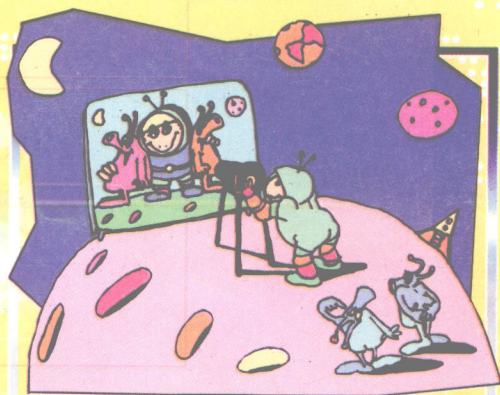


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趣味

科普知识

北京师联教育科学研究所 编译

学苑音像出版社

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英汉平行对照趣味科普知识

# 轻松保健

北京师联教育科学研究所 编译



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注:带“☆”内容有录音



## *The Questions of Food and Health*

## 食物与健康 问答

### ① What is food?

Food is any substance we eat that gives us energy to grow, work, play, and keep warm and healthy.

### 什么是食物?

食物是吃后给我们能量以便生长、工作、玩和保持健康、温暖的一种物质。

### ② What do you need besides food?

Besides food, we need water every day.

### 除了食物你每天还需要什么?

除了食物,我们每天还需要水。

### ③ When do you eat the most food?

Most people have one large meal a day, either at noon or night.

### 你吃的最多的一顿饭是什么时候?

大多数人一天有一顿饭吃得多,或是中午或是晚上。

### ④ Does walking to school take more energy than sleeping in

### 为什么说徒步上学比睡觉要消耗





bed? Why?

Walking to school takes more energy than sleeping in bed because more energy is required to activate the muscles that move the body.

⑤ Why are you hungry after playing hard?

We tend to be hungry after playing or working hard because these activities use up a lot of energy which must then be replaced.

⑥ How can you learn to like a food that you do not like now?

It is possible to learn to like a food by tasting it, preparing it in different ways.

⑦ Why should not you eat too many energy foods?

更多的能量?

这是因为那些能量满足了人身体运动时肌肉活动的需要。

为什么人在剧烈运动后会感到饿?

我们在剧烈运动或辛苦工作后会感到饥饿,这是因为这些活动耗费了大量的能量,必须要补充。

你怎样学着去喜欢你并不喜欢的食物?

要学会喜欢一种食物就要尽可能去品尝它,用各种不同的方法做菜。

为什么不要吃过多的含太多能量





If you eat too many energy foods such as candy and cake, the fat will be stored in the body and the body will become fat.

⑧ What kinds of foods give the most energy?

Foods that contain sugar, starch, and fat give the most energy quickly.

⑨ How do protein foods help you?

Protein foods help the body to grow.

⑩ What does your body need besides energy foods and proteins?

The body needs vitamins and minerals as well as energy and protein foods.

的食物?

如果吃过多的含太多能量的食物,像糖果和蛋糕,脂肪将会贮藏在身体里,人就会发胖。

哪些食物有太多的能量?

这些食物包括糖、淀粉和脂肪,它们都能很快地变成大量的能量。

含蛋白质的食品有什么作用?

含蛋白质的食品可以帮助身体生长发育。

身体除了需要能量和蛋白质还需要什么?

除了能量和蛋白质,身体还需要维生素和矿物质。





⑪ What 4 kinds of foods does your body need every day?

The four basic food groups are milk and milk products; fruit and green and yellow vegetables; meat, fish, eggs, dried beans, and nuts; breads, cereals, and grains.

⑫ Why do you think milk is a food? Why is water not a food?

Milk is an animal product. Water is not a food because it does not contain nutrients.

⑬ What foods have a lot of water in them?

Vegetables such as celery and lettuce contain a lot of water.

⑭ How would you feel if you did not eat anything for a day?

If you did not eat anything for

哪 4 种营养是身体每天都需要的?

这 4 种最基础的营养食物有:奶及奶制品;水果和绿色、黄色蔬菜;肉、鱼、蛋、大豆和坚果;面包、果汁和谷物。

为什么说牛奶是食品而水不是?

牛奶是一种动物产品,水中因为不含营养所以不算是食品。

什么食物含有大量的水?

蔬菜中像芹菜和莴苣都含有丰富的水。

如果你一天不吃东西会有什么感觉?

如果人一天不





a day, you would feel hungry and probably tired.

