

# 食品、卫生、医药实用英语

Practical English  
for  
Foodstuff , Sanitation & Medicine

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苏晓萍 太原理工大学文学院外语系专业外语教研室讲师。曾发表《英语专业阅读课讨论式教学探讨》、《大学英语阅读资料库网络建设的现实意义分析与尝试》等论文数篇。

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## 编者的话

20世纪80年代,美国的《英语900句》(English 900)曾一度风靡中国内地,几乎家喻户晓。于是该书一时畅销全国,形成一股《英语900句》热。笔者曾屡次朗读该书,读后每觉收益匪浅。随着《新概念英语》(New Concept English)的出现,似乎《英语900句》不怎么流行了。为什么呢?原因在于《英语900句》的话题(topics)司空见惯,内容陈旧,没有新鲜感。于是几年前,笔者根据自己的亲身体会,发现多数学英语的人最不熟悉食品(foodstuff)、卫生(sanitation)和医药(medicine)方面的英语词语。例如,方便面(instant noodles)就似乎不怎么为人所知,更谈不上美国唐人街许多著名中国餐馆名菜名吃的英语表达方式了。如“蚝油鲜竹卷”(bean sheet roll)、“叉烧雪豆”(roast pork with snow peas)、“素黄雀”(yellow bird)以及名目繁多的卫生和医药方面的名词术语。别的不说,或许“支气管炎”(bronchiolitis)一词就会难住许多学英语的“英雄好汉”,更不要说“先天性心脏病”(congenital heart disease)的英语翻译了。而食品、卫生、医药又恰恰与人们的日常生活密不可分。人人都知道太阳是sun,但太阳离我们何止千万里?人人都吃元宵,但元宵的英语名(stuffed dumpling)又似乎鲜为人知。这种使用与交际“脱节”的现象引起了笔者的兴趣。于是笔者想,若能编一套由易到难的食物、卫生、医药英语书,不就可以解决这一“矛盾”了吗?有了这一想法,笔者便随时随地地留心收集有关食品、卫生、医药方面的词语材料。从1990年至今集十几年之大成,收集了大量相关词语及文章、对话等,编写了这本循序渐进的《食品、卫生、医药实用英语》(Practical English for Foodstuff, Sanitation & Medicine)。在编写过程中,笔者与一些同行共同努力,广泛参阅了大量有关书籍和资料,使其内容更加丰富、充实。其中最头痛的问题是每个单元(Unit)中15个句子的选择。因为这些句子的结构和内容不仅要照顾到句子的独立性,又要考虑到全书的系统性和渐进性。此外还有“阅读练习”(Reading Practice)和其他内容的编排问题,有些曾三易其稿,反复推敲,以使其长度和深度都能符合本单元的要求。回头一想,也真是不容易啊!如今书稿已成,摆在案头。从头到尾仔细读来,看着每篇课文中合理的布局和颇富新意的词语,尤其是有关食品、卫生、医药方面的句子,又觉得似乎自己是一名读者。好像这是一本很有价值的、编排新颖的英语书籍,真想把书中这些有用的东西都一口吞进肚里。世界上的事情往往是这样的,干一件事情前,首先要设计一个总的计划布局,然后就着手干。在干的过程中又发现事情不那么简单,需要耗费大量精力,克服许多困难。在望洋兴叹之余,不得不寻找几个同事合作,经过几年的奋斗,终于完成了这部作品。当大功告成后,又觉得这不是自己创造的业绩,是上帝助了我们一臂之力,于是心里倍感欣慰。

《食品、卫生、医药实用英语》由三大部分构成,即食品部分、卫生部分和医药部分,每个部分都包括20个单元,共有60个单元。为了照顾不同程度英语学习者的需求,遵循由易到难的原则,各部分的内容安排上有所不同。食品部分第1—10单元只编排了基本句型和对话练习,第11—20单元为加深难度,将内容调整为基本句型、对话练习和阅读练习;卫生部分的内容安排除了基本句型和阅读练习之外,又增加了动词学习内容;医药部分又加大了阅读内容的难度,以期达到深入浅出的目的。

本书由秦茵、苏晓萍、周英合作编写,共计37万余字,其中秦茵编写20万余字,苏晓萍编

写 12 万余字 ,周英编写 5 万余字 ,本书成稿后由张梦井教授主审 ,在此表示感谢 !

在本书编写过程中 ,得到了杜耀文教授与刘兵教授的帮助 ,他们对本书提出了非常有价值的建议 ,在此表示感谢 !

