

知恩篇：难忘父母养育恩

Gratitude to Parents



我吃了妈妈多少乳汁

许多动物生下来就会走路，可以自己找食吃，存活下来。但是，初生的婴儿离开了父母的照料就无法自己生存。绝大多数孩子吃的第一种食物就是妈妈的乳汁。

哺乳期间，无论春夏秋冬，母亲平均每个夜晚要抱着宝宝哺乳3次。母亲不分白天黑夜，要按需哺喂，即便是深夜也要起来给孩子喂奶，其辛苦可想而知。

妈妈常说，看着宝宝咕咚咕咚吃奶的样子，是她最幸福的时刻。

Many animals can walk and look for food for survival when they are newly born; however, a newborn infant cannot survive without the care of their parents. The first food most babies have is their mother's breastmilk.

During breastfeeding, a mother will on average feed her baby milk three times each night. She needs to breastfeed her baby throughout the day, even in the dark night. You can imagine how tiring this can be for a mother.

Mothers often say, however, that watching her baby drink is the most joyful moment.

Breastmilk is rich in nutrients such as protein, fatty acid,



母乳内含有蛋白质、脂肪酸、免疫球蛋白、溶菌酶、各种维生素及矿物质成分等。可以说，母乳是婴儿生长发育的最佳营养品。母乳中的免疫蛋白可以提高婴儿抵抗疾病的能力，丰富的矿物质可以使婴儿长得又高又壮，脂肪酸能促进婴儿的大脑发育。

新生婴儿每天需要哺乳 6 ~ 12 次，平均每天吮吸母乳 800 毫升，每周 5600 毫升，每月 24000 毫升，约 24 千克。一年累计需 292000 毫升，约 292 千克。

immunoglobulins, lysozyme, vitamins, and minerals, which shows that it is the optimal food for newborn babies. The immunoglobulins in breastmilk can strengthen the babies' defenses against diseases, the minerals can boost their growth, and the fatty acids can facilitate their brain development.

A newborn baby is breastfed 6 to 12 times every day. The baby is fed with 800 ml milk each day, 5,600 ml a week, 24,000 ml a month (approximately 24 kg), and 292,000 ml a year (approximately 292 kg).



1. 童童从妈妈那里得知自己小时候吃了1年半(18个月)的母乳,一个月按30天计算,童童共吃了多少天的母乳?若平均每天吃母乳800毫升,算一算,童童总共吃了妈妈多少乳汁?

1. Tongtong was told by his mother that he had breastmilk for one and a half years (18 months). If one month is calculated as 30 days, for how many days did Tongtong drink the breastmilk? If the milk he drank averaged 800 ml a day, how much breastmilk did Tongtong drink?

2. 通常，妈妈每晚给婴儿哺乳3次，每次约25分钟。请你计算一下，喂奶一年（按365天计算），妈妈晚上大约少睡了多少时间？

2. A mother may feed her baby three times a night for 25 minutes each. Calculate how many hours a mother will be awake at night during a year of breastfeeding (a year is calculated by 365 days)?

3. 请你分别在零点及凌晨3点、5点设置闹钟，体会一下妈妈夜里给宝宝哺乳的辛苦。

3. Set an alarm o'clock for 12:00 am, 3:00 am, and 5:00 am so you can experience what a mother goes through to nurse her baby at night.

融会贯通

Inspiration for Young Readers

爸爸送我去上学

成长路上，妈妈是船，爸爸是帆，我乘船儿到彼岸。母亲的哺育、爸爸的关爱，如春风，似阳光，明亮温暖，呵护着我健康成长。

记得我开始上幼儿园的那年，工作繁忙的爸爸不管多忙都要坚持送我上学、接我放学。

走在上学的路上，爸爸会给我讲许多有趣的故事。有时，他给我讲历史故事，“管鲍之交”“桃园三结义”“草船借箭”，都讲得绘声绘色。有时，他让我猜谜语，如：“紫色树，开紫花，开过紫花结紫瓜，紫瓜里面装芝麻”，谜底是“茄子”；“头上顶着大红冠，身穿五彩花花衣，每天早晨要歌唱，人人听了忙穿衣”，谜底是“大公鸡”。有趣的交谈让我忘记了时间和疲劳，不知不觉就来到了学校。

从幼儿园到现在，无论是刮风下雨，还是酷暑严寒，爸爸的风帆始终张满，为我遮风挡雨，为我避暑御寒……