



★ 品读 **美国**

★ 社会生活 ★

李明 主编

Social  
Life



中国水利水电出版社  
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## 内 容 提 要

本书带您走进美国人的日常生活。全书内容题材广泛,贴近生活。介绍了美国人的日常起居、家庭、教育、社会福利、人际关系等方面。还特别将中美文化的差异一一介绍,深入剖析。是一本学美式英语和了解美国生活密切结合的双功能英汉双语读物。对您出国留学、旅游、出差也有一定的帮助。

本书适用于希望提高英语水平的广大英语爱好者。

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## 前 言

这是一套带您多角度了解美国的英汉对照双语读物。美国是当今世界唯一的超级大国，它在经济、社会、文化等多领域引领着世界的潮流。美式英语的影响力已经超越了正统的英式英语，对于英语学习者来说，读一些地道的美国英语、品一些地道的美国文化，这是一条充满学习乐趣的捷径。

本套图书共包括《品读美国经济金融》《品读美国社会生活》《品读美国文化娱乐》和《品读美国风云人物》四册：

《品读美国经济金融》带您通过政治和经济视角来认识美国，探究美国的制度、法律，探究美国经济雄霸世界的奥秘。

《品读美国社会生活》从日常起居、家庭、教育、社会福利、人际关系等方面走近普通美国人的生活。

《品读美国文化娱乐》陪您一起领略风靡世界的美国文化、好莱坞大片、让人欲罢不能的美剧、精彩激烈的 NBA 赛事等让年轻人为之狂热的流行文化。

《品读美国风云人物》向读者介绍备受美国人民所敬仰的美国风云人物，他们有开国元勋、财富大鳄、科技天才、闪耀群星。他们就是美国的标志，也是美国不断发展的一座座里程碑。

本套书编写过程中特别注重以下特色：

1. 选材中只选中国读者知道的人、事、公司，确保读者对于所选题材的阅读具备一定的社会知识基础，不至于让读者读来索然无味。

2. 本套书籍内容形式包括杂记、散文。以中、短篇幅文章为内容构成基础，利用松散但条理清晰的框架脉络串起各篇文章。既可以按照本书目录顺序阅读，也可以自由选择阅读。

3. 配套手机互动学习软件，支持 iPhone 和 Android 两种最常

用的主流智能手机，让您的学习方式紧跟潮流。

当您开始阅读一本书的时候，就应该问问自己，从中能获得什么。而编者的任务则是提供给您最感兴趣阅读热点，以及提供尽可能轻松的方式帮助您提升英语水平，并希望您能从书中获取最需要的养分。当然，您的学习成绩还取决于您的勤奋和努力。您的努力加本套书的精心安排，这次品读美国之旅一定会让您受益匪浅！

本套书在编写过程中，受到了方雏声以及王生、刘香伟、倪金萍、孟琳、翁周强、彭铮、徐怀亮、郑水妹、张浩、贾成、包晨、任喆、韩灵生、江海涛、卞亭亭、王萍、曹杰、江平、吴俊媛、车健、方彬彬、范森凯、庄继武、张冬梅、程姗、阎淑兰、卑瑜、张波、冯一、黄乐军、牛庆伟、田东婷、姜琦、杨晶文、程玉培、佟团结、刘维、钱晓辉、乔哲等各位老师的帮助，在此对他们的辛苦付出表示衷心感谢。

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# 美式饮食

# 1 美国饮食发展史

Food is much more than a mere means of **subsistence**. It is filled with cultural, **psychological**, emotional, and even religious significance. It defines shared identities and **embodies** religious and group traditions.

The European discovery of the New World represented a **momentous** turning point in the history of food. Pigs, sheep, and cattle were unknown in America. Until the late 19th century, the history of food in America was a story of fairly distinct regional traditions that stemmed largely from England. Yet the presence of new **ingredients**, and especially contact among diverse **ethnic** groups, would eventually encourage **experimentation** and **innovation**. Nevertheless, for more than two centuries, English food traditions **dominated** American **cuisine**. Before the Civil War, there were four major food traditions in the United States, each with English roots.

One unique feature of the American diet from an early period was the **abundance** of meat and **distilled** liquor. One of the first major forces for dietary change came from German immigrants, whose distinctive emphasis on beer, marinade meats, sour flavors, wursts, and pastries was gradually assimilated into the mainstream American diet in the form of barbeque, Cole slaw, hot dogs, donuts, and hamburger.

Today, food tends to play a less distinctive role in defining ethnic or religious identity. Americans, regardless of religion or region, eat **bagels**, curry, egg rolls, and salsa and a Thanksgiving turkey.

