

# 争论素食主义：如何改变某人的观点 Debating veganism: How to change someone's opinion

Hello and welcome to 6 Minute English.

大家好，欢迎收听六分钟英语。

I'm Dan and joining me is Rob.

我是丹，和我一起的是罗伯。

Hello.

大家好。

Here at BBC Learning English, we're always discussing diets.

我们总是在BBC学习英语栏目中讨论饮食。

I am on a see-food diet.

我是看见什么吃什么。

When I see food, I just have to eat it!

当我看见食物的时候，我就会吃掉它。

I suppose there's no chance of converting you to a vegan diet, is there?

我想要把你转化成素食主义者很难吧，是吧？

That seems to be the most talked about food fad at the moment—a fad is something that is popular but only for a short time.

这似乎是当前被讨论得最多的饮食风尚——风尚指的是只流行了一阵子的东西。

Of course, veganism—that's not eating or using any products that come from animals—may be more than a fad.

当然，素食主义——即不吃或不使用任何来自动物的产品——可能不止是一时的风尚。

It could be a lifestyle that improves our health and the planet.

它可能是一种能够改善我们的健康和星球的生活方式。

And it could be here to stay.

而且它可能会一直存在。

But personally, me becoming a vegan would take some persuading.

但是就我个人来看，我要成为一个素食主义者可能需要一些劝说。

I'm sure it would.

我肯定会会的。

And in this programme we'll be discussing the debate about veganism and how it's sometimes difficult to change people's minds.

在本期节目中我们会讨论关于素食主义的争论，以及为何有时候难以改变人们的想法。

But first a question to answer.

但是首先有一个问题要回答。

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We've mentioned what a vegan eats but what about a lacto-ovo-vegetarian?

我们提到了素食主义者吃的东西，但是乳卵素食者吃什么呢？

Which one of these items can they eat?

他们可以吃以下哪种东西？

Is it: a) pork, b) fish, or c) cheese?

是 A. 猪肉，B. 鱼，还是 C. 奶酪？

I'll say b) they can eat fish.

我要选 B. 他们可以吃鱼。

Well, you'll have to wait until the end of the programme to find out.

好的，你得等到节目结束的时候才能知道。

But now back to veganism.

但是现在说回素食主义者。

According to some national surveys, there are now around 3.5 million full-time vegans in the UK...and the number is growing!

根据一些国家调查，英国大约有350万人的完全素食主义者.....而且数字还在上升。

And what was recently a radical lifestyle choice is slowly moving into the mainstream, or has become accepted by most people as normal.

并且最近一个激进的生活方式选择正慢慢转向主流，或者说已经被大多数人当做是常事而接受了。

Advocates of veganism say their healthy lifestyle would also free up space and resources for growing food and it would help reduce greenhouse gas emissions.

素食主义的倡导者说他们健康的生活方式还可以解放空间和资源用来种植食物，而且它有助于减少温室气体排放。

Yeah, but come on, Dan. Having a meat-free diet means you might not get all the nutrients you need.

是的，但是得了吧，丹。饮食中完全不吃肉意味着你可能无法获取你需要的所有营养。

Well, this is all part of the debate, Rob.

嗯，这是争论点所在，罗伯。

There's always two sides to an argument and it's something that's been discussed on BBC Radio 4's Farming Today programme.

争论总有两面性，而且这个问题也在BBC电台4频道的节目《今日农耕》中被讨论。

They spoke to Dr Jutta Tobias Mortlock, a senior lecturer in organisational psychology at London's City University, who explained why views about veganism are so polarised-that 'means causing people to divide into two groups with opposing views'.

他们跟伦敦城市大学的组织心理学的高级讲师 Jutta Tobias Mortlock博士谈了这个问题，她解释了为什么对于素食主义的观点会如此两极分化——意思是导致人们分成两派持有相悖观点的团体。

This issue touches on personal beliefs, and beliefs always trump facts and so, often when we talk about beliefs, we're touching on important values.

这个问题触及个人信仰，而信仰总是胜过事实，我们常常讨论信仰，我们正触及非常重要的价值观。

Values are the things that guide our opinion over what's right versus what's wrong.

价值观指的是引导我们判别是非对错的东西。

And so whenever people argue over whether it's right or wrong to eat meat, they are in fact not debating the facts around this issue, they're actually debating the beliefs about what's moral or immoral about this.

所以无论何时人们争论吃肉是对是错时，他们事实上不是在讨论跟这个问题相关的事实，他们其实在讨论关于道德和不道德的信仰。

So it seems in the whole debate about veganism we are basing our views on beliefs.

所以似乎整个关于素食主义的争论都是基于我们的信仰。

A belief is something we feel is true or real.

信仰指的是我们觉得是真实的东西。

Our beliefs are based on our values-those are the things we think are right and wrong.

我们的信仰基于我们的价值观——那些我们认为是对是错的事。

And when we argue over the rights and wrongs of veganism, we base it on our values-not hard facts.

