

超食用 美食英語

A Taste of English

精選 40 篇食物與健康、歷史、文化相關的主題，
讓這些實用的資訊來滿足你的求知慾！

健康資訊

抗疲倦食物、小心潛藏的糖分、健腦食物保健康、辛辣食物的益處、
咖啡因的利弊、如何正確保存食物……

趣聞迷思

多喝牛奶好處多？幸運餅乾來自日本？吃跳跳糖會爆炸？氣泡水
有助減肥？吃麵包容易脹氣？……

起源由來

馬卡龍、伯爵茶、瑪格麗特披薩、黑森林蛋糕、拿破崙酥、
小熊軟糖、泡麵、漢堡……

節慶文化

萬聖節拋南瓜大賽、英式下午茶文化、美國三明治節、烤肉
大不同、各地美味鬆餅、炸雞比一比……



健康新觀念，如何吃早餐？



世界各地口味新穎大集合



綠綠茶的一試一嘗



蛋糕百百款



泡麵，guilty pleasure



今天吃些什麼甜點最山居卡龍？



氣泡水的迷思



傳統嗎？還是貴族時髦呢？



幸運餅乾來自日本？

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To Cook or Not to Cook?

生食好？熟食好？

—Nathan Hines



正常 Track 1

慢速 Track 2

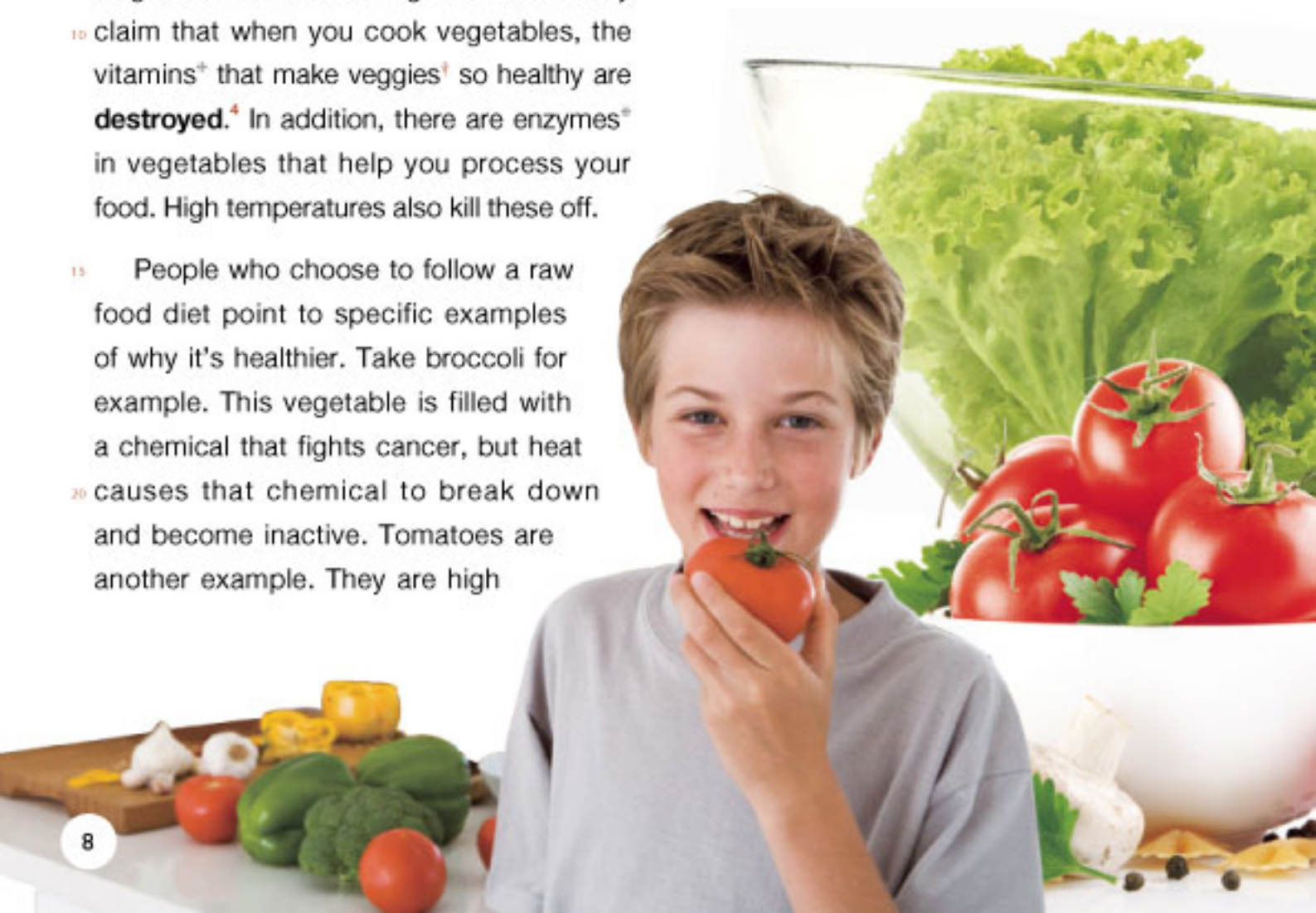
If you go to a buffet restaurant, you will see a lot of steamed and sautéed* vegetables. There are also raw¹ vegetables waiting to be assembled² into a salad. If you want to get the most nutrients* from your meal, where should you head first—to the cooked food or the raw food?

