



吉娃斯愛科學繪本

賽夏族語

第02集
勤勞的祝福

翻譯/配音
ya'aw kalahae' kaybaybaw
高清菊

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

賽夏族語



族語全文朗讀



華語全文朗讀



英語全文朗讀



吉娃斯

tiwaS

飛卉

bae'hoY

乃奈(猴子)

naynay

里昂

li'ang

比亞

piya'

比路(機器人)

bilo:

Ryuk(太空站)

reyok

斯娜決(女孩)

Senayang

馬凱瑟(男孩)

makaySe'



'ima makakreng ka pinaho'alo'an



勤勞的祝福



A Blessing for Hard Work

慢

原







bae'hoy 'iSpi' nonak ray kawaS o sasbong ki Sinabo' kaSiraykawaS.



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







Sinabo' kaSiraykawaS komoSa' siya 'okik Sin “Sinabo'en” siya Sin
“apayen”.



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.

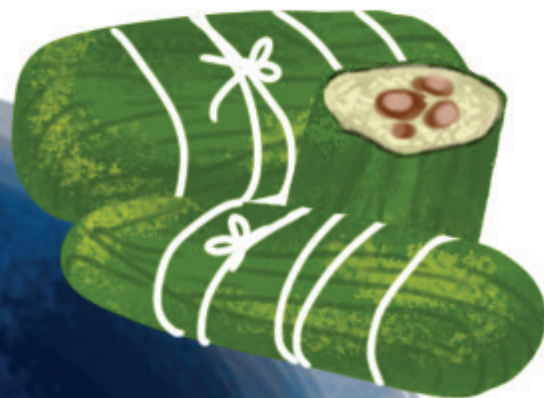
慢

原



吉拿富

阿拜





'iwa' "Sinabo" noka paywan SikoSa', "apay" 'isa:a' noka poyoma' kasi'aelaen.



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







bae'hoy bazae' ni nonak 'inokay si'aeli ka kasi'aelen, Siyae' a tomalan,
'iyakina 'omam'amoeh 'omamet ka 'apay.



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







'oka' o, 'apay Sa', "ray kawaS kakrowaSekan mae'iyah 'amkay Sanhoero:
'ima kayzaeh ka sini'aelan!"



