



Food

食物

1 思维拓展及如何审题 Brainstorm

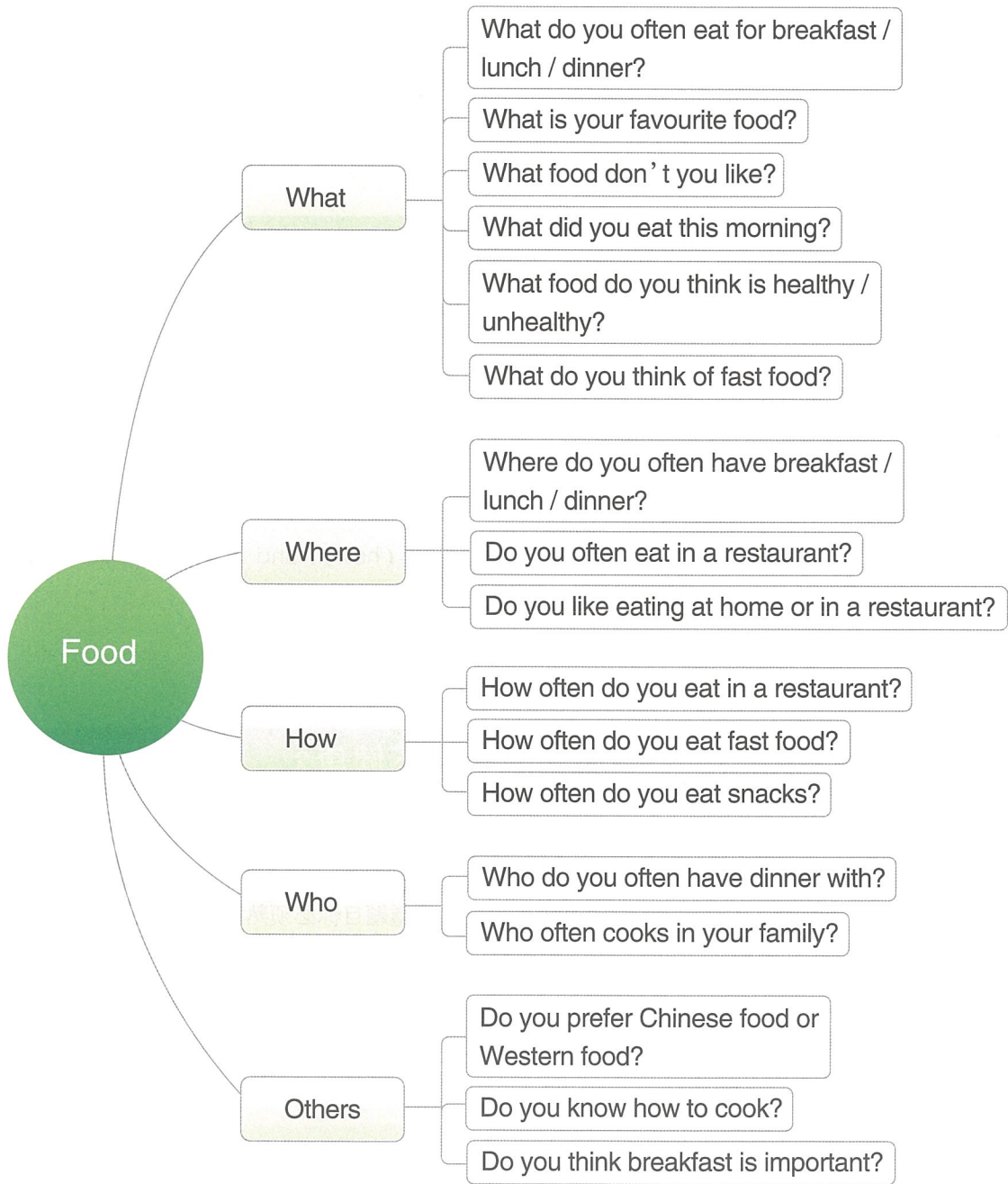
食物话题相对比较简单，同学们首先要熟悉常见食品及食品大类的词汇，如蔬菜、水果、肉、奶制品、快餐食品、零食等。然后从以下几个方面入手准备：

