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B3U2 Healthy Eating

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New Words and Expressions



重点单词

1. diet

n. 日常饮食 vi. 节食

2. balance

vt. 平衡;权衡 n. 天平;平衡

3. fry

vt. & vi. 油煎;油炸

4. ought

v. aux. 应当;应该

5. raw

adj. 生的;未加工的

6. strength

n. 强项;长处;力量

7. consult

vt. 咨询;请教;商量

8. limit

vt. 限制;限定 n. 界限;限度

9. benefit

n. 利益;好处 vt. & vi. 有益于;有助于;受益

10. combine

vt. & vi. (使)联合; (使)结合

11. barbecue

vt. & n. 烧烤;烤肉

12. roast

adj. 烤制的 vt. & vi. 烤;烘;烘烤



重点单词

13. slim

14. curiosity

15. customer

16. discount

17. weakness

18. digest

19. glare

20. spy

21. sigh

22. garlic

23. fibre

24. hostess

vi. 变细;减肥 adj. 苗条的;纤细的

n. 好奇心

n. 顾客;消费者

n. 折扣

n. 缺点;虚弱;弱点

vi. & vt. 消化 n. 摘要;概要

vi. 怒目而视;闪耀 n. 怒视;眩目的光

vi. & vt. 窥探;秘密监视 n. 间谍;侦探

vi. 叹息;叹气 n. 叹息;叹息声

n. 大蒜

n. 纤维;纤维制品

n. 女主人;女主持人



派生单词

- | | | | |
|-----------------------|---------------------|-----------------------|-----------------|
| 1. <u>curiosity</u> | n. 好奇心 | → <u>curious</u> | adj. 好奇的; 求知欲强的 |
| 2. <u>weakness</u> | n. 缺点; 虚弱; 弱点 | → <u>weak</u> | adj. 虚弱的; 无力的 |
| 3. <u>strength</u> | n. 强项; 长处; 力量 | → <u>strong</u> | adj. 强壮的; 强健的 |
| 4. <u>consult</u> | vt. 咨询; 请教; 商量 | → <u>consultation</u> | n. 咨询; 磋商 |
| 5. <u>limit</u> | vt. & n. 限制; 限定 | → <u>limited</u> | adj. 有限的 |
| 6. <u>benefit</u> | n. 利益 vt. & vi. 有益于 | → <u>beneficial</u> | adj. 有利的 |
| 7. <u>combine</u> | vt. & vi. (使)联合 | → <u>combination</u> | n. 结合; 联合 |
| 8. <u>cooperation</u> | n. 合作; 协作 | → <u>cooperate</u> | v. 合作; 协作 |
| 9. <u>obesity</u> | n. 过度肥胖 | → <u>obese</u> | adj. 臃肿的; 虚胖的 |
| 10. <u>poisonous</u> | adj. 有毒的 | → <u>poison</u> | n. & v. 毒药; 毒物 |



重点短语

- 1. a balanced diet
- 2. ought to
- 3. lose weight
- 4. get away with
- 5. tell a lie
- 6. win ... back
- 7. earn one's living
- 8. in debt
- 9. cut down
- 10. before long
- 11. put on weight

平衡膳食

应当;应该

体重减轻;减肥

被放过;(做坏事)不受惩罚

说谎

赢回;重新获得

谋生

欠债

削减;删节

不久以后

增加体重



词义释义

1. limit to stop something from increasing beyond a particular amount or level
2. customer a person or an organization that buys something from a shop/store or business
3. spy to collect secret information about another country, organization or person
4. barbecue an outdoor meal or party when food is cooked in this way
5. debt a sum of money that somebody owes
6. slim (of a person) thin, in a way that is attractive
7. discount an amount of money that is taken off the usual cost of something



话题词汇

food

spaghetti, nut, bean, pea, cucumber, eggplant, pepper, mushroom, pear, lemon, barbecue, mutton, kebab, bacon, cola, vinegar, fibre, carrot, garlic, bacon, muscle

cooking skills

roast, stir, fry, stir-fry

disease

scurvy, rickets, obesity



美句赏析

Satisfaction of one's curiosity is one of the greatest sources of happiness in life.

---Linus Pauling

Reading is a discount ticket to everywhere.

