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English Reading

◎ 张彦主编

悦读英语看世界

——时尚潮流篇

本册主编 孙艳艳 胡燕娜



ZHEJIANG UNIVERSITY PRESS
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◇ 题材丰富 ◇ 语言鲜活 ◇ 可读性强 ◇ 辅助力强

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“悦读英语看世界”这套丛书共有三册，分别为：

《悦读英语看世界——时尚潮流篇》

《悦读英语看世界——社会文化篇》

《悦读英语看世界——科技趣闻篇》

本册为《悦读英语看世界——时尚潮流篇》。时尚，顾名思义就是“时代”与“崇尚”的组合，即短时间或现阶段里为一些人所崇尚的生活。如今，追求时尚似已蔚然成风。

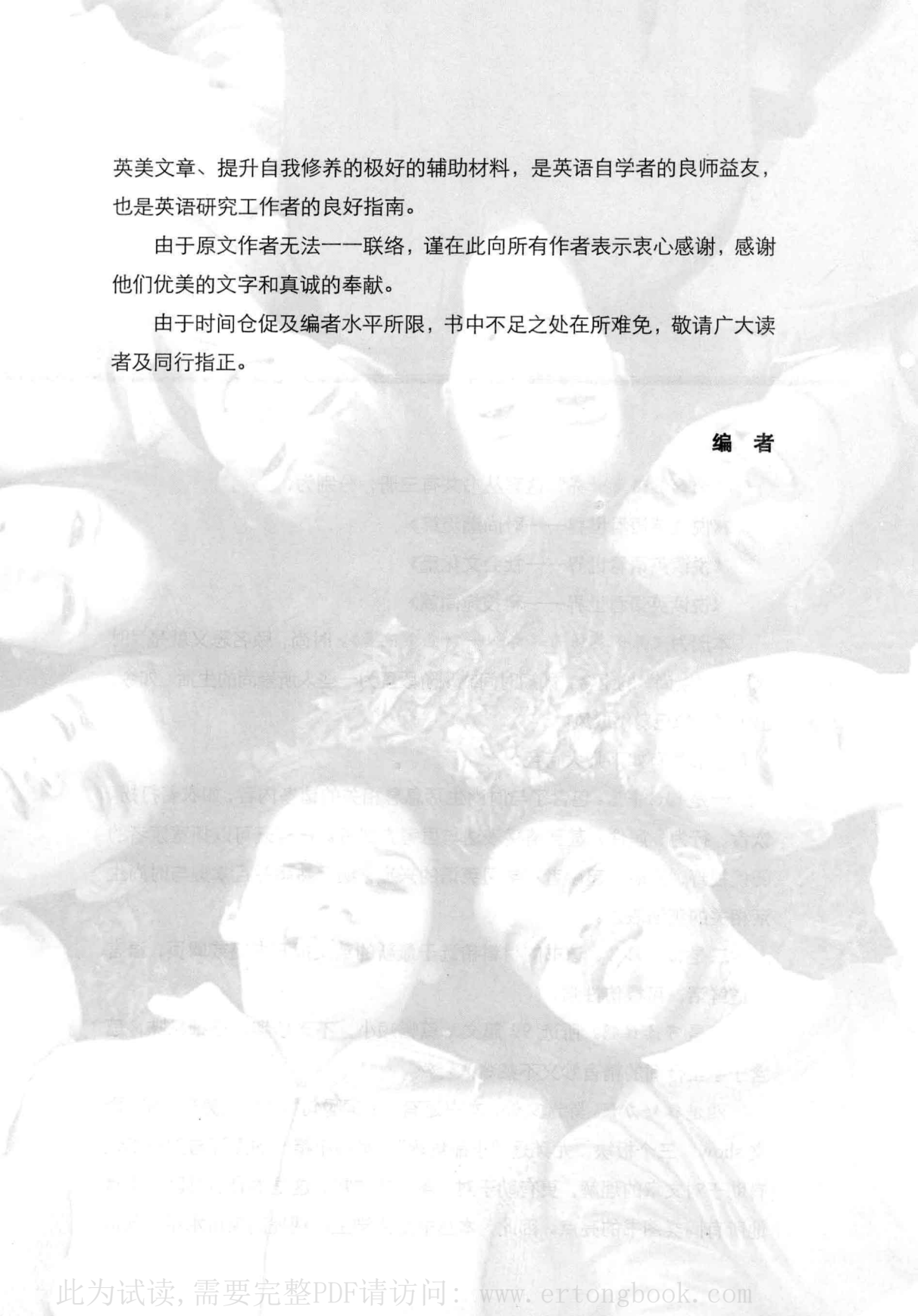
该书具有如下几大特色：

一是**题材丰富**。包含了与时尚生活息息相关的诸多内容，如衣着打扮、饮食、行为、居住，甚至情感表达与思考方式等。这样既可以拓宽读者的阅读视野，又能引起读者对学习英语的兴趣，继而熟悉并且掌握与时尚生活相关的英语表达。

