



新一代大学英语
English

提高篇

视听说教程 1



The art of living

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Host: Today we've invited Maddy Moon, who now runs a website helping those suffering orthorexia. Welcome Maddy.

Maddy: Thank you. Hello everyone.

Host: So Maddy, what's orthorexia?

Maddy: Orthorexia is an anxiety disorder where sufferers have an obsession with healthy eating. Anything outside their food boundaries makes them feel they lack control.

Host: I know you once suffered the disorder, right? Can you share some of your experience?

Maddy: Yeah. I restricted major food groups for my bodybuilding and always broke down in tears and anxiety if I was given any food not on my fitness meal plan. I even felt scared around just ... fruit. I was taught that fruit had sugar and would ruin my body. Two years later, I lost a worrying amount of weight. I was always tired, and yet I was

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unable to sleep through the night. Just getting through the day was a challenge.

Host: Do you think the health food bloggers, the gym culture and posts of green juice on Instagram promote orthorexic attitudes?

Maddy: Definitely. You know, within two minutes you can see somebody's diet, exercise habits, lifestyle, and body. Yet, what you don't realize is that you're only getting a limited view of their life.

Host: If you meet people who worry they're orthorexic, what advice will you give them?

Maddy: Keep away from fitness and dieting articles, books, social circles, movies, and social media accounts. It really makes no sense having a "perfect body" but suffering emotionally, spiritually, and physically.



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In the past decade, we see a trend placing more value on health and wellness than on material objects, and the definition of health and wellness has evolved. The phrase no longer refers simply to a lack of illness and disease, but to an overall state of lifestyle, where one's physical and mental health are combined in sync. And in the age of social media, looking great, feeling good and sleeping well become the new luxuries that people want to enjoy and show off. The popularity of the health and wellness trend is visible across almost all consumer groups. Eating healthily, exercising regularly and monitoring one's health have become a lifestyle choice. According to Euromonitor International, a leading marketing research firm, the global market for health and wellness products

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reached \$686 billion in 2016 and it is expected to grow 3.5 percent per year, to \$815 billion by 2021.

While this trend is visible across all age groups, it may be surprising that millennials are actually driving its growth. According to a report released by the Harris Group, 72 percent of millennials would rather spend money on lifestyle experiences than on material goods. They are showing an increasing preference for participating in different activities and excitedly tracking their fitness training and sleep data through apps. Research firm Forrester found that millennials and Gen Zers combined account for 69 percent of owners of all fitness wearables, and experiences that can promote their well-being and sharing their trendy lifestyle with their friends are the most important thing.



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Prepare yourselves, food lovers – the coming year will be a year of flowers, mushrooms, and powders – at least that's the future Whole Foods is predicting.

The high-end supermarket, which has been acquired by Amazon, just released its annual list of food trends for the year ahead. Whole Foods analyzed preferences of its global buyers and interviewed food experts worldwide to find out what they're seeing for the future.

According to the report, floral flavors, functional mushrooms and powders are just a few of the picks expected to gain popularity in the coming year. Among them, shoppers are especially

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enthusiastic about functional mushrooms because they are traditionally added to other foods to support wellness.

Now, various kinds of mushrooms have been added to products across categories. Bottled drinks, coffees, and teas are leading the way. Body care is hot on this mushroom trend, too, and a new crop of soaps, and hair care products are on the way.



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The phrase “Buddha-like youth” spread quickly and widely on the Internet recently after a WeChat article used the term to describe China’s post-1990s generation.

“Having seen everything and keeping a casual and calm mindset toward life and career under a lot of social pressure,” the article wrote, “they think it’s fine to have something or not. There is no need to pursue or win anything.”

Young Chinese have been quick to label themselves as “Buddha-like youth.” But there has been a voice against the Buddha-like mindset, particularly among the older generation. They argue that such a negative and lazy attitude will lead to reduced work ethic

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and lack of self-motivation.








But the “Buddha-like youth” don’t agree. “Saying ‘It’s OK.’ or ‘All right, it doesn’t matter.’ is just a way we use to handle the stress of life,” says Zhang Li, who works as a product manager in a Beijing-based Internet company.

“The Buddha-like lifestyle, to some extent, helps keep today’s young people calm and open to new ideas, which better prepares them to take more responsibilities in the future,” says Xu Hua, a professor from Anhui University. “The Buddha-like generation appear casual about minor matters in life but spare no effort on things that really matter.”





