

词汇: *health* 健康

Most of us want to be in **peak** physical condition, get **in shape** and be healthy. While some **gym bunnies** are more obsessed with looking **ripped**, for many of us **nutrition** and **watching what you eat** is a vital way to stay healthy. But when it comes to food, what is **calorie** counting, and what are the positives and negatives of it?

A law in the UK came into force in April 2022 that requires large businesses such as restaurants, takeaways, and cafes to display the calorie information of non-pre-packed food and soft drinks on their menus. It's a strategy aimed to tackle **obesity** and give people a more informed choice of what goes down their **gullets**. According to the NHS (National Health Service), generally, the recommended daily **intake** of calories for male adults is 2,500 per day, while female adults should **consume** 2,000 to maintain their **weight levels**. For those of us who wish to **drop a few pounds**, experts advise us to consume fewer calories than the recommended daily number, eat a **balanced diet**, and increase our levels of **physical activity**. Being able to count calories and know how much we can eat is a great way to try and stay on track with our diet.

However, there are some sceptics when it comes to calorie counting. 200 calories of fresh fruit and 200 calories of **junk food**, for example cookies, have the same caloric value. However, there is a question of the health benefits of what you're consuming, regardless of calories. While fresh fruit like apples contains things like vitamin C, junk food could contain an unhealthy level of sugar and fats. Likewise, fruit may **fill you up** and leave you not **craving** more food for longer than a biscuit with equal calories – meaning, overall, you eat less. Simply counting calories, while useful for weight loss, doesn't take into account your intake of good fats, carbohydrates, and proteins – things that your body needs. So, if you're trying to stick to a **low-carb diet**, just looking at numbers of calories on a menu won't be that useful. So, always be mindful that what you're eating is part of a healthy balanced diet.

词汇表

peak	巅峰
in shape	身体状况良好
gym bunny	健身迷，非常关注体形、爱健身的人
ripped	肌肉饱满、线条分明的
nutrition	营养
watch what you eat	注意饮食
calorie	卡路里
obesity	肥胖
gullet	食道，食管
intake	摄入量
consume	吃，喝
weight level	体重水平
drop a few pounds	体重减轻几磅
balanced diet	均衡饮食
physical activity	体育活动
junk food	垃圾食品
fill someone up	填饱（某人的）肚子
crave	想吃、喝，嘴馋
a low-carb diet	低碳水饮食

测验与练习

1. 阅读课文并回答问题。

1. What is the NHS's recommended calorie intake for male adults?
2. What is the NHS's recommended calorie intake for female adults?
3. According to experts, what should you do to lose weight?
4. What are the potential differences between 200 calories of fresh fruit and 200 calories of junk food?
5. What does calorie counting not take into account?

2. 选择意思恰当的单词或词组来完成下列句子。

1. I'm really _____ chocolate. I just can't stop thinking about it!

craving	intake	gullet	ripped
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2. Derek's going on a diet to _____ before the summer.

weight level	drop a few pounds	junk food	balanced diet
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3. He's such a gym _____. He only goes there to look good, not be healthy.

donkey	rabbit	bunny	owl
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4. No thanks, I don't want any cake. That main course _____.

consumed	filled me up	looked ripped	craved
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5. Sandra only eats meals cooked from fresh ingredients. She hates _____.

in shape	peak	gym bunny	junk food
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答案

1. 阅读课文并回答问题。

1. What is the NHS's recommended calorie intake for male adults?

The NHS recommends 2,500 calories per day for male adults, in general.

2. What is the NHS's recommended calorie intake for female adults?

The NHS recommends 2,000 calories per day for female adults, in general.

3. According to experts, what should you do to lose weight?

You should eat fewer calories than the recommended daily number and increase levels of physical activity.

4. What are the potential differences between 200 calories of fresh fruit and 200 calories of junk food?

Fruit contains things like vitamin C, while junk food could contain high levels of fat and sugars. Fruit may also leave you feeling full for longer.

5. What does calorie counting not take into account?

It doesn't take into account your body's nutritional needs.

2. 选择意思恰当的单词或词组来完成下列句子。

1. I'm really **craving** chocolate. I just can't stop thinking about it!

2. Derek's going on a diet to **drop a few pounds** before the summer.

3. He's such a gym **bunny**. He only goes there to look good, not be healthy.

4. No thanks, I don't want any cake. That main course **filled me up**.

5. Sandra only eats meals cooked from fresh ingredients. She hates **junk food**.