你早餐/午餐/晚餐吃什么 (what)、你喜欢吃什么 (what)、为什么喜欢 (why)、你觉得什么食物比较健康 (what)、你多久去吃一次快餐 (how often)、你喜欢在餐厅还是在家里用餐 (where)、谁为你做饭 (who)、他做的饭好吃吗 (how) 等。

同时，你还有可能被问到人们在一些传统节日或特殊日子会吃什么食物，例如，春节吃饺子 (dumplings)，端午节吃粽子 (zongzi)，中秋节吃月饼 (mooncakes)，生日吃面条 (noodles) 等，因此一定要多多积累相关词汇。



考官常会问到的问题



问题 你早餐/午餐/晚餐吃什么？

1

What do you eat for breakfast / lunch / dinner?

这个问题很简单，无需过多的扩展，可以谈谈 why，即为什么吃这些食物。

句型示例

I often eat ... (what) for breakfast / lunch / dinner because ... (why).

问题 你喜欢吃什么？

2

What is your favourite food?

这个问题也很简单，答出食物的名称后，还可以从味道 (taste)、是否健康 (healthy) 等方面来谈谈为什么喜欢 (why)。

句型示例

I like ... (what) the most because it tastes ... (how), and it is very good for health.

问题 你觉得什么食物比较健康/不健康？

3

What food do you think is healthy / unhealthy?

谈看法，可以用 I think / I believe 为开头。回答这道题目你必须熟悉常见食品大类的英文，如肉 (meat)、蔬菜 (vegetables)、水果 (fruit)、零食 (snacks) 等。答完大类不妨再谈谈为什么这类食物健康/不健康 (why or why not)，这可能会涉及一些关于营养成分 (nutrition) 的词汇，难度较大。如果你能选择性地背上几个，一定能使考官眼前一亮。

句型示例

I think ... (what) is very healthy / unhealthy because there is plenty of ... (nutrients) in it. And it can help ... (what for).

问题

4

你多久吃一次快餐？

How often do you eat fast food?

Fast food 正在渐渐改写中国人的饮食文化，你很有可能被问到对 fast food 的喜爱程度和就餐频率。注意表示频率的方法。

句型示例

I eat fast food such as ... (what) ... (how often) because ... (why).

问题

5

你喜欢在餐厅还是在家里用餐？

Do you prefer to eat in a restaurant or at home?

回答选择疑问句，首先当然是要选择，但之后不要忘记再补充一下为什么选择这个 (why)。这道题目的具体回答请参见本章的 Possible Q&A 部分。

句型示例

I prefer to eat ... (where) rather than ... (where) because ... (why).

问题

6

你春节的时候常吃什么？

What do you usually eat during the Lunar New Year (Spring Festival)?

考官很有可能将食品与节日结合起来提问，因此同学们要熟悉一些传统节日和特殊食品的英文说法，如果能答出这种食品的象征意义就更出彩了。

句型示例

During the Lunar New Year, I usually eat ... (what) because ... (why).

