



Dialogue/对话

A: Honey, are we out of cereal at home?

A: 亲爱的，我们家麦片是不是吃完啦？

B: I don' t think so, sweetie. We still have Raisin Bran, Special K and a few boxes of Cheerios.

B: 没有吧。我们还有葡萄干麦片、全麦维、和几盒脆谷乐。

A: Ugh, we always buy the healthy ones. Let' s get Fruit Loops this time!

A: 哎，我们买的都是些健康麦片。我们这次买点水果圈吧！

B: You' re not eating that junk food. It' s loaded with sugar!

B: 你可不能吃那种垃圾食品。里面全是糖！

A: Okay what about Mini-Wheats? They' re only unhealthy on one side.

A: 好吧，那Mini-Wheats怎么样？只有一点点不健康。

B: Drop it! You need to eat a balanced breakfast. Here, we can start with some granola and muesli.

B: 别买！你得吃均衡的早餐。来，我们先买点脆燕麦片和瑞士果蔬燕麦片。

A: Granola is too crunchy. And Muesli isn' t sweet enough.

A: 脆燕麦片太脆了。瑞士果蔬燕麦片又不够甜。

B: If you want to sweeten it, you can add some berries.

B: 如果你想让它甜一点，可以加些莓果啊。

A: Oh hey, there's a sale on Rice Krispies! They' re good for you, right?

A: 嘿，这里脆米花在打折！这个挺健康的，对吗？

B: Right. I didn' t know you liked Rice Krispies!

B: 没错。我不知道你喜欢脆米花。

A: I don' t. But I love Rice Krispie Squares!

A: 我不喜欢脆米花，但我喜欢脆米通！

Key vocabulary/重点词汇

out of /aʊt ʌv/ 没有了

cereal /'siəriəl/ 早餐谷物

Raisin Bran /'reɪzɪn bræn/ 葡萄干麦片

Special K /'speʃəl keɪ/ 全麦维，一种低脂麦片

Cheerios /'tʃiəriəs/ 脆谷乐

healthy /'helθi/ 健康的

Fruit Loops /'frut lups/ 水果圈

junk food /dʒʌŋk fud/ 垃圾食品

loaded with /'ləʊdəd wɪð/ 充满、装满

Mini-Wheats /'mini-wits/ 迷你方格麦

unhealthy /ən'helθi/ 不健康的

drop it /drɒp ɪt/ 放下

balanced /'bælənst/ 平衡的、均衡的

granola /grə'noʊlə/ 脆燕麦片

muesli /'mjuzli/ 瑞士果蔬燕麦片

crunchy /'krʌntʃi/ 脆的

sweet /swit/ 甜的

sweeten /'switən/ 使变甜

berries /'beriz/ 浆果

there's a sale on /ðɛr z ə seɪl ɒn/ 打折

Rice Krispies /raɪs 'krɪspɪz/ 脆米花

Rice Krispie Squares /raɪs 'krɪspɪ skwɛr z/ 脆米通

Supplementary vocabulary/补充词汇

fiber /'faɪbər/ 纤维

flakes /fleɪks/ 麦片、薄片

promote /prə'moʊt/ 促进

sugary /'ʃʊɡəri/ 含糖的

calories /'kælərɪz/ 卡路里

processed /'prɒsɛst/ 处理的、加工的

elves /elvz/ 小精灵

melt /mɛlt/ 融化

stir in /stɜr ɪn/ 一边加原料一边调和

grew up on /gru ʌp ɒn/ 习惯了

crept out /krept aʊt/ 起鸡皮疙瘩，毛骨悚然

Expansion/例句

loaded with

1. Most fast food is loaded with salt and fat.

大部分快餐含盐量和含脂肪量都过高。

2. With all of these new clients, I'm pretty loaded with work.

公司增添了很多新客户，因此我的工作量也随之倍增。

3. His essay was loaded with spelling and grammar mistakes.

他的文章里全是拼写和语法错误。

sweet

1. Please don't let the children eat too much sweet food.

别让孩子吃太多甜食。

2. That was a really sweet thing you did for him just now.

你为他做的这件事好贴心啊。

3. The tea didn't taste very good, so I added some honey to sweeten it.

那个茶味道不怎么样，所以我加了一些蜂蜜。

balanced

1. We all need to find a good work-life balance.

我们都需要工作与生活相平衡。

2. My husband likes to show everyone that he can balance a spoon on his nose.

我丈夫总喜欢跟别人展示他能把勺子立在鼻子上。

3. The baby lost her balance and fell down.

那个小宝宝失去了平衡摔倒了。

Grammar/语法

Good / bad for you(对.....好/不好)

In today's lesson, we talked about "healthy," "unhealthy," and "good for you." Using these words is very simple: something is either healthy or it is unhealthy. With "good for you" or its opposite "bad for you," other words can be used instead of "you." For example, something can be good for a body part, or good for another person.

今天课程上，我们讨论了『健康』、『不健康』以及『对你有好处』等表达。这些短语的使用方法很简单，一个东西要么是健康要么是不健康。对你有好处的反义词就是对你不利。当然也可以是不是对你，宾语可以换成身体的某个器官，或者其他的人。

Note: try not to confuse these words. You might hear that something is "good for your health," but you will

never hear "good for your healthy."

注意：这些词不要相互混淆了。你可能会听到有人说"good for your health"，但是永远不会有人说"good for your healthy"。

1. Running is really good for you, but it's not always great for your knees.

跑步真的对身体有好处，但是对膝盖可能会有损伤。

2. Smoking is so bad for you! You should quit.

抽烟真的对身体不好！你应该戒烟了。

3. I know it's bad for me, but it's so delicious!

我知道这对身体不好，但是真的太美味了！

4. Is eating butter bad for your heart?

吃黄油会对心脏不好吗？

5. I think some fresh air will be really good for you.

我想呼吸一些新鲜空气肯定对你有好处。