

词汇: *food* 食物

What do a student in China, an office worker in the UK and an astronaut in space all have in common? They all eat instant noodles. And they're not alone – over 100 billion **servings** of instant noodles are **consumed** globally each year, making them one of the world's most successful **industrial foods**. But how did this happen?

Put simply, they're cheap to produce and cheap to buy, which was exactly what their **creator** intended. Momofuku Ando, a Japanese entrepreneur, spent a year perfecting the recipe just after the Second World War. He wanted to make something similar to traditional Japanese ramen noodles, while using the **wheat flour** given to Japan as **food aid** by the US government. His **creation** was instantly popular, playing a part in Japan's post-war **economic rise**. Even in the year 2000 – according to a poll by the Fuji Research Institute – instant noodles were voted Japan's most successful **invention**, ahead of high-speed trains, laptops and karaoke.

But Japanese people are not alone in their **devotion to** instant noodles. According to the World's Instant Noodles Association, China, Indonesia, Vietnam and India – in that order – all consumed more instant noodles than Japan in 2021. Instant noodles' popularity abroad is in part due to how easy they are to **adapt** to local **tastes**. In Thailand, for example, you can get **green curry flavour**, while in Mexico the noodles are **garnished with** lime and **salsa**. And it seems that **consumers** have grown to expect **innovation**. Nissin, the food company founded by Ando, **launches** over 300 products yearly, just in Japan, according to employee Kasura Suzuki.

Instant noodles have their critics, too. Their rise in popularity has **come at** an environmental **cost** – they're made with **palm oil**, contributing to deforestation, and their packaging is plastic. And while they are a hot, tasty and **filling** meal, instant noodles don't have much **nutritional value**, and include high levels of salt and fat. Nevertheless, instant noodles are undoubtedly **lifesavers** in emergency or extreme situations.

More than 60 years after their invention, instant noodles have become the **default** food for anyone short on money, time, or even a kitchen.

词汇表

servicing	(供一人食用的) 一份
consume	(大量地) 吃, 吃掉
industrial foods	工业化食品, 经大规模生产和加工制成的食品
creator	发明者
wheat flour	小麦粉
food aid	食品援助
creation	创造物
economic rise	经济增长
invention	发明
devotion to	对...的热爱、热衷
adapt	改变以适应
taste (n)	口味
green curry flavour	青咖喱口味
garnish with	在(食物)上加(饰菜)
salsa	萨尔萨辣酱 (洋葱、番茄和辣椒制成的辣味调汁)
consumer	消费者
innovation	创新
launch	推出
come at a cost	有代价的
palm oil	棕榈油
filling	容易填饱肚子的
nutritional value	营养价值
lifesaver	救星, 能救急的事物
default	首选, 默认的选择

测验与练习

1. 阅读课文并回答问题。

1. How many servings of instant noodles are eaten around the world each year?
2. True or False? *The creator of instant noodles wanted to make them cheap.*
3. Which country ate the most instant noodles in 2021?
4. What are two criticisms made of instant noodles?
5. Are instant noodles useful in an emergency?

2. 选择意思恰当的单词或词组来完成下列句子。

1. The recipe makes enough for six _____.

tastes	wheat flours	food aids	servings
--------	--------------	-----------	----------

2. She's an excellent doctor. Her _____ her patients is clear for all to see.

food aid	devotion to	due to	innovation
----------	-------------	--------	------------

3. Remember to _____ the soup _____ herbs and chilli before eating.

nutritional value	devotion to	garnish with	founded by
-------------------	-------------	--------------	------------

4. Always carry a battery pack with you. If your mobile phone dies, it can be a _____.

innovation	critic	lifesaver	default
------------	--------	-----------	---------

5. For many people in the UK, black tea is the _____ hot drink.

filling	currency	default	trade
---------	----------	---------	-------

答案

1. 阅读课文并回答问题。

1. How many servings of instant noodles are eaten around the world yearly?

Over 100 billion servings of instant noodles are consumed globally each year.

2. True or False? *The creator of instant noodles wanted to make them cheap.*

True. Momofuku Ando intended to make a product that was cheap to produce and cheap to buy.

3. Which country ate the most instant noodles in 2021?

According to the World's Instant Noodles Association, China consumed the most instant noodles in 2021.

4. What are two criticisms made of instant noodles?

Instant noodles production has negative consequences for the environment, and instant noodles are not very nutritious.

5. Are instant noodles useful in an emergency?

Yes, they can be lifesavers.

2. 选择意思恰当的单词或词组来完成下列句子。

1. The recipe makes enough for six **servings**.

2. She's an excellent doctor. Her **devotion to** her patients is clear for all to see.

3. Remember to **garnish** the soup **with** herbs and chilli before eating.

4. Always carry a battery pack with you. If your mobile phone dies, it can be a **lifesaver**.

5. For many people in the UK, black tea is the **default** hot drink.