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编者

2005 /6 /28 于太原



# I Foodstuff

## (食品部分)

## Unit 1 Noodles 面条 (1—15)

### Basic Sentences(基本句型)

1. Hello.  
喂！
2. Good morning.  
你好！
3. Can I help you ?  
我可以为你效劳吗？
4. Is this instant noodles ?  
这是方便面吗？
5. Yes , it is.  
是的。
6. How much does it cost ?  
多少钱？
7. Six yuan.  
六元。
8. What 's that ?  
那是什么？
9. It 's beef flavor noodles.  
那是牛肉面。
10. Is it delicious ?  
味道鲜美吗？
11. Yes , it is. It 's very delicious.  
是的，味道很好。
12. And what 's that ?  
那又是什么呢？
13. It 's fried bean sauce noodles.  
那是炸酱面。
14. Thank you very much !  
非常感谢！
15. You are welcome !  
欢迎你来！

## Conversation (对话练习)

1. Xiao Wang : Hello , Xiao Li.  
Xiao Li : Hello , Xiao Wang.  
Xiao Wang : How are you ?  
Xiao Li : Fine , thank you.  
Xiao Wang : How is your sister ?  
Xiao Li : She 's fine , too.  
Xiao Wang : Good-bye , Xiao Wang.  
Xiao Li : Good-bye , Xiao Wang.
2. James : Good morning , Mr. Zhou.  
Zhou : Good morning , Mr. James.  
James : Where have you been just now ?  
Zhou : I 've been doing some shopping.  
James : What did you buy ?  
Zhou : Some instant food for my wife.  
James : For your wife ?  
Zhou : Yes , she is busy these days and this kind of food is just nice for her.  
James : A very good husband.  
Zhou : Thank you very much.
3. Consumer : Good morning , Sir.  
Salesman : Good morning. What can I do for you ?  
Consumer : What kind of instant noodles do you have ?  
Salesman : We have many kinds of noodles. What do you want ?  
Consumer : Instant noodles with eggs , please.  
Salesman : OK. How many packs do you want ?  
Consumer : Ten packs , please.  
Salesman : Anything else ?  
Consumer : Two packs of crispy noodles please.  
Salesman : All right. Here you are.  
Consumer : How much all together ?  
Salesman : Eighteen yuan.  
Consumer : Here you are. Thank you a lot.  
Salesman : It 's my pleasure.

## Word List (词汇表)

|                     |                     |
|---------------------|---------------------|
| bean 大豆             | beef 牛肉             |
| brand 商标            | crispy 酥脆的          |
| dehydrate 脱水        | delicious 味道鲜美的     |
| flour 面粉            | instant 立即的 (食品)速溶的 |
| liter 升             | monosodium 谷氨酸钠     |
| noodle 面条           | onion 葱             |
| picked mustard 精制芥末 | pork 猪肉             |
| powder 粉            | sauce 酱汁            |
| seasoning 调味品       | simmer 炖            |
| spice 调料            | un-oily 不油腻的        |
| wheat 小麦            |                     |

## Expressions & Phrases (词组和短语)

|                                |                                |
|--------------------------------|--------------------------------|
| beef flavor 牛肉风味               | cheap for serving 便于保存         |
| Chili Bean Sauce Noodles 辣酱方便面 | crispy noodles 酥软面条            |
| dehydrated onion 脱水洋葱          | fried bean sauce noodles 炸酱方便面 |
| gourmet powder 味精粉             | instant noodles 方便面            |
| monosodium glutamate 味精        | pork instant noodles 猪肉方便面     |
| refined palm oil 精制棕榈油         | refined pepper oil 精炼辣椒油       |
| roast beef noodles 熏牛肉方便面      | seasoning powder 调味粉           |
| vegetable oil 植物油              |                                |

## Unit 2 Milk Powder 奶粉 (16—30)

### Basic Sentences(基本句型)

16. Come in , please !  
请进 !
17. Is this instant milk powder ?  
这是速溶奶粉吗 ?
18. Yes , it is. It 's very nutritious !  
是的。它有丰富的营养。
19. This is chocolate peanut milk powder.  
这是巧克力花生奶粉。
20. How much does it cost , please ?  
请问 ,它多少钱 ?
21. Ten yuan per pack.  
每袋 10 元。
22. Is it beneficial to health ?  
它对身体有好处吗 ?
23. Yes , it is. It is made of fresh milk.  
是的。它是用鲜牛奶制的。
24. Please tell me something about this milk powder.  
请给我讲讲有关这种奶粉的情况。
25. It is light yellow and smells flavorful.  
颜色淡黄 ,香味很浓。
26. Is it good for the aged ?  
它对老年人有好处吗 ?
27. Yes , it is.  
是的。
28. Please pass me two bags of this milk powder !  
请递给我两袋这种奶粉。
29. All right ! What else ?  
好吧 ! 还需要什么呢 ?
30. Nothing. Thanks !  
不要什么了。谢谢 !

