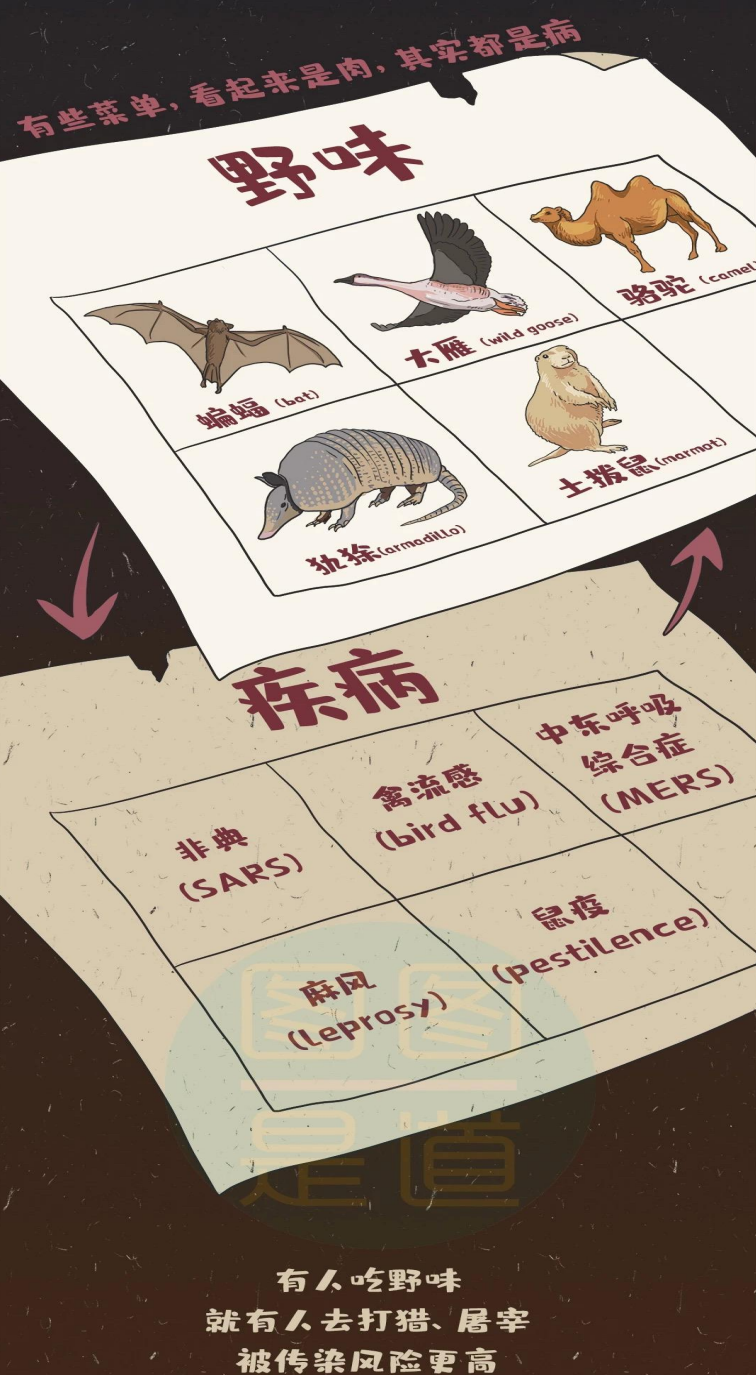


Batman & Bats & Bat Man of Mexico



Please keep
them away from
our markets
and mouths.



Our stay-
cation ...

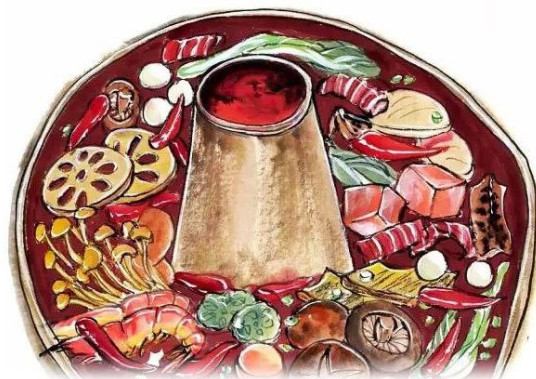


除了家里的食物
其他的都很想吃



小林漫画

make my mouth
water.



他们都老了吧，
他们在哪里呀？
每次吃火锅捞不到肉时
都特别想唱这句



小林漫画



等你好了
我们一起去吃热干面



小林漫画





21st Century

TEENS *Senior*²

2019-2020学年度第26期总第780期

Eat to Earth's Health

Shang Yuanyuan
Nanjing Foreign Language School

We love food, but...