吃任何东西,会感到饥饿和可能感到十分的劳累。

⑮ Where do plants get energy to make food?

植物从哪里获得能量来合成食物?

Plants get energy to make food from the sun.

植物是从太阳那里获得能量来合成食物的。

⑯ Why are foods processed?

为什么食物需要进行加工? 说出几种食物的加工方法。

Name some ways of processing foods.

Foods are processed to prevent spoilage and to keep them for future use.

食物进行加工是为了保持它们的营养以备后用。

Foods can be dried, canned, frozen, salted, and smoked.

食物可以晒干、装进罐头、冷冻、腌制和熏制。

⑰ You are going on a long camping trip. What kinds of foods will you take?

你将进行一次长期野外旅行,你将带哪些食物?

Most people take canned and dried or smoked foods on a camp-

野外旅行,大多数数人将携带罐头、晒





ing trip.

⑮ What would happen if all the plants in the world died?

If all the plants in the world died, the first link in all food chains of animals and people would be gone and they would starve.

干或是熏制的食物。

如果世界上所有的植物都死了将会发生什么?

如果世界上所有的植物都死了,那么首要的是人和动物的食物链将失去首环,大家都会饿死。

⑯ Some people do not have freezers and refrigerators. How can they keep foods from spoiling?

There are a number of possible answers to this question. Some fresh fruits and vegetables (usually apples, pears, and root vegetables) are still stored in cool underground rooms called root cellars. Many fresh fruits and vegetables can be kept as preserves, jellies, and pickles. Many fruits and some vegetables can be dried.

一些人没有冰柜或冰箱,他们怎样才能使食物不坏掉?

这个问题有许多种可能的答案:一些新鲜水果和蔬菜(像苹果、梨和有茎蔬菜)可以贮存在叫地下室的凉爽的地下屋子里。许多新鲜水果和蔬菜可成果酱、果冻和腌菜。许多水果和一





Fish and meats can be dried, salted, and smoked. Milk can be dried or made into cheese which keeps for some time in cool places.

些蔬菜可以晒干。鱼和肉可以晒干、腌制和熏制。牛奶可以制成奶酪保存在凉爽的地方很长时间。

②① Why is it important to have examinations by a doctor?

为什么说医生作检查是必要的?

A physical examination by a physician is important because:

医生进行身体检查是必要的,这是因为:

(a) It helps the doctor find out if all organs are functioning properly.

这样可以帮医生知道(看病者)全身的器官是否运转正常。

(b) It helps him determine if there are body disorders which cannot be otherwise detected in cases where the patient has noted no symptoms.

他可以帮助医生诊断出在病人感觉不出症状的情况下身体里的不正常情况。

②② What are antibodies?

什么是抗体?

Antibodies are substances in the body which help to fight off

抗体是人体中的一种物质,它能帮





microorganisms which cause infections and diseases.

② What are the four types of permanent teeth? What is the function of each?

The four types of permanent teeth and the functions they serve are:

Incisors - biting, cutting

Canines - tearing

Bicuspid - crushing

Molars - grinding, shredding

③ How many teeth are there in the adult mouth?

There are 32 teeth in the adult mouth.

What is a microorganism? Name four kinds of microorganisms.

助赶走引起传染性疾病的微生物。

四种恒牙都是什么? 它们各自的作用又是什么?

四种恒牙及它们的作用是:

门齿—咀嚼、切割(食物)

犬齿—撕断(食物)

前臼齿—咬碎(食物)

臼齿—磨碎、撕碎(食物)

成人有多少颗牙齿?

成人有 32 颗牙齿。

什么是微生物? 说出四种微生物。





A microorganism is a plant or animal so tiny that it can be seen only when magnified by a microscope. Some microorganisms are helpful, and some are harmful. Four types of microorganisms are molds, protozoans, bacteria, and viruses.

微生物是一种极小的植物或动物，只能通过显微镜放大才能看得见。一些微生物是有益的，另一些是有害的。四种微生物如：霉菌、原生动物菌、细菌和病毒。

②④ How do insects and animals carry harmful microorganisms?

昆虫和动物是怎样带来有害微生物的？

Animals spread harmful microorganisms by picking them up by contact with their bodies at a contaminated source and taking them to non-contaminated places.

昆虫和动物扩散有害微生物是用身体从传染源携带来，又带到并没有传染的地方。

②⑤ What is an antiseptic? Name three of them.

什么是防腐剂？说出三种。

An antiseptic is a substance that kills microorganisms. Three kinds are soap, alcohol, and iodine.