Some health conscious³ people have long recommended* eating raw foods. Many claim that when you cook vegetables, the vitamins* that make veggies¹ so healthy are destroyed.⁴ In addition, there are enzymes* in vegetables that help you process your food. High temperatures also kill these off.

People who choose to follow a raw food diet point to specific examples of why it's healthier. Take broccoli for example. This vegetable is filled with a chemical that fights cancer, but heat causes that chemical to break down and become inactive. Tomatoes are another example. They are high

in vitamin C, which is destroyed by cooking. One of the most dramatic⁵ examples of the dangers of cooked food is meat. According to one study, people who eat well-done meat are twice as likely to get bladder* cancer as people who have their meat rare. Perhaps raw foodists* have a point after all!

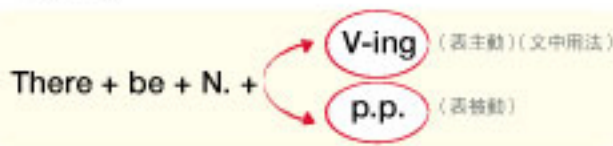
*中文翻譯請參閱第 170 頁



關鍵解析 Language Notes

1. There + be + N. + V-ing/p.p.

此句型表示「有某人事物(在)……」，分詞修飾前面的名詞。



- There will be people arriving any minute, so we should set out the food on the table.
隨時會有人抵達，所以我們應該在桌上擺好食物。
- There were many cars parked in front of the house.
有很多車停在房子前。

2. 倍數比較級

要表示「A的……是B的幾倍」，句型為：

A + be/V. + 倍數 + Adj./Adv. 比較級 + than + B

A + be/V. + 倍數 + as + Adj./Adv. + as + B
(文中用法)

- This new floor soap is supposed to clean ten times more effectively than other soaps.
這種新的地板皂的清潔效果應該是其他肥皂的十倍。
- My car is three times as old as your car.
我車子的車齡是你車子的三倍。

☞ 倍數為兩倍 (twice) 或一半 (half) 時，通常用 as... as... 句型，如文中用法。

- My new computer works twice as fast as my old computer.
我新電腦的運作速度是我舊電腦的兩倍。
- That jar of candy is half as full as it was yesterday.
那罐糖果的量是昨天的一半。

食物營養小辭典

- nutrient [ˈnjuːtriənt] n. 營養(素)
- vitamin [ˈvɪtəˌmɪn] n. 維生素
- enzyme [ˈenzɑːm] n. 酵素

字彙 Vocabulary

* 為大考出現過的字彙

- raw** [rɔː] *adj.* 生的；未煮過的
I don't like to eat cooked tomatoes, but I think they are very good when raw.
- assemble** [əˈsɛmbəl] *v.* 組合；組裝
Tom had to help his daughter assemble the toy before she could play with it.
- conscious** [kənˈfɛs] *adj.* 有意識的 (N. + conscious 指「有……意識的；注重……的」)
Julie is very money conscious right now because she is trying to save for a trip.
- destroy** [dɪˈstrɔɪ] *v.* 破壞；摧毀
The fire destroyed most of the kitchen, but the rest of the house is OK.
- dramatic** [drəˈmætɪk] *adj.* 令人吃驚的；巨大的
Carmen wants to get healthy, so she plans to make some dramatic changes in her life.

