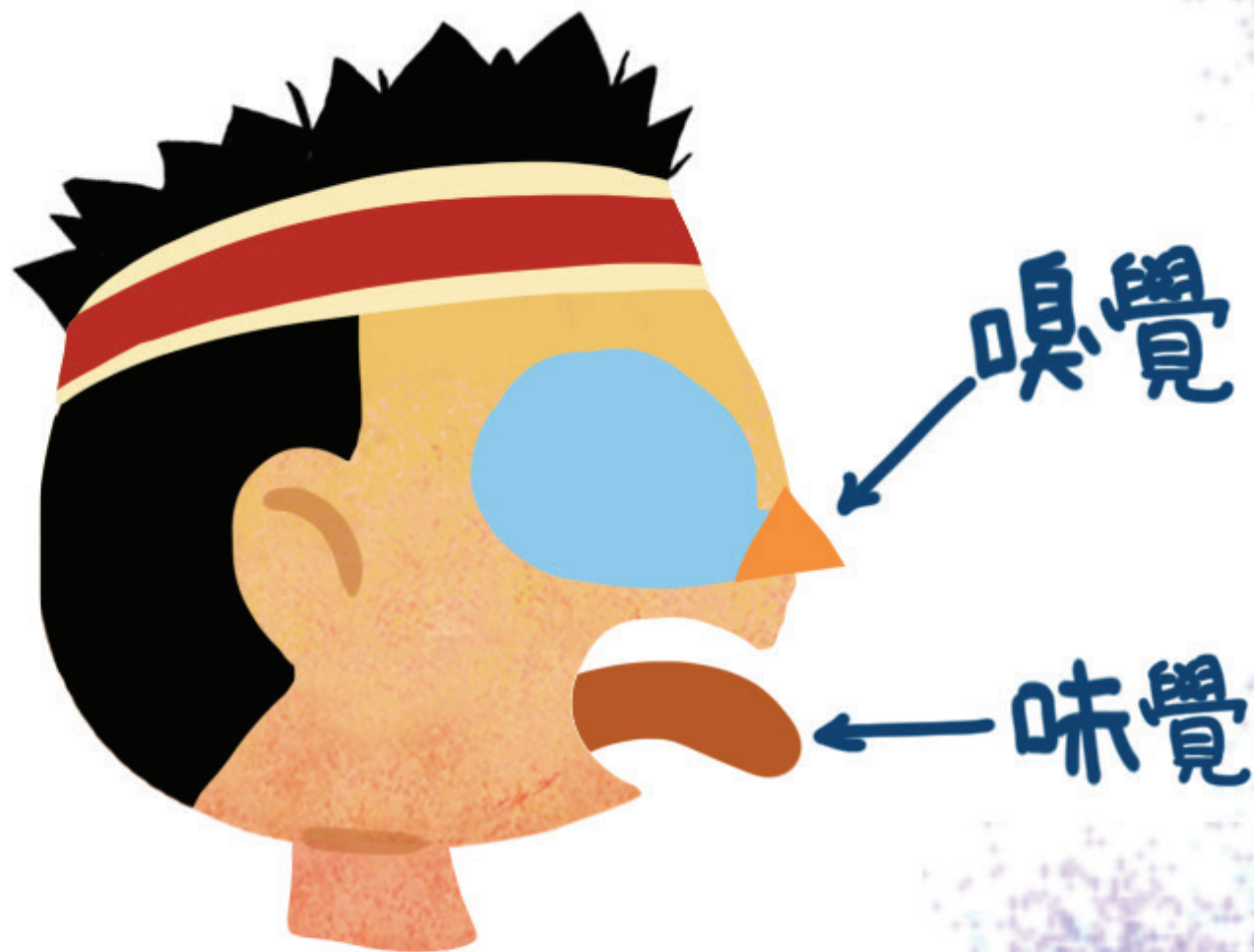


However, Astronaut Abay tells him, “In the space station, humans can’t fully enjoy delicious flavors!”

慢

原







i izu na imaranan mu, mau tu pukasayaw kikarun kana lidam zi kana sencing-sipaw na kazu i savak kana ungetran. i kazu kana kalingatr mu, tu paniniyaw temulre'ay kana maykero-aluzunan na ka'enay i savak kana zazek mukuwa kana zazek peniya. tu tala'aw na alrangan i ungetran kana ka'enay za zazek. venare' na lidam, mualring na katraulran.



