



- 請注意：中文文字内容只提供簡體版

Vocabulary: tastes 词汇: 口味

What's your favourite flavour? Maybe you like your **grub** nice and spicy? Perhaps you have a **sweet tooth**? Or are you **partial** to a salty, **savoury** snack?

By now you're probably imagining something delicious, but take a moment to **ponder** this: why do some people adore certain flavours while others can't stand them? For example, oysters. They **turn my stomach**, but some spend **lavishly** on the **slippery** shellfish.

According to celebrity chef Heston Blumenthal, our taste preferences are strongly linked to our memories. Certain flavours might **bring back** the sounds and smells of a seaside holiday, or an ice-cream might **trigger** memories of enjoying a childhood treat. This "positive **nostalgia**" has a powerful effect on how we experience food.

Likewise, our surroundings have an impact on **culinary** pleasure. The same glass of wine can taste different depending on the background music. Blumenthal believes playing loud music makes people eat more quickly, while classical music makes them spend more money on wine.

Alongside memory and **ambience**, our genetics also have a powerful impact on taste preferences. Neuroscientist Charles Zucker from Columbia University believes all animals are "pre-wired" to prefer sweet tastes over sour. "There are no lions out in the wild drinking **tonic water**," he says.

On a more individual level, our personal **genetic** inherited preferences are significant. "And that is likely to greatly impact how much sugar I want to have in my coffee," says Dr Zucker. "It might be that I need six spoons of sugar to get the same level of satisfaction and reward that you get with only two."

Coffee is also an interesting example of how our tastes change over time. Most children don't like the **maltiness** of beer or the **bitterness** of strong coffee. But many adults enjoy the social reward – the relaxing effects of alcohol or the stimulation gained by coffee.

These are what we call **acquired tastes** – things we gradually learn to like - whether it's because our **palates** become more sophisticated, or because we crave the social effects of the foods.

For me though, I'm yet to see the allure in oysters, whether social or **epicurean**!

词汇表

grub	(俚语) 吃的, 食物
(to have) a sweet tooth	吃甜食的嗜好
(to be) partial (to)	偏爱
savoury	咸的
to ponder	仔细思考, 衡量
to turn someone's stomach	让人恶心
lavishly	极其大方地
slippery	滑溜溜的
to bring back	带回来
to trigger	触发
nostalgia	对往事的依恋
culinary	烹饪的
ambience	(地点、环境的) 气氛
tonic water	汤利水
genetic	基因的
maltiness	有麦芽的感觉
bitterness	苦味
acquired taste	后天培养的品味
palate	口味, 味觉
epicurean	美食的

测验与练习

1. 阅读课文并回答问题。

1. How can memory affect the tastes we like?
2. What kind of music would Blumenthal suggest a restaurant owner plays if he wants customers to finish their meals quickly?
3. What would you call a liking for red wine that develops over time?
4. Which phrase means: 'in their natural environment' and 'without humans'?
5. True or false: *The author believes there is a social reward to be gained from eating oysters.*

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Walking by the beach in autumn _____ lots of sad memories.

ponders	nostalgias	triggers back	brings back
---------	------------	---------------	-------------

2. I'm very _____ grapes. I just can't stop eating them.

partial to	partial	partial for	impartial
------------	---------	-------------	-----------

3. Lucas doesn't have a very developed _____. He only eats bread and butter.

culinary	grub	palate	epicurean
----------	------	--------	-----------

4. Travelling to Thailand is a _____ adventure. The flavours are incredible!

nostalgic	lavish	acquired	culinary
-----------	--------	----------	----------

5. I'm afraid I have _____. I eat dessert after every meal, even breakfast.

sweet tooth	sweet teeth	a sweet tooth	very sweet teeth
-------------	-------------	---------------	------------------

答案

1. 阅读课文并回答问题。

1. How can memory affect what tastes we like?

Certain flavours can bring back happy memories, which means we're more likely to enjoy those flavours.

2. What kind of music would Blumenthal suggest a restaurant owner plays if he wants customers to finish their meals quickly?

Blumenthal says playing loud music makes customers eat more quickly.

3. What would you call a liking for red wine that develops over time?

You call a taste that develops gradually 'an acquired taste'.

4. Which phrase means: 'in their natural environment' and 'without humans'?

In the wild.

5. True or false: The author believes there is a social reward to be gained from eating oysters.

False, the author believes there is no social benefit to eating oysters, and no pleasure either!

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. Walking by the beach in autumn **brings back** lots of sad memories.

2. I'm very **partial to** grapes. I just can't stop eating them.

3. Lucas doesn't have a very developed **palate**. He only eats bread and butter.

4. Travelling to Thailand is a **culinary** adventure. The flavours are incredible!

5. I'm afraid I have a **sweet tooth**. I eat dessert after every meal, even breakfast.