



吉娃斯愛科學繪本

魯凱族語  
(霧台魯凱語)

第02集  
勤勞的祝福

翻譯/配音  
Tanubake Rakerake  
達努巴克·拉歌拉格

# 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

## 魯凱族語 (霧台魯凱語)



族語全文朗讀



華語全文朗讀



英語全文朗讀



吉娃斯

Ciwase

飛卉

Vihwi

乃奈(猴子)

Babila

里昂

Lripadre

比亞

Piagare

比路(機器人)

Pelenge

Ryuk(太空站)

Ryuk

斯娜決(女孩)

Senedhe

馬凱瑟(男孩)

Masegesege



Kisenai ki magegeteme



勤勞的祝福



A Blessing for Hard Work

慢

原







Kui Vihwi yai wasipi la ikai adringi ki sasadraini ka subelebelenge, la madradesenge ki Cinabu ka tarakawaungu ikai sasadra ka subelebelenge.



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









Kikai Cinabu ka tarakawaungu ikai sasadra ka subelebelenge la iya kai, kainaku sya “Cinabu”, sya “Abadhaku”.



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.

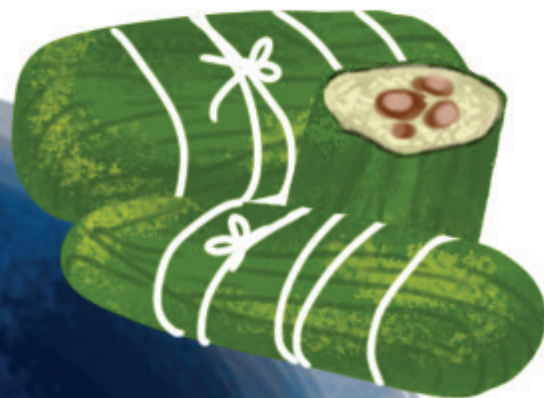
慢

原



吉拿富

阿拜





Kikai “cinabu” yai, akaneane ki Ngubabuculu, ala kai “abai” yai, akaneane ki swa Puyuma.



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







Sakilalra kui Vihwi ka kaika kaneanaini ka akaneane, kyararaagai turamuru, nau makakai kane kai ki Abai la iya.



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







Ai, amia kai kui Abai: “ikai subelebelenge, kai umawmase lu kane ku akaneane, kadrua ku tasangumanemanane!”

