

## 如今食物过敏更常见了吗？ Are food allergies more common now?

Hello and welcome to 6 Minute English. I'm Neil.

大家好，欢迎收听六分钟英语。我是内尔。

And, hello, I'm Rob.

大家好，我是罗伯。

In 6 Minute English we often talk about food, don't we, Rob?

我们经常在六分钟英语节目中讨论食物，不是吗，罗伯？

Oh, yes! And I love food.

哦，是的！而且我爱食物。

It's a very important topic.

它是一个非常重要的话题。

We know that too much of the wrong kind of food can be bad for our health.

我们知道过多食用不对的食物对我们的健康有害。

But there is another way that food can be harmful for some people.

但是食物还有一种方式对某些人造成伤害。

Yes, you're right.

是的，你说的没错。

Some people have food allergies.

有些人食物过敏。

They can become very ill if they eat certain foods such as peanuts, shellfish, milk and so on.

如果他们吃了某种食物，例如花生、贝类、牛奶等，就会变得非常虚弱。

So, Neil, do you have any food allergies?

所以，内尔，你有食物过敏吗？

Fortunately I don't, but my daughter is allergic to tree nuts, and so she gets very ill if she eats those.

幸运的是我没有，但是我的女儿对木本坚果过敏，因此如果她吃了这些话就会变得非常虚弱。

Oh dear!

哦，天呐！

Well, it seems as if there are more food allergies these days, or more people have them.

嗯，如今似乎食物过敏变多了，或者说有更多人食物过敏了。

Or maybe it's just in the news more.

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或者只是新闻报道得多了。

Well, that's a very interesting point because that is the topic of this programme.

嗯，这是一个很有趣的点，因为这是本期节目的话题。

Before we find out more though, here is our question.

不过在我们了解更多信息之前，这是我们的问题。

One of the most common food allergies is to peanuts.

最常见的食物过敏就是对花生过敏。

Now, what kind of food is a peanut?

那么花生属于哪种食物？

Is it: A) a vegetable, B) a nut, or C) a legume?

它属于 A. 蔬菜，B. 坚果，还是 C. 豆科植物？

Oh, come on! A peanut is a nut!

哦，得了吧！花生是坚果！

There's a clue in the name there, Neil!

名字里就有线索，内尔！

But that would be too easy, wouldn't it?

但是那样就太简单了，不是吗？

So I'm going to say that I've got no idea what a legume is, so that's my answer, C. I'll have the answer at the end of the programme.

所以我要说我不知道豆科植物是什么，所以我的答案是C。我会在节目结束的时候揭晓答案。

To help answer the question as to whether food allergies are more common now, here's Dr Adam Fox, who was speaking on The Food Programme on BBC Radio 4. Does he think there has been an increase?

为了帮助回答如今食物过敏是否更常见这个问题，下面是亚当·福克斯博士的话，他在BBC电台4频道的美食节目上发言。他认为增加了吗？

I think we can be very confident if you look back over, say, 30 or 40 years that there are much more allergic problems around now than there were.

我认为如果你往回看，比如说30年或40年，我们可以很笃定地说当今世界比当时有多得多的过敏问题。

So, for example, very robust studies that look at prevalence of things like eczema, food allergy do show really significant increases over 20,30 years, for example.

所以，例如，非常强有力的针对诸如湿疹，食物过敏的病症的研究表明在过去的20, 30年里它们确实显著增加了。

Has there been an increase?

有增长吗？

Well, yes. He says there have been significant increases.

是的。他说有显著增长。

This means there has been a 'clear and obvious rise'.

意思是有“清晰和明显的增长”。

Why does he think that?

他为什么那么认为？

He said that there have been robust studies.

他说有强有力的研究。

A study is a piece of research and if you say a study is robust, it means that it was 'very detailed and conducted thoroughly to a high standard'.

研究指的是一篇研究，如果你的研究是强有力的，这意味着它“非常详细并且按照高标准进行。”

He said that these studies looked at the prevalence of a few things.

他说这些研究关注一些东西的流行程度。

Prevalence is a noun that refers to how common something is, how often it happens.

流行程度这个名词指的是某个东西有多常见，它多久发生一次。

One of the things they looked at as well as food allergies was eczema.

他们除了食物过敏之外也在关注的东西之一是湿疹。

This is a skin condition that usually happens in childhood.

这是一种皮肤状态，常常发生在童年。

The skin can get, red, itchy and painful over different parts of the body.

身体不同部位的皮肤会变红，变痒，而且很疼。

Here's Dr Fox again.

下面再听一遍福克斯博士的话。

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So what is the reason for the increase in food allergies?

所以食物过敏增加的原因是什么呢？

Is it genetics?

它是遗传的吗？

Dr Fox again.

再来听听福克斯博士怎么说。

We certainly can't put it down to genetics.

