

你能成为弹性素食主义者吗？ Could you be flexitarian?

Hello. This is 6 Minute English. I'm Neil.

大家好，这里是六分钟英语，我是内尔。

And I'm Catherine.

我是凯瑟琳。

Catherine, are you flexitarian?

凯瑟琳，你是弹性素食主义者吗？

No, I'm not really religious, Neil.

不，我不是很信仰宗教，内尔。

It's not a religion!

这并不是个宗教！

It's a diet.

这是一种饮食方式。

It means mainly eating plant-based foods and only occasionally eating meat.

它指的是主要吃以植物为基础的食物，并且只是偶尔吃肉。

Oh, I see, sorry-er, well, I don't eat too much meat so I'm kind of on the way to flexitarianism.

哦，我知道了，不好意思——呃，我并不会吃很多肉，所以我可以说是在践行弹性素食主义的路上。

Some people don't eat meat for ethical reasons.

有些人因为道德原因而不吃肉。

That means that for them it's wrong to eat meat, it's wrong that animals should be killed for our food.

这意味着对他们来说吃肉是不对的，动物们被杀死用来作为我们的食物是不对的。

But one of the reasons for being flexitarian and only eating meat once in a while is for the benefit of the planet.

但是成为弹性素食主义者并且偶尔吃肉的一个原因是为了地球好。

According to a recent report, being flexitarian is healthier for the individual but can also help to fight climate change.

根据一份最近的报告，成为弹性素食主义者不仅对于个人来说更健康，而且能够帮助对抗气候变化。

Before we look in more detail at this topic, a question: Do you like peppers, Catherine?

在我们了解更多关于这个话题的细节前，是一个问题：你喜欢辣椒吗，凯瑟琳？

Yes, I do.

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是的，我喜欢。

Is that correct?

这是正确答案吗？

Well, that's not the quiz question!

嗯，这可不是测试题！

But this is.

这个才是。

All peppers are in the same food group.

所有的辣椒都属于同一个食物类别。

What group is it?

那是什么类别呢？

Are peppers: a) fruit, b) vegetables, or c) herbs?

辣椒是：A.水果，B.蔬菜，还是 C. 药草呢？

Any ideas?

有头绪吗？

This one sounds like a trick question, but I think it's obviously vegetables.

Yep?

这题听起来像个陷阱题，但是我想它很显然是蔬菜。对吗？

Well, you'll have to wait a bit to find out.

好的，你要等一会才能知道答案。

I'll have the answer later in the programme.

我会在稍后的节目中揭晓答案。

Now, Dr Marco Springmann is from the University of Oxford and was one of the lead authors of a major report that looked at the global food system and how it affects the climate.

现在，马可·施普林曼博士来自牛津大学，并且是一份重大报告的主要作者之一，这份报告研究的是全球食物系统以及它是如何影响气候的。

On the BBC Today programme he talked about what changes would be needed.

在今日BBC节目中他谈论了需要什么样的改变。

Does he mention just one thing?

他只提到了一件事吗？

We really found that a combination of measures would be needed to stay within environmental limits and those include changes towards healthier more plant-based diets, ambitious technological improvements and changes in farming management, and a reduction of food loss and waste.

我们确实发现需要各种措施的组合来维持在环境限制之内，而其中包括转向更为健康的更加以植物为基础的饮食，有野心的科技进步以及农作安排的变化，还有减少食物损失和浪费。

So did he mention just one thing, Catherine?

所以他只提到了一件事吗？

No, not at all.

不，并非如此。

He said that there would need to be a combination of measures which means 'a variety of different actions' including moving to a plant-based diet, developing technology, changing the way we farm and wasting less food.

他说需要一套措施的组合，意思是“各种不同的行动”，包括转向以植物为基础的饮食，发展技术，改变我们耕作的方式，还有减少食物浪费。

He described the need for ambitious technological improvements.

他描述了对有野心的技术进步的需求。

Ambitious here means the developments will have to be 'impressive, above the ordinary and not simple'.

这里有野心的意思是这些进步必须“令人影响深刻，超出一般水平并且不简单”。

Dr Springmann was asked if we had to completely remove meat from the food that we eat to be healthy.

施普林曼博士被问到我们是否不得不把肉类从我们的饮食中完全去除才能变得健康。

What was his recommendation?

他的建议是什么？

Well, we looked...we surveyed the literature on what a healthy diet is and according to that, if you treat it as a luxury, it's probably OK but you shouldn't have more than one serving of red meat, which includes beef and pork, per week.

嗯，我们研究.....我们调查了关于什么是健康饮食的文献，根据文献内容，如果你把它当做一种奢侈品的话，那么很可能是没问题的，但是你每周最多只吃一次红肉，其中包括牛肉和猪肉。

So the more plant-based you go, the healthier and the lower an environmental impact it probably will be. - And lamb is just the same...