## Conversation (对话练习)

1. Salesman : Come in , please.  
Consumer : Thank you very much.  
Salesman : What can I do for you ?  
Consumer : Would you please give me two packs of milk powder ?  
Salesman : What kind of milk powder do you want ?  
Consumer : Chocolate or peanut are all right.  
Salesman : How many packs do you want ?  
Consumer : Two packs each.  
Salesman : All right ! Here you are.  
Consumer : How much are they all together ?  
Salesman : Ten yuan.  
Consumer : Here you are. Thank you a lot.  
Salesman : Never mind. It 's my pleasure.
2. Husband : Hi. What do you bring home today ?  
Wife : You guess.  
Husband : Maybe something for our children.  
Wife : Yes. But what do you think it is ?  
Husband : Some toys ?  
Wife : Yes. Anything else ?  
Husband : I have no idea. What 's it ?  
Wife : Four packs of milk powder.  
Husband : Rather good. It 's a very ideal foodstuff for our children.  
Wife : Yes. It is very beneficial for our children.  
Husband : It is beneficial for the adults , too ?  
Wife : Of course !
3. Mother : I bought two packs of milk powder for you today.  
Son : Really ? What kind of milk powder is it ?  
Mother : Chocolate peanut milk powder.  
Son : I like drinking it very much.  
Mother : Your grandmother is old. She needs nourishment , too.  
Son : Why not let her drink some of this milk powder , too ?  
Mother : That 's my idea , too. You are really a very good boy in the family.  
Son : I am no longer a boy. I know how to behave myself.  
Mother : It 's very nice for you to do so.  
Son : Thank you very much !

## Word List (词汇表)

|              |                |                    |
|--------------|----------------|--------------------|
| calcium 钙    | chocolate 巧克力  | dissolubility 不溶解性 |
| fatty 油脂多的   | flavorous 有风味的 | guarantee 保证       |
| nutrition 营养 | preserve 保存    | protein 蛋白质        |
| refine 精制    | soybean 大豆     | stability 稳定性      |

## Expressions & Phrases (词组和短语)

|                          |                         |
|--------------------------|-------------------------|
| amino acids 氨基酸          | balanced nutrition 营养平衡 |
| biological Calcium 生物钙   | guarantee period 保质期    |
| instant milk powder 速溶奶粉 | trace elements 微量元素     |
| ventilating place 通风的地方  |                         |

## Unit 3 Cereal 谷类食品 (31—45)

### Basic Sentences(基本句型)

31. What 's this ?  
这是什么？
32. It 's rice cereal.  
这是米粉。
33. Is this infant cereal ?  
这是婴儿米粉吗？
34. No ,that 's not infant cereal.  
不 ,这不是婴儿米粉。
35. Whose baby is this ?  
这是谁的孩子？
36. That 's my baby.  
那是我的孩子。
37. And what 's that ?  
那又是什么呢？
38. Is that cereal good for children ?  
那是适合于儿童食用的米粉吗？
39. Yes ,it is. It 's good for babies about four months.  
是的。它适合于四个月左右的婴儿食用。
40. It 's a specially prepared cereal.  
这是一种特制的米粉。
41. Is it nutritious ?  
它营养丰富吗？
42. Yes ,it is. It 's very nutritious.  
是的 ,它的营养丰富。
43. Where 's the high quality rice cereal ?  
优质米粉在哪儿呢？
44. Over here !  
在这里！
45. Is this cereal powder expensive ?  
这种米粉贵吗？

## Conversation (对话练习)

1. Wang : Whose baby is it ? Is it yours ?  
Li : Yes. It is mine. And where is your baby ?  
Wang : Mine is in the kindergarten.  
Li : How old is it ?  
Wang : Just one.  
Li : Is your child lovely ?  
Wang : Yes. She is. She is quite lovely.  
Li : What do you usually feed your baby with ?  
Wang : Mostly milk powder and sometimes cereal.  
Li : Your child must be very strong and well.  
Wang : Yes. She is quite strong. Both my husband and I like her very much. What 's your baby fed with ?  
Li : Cereal and sometimes meat and fish.  
Wang : That 's quite all right.
2. Liu : Good afternoon , Li. How are you ?  
Li : Fine , thanks. And you ?  
Liu : I 'm just fine , thanks. Where 's your husband ?  
Li : He 's at home.  
Liu : What is he doing now ?  
Li : He 's looking after our baby.  
Liu : How old is your baby ?  
Li : He 's only three months old.  
Liu : What do you feed your baby with ?  
Li : Rice cereal and sometimes milk powder.  
Liu : Who is your baby like ?  
Li : He 's like his father more than me.  
Liu : That 's quite interesting.
3. Li Ying : Hello , Xiao Wang.  
Wang Li : Good afternoon. How are you ?  
Li Ying : Fine , thank you. And you ?  
Wang Li : I 'm very well , thank you.  
Li Ying : What 's that in your hand ?  
Wang Li : Some toys for my baby.  
Li Ying : Where did you buy those things ?  
Wang Li : In a supermarket not far from here.  
Li Ying : Did you buy anything for your baby to eat ?

