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**Healthy Food 健康食品**

Yang Li: 大家好，我是杨莉。今天的英国问答节目我们谈谈英国人的健康饮食。我的搭档是 William Kremer. Hi William.

William: Hi there Li. I am sure this will be of interest to everyone as Chinese people are very health conscious, aren't they?

Yang Li: Yes they are. 中国人的健康意识很强。 But today's question is about British people. Here is the question from Jing.

**Insert**

*I have noticed lots of food in the UK marked with 'low fat' and I want to know what do British people think about healthy food?*

William: It's true that a lot of food packaging is marked 'low fat'.

Yang Li Low fat 低脂肪的。

William: But there are other factors that people are concerned about as well. Listen to Clinton:

**Insert**

*I would read the label to check what artificial ingredients are placed in the food and then make my decision based upon how natural the product was and what preservatives and artificial colourings, etc, are included in the product.*

William: Clinton tends to check on the following: artificial ingredients, artificial colouring and preservatives.

Yang Li: 人工成分 artificial ingredients, 食用色 artificial colouring, 还有防腐剂 preservatives.

William: The next speaker is Lisa, a vegetarian.

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*I read the labels to see how much sugar, how much protein. I'm a vegetarian so it's important for me to balance all my kind of foods; so I like to check that there's nothing meat or nothing gelatine.*

Yang Li: 作为一名素食者 a vegetarian, Lisa 特别注重以下几个因素: 糖分和蛋白质。

William: Sugar and protein. She also checks that there's no meat or gelatine in the food.

Yang Li: 含肉或动物胶 meat or gelatine. There are also people who don't bother with the labels:

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*Personally I don't look at the labels but I know that fruit and vegetables are healthy and I try to buy plenty of them to feed my family. I then try to make sure that my children actually eat them.*

William: You can't go wrong with fruit and vegetables as they contain all the goodies such as Vitamin C and fibre.

Yang Li: That's right. Moreover, there is a group of people who stick only to raw fruits and vegetables. Listen to Chris.

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*I'm a raw food vegan and that means that I eat fruits, vegetables, nuts and seeds in their natural state. Big salads, big smoothies. That's basically it: fruits, vegetables, nuts and seeds.*

William: Now we know what a vegetarian is but a vegan would be someone who doesn't use or consume animal products of any kind.

Yang Li: A vegan 一名纯素食主义者。 A raw food vegan 就是生食瓜果蔬菜的素食主义者。

William: So Chris only eats fruits, vegetables, nuts, and seeds, in their natural state. Well, good as it sounds, I think most British people still cook and enjoy cooking.

Yang Li: As we will hear in the next clip, healthy food is cooking from scratch.

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*Healthy food for me is cooking from scratch, using fresh ingredients, putting lots of love in it. Eating vegetables, fruit, meat, cereals, carbohydrates, as many colours as you can put on your plate and cooking it well, basically, and making it taste good, that's important as well.*

Yang Li: Cooking from scratch 就是从零开始做出一顿饭, 原作烹调。

William: By using fresh ingredients and by putting lots of love into it. Which sounds fantastic! But I do agree with you Li, because cooking can be time consuming.

Yang Li: 是的做饭的确需要花不少时间 time consuming.

- William: Then she also emphasized that it's important to make your food taste good.
- Yang Li: I can't agree more. Taste is equally important. 口味如何也相当重要。 This is what we call in Chinese 既有营养，又色香味俱全。
- William: You know Li, there is something else important too.
- Yang Li: Yes?
- William: A lot of people choose a certain lifestyle because of ethical and environmental reasons.
- Yang Li: 出于道德和保护环境的原因 ethical and environmental reasons. Nat is a good example.

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*Yeah, I'm a vegetarian for various reasons: partly ethical, partly healthy, partly environmental reasons. So obviously I don't eat meat or fish and in fact at home we try not to eat dairy products as well, although when we go out that's very difficult, so we don't bother too much about that.*

- William: So there are three reasons why Nat stays a vegetarian: an ethical reason, a health reason and an environmental reason.
- Yang Li: 这三个都是形容词。相应的三个名词是 ethics 道德， health 健康 and environment 环境。
- William: Now in the next clip Nat tells us why his family goes for organic food and seasonal food.

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*We tend to buy either locally produced food or organic food if we can; not necessarily from a health point of view but more from the environmental point of view – trying to reduce food miles. And also we'll try and buy whatever's seasonal; so obviously during the winter it's more potatoes, cabbages, parsnips, root vegetables, that sort of thing; and in the summer you've got tomatoes, fresh herbs – we grow a lot of fresh herbs at home. We grow bits of other things as well; we'll grow leaf vegetables, we've got some rocket going at the moment, and lettuce in the garden. So fresh food is where it's at really.*

- William: They tend to buy locally produced food for an environmental reason, to reduce food miles.
- Yang Li: 出于环保的考虑，具体说就是要减少食物里程 to reduce food miles.
- William: They buy organic food and whatever's seasonal.
- Yang Li: Organic food 有机食品，也就是自然生长植物 seasonal 就是应时，应季节的。

- William:** For winter vegetables, we've got potatoes, cabbages, parsnips and other root vegetables.
- Yang Li:** 冬季蔬菜有马铃薯 potatoes 卷心菜 cabbages 欧洲萝卜 parsnips 和其他根茎蔬菜 root vegetables.
- William:** They also grow some herbs and vegetables at home.
- Yang Li:** Herbs 用于调味的香草。
- William:** And there are two other words that you may want to translate Li, rocket and lettuce.
- Yang Li:** Ok, rocket 就是芝麻菜, lettuce 生菜。Wow, it feels like we're having a feast of healthy food, William!
- William:** Yes it does, doesn't it? But I think the most important thing is balance. We need a bit of everything, really, to stay fit and healthy.
- Yang Li:** I agree. But thanks for listening and we'll see you next time.
- William:** Bye.

### Glossary

<b>low fat</b> 低脂的	<b>vegan</b> 纯素食主义者
<b>to be concerned</b> 关注	<b>cooking from scratch</b> 原作烹调
<b>artificial ingredients</b> 人工添加剂	<b>time consuming</b> 耗时的
<b>artificial colouring</b> 人工食用色	<b>ethical</b> 道德的
<b>preservatives</b> 防腐剂	<b>environmental</b> 环境的
<b>vegetarian</b> 素食主义者	<b>to reduce food miles</b> 减少食物历程
<b>gelatine</b> 动物胶	<b>organic food</b> 有机食品/自然生长的食物
<b>seasonal</b> 应时应季的	<b>parsnips</b> 欧洲萝卜
<b>rocket</b> 芝麻菜	<b>lettuce</b> 生菜