4.7蛋学长外刊精读|梅根·马克尔的新奈飞节目: 让他们享用(并制作)蛋糕吧



Meghan Markle's new Netflix show: Let them eat (and make) cake

梅根·马克尔的新奈飞节目: 让他们享用(并制作)蛋糕吧A new guide to **entertaining**, for the 0.01% 为0.01%的人群打造的新娱乐指南

retty". Another is "delightful". Welcome to "With Love, Meghan", Meghan Markle's new cookery and lifestyle show in which she smiles at things in Montecito. In episode one she smiles at raspberries on a cake. In another episode she smiles at hydrangeas. She also smiles at bees, whose hives she keeps on her property. "When I think of honey, I think of bees," she says, in one of the many insights with which the show brims. There have been doubts about whether Netflix was right to fork out a reported \$100m in a deal with Ms Markle and her husband, Prince Harry, for this show and other content. Such doubts must now be dispelled.

有的场景"充满魔力",有的"美得惊人",还有的"让人心生愉悦"。欢迎来到《梅根的爱心烹饪》(With Love,

中文导读

为0.01%的人群打造的新娱乐指南

entertaining /entə'temm/ adj.娱乐的,有趣的,使人愉快的v.娱乐,(尤指在自己家中)招待,款待,使有兴趣,使快乐,心存,怀有(想法、希望、感觉等)n.招待entertain的现在分词The children staged an entertaining puppet show.孩子们表演了一场十分有趣的木偶戏

1

delightful /dr'lartful/ adj.使人快乐的,令人愉快的,宜人的 He played a **delightful** melody on his flute.他用笛子吹奏 了欢快的曲调。

cookery /'kok(ə)rı/ n. 烹饪; 烹调; 烹饪术 I've been looking at the cookery book. I like the way it is set out我翻过那本烹饪书。我喜欢它的版式设计。

episode /'episəʊd/ n.插曲,(人生的)一段经历,(小说的)片段,(电视连续剧或无线电广播剧的)一集 This **episode** may serve as a paradigm.这一插曲可以充作典型例子。

raspberries /ˈrɑːzbəriz/ n. 覆盆子;山莓;悬钩子; (将舌头伸出并吹气而发出的粗鲁的声音)呸声,嘘声raspberry的复数

hives /harvz/ n.蜂房,蜂箱,一箱蜜蜂,蜂群,忙碌的场所,繁忙的地方v.把蜜蜂收入蜂箱,贮备,聚居,从团体中分出(如总公司以一部分商品分派给分公司生产)hive的第三人称单数和复数 A scent of honey wafted up from the hives. 一股蜂蜜的香味从蜂房里飘上来。

property /'propett/ n.所有物,财产,财物,不动产,房地产,房屋及院落,庄园,性质 He acquired a **property** on present form.基于他先前的行为, 他得到一笔财产。

brims /brim/ n. 边(brim的复数) v. 充溢;注满(brim的第三人称单数形式) He brimmed a glass of beer and offered it to me.他斟满了一杯啤酒给我喝。

fork /fo:k/ n.叉(挖掘用的园艺工具),餐叉,(道路、河流等的)分岔处,岔路,叉状物,车叉子v.分岔,岔开两条分支,走岔路中的一条,叉运,叉掘 We use forks for digging the ground.我们用耙子翻地。

dispelled /dr'speld/ v.驱散,消除(尤指感觉或信仰)dispel的过去分词和过去式

2

elevating /ˈɛlɪvetɪŋ/ adj.发人深思的,有启发的,有趣的v.提拔,晋升,提升(到不应有的位置),举起,抬起,提高,使升高elevate的现在分词 He used a couple of bolsters to elevate his head.他用两个垫枕垫头。

royal /rorəl/ adj.国王的,女王的,皇家的,王室的,用于服务于国王或女王或受其赞助的组织名称,庄严的,盛大的,高贵的,适合国王(或女王)的n.王室成员 The royal family is insulated from many of the difficulties faced by ordinary people.王室成员都毋须应付平民所面临的许多困难。

immense /r'mens/ adj.极大的,巨大的 Some elder people enjoy Beijing opera immensely.有些上了年纪的人非常喜爱京剧。