Wang Li : Yes ,I did. I bought some packs of high-protein infant cereal for my baby.

Li Ying : That 's very good. So long !

Wang Li : So long !

## Word List (词汇表)

carbohydrate 碳水化合物

enhance 增加

ingredient 填充料

preservative 可以保存的

vitamin 维生素

cereal 谷物

flavor 风味

nutritious 营养丰富的

rice 大米

well-chosen 精选的

coloring 色素

infant 婴儿

phosphorus 磷

utensil 器皿

zinc 锌

## Expressions & Phrases (词组和短语)

away from sunlight 没有阳光的地方

complete infant cereal 婴儿完全米粉

extra protein 额外营养

infant cereal 婴儿米粉

rice cereal 米粉

calcium hydrogen phosphate 碳水化合物

daily allowance 每天用量

flavor enhance 食品添加剂

nutritious elements 营养素

## Unit 4 Flour and Rice 面粉和大米 (46—60)

### Basic Sentences(基本句型)

46. What are these ?  
这些是什么呢？
47. Those are all-purpose flour and whole-wheat flour.  
那些是万能粉和全麦粉。
48. Where are the cookies ?  
小甜饼在哪里？
49. There they are.  
在那里。
50. What kind of flour do you prefer ?  
你想要什么面粉呢？
51. I prefer whole-wheat flour.  
我宁愿要全麦粉。
52. Where is the white flour ?  
精粉在哪里？
53. It 's over there.  
在那儿。
54. Is it the enriched flour ?  
这是加强粉吗？
55. No ,it isn 't. It 's white flour.  
不 ,不是。是精粉。
56. Rice is high in starch but low in protein.  
大米中淀粉多 ,蛋白少。
57. Rice comes in many different colors and sizes.  
大米的颜色和颗粒大小各不相同。
58. Rice can also be used to make wine.  
大米还可以做酒。
59. All-purpose flour is usually bleached.  
万能粉常常要漂白。
60. Don 't rinse before it is cooked.  
蒸煮之前不要淘洗。

## Conversation (对话练习)

1. Wang : What is this ?  
Li : It 's an American cookie.  
Wang : What is it made of ?  
Li : It is made of wheat.  
Wang : What does its taste like ?  
Li : It tastes sweet.  
Wang : How many kinds of food can wheat be used to make ?  
Li : Many kinds of food are made of wheat , such as bread , cakes , noodles , biscuits and so on.  
Wang : Have you ever tasted American cookies ?  
Li : Yes , I have. I used to eat cookies very often when I was in America.  
Wang : Did you have noodles in your meal in America ?  
Li : Yes , I did. But not frequently. I used to have noodles about once every week , for most of my time is spent on my work.  
Wang : Oh , I see.
2. Smith : Hello , it 's a quarter past two. I feel hungry. Let 's find something to eat.  
Sheila : OK. But where shall we go ?  
Smith : What about a pub ?  
Sheila : Is it still open now ?  
Smith : It is still open for it is closed at three.  
Sheila : What would you like to eat ?  
Smith : Cakes or sandwiches. And besides I need some eggs.  
Sheila : Do you like sausages ?  
Smith : Yes , OK.  
Sheila : But where is the cheap pub ? For all the pubs here are rather expensive.  
Smith : Oh , yes. There is one just around the corner. Let 's hurry.  
Sheila : Let 's.
3. Mr. Zhang : Hello , let 's go to have something.  
Henry : A good idea. But where shall we go ?  
Mr. Zhang : What kind of food do you prefer , Chinese food or Western food ?  
Henry : I like Chinese cooking very much. It is very flavorful and delicious.  
Mr. Zhang : Then , let 's go to Big World Restaurant , for the food there is very popular in the country.  
Henry : That 's very good.  
Mr. Zhang : But maybe it is rather expensive.  
Henry : Never mind. I never care my money spending on food I like.