

1.18经济学人考研雅思|饮食习惯



January 1th 2022 【Britain】

Eating habits 饮食习惯

Blessed are the cheesemakers 做奶酪的有福了

The breadmaking boom did not last. Other changes did
面包行业的繁荣并没有持续多久，因为发生了其他变化。

【1】As the last remnants of turkey, **trifle** and Christmas pudding are purged from the nation's **refrigerators**, thoughts turn **inexorably** to **dieting** and health. If this new year is like previous ones, Britons who make resolutions will most often pledge to exercise more, eat healthier food and lose weight. But the **pandemic** means that their diets have already changed, in **broadly benign** ways.

当火鸡、蛋糕和圣诞布丁最后的残余物从英国人的冰箱里被清理出去时，人们不可避免地会想到节食和健康。如果今年的新年和往年一样，制定新年计划的英国人（Britons）通常会承诺多锻炼、吃更健康的食物和减肥。但疫情意味着，他们的饮食已经发生了改变，而且基本上是良性的。

【2】In the first 12 months after covid-19 **struck**, from

中文导读

面包行业的繁荣并没有持续多久，因为发生了其他变化。

1

trifle /ˈtraɪf(ə)l/ n. 琐事；少量；蛋糕 vi. 开玩笑；闲混；嘲弄 vt. 浪费；虚度 You make too much fuss about trifles. 你太小题大做了。

refrigerators /rɪˈfrɪdʒəˌreɪtəz/ n. [制冷] 冰箱，[制冷] 冷藏室；[制冷] 冷冻库（refrigerator的复数）

perishable /ˈperɪʃəb(ə)l/ adj. 易腐烂的，易腐败的 易毁灭的；易消亡的 n. 容易腐烂的东西（尤指食品） Heat greatly accelerates the deterioration of perishable foods. 热量会大大加快易腐食品的腐烂。

dieting /ˈdaɪətɪŋ/ n. 节食；节食减肥 v. 给...规定饮食；喂食（diet的ing形式） Athletes usually eat a high carbohydrate diet. 运动员通常吃高碳水化合物食物。

pandemic /pænˈdemɪk/ adj. （疾病）在全国（或世界）流行的 n. （全国或全球性）流行病，瘟疫 pandemic influenza. 流感

broadly /ˈbrɔːdli/ adv. 宽广地；露骨地；概括地；明显地；粗鄙地 The road broadens out at this point. 这条马路在这里开始变宽。

benign /brɪˈnaɪn/ adj. 良性的；吉利的；和蔼的，亲切的 副词：benignly A benign tumour will not cause you any fatal harm. 良性肿瘤不会对你有致命的伤害。

2

struck /strʌk/ adj. 受罢工影响的 v. 罢工，打，打击（strike的过去式和过去分词） My arm accidentally struck against the table. 我的胳膊不小心撞到桌子上。

altered /ˈɔːltəd/ v. 改变，改动，修改；阉割，切除（alter的过去式过去分词）

drastically /ˈdræstɪkəli/ adv. 大大地；彻底地 激烈地 The store has drastically reduced winter coats. 商店对冬装大减价

canned /kænd/ adj. 录音的；罐装的 v. 装于罐头（can的过去分词） The fish is canned in this factory. 鱼是在这家工厂制成罐头的。

baked /ˈbeɪkɪd/ adj. 烘焙的；烤的 v. 烘培；烧制（bake的过去分词） A freshly baked cake doesn't cut easily. 刚烤好的蛋糕不容易切。

enthusiastically /ɪnˌθjuːzɪˈæstɪkəli/ adv. 热心地；满腔热情地 The audience clapped enthusiastically and called for more. 观众们热烈鼓掌要求再来一个。

boredom /ˈbɔːdəm/ n. 厌倦；令人厌烦的事物 Unemployment can drive you mad with boredom. 失业会让你无聊得发疯。

scared /skeəd/ adj. 害怕的 v. 使害怕（scare的过去分词） The dog scared the thief away. 狗把贼吓跑了。

inexorably /ɪnˈeksərəbli/ adv. 无情地，冷酷地 inflation spirals inexorably on (由于通货膨胀) 物价节节上升

March 2020, eating habits **altered drastically**. Fearing shortages, people stocked up on frozen, dried and **canned** food. They **baked enthusiastically**, either out of **boredom** or because they were **scared**: making **perishable** foods such as bread at home allowed them to avoid visiting the shops every few days. Tesco, Britain's biggest **grocer**, was **rationing flour** and pasta even in the autumn of 2020.

