

怀孕的人吃什么食物？

Hello. This is 6 Minute English from BBC Learning English. I'm Phil. And I'm Georgie.

你好。这里是BBC英语六分钟。我是菲尔。我是乔治。

If you ask a woman, 'Are you eating for two?', the phrase has a very specific meaning.

如果你问一个女人，‘你吃的是两个人的饭吗？’，这句话有一个非常具体的含义。

You're asking, 'Are you pregnant?' And like many of the idioms we **commonly** use in English, this phrase contains a little bit of truth.

你其实是在问，‘你怀孕了吗？’就像我们常用的许多英语习语一样，这句话包含了一点道理。

A pregnant woman really is eating for two – herself and the baby growing inside her.

孕妇实际上是为了两个人而吃饭——她自己和腹中成长的婴儿。

The female human body is amazing. During pregnancy, it protects the growing baby by allowing it to take whatever nutrients it needs from the mother.

女性的身体十分奇妙。在怀孕期间，它允许婴儿从母体获取所需的营养，从而保护成长中的婴儿。

This means it's the mum-to-be, not the baby, who experiences any nutritional problems. It's also the reason why it's so important that pregnant women eat well.

这意味着出现营养问题的是准妈妈，而不是婴儿。这也是为什么孕妇吃好很重要。

In this programme, we'll be finding out how a woman's relationship to food changes during pregnancy. And, as usual, we'll be learning some useful new vocabulary too.

在本节目中，我们将了解女性在怀孕期间与食物的关系如何变化。而且，像往常一样，我们也会学习一些有用的新词汇。

But first, I have a question for you, Phil. For some pregnant women, finding reliable information on what food to eat can be hard.

但首先，我有一个问题要问你，菲尔。一些孕妇可能很难找到关于吃什么食物的可靠信息。

Finding out about harmful foods to avoid, on the other hand, is much easier. So, according to NHS recommendations, which of these foods should pregnant women NOT eat: a) chips? b) oily fish? or, c) smoked salmon? I think the answer is c) smoked salmon. OK, Phil. We'll find out the correct answer at the end of the programme.

然而，找出要避免的有害食物要容易得多。因此，根据NHS的建议，孕妇不应该吃以下哪些食物：a)炸薯条；b)油性鱼；c)熏鲑鱼。我认为答案是c)熏鲑鱼。好的，菲尔。我们将在节目结束时揭晓正确答案。

添加的词汇

commonly

英:/'kɒmənlɪ/ 美:/'kɑmənlɪ/

adv. 一般地；通常地；普通地

strings

/striŋz/

n. 弦乐器；带状物；珠串；附带条件（string的复数） v. 用带系上；使伸展；用线串；使紧张（string的三单形式）



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Although eating healthy and nutritious food is important for mums and babies, the story gets complicated because of the changes a woman's body goes through during pregnancy.

尽管吃健康和营养的食物对妈妈和宝宝来说很重要，但由于女性身体在怀孕期间经历的变化，情况变得复杂。

Here's Jaega Wise, presenter of BBC Radio 4's, The Food Programme, reporting on her experience of pregnancy: I feel like throughout this pregnancy my body has just gone a bit haywire, and there are things that my body is doing [laughs] that are frankly weird... Nosebleeds is a really good example.

BBC广播4台美食节目主持人Jaega Wise叙述了她的怀孕经历：我觉得在孕期身体有点失控，而且坦白来说，我的身体经历的变化很奇怪.....流鼻血就是一个很好的例子。

I can count the amount of nosebleeds pre-pregnancy I've had on one hand and now I seem to get them all the time.

怀孕前我流鼻血的次数屈指可数，现在我似乎总是流鼻血。

Jaega says that during pregnancy, her body went haywire – it stopped working properly.

Jaega说，在怀孕期间，她的身体出现了问题，无法正常运转。

For example, she had lots of nosebleeds whereas before being pregnant, she could count the number of nosebleeds she had on one hand.

比如，她流鼻血很多，而怀孕前，她流鼻血的次数屈指可数。

The idiom to count the number of something on one hand emphasises that this does not happen very often, or that there's a small number of something – after all, you can only count to five on one hand!

习语to count the number of something on one hand强调这种情况并不经常发生，或者某物的数量很少。毕竟，你一只手只能数到五！

Many pregnant women experience cravings, the strong desire for some particular food, anything from ice cream to sardines.

