
BBC LEARNING ENGLISH

Lingohack 英语大破解

Farming in a bunker and corporate wellness 地下农场、企业员工的身心健康



本集内容

- **London WW2 bunker turns into farm** 伦敦第二次世界大战地下仓库变成农场
- **The growing industry of corporate wellness** 企业员工身心健康服务市场发展迅速

文字稿

This is urban farming's new frontier, where crops are grown underground. Pink LED lights shine instead of the sun, and carpets replace soil - quite a contrast from the World War Two days when these tunnels were used as bomb shelters. The quick **upside** is freshness and reduced export costs. Produce goes straight to nearby retailers and restaurants the same day it is harvested. But indoor farming has its limits - generally only smaller produce can be grown.

在地下种植农作物是城市农业开拓的新领域。在这里，粉红色的 LED 灯代替太阳光，而毛毯则代替土壤，和第二次世界大战期间被当作防空洞使用的隧道比起来大相径庭。“地下农场”最快捷便利的好处是农产品的新鲜度和出口成本的降低。在收获当天，这里的农产品会被直接送达附近的零售商和餐厅。但是室内种植仍受一定的限制，通常只有小型作物才能在这里生长。

It's 5pm at Silicon Labs and instead of catching a bus home, workers here are busy **catching their breath**. Staff at the semi-conductor maker are taking part in a free health programme at work. It's an example of a growing trend with companies buying into the idea that healthier and happier employees are also more productive. Asia Pacific's corporate wellness market is estimated to reach 7.4 billion dollars by 2024, and there's no shortage of firms offering packages that include health screenings, exercise programmes and stress management workshops.

这是美国芯科科技公司下午 5 点时的情景，这里的员工们并没有在追赶回家的公车，而是忙于锻炼身体，累得上气不接下气。在这家半导体制造商上班的员工们参加了公司里的一项免费的健身活动。日益增多的公司在逐渐接受这样一种理念：职工越健康快乐，工作就越有成效，这家企业的健身活动就是一个例子。据估计，亚太地区企业员工安康服务产业的市值将在 2024 年达到 74 亿美元，而且市面上已有很多提供成套体检、健身项目和压力管理培训的公司。

词汇

upside

好处

catching their breath

（因体力活动）气喘吁吁

视频链接: <http://bbc.in/2lylQKC>

练习

请从以下词汇中选择适当的答案来完成句子。注意：你可能需要改变单词的时态来完成句子。

upside / catching their breath

1. You can continue your jogging. I will stop here for a minute to _____. I'm not very fit.
2. On the _____, the fall of the pound has boosted exports as goods are now far cheaper on foreign markets.

答案

1. You can continue your jogging. I will stop here for a minute to **catch my breath**. I'm not very fit.
2. On the **upside**, the fall of the pound has boosted exports as goods are now far cheaper on foreign markets.