

- 請注意：中文文字内容只提供簡體版

Vocabulary: food 词汇: 食物

Whether at school, college or work, most of us take some sort of lunch break. It's a good time to have a rest, catch up with friends and eat some food – but here lies the dilemma – what to eat? There are **a feast of** options but because of limited time or money, many of us stick to what we know – usually the **humble** sandwich.

Some of us make our own sandwiches in the morning before heading out, whilst those in a rush tend to **grab-and-go** at a snack bar or a cafe or buy a **meal deal** at a supermarket. A packet of crisps may be an additional **staple** to our predictable lunch. What we eat is usually the same everyday. Sheila Dillon from the BBC Food Programme says more than a third of office workers have eaten the same midday meal for the last nine months.

In the UK, bread has become the **mainstay** of our lunchtime snack, sometimes eaten at your desk – a style known as '**al-desko**'. Bread is cheap and fills you up and with average lunch hours now reduced to 25 minutes, 24 seconds, it's quick and convenient to eat. But it's also boring! Some people have **broken the mould** by bringing in **leftovers** from their previous nights dinner, which they then heat up in a microwave but even that isn't very exciting.

We are creatures of habit but philosopher Julian Baggini says "we're never going to break out of our midday **malaise** unless we **think outside the box**." There are alternatives that will fill you up. With just a microwave and a kettle, there a number of hot **satisfying** meals than can be made such as soups and jacket potatoes served with a **dollop** of baked beans or cheese. And then there are the **ubiquitous** instant noodles in a pot – although you may question how **nutritious** they are.

If you've got time for more exotic **munchies**, then look out for trendy 'Ottolenghi' style food such as fava bean salad wrap. There is also the healthy Japanese style 'bento box' or lunchbox that normally contains a mix of **carbohydrate**, **protein** and vegetable. And of course another healthy Japanese treat is **sushi**.

But if I've got time for a proper lunch, I head to my local **greasy spoon** and tuck into a **fry-up**. Not very healthy but delicious and it sets me up for an afternoon of hard work. Then it's time for the next dilemma – what to have for dinner?! What do you usually eat for lunch?

词汇表

a feast of	丰盛的，一应俱全的
humble	简单而普通的
grab-and-go	带走即食
meal deal	优惠套餐
staple	主食
mainstay	必备品，事物的主要依靠
al-desko	在桌边吃饭
break the mould	打破常规
leftover	剩饭剩菜
malaise	昏昏沉沉，低迷不适
think outside the box	跳出思维定式，跳出固有模式思考
satisfying	令人满足的
dollop	(食物的) 一小份，一小勺
ubiquitous	随处可见的
nutritious	营养价值高的
munchies	小吃，零食
carbohydrate	碳水化合物
protein	蛋白质
sushi	寿司
greasy spoon	(供应油腻食物的) 便利廉价的小饭馆
fry-up	(肉、菜、蛋等的) 油煎菜拼盘

测验与练习

1. 阅读课文并回答问题。

1. How many different things have a third of office workers eaten for lunch in the last nine months?
2. Name two advantage of eating bread for lunch.
3. What piece of equipment do you need to make instant noodles?
4. True or false? *Sushi is a delicious but unhealthy treat you can have for lunch.*
5. Which word used in the article means 'easy to use or suitable for a particular purpose'.

2. 请你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. Because of the hurricane, shops are running out of _____ such as rice and cooking oil.

staple	staples	stapled	stapables
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2. A sandwich, crisps and a drink for a dollar?! That's the best _____ I've ever seen!

grab-and-go	fry-up	meal deal	al-desko
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3. I like a healthy and _____ salad for my lunch and then maybe a cake as a treat afterwards!

nutritious	protein	humble	dollop
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4. Jane had the _____ so she popped out and bought a packet of biscuits.

munchings	malaise	leftovers	munchies
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5. Sheep farming is the _____ of the country's economy.

mainstay	ubiquitous	satisfying	protein
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答案

1. 阅读课文并回答问题。

1. How many different things have a third of office workers eaten for lunch in the last nine months?

None. More than a third of office workers have eaten the same midday meal for the last nine months.

2. Name two advantage of eating bread for lunch.

It's cheap, it fills you up.

3. What piece of equipment do you need to make instant noodles?

Something to boil water in such as a kettle.

4. True or false? *Sushi is a delicious but unhealthy treat you can have for lunch.*

False. Sushi is delicious but also healthy.

5. Which word used in the article means 'easy to use or suitable for a particular purpose'.

Convenient.

2. 请你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. Because of the hurricane, shops are running out of **staples** such as rice and cooking oil.

2. A sandwich, crisps and a drink for a dollar?! That's the best **meal deal** I've ever seen!

3. I like a healthy and **nutritious** salad for my lunch and then maybe a cake as a treat afterwards!

4. Jane had the **munchies** so she popped out and bought a packet of biscuits.

5. Sheep farming is the **mainstay** of the country's economy.