

A War to Protect Food Safety

美食城堡的安全保卫战

汉英
对照

沈建忠 张嵘 主编



知识产权出版社

全国百佳图书出版单位

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本书为专门介绍食品安全小常识的科普读物, 针对当前食品安全中普遍存在的隐患, 以及广大青少年最为关注的一些食品安全问题, 简明扼要地讲解了日常生活中各种常见食品的鉴别、选购方法、食用注意事项及其他相关基本知识。

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前 言

自古以来，民以食为天。食物作为人类生存必需品，其重要性不言而喻，而食品安全更是关乎人类健康和社会稳定的民生问题。

近年来，国内外都有食品安全事故的报导，这些个别的，却触目惊心的事件，不仅危害人体健康，更是严重干扰了社会经济秩序，遗患无穷。中国政府高度重视食品安全问题，将食品安全列为《国家中长期科学和技术发展规划纲要（2006—2020）》（以下简称《纲要》）公共安全领域的优先主题。国务院成立了高层次国家食品安全委员会及其办公室，先后颁布了《中华人民共和国农产品质量安全法》《中华人民共和国食品安全法》和《中华人民共和国食品安全法实施条例》，严格规范安全食品生产销售。

少年儿童是祖国的未来和希望，却是食品安全问题的最大受害者。为了保证少年儿童的健康成长，普及食品安全知识，杜绝不安全食品，进行食品安全普及教育势在必行！

中国农业大学和浙江大学的师生们联手一起奉上《美食城堡的安全



保卫战》，这本中英文双语科普读物沿袭了科普读物《细菌与抗生素之战（一场肉眼看不见的战争）》的风格，用活发生动的语言，以故事的形式讲述了五个卡通形象身边的食品安全事件，内容贴近生活，趣味盎然，同时又宣传了食品安全知识，会使小读者受益匪浅！

Preface

Sustenance is of utmost importance to people. Without a doubt, food is fundamental to survival, and food safety can significantly impact a society's social stability and the public health of its people.

In recent years, there were numerous food safety accidents, these cases have been extremely problematic, and it went on harming the people's health as well as the country's social stability. The Chinese Communist Party and government attach great importance to food safety, listing it as a thematic priority in the public safety field of China's National Policy for Medium and Long-term Scientific Development (policy). The State Council of China formed a high-level food safety committee and issued a Code of Primary Products Quality Security, Food Safety Law and other regulations to standardize food production and distribution in the country.

Children and adolescents are the future of our country. However, they have become the biggest victim of food safety problems. Therefore, in order to promote the health and growth of our children and adolescents, to spread knowledge on food safety and eliminating unsafe foods are imperative steps to secure the society's future.



To further spread food safety knowledge among the next generation, and in order to increase their awareness and self-defense capability, China Agricultural University and Zhejiang University jointly wrote a Chinese-English science reading named *A War to Protect Food Safety* following the success of the previously published reading, *Invisible War: A Battle Between Bacteria and Antibiotics*. By telling stories about starring five cartoon characters, this science reading propagates food safety awareness among children, and helps them better understand scientific knowledge in a simplified and fun way.

书中人物介绍

Character Introduction



小微博士 Dr. Micro

特性：上懂天文，下晓地理

Extremely intelligent and knowledgeable



松仔 Squirrel

外号：智慧星 a.k.a. Smarty

特性：聪明伶俐，善于思考

Smart



雨燕 Emily

外号：及时雨 a.k.a. Best Partner

特性：飞行速度快，乐于助人，

松仔的得力小助手

She can fly really fast, and loves to help others. She is Squirrel's best assistance.



胖胖熊 Little Bear

外号：淘气鬼 a.k.a. Trouble Maker

特性：最大的爱好就是吃吃吃，

一个十足的淘气鬼

He just loves to eat and play!



狐大哥 Mr. Fox

外号：老江湖 a.k.a. Old Timer

特性：无所事事，不爱学习

He likes to have fun, but tries to

avoid studying at all.

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“五毛零食”大爆炸

The explosion of the “50 cents treat”

下课的铃声“叮叮当当”地回荡在美食城堡小学的每一个角落，胖胖熊和一群小伙伴井然有序地做着值日的最后一项打扫工作。

“终于全部搞定啦！”，胖胖熊放下扫把，顺势伸了个懒腰，露出圆滚滚的肚子，“辛苦你啦，带你去吃包辣条减减压”，他拍了拍自己的肚子，喃喃自语道。

一踏出校门，胖胖熊就径直跑向了马路对面的一家小商店，不一会儿便抱着一堆带有花花绿绿的

Class dismissed and the recess bell resonated around every corner of the Castle Elementary School. Little Bear and his friends were on cleaning duty that day, and they just tidied up the last bit of the classroom.