◆ 字彙小筆記：僅供參考 † 為補充說明

◆ sauté [səˈteɪ] *v.* (快)炒；燉煎(過去分詞 sautéed 作形容詞指「炒過的」)

* recommend [-ˈrɛkəˈmɛnd] *v.* 推薦；建議

◆ bladder [ˈblædə] *n.* 膀胱

† veggie [ˈvɛdʒi] 源自 vegetable，在文中指「蔬菜」，也可指「素食者」。

† raw foodist [ˈfudɪst] 源自 raw foodism [ˈfudɪzəm] (生食主義)，指「生食主義者」。

Give It a Try 請依句意填入正確選項以完成句子。

- singing at the birthday party tonight.
- think a lot about what they wear.
- as quickly as I did.
- but you can eat it raw.

___ ❶ Jonas finished his test twice . . .

___ ❷ There will be people . . .

___ ❸ I haven't cooked the broccoli yet, . . .

___ ❹ If people are very fashion conscious, they . . .

* 答案請於隨書 170 頁



正常 Track 3

慢速 Track 4

Don't throw away your pots and pans just yet. Scientists say that cooking your food offers benefits, too. **To begin with**, cooking vegetables and meat softens¹ them, allowing the **digestive**¹ system to process the food more **thoroughly**.² In addition, since people's **jaws**³ aren't very strong, cooked food is easier to chew.

There are also many vegetables that actually improve in some ways with cooking. While tomatoes may lose their vitamin C with heat, that same heat increases the powerful antioxidant⁴ **properties**⁴ of the fruit. Carrots have a chemical that helps us make vitamin A, but our body can't get much of it **unless** the carrots are cooked.

There's another important argument for cooking your food: it kills bacteria. The

²⁰ Centers for Disease Control[†] estimates that 48 million Americans get sick from food-borne[†] illnesses every year. Many of those illnesses are caused by bacteria that could be destroyed by properly cooking your food.

²⁵ The arguments for and against the raw food movement are strong. Perhaps the wisest thing to do is to learn more about the food you eat and how cooking **affects**⁵ it. Then, whether you're choosing a salad or a stir-fry,[†] you're sure to get the nutrients you need. **Live**

[†]中文翻譯請參閱第 170 頁



1. to begin with 首先；第一

此副詞片語置於句首，用逗號隔開主要子句，用來表示接下來一連串說明事物的開端。

- We need to make some decisions about the science project. To begin with, I think we should pick a topic today.

我們必須為科學專題做些決定。首先，我想我們今天應該挑選主題。

其他同義片語還有 First of all、For starters，用法相同。

- That's a terrible idea for a company name. First of all / For starters, it's very difficult to spell.
- 公司取那個名字是很糟的主意。第一，這個名字很難拼。

2. unless 除非；如果不

unless 作連接詞時引導副詞子句，要表示「除非有某條件，否則、不然……」，句型為：

S. + V. + unless S. + V.

= Unless S. + V., S. + V.

- The flowers will die unless you water them more often.

除非你更常幫這些花澆水，否則它們會枯死。

= Unless you water them more often, the flowers will die.

- We will use my plan unless you can think of a better idea for the play.

除非你能為這齣戲想出更好的點子，不然我們就用我的辦法。

= Unless you can think of a better idea for the play, we will use my plan.

常見的烹調方式



bake [bek]
(用烤箱) 烤



stew [stju]
燉



grill [gril]
(在烤架上) 火烤



deep-fry [di:p'frai]
油炸

- *1. **digestive** [daɪ'dʒɛstɪv] *adj.* 消化的 (digestive system 指身體的「消化系統」)

Rachel is having some digestive problems, so she is going to see a doctor.

- *2. **thoroughly** [θɜ:ɒli] *adv.* 徹底地

Before my parents get home from their trip, I want to clean the house thoroughly.

- *3. **jaw** [dʒɔ] *n.* 顎；下巴

The teacher knew Jeff was chewing gum because she saw his jaw moving up and down.