但是阿拜說:「在太空中,人類是吃不出好味道的!」

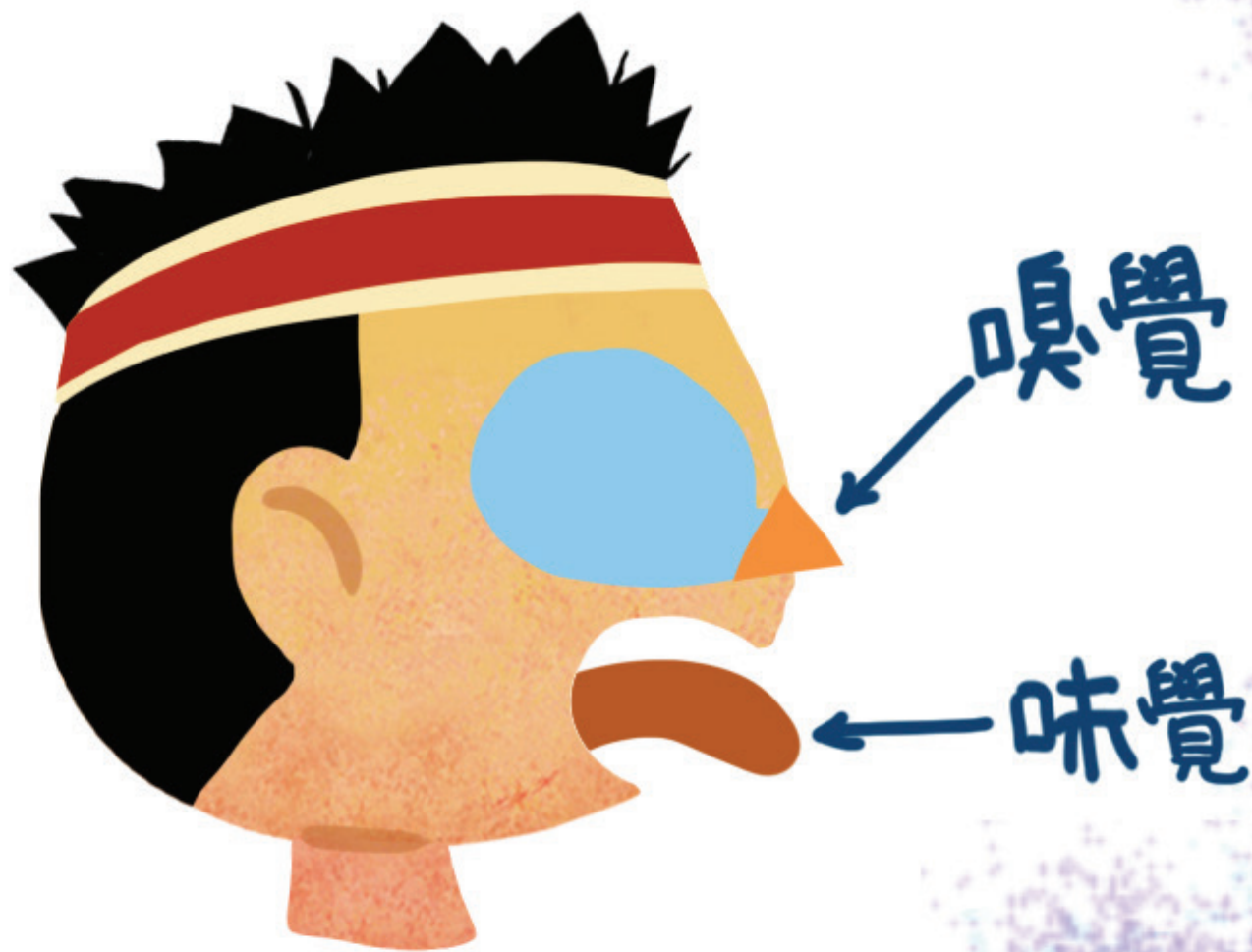


However, Astronaut Abay tells him, "In the space station, humans can't
fully enjoy delicious flavors!"

慢

原







'ima kayzaeh ka kasi'aelen tani kaehma' o kangeselan SikoSa' SenyingSipaw honsabsaboeh ka pinatawaw. ray kawaS kakrowaSkan ka kakSil'i:an ma' pakhinghingha'an ka ralom ray basang, 'inay basang ka ralom pomoti' ka kangeselan kapayziza'an, ma' pakmariyae' ka kaehma' 'ana kasasekan ma' 'okik hingha' ila.



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





苦

鹹

鮮

酸

甜



SenyingSipaw tani kakrowaSekan matawaw, komoSa' noka SenyingSipaw honay kapatawawawen. Sapang ray kaehma' nom pakra:am komoSa' ka 'ima 'anhil, 'ima 'az'ez, 'ima 'aehis a 'ima bangih, 'inak'in'ino'an ka sini'aelan ma' 'okik hingha' bazae'en.



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







kaSraykawaS mae'iyah nasiya ka SenyingSipaw 'ima minowa' honay kakrowaSekan ray kawaS, ka sinazekan ma' 'okik hingha' no ray homawan, 'isa:a' 'ima kayzaeh si'aelen ma' nakhara 'okik hingha' ila.



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







bae'hoy 'inay kaSpi' hekla', siya Sa', "yako sa'owaz 'am lobih ray
'oem'oemaeh mali' somi'ael ka 'apay!"



飛奔從夢中醒來,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







bae'hoy mowa:i' ray Sinotata'an Sahoero: hi tiwaS ki Senayang mam lomasez.



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







tiwaS Sahoero: hi Senayang kayngaehen noka hinhinbetelan, ma'az'azem Sa', "minkoringan hopay a tomalan o!"



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!"







Senayang sawa' Sa', “oka' o, So: sizaeh ila 'am lomasez hayza' ka nom papSiyay ka pinatawaw, 'isa:a' ma' noka minkoringan kakSiyae'an ila ka hahila: o!”



