

苦味食物有益健康 Bitter food, better health?

Hello. This is 6 Minute English from BBC Learning English. I'm Phil. And I'm Beth. Phil, I'm going to start this episode with grapefruit - I've got some here - do you want some?

大家好。这里是BBC六分钟英语。我是菲尔。我是贝丝。菲尔，我将从葡萄柚开始介绍，我这里有一些，你要吗？

Er, I'm not that keen on grapefruit - they're too bitter for me.

呃，我不太喜欢吃柚子，它们对我来说太苦了。

Oh, that's a shame, because this episode is all about bitter food. It has actually been linked to a number of health benefits. So maybe you should take my grapefruit.

哦，真可惜，因为这一集都是关于苦味食物的。它实际上有益于健康。所以也许你应该接受我的葡萄柚。

I might not like it that much, but in this programme, we'll be finding out how bitter foods can benefit our health. And, of course, we'll be learning some useful new vocabulary.

我可能不太喜欢它，但在这个节目中，我们将了解苦味食物如何有益于我们的健康。当然，我们还将学习一些有用的新词汇。

That should give you a taste of what's coming up, but before that, if you want to learn vocabulary to talk about world events - search for our News Review podcast - we look at vocabulary about a major news story every week.

这应该能让您了解即将发生的事情，但在此之前，如果您想学习谈论世界事件的词汇，请搜索我们的新闻评论播客，我们每周都会查看有关重大新闻报道的词汇。

But, back to this episode - I have a question for you, Phil. How many different basic flavours can humans taste? Is it: a) 4? b) 5? or, c) 6?

言归正传，我有一个问题要问你，菲尔。人类可以尝出多少种不同的基本味道？4？5？还是6？

Hmmm, I can think of bitter, sweet, salty and sour - so I'm going to go with four. I think we can taste 4 basic flavours.

嗯，我能想到苦、甜、咸、酸，所以我选四种。我想我们可以品尝4种基本口味。

OK, Phil, I'll reveal the correct answer later. Leyla Kazim presents 'The Food Programme' on BBC Radio 4. Here she is talking about some of the possible benefits of bitter food.

好的，菲尔，我稍后会揭晓正确答案。Leyla Kazim在BBC广播四台上主持“食物节目”。她在这里谈论苦味食物的一些好处。

New research has found a remarkable link between bitter foods and our health.

新的研究发现苦味食物与我们的健康之间存在显著的联系。

添加的词汇

gut

英:/gʌt/ 美:/ɡʌt/

n. 内脏；肠子；胆量；海峡；剧情 vt. 取出内脏；摧毁内部装置



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It seems they have an incredible ability to interact with our **gut** microbiome, suppress feelings of hunger, control glucose release and even counter chronic inflammation in the body.

它们似乎可以与我们的肠道微生物组相互作用、抑制饥饿感、控制葡萄糖释放甚至对抗体内慢性炎症，令人难以置信。

Could bitter be the answer at the tip of our tastebuds? Bitter foods can interact with our **gut** microbiome.

苦味可能是话到嘴边的答案吗？苦味食物可以与我们的肠道微生物群相互作用。

A microbiome is a collection of microorganisms that can be found in a particular part of the body. It includes fungi, bacteria and viruses.

微生物组是在身体特定部位发现的微生物的集合，包括真菌、细菌和病毒。

Microorganisms in our **gut** play an important role in the digestive process - they are our **gut** microbiome.

我们肠道中的微生物在消化过程中发挥着重要作用——它们是我们的肠道微生物组。

If we suppress something then we stop it from happening or operating. We heard that bitter foods can suppress hunger feelings.

如果我们压制某件事，那么我们就阻止了它的发生或运作。我们听说苦味食物可以抑制饥饿感。

This means that they stop people feeling hungry. If we try to suppress a feeling, we are trying to stop it. Leyla asks if bitter foods are the answer at the tip of our tastebuds.

这意味着它们可以阻止人们感到饥饿。如果我们试图压抑某种感觉，我们就是在试图阻止它。莱拉询问苦味食物是否话到嘴边说不出口。

Normally we'd say that something that we can't quite remember is on tip of our tongue.

通常我们会说一些我们不太记得的事情话到嘴边。

Here we have tastebuds, which are the receptors on our tongue and inside our mouths that can detect flavours, like bitterness.

