

Vocabulary: food and nutrition 词汇: 食品和营养

There are around 600,000 **vegans** in the UK, according to The Vegan Society. That's just over 1% of the population – an amount expected to increase to 25% by 2025. And if there's one type of food that Brits love, it's **fast food**. True, it's not the most **nutritious**, but there's nothing quite like the crunch of **crispy** chips, or that first big bite into a **juicy** hamburger. People in the UK love **junk food** so much that there was a 34% increase in the number of fast food outlets from 2010 to 2018, according to the Office for National Statistics. It's no surprise, then, that vegan fast food is also on the rise.

Vegan fast food has become big business. At Just Eat, an online food delivery company, vegan orders more than doubled in 2018, a spokesperson told the BBC. Greggs, a chain of high-street **bakeries**, named its vegan sausage roll the 'fastest-selling product in six years'. And big franchises such as McDonald's and KFC have announced **meat-free** chicken **nuggets** to come in the future.

What's driving this popularity? Katrina Fox, founder of Vegan Business Media, believes it's the result of social media and the breaking down of stereotypes. "Vegan food is no longer seen as a bit of lettuce and **lentils** – you can eat pretty much anything," she told the BBC.

It's also claimed that there are health benefits. John Marulanda, owner of Mooshies - a vegan burger bar in London – wants to implement "a change to a healthy version of fast food." Something, he claims, that comes as a result of the inherent **nutritional value** of the **ingredients** they use.

But, is vegan fast food actually healthy? Azmina Govindji of the British Dietetic Association says "not to assume" that is the case. "It's fine if those products have got **vitamin B12**, **iodine** or **calcium** added to them... but they can still be **fried**, it can still have lots of **creamy, fatty sauces** and lots of salt."

Given the current growth in orders, the trend for vegan fast food isn't likely to disappear any time soon. Health-wise, it may not be any more **nourishing** than regular fast food, but for many, the lack of animal suffering involved in the process is a big plus.

词汇表

| | |
|--------------------------|-------------|
| vegan | 严格素食主义者 |
| fast food | 快餐 |
| nutritious | 营养丰富的 |
| crispy | 酥脆的 |
| juicy | 多汁的 |
| junk food | 垃圾食品 |
| bakery | 面包店 |
| meat-free | 无肉的 |
| nugget | 小块食品 |
| lentil | 扁豆 |
| nutritional value | 营养价值 |
| ingredient | (食品) 成分, 原料 |
| vitamin | 维生素 |
| iodine | 碘 |
| calcium | 钙 |
| fried | 油炸的 |
| creamy | 像奶油的 |
| fatty | 富含脂肪的 |
| sauce | 酱, 调味汁 |
| nourishing | 富有营养的 |

测验与练习

1. 阅读课文并回答问题。

1. True or false: *The number of vegans in the UK is expected to fall by 2025.*
2. What evidence is there that vegan fast food has become popular?
3. According to Katrina Fox, what is making vegan food popular?
4. According to Azmina Govindji, why should we not assume that vegan fast food is healthy?
5. Which word in the text means 'existing as a natural or basic part of something'?

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 don't want to eat fast food tonight. I feel like something more _____.

| | | | |
|------------|------------|---------|-------|
| newtrishus | nutritious | vitamin | fried |
|------------|------------|---------|-------|

2. Before cooking anything, I like to gather together all the _____ I need to make the recipe.

| | | | |
|-------|-----------|-------------|--------|
| vegan | junk food | ingredients | iodine |
|-------|-----------|-------------|--------|

3. We encourage children to drink milk because it's a good source of _____ to keep their bones healthy.

| | | | |
|---------|---------|-----------|-------------|
| vitamin | calcium | fast food | ingredients |
|---------|---------|-----------|-------------|

4. I always prefer thick, chunky soup to thin, watery soup. When soup has thick vegetables in it, it's much more _____.

| | | | |
|-----------|-----------|-------------|------------|
| nutrition | nutrients | nourishment | nourishing |
|-----------|-----------|-------------|------------|

5. I can't eat too many sausages. I love their taste, but they're too _____. I prefer my meat leaner.

| | | | |
|--------|-------|-------|-------|
| creamy | fatty | fried | vegan |
|--------|-------|-------|-------|

答案

1. 阅读课文并回答问题。

1. True or false: *The number of vegans in the UK is expected to fall by 2025.*

False. By 2025, 25% of the UK population is expected to be vegan.

2. What evidence is there that vegan fast food has become popular?

Just Eat says that vegan orders more than doubled in 2018. Greggs' fastest-selling product in 6 years was a vegan sausage roll and big franchises such as McDonald's and KFC have announced meat-free chicken nuggets.

3. According to Katrina Fox, what is making vegan food popular?

Katrina Fox believes it's the result of social media and the breaking down of stereotypes.

4. According to Azmina Govindji, why should we not assume that vegan fast food is healthy?

Because those products can still be fried, it can still have lots of creamy, fatty sauces and lots of salt.

5. Which word in the text means 'existing as a natural or basic part of something'?

Inherent. (Something, he claims, that comes as a result of the inherent nutritional value of the ingredients they use.)

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 don't want to eat fast food tonight. I feel like something more **nutritious**.

2. Before cooking anything, I like to gather together all the **ingredients** I need to make the recipe.

3. We encourage children to drink milk because it's a good source of **calcium** to keep their bones healthy.

4. I always prefer thick, chunky soup to thin, watery soup. When soup has thick vegetables in it, it's much more **nourishing**.

5. I can't eat too many sausages. I love their taste, but they're too **fatty**. I prefer my meat leaner.