

我能如何帮助改善环境？ How can I help the environment?

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 Sam.

我是萨姆。

Now, tell me about your teeth-cleaning routine.

跟我说说你每天洁牙的流程吧。

OK. Well, it's pretty good, I think.

嗯，我觉得做的还不错。

I brush twice a day and change my brush every couple of months.

我每天刷两次牙，每过几个月就会换牙刷。

And what kind of brush do you use?

你用的哪种牙刷？

Nothing fancy, just a regular, cheap plastic one.

不是很高档的，就是一般的牙刷，便宜的塑料牙刷。

Oh, dear!

哦，天呐！

What do you mean?

什么意思？

Well, imagine all the toothbrushes you've used in your life, from your first brush as a child, to the one you currently have.

嗯，想想你一生中用过的所有的牙刷，从你小时候用的第一支到你现在用的那一支。

You do realise that probably they all still exist in the environment somewhere.

你会意识到它们可能仍然存在于大自然中的某个地方。

We use them for a couple of months yet they will last for hundreds of years.

我们只使用它们几个月，而它们会存在几百年。

Oh, dear, and I thought I was actually quite environmentally aware.

哦，天呐，我本以为我其实是一个很有环保意识的人。

But that's quite shocking.

但是这太令人震惊了。

I haven't thought of that.

我从来没想过这一点。

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Well, it's just one of the problems we are facing with our use of plastics.

嗯，这只是我们正在面对的塑料使用问题中的一个。

A marvellous invention that has given us so much.

这个绝妙的发明给我们带来了太多东西。

But we are beginning to realise it's causing many long-lasting environmental problems.

但是我们开始意识到它正在产生许多长期延续的环境问题。

More on this topic shortly, but first, a question: Plastic has many natural variations but where was the first artificial plastic developed?

稍后再聊这个话题，但是首先是一个问题：塑料有很多天然衍生物，但是最早的人工塑料是在哪里被开发出来的呢？

Was it a) England, b) Germany, or c) Switzerland?

是 A. 英国，B.德国，还是C.瑞士呢？

What do you think, Sam?

你怎么看，萨姆？

I'm going to have a guess at Switzerland.

我要猜瑞士。

OK, we'll find out if you're right at the end of the programme.

好的，我们会在节目结束的时候揭晓你是否回答正确。

Environmental issues are, of course, a big story at the moment.

当然环境问题是目前的一件大事。

The topic was featured on the BBC Woman's Hour radio programme recently.

这个话题最近成为了BBC电台节目《Woman's Hour》的专题。

Madeleine Murray is from an Irish organisation that gives advice to businesses and communities on how to operate in an environmentally responsible way.

玛德琳·穆雷来自于一个爱尔兰组织，这个组织为企业和社区提供关于如何以一种对环境负责的方式运营的建议。

She was asked about what she does in her daily life that other people could do too.

她被问到在日常生活中做了什么其他人也可以效仿的事情。

What food items does she mention?

她提到了什么食物？

My personal, like, pet peeve is multipacks and minipacks.

比如我个人最讨厌的东西就是多重包装和迷你包装。

I buy in bulk now.

我现在都是批量购买。

I buy the biggest yoghurt I can buy.

我尽可能买最大装的酸奶。

I buy big cereal boxes.

我会买大容量的麦片盒。

I buy big shampoo bottles.

我会买大容量的洗发水瓶。

We can decant stuff into lunch boxes and we can, you know, refill our pasta and our rice.

我们可以把东西分装到午餐盒中，而且我们可以，你知道的，重新装满意面和大米。

So, what food does she mention, Sam?

所以她提到了什么食物呢，萨姆？

She talked about yoghurt, cereal, pasta and rice.

她说到了酸奶、麦片、意面和大米。

And what was she saying about those foods?

她关于这些食物说了些什么呢？

She was saying that she buys the biggest containers for those that she can- and not just food-things like shampoo as well.

她说的是她会尽可能购买最大容量的容器来装这些东西——不仅仅是食物——还有像洗发水这样的东西。

And what's the benefit of that?

这样做的好处是什么呢？

Well, she says that her pet peeve is small packs of things.

嗯，她说她最讨厌的东西就是小包装的东西。

A pet peeve is something that you find particularly annoying.

最讨厌的东西指的就是你发现尤其让人生气的东西。

She doesn't like small packs because they use a lot of packaging for a small amount of product.

她不喜欢小包装是因为他们用很多东西包装少量的产品。

So she buys in bulk.

所以她会批量购买。

Buying in bulk means 'buying a lot of something'.

批量购买的意思是“买大量某种东西”。

And if you have a lot of something like rice or pasta, you can always transfer it to different smaller reusable containers.

如果你有大量的像大米或意面这样的东西，你可以把它们转移到别的更小的可以重复使用的容器中。

She uses the word decant for this.