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但是阿拜說:「在太空中,人類是吃不出好味道的!」

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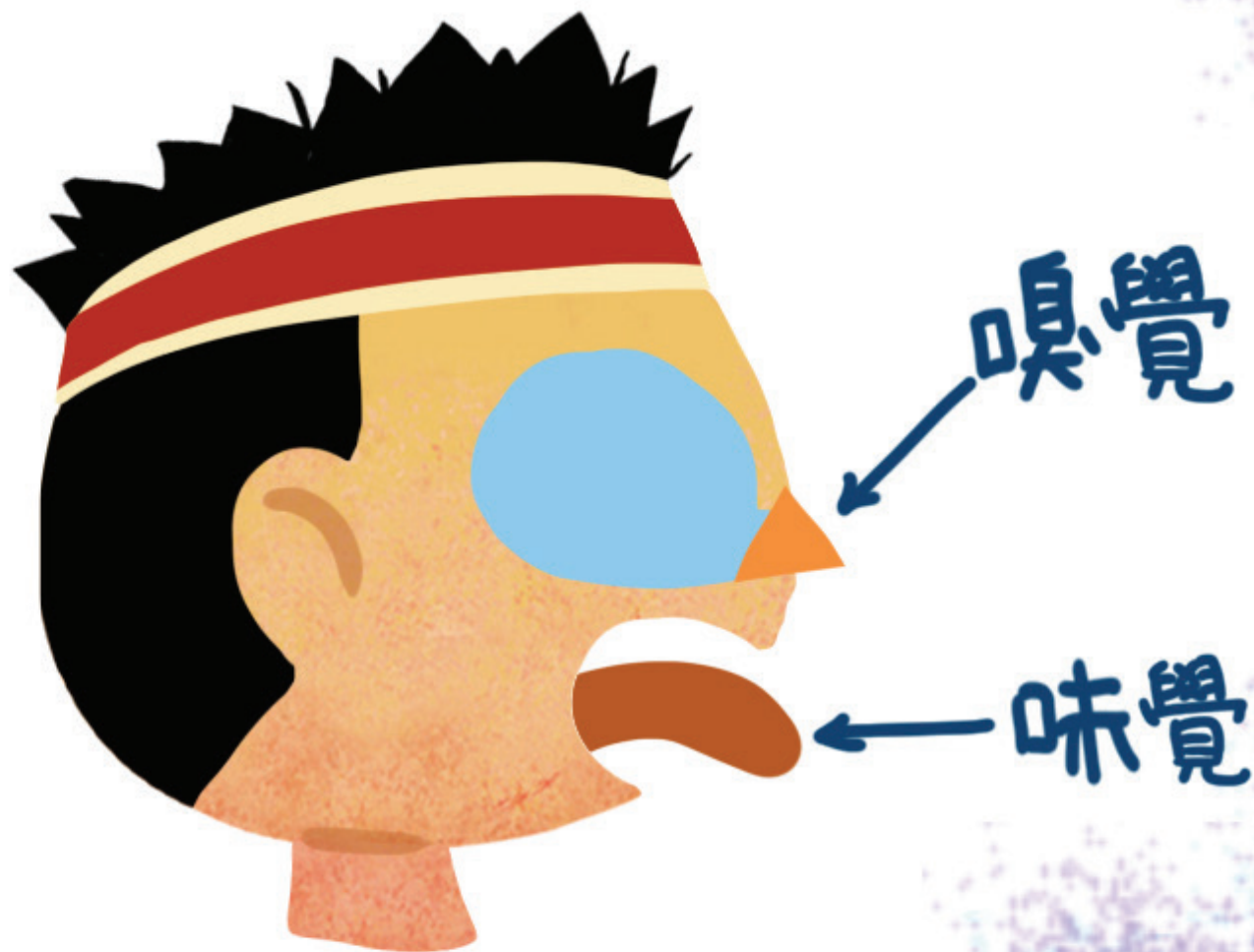


However, Astronaut Abay tells him, “In the space station, humans can’t fully enjoy delicious flavors!”

慢

原









Kudra tasangumanemanane singiakai ki Iridame si kwidra yadringi ki ngungwane ka taludru ki sinkice. Ikai subelebelenge kudra tikiane ka telregane wamalra pasarau pasalraelre kwidra acilai ki kinawmasane, la celrepe ki ngungwane, si paubalrake ki Iridame, la kalrithavulunga ku sakilrialringavane ku tangimiamiane ki akaneane si sawngulane.



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







Kikai taludru ki sinkice ngwalai ku tangimiamiane ki ngiathalringulu si akabalrithi. Kudra yakai ki Iridame ka sakilringalringavane ku tangimiamiane ki akaneane si sawngulane, si thingale ku malimeme, mapalili, maalriu si walracenge amia ka makaelaela ku tangimiamiane ki akaneane si sawngulane.



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







Kudra yadringi ki ngungwane ka taludru ki sinkice ki tarakawaungu ikai subelebelenge, kiasudalrunga ku tangimiamiane ki sasadra ka subelebelenge, kudra sasabalriane ki saseverane lini makakaela ki tangimiamianeta, lakamani ku kaika dulru lini sabalri mia mitane thingale ku tasangusadhane ki akaneeane.



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







Kui Vihwi la alrigilrigi twalai ki sipini, la iya kai: “Iri tara siwlriaku mwa ka kadaengane si kane ku abai!”



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









Kui Vihwi sadaruru ki babecengane, la drele ki Ciwase si Senedhe yacengecenge Iramulramulu.



飛奔來到小米田,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







Kui Ciwase wadrele ku takupithilane ki Senedhe salramulranulu, la iya kai: “ala kualri turamuru kai ababai!”



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







Kui Senedhe la ulralrakai tubalre: “sana tulrepengane lramulu, pathagili madu tulrиси ki tamakalramulane, kikai amani kudra angulwadhane madu ka lamaliali!”



