Take Away English 随身英语
Food and mood 吃什么会影响你的情绪

BBC
LEARNING
ENGLISH
英语教学

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Vocabulary: health 词汇: *健康*

Cosuming food can be a **pleasurable** thing – we enjoy feasting on the mix of tastes and textures and it stops us feeling hungry too. Of course, food also gives us energy and the vitamins and minerals that our body needs. It's no wonder we spend so much time preparing and eating food. But what many of us don't consider is how our emotions are affected by what we put into our **bellies**.

For me, it's the unhealthy foods that put **a smile on my face** – chocolate, cakes and ice cream – well, I do have a **sweet tooth**! It might seem obvious that food that's bad for our waistline, usually makes us happy, at least in the short term. Most of us get this feeling when we use food as a quick **pick-me-up**. But **dieticians** tell us that eating bad food long term, not only makes us put on weight but can lead to other health conditions such as **diabetes**, and it can also affect our **mental state** and bring on **depression**.

The link between our mind and food has been looked at by scientists.They've recently found that it's the **bacteria** in our **gut** that affects our mood. It's thought we have 39 trillion of these simple, small **organisms** in our body. Researchers at McMaster University in Canada and University College Cork in Ireland, have found that certain 'good' bacteria help reduce **anxiety** in mice. And researchers at Kyushu University also found that **germs** help reduce **stress** and anxiety in mice. Experts believe that, for us humans, this means food with 'good' bacteria can improve the way we feel.

Many food products are claiming to be high in this 'good' bacteria and some of the best types are homemade **fermented** food like miso soup, yoghurt and **sauerkraut**. This really makes me think twice about what I eat – maybe I should change my diet to **perk me up**! Doctor Michael Mosley would agree. He's been looking into this for the BBC and says the best food to cheer us up is in a "Mediterranean diet. Olive oil; oily fish, full of **omega 3**, which is really good for the brain; whole grains; lots of fruits and vegetables. Sugar: terrible for you!"

So maybe it's time to **lay off** the fatty and sugary things. Eating healthily may seem simple, even if the science behind it is complex. It's not rocket science but this is further evidence for the saying **'we are what we eat'** – the person we are is determined by the food we eat. There are other factors that can change our mood but it seems we have some ability to improve how we feel by controlling what we put on our plate. Does your diet affect your mood?

词汇表

pleasurable	令人愉快的
belly	肚子，腹部
a smile on one's face	某人面带微笑
sweet tooth	爱吃甜食，对甜食喜爱
pick-me-up	使人兴奋的饮品或食品
dietician	营养师
diabetes	糖尿病
mental state	精神状态
depression	抑郁，沮丧
bacteria	细菌（**bacterium** 的复数）
gut	肠道，消化道
organism	生物体，有机体
anxiety	不安，焦虑
germ	细菌，病菌
stress	压力
fermented	发酵的
sauerkraut	泡菜
perk somebody up	使某人提起精神，使某人活跃起来
omega 3	奥米茄三脂肪酸
lay off	戒掉
'we are what we eat'	"吃什么像什么"

测验与练习

I. 阅读课文并回答问题。

1. What does the author mean when he says unhealthy food, such as cakes, is bad for your waistline?

2. Approximately how many bacteria are thought to be in our body?

3. What kind of bacteria do scientists believe will put us in a good mood?

4. What phrase does the author use to mean carefully consider what you do at the moment or what you are planning to do is a good idea?

5. According to Doctor Michael Mosley, where in the world is food containing 'good' bacteria mostly found?

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. Having a _____ could be a bit cheaper for Finns in future, after the government announced it will remove a tax on confectionery and ice cream from 2017.

diabetes	pick-me-up	sweet tooth	mental state

2. The sportsman has announced his retirement from swimming, because the brutal training regime led to _____.

depressing	depression	depressed	depresion

3. Research shows there are more _____ on your phone screen than on a toilet seat.

omega 3	guts	germs	bacteria

4. The vet has asked the cat's owner to _____ the treats as Garfield, who weighs 6.6kg, is overweight.

lay off	lay over	lay out	lay down

5. A plan to have dogs in the workplace will help reduce workers' _____ and fatigue.

germs	perk me up	pleasure	stress

答案

1. 阅读课文并回答问题。

1. What does the author mean when he says unhealthy food, such as cakes, is bad for your waistline?
   They make you fat; your waistline gets bigger!

2. Approximately how many bacteria are thought to be in our body?
   It's thought we have 39 trillion of these simple, small organisms in our body.

3. What kind of bacteria do scientists believe will put us in a good mood?
   'Good' bacteria.

4. What phrase does the author use to mean carefully consider what you do at the moment or what you are planning to do is a good idea?
   'Think twice'. He says 'This really makes me think twice about what I eat.'

5. According to Doctor Michael Mosley, where in the world is food containing 'good' bacteria mostly found?
   The Mediterranean – a Mediterranean diet. Olive oil; oily fish, full of omega 3, which is really good for the brain; whole grains; lots of fruits and vegetables.

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. Having a **sweet tooth** could be a bit cheaper for Finns in future, after the government announced it will remove a tax on confectionery and ice cream from 2017.

2. The sportsman has announced his retirement from swimming, because the brutal training regime led to **depression**.

3. Research shows there are more **germs** on your phone screen than on a toilet seat.

4. The vet has asked the cat's owner to **lay off** the treats as Garfield, who weighs 6.6kg, is overweight.

5. A plan to have dogs in the workplace will help reduce workers' **stress** and fatigue.