

Brits bin their bread 英国人丢弃面包

英语学习点: *Vocabulary: bread* 面包词语和成语

Can you imagine what 680,000 tonnes of food looks like? That's the amount wasted in Britain each year, and at the top of the list of wasted foods is... bread.

One of the staples in the British diet, bread is toasted for breakfast, used for sandwiches for lunch and dipped in soups at dinner. Almost everyone in Britain buys bread – from people in the upper crust of society to regular breadwinners who don't have much dough.



Bread is so important to Brits that we use the slang word 'bread' to mean 'money' and the word 'loaf' to mean 'head'. So let's use our loaves to understand why so much bread is wasted!

Even though bread is still selling like hot cakes, the packets are opened but not finished. We often say that half a loaf is still better than none, but it seems people are simply buying much more than they need.

Baker Chris Young suggests that the British aren't using every last crumb because bread is no longer respected: "None of the bread that is thrown away is 'real' bread, homemade or artisan bread."

Eco-campaigner Mark Boyle agrees. "If you make something yourself (...) you don't waste that bread because you know how much energy you've put into it." But although home baking is a nice idea, for many it's biting off more than they can chew. People work such long hours to put bread on the table and simply don't have the time.

Perhaps we British should just invest a little more of our hard-earned bread in buying better loaves. These would make our diet healthier and our bins lighter: healthy, artisan loaves might just be the best thing since sliced bread.

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. Is this statement true, false or not given? 680,000 tonnes of bread are wasted every year in Britain.
2. What kind of people buy bread in Britain?
3. Which English slang words related to bread does the article mention?
4. Which expression in the article refers to doing something that is too difficult?
5. Find a phrasal verb that means 'to bin' in the article.

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. Rice is one the _____ of the Chinese diet.

stews	staples	hot cakes	crumbs
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2. If you want to do well in your maths exam you'll need to use your _____!

dough	bread	loaf	baking
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3. Don't _____ my old jeans. I still want to wear them.

throw back	throw	throw up	throw away
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4. Mmmm, I've bought some nice bread to _____ in my soup.

dip	waste	toast	bake
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5. I don't like wasting food. Even if I don't like something I eat _____.

the upper crust	every last crumb	a lot of dough	artisan bread
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Answers and Glossary 答案与词汇

Quiz 小测验

1. Is this statement true, false or not given? 680,000 tonnes of bread are wasted every year in Britain. False: 680,000 tonnes of food is wasted. The food we waste most is bread, which amounts to nearly a third of this total.
2. What kind of people buy bread in Britain? Everyone buys bread in Britain: both people from the upper-crust of society (who have a lot of money) and people who don't have much 'bread' or 'dough'.
3. Which English slang words related to bread does the article mention? The article mentions 'bread' and 'dough', which are used to mean 'money', and 'loaf' which also means 'head'.
4. Which expression in the article refers to doing something that is too difficult? The expression 'to bite off more than one can chew' means to try to do something that is too difficult. In the article, this means that for Brits baking at home might be too ambitious since people do not have enough time.
5. Find a phrasal verb that means 'to bin' in the article. To 'throw away' also means to put something in the bin.

Exercise 练习

1. Rice is one the staples of the Chinese diet.
2. If you want to do well in your maths exam you'll need to use you loaf!
3. Don't throw away my old jeans. I still want to wear them.
4. Mmmm, I've bought some nice bread to dip in my soup.
5. I don't like wasting food. Even if I don't like something I eat every last crumb.

Glossary 词汇表

a staple	主食
the upper crust	上等阶层
breadwinner	家里主要挣钱的人
dough	面，此处的意思是钱
loaf	一条（面包），也可以指人的头
to sell like hot cakes	热销
half a loaf is still better than none	（成语）半块面包总比没有好
every last crumb	（短语）剩余的一点点
artisan	精工细作的
eco-campaigner	环保活动人士
baking	烤（面包）
to bite off more than one can chew	贪多嚼不烂
to put bread on the table	（成语）拿回家
the best thing since sliced bread	（常用成语）精彩的/很棒