

**Fruit and veg: for a longer life eat 10-a-day**  
**水果蔬菜：每天吃 800 克可延长寿命**

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- 請注意：中文文字内容只提供簡體版

伦敦帝国理工学院公布的一项新研究成果表明，每日吃800克的蔬菜水果与健康长寿之间存在一定的关系。该研究团队还发现，特定的水果和蔬菜种类能够减少癌症和心脏病病发的风险。分析表明，即使吃少量水果蔬菜也会对健康有益，不过多多益善。请听 James Gallagher 的报道。

Only around one in three people in the UK **sticks to** the five-a-day government target. Now a team at Imperial College London has **drawn conclusions** from 95 studies involving two million people.

The scientists say that although the five-a-day message doesn't need to change, eating ten portions could prevent close to eight million premature deaths each year around the world. They also believe that products like **spinach**, yellow peppers and **cauliflower** lower the risks of cancer, while apples, **citrus fruits** and **broccoli**, for example, cut the risk of heart attacks and **strokes**.

Public Health England says the five-a-day target is an achievable way to prevent a number of diseases, and that adding pressure to consume more creates an **unrealistic expectation**.

## 词汇表

<b>sticks to</b>	坚持
<b>drawn conclusions</b>	得出了结论
<b>spinach</b>	菠菜
<b>cauliflower</b>	花菜或菜花
<b>citrus fruit</b>	柑橘类水果
<b>broccoli</b>	西兰花菜
<b>strokes</b>	中风
<b>unrealistic expectation</b>	不切实际的期望

## 测验

请听报道并回答下列问题。

1. What is the government recommended target for eating fruit and vegetable?
2. How many people were involved in the study?
3. True or false? *Cauliflower is a very popular type of flower found in England.*
4. Which word in the text means 'eating and using resources'?

## 答案

1. What is the government recommended target for eating fruit and vegetable?  
**Five-a-day, this means five portions of different fruit and vegetables.**

2. How many people were involved in the study?  
**95 studies were carried out on two million people.**

3. True or false? *Cauliflower is a very popular type of flower found in England.*  
**False. Cauliflower is a common vegetable.**

4. Which word in the text means 'eating and using resources'?  
**Consume.**