

## 吃池塘浮渣 Eating pond scum

Hello. This is 6 Minute English from BBC Learning English.

大家好。这里是来自 BBC 学习英语栏目的六分钟英语。

I'm Neil.

我是内尔。

And I'm Sam.

我是萨姆。

In this programme, we'll be looking at an unusual food called microalgae and asking whether eating algae might be better for our health and the health of the planet.

本节目中，我们将了解一种不同寻常的食物，叫做微藻类，并且询问吃藻类是否有益于我们的健康以及地球的健康。

And of course, we'll be looking at some of the related vocabulary along the way.

当然，在此过程中我们还会了解一些相关词汇。

Yuck! I'm not sure about eating algae, Neil!

呃！我对于吃藻类不是很确定，内尔！

I mean, what's the strangest thing you've ever eaten?

我的意思是，你吃过的最奇怪的东西是什么？

Well, I once tried fried stick insect in Thailand...and I've had ants, as well, that were from Colombia.

嗯，我曾经在泰国尝试过炸竹节虫.....然后我还吃过蚂蚁，是在哥伦比亚。

Ah, OK, yeah-both fairly strange for us here in the UK.

啊，好的，行吧——对于我们英国人来说都相当奇怪了。

But what about pond scum, Neil?

那么池塘浮渣怎么样呢，内尔？

Pond scum?

池塘浮渣？

Pond scum is the slang name for microalgae-green plant organisms, such as spirulina, which grow in water, like ponds and look a bit slimy or scummy before being dried.

池塘浮渣是微藻类的俚称，微藻类是绿色的植物有机体，比如螺旋藻，长在水里，比如池塘里，在干燥之前看起来有点黏黏的，或者说像浮渣一样。

Here, we're talking about edible algae, meaning it's OK to eat.

我们这里说的是可食用藻类，也就是说吃了没事。

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More than OK, in fact-these types of food algae are actually good for your body!

事实上，不仅仅是吃了没事——这种类型的食用藻事实上对你的身体有益！

Microalgae like spirulina and chlorella are packed full of proteins, vitamins, and antioxidants.

像螺旋藻和小球藻这样的微藻类富含蛋白质、维生素和抗氧化物。

Because they are so healthy, they're having a moment right now, meaning they are becoming more well-known and popular.

因为它们非常健康，所以它们现在风靡一时，意味着它们正变得更有名和受欢迎。

Yes, microalgae is trending just now and for good reasons, which we'll find out about later.

是的，微藻类正成为潮流，而且是因为好的原因。

But first, let me ask you our quiz question.

但是首先，让我来问你我们的小问答题。

What do the following three things have in common: oceans, snow and my garden patio?

以下三种事物有什么共同点：海洋、雪地和我的花园露天茶座？

Is it a) They are all good places to relax, b) They are all very cold, or c) They are all places where microalgae grow?

是 A. 它们都是很适合放松的地方，B. 它们都很冷，还是 C. 它们都是微藻类生长的地方？

OK. Well, I know that oceans and snow are made up of water...but your garden patio?

好吧。嗯，我知道海洋和雪都是由水构成的.....但是你的花园露天茶座？

Did your barbeque get rained off again, Neil?

你的烧烤又因为下雨而取消了吗？

No, not quite, Sam!

不，不是这样的，萨姆。

But, hopefully, you'll know by the end of the programme.

嗯，你会在节目结束的时候知道的。

Now, I mentioned before that microalgae is sometimes called a superfood-a type of food which is essentially full of healthy vitamins, minerals and nutrients.

嗯，我刚刚提到微藻类有时候被称作超级食物——一种富含有益健康的维生素、矿物质和营养物质的食物。

But microalgae is not the first superfood to become popular.

但是微藻类并不是第一个变得有名的超级食物。

That's right.

没错。

In the early 2010s, many juice bars started popping up in places around the world selling green smoothies-energy drinks made by blending healthy ingredients like kale, chard, and spinach.

在21世纪10年代早期，很多果汁店在全世界各地层出不穷，它们售卖绿色奶昔——通过把甘蓝、甜菜和菠菜这种有益健康的食物原料混合在一起制成的能量饮料。

The recent trend for microalgae and spirulina has been promoted in part by big drinks companies wanting to sell the latest brightly coloured smoothies.

最近微藻类和螺旋藻的风潮有一部分是由大型饮料公司带起来的，它们想要售卖最新的亮色奶昔。

And more and more, spirulina is also being used as a cooking ingredient-in hot dogs and meatballs-and as a protein-rich substitute for eggs in pasta and mayonnaise.

而且螺旋藻也越来越多地被用作一种烹饪原料——放在热狗和肉丸中——同时也在意面和蛋黄酱中作为鸡蛋的一种高蛋白替代品。

But as well as all these health benefits, there's another advantage to microalgae superfoods-one that could potentially benefit the whole planet.