二是**语言鲜活**。该书的材料精选于最新的英文报刊书籍或网页，语言地道鲜活，可模仿性强。

三是**可读性强**。所选 99 篇文章篇幅短小，不乏妙趣，细细品味，蕴含于字里行间的精言妙义不禁令人释然。

四是**辅助力强**。除选文外，本书还有“咬词嚼句”、“小品隽永”和“译文 show”三个板块，尤其是“小品隽永”，其短小精悍的点评与赏析不仅有助于对文章的理解，更有助于对“美”的欣赏。这是本套丛书区别于其他所有同类图书的亮点。因此，本丛书是大学生迅速提高英语水平、欣赏



英美文章、提升自我修养的极好的辅助材料，是英语自学者的良师益友，也是英语研究工作者的良好指南。

由于原文作者无法一一联络，谨在此向所有作者表示衷心感谢，感谢他们优美的文字和真诚的奉献。

由于时间仓促及编者水平所限，书中不足之处在所难免，敬请广大读者及同行指正。

编 者

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1

Let's Skip Lunch

Alice keeps a food diary detailing every **morsel** that passes her lips. She is not on a diet, she says, but is “cutting down” on food because she wants to lose some weight from her stomach and thighs. She rarely has more than an apple for breakfast and for months her lunch has **consisted of** a diet Cola drink and a **Kit Kat**.

“Until last year I’d never thought that I might get fat but I noticed that my **tummy** was getting **flabby**, so I stopped eating as much,” she says. “I worry that I already have **chunky legs** and I don’t want to end up putting on weight like my sister. I write down my calories and if I get hungry I **nibble** on things like grapes at home.”

“I am starving by the time we have our evening meal and I usually eat it all—but I’m not going to **pig out** all day. I would just hate to be fat.”

Alice is 13, and she is far from alone in her attitude to eating. Her food avoidance **tactics** and body-consciousness are quite normal among children of her age—a generation who are growing up accustomed to feeling hungry.

Teenage body issues are nothing new, of course. Girls, especially, have always **aspired** to slimness and **gone to various lengths** to achieve it. What has changed is the increased extent to which young people think and worry about diet and weight. Andrew Hill, professor of medical psychology at the University of Leeds and an expert in **adolescent** dieting and body image, says it is inevitable that teenagers today have a more acute sense of weight and body shape than their older female relatives had at the same age. Their mothers are likely to have grown up in the 1980s, the decade in which diet books **mushroomed** and the concept of gyms and fitness **emporia** promising to sculpt their patrons’ bodies into perfect shape became part of the public consciousness, which had a deep influence on today’s young girls.

(Peta Bee) ♦



咬词嚼句

morsel *n.* a small amount of solid food (食物) 少量, 一口

consist of 由……组成; 包含

Kit Kat Nestle 的一个产品, 奇巧巧克力棒

flabby tummy 松弛的小肚。这里指长膘的小肚。

chunky legs 粗壮的小腿, 有“大象腿”一说。

nibble *v.* bite off very small pieces 一点点地咬

pig out 狼吞虎咽

tactic *n.* 战术, 策略。这里特指瘦身战略。

aspire *v.* 渴望, 追求

go to length to do 想尽一切办法

adolescent *adj.* 青春期的

mushroom *v.* 迅速增长

emporia *n.* 商业中心 ◆

小品集录

处于青春期的女孩子们大多为“瘦”欢喜为“胖”忧, 一个个嚷着要节食要减肥。小文中的女主人公爱丽丝也不例外, 虽然嘴上不承认是在节食, 但是每天早餐一个苹果, 午餐一罐健怡可乐外加几根巧克力棒, 足见其瘦身的决心之坚定。

瘦身减肥并不是新世纪的新现象。爱美之心, 人皆有之, 何况又是处于青春期的少女。从来都是女孩子爱美甚于男孩子。

女孩子爱美, 想要保持一个苗条身材的心态, 其实受长辈的影响很大, 尤其是母亲。 ◆

译文 Show

和午餐说“拜拜”

爱丽丝记着一本十分详细的饮食日志。她说, 她并没有节食, 而是通过适当地控制饮食, 把小腹和大腿上多余的肉肉给“甩”掉。为此她早餐只吃一个苹果, 几个月来, 每日的午餐也仅仅是一罐健怡可乐和一袋雀巢奇巧巧克力棒。