What's your prediction?

• ...



More people are thinking about the environment when they plan their diets, according to BBC. TUCHONG

Eat to Earth's health

BBC预测2020年美食新趋势。🎧😊😊 词数 360
建议阅读时间 6分钟

If there is one thing that people from different cultures around the world all love, it's good food. But, as time goes on, people's tastes **tend to** change. To help you stay up to date, the BBC recently predicted some food trends to look out for in 2020.

A fashionable food trend we may see in 2020 is a focus on environmentally friendly eating. People are becoming more **aware** of how their lifestyle choices **impact** the world around them. Therefore, some of these trends focus on living a healthier lifestyle and keeping the environment in mind.

One way to help the environment is by eating locally grown food and eating seasonal produce. "I believe in 2020 we will see the food focus move to seasonal eating, with more home-grown ingredients," BBC television presenter and produce expert Chris Bavin *commented* (评论).

You may also notice some people *switching* (转变) to a plant-based diet this year. The Vegan Society, a UK charity and the oldest of its kind in the world, calculated that the number of *vegans* (严格的素食者) in Britain has *quadrupled* (翻四倍) since 2014. They also predict that by

2025, a quarter of the UK population will be vegan or *vegetarian* (素食者) and half will be "*flexitarians* (半荤半素者)".

"Flexitarians" mainly follow a plant-based diet, but will eat meat from time to time. They are also going to expect better **quality** meats, too.

"We're seeing a more considered approach to meat. Because some people are eating less of it, when they do eat it they want to make it count. They want to really enjoy it," said Tor Harris, head of Corporate Social Responsibility at Waitrose, a British supermarket chain.

Another food trend to look out for in 2020 is eating with a focus on health. "I think yet again the interest in health-conscious dishes will grow," English chef Tom Kerridge commented. *High-protein* (高蛋白) and lower-calorie food will be the things to look out for, he said.

These fashionable food trends of 2020 seem to have the environment and health in mind. Which ones are you planning to try out for yourself?

Reading

What's your prediction?

- more fruit & vegetables
- low-oil-content diet
- low-salt diet
- home-made meals
- vegetarian
- no wild animals
- ...



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Eat to Earth's health

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Eat to Earth's Health

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--- BY LAURA DUTTON, 21ST CENTURY TEENS STAFF

BBC's prediction: food trends in 2020



BBC's prediction: food trends in 2020



Having the environment and health in mind

BBC's prediction: food trends in 2020



Having the environment and health in mind



Living a healthier
lifestyle



Keeping the
environment
in mind

Understanding

21st Century
Teens

liveing a healthier lifestyle

looking out for high-protein and lower-calorie food

eating locally grown food

having health-conscious dishes

eating seasonal produce

having plant-based diet

vegan; vegetarian; flexitarian

expecting better quality meats

keeping the environment in mind

Having the environment and health in mind

Living a healthier lifestyle

- having health-conscious dishes
- looking out for high-protein and lower-calorie food

Keeping the environment in mind

- eating locally grown food
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vegan; vegetarian; flexitarian