The main food in America is meat, fish and chicken. One kind of main food may be presented in one meal. Hamburger and Hot dogs are the most famous food in America. Hot dog can be bought in small shops or **booths**. In all menus of most

restaurants in America, there are hamburgers made with steaks, chicken, seafood, the French fries and fresh salad. The last piece of dishes is the dessert, such as apple pie, cheese cake, chocolate, ice-cream, etc.

Coffee and tea is the main drinks in America, milk follows. They often drink Coco-Cola and Pepsi Cola. Some people like to drink wine, whisky and cocktail.

Adorable food in America was Fettuccine Alfredo, **Lasagna**, Cheese on Broccoli, Pepperoni Pizza and so on. Fettuccine Alfredo is a kind of **pasta** food made from Fettuccine pasta tossed with Parmesan cheese, butter, and heavy cream. In American cuisine, it is often mixed with other ingredients such as **parsley**, chicken, garlic and shrimp. Lasagna is a form of pasta in sheets made with layers of pasta, cheese, sausage and tomato sauce. Americans usually like regular Lasagna. Cheese on **Broccoli** is cooked with heavy cheese, made the broccoli so sweet. Finally comes **Pepperoni** Pizza which is Italian smoked **sausage**, pizza topped with pepperoni made it so delicious.

食物不仅仅是生存的手段，还充满文化、心理、情绪，甚至宗教意义。它定义了共同的身份，体现了宗教和群体传统。

欧洲对于新世界的探索是食品历史上的重大转折。以前美国人不知何为猪、羊、牛肉。直到 19 世纪晚期，美国的食品历史才出现了非常明显的区域传统的划分，这一特点主要源于英国。然而，由于新食材的出现，尤其是多元化的族群间的往来，最终促进了人们对新食品的尝试和创新。然而，两个多世纪以来，英国食品的传统一直主导着美国的烹饪方法。在南北战争之前，美国主要有四个食品传统，都源于英国。

美国早期饮食的一个独特的特点是食用大量的肉和蒸馏酒。膳食变化的第一个主要动力来自德国移民，他们对啤酒情有独钟，爱吃腌肉、酸味食品、香肠和糕点，这个特点逐渐成为美国饮食的主流，如烧烤、科尔卷心菜沙拉、热狗、甜甜圈和汉堡。

今天，食品在定义民族或宗教身份上的作用没有那么明显了。美国人不

分宗教或地区都吃百吉饼、咖喱、蛋卷、沙司(墨西哥食物中辣调味汁)以及感恩节火鸡。

美国的主要食物是猪肉、鱼肉和鸡肉,每餐都会有这些主要食物中的一种。汉堡和热狗是美国最有名的食物。热狗可以在小商店或摊位买到。在美国大多数餐厅的所有菜单上都有夹肉汉堡、鸡肉、海鲜、炸薯条和新鲜的沙拉。最后一道菜是甜点,如苹果馅饼、乳酪蛋糕、巧克力、冰淇淋等。

咖啡和茶是美国的主要饮料,牛奶其次。他们经常喝可口可乐与百事可乐。有些人喜欢喝葡萄酒、威士忌和鸡尾酒。

在美国比较受欢迎的食物有阿尔弗雷多意大利宽面条、烤宽面条、奶酪青花菜、辣比萨等。阿尔弗雷多意大利宽面条是一种面制品,原料有生面团与帕尔玛奶酪、黄油和奶油。美国的烹饪食物往往加有其他原料,如香芹、鸡肉、大蒜、虾等。烤宽面条是一种薄片状的面食,有很多层的面、奶酪、香肠和番茄酱。美国人比较喜欢普通的烤宽面条。奶酪使得花椰菜更甜。最后还有辣比萨,加有意大利熏香肠,辣椒更是增添了其美味。

### ★ 生词点拨

◆ subsistence	<i>n.</i> 生存; 生活	◆ psychological	<i>adj.</i> 心理的
◆ embody	<i>v.</i> 体现; 使具体化	◆ momentous	<i>adj.</i> 重大的
◆ ingredient	<i>n.</i> 原料; 要素	◆ ethnic	<i>adj.</i> 民族的
◆ experimentation	<i>n.</i> 尝试; 实验	◆ innovation	<i>n.</i> 创新; 革新
◆ dominate	<i>v.</i> 控制; 支配	◆ cuisine	<i>n.</i> 烹饪
◆ abundance	<i>n.</i> 充裕	◆ distilled	<i>adj.</i> 由蒸馏得来的
◆ bagel	<i>n.</i> 百吉饼	◆ booth	<i>n.</i> 货摊
◆ lasagna	<i>n.</i> 烤宽面条	◆ pasta	<i>n.</i> 意大利面食
◆ parsley	<i>n.</i> 荷兰芹; 香芹	◆ broccoli	<i>n.</i> 花椰菜; 西兰花
◆ pepperoni	<i>n.</i> 意大利辣香肠	◆ sausage	<i>n.</i> 香肠; 腊肠

## 2 快餐文化

Fast food is the term given to food that can be prepared and served very quickly. While any meal with low preparation time can be considered to be fast food, typically the term refers to food sold in a restaurant or store with **preheated** or **precooked** ingredients, and served to the customer in a **packaged** form for take-out/take-away. The term “fast food” was recognized in a dictionary by Merriam-Webster in 1951.