不过除了以上这些有益健康的好处，微藻类超级食物还有另一个好处——那就是可能能够造福地球。

BBC Radio 4's The Food Programme asked Professor Alison Smith, Head of Plant Sciences at Cambridge University, to explain.

BBC 电台4频道的《The Food Programme》节目拜托剑桥大学植物科学院院长艾莉森·史密斯进行了解释。

As the population of the world increases and the land that's available for agriculture is becoming stretched, there's an interest in trying to increase productivity by other means...so sustainable intensification of agriculture is one way...

由于全球人口增长以及可用于农业的耕地正变得紧绷，人们对通过其他方式来提升产量产生了兴趣.....所以可持续的加强农业是一个途径.....

So food security is an issue-making sure enough nutritionally-rich food is produced to feed the growing world population.

所以食品安全是一个问题——确保生产足够的富含营养的食物供不断上升的全球人口食用。

Alison Smith says the amount of agricultural land available for growing food is becoming stretched, meaning there are not enough resources, in this case, farm land, to meet everyone's needs.

艾莉森·史密斯说可用来种植食物的耕地正变得紧绷，也就是说没有足够的资源，在这里指的是农田，来满足每个人的需求。

Yes, and she mentions that one possible solution is sustainable intensification of agriculture-which means increasing food production in ways which don't damage the environment or use new land.

是的，她提到一个可能的解决方式就是可持续的加强农业——也就是说以不伤害环境或不使用新田地的方式提高食物产量。

Well, we know that microalgae are superfoods, nutritionally rich in vitamins and protein, but how do they help reduce the need for agricultural land?

嗯，我知道微藻类是超级食物，富含维生素和蛋白质，但是它们如何帮助减少对耕地的需求呢？

Alison Smith explains.

艾莉森·史密斯进行了解释。

...they can be grown in all sorts of locations—in water, in oceans, in ponds, lakes and so on, even on your patio and on snow...so one of the possibilities is to produce these organisms in cities and towns because they don't need the open landscape to be grown. I think I've spotted the answer to your quiz question, Neil.

.....它们可以在各种地方生长——水里、海洋里、池塘里、湖泊里等等，甚至在你的茶座或雪地上都可以.....所以其中一种可能性就是在城镇里生产这些有机体，因为它们不需要开放的陆地来生长。我想我已经发现了你提的问题的答案，内尔。

Oh yes?

哦，是吗？

I asked what oceans, snow and my patio have in common.

我之前问海洋、雪地和我的茶座有什么共同点。

a) They are all good places to relax, b) They are all very cold, c) They are all places where microalgae grows. The answer is c) places where microalgae can grow!

A.它们都是很适合放松的地方，B.它们都很冷，还是 C. 它们都是微藻类生长的地方。答案是 C. 微藻类能够生长的地方！

What an amazing plant!

多么神奇的植物！

I think I'm going to stop calling it pond scum and use the correct scientific name Prof Smith mentioned, organisms.

我想我要停止用池塘浮渣来称呼它们了，而是用史密斯教授提到的正确的科学名称，有机体。

Today's programme was all about microalgae like spirulina, a green, edible food algae which some people call pond scum, although scientifically speaking it's an organism, meaning an animal or plant life form.

今天的节目主要讲的是像螺旋藻这样的微藻类，一种可食用的藻类，很多人叫它们为池塘浮渣，尽管从科学的角度讲，它是一种有机体，也就是说是一种动物或植物的生命形式。

Yes, and this plant life form is also called a superfood, because it's especially rich in vitamins, minerals and nutrients which promote good health.

是的，这种植物生命形式也被叫做超级食物，因为它富含维生素、矿物质和营养物质，它们有益健康。

Superfoods are having a moment right now, meaning they're becoming more popular or trending because they're so healthy.

超级食物正风靡一时，意味着它们正变得更受欢迎，或成为风潮，因为它们有益健康。

And another benefit of microalgae is that it grows almost anywhere.

微藻类的另一个好处是它几乎能在任何地方生长。

So it doesn't use much agricultural land, which is becoming stretched, meaning there's not enough of it to meet the world's food needs.

所以它并不会使用很多耕地，耕地正变得紧绷，意味着它数量不足以满足全世界的粮食需求。

Sustainable intensification is another possible solution to this problem, because it is a way of increasing food production without harming the environment or using new land.

可持续强化是另一种可能的解决方法，因为它是一种不伤害环境也不使用新田地的提高粮食产量的方式。

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**And please join us again soon.**

请再次收听我们的节目。

**Bye for now!**

再见了！

**Bye!**

再见！

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