

Cutting calories in popular foods to fight obesity

削減受欢迎食物中的卡路里含量以对抗肥胖

- 請注意：中文文字内容只提供簡體版

作为解决英国儿童肥胖问题的一个策略，英国政府给食品制造业设定了目标，希望能减少比萨、汉堡和即食餐等加工食品中的卡路里含量。英卫生官员认为这一举措是必要的，因为目前人们每天实际摄入的热量比正常所需要的多出 200 到 300 卡路里。这样一来，未来超市、外卖店和餐厅供应的食品及饮料成分可能会有所改变，同时分量也会减少。请听报道。

Food manufacturers and retailers have already been told to cut **sugar content** by a fifth by 2020. It's not **compulsory**, but there were strong **hints** from ministers when the Childhood Obesity Strategy was **unveiled** last year that if the industry didn't **comply**, there would be **legislation**.

Now the same approach is to be adopted for calorie content in manufactured products including **ready meals**, pizzas, curries, savoury snacks and sandwiches.

This could mean smaller portions or reducing high calorie ingredients. No figures have yet been announced. Public Health England says reducing calorie consumption from sources other than sugar is **critical** to **reversing** the obesity trend.

Officials say salt content has already been cut by food manufacturers **in line with** official targets. But the National Obesity Forum says there was next to nothing to show for the government's last twelve months of work, and that was a serious disappointment.

词汇表

sugar content	糖的含量
compulsory	强制性的
hints	暗示
unveiled	公布于众
comply	遵守、服从
legislation	立法
ready meals	即食餐
critical	至关重要的
reversing	使反向，彻底改变
in line with	跟…一致

测验

请听报道并回答下列问题。

1. What food content was the food industry asked to cut by 2020, according to the text?
2. The UK government is hoping to cut calories in which type of food products?
3. True or false? *Salt content has been cut by food manufacturers in the UK.*
4. Which word in the text means 'the emotion felt when one's expectations are not met'?

答案

1. What food content was the food industry asked to cut by 2020, according to the text?
The food industry was asked to cut sugar content by a fifth by 2020.

2. The UK government is hoping to cut calories in which type of food products?
Manufactured food, including food like pizza, ready meals, savoury snacks and sandwiches.

3. True or false? *Salt content has been cut by food manufacturers in the UK.*
True. Food manufacturers have cut salt content in line with official targets.

4. Which word in the text means 'the emotion felt when one's expectations are not met'?
Disappointment.