“从去年开始我意识到自己小肚子上长肉了, 所以我不像以前那样乱吃东西了。”爱丽丝说道, “感觉自己好像开始有点大象腿的趋势了, 我可不希望像我姐一样变得那么胖呢。所以我每天都很注意饮食热量。如果我饿了, 我就在家里啃点葡萄之类的。”

“我一直会饿到晚餐时间, 然后就好好吃顿晚餐, 当然我并不会暴饮暴食, 因为我讨厌变胖。”

爱丽丝今年 13 岁, 在她的同龄人中, 这种现象并不少见, 很多女孩子都有类似的饮食习惯。她们似乎已经习惯了为保持身材宁愿挨饿的生活。

当然, 青少年对自己身体的关注并不是新鲜事, 特别是女孩子, 可以为了“苗条”的身材, 作一切的努力。与以往不同的是, 如今的女孩子对饮食和体重的重视程度可以说是前所未有的。安德鲁·希尔是英国利兹大学医学心理学的教授, 专门从事青少年饮食和身体形象的研究。他说, 现在的孩子难免比她们的长辈更加在乎体重和体型。她们的妈妈们生活在 20 世纪 80 年代, 那时饮食类的书籍和健身中心刚刚兴起, 很多人都希望能为自己塑造一个完美的体型, 这种心态对她们的下一代影响很大。

(裴塔·碧) ◆◆

2

Women in Beauty Hall

I am **skulking** around the beauty hall in Selfridges, Oxford Street—the largest in Europe and the store's busiest department, especially since the **recession** bit—watching women buy **make-up** and **cosmetics**. They all have the same facial expression: a mix of **anticipation** and excitement, with something slightly dreamy and glazed about the eyes, as if they have been **hypnotized**. It's exactly the look my five-year-old daughter has if she's ever in an old-fashioned sweet shop, of the kind where the jars of apple bonbon and **fizzy** cherry-cola bottles reach up to the ceiling. For women aged anywhere between teens and **antiquity**, the buying of cosmetics is the adult equivalent of buying sweets, except it doesn't make you fat, and it promises to make you beautiful.

The women—and what a mix, from ladies in Hijabs (famed for their make-up and **skincare** consumption; if your face is the only bit of you showing, you make damn sure it looks its best) to skinny teenagers in **shrunk** leather jackets—vary in their approach. You can tell the ones who have dashed in from work, because they make a beeline for X counter and know exactly what they want; this also applies to women with small children in tow. For others, though, shopping for cosmetics is a more languid experience: they waft from counter to counter, looking for the elusive one, for the **potion**, or the **lotion**, or the **cream**, or the **lipstick**, that's finally going to allow them to flower, to be the spectacularly groomed, superhot person they always knew they were on the inside. I talk to some of them, and they all say more or less the same thing: they're buying the stuff for themselves, because it makes them feel good, because it's a treat.

(India Knight) ◆



咬词嚼句

skulk *adj.* behave in a sneaky and secretive manner 行为鬼鬼祟祟地

recession *n.* the state of the economy declines 经济衰退

make-up 和 **cosmetics** 均指化妆品。

anticipation *n.* pleasurable expectation 预期
 hypnotize *v.* induce hypnosis in 使着迷
 fizzy *adj.* hissing and bubbling 泡沫腾涌的
 antiquity *n.* 原指古物, 这里指年纪稍长的人。
 skincare *adj.* 护肤的
 shrunken *adj.* lean and wrinkled by shrinkage as

from age or illness 缩小的
 potion *n.* 护肤水
 lotion *n.* 护肤液
 cream *n.* 乳霜
 lipstick *n.* 唇膏 ◆



女人和美容化妆品像极了一对恋人。再小气的女人, 也绝不会对化妆品吝啬。即便是在科技落后的中世纪, 女人与美容化妆品亦是“相亲相爱, 不离不弃”。也许是现代女性慢慢醒悟的缘故, 面对当今市场上五花八门的美容化妆品, 女人开始学会了为自己配上一副有色眼镜, 细心审视自己的“另一半”。在品种繁多的美容化妆品中寻寻觅觅属于自己的那些产品。文中描述在化妆品店的那些女人们脸上的表情像极了进糖果屋的小孩, 如此专注, 如此投入, 如此享受。 ◆