Outlets may be stands or **kiosks**, which may provide no **shelter** or seating, or fast food restaurants (also known as quick service restaurants). **Franchise** operations which are part of restaurant chains have **standardized** foodstuffs shipped to each restaurant from central locations.

The capital requirements involved in opening up a fast food restaurant are relatively low. Restaurants with much higher sit-in ratios, where customers tend to sit and have their orders brought to them in a seemingly more **upscale** atmosphere may be known in some areas as fast **casual** restaurants.

Fast food outlets are take-away or take-out providers, often with a “drive-through” service which allows customers to order and pick up food from their cars; but most also have a seating area in which customers can eat the food on the **premises**.

Nearly from its **inception**, fast food has been designed to be eaten “on the go”, often does not require traditional **cutlery**, and is eaten as a finger food. Common menu items at fast food outlets include fish and chips, sandwiches, **pitas**, hamburgers, fried chicken, french fries, chicken nuggets, **tacos**, pizza, hot dogs,

and ice cream, although many fast food restaurants offer “slower” foods like chili, mashed potatoes, and salads.

Modern commercial fast food is often highly processed and prepared in an industrial fashion, i.e., on a large scale with standard ingredients and standardized cooking and production methods. It is usually rapidly served in cartons or bags or in a plastic wrapping, in a fashion which minimizes cost. In most fast food operations, menu items are generally made from processed ingredients prepared at a central supply facility and then shipped to individual **outlets** where they are **reheated**, cooked (usually by **microwave** or deep frying) or assembled in a short amount of time. This process ensures a consistent level of product quality, and is key to being able to deliver the order quickly to the customer and **eliminate** labor and equipment costs in the individual stores.

Because of commercial emphasis on speed, uniformity and low cost, fast food products are often made with ingredients **formulated** to achieve a certain flavor or **consistency** and to preserve freshness.

快餐专指那些短时间做好并供应给顾客的食品。虽然只要准备时间较短的食物都可以叫做快餐，但这个词一般是指在餐馆或商店中卖的带有预热或预煮配料的食物，和以打包的形式卖给顾客的外带食品。1951年，“快餐”这个词就已被收入韦氏词典。

卖快餐的网点可以是小摊或者是售货亭，这些地方不提供就餐点或座位，也可以是快餐店（也称为快速服务餐厅）。特许经营店是连锁餐厅的一个部分，他们的食品都是从中心地点运送到各个快餐店的标准化食品。

开快餐店的资金要求相对较低。在有很多座位的快餐店，顾客往往会坐下来，食物会送上餐桌。这样的氛围较为高档，在有些地区被称为休闲快餐厅。

快餐店是外卖的供应商，通常提供“免下车服务”，让顾客在车上就可买到食物，但大多数的快餐店也有休息区，顾客们可以在这些地区就餐。

几乎从出现以来，快餐就已被设计为一种可以在“走动”中食用的食物了，

因此往往不需要传统的餐具，用手拿着就可以吃。快餐店菜单中常见的食品有炸鱼薯条、三明治、皮塔饼、汉堡、炸鸡、法式炸薯条、鸡块、炸玉米饼、披萨、热狗和冰淇淋，还有许多快餐店提供“慢食”如辣椒食品、土豆泥和沙拉。

现代商业快餐往往是经过深加工和行业通用方法，即以标准的配料和烹调生产方式大规模生产，这些食品通常是被迅速包装到纸盒、袋子或塑料包装中，以使成本最小化。在大多数快餐店，菜单上的食品一般都由从中央供应中心运到每个网点的加工过的原料制作而成，在各个网点再次烹调（通常用微波或油炸的方式），或者是在很短的时间内组合加工而成。这个过程确保了产品质量的一致性，也是能够迅速给客户供应的关键，也不需要花费个别商店的劳动力和设备成本。