好味道主要是靠舌頭和鼻腔內的神經細胞的共同作用。在太空裡微重力會讓身體中的液體平均分佈到全身,體液阻塞了鼻腔通道,連帶使舌頭腫脹、味覺受到影響。



Delicious flavors arise from the combined reaction of neurons on the tongue and within the nose. The microgravity environment of space causes the fluids in our bodies to be evenly distributed throughout the body. These fluids block the nasal cavity and also cause the tongue to swell, therefore affecting the ability to taste.

慢

原







nu mualring na sencing-sipaw kana kinazuwan mu, a penauwa kikarunan kana sencing-sipaw kema. pareseneng na lidam kana vali na tavu', na 'apelrin, na 'aresem, na 'asilr, na kirekamelri mu, kamualring.



神經細胞因為環境而影響其作用,稱為神經細胞的適應作用。原本舌頭上用來辨別甜、苦、酸、鹹各種不同滋味的味蕾,也受影響。



The influence of the environment on neurons is known as neural adaptation. The taste buds of our tongues, which distinguish between sweet, bitter, sour, and salty flavors are also affected by this phenomenon.

慢

原







tu ungetran nina kalingatr-trau mu, kirepauwa ira kana kinazuwan i kalingatran. semeneng, 'azi maresan tu tratraulran kana zuma na trau. 'azi maruwa tremaulr kana imaranan na kinalrazam kana aekanan za maresanan ira.



太空人鼻腔的神經細胞已適應太空站內的環境,因此嗅覺也有異於平常,所以同樣的食物卻感覺不出印象中的美味了。



Astronauts' neurons adapt to the environment within the space station; therefore, their sense of smell also changes. As a result, they are unable to experience the same delicious flavors of foods they once enjoyed.

慢

原







masenkin i Puypuy kana tiya' zi merengay, "ka'a'azi'azi ku muruma'
mekana za 'avay i cikiw!"



飛卉從夢中醒來,他說:「我一定要回地球吃阿拜!」



Behuy awakes from his dream and says, "I have to go back to earth to try
some abay!"

慢

原







zuwa i Puypuy i 'umayan kana dawa, mena'u kani Iwas zi kani Senayan
za marevay.



飛卉來到小米田,看到吉娃斯和斯娜決正在除草。



Behuy arrives in a millet field where he sees Giwas and Senayan weeding.

慢

原







kamena'u i Iwas za kivuli' kana tralun tu lima ni Senayan, melraman zi merengay, “tena' salaw maulep a vavayan a!”



吉娃斯注意到斯娜決的手被雜草刮出了傷痕,感慨地說:「女人真的好辛苦喔!」



Giwas notices Senayan' s hand gets cut by some weeds and sighs, “It' s hard work being a woman!”

慢

原







melikeliked merengay i Senayan, “nu semekaz ta za revayan mu, muhamut ta. i izu mu, a wari za kasemangal na vavayan!”



斯娜決笑著說:「不過除草完工後,來到除草完工慶,就是我們婦女享受的日子囉!」



Senayan laughs and says, “But, after we finish the weeding, there’ s the End of Weeding Celebration, a day of enjoyment for all women!”

慢

原







a muhamut mu, mau a wari kana vavayan. maranger i Makay 'emavay
paekan kani Senayan!



除草完工慶就是屬於女人的日子,馬凱瑟打算做阿拜給斯娜決吃喔!



The End of Weeding Celebration is a special day for women and Makeser
plans to make abay for Senayan to eat!

慢

原



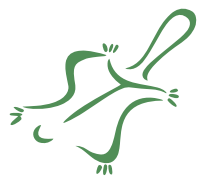




a 'avay!!



阿拜!!



Abay!!

慢

原







padang za pametrmetr a marekamelrimelri i Makay.



馬凱瑟準備了各式各樣的材料。



Makeser has prepared all kinds of ingredients.

慢

原







matemuy tu kinasayhuwan zi angeran ni Makay. tu liputranay mukasa peniya na aekanan.



馬凱瑟自信滿滿地把所有的食物都包在一起。



He confidently wraps all of the ingredients together into an abay.

慢

原







kemarat mekan kana 'avay i Puypuy. ka'ilremes zi merengay, “amelri a 'avay i ini a!!!”



飛奔咬一口就生氣地大叫:「這不是阿拜!!!」



After trying a bite, Behuy angrily yells, “This is not an abay!!!”

慢

原







pureha pananadam kani Makay za kudayan a kapamau 'emavay i Puypuy
na misayhuwan kana aekanan.