自2020年3月以来，在新冠疫情爆发后的头12个月里，人们的饮食习惯发生了巨大改变。由于担心物资短缺，人们囤积了冷冻食品、干货和罐头食品。他们热情地烘烤食物，要么是出于无聊，要么是因为害怕：在家做面包等易腐食品可以让他们避免每隔几天就去商店买东西。英国最大的食品杂货商特易购(Tesco)甚至在2020年秋季就开始对面粉和意大利面实行定量供应。

【3】Some changes did not last. By autumn 2021

baking products and eggs had fallen back to where they had been two years earlier. "I think people have cooked enough," says Krishnakumar Davey, who follows the **grocery** market at IRI, a research firm. Sales of frozen food are back to pre-**pandemic** levels, too.

有些变化并没有持续下去。到2021年秋季，烘焙产品和鸡蛋已经回落到两年前的水平。“我认为人们已经做得够多了，”调查公司IRI跟踪食品市场的克里希纳库马尔·戴维

(Krishnakumar Davey) 说。冷冻食品的销量也恢复到了疫情前的水平。

【4】But others proved more enduring. Britons continue to purchase **oddly** large **quantities** of **canned** fish, cheese and **sausages**. They have not given up the

grocer /'grəʊsə/ n. 食品杂货商 Go down to the **grocer's** and get some sugar.去杂货店给我买点糖来。

rationing /'ræʃənɪŋ/ n. 定量配给 These rations will suffice until next week.这些给养能够支持到下星期

flour /'flaʊə/ n. 面粉；粉状物质 vt. 撒粉于；把...磨成粉 The main material of Cold Noodle contains white **flour**, buckwheat **flour** and fecula.做冷面时，先把和好的面用专用机械压入锅中，煮熟后捞出，用冷水冷却。

3

baking /'beɪkɪŋ/ n. 烘焙，一次烘焙的量 She never spares the butter when **baking**.她煎饼时从不吝惜黄油。

grocery /'grəʊs(ə)rɪ/ n. 杂货业 杂货店 Grocery stores sell many foods that have been processed.食品杂货店出售多种加工食品。

4

oddly /'ɒdli/ adv. 古怪地；奇妙地；单数地 I almost OD'd on mushroom salad.我几乎过量食用了蘑菇色拉。

quantities /'kwɒntəti/ 工程量 Mathematics is the science of pure quantity.数学是纯粹研究数量的科学。

sausages /'sɔːsɪdʒ/ n. 香肠，腊肠 (sausage的复数形式) The **sausages** were frizzling in the pan.香肠在平底锅里吱吱作响。

dietary /'daɪət(ə)rɪ/ adj. 与饮食有关的；饮食的；Recognized source of potassium, folacin and **dietary** fiber.这种食物纤维的近一半是一种水溶胶质。

instant /'ɪnst(ə)nt/ n. 片刻，顷刻，刹那 adj. 立即的 即食的，立即可冲食的 And the bobbies will be along **instantly**.并且警察就要来了。

cereals /'sɪrɪəl/ n. 谷类食品；谷类 By **cereals** we mean wheat, oats, rye, barley, and all that.谈到谷物，我们指的是小麦、燕麦、黑麦、大麦之类的东西。

snacks /'snæks/ n. 快餐；小吃；零嘴 (snack的复数) v. 吃快餐；斗嘴 (snack的三单形式) I only have a **snack** at lunch time.午饭我通常只吃一份快餐。

demand /dɪ'mɑːnd/ vt. 要求 需要 想要知道，查问 n. 要求，所需求之物 需求，需要 时态：demanded, demanding, demands 形容词：demandable 名词：demander The teacher **demand**ed adherence to the rules.老师要求学生遵守纪律。

5

estimates /'estɪmeɪts/ n. 估计；预算 (estimate的复数)；概数 v. 评价 (estimate的三单形式)；估量 The rise in interest rates put our **estimates** out by several thousands.利率上升使我们的估算差了好几千。

toast /təʊst/ n. 烤面包；吐司；干杯 vt. 烤；敬酒；使暖和 vi. 烘，烤 Let's all **toast** the bride and bridegroom.让我们为新郎新娘干杯。

complicated /'kɒmplɪkeɪtɪd/ adj. 结构复杂的 She apprehended the **complicated** law very quickly.她很快理解了复杂的法律。

commuting /kə'mjuːtɪŋ/ n., adj. 交换(的) The bus picks up commuters at three stops.公共汽车在三个站载送通勤者

pasta habit. The long-term winners in this national dietary shift are neither **instant** foods, such as breakfast **cereals**, **snacks** and ready meals, nor slow foods that **demand** attention, but things in the middle.

The **grocery** items that are selling best are the ones that can be turned into meals in ten or 20 minutes.

