
BBC LEARNING ENGLISH

Lingohack 英语大破解

The risks of meat consumption

食肉的风险



本集内容

The risks of meat consumption 食肉的风险

学习要点

有关 “Bacteria 细菌” 的词汇

边看边答

Who tends to use antibiotics too much in agriculture?

文字稿

Imagine having to eat just 40 grams of meat per day. That's roughly the size of a regular burger. A group of researchers say that's what people should aim for in order to reduce pressure on meat production.

Researchers say more and more meat products now have bugs that are **resistant** to available **antibiotics** – and that can easily be **transmitted** to people. So, they want the amounts of the drugs used in livestock regulated.

Professor Sam Kariuki, Antimicrobial Resistance Expert:

"A lot of these antibiotics can be done away with, especially their usage for prevention of disease - that's **prophylaxis** - and growth promotion, by simply ensuring that the farmer is able to observe... what we call phytosanitary conditions."

John usually doesn't allow visitors into the farm. He also rears chicken of the same age at a time.

John Njuguna, chicken farmer:

"These sheds also harbour some kind of germs or bacteria. So when the other flock comes out we wash the whole place, we **disinfect**, and then we have a resting period of about 14 days. "

That way he's able to prevent diseases and therefore avoid using antibiotics. But the vast majority of small-scale farmers in developing countries, and larger scale ones in developed countries, tend to overuse the drugs. If that doesn't change, the available medicine could be rendered ineffective for treatment in the coming years.

想象一下，一个人每天只能吃 **40** 克的肉制品，这差不多是一个普通汉堡的份量。一组研究者认为，每个人都应将此作为一个目标，以减轻肉类食品生产的压力。

研究者还指出，越来越多肉制品中的细菌已经对现有的抗菌素产生了抗体，这些细菌很容易传染给人类，因此他们希望家畜类养殖中的抗菌素用量受到管制。

山姆·卡里乌基教授 抗菌素耐药性专家

“很多抗菌素其实都可以不使用，尤其是当它们用于预防疾病.....和促进生长时，只要养殖场主能观察到被我们称之为‘控制植物病害的情况’。”

约翰通常情况下不允许访客进入农场。他还会同时饲养处于同一生长期的鸡。

约翰·纽古纳 养鸡场场主

“这些养殖棚中也藏着一些细菌或病毒。所以当一批动物从棚里出来后，我们会将整个养殖棚都清洗一遍，然后消毒，接着再晾 **14** 天左右。”

这样做他就能预防疾病，并且避免使用抗菌素。但发展中国家的绝大多数小养殖场，以及发达国家的大型养殖场却往往滥用药物。如果这种情况没有得到改善，目前仍有效的药物在未来可能会逐渐失效。

词汇

resistant

抗...的；耐...的

antibiotics

抗生素，抗菌素

transmitted

传播，传染

prophylaxis

预防性治疗方法

disinfect

给...杀菌，替...消毒

视频链接: <http://bbc.in/2h8YDOV>

你知道吗？

Sir Alexander Fleming discovered antibiotics.

亚历山大·弗莱明爵士发现了抗生素。

问题答案

According to the report, the vast majority of small-scale farmers in developing countries and larger scale farmers in developed countries tend to use antibiotics more than they should.