

词汇: *dieting* 节食

Most of us would agree that being healthy is important. We are **inundated** with articles in health magazines talking about the latest **fad** diets, or adverts that offer potential **miracle cures** for **obesity** that are often **too good to be true**. One of the latest **crazes** is fasting, often referred to as **intermittent fasting**. But what is it? And how can it help us to lose weight?

Fasting refers to a period of **abstinence** from **consuming** food. The idea of intermittent fasting is to reduce calories over a certain number of days or hours rather than a sustained period. It has been linked to **longevity** and generally improved health. It also helps those interested in **keeping off the weight** or **dropping a few pounds**. There are also different ways to fast. For example, in the 5:2 diet, you eat normally on five days of a week and reduce your calorie **intake** on the other two. Then there's a restricted-hours diet that sees people only eating during a limited part of the day, for example, over eight hours. But is it for everyone? Well, before we get to that, let's look at some of the possible benefits.

A study published on the National Library of Medicine website suggests that intermittent fasting may help with the control of **blood sugar** and potentially lower the risk of diabetes. However, more research on this is needed. Other studies have claimed that some form of intermittent fasting may help to prevent some diseases, aid with **metabolism**, slow the **ageing process**, support **brain function**, and help to **shed weight**.

And what about the downsides? Well, this diet is not for everyone. Fasting might not suit those who are **underweight** or with a long-term medical condition. Fasting may cause some people to experience symptoms such as headaches or make them **prone to overeating** after a reduced calorie intake day. As with many diets, it's always wise to speak to your doctor or weight loss professional before changing your eating habits. And, at the end of the day, it could just come down to what lifestyle choice suits you.

## 词汇表

<b>inundate</b>	使应接不暇
<b>fad</b>	一时的风尚
<b>miracle cure</b>	灵丹妙药
<b>obesity</b>	肥胖
<b>too good to be true</b>	好得令人难以置信，好到不像真的
<b>craze</b>	风靡一时的事物
<b>intermittent fasting</b>	间歇性禁食
<b>abstinence</b>	节制
<b>consume</b>	吃，喝
<b>longevity</b>	长寿
<b>keep off the weight</b>	保持体重
<b>drop a few pounds</b>	减重
<b>intake</b>	摄入量
<b>blood sugar</b>	血糖
<b>metabolism</b>	新陈代谢
<b>ageing process</b>	衰老的过程
<b>brain function</b>	大脑功能
<b>shed weight</b>	减重
<b>underweight</b>	过瘦的，体重不足的
<b>prone to</b>	有...倾向的，易于
<b>overeat</b>	过量饮食，吃得过饱

## 测验与练习

### 1. 阅读课文并回答问题。

1. What is intermittent fasting?
2. What is the 5:2 diet?
3. What are the potential benefits of intermittent fasting?
4. What symptoms may people experience when fasting?
5. According to the article, what is wise to do before changing your eating habits?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. How many calories do you \_\_\_\_\_ per day?

underweight	longevity	prone	consume
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2. I'm really \_\_\_\_\_ to catching colds. I get them all the time!

consume	craze	prone	drop a few pounds
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3. Don't \_\_\_\_\_ or you'll get a stomach ache. Eat sensibly.

intake	overeat	obesity	longevity
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4. It turns out the price in that advert was \_\_\_\_\_. When I got there, it was much more expensive.

too good to be true	craze	fad	underweight
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5. I'm being \_\_\_\_\_ with emails this morning! I need a break.

craze	inundated	intake	keep off the weight
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## 答案

### 1. 阅读课文并回答问题。

#### 1. What is intermittent fasting?

**The idea of intermittent fasting is to reduce calories over a certain number of days or hours rather than a sustained period.**

#### 2. What is the 5:2 diet?

**The 5:2 diet involves eating normally on five days of a week and having a reduced calorie intake on the other two.**

#### 3. What are the potential benefits of intermittent fasting?

**Intermittent fasting may help with the control of blood sugar, prevent some diseases, boost metabolism, slow the ageing process, support brain function, and help people to lose weight.**

#### 4. What symptoms may people experience when fasting?

**Some people may experience symptoms such as headaches or they may become prone to overeating after a reduced calorie intake day.**

#### 5. According to the article, what is wise to do before changing your eating habits?

**Speak to your doctor or weight loss professional first before starting any diet.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

#### 1. How many calories do you **consume** per day?

#### 2. I'm really **prone** to catching colds. I get them all the time!

#### 3. Don't **overeate** or you'll get a stomach ache. Eat sensibly.

#### 4. It turns out the price in that advert was **too good to be true**. When I got there, it was much more expensive.

#### 5. I'm being **inundated** with emails this morning! I need a break.