2 词汇讲解 Vocabulary

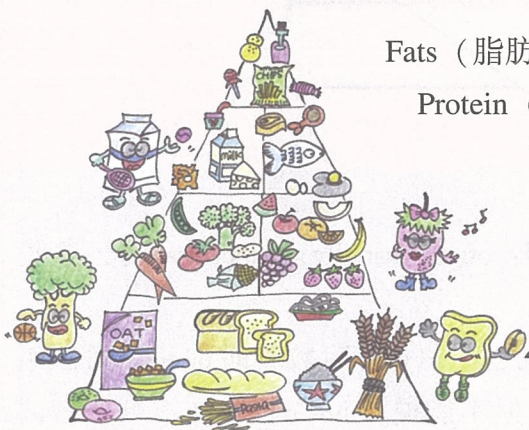
基础词汇 Basic Vocabulary

Breakfast 早餐					
bread	面包	biscuit	饼干	cookie	曲奇
egg	鸡蛋	cereal	麦片	butter	黄油
cheese	芝士	strawberry jam 草莓酱			
Lunch / Dinner 午餐 / 晚餐					
rice	米饭	noodle	面条	dumpling	饺子
potato	土豆	hamburger	汉堡包	sandwich	三明治
pizza	比萨饼	beef	牛肉	pork	猪肉
chicken	鸡肉	lamb	羊肉	seafood	海鲜
Fruits 水果					
apple	苹果	pear	梨	watermelon	西瓜
orange	橙子	banana	香蕉	mango	芒果
peach	桃子	cherry	樱桃	strawberry	草莓
grape	葡萄	pineapple	菠萝	kiwi fruit	猕猴桃
Drinks 饮品					
milk	牛奶	yogurt	酸奶	orange juice	橙汁
coke	可乐	coffee	咖啡	milkshake	奶昔
lemon tea	柠檬茶	milk tea	奶茶	water	水
Snacks 零食					
potato chip	薯片			candy	糖果
cheese cake	芝士蛋糕			ice-cream	冰淇淋
Taste 味道					
tasty	可口的	yummy	美味的	oily	油腻的
light	清淡的	spicy	辛辣的	fat	多脂肪的
Cooking methods 烹饪方式					
boil (eggs)	煮 (鸡蛋)	fry (chips)	炸 (薯片)		
roast (duck)	烤 (鸭)	bake (bread)	烘烤 (面包)		
steam (buns)	蒸 (包子)				

亮点词汇 Advanced Vocabulary

<p>nutritious adj. 有营养的</p>	<p>Children need nutritious food to grow stronger.</p> <p>小朋友们的成长需要（摄入）富含营养的食物。</p>
<p>dine out 外出就餐</p>	<p>My family often dine out on Sunday nights.</p> <p>我们全家通常在周日晚上外出就餐。</p>
<p>contain v. 包含，含有</p>	<p>We need to eat more vegetables because they contain vitamins.</p> <p>我们要多吃蔬菜，因为蔬菜中富含维生素。</p>

Food Pyramid 食物金字塔



Fats (脂肪) & Sugars (糖)

Protein (蛋白质): meat & milk

Vitamins (维生素) & Fibre (纤维素):
fruit & vegetables

Grains (粮食): bread & rice

3 常见问题及回答 Possible Q&A

问题1 What do you eat for breakfast?

及格回答 Survival answer:

I often eat an egg and some bread for breakfast. I drink a glass of milk sometimes as well.

高分回答 Better to say:

I often eat an egg and two pieces of bread with **strawberry jam** for breakfast. I drink a glass of milk or orange juice sometimes as well. They're all **good for my health**.



点睛之笔

- 以上回答均使用了表示频率的副词：often, usually, sometimes 等，这些是四级的考点。
- 注意修饰不可数名词的量词的使用方法。修饰不可数名词 bread，可以用 some bread，或 two pieces of bread，但不能说 a bread；修饰不可数名词 milk 和 orange juice，可以用 some milk / orange juice，或 a glass of milk / orange juice。类似的量词搭配还有 a cup of tea, two bottles of water 等。

加分表达法

strawberry jam 草莓果酱

be good for health 对身体健康有利

问题2 What is your favourite food?

及格回答 Survival answer:

I like **fruit salad** the most because there are many kinds of fruit in it and it's very tasty.

高分回答之一 Better to say:

My favourite food is fruit salad because it contains different kinds of fruit like apple, pear, watermelon and banana. They're tasty and healthy.



