Wang Peng earned his living by running a barbecue restaurant, which served delicious bacon, fried chicken breast and mutton roasted with pepper and garlic. But his food and discount attracted fewer and fewer customers. Finally, he was in debt. Yong Hui’s slimming restaurant served fresh peas, carrots, eggplants, and raw cucumbers with vinegar. As the hostess, she said fibres benefited customers’ digestion the most. In order not to let Yong Hui get away with telling lies, Wang Peng spied on Yong Hui despite her glare. But he was surprised that she was losing her customers, too.

Curiosity drove Wang Peng to consult an expert. The expert sighed and said, “Both of your menus have weakness and limited strength. Your customers put on weight too easily, while Yong Hui’s lose weight too quickly. So, Wang Peng, cut down the fat of your food and increase vegetables and fruits, like nuts, beans, mushrooms, peacfhes and lemons. You ought to combine the two menus and provide a balanced diet.”

spaghetti：意大利式细面条

muscle：肌肉

protective：保护的

kebab：（印度）烤腌羊肉串

stir：vt 摇动

stir-fry：vt 用旺火炒

cola：可乐饮料

sugary：含糖的

sign：牌示；标记；符号

poisonous：有毒的

scurvy：坏血病

rickets：佝偻病

obesity：n 过度肥胖

vitamin：维生素

protein：蛋白质

cooperation：n 合作

ingredient：（烹饪用的）材料

flavour：（食物的）味道和气味