但事实证明，其他食品更持久。英国人继续购买数量惊人的鱼罐头、奶酪和香肠。他们没有放弃吃意大利面的习惯。在这场全国性的饮食转变中，长期的赢家既不是早餐麦片、零食和即食餐等速食食品，也不是需要注意的慢食食品，而是介于两者之间的食物。食品店里卖得最好的是那些可以在10到20分钟内做成一顿饭的东西。

【5】Many people are still eating fewer meals out, and more at home, than they used to. Kantar, another research firm, **estimates** that the number of in-home “eating occasions” is 9% higher than in 2019. Home workers probably have enough time for cheese on **toast** but not for anything more **complicated**. Although home-made lunches are up by the most, people are also eating more breakfasts at home; the decline in **commuting** means that the morning **fry-up** has replaced the station-bought coffee and croissant.

与过去相比，许多人外出就餐的次数仍在减少，在家就餐的次数更多。另一家调研公司凯度（Kantar）估计，居家“就餐时间”的数量比2019年增加了9%。在家工作的人可能有足够的时间吃干酪吐司，但没有时间做更复杂的事情。不仅在家自己做午餐的次数增加最多，人们在家吃早餐的次数也多了；通勤率的下降意味着早上吃的煎食已经取代了在车站买的咖啡和羊角面包。

【6】These changes are socially **uneven**. Nathan Ward of Kantar says that people in the ABC1 social

fry /fraɪ/ vt. & vi. 油炸，油煎 vi. 皮肤晒黑 时态: fried, frying, fries **Double Double, gilled onion; well done crispy fries, animal style fries!** 贴一下昨晚和朋友一起去吃的In n Out!

6

uneven /ʌn'ɪ:v(ə)n/ adj. 不平坦的；不平滑的；不规则的 不一致的；不相等的；有差异的（竞争等）不对等的 不稳定的；易变化的 不平行的；不对称的 奇数的 比较级: **unevenner, unevenest** 副词: **unevenly** 名词: **unevenness** **an uneven contest**. 力量悬殊的比赛

dairy /'deəri/ n. 乳制品店；制酪场；牛奶及乳品业；乳牛；奶制品 adj. 牛奶的；牛奶制的；乳品的；产乳的 **He ran his father's dairy in Kent.** 他经营父亲在肯特郡的一家牛奶场。

今日词汇

mass [mæs]

n. 大量、许多；一群、一堆；团、块；
(pl.) 群众、民众
adj. 大批的、数量多的

考研出现次数：15+

考频：★★

考点回顾

阅读考点真题例句：

[例] The research of Till Von Wachter, the economist at Columbia University, suggests that not all people graduating into a recession see their life chances dimmed: those with degrees from elite universities catch up fairly quickly to where they otherwise would have been if they had graduated in better times; it is the masses beneath them that are left behind. (2012年英语二39题)

[译] 哥伦比亚大学经济学家Till Von Wachter的研究表明，不是所有赶上大萧条的毕业生发展的机会都很渺茫：那些名校的毕业生就能迅速赶上，占据他们在经济状况好的时候毕业本该拥有的职位，而落在后面的却是大批普通高校的毕业生。

完形考点真题例句：

[例] Egalitarian sentiments were often tempered by fears that the mass of the population was unprepared for self-rule and democracy. (2007英语一完形)

[译] 平等主义的情绪往往被民众对自治和民主尚未做好准备的恐惧所减缓。

短语：①原文：As the last remnants of turkey, trifle and Christmas pudding are purged from

the nation's refrigerators, thoughts turn inexorably to dieting and health.

词典：be purged from 被从.....

中清除；

例句：The old tasks will be purged from the database, and you can start crunching on completely fresh material.

旧的任务将会从数据库中清除，你就能开始算全新的数据了。

②原文：Britons who make resolutions will most often pledge to exercise more, eat healthier food and lose weight.

词典：pledge to 承诺；保证；发

誓

groups (**broadly**, the middle classes) account for 70% of additional in-home lunches. Perhaps as a result, more expensive groceries are especially popular. Saputo, a Canada-based **dairy** firm, says that almost all its British cheese products are selling well, but its Davidstow cheddar cheese, which is pricier than most, is the best performer. Saputo has marketed Davidstow at the Hampton Court flower Show—flower shows being to the middle classes what light bulbs are to moths.

这些变化是社会性不均衡的。凯度公司的内森·沃德

(Nathan Ward) 表示, ABC1 社会群体 (一般是中产阶级) 的人占了70%的额外家庭午餐。也许因此, 更昂贵的食品尤其受欢迎。加拿大乳品公司萨普托 (Saputo) 表示, 几乎它旗下所有的英国奶酪产品都卖得很好, 特别是比大多数公司都贵的大卫斯托 (Davidstow) 切达干酪表现最好。萨普托公司在汉普顿宫廷花展 (Hampton Court flower Show) 上推销了这款奶酪, 而花展之于中产阶级, 就像灯泡之于飞蛾。

【7】 Although sales of most groceries are up, people seem to be refraining from the least healthy foods. Confectionery has fared poorly for the past two years, according to IRI. The government-run National Survey of Diet and Nutrition **estimates** that working-age adults sipped 79g of sugar-sweetened drinks per day in 2020, down from 100g before covid. They also downed fewer buns, cakes and pastries. Mind you, they needed to cut back. Also clear, from the same survey, is that people are exercising less and drinking more alcohol.

