

英国研究人员称，食品包装上应标明一个人需要进行多少运动才能燃烧掉食品中所含的卡路里。多项探索性研究表明，这类食品标签可以帮助人们节制饮食。

More than two thirds of UK adults are now **obese** or **overweight** and experts say we urgently need new ways to get people eating healthily.

超过三分之二的英国成年人现肥胖或超重，专家们表示，我们急需鼓励健康饮食的新方法。

Foods that are high in fat and sugar already carry **warnings**, but based on the results of fourteen studies, researchers say telling people how much exercise they would need to do to **burn off** the calories they consume could be a simpler and more **effective** way to get the message across. They say people would be less **tempted** if they realise it takes four hours to walk off a pizza and 22 minutes to run off a chocolate bar.

脂肪及含糖量高的食物包装上都注有提醒的文字，但基于 14 项研究的结果，研究者们表示，告诉人们需要做多少运动才能燃烧掉所摄入的卡路里可能是一个更简单、更有效地传达信息方式。他们说，如果人们意识到要走四个小时才能燃烧掉一个比萨的热量，要跑 22 分钟才能燃烧掉一个巧克力棒的热量，他们就不会那么想吃这些食物了。

The team from Loughborough and Birmingham predict displaying this information on food packaging could cut around 200 calories from a person's daily average **intake**, which they say would be enough to bring down obesity levels in the UK.

来自拉夫堡和伯明翰的研究团队预测，将这一信息显示在食品包装上，可减少人均每天 200 卡路里的摄入量，他们说这足以降低英国的肥胖水平。

1. 词汇表

| | |
|------------|----------|
| obese | 肥胖的 |
| overweight | 超重 |
| warnings | 提醒 |
| burn off | 通过运动燃烧热量 |
| effective | 有效的 |
| tempted | 想要做（某事） |
| intake | 摄入量 |

2. 阅读理解：请在读完上文后，回答下列问题。（答案见下页）

1. Why do experts say we urgently need to get people eating healthily?
2. How long does it take to burn off the calories from eating a pizza?
3. True or false? *Experts claim that we would consume on average 200 fewer calories if the sugar content of food was displayed on the packaging.*
4. What do researchers hope to achieve by displaying the amount of exercise needed to burn off calories?

3. 答案

1. Why do experts say we urgently need to get people eating healthily?

More than two thirds of UK adults are now obese or overweight and experts say we urgently need new ways to get people eating healthily.

2. How long does it take to burn off the calories from eating a pizza?

Researchers say it takes four hours to walk off a pizza.

3. True or false? *Experts claim that we would consume on average 200 fewer calories if the sugar content of food was displayed on the packaging.*

False. The team from Loughborough and Birmingham predict displaying information on food packaging about the exercise needed to burn off calories could cut around 200 calories from a person's daily average intake.

4. What do researchers hope to achieve by displaying the amount of exercise needed to burn off calories?

They say displaying information about exercise will reduce people's calorie intake and that would be enough to bring down obesity levels in the UK.