



BBC WORLD SERVICE LEARNING ENGLISH

Fruit and Veg and Serious Illness
水果、蔬菜和疾病

Fruit and Veg and Serious Illness 水果、蔬菜和疾病

Five-a-Day 'No Benefit' 每日五份没效果

Read the text below and do the activity that follows.

阅读下面的短文，然后完成练习：

One of the most commonly-held beliefs regarding health and **nutrition** in the UK has been found to be untrue, according to a new **scientific study**.

For many years British people have been **recommended** to eat at least 'five-a-day' – that is five items of fruit or vegetables every day in order to improve their health and **reduce the likelihood** of illness, in particular **cancer**.

The recommendation was first put forward in 1990 by the **World Health Organization** which said that the 'five-a-day' diet could prevent cancer and other **chronic diseases**.

Since then the advice has been a **mainstay** of **public health policies** in many developed countries, such as the UK, where the population eat a high proportion of **junk food**.

Many **health campaigns** have promoted the advice, and indeed much **food packaging** in Britain states how the **contents** will constitute part of your five-a-day.

However, a study of 500,000 Europeans from 10 different countries **refutes** the commonly-believed suggestion that up to 50% of cancers could be prevented by increasing the public's **consumption** of fruit and vegetables.

Instead the study, which is led by researchers from a well-respected New York medical school, estimates that only 2.5% of cancers could be **averted** by eating more fruit and veg.

It seems that the key to avoiding cancers is to have an **overall** healthy lifestyle which includes not smoking or drinking a lot of alcohol, taking exercise and avoiding **obesity**.

But **medical charities** have spoken out to remind people that diet is an important factor in staying healthy, and that even a 2.5% reduction in cancers is still a positive step.

Cancer Research UK said: "It's still a good idea to eat your five-a-day but remember that fruits and vegetables are pieces in a much larger **lifestyle jigsaw**."



Glossary 词汇表

nutrition 营养	scientific study 科学研究
recommended 推荐	reduce the likelihood 减少事情发生的可能性
cancer 癌症	World Health Organization 国际健康组织
chronic diseases 慢性病	mainstay 支柱, 主体
public health policies 公共健康政策	junk food 垃圾食品
health campaigns 卫生运动	food packaging 食品包装
contents 内容, 包含的东西	refutes 驳倒
consumption 消耗, 消费	averted 避免
overall 总体上的	obesity 肥胖症
medical charities 医疗慈善机构	lifestyle jigsaw 生活方式的拼图

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

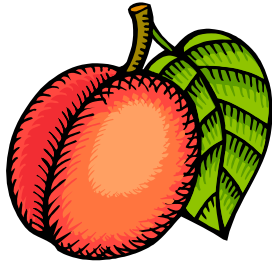
以下句子哪句是真?哪句是假? 请圈出正确答案。

1. Health authorities have recommended four fruit a day to cure cancer.
True / False
2. The recommendation first came from the UK government. **True / False**
3. People in the UK eat a lot of junk food. **True / False**
4. It now seems that 'five-a-day' does not prevent cancer. **True / False**
5. Some say that it is still a good idea to eat plenty of fruit and veg.
True / False

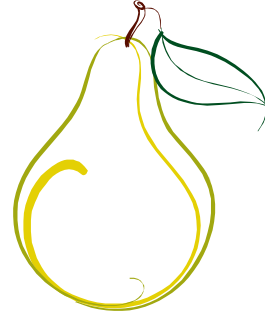
2. Label the Fruits 看图填空 – 水果

Look at the pictures below. Do you know what these items are? Write the name of the object underneath the picture.

