

本集内容

- **You can't be obese and healthy, says study** 研究表明肥胖与健康不可并行
- **Family in Zimbabwe turns rubbish into art** 津巴布韦家庭把垃圾变为艺术品

文字稿

Previous studies have suggested that around a third of very overweight people are healthy – they have normal blood pressure and cholesterol levels despite being classed as obese, according to their body mass index, which is a measure of height versus weight. But a new analysis of the medical records of 3.5m UK residents suggests the idea of healthy obesity is a **myth**. Compared to those of a normal weight, it suggests even outwardly healthy obese people have a 49% greater risk of developing coronary heart disease.

早前有研究表明，约三分之一严重超重的人群身体状况属健康。尽管这些人被列为“肥胖”但他们的血压及胆固醇水平正常，这是由他们的体重指数（BMI）得出的，体重指数是衡量身高和体重比例的参考标准。然而，一项新报告在分析了三千五百万名英国居民的医疗记录后得出的结论是：“肥胖也能健康”这个观念其实是错误的。该研究还指出，即使是外表健康的肥胖人士，其患冠心病的几率也比体重正常的人高出49%。

He has a knack for seeing treasure in a mountain of trash. Every week, Royd Bisiwasi goes to dump sites and restaurants to collect rubbish that would have otherwise landed up in landfills. He creates objects of beauty from waste and puts food on the table and provides a home for his family. The family makes art, toys, even furniture. This order of 200 giraffes is destined for the United States. It will net them about \$600 - much higher than the average monthly salary here.

他有从一堆堆垃圾中找到宝物的本领。每个星期，比思瓦斯（Royd Bisiwasi）都会去垃圾场和饭馆附近挑拣那些原本会被送到填埋场的废品。他能用废物制作出美丽的物件，以给他的家人提供食物和居所。他们一家人可以制作艺术品、玩具，甚至家具。这张订单订购了两百只长颈鹿玩具，成品最终会被送到美国。这单生意将给他们带来600美元的净收益，远高于津巴布韦家庭的平均月收入。

词汇

myth

谬谈，普遍认为正确的错误观念

has a knack for

有做…的本领

视频链接: <http://bbc.in/2qslBoL>

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。

myth / has a knack for

1. You should be a songwriter – you _____ composing moving ballads!
2. My mother used to tell me that you'll have indigestion if you go for a swim after a meal. I wonder if this is just a _____ and I'll be alright.

答案

1. You should be a songwriter – you **have a knack for** composing moving ballads!
2. My mother used to tell me that you'll have indigestion if you go for a swim after a meal. I wonder if this is just a **myth** and I'll be alright.