美肤馆的女人们

我逛游在牛津街塞尔福里奇百货大厦最繁忙最热闹的楼层(特别是在金融危机的影响下), 这里是欧洲最大的美肤馆, 我观察女人们买化妆品的情形。她们有着相同的面部表情: 期待中伴随着激动, 眼神梦幻迷离, 个个像着了迷一样。这像极了5岁的女儿踏进老式糖果店, 看到屋子里盛满苹果味糖果的罐子和泡沫腾涌的樱桃可乐罐堆到天花板那么满满当当当时那种表情。从十几岁的小姑娘到已步入老年的女性, 买化妆品就像是小孩买糖果, 而前者比后者还更好, 因为它不会让你变胖, 并且发誓会让你变美。

从希贾布女性(因她们忠于化妆品和护肤的消费而闻名, 如果你的脸是你炫耀的唯一资本, 那么你一定想展现它最好的一面), 到喜欢穿短款皮夹克的十几岁少女, 不同的女性买化妆品的习惯是不一样的。你可以看到一些刚刚下班的女性, 急急忙冲进商店, 径直走向某专柜, 她们知道自己想买什么。同样的, 家里有小孩的女性也会这样。而其他入逛商店, 挑化妆品则要缓慢累人得多: 她们一个专柜一个专柜地逛过去, 寻找着她们想要的水、乳、霜或者是唇膏, 这些会让她们绽放不一样的魅力, 显得格外迷人, 她们深知这个埋藏颇深的自我只有通过这样的方式才能展现出来。我跟其中一些人聊, 她们或多或少有着相同的意见: 她们是在为自己买化妆品, 因为这些东西让她们自我感觉很好, 这是对自己的一种犒赏。 (茵迪雅·奈特) ◆◆

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Make-up: Easy Job

Step 1

Use a small **magnifying mirror** for applying make-up. Begin with a freshly cleaned face and neck. Apply a light **moisturizer** with an SPF of at least 15 in it to protect your skin from the sun. This will help prevent wrinkles.

Step 2

Apply **foundation**. Use a **liquid** foundation that is **identical** to your skin color, or even one shade lighter. Use the foundation to blend your skin into one color, covering up blemishes and making your skin look clearer.

Step 3

Apply **blush**. A light pink, **bronze** or peach blush is best for a natural look. Just a few sweeps of a large blush brush will give you a great, awake and young look. It will add just a little bit of color to your face that will go a long way.

Step 4

Curl your eyelashes. Use an **eyelash curler** to **show off** your beautiful lashes without dripping **mascara**. To wear less make-up you need to throw out that mascara.

Step 5

Add **eyeshadow**. Use a light pink, peach or bronze eyeshadow. Apply just a little powdered eyeshadow to your lids.

Step 6

For lip color. Use a **tinted lip gloss** to add color and shine to your lips. ◆



咬词嚼句

magnifying mirror 放大镜

moisturizer *n.* 润肤乳

foundation *n.* 基础, 这里特指化妆时的基础护肤品。

liquid *adj.* existing as or having characteristics of a liquid 液体的

identical *adj.* exactly alike 相同; 类似

blush *n.* a rosy color 脸红, 羞愧。这里指化妆用的腮红。

bronze *adj.* of the color of bronze 古铜色

eyelash curler *n.* 睫毛夹

show off *v.* 炫耀; 突出

mascara *n.* 染眉毛油, 睫毛膏

eyeshadow *n.* make-up consisting of a cosmetic substance used to darken the eyes 眼影

tinted *adj.* 带色彩的

lip gloss *n.* 润唇膏 ◆

小品隽永

有人说:“上帝给了女人一张脸,她们却还要自己造一张出来。”

在所有人看来,女人天生丽质,降生便是公主。公主爱美丽,天经地义。但是,时光总是如此残忍,漫长的岁月总能令女人的美丽大打折扣。正因为如此,为了对抗时间的魔咒,女人们孜孜不倦、乐此不疲地进行着对“美”的探索。化妆也并非我们这个时代的产物,而是多年来女性美文化的积淀和产物。

学会化妆,这是现代女性人生的一大必修课,不光是对自己的一种修饰,更是对别人的一种尊重,特别是出席一些正式场合的时候。

本文介绍了最为简单的日常化妆六部小曲,对化妆水平处于初级阶段的女性们可能会有一定的启示。 ◆

译文 Show

简单化妆六部小曲

第一步:化妆时请准备一个小的放大镜。妆前请先将脸部和颈部洗净。涂上 SPF 值至少为 15 的润肤乳,这能让你的皮肤免于太阳的直射,还能帮助防止皱纹。

第二步:用基础护肤品。找一个和你肤色比较接近的,甚至比你肤色更浅些的水。基础护肤品能让你脸上的色调统一,有遮斑和清爽肤质的效果。

第三步:刷腮红。想要化自然妆,亮粉色、古铜色或者桃色的腮红是必不可少的,用大大的粉饼稍稍刷几下,即可让你呈现出极好的、清新的、年轻的面容。刷了腮红之后,你可以保留很长一段时间。