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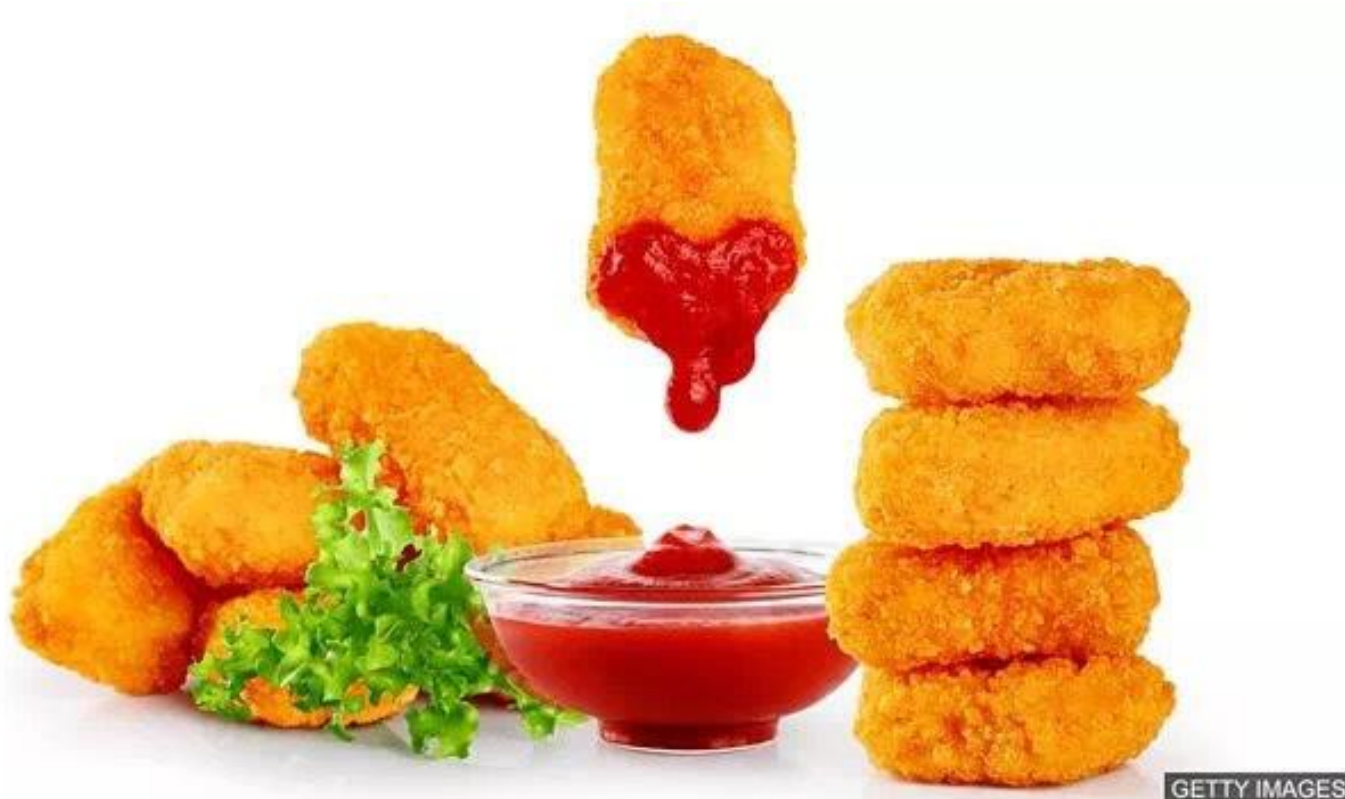
Vocabulary Glossary 词汇表

- environmentally friendly
- locally grown
- seasonal
- ...

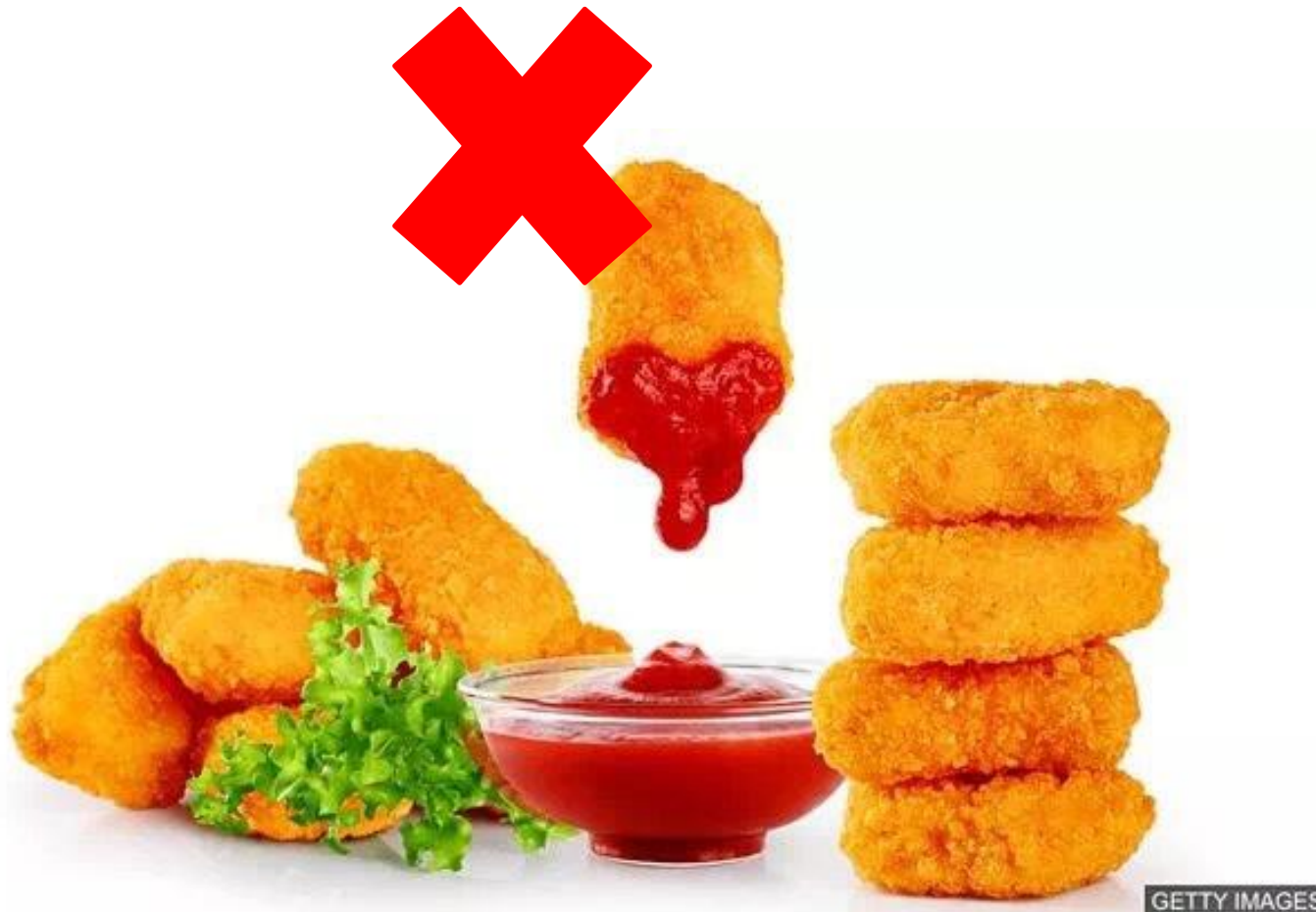
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- locally grown
- seasonal
- homegrown ingredients
- plant-based
- vegan
- vegetarian
- flexitarian
- health-conscious
- high-protein
- lower-calorie
- ...

