

Healthy diets for people and the planet

The article begins with a story about a person who lives by the sea and does not eat seafood for the sake of economy, and describes how the ideal diet should have two characteristics: it is nutritious and does not threaten natural resources.

The article is divided into four parts, the first of which is about Iannotti and her team's experiment.

Iannotti and her team conducted controlled and tracked experiments in the town to understand "which seafood choices we can make that are healthy for the ecosystem and our diet", and concluded that "the recommended diet should also be culturally acceptable and affordable". "

The study also found that unhealthy diets are responsible for more global deaths than any other factor, including smoking, and that these health problems are accompanied by environmental problems, such as greenhouse gases and water pollution. The report has drawn attention to sustainable diets and many people are beginning to conduct research in this area.

The second section deals with the fact that the greenhouse gas pollution that accompanies the production of food already far exceeds that of other production activities. Because of the inefficiency of animals in converting feed into food, scientists have developed a diverse, plant-based diet plan. Although the idea was rejected due to industry pressure. But it brought more attention to the issue of sustainability.

The third part is the scientists' efforts in convincing people to adopt a healthy, sustainable diet. They found that people tend to adopt eating habits from an early age and continue to do so into adulthood, so they worked to get people to adopt sustainable eating habits from an early age to improve the problems caused by their current eating habits.

The last section speaks to the difficulties of achieving an ideal sustainable and healthy diet, such as the price of a sustainable diet, and the inaccessibility of foods prescribed by the diet that keep millions of people away.

Currently, scientists around the world are working in localized directions, focusing first on what people care more about and working towards outcomes that are of interest to these communities.

Vocabulary analysis

- acceptable （可接受的）
 - adj.
 - worthy of acceptance or satisfactory
 - judged to be in conformity with approved usage
 - meeting requirements
 - adequate for the purpose
 - accept （接受） + able （可...的）
 - adj.
 - accepted 公认的；录取的；可接受的；已承兑的
 - accepting 承兑的；易接受的；赞同的
 - acceptant 容易接受的；愿接受的
 - acceptive 易接纳的；可领受的
 - adv.
 - acceptably 可欣然接受地；合意地
 - n.
 - acceptance 接受；接纳；[金融] 承兑；赞同
 - acceptability 可接受性；可容许性
 - acceptor [金融] 承兑人；接受者；接收器
 - acceptation 赞同；承认；通用意义
 - v.
 - accepted 接受（accept 的过去式及过去分词）
 - accepting 接受；同意；承担（责任等）（accept 的 ing 形式）
 - vi.
 - accept 承认；同意；承兑
 - vt.
 - accept 接受；承认；承担；承兑；容纳
- accomplishment （成就）
 - n.
 - the action of accomplishing something
 - an ability that has been acquired by training
 - accomplish （完成） + ment （结果）
 - adj.
 - accomplished 完成的；熟练的，有技巧的；有修养的；有学问的
 - accomplishable 可完成的；可达成的
 - vt.
 - accomplish 完成；实现；达到
- bioavailability （生物利用率）
 - In pharmacology, bioavailability (BA) is a subcategory of absorption and is the fraction of an administered dose of unchanged drug that reaches the systemic circulation, one of the principal pharmacokinetic properties of drugs.
 - bio （生命） + availability （可用性）
 - adj.
 - biologic 生物的；生物学的
 - bioluminescent 生物性发光的
 - adv.

- biologically 生物学上，生物学地
 - n.
 - biology （一个地区全部的）生物；生物学
 - biologist 生物学家
 - bioluminescence 生物体之发光
 - biodiversity 生物多样性：维持着生态环境平衡的大量各种生物的共存
 - biomedical 生物医药
 - biochemistry 生物化学
- agriculture （农业）
 - n.
 - a large-scale farming enterprise
 - the practice of cultivating the land or raising stock
 - the federal department that administers programs that provide services to farmers (including research and soil conservation and efforts to stabilize the farming economy); created in 1862
 - the class of people engaged in growing food
 - agri （农业） + cult （耕种） + ure （培养）
 - adj.
 - agricultural 农业的；农艺的
 - n.
 - agriculturalist 农学家（等于 agriculturist）
 - agriculturist 农业家；[农] 农场工作者
- collaboration （协作）
 - n.
 - act of working jointly
 - act of cooperating traitorously with an enemy that is occupying your country
 - 词根：collaborate
 - adj.
 - collaborative 合作的，协作的
 - n.
 - collaborator [劳经] 合作者；勾结者；通敌者
 - collaborationism 卖国，通敌
 - collaborationist 通敌卖国者；协助者
 - vi.
 - collaborate 合作；勾结，通敌
- comprehensive （全面的）
 - n. an intensive examination testing a student's proficiency in some special field of knowledge
 - adj.
 - including all or everything
 - broad in scope
 - 词根：comprehend
 - adj.
 - comprehensible 可理解的
 - adv.
 - comprehensively 包括地；包括一切地
 - n.
 - comprehension 理解；包含
 - comprehensiveness 综合；详尽