而当我们讨论素食主义的对错时，我们将它基于我们的价值观——而非客观事实。

We talk about our view on what is immoral-so what society thinks is wrong or not acceptable.

我们讨论我们认为什么是不道德的观点——社会认为是错误或无法接受的事情。

But basically, there is no right or wrong answer.

但是基本上，并没有对的或错的答案。

That's why we need facts, Rob.

这就是我们为什么需要事实，罗伯。

So Dan, what can I do if I want to win you over to becoming an omnivore, like me?

那么丹，如果我想要赢取你的支持让你成为一个像我一样的杂食主义者该怎么做呢？

According to Dr Jutta, there are two main routes to winning someone over: a direct, fact-based approach or a 'peripheral route', which might be more effective.

根据Jutta博士的话，要想赢取某个人的支持主要有两条路径：直接的基于事实的方式或“外围路线”，这个似乎更有效。

Let's hear her explain how it works.

我们来听听她解释这个是如何起作用的吧。

If I'm working with you and I'm trying to get you to come round to my side, I might not focus on the central facts.

如果我和你一起工作，并且努力让你支持我，我可能不会专注于中心事实。

I might focus on the peripheral stuff around how I'm constructing my argument.

我可能会专注于次要的东西来组织我的论据。

I'd look for ways of how they overlap as people, like what do they have in common?

我会找出他们作为人重复的地方，例如它们之间有什么共同之处？

And that's a way to debate an issue such as this controversial one in a way to get people to feel connected to each other and to actually feel that they value each other as decent human beings.

这是一种讨论问题的方式，例如这个具有争议性的问题，它能够让人们觉得互相联系并且事实上感受到他们互相重视，把彼此当作体面的人类。

Interesting!

真有趣。

This is a more subtle way of winning an argument.

这是一种赢得辩论的更加隐晦的方式。

She says we should focus on the peripheral stuff-these are the things that are not as important as the main argument but are connected to it.

她说我们应该专注于外围的事物——这些指的是不如主要争论重要，但是与之相关的事情。

So we could say we're looking for common ground-things that both sides agree on or at least understand.

所以我们会说我们在寻找共同的立场——双方都同意的或至少理解的东西。

Dr Jutta talked about making both sides feel connected.

Jutta博士谈到了让双方感觉有联系。

And it's a good point.

而这是一个很好的观点。

Even if you don't want to be a vegan, you should respect someone's choice to be one.

即使你不想成为一个素食主义者，你也应该尊重别人想要成为素食主义者的选择。

Yes, it's all about valuing someone as a decent human being.

是的，这关乎将某人当作一个体面的人类。

Decent means 'good and having good moral standards'.

体面的指的是“良好的并拥有好的道德标准”。

Like us, Dan!

就像我们，丹！

Well, they're wise words, Rob!

好的，这话说得有智慧，罗伯！

Of course, it would be morally wrong, immoral, not to give you the answer to our quiz question.

当然了，如果不揭晓我们问题的答案的话从道德上来说是错误的，或者说不道德的。

Earlier I asked which one of these items can a lacto-ovo-vegetarian eat.

之前我问乳卵素食者可以吃的是什麼。

I said b) fish.

我说的是 B. 魚。

Sorry, no-that's something they can't eat-but they can eat cheese.

不好意思，不是的——这是他们不能吃的东西——但是他们可以吃奶酪。

A lacto-ovo-vegetarian is a person who eats vegetables, eggs, and dairy products but does not eat meat.

乳卵素食者指的是吃蔬菜、鸡蛋和奶制品但是不吃肉的人。

No meat! No steak! How can they enjoy eating? !

没有肉！没有牛排！他们还能吃得开心吗？

Rob, remember as decent human beings, we respect all views here.

罗伯，请记住，作为体面人，我们要尊重所有的观点。

Just joking, but now I'm deadly serious about reviewing some of the vocabulary we've discussed today.

开个玩笑，但是现在我要很严肃地回顾我们今天讨论的词汇。

OK. Our first word was fad.

好的。我们的第一个词是风尚。

A fad is something that is popular but only for a short time.

风尚指的是流行了很短一段时间的东西。

Next, we mentioned mainstream.

接下来我们提到了主流。

Something that is mainstream has become accepted by most people as normal.

主流的东西已经被大多数人接受认为是正常的。

Then we had polarised-that describes a situation that causes people to divide into two groups with opposing views.

然后我们说到了两极分化的——这描述的是导致人们分为两派持有相悖观点的团体的人。

A belief is something we feel is true or real.

信仰指的是我们感觉是真实的东西。

Immoral describes something that society thinks is wrong or not acceptable.

不道德指的是社会认为不对或不能接受的东西。

We also mentioned peripheral, which relates to things that are not as important as the main argument, but are connected to it.

我们还提到了外围的，这个指的是不如主要争论重要，但是与之相关的东西。

It also means situated on the edge.

它还指处于边缘。

And finally, decent means good or good enough.

最后，体面的指的是很好或足够好。

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Bye for now.

再见了。

Goodbye.

再见。

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