



BBC WORLD SERVICE LEARNING ENGLISH

Health: Laziness

健康: 懒惰

Health: Laziness 健康: 懒惰

How Lazy Are You? 你懒惰吗?

Read the text below and do the activity that follows.

阅读下面的短文，然后完成练习：

Would you eat a ready meal from the fridge rather than cook from scratch? Have you been doing internet shopping rather than going to the stores? What can't you be bothered to do?

A study into how lazy British people are has found more than half of adults are so idle they'd catch the lift rather than climb two flights of stairs.

Just over 2000 people were quizzed by independent researchers at Nuffield Health, Britain's largest health charity. The results were startling.

About one in six people surveyed said if their remote control was broken, they would continue watching the same channel rather than get up.

More than one third of those questioned said they would not run to catch a bus. Worryingly, of the 654 respondents with children, 64% said they were often too tired to play with them.

This led the report to conclude that it's no wonder that one in six children in the UK are classified as obese before they start school.

Dr Sarah Dauncey, medical director of Nuffield Health, said: "People need to get fitter, not just for their own sake, but for the sake of their families, friends and evidently their pets too.

"If we don't start to take control of this problem, a whole generation will become too unfit to perform even the most rudimentary of tasks."

And Scotland's largest city, Glasgow, was shamed as the most indolent city in the UK, with 75% surveyed admitting they do not get enough exercise, followed closely by Birmingham and Southampton, both with 67%.

The results pose serious challenges for the National Health Service, where obesity-related illnesses such as heart disease and cancer have been on a steady increase for the past 40 years and are costing billions of pounds every year.

Glossary 词汇表

| | |
|------------------------------|--------------------------------|
| ready meal – 快餐，即食餐 | from scratch – 从头开始 |
| can't ... be bothered – 懒得搭理 | study – 调查 |
| idle – 静止不动 | (flights of) stairs – (几层) 楼梯 |
| quizzed – 被询问 | startling – 令人吃惊的 |
| surveyed – 被调查 | remote control – 遥控器 |
| respondents – 回答者 | it's no wonder that – 难怪 |
| classified – 被归类为 | obese – 肥胖 |
| for the sake – 为了...着想 | generation – 一代人 |
| rudimentary – 最基本的 | shamed – 被批评 |
| indolent – 懒洋洋的 | pose ... challenges – 对...提出挑战 |

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. *The laziness survey was done by the government. True / False*
2. *Most British people would take the lift rather than walk up the stairs. True / False*
3. *One in 10 children is considered to be fat before they start school. True / False*
4. *London was shamed as the laziest city in the country. True / False*
5. *Obesity-related illnesses cost the NHS a lot of money every year. True / False*

2. Survey Vocabulary 市场调查会用到的词汇

a) Divide the vocabulary below into different groups reflecting the words' general meanings. Some words may go into more than one place. An example has been done for you.

根据含义来把单词归类，同类单词有相似的意思。有些单词会出现多次。请参考例子。

survey study quiz results question report conclude
findings

| 调查 (名词) | 做调查 (动词) | 结果 (名词) | 下结论 (动词) |
|----------|-----------|---------|----------|
| a survey | to survey | | |
| | | | |
| | | | |
| | | | |
| | | | |

b) Now, without looking back at the article, put the correct prepositions in the gaps below.

把正确的介词填入空格，请不要参考正文。

1. A study _____ how lazy British people are has found more than half _____ adults are so idle they'd catch the lift rather than climb two flights _____ stairs.

2. Just over 2000 people were quizzed _____ independent researchers _____ Nuffield Health

3. Worryingly _____ the 654 respondents _____ children, 64% said they were often too tired to play _____ them.

4. This led the report to conclude that it's no wonder that one _____ six children _____ the UK are classified _____ obese _____ they start school.

3. Practice With Conditionals 条件句的练习

Today's article featured some difficult grammar. Look at these two sentences from the article.