- *4. **property** [prəpərti] *n.* 特性

I read in a book that honey may have some healing properties.

- *5. **affect** [ə'fekt] *v.* 影響

The bad weather won't affect my weekend plans.

◆ 字彙小筆記：僅供參考 † 為補充說明

◆ soften [sɒfən] *v.* 使軟化

◆ antioxidant [ˌæntɪ'ɒksədənt] *adj.* 抗氧化的

† 全名為 Centers for Disease Control and Prevention [prɪ'veɪʃən]，指美國的「疾病管制暨預防中心」。

† 形容詞 borne [bɔ:n] 指「(由……)傳遞的；運輸的」；
food-borne [fu:d bɔ:n] 表示「經由食物傳遞的」。

† stir-fry [stɪ'fraɪ] 在文中為名詞，指「炒的菜」。

Give It a Try 請依句意填入正確字詞。

- ① 艾瑞克的下巴被撞到，現在他說話下巴就痛。
Eric was hit in the _____, and now it hurts him when he talks.

- ② 警方徹底搜尋過這棟大樓，但是他們沒有找到那名失蹤的男孩。
Police searched the building _____, but they didn't find the missing boy.

- ③ 除非賈斯汀戴著眼鏡，否則他無法看得很清楚。
Justin can't see very well _____ he is wearing his glasses.

- ④ 我們不該現在走去商店。首先，現在在下雨。
We shouldn't walk to the store right now.
_____ all, it's raining.

* 答案請參閱第 170 頁

Foods That Fight Fatigue*

抗疲倦食物

—Asha Thibedeau



正常 Track 5

慢速 Track 6

YOUR pile of homework is growing, but your head is starting to nod. How do you boost your energy to help you focus? Try eating the right foods! If you want to **keep** up your energy all day and into the night, ⁰⁵ add some of the following foods to your **diet**.¹

Oatmeal. Vitamin B in oats helps produce energy, so a natural oatmeal breakfast will allow you to hit the ground running.[†]



Beans. Black beans, soybeans, and kidney beans are ¹⁰ truly magic. They are rich in iron, which helps produce energy and **increase**² oxygen⁺ levels to make you feel **lively**.³ Try a mixed bean salad or bean soup for a **tasty**[†] energy-giving meal.



Spinach. This vegetable is another great source of ¹⁵ iron, so it will also **keep** fatigue at bay. Even better, it can be included in many different kinds of dishes, so you won't **get tired of it** quickly.



Yogurt. Because yogurt is so soft, it makes it easier to digest,⁺ so you'll get energy from it more quickly than from ²⁰ **solid**⁵ foods. In addition, yogurt is packed with protein, which is a long-lasting source of energy.



* 中文翻译请参考第 170 页

1. keep 的相關用法

- a** keep up 當及物動詞時指「保持；持續」，後接名詞。
- Andrea's teacher told her to keep up the good work.
安德莉亞的老師告訴她要繼續保持好的表現。
- b** keep/hold + sth/sb + at bay 指「避免讓人不喜歡的人事物接近或發生」。
- A thick jacket will help keep the cold at bay.
一件厚夾克有助於禦寒。
- c** p. 14 第 8 行的 keep + O. + from N/V-ing 表示「避免……發生；阻止……做某事；使免於……」。
- I closed the curtains to keep the light from coming through the window.
我拉上窗簾以避免光線從窗戶射進來。
 - Sally and Tina spoke in quiet voices to keep their teacher from hearing them.
莎莉和蒂娜說悄悄話以免讓老師聽到。

🔑 keep 可用 stop 或 prevent 代換，意思相近。

2. get/be tired of ... 對……感到厭倦

片語動詞 tire of 表示「厭倦；厭煩」之意，後面可接人事物或 V-ing。亦可用被動語態 get/be tired of 來表示，如文中用法。用 get 時強調動作；be 強調狀態。

- The child loved the toy at first, but he quickly tired of it.
這孩子一開始很喜愛這個玩具，但他很快就對它厭倦了。
- I have eaten salad for lunch for three days now, and I am getting tired of it.
我已經連續三天午餐都吃沙拉，漸漸覺得吃膩了。
- William is tired of answering all of his little brother's questions.
威廉厭倦回答弟弟的所有問題。