美食家飛卉開始教馬凱瑟阿拜正確的製作方法。



Behuy, lover of all foods, starts to teach Makeser the proper way to make
abay.

慢

原







kapatulre'ay penurpur zi 'ememu kana dawa.



小米要細細地磨碎。



The millet has to be ground finely.

慢

原







inguwayan ta meringring kana 'alum zi kaulringulr!



豬肉要先炒過才會香喔!



The pork must first be stir-fried to bring out its flavor!

慢

原



「月桃葉

假酸漿葉」





ta liputranay na 'avay za zuwaya tazar za vira'. ta liputranay ziya za lavilru i savak, zi za rengas i patraran.



阿拜要包兩層葉子,內層先用假酸漿葉包裹,然後外層才用月桃葉包裹。



Each abay must be wrapped with two leaves. The inside layer is a lubii' lu leaf and the outside layer is a shell ginger leaf.

慢

原







ulra a 'avay a imaran Ira!



好吃的阿拜出爐囉!



Our delicious abay are ready to eat!

慢

原







merengay i Makay, “maulep lra i Senayan kana dawa za sakuwani a wari. tena’ ku maranger kanintaw karuwa mekan kana ’avay na imaran nu muhamut.”



馬凱瑟說：「斯娜決為了小米田辛苦了這麼多日子，我真的希望她可以在除草完工慶吃到好吃的阿拜。」



Makeser says, “Senayan has spent so many days working hard in the millet field. I really hope she can enjoy some delicious abay during the End of Weeding Celebration.”

慢

原







a wari za muhamut mu, kasemangal na vavayan na Pinuyumayan zi mekan
za aekanan na pinapadang na ma'inayan i patraran.



除草完工慶當天,卑南族的婦女們在廣場上享受著男族人為她們準備的美食。



On the day of the End of Weeding Celebration, Puyuma women gather
outside to enjoy the delicious foods prepared for them by the men.

慢

原







pangara i Makay za sa'arayan za 'avay zuwa i ngidiran kani Senayan zi merengay, "i ini mu, a ulas ku ivaveray kannu!"



馬凱瑟捧著一盤阿拜,來到斯娜決身旁說:「這是我獻給妳的祝福!」



Makeser walks over to Senayan with a plate of abay in his hands and says, "This is my blessing for you!"

慢

原







temalram mekan i Senayan kana 'avay tu dinawayan ni Makay, kasemangal zi merengay, “i ini mu, mau na 'avay na maraimaramaran ku inekanan!”



斯娜決品嚐了馬凱瑟做的阿拜,驚訝地說:「這是我吃過最好吃的阿拜!」



Senayan tastes the abay Makeser made for her and exclaims, “This is the most delicious abay I’ ve ever had!”

慢

原







maranger atalram mekan a mapiya kana 'avay tu dinawayan ni Makay.



大家都想吃吃看馬凱瑟做的阿拜。



Everyone wants to have a taste of Makeser' s abay.

慢

原







mawmau i Puypuy 'alra na alengatr kana walru a daman ziyanay. tu sihiwaw tu ruvu kana walru zi tu karataw tu lidam ni Puypuy kana walru.



只有飛卉因為昨天貪吃蜂蜜,捅了蜂窩,舌頭被蜜蜂螫了。



However, the previous day Behuy' s tongue got stung by a bee when he was greedily eating honey from the hive.

慢

原







a kemani mu, 'azi maresan i kazu i kalingatr, ziyamau?



這不又跟在太空一樣了嗎?



It' s just like being on the space station!

慢

原



一般單詞

中文	詞性	族語
味道	名詞	imaranan
腫脹	動詞	venare'
苦的	形容詞	'apelrin
酸的	形容詞	'aresem
鹹的	形容詞	'asilr
享受	動詞	kasemangal
各式各樣的	形容詞	marekamelrimelri
正確的	形容詞	kapamau
磨碎	動詞	penurpur
炒	動詞	meringring
包裹	動詞	liputranay
祝福	名詞	ulas

中文	詞性	族語
神經細胞	名詞	sencing-sipaw
味覺	名詞	katraulran
味蕾	名詞	vali
嗅覺	名詞	tratraulran

科學單詞

吉娃斯愛科學 卑南族語(西群卑南語)

第02集 勤勞的祝福

補助單位一 教育部國教署 (繪本紙本製作與族語翻譯配音)
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計畫執行單位 國立清華大學原住民族科學發展中心

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並落實多元文化教育的精神於科學學習，
是一個原住民族傳統智慧與科學學習的平台。



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<https://www.yabit.org.tw/>



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