



吉娃斯愛科學繪本

雅美(達悟)族語

第02集  
勤勞的祝福

翻譯  
sinan Sakayan 希嫻·紗沓燕  
配音  
Vagyatan 馬月琴

# 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

## 雅美(達悟)族語



族語全文朗讀



華語全文朗讀



英語全文朗讀



吉娃斯

Ciwas

飛卉

Veyhoy

乃奈(猴子)

Naynay

里昂

Di'ang

比亞

Piya

比路(機器人)

Pilo

Ryuk(太空站)

Riok

斯娜決(女孩)

Senayang

馬凱瑟(男孩)

Makasi





amyapo do kowyat so panlanlagan nia



勤勞的祝福



A Blessing for Hard Work

慢

原









matateynep ni Veyhoy keyan na do teyngato do angit, am masazi na do dang si Cinavo a taykongren.



飛卉夢到自己在太空裡,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







maniring si Cinavo a taykongren jia “beken a cinavo ko ta abay ko.”



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

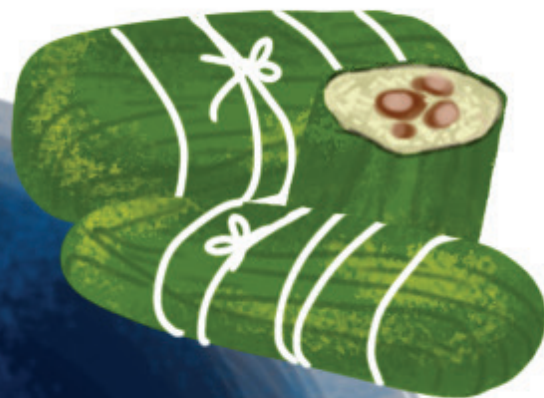
原





吉拿富

阿拜





a ori ta cinavo am adan a kanekanen da no Paiwan, o abay am adan a kanekanen no Poyoma.



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









mamizing ni Veyhoy o ji na pa nisaod do ngoso na a kanekanen ori am,  
masaray a, inaoy no to ko na ngana o abay ang.



飛卉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







am maniring si Abay “no mian do teyngato do angit o tao am, ji a talahamtam o ka pia no kanihangnoan no kanekanen!”