提神食物小辭典

食物	營養成份
oatmeal [oʊ.mil] 燕麥片	vitamin B [ˌvɪtəˈmɪn] 維他命 B
black beans 黑豆 soybeans [sɔɪˈbiːnz] 黃豆；大豆 kidney beans [ˈkɪdni] 紅腰豆	iron [aɪən] 鐵質
spinach [ˈspɪnətʃ] 菠菜	iron 鐵質
yogurt [ˈjoʊɡɜrt] 優格；酸奶	protein [ˈproʊɪn] 蛋白質

- *1. **diet** [ˈdaɪət] n. (日常) 飲食
My doctor told me to add more vegetables to my diet.
- *2. **increase** [ɪnˈkriːs] v. 增加；增大
You should increase the heat to cook the onions faster.
- 3. **lively** [ˈlɪvli] adj. 精力充沛的；活潑的
The lively girl laughed and danced around the room.
- *4. **tasty** [ˈteɪsti] adj. 美味的；可口的
If you want a tasty treat, have some of these cookies.
- *5. **solid** [ˈsɒlɪd] adj. 固體的
When water gets very cold, it becomes solid.

◆ 字彙小筆記：僅供參考 † 為補充說明

- * fatigue [fəˈtɪɡ] n. 疲勞；疲憊 (p. 14 第 21-22 行的複合形容詞 fatigue-fighting 指「對抗疲勞的」)
- * oxygen [ˈɒksədʒən] n. 氧氣
- * digest [daɪˈdʒɛst] v. 消化
- † hit the ground running 原本是指傘兵一落到地面就要馬上進入戰鬥狀態，後引申指「立即投入(新工作、新活動)」。



Give It a Try 請重組句子或填入正確字詞。

- ① Some men (at / reporters / the / bay / kept) as the movie star walked to her car.
= Some men _____ as the movie star walked to her car.
- ② I (waking / am / up / early / tired / getting / of) every morning.
= I _____ every morning.
- ③ 要減重你就需要多運動並改變日常飲食。
To lose weight, you will need to exercise more and change your _____.
- ④ 這間餐廳的食物看起來很棒，不過不是很好吃。
The food at the restaurant looked nice, but it wasn't very _____.

◎ 答案請參閱第 170 頁



正常 Track 7
慢速 Track 8

Nuts and Seeds. They're packed with protein and omega-3 fats. These healthy fats provide slow-burning fuel* and improve your **mood**.¹ Keep a package of pumpkin seeds, sunflower seeds, walnuts, or almonds on hand.



- 15 **Dark chocolate.** This is a delicious pick-me-up.¹ Scientists **suggest** antioxidants in dark chocolate increase levels of a happiness-boosting **chemical**.² Feeling better keeps you from feeling tired.



- 20 **Fruit.** Many different kinds of fruit can give you extra energy. One element in bananas helps boost energy levels by keeping your blood pressure even. Apples have vitamins and minerals that keep your engine³ running. Always carry one of these great fruits with you **in case** you get hit with a wave of⁴ tiredness.



- 25 **Water.** Sometimes when you feel tired, you're actually just dehydrated.* If you don't want that energy **drain**,³ drink six to eight glasses of water a day and eat water-rich foods like leafy greens and watermelon.



提神食物小辭典

If you eat wisely, you won't
20 experience that **awful**⁴ afternoon slump.* Simply add these fatigue-fighting foods to your diet. They will perk you up¹ in no time and keep you hopping all day! **Live**

* 中文翻譯請參閱第 170 頁

食物	營養成份
pumpkin seed [ˈpʌmpkɪn] [siːd] 南瓜子 sunflower seed [ˌsʌn.ˈflaʊə] 葵花子 walnut [ˈwɒlnʌt] 核桃；胡桃 almond [ˈɑːmənd] 杏仁	protein 蛋白質 omega-3 fats [oʊˈmegaθrɪt] 脂肪 omega-3 脂肪
dark chocolate 黑巧克力	antioxidant [ˌæntɪˈɑːksɪdənt] 抗氧化物
banana 香蕉 apple 蘋果	iron 鐵質
water 水 leafy greens [ˈliːfɪ] 綠色葉菜類 watermelon [ˈwɔːtə-melɒn] 西瓜	vitamin 維他命 mineral [ˈmɪnərəl] 礦物質