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Eco-labels for supermarket food

英國超市食品有望被貼上環保標籤



新研究成果可能會讓此景成為現實：英國超市的購物者很快就能在購買食品前，查看食品對環境造成的影響，科學家已能利用公共資料庫估算出成千上萬種食品的構成及其對環境的影響。

The researchers estimated the **composition** of thousands of foods from the **ingredients** lists on their packaging. They then **assessed** their effect on the environment – the greater the impact, the higher the score.

研究人員根據食品包裝上的成分表估算了成千上萬種食品的構成，然後，他們評估了食品對環境造成的影響——影響越大，分數越高。

Fizzy drinks have the least effect, typically scoring 0.23 in the analysis. **Ready meals** were 3.17, tea was higher at 5.44. But unsurprisingly, the more meat and dairy, the greater the impact. Most foods were **dwarfed** by lamb and beef, which scored 34.

碳酸飲料對環境的影響最小，在分析報告中的評分通常為 0.23，便利速食的分數為 3.17，茶類分數更高，為 5.44，但不出所料的是，食品中肉類和乳製品含量越高，其對環境的影響就越大，羊肉和牛肉的分數為 34，大大高於多數食品。

Crucially though, the researchers found **significant** variations within the same foods. For example, the score for the worst **pork sausages** was 30% higher than the best. And the impact of biscuits depended on the amount of chocolate they contained. The worst was 46% higher than a plain biscuit.

但關鍵是，研究人員發現同類食物不同商品對環境的影響存在顯著的差異，例如，評分最差的豬肉香腸比最好的分數高出 30%，餅乾對環境的影響取決於餅乾中巧克力的含量，評分最差的餅乾比普通餅乾的分數高出 46%。

The researchers found similar trends for **pesto sauces** and **lasagne**, suggesting that there's **scope** for manufacturers to make a big difference with small changes to their recipes.

研究人員在香蒜醬和意式千層面中發現了類似的趨勢，這表明食品製造商有機會通過微調配方帶來重大的環保效益。

1. 詞彙表

composition	構成，成分
ingredients	(食品) 成分，原料
assessed	評估了
fizzy drinks	碳酸飲料
ready meals	便利食品，即食食品
dwarfed	相形見絀
significant	顯著的
pork sausages	豬肉香腸
pesto sauces	香蒜醬
lasagne	意式千層面
scope	(做事的) 餘地，機會

2. 閱讀理解：請在讀完上文後，回答下列問題。（答案見下頁）

1. According to this new research, what did a higher score on food composition mean?
2. Which types of food had the highest score?
3. True or false? *The score for sausages depended on their quality.*
4. How could food manufacturers change their impact on the environment?

3. 答案

1. According to this new research, what did a higher score on food composition mean?

A higher score meant a bigger impact on the environment.

2. Which types of food had the highest score?

Lamb and beef had the highest score at 34.

3. True or false? *The score for sausages depended on their quality.*

True. The score for the worst pork sausages was 30% higher than the best.

4. How could food manufacturers change their impact on the environment?

The research suggested there's scope for manufacturers to make a big difference with small changes to their recipes.