Meghan),梅根·马克尔的全新烹饪与生活方式节目。在这里,她在蒙特西托微笑着欣赏一切。第一集里,她对着蛋糕上的覆盆子微笑;在另一集中,她对着绣球花微笑。她还对着蜜蜂微笑,因为她的庄园里就养着蜂箱。"一想到蜂蜜,我就会想到蜜蜂。"她在节目中众多见解中的一句如是说。之前曾有人质疑,奈飞(Netflix)斥资据称1亿美元与马克尔女士及其丈夫哈里王子(Prince Harry)达成这项节目及其他内容的交易是否明智。如今,这样的质疑想必已经烟消云散。

【2】However, Ms Markle is not just smiling. She is on a mission. As she explains, she wishes to "share some little tips and tricks" for **entertaining** friends and **elevating** one's life. Such as, perhaps: make sure to marry a member of the British **royal** family. That tends to help no end. Or: ensure you get Netflix to pay you a vast sum to show off an **immense property**, complete with a vegetable garden, bee **hives** and chickens to lay fresh eggs. That helps, too.Panda Foreign Magazine Intensive Reading:Respect for Originality, Piracy Must Be Punished 然而,梅根女士不仅仅是在微笑。她肩负着一项使命。正如她自己所说,她希望"分享一些小妙招",帮助大家更好地招待朋友,提升生活品质。比如,一定要嫁给英国王室成员。这无疑是个不错的"提升"方式。或者,确保让奈飞付给你一大笔钱,

(3) This new eight-episode Netflix show, released on March 4th, is more or less Martha Stewart for the 0.01%, but aimed at the other 99.99%. In it she offers indispensable tips such as how to make candles with your own beeswax and how to boil noodles with tomatoes. Apparently first you place the noodles in a pan. Then you put in water. Then you take off the lid.

来展示你那带有菜园、蜂箱和能下新鲜鸡蛋的母鸡的庞大庄

园。这也有帮助。

released /rr'li:st/ v.发布,推出,释放,放出,放走,放开,松开,使自由移动(或飞翔、降落等);分布;发泄,宣泄;公布 release的过去分词和过去式 The bird was **released** from the cage.鸟从笼子里放出去了。

aimed /eɪmd/ v.力求达到,力争做到,目的是,旨在,瞄准,对准aim的过去分词和过去式 The aim is to give people more power over their own lives. 目的是让人们更能主宰自己的生命。

indispensable /mdr/spensəb(ə)l/ adj.不可或缺的,必不可少的n.不可缺少的人或物 For a successful class humour is **indispensable**.要在课堂上取得成功, 幽默是必不可少的。

candles /'kændl/ n.蜡烛candle的复数 We lit the candle and the candle lit the room.我们点着了蜡烛,蜡烛照亮了房间。

beeswax /'bi:zwæks/ n. 蜂蜡 vt. 给...上蜡 The experimental results of low temperature ablator (beeswax and camphor) tests in the hypersonic wind Tunnel are presented in this paper.本给出了低温烧蚀料的高超声速风洞烧蚀实研究的结果。

boil /boɪl/ v.煮,煮沸,(使)沸腾,(把壶、锅等)里面的水烧开,用沸水煮(或烫洗),被煮(或烫洗),怒火中烧n.沸腾,疖,沸点,皮下脓肿,黄水疮 You've boiled these vegetables too long; you've boiled them to a pulp.这些蔬菜你烧得太久了;已经烧成菜糊了。

lid /lɪd/ n.盖子,(容器的)盖vt.给...盖盖子 The coffin lid had been screwed down.棺材盖已经盖紧了。

evaporate /r'væpəreɪt/ v. 蒸发; (使)挥发; (逐渐)消失; 衰减 时态: evaporated, evaporating, evaporates The sun will **evaporate** the mist.太阳会蒸发雾气。

wondering /ˈwʌndərɪŋ/ v.想知道,想弄明白,琢磨,礼貌地提问或请人做事时说,感到诧异,非常惊讶wonder的现在分词 We were wondering about your being late.我们刚才还在为你的迟到感到疑惑不解。

4

hangers /'hæŋə/ n.衣架hanger的复数 I hung my coat up on a hanger.我把外衣挂在衣架上。

monarchy /'mɒnəkı/ n.君主制,君主政体,君主国,君主及 其家庭成员 The monarchy in England plays an important role in British culture.英格兰的君主政体在英国 文化中起重要作用。

entitled /in'taitld/ v.使享有权利,使符合资格,给...命名(或题名)entitle的过去分词和过去式 The poem is **entitled** Ode to Skylark.这首诗的题目是《云雀颂》。

replete /rɪ'pli:t/ adj.充满,充足,很饱,饱食n.[昆] 贮蜜蚁 He was replete with food and drink.他吃喝得饱饱的。

toast /toust/ n.干杯,吐司,敬酒,祝酒,烤面包片,(在某领域) 广受赞誉的人,有口皆碑的人v.为...举杯敬酒,为...干杯, 烤(尤指面包),把...烤得焦黄,烤火,取暖,使暖和 Let's all toast the bride and bridegroom.让我们为新郎新娘干杯。

handled / hændld/ v.处理,应付(局势、人、工作或感情),(用手)触,拿,搬动,控制,操纵(车辆、动物、工具等)handle的过去分词和过去式 A good conductor should handle himself as featly as he handles his orchestra.好的

