
Vocabulary: eating 词汇: 饮食

What kind of food do you eat? Are you conscious of the types of food you consume or do you **stuff yourself** silly with whatever is available? Today, we are constantly bombarded with media reports about research on the right **diet** to follow to help us maintain a healthy lifestyle or lose weight - but it's hard to know which one to pick and, once chosen, it's harder still to stick to it. And now there's another choice to **get our teeth into**.

A **flexitarian** diet involves eating **plant-based** foods and only occasionally eating meat and fish. You might think this is a **halfway house** to being a **vegetarian** by not completely **abstaining** from meat. But if vegetarianism is **hard to swallow** and you fancy **chomping** on the occasional **lean** steak, then this could be the choice for you.

This eating style allows you to **supplement** some **ingredients** that you wouldn't get in a stricter **vegan** diet – another trend growing in popularity. And like **veganism**, **flexitarianism** isn't about eating carefully to help you lose a few pounds - it's something people choose for **ethical** reasons, to help the planet. And a study into the global food system and how it affects the climate, has found that eating mainly plant-based foods is one of three key steps towards a sustainable future for all by 2050.

This research found that **food waste** will need to be halved and farming practices will also have to improve to achieve this. But without a single solution, a combined approach is needed. Dr Marco Springmann from the University of Oxford was one of the lead authors of the report. He told the BBC "We really found that a combination of measures would be needed to stay within environmental limits and those include changes towards healthier more plant-based diets."

But whereas vegans think it's wrong for animals to be killed for food, flexitarians believe eating meat once in a while is acceptable. And Dr Springmann agrees - as long as we "treat it as a **luxury**, it's probably OK but you shouldn't have more than one **serving** of **red meat**, which includes beef and pork, per week." And here's another fact to **digest**: If we moved to this type of diet, the study found that **greenhouse gas emissions** from agriculture would be cut by more than half.

词汇表

stuff yourself	大吃大喝
diet	日常饮食
get your teeth into something	专注做某事
flexitarian	弹性素食者
plant-based	植物性的, 基于植物的
halfway house	折中办法
vegetarian	素食者
abstain	节制
hard to swallow	(双关语) 难以下咽, 令人难以接受
chomp	大声地咀嚼
lean	(肉) 瘦的
supplement	补充, 增加
ingredient	(食品的) 成分, 食材
vegan	纯素食主义者 (不食用、不使用任何动物产品)
veganism	纯素食主义
flexitarianism	弹性素食主义
ethical	道德的
food waste	食品浪费
serving	(饭食的) 一份
red meat	红肉 (由指牛肉、猪肉、羊肉)
digest	(双关语) 消化, 理解
greenhouse gas emissions	温室气体排放

测验与练习

1. 阅读课文并回答问题。

1. Give one reason mentioned in the article for following a diet.
2. According to the study, what is the benefit of eating mainly plant-based food?
3. According to Dr Marco Springmann, which measure is needed to improve the environment?
4. True or false? *Being a vegan involves not eating any meat.*
5. Which word used in the article means 'ability to continue at the same level for a long time'.

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 took a while to _____ the news about his grandfather's death.

digested	digesting	digest	digestible
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2. I've not been very good at eating healthily so I'm taking some vitamin tablets to _____ my diet.

ingredient	supplement	digest	abstain
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3. I found her story about wrestling a grizzly bear _____.

hard to swallow	hard swallowing	hard to swallowing	swallow too hard
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4. My doctor says I need to eat more healthily and cut _____ from my diet.

luxury	food waste	ingredients	red meat
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5. I'm going 'dry' this month and _____ from drinking any alcohol.

chomping	dieting	abstaining	serving
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答案

1. 阅读课文并回答问题。

1. Give one reason mentioned in the article for following a diet.
To help us maintain a healthy lifestyle, lose weight or help the planet.
2. According to the study, what is the benefit of eating mainly plant-based food?
The study found that eating mainly plant-based foods is one of three key steps towards a sustainable future for all by 2050.
3. According to Dr Marco Springmann, which measure is needed to improve the environment?
He said that "a combination of measures (so more than one) would be needed to stay within environmental limits and those include changes towards healthier more plant-based diets."
4. True or false? *Being a vegan involves not eating any meat.*
True. Vegans do not eat meat but flexitarians can eat meat occasionally.
5. Which word used in the article means 'ability to continue at the same level for a long time'?.
Sustainable ("Eating mainly plant-based foods is one of three key steps towards a sustainable future for all by 2050.")

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 took a while to **digest** the news about his grandfather's death.
2. I've not been very good at eating healthily so I'm taking some vitamin tablets to **supplement** my diet.
3. I found her story about wrestling a grizzly bear **hard to swallow**.
4. My doctor says I need to eat more healthily and cut **red meat** from my diet.
5. I'm going 'dry' this month and **abstaining** from drinking any alcohol.