

苗条：它在我们的基因里吗？ Being slim: Is it in our genes?

Hello and welcome to 6 Minute English.

大家好，欢迎收听六分钟英语。

I'm Neil and joining me for this is Dan.

我是内尔，和我一起的是丹。

Hello.

大家好。

And can I say Dan, you're looking very slim-it looks like your diet is working!

我能这样说吗，丹，你看起来非常苗条——看起来你的节食起作用了！

This is my normal figure-and I have not been on a diet.

这是我的正常体型——而且我从来没节食过。

But it looks like you've actually put on a bit of weight.

不过看起来你确实长胖了点。

Well, I may have a little paunch-or a fat stomach-but didn't you know that it's out of my control?

嗯，我可能有点小肚腩——或者肥肚子——但是你不知道这不是我能控制的吗？

Some of this has to do with my genes-not the ones I wear-but the cells in my body that control my development.

这些跟我的基因有关——不是我穿的牛仔裤（jeans跟genes发音相似）——而是我体内控制我生长的细胞。

That's what we'll be discussing in this programme.

这就是我们今天的节目要讨论的内容。

However our audience might describe themselves-tubby and overweight or thin and skinny, which means very thin-they're more than welcome to join us on this voyage of discovery.

不过我们的听众可能这样描述自己——矮胖超重的，或又瘦又骨感的，意思是非常瘦——非常欢迎他们加入到这场探索之旅。

So let's start with answering a question.

所以我们从回答问题开始吧。

What's the name of the popular diet that involves avoiding eating carbohydrates and in which you can eat as much fat and protein as you like?

有一个很受欢迎的饮食法，其中包括避免碳水，并且想吃多少脂肪和蛋白质都可以，它的名字叫什么？

Is it a) the Mediterranean diet, b) the Atkins diet, or c) the Graham diet?

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I've heard of the Atkins diet, so I'll say b) .

我听说过阿特金斯饮食法，所以我要选 B。

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

嗯，你要等一下才能知道答案。

But Dan, you may have also heard of a crash diet-that's where someone makes a rapid change to the types of food they eat with the aim of losing weight quickly.

但是丹，你可能还听说过急速饮食法——这种方法是某个人快速转变他们吃的食物种类，只是为了快速减重。

Yes, I know that eating this way can be risky for your health and they don't always work.

是的，我知道这种饮食方式可能会对你的健康有风险，而且它们并不是总是奏效。

That's true and now scientists have some evidence that shows that our weight is not just controlled by what we eat.

是这样的，并且现在科学家们有一些证据表明我们的体重不仅仅由我们吃的东西控制。

So it might be quite natural for someone to be thin or fat-it's all to do with their genes.

所以可能对有些人来说瘦或胖是很自然的事情——这都跟他们的基因有关。

Research published in the journal PLOS Genetics, explains how twin studies have shown that about 40% of the variation in a person's weight is affected by their genes.

期刊PLOS Genetics上发表的研究解释了双胞胎研究表明一个人体重的40%的变化量是受他们的基因影响的。

And also, why thin, but healthy people have genetic advantages in terms of maintaining a healthy weight.

以及为什么瘦但健康的人在维持健康体重方面有基因优势。

So that means that losing weight isn't just about having willpower-that's controlling your own behaviour to achieve something-it's actually about something that's out of our control?

所以这意味着减重不仅仅关乎有意志力——即控制你的行为来达成某事——事实上它是不在我们控制范围内的？

Yes, possibly.

是的，很可能是这样。

Let's hear from the study's author, Sadaf Farooqi, who is Professor of Metabolism and Medicine at the University of Cambridge, and has been a pioneer in the genetics of obesity for more than twenty years.

我们来听听这项研究的作者Sadaf Farooqi的话吧，她是剑桥大学新陈代谢和药理学教授，并且在肥胖基因学领域引领了20多年。

Obesity, of course, is where someone is very overweight, in a way that is dangerous for their health.

肥胖，当然，指的是某个人超重很多，某种程度来说这对健康很危险。

Here she is speaking on the BBC World Service programme, Health Check.

下面是他在BBC世界服务节目《健康检查》中发言。

What does she say might be one of the benefits of this research for people who are overweight?

她说这项研究对超重人士的益处之一可能是什么？

It actually can be very helpful in trying to get them to come to terms with some of the difficulties they may be having but also to help them to engage with help and support to try and encourage weight loss.

这是事实对于让他们向他们可能会面对的困难妥协有帮助，还能帮他们获得帮助和支持，从而努力促进减重。

I hope one of the main outcomes of this work might be, to a little bit, start to get people thinking about that.

我希望这项工作的主要成果之一能够稍微让人们开始思考这一点。

Because people are very judgemental and tend to think, look if I can stay thin and control my weight why can't you?

因为人们非常喜欢评头论足，而且往往会想，看，我都可以一直瘦，控制体重，你为什么就不行呢？

And what I would say to that is, well, the data now shows that you're probably quite lucky in terms of the genes that you have rather than just being either morally superior or having better willpower.

对于这一点我想说的是，嗯，现在的数据表明你可能在基因方面很幸运，而不是在道德上优于别人或有更强的意志力。

Some interesting thoughts there.

