

词汇: *health* 健康

We all know about the benefits of a healthy **diet**. '**We are what we eat**', so some say. But sometimes our busy lives mean our healthy **intentions** slip, and we end up eating the wrong things. Messaging telling us to eat our '**five-a-day**' encourages us to maintain a **balanced diet** – but is it accurate?

If you're not sure what your 'five-a-day' is, it's a campaign based on advice from the World Health Organization which recommends eating a minimum of 400g of **fruit** and **vegetables** a day. That should lower the risk of serious health problems, such as **heart disease**, **stroke** and some types of **cancer**. Variety is important because different fruits and vegetables contain different combinations of **fibre**, **vitamins**, **minerals** and other **nutrients**.

Eating five pieces of fruit and veg is something to aim for. An analysis of 16 worldwide studies suggested that for every portion of fruit and vegetables consumed, there was a lower risk of **premature** death. And in the UK, previous research by the University of Oxford found around 33,000 lives a year could be saved if everyone in the UK followed **dietary guidelines**. Dr Peter Scarborough told the BBC: "According to our model, the biggest impact would be eating more fruit and veg. But this doesn't mean you should just stop at five – the more the better."

However, there are some doubts about the 'five-a-day' message. Some fruits and vegetables are better than others. And counting orange juice, for example, as one of your portions isn't so **beneficial** because it contains sugar. Also, eating more vegetables than fruit tends to be better because they're richer in nutrients. Some doctors also say the message is too **ambitious**, and a 'two-a-day' message might be a more realistic starting point.

There have been calls to up the quota to seven-a-day, but research reported in The British Medical Journal found after five portions a day, there was no further impact. But whatever fruit and vegetables you consume, every piece can help reduce the risk of **cardiovascular disease** and cancer. As the old saying goes: '**an apple a day keeps the doctor away**'.

词汇表

diet	(日常) 饮食
we are what we eat	“人如其食”，想健康，得吃好
intention	意愿
five-a-day	“每天五份果蔬”，世界卫生组织为增强健康饮食意识而发起的每日至少食用 400g 水果或蔬菜的宣传活动
balanced diet	均衡饮食
fruit	水果
vegetable	蔬菜
heart disease	心脏病
stroke	中风
cancer	癌，癌症
fibre	(食物的) 纤维素
vitamin	维生素
mineral	矿物质
nutrient	营养物
premature	过早的
dietary guidelines	膳食指南
beneficial	有益的
ambitious	要求过高的，需要极大努力才能完成的
cardiovascular disease	心血管疾病
an apple a day keeps the doctor away	“一天一苹果，医生远离我”，每天吃苹果有助于保持健康

测验与练习

1. 阅读课文并回答问题。

1. What does the World Health Organization say are the benefits of eating fruit and vegetables?

2. According to research, how many lives could be saved if people in the UK followed dietary guidelines?

3. Why might drinking orange juice not be considered a healthy option as part of our five-a-day?

4. True or false? *Dr Peter Scarborough says that we don't have to limit ourselves to five portions of fruit and vegetable a day.*

5. Which are richer in nutrients – fruit or vegetables?

2. 选择意思恰当的单词或词组来完成下列句子。

1. My _____ hasn't been great recently – I've been eating too many takeaways!

nutrients	fruit	diet	five-a-day
-----------	-------	------	------------

2. The footballer's _____ death came as shock to the fans. He was only playing football last week.

ambitious	premature	heart disease	nutrients
-----------	-----------	---------------	-----------

3. My doctor has told me to reduce my cholesterol. I need to eat food that is high in _____.

fruit	fibre	intentions	cancer
-------	-------	------------	--------

4. It's important to eat good food to be fit and healthy, that's why people say _____.

we eat what we are we are what we eat	we are what we are we eat what we like
--	---

5. My _____ was to start cycling to work every day, but I decided it was easier to take the bus.

intention	stroke	ambitious	beneficial
-----------	--------	-----------	------------

答案

1. 阅读课文并回答问题。

1. What does the World Health Organization say are the benefits of eating fruit and vegetables?

The World Health Organization says eating a minimum of 400g of fruit and vegetables a day helps to lower the risk of serious health problems, such as heart disease, stroke and some types of cancer.

2. According to research, how many lives could be saved if people in the UK followed dietary guidelines?

Research by the University of Oxford found around 33,000 lives a year could be saved if everyone in the UK followed dietary guidelines.

3. Why might drinking orange juice not be considered a healthy option as part of our five-a-day?

Counting orange juice, for example, as one of your portions isn't so beneficial because it contains sugar.

4. True or false? *Dr Peter Scarborough says that we don't have to limit ourselves to five portions of fruit and vegetable a day.*

True. Dr Peter Scarborough told the BBC: "According to our model, the biggest impact would be eating more fruit and veg. But this doesn't mean you should just stop at five – the more the better."

5. Which are richer in nutrients – fruit or vegetables?

Vegetables are richer in nutrients.

2. 选择意思恰当的单词或词组来完成下列句子。

1. My **diet** hasn't been great recently – I've been eating too many takeaways!

2. The footballer's **premature** death came as shock to the fans. He was only playing football last week.

3. My doctor has told me to reduce my cholesterol. I need to eat food that is high in **fibre**.

4. It's important to eat good food to be fit and healthy, that's why people say **we are what we eat.**

5. My **intention** was to start cycling to work every day, but I decided it was easier to take the bus.