

---

Vocabulary: nutrition and health 词汇: 营养和健康

Have you ever had a stressful day? Many people do in the course of their daily lives. And on these high-pressure days, they might find themselves reaching for a **sugary snack**. Perhaps this is part of their daily routine. Or perhaps on this particular day, their **self-control** is a bit low and they feel **compelled** to take a **sugar hit**.

Stress is natural. That feeling of strain or pressure is a biological response, and under the right circumstances can be a great source of motivation. However, too much stress, especially **chronic stress**, has been linked to **sleep disruption**, a higher likelihood of a **stroke**, **heart-attack**, **ulcer** or **depression**, among other things. But why should stress make a person **comfort eat**?

Dr Giles Yeo, a member of the BBC's Trust Me, I'm a Doctor team, got together with scientists from Leeds University to conduct an experiment into the effect of stress on **blood sugar**. Dr Yeo was subjected to a stress test. In the first stage, he was forced to answer mathematical questions rapidly. In the second, he had to immerse his hand in a bath of ice-cold water for a period of time.

Before and after these tests, the Leeds scientists would measure Dr Yeo's blood sugar levels. These are the levels which rise when we eat as our body takes in the energy of the food. In a healthy person, these levels quickly return to normal. However, when Dr Yeo was being deliberately subjected to stress, his blood sugar took six times longer to drop than on a **stress-free** day.

When we become stressed, our bodies enter 'fight or flight' mode. Because our body believes it's under attack, it releases **glucose** into the blood to provide energy for muscles. However, if we don't use that energy, our body then releases **insulin** to make the blood sugar levels drop. This drop causes a hunger response: you want to eat. And what you particularly crave is sugary food, which rapidly replenishes the energy you have lost. If this happens repeatedly, over a long enough period of time, these **high-calorie** foods can lead to **obesity**.

So what can we do to **combat** the **stress**? In an article for the BBC, Dr Michael Mosley recommends '**stress-busting**' techniques, like exercise, gardening, mindfulness or another activities that you enjoy. But his strongest recommendation is trying to get a good night's

sleep. A recent study carried out by researchers at King's College, London found that if you deprived people of sleep, they would consume, on average, an extra 385kcal per day, which is equivalent to the calories in a large muffin. So, try sleeping to decrease stress, and as a result make it easier to **keep yourself** a little **trimmer**.

## 词汇表

<b>sugary snack</b>	含糖的零食
<b>self-control</b>	自控力
<b>compelled</b>	不得不地
<b>a sugar hit</b>	由糖带来的一时的刺激
<b>chronic stress</b>	慢性压力，长期不断的压力
<b>sleep disruption</b>	睡眠中断
<b>stroke</b>	中风
<b>heart-attack</b>	心脏病发作
<b>ulcer</b>	溃疡
<b>depression</b>	抑郁，忧郁
<b>comfort eat</b>	安慰性饮食
<b>blood sugar</b>	血糖
<b>stress-free</b>	无压力的
<b>glucose</b>	葡萄糖
<b>insulin</b>	胰岛素
<b>high-calorie</b>	高热量的
<b>obesity</b>	肥胖
<b>combat stress</b>	克服、对抗压力
<b>stress-busting</b>	减压的
<b>keep yourself trimmer</b>	使你保持苗条身材

## 测验与练习

### 1. 阅读课文并回答问题。

1. True or false: *Stress is always negative.*
2. What has chronic stress been linked to?
3. How much longer did it take Dr Yeo's blood sugar to drop after the stress test than on a stress-free day?
4. Why do we crave sugary food in particular when our blood sugar is low?
5. How can we best combat stress?

### 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. John! That's more than enough chocolate now. You'll be ill. Have some \_\_\_\_\_.

sugary snack	self-control	blood sugar	high-calorie
--------------	--------------	-------------	--------------

2. He's a kleptomaniac. It means he's \_\_\_\_\_ to steal. He can't help it. It's biological.

compelled	chronic	disruption	stress-free
-----------	---------	------------	-------------

3. When my mother was pregnant, she really \_\_\_\_\_ figs.

stroke	depression	craved	combated
--------	------------	--------	----------

4. With the availability of cheap high-calorie foods, the UK now has a problem with \_\_\_\_\_.

chronic stress	sleep disruption	depression	obesity
----------------	------------------	------------	---------

5. Since he broke up with her, Jane hasn't stopped \_\_\_\_\_. She's getting really big.

sugar hitting	heart-attacking	comfort eating	combatting stress
---------------	-----------------	----------------	-------------------

## 答案

1. 阅读课文并回答问题。

1. True or false: *Stress is always negative.*

**False. That feeling of strain or pressure is a biological response, and under the right circumstances can be a great source of motivation.**

2. What has chronic stress been linked to?

**It has been linked to sleep disruption, a higher likelihood of a stroke, heart-attack, ulcer or depression, among other things.**

3. How much longer did it take Dr Yeo's blood sugar to drop after the stress test than on a stress-free day?

**When Dr Yeo was being deliberately subjected to stress, his blood sugar took six times longer to drop than on a stress-free day.**

4. Why do we crave sugary food in particular when our blood sugar is low?

**Sugary food rapidly replenishes the energy you have lost.**

5. How can we best combat stress?

**We can best combat stress by trying to get a good night's sleep.**

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. John! That's more than enough chocolate now. You'll be ill. Have some **self-control**.

2. He's a kleptomaniac. It means he's **compelled** to steal. He can't help it. It's biological.

3. When my mother was pregnant, she really **craved** figs.

4. With the availability of cheap high-calorie foods, the UK now has a problem with **obesity**.

5. Since he broke up with her, Jane hasn't stopped **comfort eating**. She's getting really big.