- comprehensibility 可了解性；能理解
 - vt.
 - comprehend 理解；包含；由...组成
- domesticated (驯养的)
 - adj.
 - converted or adapted to domestic use
 - accustomed to home life
 - 词根: domestic
 - adj.
 - domestic 国内的；家庭的；驯养的；一心只管家务的
 - adv.
 - domestically 国内地；家庭式地；适合国内地
 - n.
 - domestic 国货；佣人
 - domestication 驯养；教化
 - domesticity 家庭生活；专心于家务；对家庭的挚爱
 - vi.
 - domesticate 驯养；使习惯于或喜爱家务和家庭生活
 - vt.
 - domesticate 驯养；教化；引进
- dramatically (戏剧性的)
 - adv.
 - in a very impressive manner
 - in a dramatic manner
 - with respect to dramatic value
 - 词根: drama
 - adj.
 - dramatic 戏剧的；引人注目的；激动人心的
 - dramaturgic 编剧法的，戏剧作法的；演出的
 - n.
 - drama 戏剧，戏剧艺术；剧本；戏剧性事件
 - dramatization 编剧；改编成戏剧
 - dramatics 演剧活动；演剧技术；业余演戏；戏剧性行为
 - dramaturgy 演出法；戏剧作法
 - vi.
 - dramatize 戏剧化
 - dramatise 戏剧化；可改编成剧本（等于 dramatize）
 - vt.
 - dramatize 使戏剧化；编写剧本；改编成戏剧
 - dramatise 把...戏剧化；生动地表达（等于 dramatize）
- ecological (生态)
 - adj.
 - characterized by the interdependence of living organisms in an environment
 - of or relating to the science of ecology
 - 词根: ecology
 - adj.
 - ecologic 生态的；生态学的

- adv.
 - ecologically 从生态学的观点看
 - n.
 - ecology 生态学；社会生态学
 - ecologist 生态学者
 - ecosystems (生态系统)
- impractical (不切实际的)
 - adj.
 - not practical; not workable or not given to practical matters
 - not practical or realizable; speculative
 - 词根: impractical
 - adj.
 - impracticable 行不通的；不能实行的
 - adv.
 - impracticably 没用地；不能实行地；无法可想地
 - n.
 - impracticability 固执；无法实施；不能实施的事项
 - impracticality 不切实际；不切实际之事
- inefficient (效率低下的)
 - adj.
 - not producing desired results; wasteful
 - lacking the ability or skill to perform effectively; inadequate
 - 词根: inefficacy
 - adj.
 - inefficacious 无用的；无效果的
 - adv.
 - inefficiently 无效率地；缺乏能力地
 - n.
 - inefficiency 效率低；无效率；无能
 - inefficacy 无效；无效力
- integrated (集成)
 - adj.
 - formed or united into a whole
 - formed into a whole or introduced into another entity
 - not segregated; designated as available to all races or groups
 - esembling a living organism in organization or development
 - caused to combine or unite
 - 词根: integral
 - adj.
 - integrate 整合的；完全的
 - integral 积分的；完整的，整体的
 - integrative 综合的
 - adv.
 - integrally 完整地，整体地；固有地
 - n.
 - integrity 完整；正直；诚实；廉正
 - integrate 一体化；集成体

