
BBC LEARNING ENGLISH

Take Away English 随身英语

Keeping cool in the heat

夏日避暑小贴士



Vocabulary: summer and keeping cool 词汇：夏天和避暑

This summer, the UK, and much of the northern hemisphere, has experienced a **heatwave** – a sustained period of **roasting** temperatures and **scorching** sunshine. While many welcome the Sun and warmth, too much can be dangerous to health. So what are the best ways to keep **cool**?

Firstly, avoiding **exposure** is a good idea, says the UK Met office. This means not going out in **direct sunlight**, or, where possible, sticking to **shadows** and **shade**. This also means that **covering up** is a good idea. Wear loose, **airy** clothing, which fully covers the body, as well as a hat and sunglasses. In addition, a **parasol** could provide valuable protection. Finally, the UK's National Health Service recommends not going out between 11 in the morning and three in the afternoon if you are vulnerable to the Sun.

Staying **hydrated** is another excellent idea. The human body is approximately 60% water, which on a hot day, can be depleted through **sweat**. If this water is not replenished, **dehydration** can occur. The US Geological Survey's water science school recommends drinking three litres a day for an adult male, and 2.3 litres for an adult female, though this varies according to circumstance. You should also avoid alcohol, which **dehydrates** the body.

Whether at home or at work, steps should be taken to reduce temperatures indoors, too. **Blinds**, curtains and **shades** should be closed and windows opened to allow the building to **ventilate**. This is especially important at night while you sleep. The UK Met office says "night cooling is important as it allows the body to recuperate."

Finally, for those working outside, extra precautions should be taken. In addition to staying covered and drinking water, **high-factor sunscreen** should be worn to stop sunburn and the possible development of skin cancer. In addition, those who perform physical tasks in the Sun should be careful of **heatstroke**, which, according to the UK Met Office, can be fatal.

For many, summer is a well-loved period of warmth and outdoor activity, but as the old saying goes, everything in moderation. That said, as long as people remember the basics and look after themselves, there is no reason why a prolonged heatwave can't become the summer that everyone remembers.

词汇表

heatwave	热浪
roasting	炙热的, 灼热的
scorching	酷热的
cool	凉爽的
exposure	(身体) 接触阳光
direct sunlight	直射光
shadow	阴影
shade	阴凉处
cover up	遮盖
airy	轻盈透气的
parasol	遮阳伞
hydrated	(身体) 水分充足的
sweat	汗
dehydration	(身体) 脱水
dehydrate	使...脱水
blinds	百叶窗
shades	卷帘
ventilate	给...通风
high-factor sunscreen	高倍数防晒霜
heatstroke	中暑

测验与练习

1. 阅读课文并回答问题。

1. True or False: *Only the UK will experience a heatwave this summer.*
2. When should a person vulnerable to the Sun avoid going out during the day?
3. How much water should a person drink per day?
4. Why is it important to sleep with the windows open?
5. What is the possible outcome of heatstroke?

2. 请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. In the desert, there is little protection from the Sun. You can easily die from _____.

roasting	scorching	exposure	shade
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2. Once we get in, we need to _____ the building so open all the doors and windows.

sweat	cover up	ventilate	cool
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3. It's a cold day today so make sure you _____. Take and wear your jacket and scarf, please.

sweat	cover up	ventilate	cool
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4. Tea is a diuretic. It makes you urinate. You can become _____ from too much tea!

dehydration	dehydrate	dehydrates	dehydrated
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5. I love your baggy trousers. Are they linen? They must be so _____ in this heat!

airy	shadowy	shady	sweaty
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答案

1. 阅读课文并回答问题。

1. True or False: *Only the UK will experience a heatwave this summer.*
False. High temperatures have been forecast in Europe too.
2. When should a person vulnerable to the Sun avoid going out during the day?
The UK's National Health Service recommends not going out between 11 in the morning and three in the afternoon.
3. How much water should a person drink per day?
The US Geological Survey's water science school recommends drinking 3 litres a day for an adult male, and 2.3 litres for an adult female, though this varies based on circumstance.
4. Why is it important to sleep with the windows open?
Night cooling is important as it allows the body to recuperate.
5. What is the possible outcome of heatstroke?
Heatstroke can be fatal.

2. 请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. In the desert, there is little protection from the Sun. You can easily die from **exposure**.
2. Once we get in, we need to **ventilate** the building so open all the doors and windows.
3. It's a cold day today so make sure you **cover up**. Take and wear your jacket and scarf, please.
4. Tea is a diuretic. It makes you urinate. You can become **dehydrated** from too much tea!
5. I love your baggy trousers. Are they linen? They must be so **airy** in this heat!