高分回答之二 Or:

My favourite food is **ice-cream**. There are so many different **flavours** of ice-cream such as chocolate, **vanilla**, strawberry and green tea. They all taste good. I feel happy when I eat ice-cream.



点睛之笔

- 用 like 或 such as 举例是展示相关词汇的好方法。高分回答之一运用了这个方法列举了不同水果的名称；同样，高分回答之二列举了不同冰淇淋的口味。

加分表达法

fruit salad 水果沙拉

flavour *n.* 香味

ice-cream 冰淇淋

vanilla *n.* 香草

问题3 What food do you think is healthy?

及格回答 Survival answer:

I think fruit and vegetables are the healthiest food of all because they contain **a lot of** vitamins. Vitamins are important to human bodies. My mom asks me to eat fruits **at least** twice a day.

高分回答 Better to say:

We need to eat a variety of foods and have a balanced diet in order to **stay healthy**. **Starchy** foods give us energy. Meat and eggs make us grow stronger. Fruit and vegetables support our bodies' daily **functions**. They're all **necessary** to our health.



点睛之笔

- 高分回答从全面的膳食结构出发讲述了三类食物的重要性，内容更加完整。
- 表达频率是四级的重点。及格回答中用到 twice a day（一天两次）。类似的词组还有 once a week（一周一次），three times a year（一年三次），every other day（隔一天一次）等。
- 这道题目还可能这样问：Why do you need to eat a variety of foods?

加分表达法

a lot of 很多

starchy *adj.* 富含淀粉的

at least 至少

function *n.* 功能

stay healthy 保持健康

necessary *adj.* 必需的

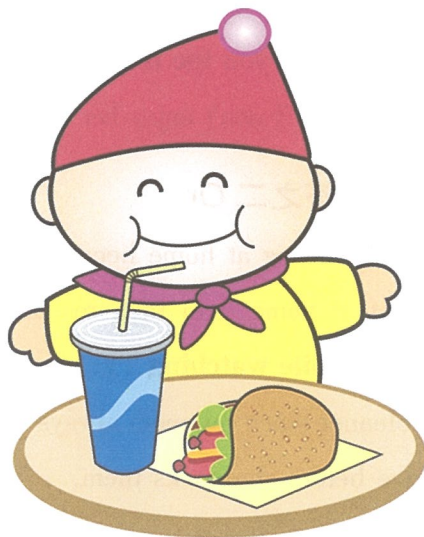
问题4 What do you think of fast food?

及格回答 Survival answer:

Fast food is very **popular with** young people but I don't like it because it's **not** healthy **at all**.

高分回答 Better to say:

Although fast food is very popular with young people, I don't like it because it's not good for my health. It has too much fat and too few vitamins. This makes me **gain weight** easily. I think we should eat more fruit and vegetables **instead**.



点睛之笔

- 高分回答从营养成分的角度分析了健康食品的重要性。同学们可以参照食物金字塔图记住一些有关营养成分的好词汇。
- but 表示转折是四级的新增语法点。同样表示转折的词语还有 however。
- 这道题目还可能这样问：Do you like to eat fast food?

加分表达法

popular with 受到……的欢迎

gain weight 体重增加

not ... at all 一点也不……

instead *adv.* 代替；反而

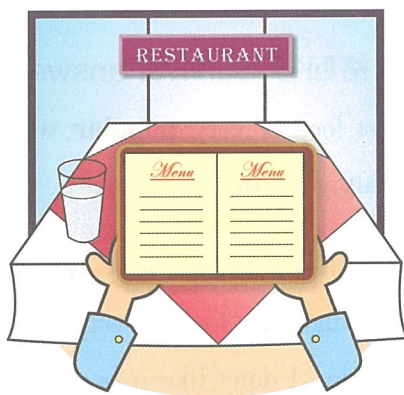
问题5 Do you prefer to eat in a restaurant or at home?

及格回答 Survival answer:

I **prefer to** eat in a restaurant because there are more **choices** than at home, and food in restaurants is tastier.