虽然大多数食品的销量都在上升, 但人们似乎都不愿吃那些最

例句: In the treaty both sides pledge to respect human rights.

双方在条约中都许诺尊重人权。

③原文: Fearing shortages, people stocked up on frozen, dried and canned food..

词典: **stock up on** 存储; 置办

例句: When I turned to reach for some milk, I nearly knocked her over.

当我转身去拿牛奶时, 我差点把她撞倒了。

④原文: They baked enthusiastically, either out of boredom or because they were scared: making perishable foods such as bread at home allowed them to avoid visiting the shops every few days.

词典: **out of** 由于; 缺乏; 在.....范围 (或限制之外)

例句: I help you out of sympathy. 我出于同情而帮助你。

⑤原文: Although home-made lunches are up by the most, people are also eating more breakfasts at home; the decline in commuting means that the morning fry-up has replaced the station-bought coffee and croissant.

词典: **home-made** (本) 国产的; 自制的; 家里做的

例句: Until then, some growers are using home-made traps.

直到这时一些种植者使用的仍是自制的陷阱。

词典: **fry-up** 煎食; 简易油煎快餐; 英式早餐

例句: We always have a fry-up for Saturday morning.

我们星期六的早餐总有一道油煎菜。

⑥原文: Although sales of most groceries are up, people seem to be refraining from the least healthy foods.

词典: **refrain from** 克制; 抑制; 忍住

例句: Can you refrain from laughter, my friends? 各位不要大笑, 好吗?

⑦原文: Mind you, they needed to cut back.

词典: **cut back** 削减; 修剪; (美) 倒叙; 急忙返回

例句: The Government has cut back on defence spending. 政府已削减了国防开支。

不健康的食品。IRI的数据显示，过去两年，糖果行业的表现不佳。政府运营的全国饮食和营养调查(National Survey of Diet and Nutrition)估计，2020年，工作年龄成年人每天喝79克含糖饮料，低于新冠肺炎前的100克。他们吃的小圆面包、蛋糕和酥皮糕点也减少了。但需要特别提醒的是，这是因为他们需要削减开支。同样清晰可见的是，在这个调查中，人们减少了锻炼，增加了饮酒量。

写作技巧：

原文：Saputo has marketed Davidstow at the Hampton Court Flower Show—flower shows being to the middle classes what light bulbs are to moths. 萨普托公司在汉普顿宫廷花展(Hampton Court Flower Show)上推销了这款奶酪，而花展之于中产阶级，就像灯泡之于飞蛾。

句型：A is to B what C is to D. 固定句型，意思是A之于B，就像C之于D。A、B均为本体，C、D均为喻体。在这里“what”作为连词使用，意思是“恰如、好像、之于”。

例句：Food is to the body what reading is to the knowledge.
食物对于身体正如读书对于知识。

背景知识：英国饮食特点：1. 早餐求快，因为现在社会节奏很快，大多数的人都很忙碌，所以没办法吃丰盛的早餐。2. 午餐从简，英国人的午餐在短时间之内就要解决，因为英国的午休时间很短暂，所以午餐要吃快一点才能有时间休息。3. 晚餐正式，英国人将晚餐视作为正餐，所以一天的三顿饭中，就数晚餐最丰富。4. 是英国的饮食趋向多元化，英国的饮食和烹饪随着外来人的迁徙而不断地发生着很大的变化。

长难句：

原文：If this new year is like previous ones, Britons who make resolutions will most often pledge to exercise more, eat healthier food and lose weight.

分析：句子主干：Britons will pledge to exercise more, eat healthier food and lose weight. (主谓宾)。If this new year is like previous ones 是条件状语。who make resolutions 是后置定语，修饰 Britons。most often 是状语。

译文：如果今年的新年和往年一样，制定新年计划的英国人(Britons)通常会承诺多锻炼、吃更健康的食物和减肥。

段落大意：

【1】疫情导致英国人饮食发生变化。

【2】除了囤积食品，人们还热衷于自己在家做饭。

【3】烘焙相关食品和冷冻食品销量已经回落。

【4】卖的好的食品是煎食。

【5】人们在家就餐次数变多。

【6】昂贵食品更受欢迎，比如奶酪。

【7】不健康的食品销量降低。