

BBC LEARNING ENGLISH

Take Away English 随身英语

Who needs sugar? 我们才不稀罕甜食呢！



Vocabulary: health 词汇: 健康

There's no doubt that I have a **sweet tooth** – I **crave** cakes and biscuits and could happily finish off a bar of chocolate in minutes. I'm sure I'm not alone, the sweet sugary taste is addictive but the big question is, is it bad for me? I think I know the answer!

Sugar is everywhere. Even if sweet stuff isn't your thing it's hard to avoid. In the UK, we **consume** over two million tonnes of sugar every year but often we don't know we're eating it. There have been many **health campaigns**, telling us about the dangers of consuming too much sugar and we have probably learnt that it should be eaten **in moderation** but we may be unaware of the added sugar we consume that's found in the food and drink we think of as healthy or **savoury**, such as low-fat yoghurt and sauces.

The obvious negative effect of eating sugar is on our **dental health** – **tooth decay** is a big problem in children, partly caused by drinking too many sugary drinks. Public Health England claims a child in England has a tooth removed in hospital every 10 minutes due to **preventable** decay. But even if you can escape the dentist's drill, there are more worrying negative effects - repeatedly eating too much sugar can lead to weight gain and even **obesity**, leading to an increased risk of **diabetes**, **heart disease** and **liver disease**.

So what can we do to cut down on our sugar intake? Well, there are **low-sugar recipes** you can try and apparently there are alternative foods to help us beat the sweet cravings. But potentially the most effective method is to tax the sugar we consume. It's what several countries have been doing for a while and the UK has recently **jumped on the bandwagon**, by forcing manufacturers to pay a **levy** on the high-sugar drinks they sell. It's up to the manufacturers if they pass the cost on to consumers.

But will it work? University of Bedfordshire nutrition expert Dr Daniel Bailey told BBC Online that: "The increase in tax placed on soft drinks will make products more expensive, but will this actually **discourage** people from buying them?" Maybe if you're addicted to the stuff, you'd accept paying more to buy it. But in the UK at least, several **soft drinks** companies have already reduced the sugar content of their products to avoid the tax.

Obviously it's better to do something rather than nothing to help improve the **well-being** of everyone. But with so many **temptations** out there, I'm not sure how easy it will be to cure my sweet tooth.

词汇表

sweet tooth	对甜食的渴望、喜爱
crave	渴求
consume	(正式)消耗, 大量地吃
health campaign	健康宣传活动
in moderation	适度
savoury	咸的
dental health	牙齿健康
tooth decay	蛀牙, 龋齿
preventable	可预防的
obesity	肥胖
diabetes	糖尿病
heart disease	心脏疾病
liver disease	肝病
low-sugar recipe	低糖食谱
jumped on the bandwagon	紧跟潮流
levy	税款
discourage	打消...的念头
soft drink	汽水, 软饮料
well-being	安康
temptation	诱惑

测验与练习

I. 阅读课文并回答问题。

1. True or false? Savoury food is sugar-free.
2. What is removed from children every 10 minutes in England?
3. Why have some drinks manufacturers reduced the sugar content in their drinks?
4. Why are high-sugar drinks in the UK becoming more expensive?
5. What temptations is the author referring to in the last sentence?

2. 请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. When I was pregnant I used to _____ oranges but now my baby is born, I can't eat them!

levy	crave	discourage	temptations
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2. Some doctors say that drinking red wine _____ could actually be good for your health.

on moderation	in moderning	in moderation	at moderation
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3. A large _____ on alcohol seems to be encouraging people to drink less.

levy	discourage	preventable	health campaign
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4. Once our class started recycling our water bottles, the rest of the school _____ and did the same!

went on the wagon	jumped over the bandwagon	joined the bandwagon	jumped on the bandwagon
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5. Despite being an award-winning actor, he resisted the _____ to move to Hollywood.

crave	temptation	preventable	well being
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答案

I. 阅读课文并回答问题。

1. True or false? Savoury food is sugar-free.

False. We may be unaware of the added sugar we consume that's found in the food and drink we think of as healthy or savoury, such as low-fat yoghurt and sauces.

2. What is removed from children every 10 minutes in England?

Public Health England claims a child in England has a tooth removed in hospital every 10 minutes due to preventable decay.

3. Why have some drinks manufacturers reduced the sugar content in their drinks?

Several soft drinks companies have reduced the sugar content of their products to avoid paying the sugar tax.

4. Why are high-sugar drinks in the UK becoming more expensive?

Because of a sugar tax that soft drinks manufacturers in the UK have to pay and they may pass on the cost to the consumer.

5. What temptations is the author referring to in the last sentence?

Sugary food and drinks such as cakes, biscuits and chocolate.

2. 请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. When I was pregnant I used to **crave** oranges but now my baby is born, I can't eat them!

2. Some doctors say that drinking red wine **in moderation** could actually be good for your health.

3. A large **levy** on alcohol seems to be encouraging people to drink less.

4. Once our class started recycling our water bottles, the rest of the school **jumped on the bandwagon** and did the same!

5. Despite being an award-winning actor, he resisted the **temptation** to move to Hollywood.