Then the water will **evaporate**. Then they are done. At last. Everyone had been **wondering**.

这部于3月4日上线的八集新节目,多多少少有点像是面向 0.01%人群的马莎·斯图尔特(Martha Stewart)节目,但 目标受众却是其余的99.99%。在节目中,她分享了一些不可或缺的技巧,比如如何用自家的蜂蜡制作蜡烛,以及如何煮番 茄口味的面条。

先把面条放进锅里,加水,然

后揭开锅盖,等待水分蒸发。等水没了,面条也就煮好了。终于,这个让所有人困惑已久的问题有了答案。

[4] The show is not only helpful; it is also following in a royally long tradition. Queenly types have often loved the simple life: Marie Antoinette had a lovely time on her toy farm near the main palace of Versailles—until she didn't. And royal hangers-on have often monetised the monarchy: Pippa Middleton, the sister of Catherine, the Princess of Wales, once wrote a book entitled "Celebrate". It too was replete with useful insights, such as how to toast marshmallows over a fire. ("Long-handled forks" are, Ms Middleton explained, helpful, as are "flames".)

这档节目不仅实用,而且还在延续着一种悠久的皇室传统。皇 室成员往往钟爱简朴生活: 法国王后玛丽·安托瓦内特

(Marie Antoinette) 曾在凡尔赛宫附近的玩具农场里度过了一段美好时光,直到她去世。皇室的追随者们也常常利用皇室身份谋利。威尔士王妃凯瑟琳(凯特)的妹妹皮帕·米德尔顿(Pippa Middleton)就曾写过一本名为《庆祝》的书。书中也充满了实用的见解,比如如何在篝火上烤棉花糖。她贴心地提醒读者:"长柄叉子"非常实用,而"火焰"也是必不可少的。

【5】 The problem with Ms Markle's new show, as with all **cookery**, is getting the timing right. Hers

乐队指挥操纵自己的动作应如他操纵管弦乐队那样灵 巧。

forks /fo:k/ n.叉子(挖掘用的园艺工具),餐叉,(道路、河流等的)分岔处,分流处,岔口,岔路v.分岔,叉运,岔开两条分支,走岔路中的一条,叉掘fork的第三人称单数和复数 She put the forks in a neat pile and started on the knives. 她把餐叉整整齐齐地叠好后立即又收拾起餐刀来。

explained /ik'splemd/ v.解释,说明,阐明,说明(...的)原因,解释(...的)理由explain的过去分词和过去式 The changes are explained in detail overleaf.修改处在背面有详细的说明

flames /flemz/ n.火焰,火舌,鲜红色,橘红色,橙黄色,强烈的感情,激情v.燃烧,(因强烈情绪而)变红,使变红,向(某人)发送火药味电邮(或互联网信息)flame的第三人称单数和复数

5

celebrates /'selibreits/ v.庆祝,庆贺,主持宗教仪式(尤指圣餐),赞美,颂扬,歌颂celebrate的第三人称单数

contains /kən'teinz/ v.包含,含有,容纳,控制,克制,抑制 (感情),防止...蔓延(或恶化)contain的第三人称单数 This tech note **contains** information on ALAMODE.这技术笔记包含信息关于ALAMODE。

jarring /'dʒɑ:rin/ v.(使)撞击,受震动而疼痛,(对...)产生不快的影响,使烦躁,(与...)不协调,不和谐,相冲突jar的现在分词n.缸,坛子,(玻璃)罐子,广口瓶

vaguely /'veigli/ adv.不详细地,含糊地,不确切地,略微,稍微,心不在焉地 I felt **vaguely** uneasy.我模模糊糊地感到不容易。

viewers /'vju:əz/ n.观众,电视观众,观看者,观察者,(幻灯片)观看器,幻灯机viewer的复数 Viewed from the top of Mount Tai, the sunrise was indeed a spectacle.从泰山顶上看去,日出真是个奇观。

ravaged / ˈrævɪdʒd/ v.毁坏,损坏,严重损害ravage的过去分词和过去式 The country has been ravaged by civil war. 这个国家被内战摧毁了。