WORDS AND EXPRESSIONS

-  glucose *n.* 葡萄糖
-  porridge *n.* 粥
-  calorie *n.* 卡（路里）（食物的热量单位）
-  snack *n.* （正餐以外的）小吃，点心
-  complement *v.* 补充
-  moderate *a.* 适度的
-  allowance *n.* 限额



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From the moment we wake up, we're faced with decisions. Should we walk to work or drive? Take a packed lunch or grab something on the go? With so many choices in so little time, it isn't surprising that we don't always think whether the decisions we make through the day add up to a healthy lifestyle, including a balanced diet.

Kicking off the day with a nutritious breakfast is a good place to start. Why? When we wake up, our body has been without food for a number of hours. So we need to eat something to give us the energy to function, from walking and talking to critical functions such as breathing and pumping blood around the body. Even thinking requires energy. So generally, breakfast is pretty

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important. There are other benefits, too. Evidence shows that those who eat breakfast are generally thinner than those who skip it, and children who eat breakfast concentrate more and perform better at school.

Our brain requires around 130 grams of glucose, which is a type of sugar, per day to keep functioning. You'll find glucose in all sorts of foods from fruit and vegetables to honey. So, for a healthy start to your day and to get that early-morning energy supply, how about enjoying some porridge or maybe a small glass of orange juice?

Today more and more of us are eating on the go than ever before. This can make it more difficult to track the calories we're eating as we go. Nutritional labels can help us keep track of how we're doing.

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They include lots of useful information from the calorie content to the different ingredients including the amount of total sugars. Do you know that when it comes to sugars, our bodies do not recognize the difference between them? So the sugar in an apple is broken down in exactly the same way as the sugar in your candy bowl.

As our energy levels dip through the day, it can be tempting to reach for a mid-afternoon snack. Snacks can make up 20 percent of our daily calorie intake. So think about how snacks can complement the other foods you've eaten through the day. It's also worth thinking about how your snacks can help you get one of your "5 A Day." A couple of ways to look after yourself include

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keeping an eye on what you're eating and leading an active lifestyle. The UK government recommends 150 minutes of moderate exercise or 75 minutes of more intensive exercise for adults each week.

As you approach dinner, take a moment to think about the food you've eaten through the day. No single food or drink contains all the important nutrition your body needs. Also think about the number of calories you've consumed and how active you've been. Finally, don't forget the drinks also count toward your daily calorie allowance. So that small glass of white wine or beer shouldn't be forgotten when you sum up your total intake for the day. Whatever choices you make during the day, take a moment to think about how making even the smallest changes could make a big difference.



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Having a dog always makes you feel loved and valued. Now, new research showed that having a dog can also bring about measurable benefits for physical well-being.

Scientists examined the health and dog-ownership records of some 3.4 million people between 40 and 50 years old. They found that owning a dog was associated with a 33 percent lower risk of death and a 36 percent lower risk of dying of heart disease over a 12-year period.

In addition, the study showed increased health benefits for single people who own a dog when compared to single people who don't. "We've known for a long time that people who are single have a shorter lifespan," study co-author Tove Fall explained. "But we

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could see that owning a dog actually neutralizes that effect. This could be more of the social support side. You get more company and social interactions, both with your pet and with other dog owners that you meet outside.”



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The number of young adults living with their parents has reached an all-time high, with more than a quarter of people aged 20 to 34 still living at home, new figures have revealed.

Data released by the Office for National Statistics shows that the percentage of young adults living with their parents in the UK has increased from 21 percent in 1996 to 26 percent in 2017, rising from 2.7 million to 3.4 million in the past two decades.

Young men are much more likely to still be living with their parents than young women. The figures show that 32 percent of men aged 20 to 34 are currently living with their parents, compared with only 20 percent of women in the same age group.

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The ONS suggests that the larger number of young adults tending to stay at home for longer may be explained by several factors: (1) staying in education and training longer; (2) getting married and having children at older ages; and (3) increased costs in renting or buying a house.



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Catherine: I find out that group exercise has become very popular in recent years. Rob, do you head off to your local gym after school?

Rob: No. I hate group exercise. I prefer to go for a run on my own. It's free, and I enjoy being outdoors. How about you, Catherine?

Catherine: For me, I find group exercise very motivating, and I really like the bicycle classes.

Rob: Is that where you cycle on the spot while an instructor shouts at you?

Catherine: Well, yes, that's the one! If I weren't in a class, I don't think I would push myself so hard. I need someone to shout at me – to make me go faster and get up those hills.

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- Rob:** Maybe that's why these kinds of activities become increasingly popular.
- Catherine:** Yes. And we do all spend too much time sitting on chairs, don't we? We need more exercise.
- Rob:** I agree. But this doesn't mean that you must take part in a gym class to keep fit. Why do we prefer to go to the gym with others these days, rather than cycling or running alone in a park?
- Catherine:** I think it's probably because we're losing the social connections that make it easy to get together and communicate with each other. We miss that social connectedness – that feeling of belonging to a group – because we really are social animals. And that's why we like group exercise.