她这里使用的词是分装。

So that's one area where we can all be a bit more environmentally friendly.

所以这是我们可以为环保出一份力的一个小方面。

Another area is reusing things that are perfectly good but which we don't need any more.

另一个方面就是回收利用非常好的但是我们不再需要的东西。

Dr Tara Shine is a colleague of Madeleine Murray and she talked about how new parents often buy a lot of new things for their babies, which they then throw away when the child gets too big or too old.

塔拉·夏恩博士是玛德琳·穆雷的同事，而且她谈到了新手父母该如何为他们的孩子购买大量新东西，他们往往会在孩子个子变大或年龄变大之后把它们扔掉。

She suggests that it's better to pass these things on-to give them to other people.

她建议更好的方式是把这些东西传递下去，把它们送人。

Pass things on.

传递物品。

The hand-me-down, pass-thing-on culture is really, really important in the world of kids and there are lots of things that can be passed down, whether it's toys or the equipment, or the high chair, whatever it is, all of that can be passed on and that's really important.

流传，传递文化在育儿的世界中极其重要，而且有很多东西都可以传下去，无论是玩具还是设备，还是高脚椅，不管是什么，它们都能被传递下去，这很重要。

It's saving someone else's money.

它可以为其他人省钱。

Most of these things are in good nick when we need to pass them on.

这些东西在被我们传给其他人的时候大多数都完好无损。

She used another expression for passing things on, didn't she?

她使用了另一个表达来表示把东西传递下去，不是吗？

Yes, she talked about the hand-me-down culture.

是的，她谈到了流传文化。

When I was growing up, I had a lot of hand-me-downs.

在我长大的过程中，我有很多流传下来的东西。

These were toys and clothes from my older cousins, which saved us a lot of money and they were then passed on to someone else.

有来自比我年长的表亲的玩具盒衣服，这为我们节省了很多钱，而且它们之后也被送给了其他人。

And the thing is children grow up quickly, so often everything is in good condition.

关键是孩子们长得非常快，所以往往这些东西的品质都很好。

Dr Shine used an interesting expression for that, didn't she?

夏恩博士使用了一个有趣的表达，不是吗？

She said most of these things are in good nick.

她说这些东西大多数都完好无损。

That expression means 'in good condition'.

这个表达的意思是品质很好。

Now, before we recycle today's vocabulary...

好的，在我们回收今天的词汇前.....

Oh, very good, I see what you did there!

哦，非常好，我看到你在那做什么了！

It's time for the answer to today's question.

是时候回答今天的问题了。

Where was the first artificial plastic developed?

最早的人工塑料是在哪里开发的？

Was it a) England, b) Germany, or c) Switzerland?

是 A. 英国，B.德国，还是 C. 瑞士？

What did you think, Sam?

你怎么看，萨姆？

I guessed Switzerland.

我猜瑞士。

Well, I'm afraid, you are wrong.

嗯，恐怕你答错了。

The correct answer is actually, England.

正确答案其实是英国。

Well done if you got that right.

如果你答对了那么你很棒。

Extra bonus points if you knew that in 1856 Alexander Parkes patented Parkesine, the first artificial plastic.

如果你还知道是1856年亚历山大·帕克斯为最早的人工塑料Parkesine注册了专利的话，那么还要给你额外加分。

Now, let's recap today's words and expressions.

现在来回顾今天的单词和表达吧。

Yes, a pet peeve is something that someone finds particularly annoying.

好的，最讨厌的东西指的是某人发现尤其让人生气的东西。

Buying in bulk means 'buying many of the same things or a large quantity of something'.

批量购买指的是“购买许多同样的东西或大量的某种东西”。

Buying in bulk is usually cheaper and can be better environmentally.

批量购买一般会更便宜，也更环保。

And if you have a lot of something, you can decant it to smaller containers, that is, you can transfer it to those other containers to make it easier to use.

如果你有大量某样东西，你可以把它分装到更小的器皿中，也就是说你可以把它转移到其它的容器中，这样就更容易使用。

For example, I buy huge bottles of liquid soap and decant it into smaller dispensers for the kitchen and bathrooms.

比如，我会买大瓶装的液体肥皂，然后把它分装到更小的容器中用于厨房和浴室。

You can pass on clothes, toys and other kids' stuff to family and friends.

你可以把衣服、玩具和其它孩子用的东西分给家人和朋友。

This means 'giving them to other people to use'.

这意味着“把它们给其他人使用”。

And those things can be described as hand-me-downs.

这些东西可以被描述为传递下来的东西。

But of course you'd only want to pass on things in good nick, that is, 'in good condition'.

但是当然你只会传递完好无损的东西，也就是说“品质很好”。

Right, that's all we have time for.

好的，今天的节目就到这里。

We hope you will join us again soon, though.

不过我们希望你们能够再次收听我们的节目。

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See you soon.

再会！

Good-bye!

再见！

Bye!

再见！
