

Vocabulary: allergies 词汇: 过敏

Do you love food? Whether you're a **foodie** or someone who just likes eating, there is so much to choose from. We know that too much of the wrong kind of food can be bad for our health, but for some people having a food **allergy** means eating certain things can actually be **harmful** - and now, it seems, this is affecting more and more of us.

An allergy is caused by the **immune system** fighting substances in the environment, known as **allergens**, that it should see as harmless. Food allergies can cause **life-threatening reactions**, which means people have to spend their lives following strict **dietary restrictions** and worrying about the **ingredients** of everything they **consume**. Allergy specialist Dr Adam Fox says "if you look back over, say, 30 or 40 years... there are much more allergic problems around now than there were."

We often hear about people having allergies to **dairy** products and to **peanuts**. Last year a 15-year-old girl died after suffering a fatal **allergic reaction** from eating a baguette containing sesame seeds. This led to a call for better food-labelling laws.

Research has found that this problem is particularly affecting children. More and more of them are having allergic reactions to certain foodstuffs. Writing for the BBC website, Dr Alexandra Santos from King's College London says "food allergy now affects about 7% of children in the UK and 9% of those in Australia, for example. Across Europe, 2% of adults have food allergies."

So what might be the cause? Dr Santos says the increase in allergies is not simply the effect of society becoming more aware of them and better at **diagnosing** them; it seems to be more **environmental**. She says possible factors are "pollution, **dietary changes** and less exposure to **microbes**, which change how our immune systems respond." She points out that it's very common for migrants who move to another country to develop **asthma** and food allergies in their new location.

A lot of work is being done to try and find a **cure**, but that's not easy. So for now allergy sufferers must watch what they eat and they must rely on clear and accurate labelling.

词汇表

foodie	“食客”，爱好美食的人
allergy	过敏反应
harmful	有害的
immune system	免疫系统
allergen	过敏原
life-threatening	致命的
reaction	反应
dietary restriction	饮食限制
ingredient	(食品) 成分
consume	吃，喝
dairy	奶制品的
peanut	花生
allergic reaction	过敏反应
diagnose	诊断出，查出
environmental	和环境有关的
dietary change	饮食变化
microbe	微生物，细菌
asthma	哮喘
a cure	治疗方法

测验与练习

1. 阅读课文并回答问题。

1. What do food allergy sufferers usually have to look at before eating something?
2. True or false? *A girl died from eating a baguette because she had a dairy allergy.*
3. According to research, which group of people are most affected by food allergies?
4. Why might moving to another country cause a migrant to develop asthma?
5. What is the cure for a food allergy?

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. It's so hot today and I would love to eat an ice cream but I'm afraid I can't eat any _____ products.

harm	dairy	allergen	foodie
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2. Medical science has developed so much but there is still no _____ for the common cold!

cured	curing	cure	kure
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3. Every time I visit my sister and her dog, I get an _____ and start sneezing!

immune system	allergic reaction	allergens	dietary restriction
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4. My doctor has told me to eat a diet high in fruits and vegetables if I want to boost my _____.

immunity system	immuned system	immunisation	immune system
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5. A rise in the number of people suffering from _____ is being blamed on the high levels of pollution in the city.

microbes	allergen	asthma	environmental
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答案

1. 阅读课文并回答问题。

1. What do food allergy sufferers usually have to look at before eating something?

They have to look at the ingredients of the food they are eating.

2. True or false? *A girl died from eating a baguette because she had a dairy allergy.*

False. The girl mentioned in the article, died from eating a baguette containing sesame seeds but her exact allergy was not mentioned.

3. According to research, which group of people is most affected by food allergies?

Research has found that this problem is particularly affecting children.

4. Why might moving to another country cause a migrant to develop asthma?

Moving to a new location means they are exposed to different environmental conditions such as pollution and dietary changes.

5. What is the cure for a food allergy?

Currently there is no cure but it is being worked on.

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. It's so hot today and I would love to eat an ice cream but I'm afraid I can't eat any **dairy** products.

2. Medical science has developed so much but there is still no **cure** for the common cold!

3. Every time I visit my sister and her dog, I get an **allergic reaction** and start sneezing!

4. My doctor has told me to eat a diet high in fruits and vegetables if I want to boost my **immune system**.

5. A rise in the number of people suffering from **asthma** is being blamed on the high levels of pollution in the city.