

一项受英国广播公司委托开展的研究显示，英国人在家里自制一个奶酪三明治所需的食材成本在一年内上涨了超过三分之一。英国超市出售的鸡肉、鸡蛋和火腿等三明治所需的配料的价格飙升，连面包的价格也有所上涨。

The retail research firm Assosia analysed the average price of **own-brand** ingredients that make up a **packed lunch** from several major supermarkets.

零售研究公司 Assosia 分析了几家英国大型超市自有品牌便当食材的平均价格。

Its findings suggest that the cost of making an **egg and cress** sandwich has gone up the most, by nearly 41% since this time last year. A homemade cheese sandwich is now 37% more expensive, or **tuna mayonnaise** is up by 15% on 2022.

研究结果表明，用于制作鸡蛋水芹三明治所需的食材成本涨幅最大，自去年同期以来上涨了近 41%。自制奶酪三明治所需的食材成本比 2022 年贵了 37%，而自制金枪鱼蛋黄酱三明治所需的食材成本则比 2022 年贵了 15%。

Other lunch items like crisps, fruit and cola are also **pricier** year on year. Official figures show food prices in the UK are rising at their fastest rate for 45 years, pushed up by **extreme** weather, the **energy crisis** and outbreaks of **avian flu**.

其它午餐食品，如薯片、水果和可乐的价格也逐年上涨。官方数据显示，英国的食品价格正以 45 年来最快的速度上涨，推动价格上涨的因素是极端天气、能源危机和禽流感的爆发。

1. 词汇表

own-brand	自有品牌的
packed lunch	(上班、上学时携带的) 自备午餐，便当
egg and cress	鸡蛋和水芹
tuna mayonnaise	金枪鱼蛋黄酱
pricier	更贵的，价格更高的
extreme	极端的
energy crisis	能源危机
avian flu	禽流感

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. What type of ingredients were analysed for this research?
2. The price of which type of sandwich has increased the most?
3. True or false? *Crisps have become more expensive every year.*
4. How long has it been since food prices have risen this quickly in the UK?

3. 答案

1. What type of ingredients were analysed for this research?

Supermarkets' own-brand ingredients were analysed for this research.

2. The price of which type of sandwich has increased the most?

The research had found that the cost of making an egg and cress sandwich has gone up the most.

3. True or false? *Crisps have become more expensive every year.*

True. Lunch items like crisps are pricier year on year.

4. How long has it been since food prices have risen this quickly in the UK?

Official figures show food prices in the UK are rising at their fastest rate for 45 years.