第四步:使用睫毛夹。你可以简简单单地通过使用睫毛夹,把你美美的睫毛展示得淋漓尽致,免于受那睫毛油的滴答之尴尬。化简妆时尽量不要用睫毛油。

第五步:涂眼影。选用淡粉色、桃红色或古铜色的眼影,只需稍稍用点粉状的眼影涂于眼睑处即可。

第六步:涂嘴唇。选用稍带有色彩的唇膏给你的嘴唇增加点色彩和光泽。 ◆◆

4

How to Keep Your Hair Shiny and Smooth

A great head of hair can make you look amazing. Here are a few easy tips to take care of your hair and look great. No big **expenses**. We'll just try with some **ingredients** in the kitchen.

Step 1: If you have dull and **brittle** hair, massage coconut or olive oil in the roots for 15 minutes. Do that gently. Leave hair oiled for about an hour and then shampoo.

Step 2: Alternatively if you are using coconut oil, you may warm it for a minute. Now break open a Vitamin E capsule and pour the contents in the oil.

Step 3: If you have a bit of **dandruff** in you hair, take a small bowl of yogurt. Mix 2 tsp of lemon juice and 2 tsp of honey. Mix and apply to the scalp. Gently, let it stay for 15 minutes. **Rinse** with water and shampoo.

Step 4: You may also wash your hair with cooled tea water. This is a natural **conditioner**.

Step 5: Mash a ripe banana. Massage onto the scalp for 15 mts. Let it stay now for another 15 minutes. Rinse and shampoo.

Step 6: Beat two egg yolks and add a tsp of lemon juice. Apply to scalp and let it stay for 20 minutes. Rinse and shampoo. Sounds a bit smelly, but this is one of the best methods to add **volume**, shine and health to your hair. Highly recommended.

Step 7: If you want to make your hair look at their shiniest, just put a little mayo in your hair and massage gently. Let it stay for 15 minutes. Rinse and shampoo nicely otherwise hair may become a bit greasy. This is probably the best method to give instant shine to your hair.



咬词嚼句

expense *n.* money spent to perform work 花销, 开支

ingredient *n.* food that is a component of a mixture in cooking 原料

brittle *adj.* having little elasticity; hence easily cracked or fractured or snapped 易碎的, 易裂的

dandruff *n.* loose scales shed from the scalp 头皮屑

rinse *n.* clean with some chemical process 冲洗,

漂净

conditioner *n.* a substance used in washing (clothing

or hair) to make things softer 护发素

volume *n.* the property of something that is great
in magnitude 强度 ◆

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美丽是女性永恒的话题，美丽柔顺的秀发也是女性永远的梦想和追求。想要秀发拥有与众不同的柔顺亮泽吗？

文章中列出的几种方法能让秀发在任何情况下随时恢复柔顺。原料很简单，橄榄油、酸奶、香蕉、蛋黄都是厨房内常见的食材，爱美的女性不妨试一试这些简单又实用的方法。 ◆

译文 Show

如何拥有闪亮柔顺的秀发

闪亮柔顺的秀发能让你光彩照人。这里提供护理秀发的几个简单秘诀，经济实惠，只需要用到厨房里的几种原料。

方法 1：毛糙易断头发可用椰油或橄榄油轻轻按摩发根 15 分钟，大概停留 1 小时后，用洗发液洗净。

方法 2：或者加热椰油 1 分钟，打开维生素 E 胶囊，将其与椰油混合。

方法 3：若有头皮屑，可取一小碗酸奶，混合 2 小匙柠檬汁和 2 小匙蜂蜜，搅拌均匀后轻轻涂抹于头皮，停留 15 分钟，用洗发液洗净。

方法 4：也可用凉茶水洗头，这是天然的护发素。

方法 5：将熟透的香蕉捣成泥，按摩头皮 15 分钟，停留 15 分钟后，用洗发液洗净。

方法 6：将两个蛋黄打散，混合 1 小匙柠檬汁，涂抹于头皮，停留 20 分钟后，用洗发液洗净。这个做法也许味道难闻，却是保持秀发强韧健康闪亮的最佳方法——重点推荐。

方法 7：若想让秀发闪亮动人，只需放一点蛋黄酱，轻轻按摩头皮，停留 15 分钟后，立即用洗发液洗净，否则头发会偏油。这是让头发立刻闪亮动人的绝佳奥秘。 ◆◆