很有趣的想法。

For people who are overweight, this research can help them come to terms with the struggle they may be having to lose weight.

对于超重的人来说，这个研究可以帮助他们向他们为了减重而做出的挣扎妥协。

When you come to terms with something, you start to accept the difficult or unpleasant situation you are in.

当你妥协的时候，你开始接受你所处的困难或令人不快的环境。

So I suppose she means accepting that if you're trying to shed a few pounds unsuccessfully, it's not all your fault.

所以我认为她的意思是如果你没能减掉几磅肉的话，那么接受这一点，这不都是你的错。

And it may stop people being so judgemental—that's so quick to criticise people based on their own beliefs.

而且这也许能让人们不再那么喜欢评头论足——指的是很快地基于自己的想法批评别人。

A slim person might say, "Well, I ate less and lost weight, so why can't you?", and now we know things aren't quite that simple.

一个苗条的人可能会说：“嗯，我吃得少，减了重，所以你为什么不可以呢？”，而我们现在知道事情并没有那么简单。

You are just lucky to have the right genes but it doesn't make you 'morally superior'.

你只是很幸运地拥有对的基因，但是这并不能让你“在道德上优于别人”。

So it's not just about having willpower.

所以这并不仅仅关乎有意志力。

This research is much more detailed of course than we have time to explain here but for someone who is overweight, will they feel defeated?

这项研究肯定比我们在这里解释的要详细得多，但是对于超重的人来说，他们会觉得被击败了吗？

Absolutely not, according to Professor Farooqi, for people who are obese, this research is helpful.

当然不会，根据Farooqi教授的话，对于肥胖的人来说，这项研究很有帮助。

Not only should it give them hope, it could lead to the development of medicines to help them.

它不仅应该给予他们希望，它还能引导帮助他们的药物的开发。

But as genes only play a part in our size and weight, we should all eat a healthy diet and do some exercise.

但是因为基因在体形和体重上只起部分作用，所以我们应该都健康饮食，并且做一些锻炼。

And there is always new research about the best things to do and the right things to eat.

而且关于做该做的事和正确的吃的东西总会有新研究。

Recently, research published in the British Journal of Sports Medicine, said that bursts of high intensity interval training may be more effective for weight loss than longer less intense workouts.

最近发表在英国运动和药物期刊的研究说一阵高强度间断训练相比于更长时间的强度不高的锻炼对于减重来说更有效。

A burst is a sudden and short increase in something.

一阵指的是某事突然的短时间增长。

Even if diets don't help you lose weight, eating the balanced diet can certainly keep you healthy and make you feel good.

即使节食不能帮你减重，平衡饮食还是能让你保持健康并让你感觉良好。

And as I'm talking about diets, why don't I answer the question I asked you earlier?

既然我在谈论饮食法，我为什么不回答之前问你的问题呢？

What's the name of the popular diet in which you should avoid eating carbohydrates but you can have as much fat and protein as you want?

有一个很受欢迎的饮食法，其中包括避免碳水，并且想吃多少脂肪和蛋白质都可以，它的名字叫什么？

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I said the Atkins diet.

我说的是阿特金斯饮食法。

And that is correct, well done.

答案正确，干得漂亮。

This well-known low-carb diet was developed by the American physician and cardiologist Robert Atkins in the 1960s.

这个有名的低碳水饮食法是由美国生理学家兼心脏病学家罗伯特·阿特金斯于20世纪60年代提出的。

Others low-card diets are available!

也有其它的低碳水饮食法。

Neil, I think it's time we reminded ourselves of some of the vocabulary we've discussed today.

内尔，我认为我们该提醒自己我们今天讨论的一些词汇了。

Good idea.

好主意。

Let's talk about paunch-another name for a fat stomach that men like me and you have.

我们来说说肚腩——想你和我这样的男性有的胖肚子的另一个说法。

Speak for yourself!

这只是你的个人看法！

I'm closer to skinny-a word to describe someone looking very thin and sometimes ill.

我更偏向于骨感——这个词描述的是看起来非常瘦，有时候病态的人。

Our next word was willpower.

我们的下一个词是意志力。

If you have willpower, you can control your own behaviour to achieve something.

如果你有意志力，你可以控制你的行为来达成某事。

The next phrase, come to terms with something means you start to accept the difficult or unpleasant situation you are in.

下一个短语，向某事妥协的意思是你开始接受你所处的困难或令人不快的处境。

If you are judgemental, you are quick to criticise people based on your own beliefs.

如果你喜欢评头论足，那么你会很快地基于你自己的想法批评别人。

And finally, we mentioned a burst of high intensity interval training.

最后我们提到了一阵高强度间歇性训练。

A burst is a sudden and short increase in something.

一阵指的是某事突然的短时间增长。

Well, we've had a burst of vocabulary there and it's time to say goodbye.

好的，我们说了一阵词汇，而且是时候说再见了。

Please join us next time.

请收听我们的下期节目。

And of course don't forget our website, bbclearningenglish.com. Goodbye.

当然别忘记了我们的网站**bbclearningenglish.com**。再见。

Bye!

再见!