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







lomasez sizaeh ila ma' 'isa:a' kapapSiyayan noka minkoringan ila ka hahila:, makaySe' 'am paskayzaeh ka 'apay 'ini Senayang o!



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







'apay!!



阿拜!!



Abay!!

慢

原







makaySe' tal'awan ila ka 'inak'in'ino'an ka nom paskayzaeh.



馬凱瑟準備了各式各樣的材料。



Makeser has prepared all kinds of ingredients.

慢

原







makaySe' naka ra:am a tomal ka tinal'awan potoypotoyen saboeh.



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







bae'hoy Sanhael nanaw bi'i: 'omangang Sa', "hini 'okik 'apay!!!"



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







'ima ra:am somi'ael hi bae'hoy 'isa:a' tomortomroe' ila hi makaySe'
Sapang 'am nak'ino' paskayzaeh ka 'apay ila.



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







tata' kahariri:in.



小米要細細地磨碎。



The millet has to be ground finely.

慢

原







'ayam hangra:en naehan 'isa:a' kayzaeh si'aelen!



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」





'apay 'am monpoSal ka pinotoy noka biyae', ray 'i:zo' 'inSa'la' potoyen noka 'ima kayzaeh si'aelen ka biyae', 'isa:a' potoyon ka tawbaw ray 'oehaez.



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







'ima kayzaeh si'aelen ka 'apay tinalek kayzaeh ila!



好吃的阿拜出爐囉!



Our delicious abay are ready to eat!

慢

原







makaySe' Sa', "Senayang matawaw ray kinaloehan ka tata' hopay kin 'akoey ka hahila:, ma'an kinSiwa'an siya ray sizaeh ila ka pinatawawan 'am papSiyay somi'ael ka 'ima kayzaeh si'aelen ka 'apay."



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







ray sizaeh ila lomasez kapapSiyayan, ka poyoma' Sinrahoe' minkoringan
ray kapapSiyayan mam somi'ael ka 'ima kayzaeh kasi'aelen noka
kamamanra:an tinal'awan.



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







makaySe' tomirirong ka 'apay 'ae'ae' Sara', mowa:i' kanSenayang langi:
Sa', "hini ma'an 'iniSo' ka pinaho'alo'an!"



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







Senayang Santalam ila ni makaySe' pinaskayzaeh ka 'apay, 'e'e'e: komoSa',
“hini ma'an sini'aelan 'ima kayzaeh a tomalan ka 'apay!”



斯娜泐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







saboeh ma' 'iyakina somi'ael ni makaySe' pinaskayzaeh ka 'apay.



大家都想吃吃看馬凱瑟做的阿拜。



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







bae'hoy nanaw kahiya' papi 'am somi'ael ka walwalo' tomotoeh ka bo:ya'
hasengen ka kaehma'.



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







hini ma' 'okik ki ray kakrowaSekan ray kawaS hingha' ila ay?



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	'iSpi'
味道	名詞	sini'aelan
舌頭	名詞	kaehma'
腫脹	動詞	pakmariyae'
甜的	形容詞	'ima 'anhil
苦的	形容詞	'ima 'az'ez
酸的	形容詞	'ima 'aehis
鹹的	形容詞	'ima bangih
完工	動詞	sizaeh
各式各樣的	形容詞	'inak'in'ino'an
祝福	名詞	pinaho'alo'an
螯	動詞	hasengen

中文	詞性	族語
神經細胞	名詞	SenyingSipaw
味覺	名詞	kasasekan
味蕾	名詞	sini'aelan
嗅覺	名詞	sinazekan

科學單詞

吉娃斯愛科學 賽夏族語

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 ya' aw kalahae' kaybaybaw(高清菊)
族語配音 ya' aw kalahae' kaybaybaw(高清菊)
族語翻譯審查 bo:ong kalaeh baba:i' (風貴芳)

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

協力製作 原金國際有限公司、聲境有限公司
出版日期 中華民國114年6月



「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。



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



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