---Mary Schmich

Weakness of attitude becomes weakness of character.

---Albert Einstein

Our mobile phones have become the greatest spy on the planet.

---John McAfee

The drama of life begins with a wail (哀号) and ends with a sigh.

---Minna Antrim



遣词造句

Group 1: balanced diet; protective; bean

If you keep a balanced diet, that means you not only eat energy-giving and body-building food, but also protective food like beans.

Group 2: ought to; fry; roast

You ought to eat less fried or roast food, as they are unhealthy.

Group 3: lose weight; lie; slim

It is a lie that as long as you exercise you will lose weight and become slim.

Group 4: discount; win ... back; customers

Offering a 20% discount, you can win customers back.

Group 5: glare; spy; get away with

He glared at me as if I spied on him and got away with it.



核心词汇

1. diet n. & v.

根据例句写出diet的相关意思

Lyn always seems to **be on a diet**.

Not all **diets** are good for you.

n. 节食；规定饮食

She doesn't eat a very healthy **diet**.

It is important to have a balanced **diet**.

n. 日常饮食；日常食物

She's always **dieting** but she never seems to lose any weight.

v. 节食；按规定进食

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Quiz

一句多译

你在节食吗？你瘦了很多。

1. Have you been dieting? You've been a lot thinner.
2. Have you been on a diet? You've lost a lot of weight.

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核心词汇

2. consult v.

根据例句找中consult相关用法。

If the pain continues, consult your doctor.

I need to consult with my lawyer.

consult (with) sb

Consult your doctor about how much exercise you should get.

I need to consult with my colleagues on the suggestions.

consult (with) sb (on/about) sth

派生词

consultation n. 咨询



Quiz

根据图片写相关短语



consult the doctor about illness



consult the dictionary about new words



核心词汇

3. benefit v. & n.

根据例句找出benefit的用法

I've had the benefit of a good education. n. have the benefit of 得益于
be of benefit to 使...受益

The regulations will be of benefit to everyone concerned.

They are working together to benefit the whole society.

Both sides have benefited from the talks.

They would benefit by reducing their labor costs.

派生词

beneficial adj. 有益的

v.

benefit sth 使受益

benefit by/from sth 得利于



Quiz

台词翻译

来自《耶鲁大学开放课程：古希腊历史简介 第22集》

这是一场波斯和斯巴达得益的和平

来自《新飞跃比弗利 第3季 第9集》

当然 不是说我从那谋取什么利益



核心词汇

4. limit v. & n.

翻译例句中limit相关词组

- There is a limit to the amount of pain we can bear. ...是有限度的
- The EU has set strict limits on levels of pollution. 作出严格限制
- Violent crime is not limited to big cities. 不局限于

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Quiz

名言翻译

明日生活中种种可能的唯一限制是你今日使用的各种“但是”。
The only **limits** to the possibilities in your life tomorrow are the buts
you use today. (by Les Brown)

依靠别人取得成功只会束缚、限制你。
Relying on someone else to be successful only ties you down and
limits you. (by Fabrizio Moreira)



核心词汇

5. combine v.

将例句中combine的相关意思与右边中文意思连线

- **Combine** eggs with a little flour.
- The hotel **combines** comfort with convenience.
- She has successfully **combined** a career and bringing up a family.
- They **combined** against a common enemy.

合并，协力

组合，混合

兼有，兼备

同时做（几件事）



Quiz

翻译

几种流感病毒(virus)混合在一起形成新型病毒。医生联手科技（单位）共同研制新药对抗该病毒。

Several types of flu viruses **combined** to form a new virus. In order to fight against it, doctors and techonology **combined** to invent new medicine.



即学即用

A lot of girls dream about having a slim body. Here are some tips on how to lose weight while keeping healthy. The first suggestion is to cut down junk food. Though delicious, they often contain a lot of fat, which will contribute to your increasing weight. It is also advised to keep a balanced diet. That means you ought to eat protein, fat and vegetables, which contain all the fiber, vitamins and minerals you need to be healthy. In addition, you can also benefit from doing exercise. Keeping doing so regularly, you will lose some weight before long. If you follow these tips, you will probably win both beauty and confidence back.



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