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







Kikai tualrisisi ki tamakalramulane yai, nipasikaiyane ki lamaliali ka vai,  
ku Masegesege kiadremedreme ku atuabadhane si pakane ki Senedhe!

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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!

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

慢

原









Abai!!



阿拜!!



Abay!!







Kai Masegesege padulru ku makaelaela ku saarakaiyane tuabai.



馬凱瑟準備了各式各樣的材料。



Makeser has prepared all kinds of ingredients.

慢

原







Kui Masegesege masulialivate paibibu cabu kwini laakaneane.



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







Sakane kui Vihwi la kaliliisi karaleale: “kaika abai!!!”



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









Kudra wathiingale ki akaneane ka Vihwi la pathagili bulru ki Masegegege ku nipacengecengane ka tapyapyane tuabai.

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美食家飛卉開始教馬凱瑟阿拜正確的製作方法。

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

慢

原







Kudra becenge sialribu madu pakalamenge.



小米要細細地磨碎。



The millet has to be ground finely.

慢

原







Lu paswalane kirikiri ku butulu lri sangesai!



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」





Taidrusane ku sacabuane ki abai, pasadringi madu ku alabulru, ala pasabelenge ku sali cabu.

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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。

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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









Madunga kai malimeme ka abai!



好吃的阿拜出爐囉!



Our delicious abay are ready to eat!







Kui Masegesege amia kai: “asyamia ka sakwalrialri ki Senedhe ikai ki babecengane, luka tatulrಿಸಿಸiane ki tamakalramulane, ani kane ku malimeme ku abai amiaku.”



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.”







Ikai ki tamakalramulane ka vai, kai lamaliali ki swa Puyuma yakai ki kalatadrane ki cekele si kanekane ku pasikai linyane ki lamalala padulru ka matyakaekane ka akaneane.



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







Ku Masegesege paswavingitange iluku ku abai, la muthili ki Senedhe si iya kai: “kikai yai saarakaiyaneli kisenai muswane!”



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









Sakane ku Senedhe kwini tuabai ki Masegesege, ngiatuluku si iya kai:  
“taukaneaku ku paramyakai ku limemane ka abai!”



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







Apyakane nai makanaelre kwini tuabai ki Masegesege.

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大家都想吃吃看馬凱瑟做的阿拜。

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

慢

原







Kathane ku Vihwi ku kaimaka wakane, asi lwiwane, ngwalai ki ramilaneini ki valu, la kilangedre pakai ki Iridame.



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







Kikai tangimiamiane kaika mararamau ku tangimiane ikai ka subelebelenge?



這不又跟在太空一樣了嗎?



It' s just like being on the space station!



一般單詞

中文	詞性	族語
味道	名詞	tasangumanemanane
腫脹	動詞	paubalrake
甜的	形容詞	malimeme
苦的	形容詞	mapalili
酸的	形容詞	maalriu
鹹的	形容詞	walracenge
享受	動詞	angulwadhane
各式各樣的	形容詞	makaelaela
正確的	形容詞	nipacengecengane
磨碎	動詞	sialribu
炒	動詞	kirikiri
祝福	名詞	kisenai



中文	詞性	族語
神經細胞	名詞	taludru ki sinkice
味覺	名詞	sakilrialringavane ku tangimiamiane ki akaneane si sawngulane
味蕾	名詞	sakilingalringavane ku tangimiamiane ki akaneane si sawngulane
嗅覺	名詞	sasabalriane ki saseverane

科學單詞

# 吉娃斯愛科學 魯凱族語(霧台魯凱語)

## 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 Tanubake Rakerake(達努巴克.拉歌拉格)  
族語配音 Tanubake Rakerake(達努巴克.拉歌拉格)  
族語翻譯審查 Tuku. Dalapadhane(督姑·達拉巴洋)

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



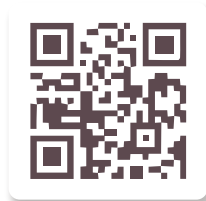
<https://www.facebook.com/Yabit2001>

# 吉娃斯 愛科學 GoGoGiwas

 粉絲專頁



 遊戲繪本 iOS 版



 遊戲繪本 Android 版