What?
Healthy?



chicken nuggets





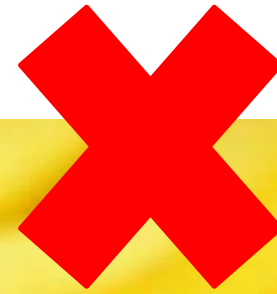
doughnuts



doughnuts



doughnuts; cereals



processed food

- process vt. -- to treat raw material, food, etc. in order to change it, preserve it, etc.



ultra-processed food?

- ultra- prex. --- extremely;
beyond a particular limit



Ultra-processed food linked to early death

- It's good to enjoy food, but sometimes stories about the dangers of eating certain things can be hard to digest. I love to tuck into(痛快地吃) a pepperoni pizza or munch on(大嚼) a jam doughnut, even though I know the dangers that lurk(潜伏) in their ingredients.
- It's clear that processed foods are not the most nutritious things; but there now comes a new threat — from ultra-processed foods(超级加工食品).

Ultra-processed food linked to early death

- Scientists have now discovered that eating these types of food — such as chicken nuggets, ice cream and breakfast cereals — have been linked to early death and poor health. This is the stuff that has been through more substantial(大量的) industrial processing and often has long ingredient lists on the packet, including added preservatives(防腐剂), sweeteners(甜味剂) or colour enhancers(色素).
- Knowing that your bowl of cornflakes could be bad for you might be hard to swallow, but two studies have shown that people eating more ultra-processed food had worse heart health.

Ultra-processed food linked to early death

- Dr. Mathilde Touvier from the University of Paris, who conducted one of the studies, told the BBC: "The rapid and worldwide increasing consumption of ultra-processed foods, to the detriment(有损于) of less processed foods, may drive a substantial burden of cardiovascular(心血管的) diseases in the next decades."
- But it might not be completely necessary to change your diet just yet as there is still some uncertainty about the results of the study and questions still to answer.

Ultra-processed food linked to early death

- Kevin McConway, a professor of statistics at The Open University, told the BBC: "These studies do increase my confidence that there's something real behind these associations — but I'm still far from sure."
- Maybe we should follow the advice of The US National Institutes of Health, which found that ultra-processed foods lead people to eat more and put on more weight.
- It suggests avoiding food containing ingredients you cannot pronounce or anything your grandmother would not recognise as food!

Ultra-processed food linked to early death

- The obvious thing to do seems to be to feast on(尽情享用) more unprocessed foods, such as fruit, vegetables, fish, nuts and seeds, beans, lentils(扁豆) and wholegrains(全谷物), often called a Mediterranean-style diet(地中海式饮食).
- After all, we are what we eat!

--- BBC 英语教学 CHINADAILY 17-2-2020

Ultra-processed food linked to early death

What is ultra-processed food?

How to distinguish ultra-processed food?

Ultra-processed food linked to early death

What is ultra-processed food?