请看下列图片。你知道这些是什么物品吗？请将物品名称写在图片下面。



1. _____



2. _____



3. _____



4. _____



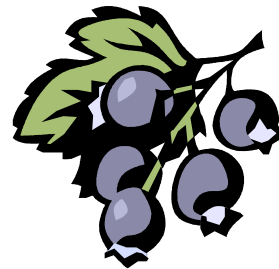
5. _____



6. _____



7. _____



8. _____

blueberry

banana

nectarine

cherry

pear

raspberry

gooseberry

pineapple

3. Label the Vegetables 看图填空 – 蔬菜

Look at the pictures below. Do you know what these items are? Write the name of the object underneath the picture.

请看下列图片。你知道这些是什么物品吗？请将物品名称写在图片下面。



1. _____



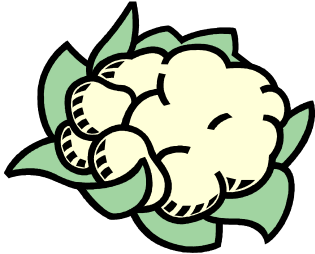
2. _____



3. _____



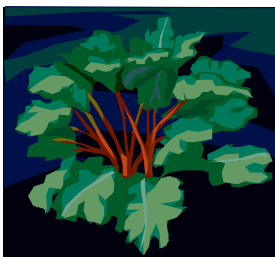
4. _____



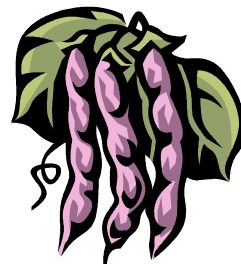
5. _____



6. _____



7. _____



8. _____

corn

parsnip

cabbage

rhubarb

runner beans

asparagus

turnip

cauliflower

4. Wordsearch 单词搜索

Try to find the words associated with illnesses in the puzzle below.

There are ten words to find. Words can be written horizontally (→), vertically (↓) or diagonally (↘)

请在下面的字谜游戏中，找出与疾病有关的英语单词来。

共有10个单词，其组成方式可能以水平的(→) 垂直的(↓) 或对角的(↘)形式出现。

d	y	s	e	n	t	e	r	y	a	u	m
i	d	r	g	n	j	y	s	a	t	b	e
a	s	t	h	m	a	v	r	t	y	n	a
b	s	e	a	a	v	t	b	h	p	a	s
e	n	g	r	l	s	f	e	v	h	u	l
t	q	w	e	a	u	l	y	t	o	e	e
e	d	r	u	r	b	u	n	y	i	f	s
s	z	e	d	i	c	r	f	t	d	j	i
a	s	f	c	a	n	c	e	r	y	t	e
l	k	j	u	y	r	d	s	x	f	r	a
c	h	o	l	e	r	a	n	y	s	e	a
x	c	o	l	d	r	t	c	h	y	a	k

cancer	asthma	diabetes	flu	cholera
dysentery	typhoid	malaria	measles	cold

Answers 答案

1. Reading Quiz 阅读测验

1. Health authorities have recommended four fruit a day to cure cancer. **False**
2. The recommendation first came from the UK government. **False**
3. People in the UK eat a lot of junk food. **True**
4. It now seems that 'five-a-day' does not prevent cancer. **True**
5. Some say that it is still a good idea to eat plenty of fruit and veg. **True**

2. Label the Fruits 看图填空 – 水果

- | | |
|---------------|--------------|
| 1. nectarine | 2. pear |
| 3. pineapple | 4. raspberry |
| 5. cherry | 6. banana |
| 7. gooseberry | 7. blueberry |

3. Label the Vegetables 看图填空 – 蔬菜

- | | |
|----------------|----------------|
| 1. cabbage | 2. parsnip |
| 3. turnip | 4. asparagus |
| 5. cauliflower | 6. corn |
| 7. rhubarb | 8 runner beans |

4. Wordsearch 单词搜索

d	y	s	e	n	t	e	r	y			m
i									t		e
a	s	t	h	m	a				y		a
b				a					p		s
e				l		f			h		l
t				a		l			o		e
e				r		u			i		s
s				i					d		
				c	a	n	c	e	r		
c	h	o	l	e	r	a					
	c	o	l	d							