

词汇: diet 日常饮食

Have you ever heard someone say, “breakfast is the most important meal of the day”, or give you advice about why it’s **vital** to start the day with a healthy breakfast? It seems that this **feast**, for many of us, is necessary for our day to start well, but is it really that important?

The word ‘breakfast’ comes from ‘breaking the **fast**’ – the idea of ending the period in which we didn’t eat during the night. The **regeneration** process that takes place while we sleep **consumes** some of our natural **food reserves** to heal our bodies. Breakfast gives us an opportunity to **replenish** those **depleted** stores of things like **protein** and **calcium**. So, in that way, a healthy breakfast makes sense.

There are also many often-quoted studies which seem to **correlate** a state of obesity with **skipping** breakfast. In fact, it leads many health experts to advise a healthy breakfast to not only **regulate** but also lose weight. In a US study, 50,000 people were monitored over seven years, and those who ate a healthy breakfast were found to have a lower **BMI**, which seems to suggest that breakfast may indeed help people maintain a healthy weight.

But it might not be as simple as that. Some experts, like Alexandra Johnstone, professor of **appetite** research at the University of Aberdeen, suggest those who skip breakfast might be less aware of healthy diets and nutrition, and people who eat breakfast might have a healthier lifestyle overall – exercising and not smoking, for example. And with the rise in popularity of **intermittent** fasting to lose weight – there may also be some benefits to skipping breakfast. Intermittent fasting can improve blood sugar control, **insulin** sensitivity, and lower **blood pressure**.

So, while breakfast has its benefits, it might not be the most important meal. It seems that a healthy lifestyle with a balanced diet might be more important for many of us than just one single meal.

## 词汇表

<b>vital</b>	极其重要的
<b>feast</b>	大餐
<b>fast</b>	禁食期
<b>regeneration</b>	再生
<b>consume</b>	消耗
<b>food reserves</b>	食物储备
<b>replenish</b>	补充, 补足
<b>depleted</b>	耗尽的, 枯竭的
<b>protein</b>	蛋白质
<b>calcium</b>	钙
<b>correlate</b>	和...相关
<b>skip</b>	略过 (这里指“不吃”)
<b>regulate</b>	控制, 调节
<b>BMI (body mass index)</b>	身体质量指数
<b>appetite</b>	食欲
<b>intermittent</b>	间歇性
<b>insulin</b>	胰岛素
<b>blood pressure</b>	血压

## 测验与练习

### 1. 阅读课文并回答问题。

1. Which idea does the word 'breakfast' come from?
2. What nutritional stores does breakfast replenish?
3. What did a US study of 50,000 people find in people who ate a healthy breakfast?
4. What does Alexandra Johnstone suggest about people who skip breakfast?
5. What are the results of intermittent fasting?

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I'm not hungry – I don't have an \_\_\_\_\_.

appetite	fast	replenish	regulate
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2. I'm so tired! I need to sleep to \_\_\_\_\_ my energy levels!

fast	replenish	insulin	regulate
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3. You shouldn't \_\_\_\_\_ class. The next lesson is important!

replenish	fast	skip	appetite
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4. I've decided to \_\_\_\_\_ to help me lose weight.

insulin	fast	skipping	replenish
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5. Have you tried exercise to \_\_\_\_\_ your blood pressure levels?

fast	replenish	regulate	BMI
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## 答案

### 1. 阅读课文并回答问题。

1. Which idea does the word 'breakfast' come from?

**The word 'breakfast' comes from 'breaking the fast' – the idea of ending the period in which we didn't eat during the night.**

2. What nutritional stores does breakfast replenish?

**Breakfast gives us an opportunity to replenish those depleted stores of things like protein and calcium.**

3. What did a US study of 50,000 people find in people who ate a healthy breakfast?

**People who ate a healthy breakfast were found to have a lower BMI.**

4. What does Alexandra Johnstone suggest about people who skip breakfast?

**Alexandra Johnstone suggests those who skip breakfast might be less aware of healthy diets and nutrition.**

5. What are the results of intermittent fasting?

**Intermittent fasting can improve blood sugar control, insulin sensitivity, and lower blood pressure.**

### 2. 选择意思恰当的单词或词组来完成下列句子。

1. I'm not hungry – I don't have an **appetite**.

2. I'm so tired! I need to sleep to **replenish** my energy levels!

3. You shouldn't **skip** class. The next lesson is important!

4. I've decided to **fast** to help me lose weight.

5. Have you tried exercise to **regulate** your blood pressure levels?