6

overall //əovərɔ:l/ adj.全面的,综合的,总体的adv.全部,总计,一般来说,大致上,总体上n.外套,罩衣,工装连衣裤,工装服 This is conditional on the overall plan.这决定于总的计划。

decorate /'dekəreɪt/ v.装饰,装潢,粉刷,油漆,糊墙纸,点缀,装点,授给(某人)勋章(或奖章) PVC decoration panel and folding door are new decorating and fliting building materials.PVC装饰板、折合门是新型建筑装饰装修材料。

7

spirited /'spiritid/ adj.精神饱满的,坚定的,勇猛的v.偷偷带走,让人不可思议地弄走spirit的过去式 The fact is that Paul kidnapped him and **spirited** him back to Russia.事实是,保罗绑架了他并把他秘密地带回俄罗斯去了。

could hardly be worse. Her show **celebrates**California living and **contains** a scene of smoke at the start (used to calm the bees). This is **jarring** to even the most **vaguely** news-aware **viewers**, who watched as fires recently **ravaged** nearby Los Angeles.Panda Foreign Magazine Intensive Reading:Respect for Originality, Piracy Must Be Punished 梅根新节目的问题,就像所有烹饪节目一样,在于时机不当。

梅根新节目的问题,就像所有烹饪节目一样,在于时机不当。 而她的节目时机选择得再糟糕不过了。她的节目颂扬的是加利 福尼亚的生活方式,开头还有一段烟雾的场景(用来安抚蜜 蜂)。这对于哪怕只是稍微关注一点新闻的观众来说都显得 格外刺眼,因为洛杉矶附近才刚刚经历了一场严重的山火。

【6】Furthermore, its overall air of wellness feels uncomfortable when two of the royals have been so very—and so quietly—ill. Kate's two videos about her cancer lasted, in total, under five and a half minutes. Here, Meghan takes almost as long to decorate a cake. 此外,在这部节目中弥漫的整体健康氛围也让人感到不适,因为王室中的两位成员一直病得很重,而且病得如此悄无声息。 凯特关于她患癌的两个视频总时长不到五分钟半。而在这里,梅根光是装饰一个蛋糕就花了几乎同样长的时间。

【7】But it would be mean-spirited to carp. For the spirit of this series is generous and aimed at showing people how much you care about them. "Everyone's invited," as its trailer says. This is darling, if arguably not entirely true. It seems unlikely, for example, that William and Kate were invited (according to the most recent reports, the couples barely speak) or Charles and Camilla (likewise). 不过,如果在这时吹毛求疵就有些过于刻薄了。因为这部系列节目的主旨是慷慨的,旨在向人们展示你有多在乎他们。正如其预告片所说,"人人都在邀请之列"。

carp /ka:p/ vi.挑剔,不停地抱怨,唠叨n.鲤鱼

generous /'dʒen(ə)rəs/ adj.慷慨的,大方的,慷慨给予的,丰富的,充足的,大的,宽厚的,宽宏大量的,仁慈的 They made a **generous** donation to charity.他们对慈善事业慷慨捐助。

trailer /'treɪlə(r)/ n.拖车,挂车,(电影或电视节目的)预告片,(拖车式)活动房屋,活动工作室vi.用拖车运乘拖带式居住车旅行 I watched a **trailer** for the screenplay of his memoirs.我看过以回忆录改编成电影预告片。

arguably /ˈɑːgjʊəblɪ/ adv.(常用于形容词比较级或最高级前)可论证地,按理 BOLS Coffee delivers a full coffee flavour built on a rum distillate base, making BOLS Coffee arguably the most mixable of all coffee liqueurs. 波士咖啡以朗姆酒为基酒,散发出浓郁的咖啡香味,波士咖啡利口无疑可以取代所有的咖啡利口酒.