- integration 集成；综合
 - integral 积分；部分；完整
 - integer [数] 整数；整体；完整的事物
 - integrator [自] 积分器；[电子] 积分电路；整合之人
 - integrality 完整性；不可欠缺
- vi.
 - integrate 求积分；取消隔离；成为一体
- vt.
 - integrate 使...完整；使...成整体；求...的积分；表示...的总和
- nutritious （有营养的）
 - adj. of or providing nourishment
 - 同义词：alimentary alimental nourishing nutrient nutritive
 - 词根：nutrition (n. 营养，滋养；营养学；食物，营养物)
 - adj.
 - nutrient 营养的；滋养的
 - nutritional 营养的；滋养的
 - nutritive 有营养的；滋养的；有营养成分的；与营养有关的
 - adv.
 - nutritionally 滋养地
 - n.
 - nutrient 营养物；滋养物
 - nutrition 营养，营养学；营养品
 - nutritionist 营养学家
 - nutriment 营养物；促进生长的东西
 - nutritive 营养物
 - nutritiousness 有营养成分
- overcrowded （过度拥挤的）
 - v.
 - cause to crowd together too much
 - crowd together too much
 - over （过度） + crowded
 - overfished （过度捕捞）
 - overweight （超重）
 - overstock 供给过多、库存过剩
 - overflow 泛滥、溢出
 - overload 过载、超负荷
- pediatrics （儿科）
 - n. the branch of medicine concerned with the treatment of infants and children
 - 词根：pediatric
 - adj.
 - pediatric 小儿科的
 - n.
 - pediatrician 儿科医师（等于 pediatricist）
- proportion （比例）
 - n.
 - the quotient obtained when the magnitude of a part is divided by the magnitude of the whole
 - magnitude or extent

- balance among the parts of something
 - harmonious arrangement or relation of parts or elements within a whole (as in a design)
- v.
 - give pleasant proportions to
 - adjust in size relative to other things
- 词根: proportion
 - adj.
 - proportional 比例的, 成比例的; 相称的, 均衡的
 - proportionate 成比例的; 相称的; 适当的
 - proportionable 成比例的; 相称的; 均衡的
 - adv.
 - proportionally 成比例地; 相称地, 适当地
 - n.
 - proportional [数] 比例项
 - proportionality 相称; 均衡; 比例性
 - vt.
 - proportionate 使成比例; 使相称
- reproductive (生殖)
 - adj. producing new life or offspring
 - 词根: reproduce
 - adj.
 - reproducible 可再生的; 可繁殖的; 可复写的
 - adv.
 - reproducibly 可再生产地
 - n.
 - reproduction 繁殖, 生殖; 复制; 复制品
 - reproducer 扬声器; 复制程序; 再生器
 - vi.
 - reproduce 复制; 繁殖
 - vt.
 - reproduce 复制; 再生; 生殖; 使...在脑海中重现
- responsible (负责任的)
 - adj.
 - worthy of or requiring responsibility or trust; or held accountable
 - being the agent or cause
 - having an acceptable credit rating
 - 词根: respond
 - adv.
 - responsibly 负责地, 可信赖地
 - n.
 - response 响应; 反应; 回答
 - responsibility 责任, 职责; 义务
 - respond 应答; 唱和
 - responsiveness 响应能力; 有同情心
 - respension 答复; 应答
 - vi.
 - respond 回答; 作出反应; 承担责任
 - vt.

- respond 以...回答
- sustainability (可持续性)
 - n. the property of being sustainable
 - 词根: sustain
 - adj.
 - sustainable 可以忍受的; 足可支撑的; 养得起的
 - unsustainable (不可持续的)
 - sustained 持续的; 持久的; 持久不变的
 - n.
 - sustainer 支持者, 维持者; 主发动机; 支撑的人物
 - sustentation 支撑, 维持; 食物
 - v.
 - sustained 维持 (sustain 的过去式和过去分词); 承受
 - vt.
 - sustain 维持; 支撑, 承担; 忍受; 供养; 证实
- threatening (威胁)
 - adj. threatening or foreshadowing evil or tragic developments
 - 同义词: baleful forbidding menacing minacious minatory ominous sinister
 - 词根: threat (n. 威胁, 恐吓; 构成威胁的人 (或事物); 凶兆, 征兆; (律) 恐吓, 威胁)
 - adj.
 - threatened 受到威胁的
 - adv.
 - threateningly 威胁地; 危险地; 险恶地
 - n.
 - threat 威胁, 恐吓; 凶兆
 - v.
 - threatened 威胁 (threaten 的过去分词)
 - vi.
 - threaten 威胁; 可能来临
 - vt.
 - threaten 威胁; 恐吓; 预示