- Food that has been through more substantial(大量的) industrial processing and often has long ingredient lists on the packet, including added preservatives(防腐剂), sweeteners(甜味剂) or colour enhancers(色素).

How to distinguish ultra-processed food?

- Ultra-processed food contains ingredients you cannot pronounce or anything your grandmother would not recognise as food.

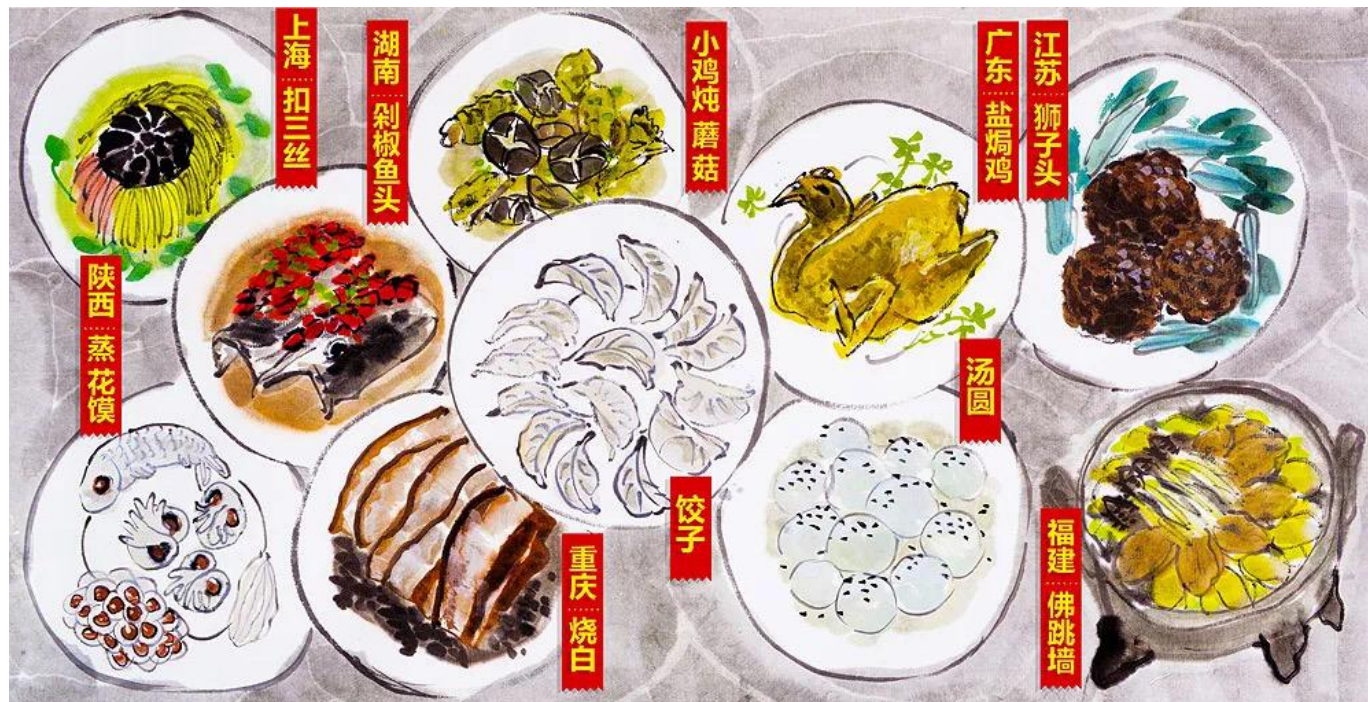
Eat to Earth's Health

to have both the environment and health in mind

- to eat locally grown food and seasonal produce
- to follow a plant-based diet
- to have a health-conscious diet
- to choose high-protein and lower-calorie food
- ...



Chinese Cuisine



Some Chinese dishes

- 青椒肉丝
- 红油大虾
- 糖醋哩脊
- 麻婆豆腐



Some Chinese dishes

- fried shredded pork with green pepper

青椒肉丝

- shrimp with chili sauce

红油大虾

- sweet and sour pork

糖醋哩脊

- spicy bean curd in meat sauce

麻婆豆腐

Watching & Learning

21st Century
Teens



“Food is the best way to explore Chinese culture, because we really live to eat.” ---
Exploring China: A Culinary Adventure



“I've always believed the best cooking is in the home, and a taste of family life is a great way to get beneath the skin of a city.”

--- Exploring China: A Culinary Adventure



一碗孤独的白粥
在怀念外婆做的酸萝卜



小林漫画



没被烤红薯诱惑过的童年
是不完整的



小林漫画

**We are what we eat!
Eat to Earth's health!
Better tell China's stories to the
outside world.**

Thank you!





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