但是阿拜說:「在太空中,人類是吃不出好味道的!」



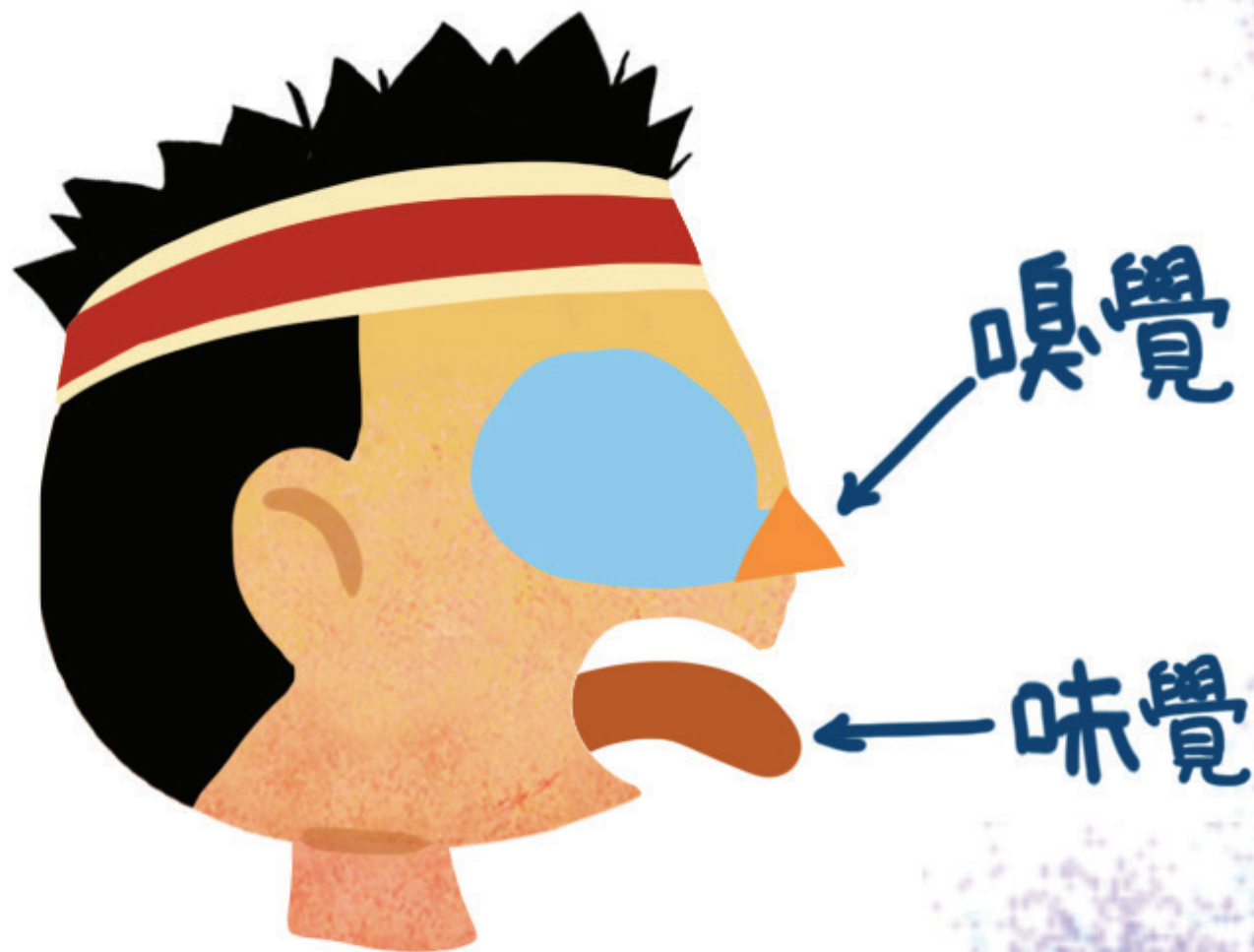
However, Astronaut Abay tells him, “In the space station, humans can’t fully enjoy delicious flavors!”

慢

原









o pakatenngan do kapiapiahan no kanekanen am, omapo do lila aka no momodan, ipanci a sencing sipaw. no mian do teyngato do angit o woycongdiang am mapivonong so ranom no kataotao do peyvongvongwan, iciasengseng no momodan a ilipad no lila a ji makasingzoci.



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









o sencinsipaw ori am, toda abliblis no miciataretarek a mapo do kanekanen so kanihangnoan. o lila am makatahamtam so maganinam aka no makopad aka no manlanget aka no mapait aka no meyciataretarek a kanihangnoan na, ikaabliblis na.



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







o arangan no taykongren am, mapeyneynara da rana do sahad no taykongcan. so ipacitarek na rana no masingzot da no toda ka raraw, ji da makatovili do mahangno da kanekanen.



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









omlikalakey si Veyhoy am “mangay ko do Ticio a koman so abay.” koan na.



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











mangay si Veyhoy do niamaot a kadai am, macita na sira Ciwas aka ni Senayang a mamooong.



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







macita ni Civas o lima ni Senayang a nimagazot am, tohangkas a manci  
no “ya teymazikna o mavakes!”



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









am maming si Senayang a manci no “si mavitos rana moongan o kadai am, mipanam kapamaring so kanen rana, do ya nipakavosan so vazay rana, ciaha ta makapia takamo a mamavakes a meylamnay rana!”



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









o pamaringan so kanen do nipavitosan so kapamoomoong do kadai  
am, monganay ori do mamavakes. so pakanakeman na sia ni Makasi ka  
pamaring na so abay a ipakan na si Senayang!



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



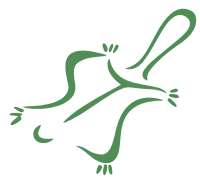




abay!!



阿拜!!



Abay!!

慢

原









nimapikakasa si Makasi so makakaday a ipiya na so isovo da kanen.



馬凱瑟準備了各式各樣的材料。



Makeser has prepared all kinds of ingredients.