高分回答之一 Better to say:

I prefer to eat in a restaurant because there are more choices than at home, **not to mention** the taste of food. **To tell you the truth**, my mom is not good at cooking and I don't enjoy her dishes at all.



高分回答之二 Or:

I enjoy dining at home because it's more relaxing to eat at home than in a restaurant. I can have dinner **while watching** TV. And the food at home is cleaner since my mom always washes vegetables twice before she cooks them.



点睛之笔

- 比较两个事物，涉及如何表达自己的喜好以及如何使用形容词的比较级：tasty - tastier, relaxing - more relaxing, clean - cleaner 等。much 放在比较级前面，起到加深程度的作用。
- 高分回答之一使用了 not to mention 这个短语，译为“更不用说”。例句：
There are more choices in a restaurant than at home, not to mention the taste of food.
饭店比家里有更多的（菜肴）选择，更不用说菜肴的味道了。
He knows French and German, not to mention English.
他会法语和德语，更不用说英语啦。
- 这道题目还可能这样问：Where do you like to have dinner?

加分表达法

choice *n.* 选择 while doing sth. 在做某事的同时
to tell you the truth 说实话（口语中经常使用）

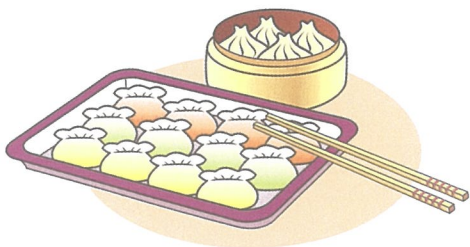
问题6 Do you prefer Chinese food or Western food?

及格回答 Survival answer:

I prefer Chinese food because there are so many different Chinese local dishes like dumplings, noodles and steamed buns. They taste good.

高分回答之一 Better to say:

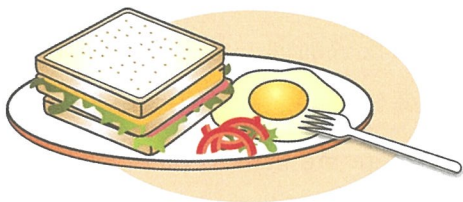
Of course I prefer Chinese food, especially **traditional** Chinese dishes such as dumplings and steamed buns. My family often make dumplings together and eat them on the weekends. They taste so delicious that I can



eat fifteen **at a time**.

高分回答之二 Or:

I prefer Western food because it's lighter and healthier than Chinese food. Chinese food is often too oily and spicy, especially food from Sichuan and Hunan provinces. I feel sick after eating it.



点睛之笔

- 高分回答之一中的 My family often make dumplings together. 可能有点令同学们疑惑, my family 到底是单数还是复数呢? 原来, family 是一个集体名词:

1) 当把 family 当成一个整体, 也就是“家庭”时, 它便是单数。例句: My family is large. 可译为“我的家庭有很多成员”。

2) 而当考虑 family 中的各个成员时, 它便是复数。例句: My family are all teachers. 可译为“我家的每个人都是老师”。

在本句中, my family 显然是在说“我家的每个人常常一起包饺子”, 所以此处应该把 family 当成复数名词, make 后面也就无需加 s 了。

- 高分回答之二运用了形容词比较级, 将中国菜与西方菜作对比, 紧扣考点: light - lighter, healthy - healthier。

加分表达法

Chinese food 中餐

traditional *adj.* 传统的

Western food 西餐

at a time 一次

4 拓展性阅读 Reading Extension

Colourful Chinese food

多种多样的中国菜

China is famous for its food. Chinese people not only care about the taste of their food but also the colour and smell.

There are many different food flavours in different places of China. Sichuan food is spicy, **Cantonese** food is light, Shanghai food is rather oily and food from northeast China is quite **salty**.

Some **traditional local dishes** are popular with people all over China. For example, **steamed buns** are well-known for their **juicy ingredients** and Beijing roast duck has a good **reputation** for its **tender** meat.

