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# BBC LEARNING ENGLISH

## Take Away English 随身英语

### Feel-good food

#### 享受让你开心的美食

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词汇: food 食物

Warning! This article could be bad for your health! As many of us endure the long, cold winter, we are tempted to **tuck into** some **filling** and **fattening** foods. This is sometimes because it helps us to keep warm and to give us energy, but often it's because we need something to cheer us up. And, for a short while at least, it makes us feel better – which is why we call it '**comfort food**'.

The type of food that makes us feel good varies from person to person – it depends on your **palate** and the association you have with particular **tastes**, **textures** and **smells**. But probably the most universally popular **edible** comforter is the biscuit. It's thought this go-to **snack** often brings back happy memories of childhood and family, as well as giving us that all-important **sugary** pick-me-up.

Moving on from the **sweet** and sugary snacks, famous **chef** and food writer Mary Berry knows about the kind of meals that warm us up and give us comfort in the winter. She told BBC Food magazine: "I think it becomes natural to think about comfort food as soon as the weather chills and the nights become darker." She suggests **soup** and **warming foods** as feel-good winter treats.

The other thing about comforting **dishes** like **mac and cheese**, **noodles** or **pizza** is they don't require **culinary skills** in the kitchen; they are easy to make so you can get your fix of feel-good food quickly. However, we often feel so good that we eat too much, and even though we know the ingredients are high in **carbohydrates**, sugar or **salt**, we continue **to pig out**. Psychologist Shira Gabriel told the BBC: "We feel guilty because we don't realise that what's happening is our minds [are] finding a way to trigger a really positive emotion and they're making us eat that food to do so."

Maybe we should take comfort from the fact that eating certain food just makes us feel happy. But, for some people, eating any kind of food brings joy, warmth, happiness and comfort.

## 词汇表

<b>tuck into</b>	痛快地吃，尽情地吃
<b>filling</b>	容易填饱肚子的，易使人饱的
<b>fattening</b>	使人发胖的
<b>comfort food</b>	安慰食物，开心食品
<b>palate</b>	味觉
<b>taste</b>	味道
<b>texture</b>	(食品) 质地
<b>smell</b>	气味
<b>edible</b>	可食用的
<b>snack</b>	零食
<b>sugary</b>	含糖的，甜的
<b>sweet</b>	甜的
<b>chef</b>	厨师
<b>soup</b>	汤
<b>warming foods</b>	温性食物
<b>dishes</b>	菜品
<b>mac and cheese</b>	奶酪通心面
<b>noodles</b>	面条
<b>pizza</b>	比萨饼
<b>culinary skills</b>	烹饪技术
<b>carbohydrate</b>	碳水化合物
<b>salt</b>	盐
<b>to pig out</b>	大吃大喝，狼吞虎咽

## 测验与练习

### 1. 阅读课文并回答问题。

1. What does eating biscuits make many people think about?
2. True or false? *Everyone likes the same type of comfort foods.*
3. According to chef and food writer Mary Berry, what are feel-good winter treats?
4. Why does our mind make us eat more comfort food?
5. What types of food are comfort foods high in?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I find eating a bowl of porridge for breakfast very \_\_\_\_\_, and I often don't need to have lunch.

filing	filled	filling	fills
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2. A strong cup of coffee is the perfect \_\_\_\_\_ when I've been busy studying all day.

go-to snack	pick-me-up	feel-good	trigger
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3. When I go supermarket shopping, I often buy some sweet \_\_\_\_\_ for the kids.

meals	carbohydrates	soup	treats
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4. Sorry you failed your exam, but \_\_\_\_\_ in knowing that lots of other students did the same.

comfortable	comforting	take comfort	comfort
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5. When I was on holiday I tried some fried grasshoppers, but I didn't find them very \_\_\_\_\_.

feel-good	snack	warming foods	tasty
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## 答案

### 1. 阅读课文并回答问题。

1. What does eating biscuits make many people think about?

**It's thought eating biscuits often brings back happy memories of childhood and family.**

2. True or False? *Everyone likes the same type of comfort foods.*

**False. The type of food that makes us feel good varies from person to person – it depends on your palate and the association you have with particular tastes, textures and smells.**

3. According to chef and food writer Mary Berry, what are feel-good winter treats?

**Soup and warming foods are feel-good winter treats.**

4. Why does our mind make us eat more comfort food?

**According to Psychologist Shira Gabriel, our minds are finding a way to trigger a really positive emotion, and they're making us eat comfort food to do so.**

5. What types of food are comfort foods high in?

**Comfort foods are high in carbohydrates, sugar and salt.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I find eating a bowl of porridge for breakfast very **filling** and I often don't need to have lunch.

2. A strong cup of coffee is the perfect **pick-me-up** when I've been busy studying all day.

3. When I go supermarket shopping, I often buy some sweet **treats** for the kids.

4. Sorry you failed your exam, but **take comfort** in knowing that lots of other students did the same.

5. When I was on holiday I tried some fried grasshoppers but I didn't find them very **tasty**.