8

pursuit /pə'sju:t/ n.追求,寻找,追赶,跟踪,追捕,事业,消遣, 爱好 Games like chess are rather intellectual **pursuit**s.棋 类比赛是相当费脑力的娱乐。

perfection /pə'fekʃ(ə)n/ n.完美,完善,圆满,最后加工 It was the very **perfection** of beauty.它是美的结晶。

charming /ˈtʃɑːmɪŋ/ adj.令人着迷的,迷人的,吸引人的,(表示对某人的行为评价不高)真是太好了v.吸引,迷住,(以魔法或似有魔法)控制,保护charm的现在分词 I'm still waiting for my Prince Charming!我还在等着我白马王子呢!

precisely /prr'saɪslı/ adv. 准确地;(强调真实或明显)正是,确实;精确地;仔细地;恰好地;细心地;对,的确如此,一点也不错 A scientist must be precise in making tests.科学家做试验必须精确。

wording /ˈwɜːdɪŋ/ n.措辞,用词v.措辞,用词word的现在分词 The wording of the note permits of several interpretations.通知的措辞允许有几种解释。

descriptions /dɪsˈkrɪpʃənz/ n.描写(文字),形容,说明,类型 description的复数 The novel has long descriptions and not much dialogue. 这部小说描述多对话少。

heavier /ˈhɛvɪə-ðənˈɛr/ adj.更重的,重的,沉的,(在数量、程度等方面)超出一般的,比一般严重的,大而结实的,不精致的adv.大量地,笨重地heavy的比较级 He burdened himself with a heavy overcoat.他给自己加一件厚大衣。

abrasive /ə'breɪsɪv/ adj. 摩擦的; 磨损的 有磨蚀作用的 使人厌烦的;粗鲁的 n. (研)磨料; 磨蚀剂 磨蚀岩 fast **abrasive** rhythms.快而刺耳的旋律。

bullying /'bolm/ v.恐吓,伤害,胁迫n.仗势欺人者; 横行霸道者bully的现在分词 I refuse to stoop to such bullying tactics.我拒绝下作到使用这种霸道手段。

①短语:

1.原文: There have been doubts about whether Netflix was right to fork out a reported \$100m in a deal with Ms Markle and her husband, Prince Harry, for this show and other content.

词典: fork out支付或交出

这虽然

讨人喜欢,但可以说并不完全属实。例如,根据最新的消息, 威廉和凯特似乎没有收到邀请(这对夫妻几乎没有什么交 流),查尔斯和卡米拉也差不多。

[8] Ms Markle says that she is "not in the **pursuit** of perfection" but "in the pursuit of joy". This is charming, if not precisely the wording that some inside the palace use. Their descriptions of her tend to go a little heavier on words like "abrasive", "bullying", "difficult" and "rude". But then, perhaps those palace workers did not stop to smell—and smile

马克尔表示,她"追求的不是完美",而是"快乐"。这说法很 有魅力,尽管可能不是宫里某些人会用的措辞。他们对她的描 述往往更侧重于"脾气暴躁"、"霸凌"、"难相处"和"粗鲁"之 类的词。但也许,这些宫里的工作人员没有停下来去欣赏,甚 至是微笑着看,那盛开的绣球花吧。

今日词汇 range[reindʒ] n. 范围、界限、区间; 类、种; 山脉 v. 变化、变动(range from A to B 或range between A and 考研出现次数: 10+ 考频: ★★ 考点回顾 阅读考点真题例句: [例] Not everyone will agree with the authors' policy ideas, which range from mandating more holiday time to reducing tax incentives for American homebuyers. (2014年英语二24题) [译] 并不是每个人都同意作者在从安排更多的度假时间到减少税收刺激美国购房者的观点。 完形考点真题例句: [例] Estimates range anywhere from 600, 000 to 3 million. (2006 英语一完形) [译]估计数字会有从60万到300万的差异。

②长难句

at—the hydrangeas.

原 There have been doubts about whether Netflix was right to fork out a reported \$100m in a deal with Ms Markle and her husband, Prince Harry, for this show and other content.

2. 分析: 主句是there be结构的存在句,结构为主 (Market Decipher) 谓 (have been) 宾语 doubts (about whether Netflix was right to fork out a reported \$100m in a deal with Ms Markle

例句: Visitors to the castle had to fork out for a guidebook. 参观城堡的游客得为一本旅游指南掏很多

2.原文: She is on a mission.

词典: on a mission执行任务; 承担使命 例句: As Somaliland's first archaeologist, Mire is now on a mission to preserve and protect what she says is a heritage at risk of

disappearing. 作为索马里兰的第一个考古学家,米雷现在的任务是维护和保护她所说的具有消失危险的遗产。

3.原文: Such as, perhaps: make sure to marry a member of theBritish royal family.

