

All the Colors We Are

我們所有的膚色

The Story of How We Get Our Skin Color

故事是在描寫我們的膚色是怎麼來的

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People have many different colors of skin. Even though we often say the words, “He is black,” or “She is white,” all of us have skin that is a different shade of brown.

人們有著許多不同的膚色。儘管我們經常說這樣的話，“他是黑人，”或者“她是白人，”我們大家的皮膚都有不同深淺的棕色。

What color is your skin? What name would you like to give the color of your skin?

你的皮膚是那種膚色呢？你會為你的皮膚定為什麼樣的膚色呢？

How do you think we get our own special color of skin? Can you make a guess?

你覺得我們是如何擁有我們這特別的膚色呢？你可以猜猜看嗎？

We get our skin color in three different ways:

我們的膚色是需要有三種不同方式由來：

from our parents and from our relatives who lived long ago, called ancestors;

從我們的父母親和從我們很久以前的親戚，這個稱為祖先；

from the sun;

從太陽；

and from something called melanin.

還有從一些我們稱為黑色素的。

Melanin is tiny of coloring in our skin. We can't see the tiny grains, but we all have melanin in our skin.

黑色素是微小的色素在我們的膚色裡。我們無法看見微小的粒子，但是我們都有黑色素在我們的皮膚裡。

If you have dark skin, the melanin in your body is very active. If you have light skin, the melanin in your body is not very busy.

如果你有比較黑的膚色，在你身體裡的黑色素是非常活躍的。如果你有比較淺的膚色，在你身上的黑色素就沒有這麼的活躍。

Freckles are spots on the skin that have a lot of melanin.

有雀斑的部位是皮膚中黑色素最多的地方。

No matter what color we are, our skin gets darker in the sun. The more we are in the sun, the darker our skin will get.

不管我們有什麼樣的膚色，我們的皮膚會因為太陽而曬黑。我們曝曬在陽光下愈多，我們的膚色就會愈黑。

Melanin's most important job is to protect our skin from sunburn.

黑色素最重要的作用是在保護我們的皮膚不會曬傷。

How does that happen? When we go outside, the sunshine and the air cause the melanin in our skin to get busy to keep our skin from burning.

那是怎麼發生的呢？當我們去外面時，陽光和空氣會造成我們皮膚裡的黑色素變的很活躍來抵抗陽光帶來的燒熱感。

If we go out into the sun a little bit at a time, we will build enough melanin to protect our skin.

如果我們在陽光下短暫的時間，我們可以建立足夠的黑色素來保護我們的皮膚。

If your ancestors from a long time ago lived in a place where there was a lot of sunshine and heat, they probably had dark skin.

如果你很久以前的祖先是居住地方在陽光很強很熱的地方，那麼他們大概會有比較深色的膚色。

If they lived in a place with less sun and heat, they probably had light skin.

如果他們居住的地方是陽光和熱度低，那他們大概會有比較淺的膚色。

When both parents have light skin, they usually have children with light skin.

如果父母親都是淺色皮膚，通常他們的小孩的膚色也會比較淺。

When both parents have dark skin, they usually have children with dark skin.

如果父母親都是深色皮膚，通常他們的小孩的膚色也會是深膚色。

When one parent has light skin and one parent has dark skin, their children's skin may be light, dark or in-between.

當其中一個父母裡有淺色皮膚和父母中其中一個有深色皮膚的，他們小孩的膚色有可能會有比較淺色，深色或者是在中間色的膚色。

The skin color we are born with comes from our parents and from our ancestors and where they lived a long time ago.

皮膚的膚色是與生俱來的從我們的父母親和從我們的祖先還有他們住的地區時間長短有關。

Do you think your ancestors came from a very warm, sunny place, or from a cool place with less sunshine?

你覺得你的祖先是從一個非常熱帶，陽光充足的地方，還是從一個非常寒帶沒有很多陽光地方來的呢？

Dark skin, light skin and skin with freckles are all caused by our parents and ancestors, the sun, and melanin.

深膚色，淺膚色和有雀斑的皮膚造成都是由我們的父母親和祖先，陽光和黑色素。

Skin color is one of the many ways people are special and different from each other.

膚色是人們特殊並且彼此不同的眾多方式之一。