



Vocabulary: eating 词汇: 饮食

It's good to enjoy food, but sometimes stories about the dangers of eating certain things can be **hard to digest**. I love to **tuck into** a pepperoni pizza or munch on a jam doughnut, even though I know the dangers that lurk in their **ingredients**. It's clear that **processed foods** are not the most **nutritious** things; but there now comes a new threat - from ultra-processed foods.

Scientists have now discovered that eating these types of food - such as chicken nuggets, ice cream and breakfast cereals - have been linked to early death and poor health. This is the stuff that has been through more substantial industrial processing and often has long ingredient lists on the packet, including added **preservatives**, **sweeteners** or **colour enhancers**.

Knowing that your bowl of cornflakes could be bad for you might be **hard to swallow**, but two studies have shown that people eating more ultra-processed food had worse heart health. Dr Mathilde Touvier from the University of Paris, who conducted one of the studies, told the BBC: "The rapid and worldwide increasing **consumption** of ultra-processed foods, to the detriment of less processed foods, may drive a substantial burden of **cardiovascular diseases** in the next decades."

But it might not be completely necessary to change your **diet** just yet as there is still some uncertainty about the results of the study and questions still to answer. Kevin McConway, a professor of statistics at The Open University, told the BBC: "These studies do increase my confidence that there's something real behind these associations - but I'm still far from sure."

Maybe we should follow the advice of The US National Institutes of Health, which found that ultra-processed foods lead people to eat more and put on more weight. It suggests avoiding food containing ingredients you cannot pronounce or anything your grandmother would not recognise as food! The obvious thing to do seems to be to **feast on** more **unprocessed** foods, such as fruit, vegetables, fish, nuts and seeds, beans, lentils and **wholegrains**, often called a **Mediterranean-style diet**. After all, **we are what we eat!**

词汇表

hard to digest	难以（让人）接受
tuck into	尽情地吃，痛快地吃
ingredient	成分，配料
processed foods	经过加工的食品
nutritious	营养丰富的
preservative	防腐剂
sweetener	甜味剂
colour enhancers	色素
hard to swallow	令人难以置信
consumption	食用
cardiovascular disease	心血管疾病
diet	饮食
feast on	尽情享用，大吃大喝
unprocessed	未经加工的
wholegrain	全谷物的
Mediterranean-style diet	地中海式饮食
we are what we eat	人如其食

测验与练习

1. 阅读课文并回答问题。

1. According to new studies, what might be worse than processed foods?
2. True or false? *An ultra-processed food item contains many ingredients.*
3. How might eating too much ultra-processed food be bad for your health?
4. According to one study, what should you do if your grandmother doesn't recognise what you're eating?
5. Which word used in the article means 'connections between two things'?

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. When I'm on holiday I like to _____ a nice plate of bacon and eggs for my breakfast!

tuck up	tuck on	tuck into	tuck out
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2. _____ of coffee has increased considerably. Now there seems to be a shop selling it on every street corner.

ingredients	consumption	diet	preservatives
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3. After being ill for several weeks, my doctor has recommended I eat some _____ meals to improve my health.

nutritious	ingredients	wholegrains	sweeteners
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4. Getting poor grades in my exams was _____ - but I guess I can try again next year.

hard and swallow	hard to swallowing	hardly swallow	hard to swallow
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5. The bread tasted awful! I think it was full of _____, which is why it stayed fresh for a week!

colour enhancers	ingredients	preservatives	processed food
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答案

1. 阅读课文并回答问题。

1. According to new studies, what might be worse than processed foods?

Studies have found the worst kinds of food are ultra-processed ones.

2. True or false? *An ultra-processed food item contains many ingredients.*

True. Scientists have found ultra-processed foods have been through more substantial industrial processing and often have long ingredient lists on the packet.

3. How might eating too much ultra-processed food be bad for your health?

Two studies have shown that people eating more ultra-processed food had worse heart health, also known as cardiovascular diseases.

4. According to one study, what should you do if your grandmother doesn't recognise what you're eating?

The US National Institutes of Health suggests avoiding or cutting down on anything your grandmother would not recognise as food!

5. Which word used in the article means 'connections between two things'?

The word is 'associations'. Kevin McConway, a professor of statistics at The Open University, told the BBC: "These studies do increase my confidence that there's something real behind these associations - but I'm still far from sure."

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. When I'm on holiday I like to **tuck into** a nice plate of bacon and eggs for my breakfast!

2. **Consumption** of coffee has increased considerably. Now there seems to be a shop selling it on every street corner.

3. After being ill for several weeks, my doctor has recommended I eat some **nutritious** meals to improve my health.

4. Getting poor grades in my exams was **hard to swallow** - but I guess I can try again next year.

5. The bread tasted awful! I think it was full of **preservatives**, which is why it stayed fresh for a week!