今天的文章中有一些高难度的语法，比如以下两段。

"If we don't start to take control of this problem, a whole generation will become too unfit to perform even the most rudimentary of tasks."

About one in six people surveyed said if their remote control was broken, they would continue watching the same channel rather than get up.

We call the first example a type I conditional and the second example a type II conditional.

第一段例子是条件句1，第二段例子是条件句2。

Now choose the correct words in the sentences below.

请为以下句子选择正确的单词。

1. If it rains tonight I will / would get wet.
2. If my car wasn't / isn't working, I would take the bus to work.
3. If the lift was / is still broken I will have to climb the stairs tonight.
4. If people start leading more active lives, they will / would become healthier.
5. If we didn't do research, we won't / wouldn't know how bad the situation is.
6. A third of respondents said they will / would not run to catch a bus.

4. Wordsearch 单词搜索

Try to find the words associated with this week's story in the puzzle below.

There are ten words to find. Words can be written horizontally (g), vertically (i) or diagonally (m)

请在下面的字谜游戏中，找出今天的文章有关的英语单词来。

共有10个单词，其组成方式可能以水平的(g)垂直的(i)或对角的(m)形式出现。

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|---|---|---|---|---|---|---|---|---|---|---|---|
| o | c | h | a | l | l | e | n | g | e | w | c |
| n | b | u | r | c | a | n | c | e | r | y | l |
| c | d | e | s | r | k | m | w | m | q | m | a |
| d | d | n | s | c | s | u | r | v | e | y | s |
| j | l | i | m | i | d | l | e | n | s | v | s |
| d | n | j | u | n | t | h | m | m | e | i | i |
| h | d | c | k | d | q | y | o | i | u | e | f |
| c | d | z | b | o | n | o | t | c | i | b | i |
| q | k | j | w | l | c | v | e | l | i | e | e |
| s | h | a | m | e | d | h | c | n | a | a | d |
| p | t | e | s | n | c | n | e | i | v | z | b |
| z | v | u | n | t | i | e | m | x | t | r | y |

obesity idle indolent remote shamed
challenge classified lazy survey cancer

Answers答案

1. Reading Quiz 阅读测验

- The laziness survey was done by the government. **False**
- Most British people would take the lift rather than walk up the stairs. **True**
- One in 10 children is considered to be fat before they start school. **False**
- London was shamed as the laziest city in the country. **False**
- Obesity-related illnesses cost the NHS a lot of money every year. **True**

2. Survey Vocabulary SURVEY VOCABULARY

a) 根据含义来把单词归类，同类单词有相似的意思。有些单词会出现多次。请参考例子。

调查 (名词)

a survey
a study
a report

做调查 (动词)

to survey
to quiz
to question

结果 (名词)

results
findings

下结论 (动词)

to report
to conclude

b) 把正确的介词填入空格，请不要参考正文。

- A study **into** how lazy British people are has found more than half **of** adults are so idle they'd catch the lift rather than climb two flights **of** stairs.
- Just over 2000 people were quizzed **by** independent researchers **at** Nuffield Health
- Worryingly **of** the 654 respondents **with** children, 64% said they were often too tired to play **with** them.
- This led the report to conclude that it's no wonder that one **in** six children **in** the UK are classified **as** obese **before** they start school.

3. Practice With Conditionals 条件句的练习

请为以下句子选择正确的单词。

- If it rains tonight I **will** get wet.
- If my car **wasn't** working, I would take the bus to work.
- If the lift **is** still broken I will have to climb the stairs tonight.
- If people start leading more active lives, they **will** become healthier.
- If we didn't do research, we **wouldn't** know how bad the situation is.
- A third of respondents said they **would** not run to catch a bus.

4. Wordsearch 单词搜索

| | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| o | c | h | a | l | l | e | n | g | e | | c |
| | b | | | c | a | n | c | e | r | | l |
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| | | | | i | d | l | e | | | | s |
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