所以你越以植物为基础，你就会越健康，同时对环境产生的影响就越小。- 羊肉也一样.....

Yes.

是的。

So do we need to cut out meat entirely?

所以我们要完全断绝肉类吗？

He says that while a plant-based diet is certainly healthier, you could still have some red meat but only once a week.

他说尽管以植物为基础的饮食肯定更健康，但是你还是可以吃一些红肉，但是一周只能吃一次。

Yes, he said think of it as a luxury.

是的，他说把它当做一种奢侈品。

A luxury food is one that we really enjoy but don't eat very often-perhaps because it's very expensive or rare.

奢侈的食物指的是我们真的很喜欢但是不能经常吃的食物——也许是因为它非常昂贵或稀有。

Or delicious but very bad for us.

或者很美味但是对我们有害。

We eat it as a treat but not every day.

我们吃它是把它当做一种对自己的款待，但是不能天天吃。

Springmann says we should think of red meat in the same way.

施普林曼说我们应该以同样的方式看待红肉。

It shouldn't be a regular part of our diet.

它不应该是我们饮食中的常客。

How did he come to this opinion?

他是如何得出这个观点的呢？

Did they just make it up themselves because it sounds like a good idea?

他们是自己编造出来的，只是因为这样听上去是个好主意吗？

Not at all, Neil.

完全不是，内尔。

He said that they surveyed the literature.

他说他们调查了文献。

This means that as part of their report they studied different scientific research that had previously been published.

这意味作为他们报告的一部分，他们研究了各种之前出版的科学研究。

Their advice is based on the evidence of those research papers.

他们的建议是基于那些研究论文的证据上的。

OK. Now the answer to our quiz question.

好的。现在该揭晓我们问题的答案了。

I asked to what food group do peppers belong.

我之前问辣椒属于那种食物类别。

Was it: a) fruit, b) vegetables, c) herbs?

它是：A.水果，B.蔬菜，C. 草本植物？

Catherine, you said?

凯瑟琳，你说的是？

I said b) vegetables.

我说的是 B. 蔬菜。

Oh dear, good try but not right, thanks for playing.

哦，天呐，很好的尝试，但是你答错了，谢谢参与。

The answer is a) fruit.

答案是 A. 水果。

Fruit? Really?

水果？真的吗？

Yes. A fruit is the part of plant that contains the seeds-so peppers, like tomatoes, pumpkins, avocados and olives are actually fruit.

是的。水果是植物含有种子的一部分——所以辣椒，跟番茄、南瓜、牛油果和橄榄一样，事实上都是水果。

Well done if you got that one right.

干得漂亮如果你答对了的话。

Now, our vocabulary.

现在是我们的词汇。

Our first word is flexitarian.

我们的第一个词是弹性素食主义者。

This is the term for a diet that is mainly plant-based but can include meat occasionally.

这个是表示以基于植物的食物为主但是包含偶尔一次的肉类的饮食方式的名词。

Our next word is ethical.

我们的下一个词是道德的。

This is in the context of choosing not to eat meat.

它在语境中的意思是选择不吃肉。

Some people are vegetarian because they don't like meat, some because they want a healthier diet and some for ethical reasons.

有些人是素食主义者因为他们不喜欢肉类，有一些是因为他们想要一个更健康的饮食，而有些人是出于道德原因。

This means that their choice is because they feel it is the right thing to do.

这意味着他们的选择是因为他们认为这样做是对的。

The next phrase was a combination of measures.

下一个短语是各种措施的组合。

This means 'taking different actions to achieve something', not just doing one thing.

它的意思是“采取不同的行动来达成某事”，而不是只做一件事。

We then had ambitious.

然后我们说到了有野心的。

If a person is ambitious, it means that they 'want to get on in life and be successful', but ambitious can also be used to describe a plan or achievement which is 'impressive and above the ordinary'.

如果一个人是有野心的，意思是他们“想要发迹并取得成功”，但是有野心的也可以用来描述一个计划或一个成就是“令人印象深刻的，并且超出一般水平的”。

The next phrase was to survey the literature.

下一个短语是调查文献。

This means to 'study and analyse the different scientific research on a particular subject'.

这个短语的意思是“研究并分析针对某个特定主题的不同的科学研究。”

And finally we had luxury.

最后我们说到了奢侈品。

When talking about food, a luxury is something that we only eat occasionally as a special treat because it's expensive or unhealthy but delicious.

当我们在谈论食物的时候，奢侈品指的是我们只能偶尔当做一种特殊的款待才能吃的东西，因为它很昂贵或不健康但是很美味。

Well, I'm off for a plate of delicious vegetables.

好了，我要去吃盘美味的蔬菜了。

Please join us next time and why not check us out on your favourite social media platform, on our app and of course the website [bbclearningenglish.com](https://www.bbc.com/learningenglish)? Goodbye.

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Bye!

再见！
