

Vocabulary: eating 词汇: 饮食

A **lunch break** – it's an important and often necessary part of our working or school day. It's a chance to stop your tummy rumbling, **grab a bite to eat** and maybe chat with some friends. And now we're spoilt with an array of places to buy our lunch from, all offering tempting **dishes** and humble **sandwiches** to eat **on the go**.

But our **appetite** for buying our lunchtime **fare** is not just costing us money, there might be a cost in terms of damaging our planet too. Just grabbing a sandwich, crisps and maybe a cake and coffee can produce at least four items of waste. **Cartons**, cups, **wrappers** and plastic **cutlery** are all part of our **disposable feast** in addition to the food waste we create. Some experts say throwing away food, which produces methane as it rots, is a bigger cause of climate change than plastics.

But regardless of what causes the most damage, the solution, according to an environmental campaign group called Hubbub, is to eat **packed lunches**. Tessa Tricks from the group says "People are saying that they are buying food to take out because life has got busier." And she says people think they are being more efficient; but she argues that it's usually healthier and cheaper to make your own lunch. It means you can eat the things you really want and make the quantity that you actually need.

Of course, preparing your lunch is another thing to fit into your morning scramble of getting ready for work, so if you haven't got time and you are going to buy lunch, an alternative Hubbub suggests is to take your own **container** to a shop and ask them to put your food in it. The idea of using **reusable** coffee cups for hot drinks and refilling water bottles has already proved successful, so this could be another step in the right direction. A trial in East Anglia (in the UK) showed that offering a 10% price reduction did persuade some customers to come prepared with their own **lunch box**.

The problem with eating on the move is that you might want to carry your **grub** in something that is disposable, so it's a good idea to make sure it's something that is recyclable and not to take extra **sachets** of sauce or **utensils** that you're not going to use. The message seems to be that if we give our lunchtime eating habits some thought, we can all do our bit in helping reduce climate change and damage to our environment. That is something for all us of us to **chew on!**

词汇表

lunch break	午餐休息
grab a bite to eat	吃点儿东西
dish	(一道) 菜
sandwich	三明治
on the go	外带, 在路上吃
appetite	食欲, 胃口
fare	(由指饭馆里的) 饭菜
carton	硬纸盒, 塑料盒
wrapper	包装纸, 包装材料
cutlery	餐具(刀、叉、匙等)
disposable	一次性的
feast	(讽刺的) “盛宴”
packed lunch	(自带) 盒装午餐
container	(餐) 盒, 容器
reusable	可重复使用的
lunch box	饭盒
grub	食物
sachet	(仅够用一次的) 小包, 小袋
utensil	厨房用具
chew on	仔细考虑, 好好想想

测验与练习

1. 阅读课文并回答问题。

1. How many items of waste can buying our lunch sometimes create?
2. What reasons have some people given for having to buy takeaway food for lunch?
3. What does Hubbub suggest taking when buying your food for lunch?
4. True or false? *In a trial in East Anglia, more customers brought their own lunch boxes when they got a reduction on the quantity of food they bought.*
5. What phrase is used in the article to mean ‘action that gets closer to a successful result’?

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. I'm going to be late for my next meeting so I'll grab something _____.

go on	the on go	on the go	on a go
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2. On holiday in France we found a great restaurant serving traditional _____.

feasts	fare	appetite	sachets
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3. The children made a real mess after the party: There were sweet _____ everywhere!

wrappers	dishes	cutlery	grub
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4. I'm _____ which subject to study at university – it depends on what will lead to a better job.

chewing at	chewing on	chewing up	chew on
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5. I took a _____ camera with me when I went snorkelling. I didn't want to risk getting my expensive digital camera wet!

utensils	reusable	container	disposable
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答案

1. 阅读课文并回答问题。

1. How many items of waste can buying our lunch sometimes create?

Just grabbing a sandwich, crisps and maybe a cake and coffee can produce at least four items of waste.

2. What reasons have some people given for having to buy takeaway food for lunch?

According to Hubbub, some people say their lives have got busier and buying food to-go is more efficient.

3. What does Hubbub suggest taking when buying your food for lunch?

Hubbub suggests taking your own container to a shop and asking them to put your food in it.

4. True or false? *In a trial in East Anglia, more customers brought their own lunch boxes when they got a reduction on the quantity of food they bought.*

False. In a trial in East Anglia, a 10% price reduction persuaded some customers to come prepared with their own lunch box.

5. What phrase is used in the article to mean 'action that gets closer to a successful result'?

The phrase is 'a step in the right direction'. "The idea of using reusable coffee cups for hot drinks and refilling water bottles has already proved successful so this could be another step in the right direction."

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. I'm going to be late for my next meeting so I'll grab something **on the go**.

2. On holiday in France we found a great restaurant serving traditional **fare**.

3. The children made a real mess after the party: There were sweet **wrappers** everywhere!

4. I'm **chewing on** which subject to study at university – it depends on what will lead to a better job.

5. I took a **disposable** camera with me when I went snorkelling. I didn't want to risk getting my expensive digital camera wet!