我们当然不能把它归结于遗传。

And we now understand that there is a key role for eczema.

而且我们现在了解湿疹有一个关键的作用。

So, there's a pretty direct relationship between whether you've got eczema during infancy and your likelihood of getting a food allergy.

所以你在婴儿时期是否得过湿疹跟你有食物过敏之间有非常明显的关系。

Is it genetics?

它是遗传的吗？

No, he says 'you can't put it down to genetics' which means 'you can't explain it' by genetics.

不，他说“你不能把它归结于遗传”，意思是“你不能用遗传解释它”。

In fact, according to the research, if you have eczema as a child, you are more likely to develop food allergies.

事实上，根据这个研究，如果你小时候得过湿疹，你就更可能会得食物过敏。

Here's Dr Fox one more time.

再听一遍福克斯博士的话。

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OK! Now, time to review our vocabulary, but first, let's have the answer to the quiz question.

好的！现在该回顾我们的单词了，但是首先我们来揭晓问题的答案。

I asked: what kind of food is a peanut?

我之前问：花生属于哪种食物？

Is it: A) a vegetable, B) a nut, or C) a legume?

是 A. 蔬菜，B. 坚果，还是 C. 豆科植物？

What did you say, Rob?

你说的是什么，罗伯？

I said C) a legume, because that was the only one I didn't know and it can't be as simple as being a nut!

我说的是 C. 豆科植物，因为这是我唯一不知道的，而且不可能是坚果那么简单！

An inspired guess!

猜得真准！

If you said C) legume, then congratulations.

如果你的答案是 C. 豆科植物，那么祝贺你。

Despite the name, a peanut is not actually a nut.

尽管名中有“坚果”（nut），花生并不属于坚果。

Rather conveniently though, we don't have time for me to explain exactly why it's not a nut, but I'm sure you're smart enough to look it up yourself.

尽管要解释很方便，但是我们没时间给我来解释它究竟为什么不是坚果，不过我确信聪明的你们一定会自己查阅。

So, you're not going to explain it?

所以，你不解释吗？

No, sorry, we don't have the time.

是的，不好意思，我们没有时间。

Sounds to me like you're allergic to hard work, Neil!

我听起来感觉像是你对辛苦过敏，内尔！

Nice link to today's vocabulary.

很好地跟今天的词汇连接在一起了。

We do have time for that.

我们确实有时间说词汇。

Today we've been looking at the topic of food allergies.

今天我们一直在了解食物过敏的话题。

This is when a particular food causes a medical problem.

这指的是某种食物引起了医疗问题。

The problem could be minor or it could be very serious, even fatal and these are called allergic reactions.

这个问题可能很小，也可能非常严重，甚至会致命，而这些被叫做过敏反应。

The topic has been investigated with robust studies.

这个话题已经被强有力的研究调查过。

This is research that has been done in a very detailed, accurate and thorough way.

这指的是以一种非常详细，精确和彻底的方式进行的研究。

The next word was the noun prevalence.

下一个词是名词流行程度。

This is used to talk about how common or how frequent something is.

这个词被用来谈论某些东西有多常见或频繁。

In this research, they examined the prevalence of food allergies in certain age groups.

在这个研究里，他们检验了食物过敏在某个年龄段里的流行程度。

Closely connected to food allergies is eczema.

湿疹和食物过敏紧密相关。

This is a medical condition that makes your skin dry, painful and itchy over different parts of the body.

这是一种医疗状态，它让你身体不同部位的皮肤干燥，疼痛还有发痒。

It was reported that there had been a significant increase in the number of people suffering from eczema and food allergies.

据报道患湿疹和食物过敏的人数显著增长。

A significant increase is a big and important increase.

显著增长的意思是很大很重要的增长。

And finally we had the phrase to put something down to something.

最后我们提到了短语把某事归结为某事。

This means 'to say one thing is the reason for another'.

这个的意思是“说一件事情是另一件事情的原因”。

In this case, you couldn't put the increase in food allergies down to genetics.

在这里，你不能把食物过敏数量增长归结于遗传。

You know what I put the success of 6 Minute English down to?

你知道我把六分钟英语的成功归结于什么吗？

No, what's that, Rob?

不知道，是什么，罗伯？

Your great knowledge of different subjects and skill as a presenter and communicator.

你作为一名主持人和交流者对不同话题的丰富知识和技巧。

Well, that's very kind of you...but I still don't have time to explain what a legume is!

嗯，你真好.....但是我还是没有时间解释豆科植物是什么！

In fact now it's time to wrap up this edition of 6 Minute English.

事实上现在该结束本期的六分钟英语了。

We look forward to your company again soon.

我们期待你的再次陪伴。

In the meantime, check us out in all the usual places, online and on social media.

同时请在所有在线和社交的常见地点查看我们。

We are BBC Learning English.

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Bye for now!

再见啦！

Goodbye!

再见！