



词汇: *eating* 饮食

Feeling hungry? If you're feeling **peckish** or **famished**, what's the easiest way to satisfy your **hunger**? Many of us will reach for a takeaway **menu** and order some delicious – but possibly unhealthy – food. And our increasingly busy and hectic lives add to our need to buy **ready-made** food on the go or delivered to home.

Eating options are endless, and new technology means we can feed our **cravings** at the push of a button. Takeaway delivery apps make ordering food quick and convenient, and during the recent coronavirus crisis, it provided a lifeline to those stuck at home with nothing to **cook** or who lacked the skills to prepare a **meal** for themselves. It's estimated that in the UK alone, people eat three million takeaway meals a day, and the three biggest delivery apps together offer a choice of 100 **cuisines** from 60,000 restaurants. Amelia Brophy, Head of UK Data Products at YouGov, told the BBC that its research "suggests that the frequency of takeaways ordered is expected to increase in the future."

It's no wonder we are tempted to skip the **grocery** shopping, bypass the kitchen, and **tuck into** something that someone else has prepared. But ordering a **deep crust pizza**, a **spicy curry** or a box of **noodles**, can come at a price both financially and to our health. Eating too much **processed** and unhealthy fast food has some effect on **obesity** and the risk of developing certain metabolic and cardiovascular diseases. A few years ago, The BBC Good Food Nation Survey found that most people ate fast food on average two days per week. But, in the 16 to 20-year-old category, one in six ate **fast food** at least twice a day.

Of course, reducing salt, sugar and fat is one way to make takeaway food healthier, as well as offering smaller **portion** sizes. But the best advice you might want to take away from this Takeaway English is to find a **recipe book** and try making your own **nutritious** meal. And if you haven't got time, try ordering a healthier alternative from the menu.

## 词汇表

<b>peckish</b>	有点饿的，微饿的
<b>famished</b>	非常饥饿的
<b>hunger</b>	饥饿感
<b>menu</b>	菜单
<b>ready-made</b>	现成的，预先做好的
<b>craving</b>	难以抑制的渴求
<b>cook</b>	做饭
<b>meal</b>	餐食，一顿饭
<b>cuisine</b>	美食
<b>grocery</b>	食品杂货
<b>tuck into</b>	尽情地吃，痛快地吃
<b>deep crust pizza</b>	深盘比萨
<b>spicy</b>	辣的
<b>curry</b>	咖喱
<b>noodles</b>	面条
<b>processed</b>	经过加工的
<b>obesity</b>	肥胖
<b>fast food</b>	快餐
<b>portion</b>	(食物) 一份
<b>recipe book</b>	食谱
<b>nutritious</b>	有营养的

## 测验与练习

### 1. 阅读课文并回答问题。

1. What has helped make ordering and delivering takeaway food easy?
2. True or false: *It's estimated around 60,000 takeaway meals are eaten in the UK every day.*
3. Why might someone choose to order a takeaway meal?
4. What increases the risk of developing certain metabolic and cardiovascular diseases?
5. According to the article, how can you make the food you eat healthier?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I have a \_\_\_\_\_ for chocolate so I've bought a whole box to last me the weekend!

tempted	peckish	craving	portion
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2. How long is it until dinner? I've been working in the garden all day and I am \_\_\_\_\_.

famish	famished	famishing	famishes
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3. I'm trying to be healthy so I have a \_\_\_\_\_ of green beans with my meal.

ready-made	nutritious	portion	menu
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4. I'm going to be late home tonight so I'll heat up a \_\_\_\_\_ meal from the freezer.

ready-make	ready-making	made-ready	ready-made
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5. I'm feeling a bit \_\_\_\_\_ so I'll have a banana to keep me going until dinner time.

peckish	craving	nutritious	processed
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## 答案

### 1. 阅读课文并回答问题。

1. What has helped make ordering and delivering takeaway food easy?

**New technology such as takeaway delivery apps makes ordering food quick and convenient.**

2. True or false: *It's estimated around 60,000 takeaway meals are eaten in the UK every day.*

**False. It's estimated that in the UK alone, people eat three million takeaway meals a day.**

3. Why might someone choose to order a takeaway meal?

**They might not have time to cook or they might lack the skills to cook their own food.**

4. What increases the risk of developing certain metabolic and cardiovascular diseases?

**Eating too much processed and unhealthy fast food has some effect on obesity and the risk of developing certain metabolic and cardiovascular diseases.**

5. According to the article, how can you make the food you eat healthier?

**Making your own nutritious meal or ordering a healthier alternative from a takeaway menu will make what you eat healthier.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I have a **craving** for chocolate so I've bought a whole box to last me the weekend!

2. How long is it until dinner? I've been working in the garden all day and I am **famished**.

3. I'm trying to be healthy so I have a **portion** of green beans with my meal.

4. I'm going to be late home tonight so I'll heat up a **ready-made** meal from the freezer.

5. I'm feeling a bit **peckish** so I'll have a banana to keep me going until dinner time.