“We finally finished!” said Little Bear, he put down the broomstick and stretched his body until his little belly turned up. “A job well done, time to treat you to some delicious rice-sticks!” Little Bear patted and said to his belly, he was ready to head out for a delicious treat.

As soon as he stepped foot out of the school gate, he ran straight to the convenience store across the street. In



包装袋走了出来。只见胖胖熊抑制不住满脸的喜悦之情，马上撕开一包，美滋滋地享用了起来。此时，小微博士开车路过，恰巧看见正在等校车的胖胖熊。

“胖胖熊，你跟老师说一声，我载你回家。”小微博士将车停在一旁，摇下车窗冲着胖胖熊招手。

“好嘞！”胖胖熊开心地直奔过来，一股脑儿地将书包和手中的零食抛在后驾驶座上，便跑去向老师请示了。

顷刻，车内便充满了一股“香浓”的味道，小微博士转头望向后

no time, Little Bear walked out of the shop with many colorful bags full of all sorts of snacks. Little Bear had a big smile on his face, he couldn't wait to open the bags of deliciousness. As he began to eat, Dr. Micro happened to drive by, and she saw Little Bear beside the street with his snacks.

“Little Bear! I can give you a ride home, just let your teacher know first!” Dr. Micro parked his car on the side of the street, rolled down his window and waved at Little Bear.

“That would be wonderful!” said Little Bear with excitement. He opened the car door, threw his backpack and all the snacks onto the passenger seat, and quickly ran to tell his teacher.

Immediately, the car was filled with a rich and pungent smell. Dr. Micro



座。只见那堆零食中以辣条、辣片等调味制品为主，还有几包果脯、膨化食品和袋装饮料。它们的名字五花八门，包装花花绿绿的，口味以甜和辣为主。小微博士随手捡起几包辣条，光凭外包装的油腻触感，就让她不禁对食品的安全性感到担忧。小微博士发现，这些辣条上都标有“QS”（企业食品生产许可）标识，但仔细一看，这些零食里可添加了不少食品添加剂，甚至在某些零食中添加剂多达几十种。

小微博士在认真查看配料表后发现，这些辣条都含有3大类食品添加剂。

turned to look at the back seat of the car, and she saw several bags of spicy rice-sticks, chips, and other snacks made with plenty of flavoring. There were dried fruits, puffed snacks, and bagged beverages. The snacks had such colorful packaging and names of all sorts, and they were either spicy or sweet in taste. Dr. Micro picked up a couple of them, the oily packaging was enough for her to worry about whether the snacks were safe to eat. Dr. Micro realized that, although the packaging all had a printed "QS" certification on it, the snacks actually contained a lot of additives and flavoring, some snacks even contained more than a few dozen varieties of additives.

After Dr. Micro carefully studied the ingredients printed on the back of the packages, she realized that there



常见的甜味剂类包括阿斯巴甜（含苯丙氨酸）、甜蜜素、三氯蔗糖、安赛蜜、纽甜。阿斯巴甜最初是在合成促胃液分泌激素时偶然发现的具有甜味的物质，它比蔗糖甜约200倍，在人体内会代谢产生苯丙氨酸，苯丙酮尿症患者不能食用，所以现规定含有阿斯巴甜成分的食品必须标明含有苯丙氨酸；甜蜜素摄入过量会对人体的肝脏代谢和神经系统造成危害；三氯蔗糖是由蔗糖制取的，目前没有充分证据证明其存在毒性，是一种比较理想的甜味剂，但其制取难度大，价格高。

were three major food additives in the spicy rice-sticks.

The most common types of sweet additive include APM (aspartame), sodium cyclamate, TGS(trichlorosucrose), acesulfame potassium and neotame. APM was a sweet substance occasionally found in the synthesis of gastrin-secreting hormones, after realizing that it has a sweet taste, it is then used as a sweet additive. APM is about 200 times sweeter than sucrose, and phenylalanine is produced alongside the body's metabolism. Patients with phenylketonuria cannot eat this. Therefore, products containing APM must clearly print that it contains phenylalanine on the label. An excessive intake of cyclamate can