词汇表 >>

Cantonese /ˌkæntəˈniːz/ *adj.* 广东的

salty /ˈsɔːlti/ *adj.* 咸的

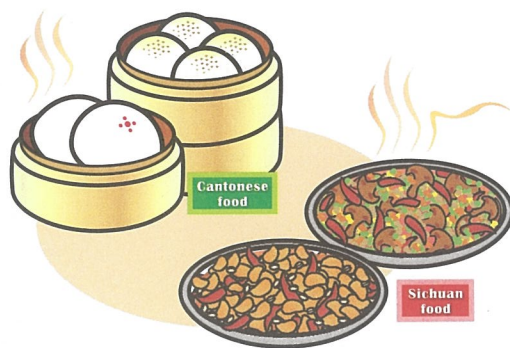
traditional local dish 传统地方菜

steamed bun 小笼包

juicy ingredient 多汁的馅

reputation /ˌrepjuˈteɪʃən/ *n.* 名声

tender /ˈtendə/ *adj.* 嫩的



Fast food

快餐

Fast food is becoming more and more popular in China, especially among young people. There are several reasons why people love it so much. As its name **indicates**, fast food is **indeed** much faster and more convenient than other types of food. In **chain restaurants** such as *McDonald's* and *KFC*, people only need to wait **a couple of minutes** before their food is ready to eat. Also, fast food tastes good. Children **in particular** always get excited when they eat chips or ice-cream. However, eating too much fast food will **do harm to** their health because it fails to provide sufficient nutrients and it contains too much fat which may cause **obesity**.

词汇表 >>

indicate /'ɪndɪkeɪt/ v. 暗示

indeed /ɪn'di:d/ adv. 的确

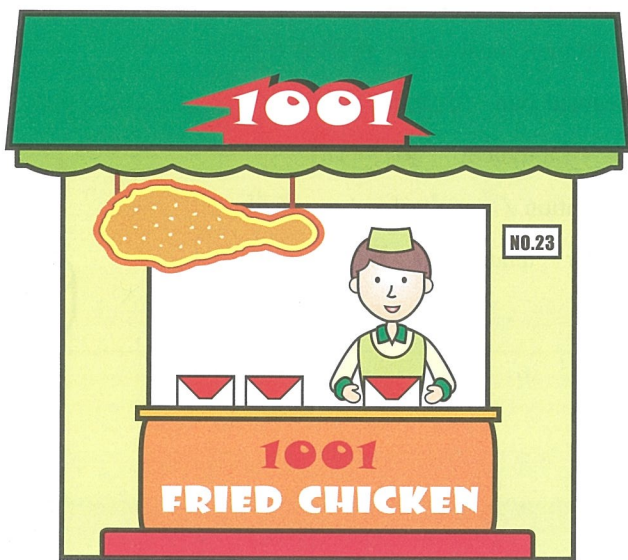
chain restaurant 连锁餐厅

a couple of minutes 几分钟

in particular 特别, 尤其

do harm to 对……有害

obesity /əu'bi:si:ti/ n. 肥胖症



Healthy diet

健康饮食

A healthy diet involves consuming **appropriate amounts of** essential nutrients. We can **obtain** nutrients **from** many different foods. For example, we get vitamins from fruit and vegetables, **calories** from meat and **starches**, and protein from eggs and milk. Only if we maintain a balanced diet can we have a healthy body.

It often takes some time for you to change your eating habits. Don't worry, just make small steps. For example, you can add a salad to your diet every day or use **olive oil** when you cook. After your small changes become a habit, you can **continue** to add more healthy choices to your diet.

词汇表 >>

appropriate amount of 适量的

obtain ... from 从……获取

calorie /'kæləri/ n. 热量

starch /stɑ:tʃ/ n. 淀粉

olive oil 橄榄油

continue /kən'tinju:z/ v. 继续