慢

原









to na ngonongonongi ni Makasi o makakaday a kanekanen a peyciakekekehen.



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







asa ka songit pa o niakan ni Veyhoy am macik a mioyaoya “makoan so sia o abay!!!”



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









si Veyhoy am katenngan na o ahapan na sia, a omnanao si Makasi a mangekeh so ngongyod a ipamamaring da so abay.



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









o kadai am pakapiahen a oroden.



小米要細細地磨碎。



The millet has to be ground finely.

慢

原







panmahen o viniay a pasisiten ori ika'angno na a!



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」





no kekehen o abay am, pitapilen o ikekehan sia, kekehen no voong no ciasoanciange aka patapil so voong no azngas a ikekeh so abay ang.



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









ya arawon rana o pia so kakanan a abay!



好吃的阿拜出爐囉!



Our delicious abay are ready to eat!

慢

原







maniring si Makasi “na nikazikna ni Senayang o kadai da moonga do araraw, inaoy no simamaring so kanen do nipavitosan so kapamoomoong am makapia tomaham do abay.”



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









araraw no nipamaring da so kanen am, nimakapia sira mamavakes a malovot do kababedbedan da asa ka ili a mahahangang a koman so nirotongan no mamahakay a kanekanen.



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











peyyanamen na rana ni Makasi o asa ka vagato a abay, mai do siri ni Senayyang “o ya am ko iazaw jimo a panlanlagan ni mo.”



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







tahaman ni Senayyang o nitoro na jia ni Makasi am, isavasavak na a masaray a mancinia “neyapia o kakanan no nia do niniakan ko a abay.”



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









to jia lovot sira a mangakday so ka akan da so niparing ni Makasi a abay ang.



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











si Veyhoy am nimangankanen so vongmi no kakyab, nikasobsoban o vahay no tapipi, katolol da jia no tapipi so lila na.



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







ikongo o na pitarekan siciaikoa ya aka do taykong?



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           |
|-------|-----|--------------|
| 作夢    | 動詞  | mitateynep   |
| 味道    | 名詞  | kanihangnoan |
| 舌頭    | 名詞  | lila         |
| 腫脹    | 動詞  | amlipad      |
| 甜的    | 形容詞 | maganinam    |
| 苦的    | 形容詞 | makopad      |
| 酸的    | 形容詞 | manlanget    |
| 鹹的    | 形容詞 | mapait       |
| 各式各樣的 | 形容詞 | makakaday    |
| 磨碎    | 動詞  | oroden       |
| 炒     | 動詞  | pasisiten    |
| 包裹    | 動詞  | kekehen      |

| 中文   | 詞性 | 族語           |
|------|----|--------------|
| 神經細胞 | 名詞 | sencin sipaw |
| 味覺   | 名詞 | ipaningzot   |
| 味蕾   | 名詞 | kanihangnoan |
| 嗅覺   | 名詞 | masingzot    |

科學單詞

# 吉娃斯愛科學 雅美(達悟)族語

## 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)  
計畫名稱 「發現天生科學家：原住民族文化科學學習實踐與發展十年計劃」(第二階段第三年)

補助單位二 國家科學及技術委員會 (繪本繪圖製作)  
計畫名稱 「吉娃斯愛科學 V：太空站家園」

計畫主持人 傅麗玉  
計畫執行單位 國立清華大學原住民族科學發展中心

族語翻譯 sinan Sakayan(希嫻.紗沓燕)  
族語配音 Vagyatan(馬月琴)  
族語翻譯審查 sinan manidong(郭月桂)

英語翻譯 Joelle Chevrier (蔡雪青)  
英語配音 Jacob Roth  
華語配音 歐陽年年  
繪圖 王景嫻 Janet  
繪本審查 Sulangalr Pakawyan(洪崇維)、牟中瑜

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「飛鼠部落」網站整合了原住民族傳統智慧，  
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。



飛鼠部落網站



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



飛鼠部落臉書



<https://www.facebook.com/Yabit2001>

# 吉娃斯 愛科學 GoGoGiwas



粉絲專頁



遊戲繪本 iOS 版



遊戲繪本 Android 版

