

本集内容

Tackling food waste and obesity 解决食物浪费和肥胖问题

学习要点

有关“food excess and waste 厨余和食物浪费”的词汇

边看边答

What do both the hotel and the UN wish to do by 2030?

文字稿

This hotel in Tromso is trying to halve its food waste. But how?

这家位于挪威特罗姆瑟的酒店正试图将食物浪费减半。他们是怎么做的？

Let's start with these smoothie shots. These are made from yesterday's **leftover** fruit.

先来看看这些果昔杯。它们是用昨天**剩下**的水果做的。

Then, crafty tricks to nudge people into taking less, like skinny tweezers to stop you **piling up** the salmon. Or little spoons to serve the herring. Another idea, instead of guests taking a big melon slice and leaving some, the staff dice it. So you take precisely what you want.

他们还用一些小妙招让人们少拿点食物，比如，细长的镊子可以防止你把三文鱼**成堆**夹走。再比如用小勺来盛鲱鱼。另一个办法是，为避免客人拿走一大块西瓜之后吃不完剩下，工作人员把瓜切成小块。这样你吃多少就拿多少。

Linn Alexandersen, Thon Hotel Polar, Tromso

Many people load onto their plates so they don't have to go multiple times. We're able to make people think about how they put food on their plate, and how much they bring to the table to make sure that they eat it all.

琳·亚历山德森 特罗姆瑟 Thon Hotel Polar

“很多人会把大量食物盛入盘中，这样就免于来回多次取餐。我们做到让人们思考他们装盘的方式和拿取的分量，从而确保他们把盘里的食物都吃光。”

Another trick is to keep food looking fresh. As a serving dish empties, guests assume the remains are **stale**. So why not switch the food into a smaller dish? Then again, so it still looks fresh and it all gets eaten.

另一个诀窍就是让食物看起来一直很新鲜。如果上菜的盘子慢慢变空了，客人们会觉得剩下的食物是**不新鲜的**。那为什么不把它们换到小一点的盘子上呢？这样一来，食物看起来仍很新鲜，而且会被吃得一干二净。

Ideas like this have cut food waste almost 10% in a year for this chain. The target is 20% by 2020, and then 50% by 2030 - the same as the UN target.

类似的方法已为这家连锁酒店在一年之内减少了近 10% 的食物浪费。他们的目标是到 2020 年减少 20%，到 2030 年减少 50%，这与联合国相关的目标一致。

The chef weighs the daily waste. So far, the policy has saved the hotel chain 26 tonnes of carbon dioxide emissions. And there's a bonus.

厨师给每天浪费掉的食物称重。到目前为止，此方法已帮该连锁酒店减排共 26 吨的二氧化碳。它还有一个好处。

Linn Alexandersen, Thon Hotel Polar, Tromsø

We're also making money of it, which is really a positive side effect by reducing food waste.

琳·亚历山德森 特罗姆瑟 Thon Hotel Polar

“它还给我们带来了经济效益，这是减少食物浪费带来的一个间接的积极影响。”

So, how do guests respond to this **culinary** nanny state?

客人们怎样评价这种保姆式的**餐饮**管理方法？

Female guest

[I] think it's very a good thing. I feel that it helps the environment, but it also helps myself to not gain – what do you call it? - weight that I don't need.

女客人

“我觉得这是件非常好的事。我感觉这样有助于环保，而同时也帮我避免…怎么说来着…不需要的体重。”

There is no ban on **loading up** your plate here, but you'd better not leave it.

这里并不禁止往盘子里**大量盛放**食物，但你拿了就最好别剩下。

词汇

leftover 剩下的

piling up 堆放

stale 不新鲜的

culinary 餐饮的，饮食的

loading up 大量盛放

视频链接: <https://bbc.in/2Hnu8n4>

问题答案

They both wish to reduce food waste by 50%.