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# BBC LEARNING ENGLISH

## Take Away English 随身英语

### A student diet

### 英国学生的日常饮食

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Vocabulary: cooking and eating 词汇: 烹饪和饮食

Starting at university or college can be a big challenge, especially if you're living away from home for the first time. You're faced with big questions such as, 'Who's going to do my washing?' 'Who's going to tidy my room?' And, most importantly, 'How am I going to eat?' Yes, living on your own means you have to cook for yourself, and when you're living a student lifestyle, this could be a **recipe for disaster**.

Students, in the UK at least, often rely on **staples** such as **baked beans** or cheese on toast. And for the more adventurous, there's 'spag bol' – **spaghetti bolognese** - a budget-friendly bowl of minced beef cooked in a tomato sauce, served on a bed of spaghetti. If you make a huge pan of it, you can probably make it last a whole week! Other low-cost options include **jar sauces** and oven pizzas.

Recently, a British supermarket suggested that **rose harissa paste**, **organic cider vinegar** and Swiss **bouillon powder** were the essential ingredients needed for the 'student store cupboard'. But are these items considered essential and affordable for someone on a budget?

Catrin Stewart is 20 and in her final year at the University of Manchester and is currently food editor of the student paper. She told BBC News that "I'm in a unique position... I'm in a house of eight people and six are **vegan**. We have to be quite inventive with our food. We have lots of **Asian influences**, lots of experimenting." Another student, Eleanor, is **vegetarian** and finds this meat-free food "easier and less expensive".

Living on a limited budget is certainly one obstacle to eating a **well-balanced** diet – some young people also have limited **culinary** expertise and besides, there are more fun things to go and do than stay at home and cook, that's why many students survive on **takeaways** and **microwave meals**.

But what should a **health-conscious** student really have in his or her food cupboard? Jack Monroe, a food writer and campaigner, has some advice: baked beans, stuffing, lemon juice, tinned tomatoes and **tomato ketchup**, described as "salt, sugar, vinegar and tomato all in one handy **squeezy** bottle." And if that doesn't appeal, you can always wait until you visit mum and dad for a **slap-up meal**!

## 词汇表

<b>a recipe for disaster</b>	后患无穷
<b>staples</b>	主食
<b>baked beans</b>	番茄汁烘黄豆
<b>spaghetti bolognese</b>	意大利番茄肉酱面
<b>jar sauces</b>	罐装酱
<b>rose harissa paste</b>	哈里沙玫瑰辣酱
<b>organic cider vinegar</b>	有机苹果醋
<b>bouillon powder</b>	(浓缩的) 肉汤粉
<b>vegan</b>	纯素食的, 不食用任何动物产品的
<b>Asian influences</b>	亚洲影响
<b>vegetarian</b>	素食主义的
<b>well-balanced</b>	(营养) 均衡的
<b>culinary</b>	烹饪的
<b>takeaways</b>	外卖食品
<b>microwave meals</b>	(加热即食的) 微波食物
<b>health-conscious</b>	注重健康的
<b>tomato ketchup</b>	番茄酱
<b>squeezy</b>	挤压式的
<b>a slap-up meal</b>	一顿丰盛的大餐

## 测验与练习

### 1. 阅读课文并回答问题。

1. What's the main ingredient of spaghetti bolognaise?
2. According to the article, why might buying rose harissa paste be a problem for budget-conscious students?
3. What type of food does one student, named in the article, find cheaper and easier to cook?
4. True or false? *Health-conscious students survive on takeaways and microwave meals.*
5. Which word in the text means 'good at thinking of new, different and original ideas'?

### 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. It will be a \_\_\_\_\_ if you get Freya and Colin to work together on the same project.

disaster recipe	recipe for disaster	recipe and disaster	recipe for disasters
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2. Food experts say \_\_\_\_\_ are low in fat, are full of protein and fibre, and they also provide important vitamins and minerals.

bake beans	beans baked	baking beans	baked beans
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3. The restaurant serves great steaks and burgers and also salads for the \_\_\_\_\_.

staples	Asian influences	well-balanced	health-conscious
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4. I graduated today so my dad is treating me to a \_\_\_\_\_ meal.

slap-up	well-balanced	squeezy	culinary
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5. It's Saturday night, so let's get a \_\_\_\_\_ and relax in front of the TV.

vegan	takeaway	tomato ketchup	bouillon powder
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## 答案

### 1. 阅读课文并回答问题。

1. What's the main ingredient of spaghetti bolognese?  
**The main ingredient is minced beef.**
2. According to the article, why might buying rose harissa paste be a problem for budget-conscious students?  
**This is considered expensive for some students who are living on a limited budget.**
3. What type of food does one student find cheaper and easier to cook?  
**Student, Eleanor eats vegetarian food and finds this "easier and less expensive".**
4. True or false? *Health-conscious students survive on takeaways and microwave meals.*  
**False. Students who can't cook or are too busy might eat takeaways and microwave meals, but they are not always healthy options.**
5. Which word in the text means 'good at thinking of new, different and original ideas'?  
**Inventive. (Student Catrin said "We have to be quite inventive with our food".)**

### 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. It will be a **recipe for disaster** if you get Freya and Colin to work together on the same project.
2. Food experts say **baked beans** are low in fat, are full of protein and fibre, and they also provide important vitamins and minerals.
3. The restaurant serves great steaks and burgers and also salads for the **health-conscious**.
4. I graduated today so my dad is treating me to a **slap-up** meal.
5. It's Saturday night, so let's get a **takeaway** and relax in front of the TV.