我们有味蕾，它们是舌头上和口腔内的感受器，可以检测苦味等味道。

So, it seems that bitter foods could be very beneficial, but they are not always the easiest foods to love.

因此，苦味食物似乎非常有益，但它们并不总是最容易让人喜爱的食物。

In BBC Radio 4's 'The Food Programme', presenter Leyla Kazim spoke to chef Alexina Anatole, who points out that we might be consuming more bitter food than we realise:

在BBC广播4台的“美食节目”中，主持人Leyla Kazim与厨师Alexina Anatole进行了交谈，后者指出我们吃的苦味食物可能比我们意识到的要多：

I think it's a real perception issue with it. I think people are exposed to bitters way more than they think they are, but there's this perception of bitter and negativity, both in terms of emotions and food, right?

我认为这是一个真正的认知问题。我认为人们接触苦味的程度比他们想象的要多，但是在情绪和食物方面都存在这种苦味和消极的感觉，对吗？

Bitterness is generally an undesirable trait, but there are so many very very mainstream bitter things. Such as? Chocolate, coffee, alcohol, any alcohol has a degree of bitterness to it.

苦味通常是一种不受欢迎的特质，但有很多非常非常主流的苦味东西。比如说？巧克力、咖啡、酒精，任何酒精都有一定程度的苦味。

Alexina says that many people see bitterness as an undesirable trait. A trait is a characteristic, so an undesirable trait is a characteristic that people don't want.

Alexina说，许多人认为苦涩是一种不受欢迎的特质。特质就是特征，所以不良特质就是人们不想要的特质。

We often see bitterness as a bad thing. We also often use undesirable traits to refer to negative aspects of people's personalities.

我们常常认为苦涩是一件坏事。我们还经常使用不良特征来指代人们性格的消极方面。

Alexina points out that there are a number of mainstream things that have a bitter flavour.

Alexina指出，有很多主流事物都是苦涩的。

If something is mainstream, then it means it's ordinary and part of what most people consume - she listed chocolate and coffee as mainstream things.

如果某样东西是主流，那么就意味着它很普通，并且是大多数人消耗的一部分——她将巧克力和咖啡列为主流物品。

The other mainstream thing mentioned was alcohol - we heard that it has a degree of bitterness.

提到的另一个主流事物是酒精——我们听说它有一定程度的苦味。

If something has a degree of something, then it has at least a small, but noticeable amount of it.

如果某物具有一定程度的某物，那么它至少具有少量但明显的量。

OK, now I think it's time to hear to the answer to your question. Right, I asked how many basic flavours humans can taste. And I guessed it was four.

好的，现在我想是时候听听你的问题的答案了。对了，我问人类能尝出多少种基本的味道。我猜是四种。

Which, unfortunately was not the right answer. The answer is in fact five. The flavour that you missed is umami, which comes from a Japanese word and refers to a savoury flavour often found in grilled meats or broths.

很遗憾，这不是正确答案。答案其实是五种。你漏了鲜味，它来自日语单词，指的是烤肉或肉汤中常见的咸味味道。

OK, let's recap the vocabulary we've learned, starting with, microbiome, the collection of microorganisms found in a specific part of the body.

好吧，让我们回顾一下我们学过的词汇，首先是microbiome，即在身体特定部位发现的微生物的集合。

Suppress means prevent from operating or happening. Tastebuds are the receptors found on in the tongue and in the mouth that sense flavours.

Suppress意味着阻止操作或发生。Tastebuds是舌头和口腔中发现的感受味道的受体。

An undesirable trait is a negative characteristic that we don't want. If something is mainstream, then it is something that most people would use. It's not unusual.

undesirable trait是我们不想要的负面特征。如果某种东西是mainstream，那么它就是大多数人会使用的东西，并不奇怪。

And finally, a degree of something is a small, but noticeable amount of something.

最后，某物的degree是指某物虽小但引人注目的量。

Once again, our six minutes are up! Remember to join us again next time for more topical discussion and useful vocabulary, here at 6 Minute English. Goodbye for now! Bye!

六分钟时间又到了！记得下次再次收听六分钟英语，了解更多话题讨论和有用词汇。暂时再见了！再见！