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Sitting is the new smoking – blamed for increasing the risk of heart disease and cancer, as well as low blood sugar and overweight. Health rules suggest we should spend 150 minutes a week in easy exercise, but many of us sit down for more than half the working day.

Thus comes the popularity of stand-up, sit-stand and treadmill desks. Google and Microsoft have recently bought lots of treadmill desks, and employees are encouraged to leave their sitting desks and take a “stand” against their old sedentary working style. Companies making these devices claim that a treadmill desk set at a walking speed of 1.5 km an hour will burn 2.6 calories every minute. But do they really make people more active and healthier?

The benefits may be more myth than reality. Studies show that these

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fancy new desks can hardly deliver the up-to-four hours of standing that experts recommend.

And they're also not found to have much benefit in weight reduction. Long-term standing may even bring extra difficulties for people with low back pain.

Then what about output and brainpower? In a study, the sitting group actually did better at recalling lists of words and working out math problems than those working by a stand-up or treadmill desk. Unsurprisingly, it is easier to concentrate and remember from a sitting position.

While the benefits of standing desks may be overstated, the risks of sitting are not. It's always helpful to stop sitting for too long and take walking breaks throughout the day, whatever desk you have.

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The spread of Western eating habits around the world is bad for human health and for the environment, as said in a new report from the journal Nature.

According to the report, there are ways to solve this diet-health-environment problem. But they will require a change in eating habits. And what we eat can be a product of culture, personal taste, price and ease.

A professor of ecology at the University of Minnesota, David Tilman, examined information from 100 countries to identify what people ate and how diet affected health. He noted a movement beginning in the 1960s and found that as nations



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industrialized, more people began to adopt the Western diet, which is high in refined, or processed, sugar, fat, oil and meat. By eating these foods, people began to get fatter – and sicker. And, a diet bad for human beings, it seems, is also bad for the environment. “We are likely to have more greenhouse gas released in the future from agriculture because of this dietary shift than all the greenhouse gas that right now comes out of all the cars, and all of the airplanes, boats and ships, all forms of transportation. So our change in diet is likely to be worse for the world for climate warming than all the transportation sources we use right now.” said David.



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Mr. Tilman calls the link between diet, the environment and human health, “a trilemma.” This is a play on the word “dilemma” – a problem offering a difficult choice. He says one possible solution is leaving the Western diet behind.



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M: Good morning, Miss White, nice to see you. Did you have a nice holiday?

W: Nice to see you, Mike. Yes, I had an unforgettable trip to Britain this summer.

M: Wow, great, you must have found a lot about how British people live their lives.

W: Yes, I did a research there about the different lifestyles between the British and the Americans.

M: That's exactly what I'm going to write about this semester. I've got a question about a very British tradition. I've heard tea is very popular in Britain. Is it true?



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W: Yes, it's true. British people love drinking tea.

M: How long have British people been drinking tea?

W: Oh, they've been drinking tea for almost 350 years. When tea was first introduced to Britain, it was very expensive and only the royal family and nobles could afford it. These days, of course, tea is very cheap and drunk by almost everyone.

M: Is it black tea or green tea?

W: Green tea is drunk by some people but black tea is much more popular and most people add milk or sugar into it. In Britain, tea is not just a drink – it's a meal.

M: A meal?



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W: Yes. People eat sandwiches and a special type of bread with tea.

M: No wonder. Thank you, Miss White, I'm going to my literature class, see you!

W: See you, Mike.



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What do I see when I look in the mirror? Well, usually my first reaction is one of shock, because I see my mother looking back at me. Then I remember that although I still feel 21 years old, I'm not, I'm getting old.

So I look more carefully, and see that the story of my life is written in the lines on my face. Every emotion, tears or laughter, cuts its path more deeply into the skin, which now, to my touch feels more like leather than peach.

But then I think, well, actually, I don't look too bad for my age. Anyway, being 70 isn't so old. My mother died long before she got to my age, and with good health and good fortune, I could



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live a full life for many years to come. I might add more lines or cut more deeply into them, but they're the date lines of a life which has been well lived.

Growing old? Well, I don't recommend it, but it has its good moments. Perhaps the greatest pleasure is my family and my friends. My family grows larger, and I think I may even enjoy my grandchildren more than my own children. At least I'm not so tired all the time. I can spoil them as much as I wish but at the end of the day, I can hand them back to their parents.

And nothing gives me greater pleasure than preparing dinner for my very oldest friends, the warmth of 30, 40, 50 years of shared life together, happy memories as well as sad.

