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Vocabulary: dieting 词汇: 节制饮食

"Does my **bum** look big in this?" That's what I asked myself when I tried on the **designer** jeans I bought in the Christmas sales and the mirror... well, the mirror didn't actually say anything but I got the message: It's time to go on a diet!



Sometimes we just don't know how many **calories** we eat. Experts say cooking meals **from scratch** can help you think about the **ingredients** which go into your food. Tam Fry, from the UK's National **Obesity** Forum, says: "Learning how to cook **fresh** food is really the number one thing to consider when tackling obesity and improving **weight loss**."

Your jeans don't lie: Is it time to go on a diet?

If you can't cook, Fry recommends that you be more aware of what you put in your trolley when you go to the supermarket. He points out: "People don't read **food labels**. At government level making the labels easier to read and understand is key, but just looking at how many **grams** of sugar is in something is really important."

Some experts believe that a good way to reduce your **waistline** might be to start by reducing the size of the plate you eat from. Research has suggested that people eat most of what they serve themselves, so big **portions** lead to **overeating**.

A study by Dr Brian Wansink, from Cornell University, US, claimed that reducing plate size from about 30cm to 25cm typically results in 22% fewer calories being served, as the smaller plate makes a normal **serving** seem more **filling**. However, once plate size went below about 24cm, "people begin to realise they're tricking themselves and go back for seconds and thirds".

I think I'll keep my current plates for now. As for me, nothing beats an inspiring image on the fridge door – a picture of my lovely jeans – with some wise quote as a caption. As supermodel Kate Moss once said: "Nothing tastes as good as **skinny** feels." No more big bum for me!

词汇表

bum	臀部，屁股
designer (adjective)	由服装设计师设计的，时尚的
calorie	(热量单位) 卡路里
from scratch	从零开始，从头做起
ingredient	(烹调的) 原料
obesity	肥胖
fresh (vegetables)	新鲜 (蔬菜)
weight loss	体重减轻
food label	食品标签
gram	(重量) 克
waistline	腰围
portion	一份
overeating	吃得过多，饮食过量
serving	(供一人吃的) 一份食物的量
filling	解饱的
skinny	骨瘦的，紧身的

测验与练习

1. 阅读课文并回答问题。

1. Which piece of clothing made the writer aware of the need to lose weight?
2. How do we know how much sugar there is in a packet of biscuits?
3. How big should your plate be if you want to lose weight?
4. What do you call a new portion of food that you put on your plate after you've eaten everything on your plate?
5. What did Kate Moss mean when she said: "Nothing tastes as good as skinny feels"?

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. You should count the _____ in your food if you want to lose weight.

ingredients	sugar	calories	food labels
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2. You still look thirsty. Would you like _____ of orange juice?

another gram	a portion	another serving	a second
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3. I bought eggs, flour and butter and made your birthday cake _____. I was in the kitchen all morning.

fresh	from scratch	with the food label	ingredients
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4. You have a small _____. I think this belt will fit you perfectly.

bum	weight loss	waist	jeans
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5. The route to _____ is overeating: there's no doubt about it.

being skinny	tricking yourself	losing weight	becoming obese
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答案

1. 阅读课文并回答问题。

1. Which piece of clothing made the writer aware of the need to lose weight?

A pair of designer jeans she bought in the Christmas sales.

2. How do we know how much sugar there is in a packet of biscuits?

We read the food label.

3. How big should your plate be if you want to lose weight?

It should be about 25cm, according to a study by Dr Brian Wansink, from Cornell University, US.

4. What do you call a new portion of food that you put on your plate after you've eaten everything on your plate? **Seconds or thirds, depending how many times you have already served yourself that same food during the same meal.**

5. What did Kate Moss mean when she said: "Nothing tastes as good as skinny feels"?

The British supermodel meant that even the tastiest food wouldn't make her as happy as being very slim.

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. You should count the **calories** in your food if you want to lose weight.

2. You still look thirsty. Would you like **another serving** of orange juice?

3. I bought eggs, flour and butter and made your birthday cake **from scratch!** I was in the kitchen all morning.

4. You have a small **waist**. I think this belt will fit you perfectly.

5. The route to **becoming obese** is overeating: there's no doubt about it.