由于商业强调速度、统一和低成本，快餐产品往往都用配方原料制作而成，以保持风味的独特和统一，同时也保持其新鲜度。

## ★ 生词点拨

- |                |            |               |               |
|----------------|------------|---------------|---------------|
| ◆ preheated    | adj. 预热的   | ◆ precooked   | adj. 预煮的      |
| ◆ packaged     | adj. 包装过的  | ◆ kiosk       | n. 售货亭        |
| ◆ shelter      | n. 庇护；避难所  | ◆ franchise   | n. 特权；公民权     |
| ◆ standardized | adj. 标准化的  | ◆ upscale     | adj. 迎合高层次消费的 |
| ◆ casual       | adj. 随便的   | ◆ premise     | n. 前提；上述事项    |
| ◆ inception    | n. 起初；获得学位 | ◆ cutlery     | n. 餐具         |
| ◆ pita         | n. 皮塔饼     | ◆ taco        | n. 墨西哥煎玉米卷    |
| ◆ outlet       | n. 出口      | ◆ reheated    | v. 再热         |
| ◆ microwave    | n. 微波炉     | ◆ eliminate   | v. 消除；祛除      |
| ◆ formulate    | v. 规划      | ◆ consistency | n. 一致性        |

## 3

## 咖啡乐趣

In the United States, coffee culture is frequently used to **designate** the **ubiquitous presence** of hundreds of **espresso** stands and coffee shops in the Seattle **metropolitan** area and the spread of **franchises** of businesses such as Starbucks and their clones across the United States. Other aspects of coffee culture include the presence of free wireless Internet access for customers, many of whom do business in these locations for hours on a regular basis. The style of coffee culture varies by country, with an example being the strength of existing cafe style coffee culture in Australia used to explain the poor performance of Starbucks there.

In the world of marketing and **entrepreneurship**, Starbucks is a success story. It is one of those stories of “excellence” taught as a case study at business school. Founded in 1971, it really began its **incredible** growth under Howard Schultz in 1985, and presently has 6,294 coffee shops. But what does its success really consist of? A large cup of coffee at Starbucks is much more expensive than at Dunkin’ Donuts: \$2.69 compared to \$3.40 for a Starbucks’ ‘venti’.

Chains with thousands of branches like Dunkin’ Donuts or Starbucks **dominate** US daily street life. Especially in the morning (90% of coffee consumed in the US is in the morning), millions of white **foamy** cups with boldly **imprinted** pink and orange logos bob across the streets in morning rush hour and on the train. Coffee drive-ins are a saving grace for the rushing army of **helmeted** and **tattooed** construction workers. During lunch break, men and women in **savvy** business suits duck into coffee shops.

These days coffee is second only to oil as the most valuable (legally) traded



good in the world with a total trade value of \$70 billion. Interestingly, only \$6 billion reaches coffee producing countries. The remaining \$64 billion is generated as **surplus** value in the consumption countries. Small farmers grow 70% of world coffee production. They mainly grow two kinds of coffee beans: **Arabica** and **Robusta**. About 20 million people in the world are directly dependent on coffee production for their subsistence.

Coffee in the US is a **subculture** that massively floated to the surface of the consumer's society. Starbucks is more than coffee, it's more than just another brand on the market, it is a social-political statement, a way of perceiving how you would like to live, in other words it is a culture. Starbucks is the alternative to Coca-Cola and so much more than just coffee: it's chocolate, ice-cream, **Frappuccino**, travel **mugs** with **exotic** prints, cups and live music, CD's, discounts on exhibitions and even support for volunteer work.

在美国，咖啡文化通常被用来指西雅图市区无处不在的浓咖啡摊点和咖啡店，以及像星巴克这样的咖啡店和其连锁店遍布全美的现象。咖啡文化还包括为客户提供免费无线上网，许多人定期地在这些地方处理自己的业务，并且一坐就是好几个小时。每个国家的咖啡文化风格各异，比如，澳大利亚现有的咖啡馆风格和咖啡文化就可以解释为什么星巴克在该国的业绩不佳。

在世界营销和创业精神方面，星巴克是一个成功的案例。它在商学院的案例分析中被当做“卓越”的典型。成立于1971年的星巴克，其惊人的成长从1985年霍华德·舒尔茨掌管时才真正开始，目前发展到拥有6294家咖啡店。但究竟什么原因创造了星巴克的成功？星巴克一大杯咖啡的价格要远远高于唐恩都乐的价格，星巴克的“超大杯”咖啡的价格是3.40美元，与之相比，唐恩都乐的“超大杯”日常咖啡要便宜得多，价格为2.69美元。

像唐恩都乐和星巴克这样拥有数千家连锁店的品牌主导着美国人的街头生活。特别是在早上（美国90%的咖啡是在早晨消费），数百万印有鲜明粉红和橙色标志的起泡杯充斥在早晨上班高峰期的大街小巷和火车上。对戴着安