词典: Such as例如

例句:It was standard practice for untrained clerks to advise in serious

cases such as murder. 让未经训练的职员们在诸如谋杀等重案中 提出建议是常规的做法。

4.原文: Or: ensure you get Netflix to pay you a vast sum to show off an immense property, complete with a vegetable garden, bee hives and chickens to lay fresh eggs.

词典: show off炫耀; 卖弄

例句: They have a tendency to **show off**, to dramatize almost every situation. 他们有一种炫耀的倾向,几乎任何情况都要 大肆渲染一番。

5. 原文: This new eight-episode Netflix show, released on March 4th, is more or less Martha Stewart for the 0.01%, but aimed at the 99.99%.

词典: isaimed at针对,以……为目标 例句:Their latest product<mark>is aimed at</mark> the mass market.

他们的最新产品瞄准了大众市场。

6.原文: Then you take off the lid. 词典: take off拿走,脱下,起飞

例句:Now I'll <mark>take off</mark> my "friend hat" and

put on my "therapist hat."

现在我将从朋友的角色转为治疗专家的角

7. 原文: Kate's two videos abouther cancerlasted, in total, under five and a half minutes.

词典:in total总共,总计

例句:There are four levels **in total**: bands,

tribes, chiefdoms and states.

总共有四种社会组织:群体、部落、酉帮 以及城邦。

8. 原文: It seems unlikely, for example, that William and Kate were invited (according to the most recent reports, the couples barely speak) or Charles and Camilla (likewise).

词典:forexample例如

例句: The report is incomplete; it does not include sales in France, for example.

and her husband, Prince Harry, for this show other content whether Netflix was right to fork out a reported \$100m是宾语从句,作为介词about的宾语,宾语从句的结构是主(Netflix)系(was)表(right)。

3. 译文: 之前曾有人质疑,奈飞 (Netflix) 斥资据称1亿美元与马克尔女士及其丈夫哈里王子 (Prince Harry) 达成这项节目及其他内容的交易是否明智。

1. 原文: This is jarring to even the most vaguely news-aware viewers, who watched as fires recently ravaged nearby Los Angeles.

2. **分析**: 主句的结构为主(**This**)系(**is**)表 (jarring), who引导定语从句, 先行词是 viewers, 定语从句的结构是主(viewers)谓 (watched as) a

3. 译文: 这对于哪怕只是稍微关注一点新闻的 观众来说都显得格外刺眼, 因为洛杉矶附近才刚 刚经历了一场严重的山火。

③写作技巧:

1. Such as, perhaps: make sure to marry a member of the British royal family.

译文:**比如,一定要嫁给英国王室成员。**

It seems unlikely, for example, that William and Kate were invited (according to the most recent reports, the couples barely speak) or Charles and Camilla (likewise).

译文:例如,根据最新的消息,威廉和凯特似乎没有收到邀请(这对夫妻几乎没有什么交流),查尔斯和卡米拉也差不多。

技巧: Such as, for example例如, 达还有for instance, 写作时可进行同义替 换。

这份报告不完整,例如在法国的销售情况 就没包括进去。

9. 原文: Ms Markle says that she is "not in the pursuit of perfection" but "in the pursuit of joy".

词典: in the pursuit of 追求 例句: People who live their

lives in the pursuit of possessions are never content.

活着就为了追逐财富的人永远也不会满足。

10. 原文: It seems unlikely, for example, that William and Kate were invited (according to the most recent reports, the couples barely speak) or Charles and Camilla (likewise).

词典: according to根据

例句: People should pay according to their

人们应该按照各自的负担能力来消费。

④背景知识:

Martha Stewart: 马莎·斯图尔特。是一位具有传奇 色彩的美国家政女王和企业家,她的事业经历了从 模特到证券经纪人再到家居媒体帝国的创始人的转 变。她制作了自己的电视节目,节目内容涵盖家 居、烹饪、园艺等多个方面。

⑤段落大意: 【1】梅根·马克尔(Meghan Markle)的新烹饪与 生活方式节目《梅根的爱心烹饪》(With Love,Meghan)播出。 【2】该节目旨在教大家如何款待朋友、提升生活

【3】节目中的一些建议对于大多数人来说并不实

【4】该节目不仅实用,而且延续了皇室的传统。 【5】梅根的新节目在时机选择上存在问题。 【6】节目整体营造的健康氛围与王室成员中的两 位重病的情况相悖

【7】节目的主旨是慷慨的,但这可能与宫内某些 人对她的描述不符

【8】梅根表示她追求的是快乐而非完美。