许多孕妇都会感受到渴望，对某些特定食物的强烈渴望，从冰淇淋到沙丁鱼。

When these cravings are for food that's not so healthy, some women feel guilty, thinking "I know I should be eating healthily, but all I want is chips!" Here's Jaega Wise again speaking with nutritional therapist, Henrietta Wilson, on the best way to deal with guilty feelings: How guilty should you feel...is more the question for that late night chocolate binge when your body is telling you, 'I need cake!' Listen, I think the most important thing is to not get out the cat-o'-nine-tails, is to absolutely be kind to yourself, particularly that first trimester.

当这些渴望是不太健康的食物时，一些女性会感到内疚，认为“我知道我应该健康饮食，但我想要的只是薯条！”Jaega Wise再次与营养治疗师Henrietta Wilson讨论处理负罪感的最佳方法：当你的身体说“我需要蛋糕”时，你应该感到多么内疚，这才是深夜巧克力狂欢的问题。听着，我认为最重要的是不要折磨自己，一定要善待自己，尤其是在怀孕的前三个月。

It is a very critical window, but at the same time it can be the time when all you want to do is to eat chips because your body is going through what it perceives to be physiological stress.

这是一个非常关键的窗口期，但同时也可能是只想吃薯片的时期，因为身体正在经历它所认为的生理压力。

So it's doing the best that you can, and it's absolutely not about giving yourself a hard time.

所以，就是尽力而为，绝对不是让自己为难。

Jaega's food cravings led to a chocolate binge. A binge is an occasion where you do something in an extreme way, like eating or drinking too much.

Jaega对食物的渴望导致她狂吃巧克力。binge是指以极端方式做某事的情况，例如暴饮暴食。

Henrietta's advice is to not use the cat-o'-nine-tails. In the past, the cat-o'-nine-tails was a whip made of nine **strings** which was used to punish prisoners.

Henrietta建议不要惩罚自己。过去，cat-o'-nine-tails是一种用九根绳子制成的鞭子，用来惩罚囚犯。

Nowadays when someone talks about the cat-o'-nine-tails, they are probably talking about the ways people sometimes use to punish themselves if they feel guilty.

如今，cat-o'-nine-tails可能指人们有时感到内疚时用来惩罚自己的方式。

But, says Henrietta, pregnancy isn't about giving yourself a hard time, treating yourself badly or criticising yourself.

但是，Henrietta说，怀孕并不是让自己过得不好、虐待自己或批评自己。

Pregnancy is a special time of life, and all a baby can ask is that mum does her best.

怀孕是生命中的一个特殊时期，婴儿要求的，妈妈只能尽力而为。

And, of course, avoids some foods, which reminds me of your question, Georgie – which food does the NHS recommend pregnant woman do not eat? I guessed it was smoked salmon... Which was... the correct answer! Smoked salmon is best avoided because of the risk of bacteria, but oily fish is good, and even a bowl of chips now and then are fine.

当然，还要避免一些食物，这让我想起你的问题，乔吉：NHS 建议孕妇不要吃哪些食物？我猜是熏鲑鱼。这正确答案！最好不吃熏鲑鱼，因为存在细菌的风险，但油性鱼很好，甚至偶尔吃一碗薯片也可以。

Right, let's recap the vocabulary we've learned in the programme, starting with the idiom eating for two which means to be pregnant.

我们来回顾一下学到的词汇，首先是“eating for two”这个成语，意思是怀孕。

If something goes haywire it stops working properly or becomes difficult to control.

如果某物goes haywire，它就会停止正常工作或变得难以控制。

If you say you could count something on one hand, you're emphasising that something does not happen very often, or that there are only a few of those things.

如果你说你可以count something on one hand，那么你是在强调某件事不会经常发生，或者这些事情只有少数。

A binge is an occasion when you do something to excess, for example eat, drink, or spend money.

binge是指做一些过量的事情，例如吃、喝或花钱。

In the past, the cat-o'-nine-tails was a whip used to punish prisoners, but nowadays it usually refers to the ways in which someone criticises themselves as a form of self-punishment.

过去，cat-o'-nine-tails是用来惩罚囚犯的鞭子，但现在它通常指某人批评自己的方式，作为一种自我惩罚的形式。

And finally, to give yourself a hard time means to treat yourself badly by criticising or blaming yourself.

最后，to give yourself a hard time意味着通过批评或责备自己来自虐。

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！下次记得继续收听6分钟英语，了解更多话题讨论和有用词汇。暂时再见了！再见！