防腐剂是一种杀死微生物的物质。如有以下三种：肥皂、酒精和碘。





②⑥ Why do doctors and nurses wear masks over their noses and mouths during an operation? 为什么医生和护士手术时戴着口罩捂住鼻子和嘴?

Doctors and nurses wear masks during operations so that no microorganisms from their bodies can escape and cause infection in an incision. 医生和护士在手术时戴口罩是为了防止微生物从他们的身体传染到伤口使之感染。

②⑦ What can you do to fight diseases? 对战胜疾病你能做什么?

To fight disease, you can observe rules of sanitation and other rules which scientists and doctors tell us are necessary to prevent disease. 要战胜疾病,得遵守卫生规则和专家及医生告诉我们的必要的法则,这样可以预防疾病。

②⑧ Why does the government inspect meats? 为什么政府对肉类进行检疫?

The government inspects meat to make sure that it is not spoiled and that it is packed under sanitary conditions, so it can be safely eaten without harm. 政府对肉类进行检疫以确定其没有变质,和在安全卫生的条件下包装,使人吃起来没有危害。

②⑨ How does each nutrient 每种营养怎样



help to keep our bodies healthy?

帮助人体保持健康?

(a) Carbohydrates supply the body with energy.

碳水化合物给身体提供能量。

(b) Proteins are used for growth and repairing tissues.

蛋白质用于生长和修复组织。

(c) Fats also give the body energy.

脂肪也给身体能量。

(d) Minerals are necessary for strong bones and teeth, for preventing anemia, and for various other purposes, depending upon the specific mineral.

矿物质是骨质和牙齿强健的必需,以防止贫血的发生,至于其他的各种各样的目的,则依靠特殊的矿物质。

(e) Vitamins control the way you use other nutrients.

维生素控制人对其他营养的摄取。

(f) Water is necessary to keep the body working and growing.

水是身体工作和生长的必需。

⑩ How does exercise help to keep you healthy?

锻炼怎样帮助人保持健康?

Exercise helps to build strong muscles, rid the body of some wastes, keep the organs of the

锻炼可以帮助人拥有强健的肌肉,去掉身体里多余的





body in good condition, and increase the flow of blood.

⑪ Why is sleep important to your health?

Sleep is important to keeping healthy because it gives the body a chance to prepare for activity and to fight off disease.

⑫ What are contagious diseases? Infectious diseases?

A contagious disease is an illness that can spread from one person to another. An infectious disease must necessarily rely on an intermediate agent to spread from one person to another.

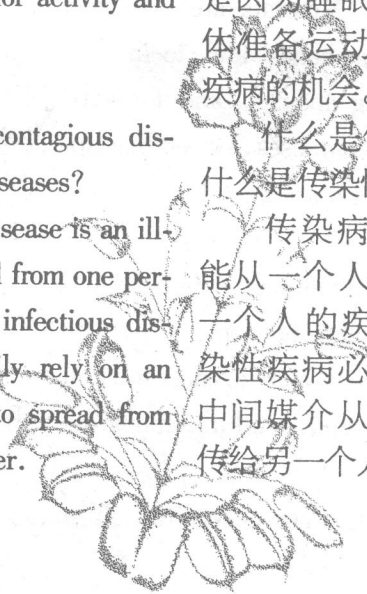
东西,使各器官保持在最佳状态,还能增加血流量。

为什么睡眠对身体健康是重要的?

睡觉对保持身体健康是重要的,这是因为睡眠能给身体准备运动 and 对抗疾病的机会。

什么是传染病?  
什么是传染性疾病?

传染病是一种能从一个人传给另一个人的疾病。传染性疾病必须依赖中间媒介从一个人传给另一个人。





## *Radiation Processing For Food*

## 食物的辐照 保鲜

There have been 30 years of research in food irradiation. This preservation process beams radiation into food products. Depending on the radiation dose, microorganisms or insects that spoil food are partially or totally destroyed. The result is storage life extended several days or years. Experts say its widespread use could halt billions of tons—and dollars—in food spoilage and become an important weapon in the war against world hunger.

食品的辐照保鲜法的研究已经有30年历史了,这种保藏处理方法是利用放射线对食品进行照射,根据放射线剂量不同,把引起食物腐烂的微生物或害虫部分地或全部消灭,结果就能使储藏期延长数天甚至数年。据科学家们说,这种技术的广泛应用将能够挽回由于食物腐烂带来的成亿吨粮食以及成亿美元损失,并在对

