

这就是美国Ⅲ

The American Way



吉林科学技术出版社

空中英语教室
Studio Classroom

文化篇

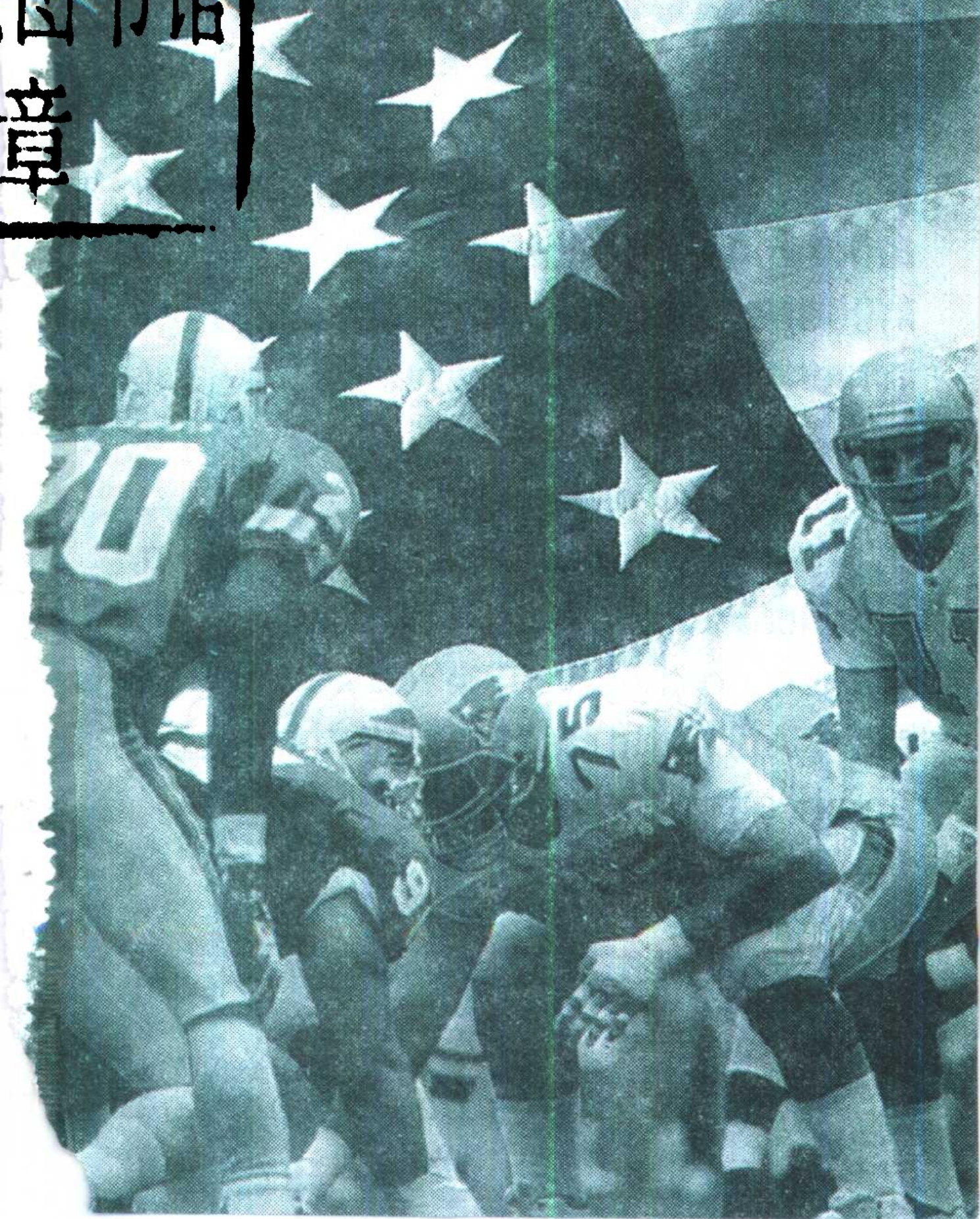
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You can't talk about culture without talking about language. Culture influences language, and language influences culture. But our culture also influences not just our language, but the way we live.

Like most people around the world, Americans like to EAT! But what kind of food do they like? You'll soon find out. And after eating all that food, Americans need exercise!

But are all Americans health conscious? Read the articles on "Health & Fitness" and "Sports" to learn about how active Americans really are.

If you're interested in language learning, "Language" will give you

plenty to think about. You'll learn about how to greet people and how to use people's names the right way. You'll also discover some little-known insights into American styles of informal language—like slang, idioms and “relaxed” pronunciation. You might be surprised to find that you can communicate without even opening your mouth.

But you can't learn about all these great lessons unless you open this book! So let's get going!

Have fun!

Doris Brougham

Doris Brougham

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“**Y**ou are what you eat.” *Nutrition* experts often use this saying to promote better eating habits. What we put in our mouths does become a part of us. But we can look at this statement another way. What we eat reflects who we are—as people and as a culture. Do you want to understand another culture? Then you ought to find out about its food. Learning about American food can give us a real taste of American culture.

What is “American food”? At first you might think the answer is easy as pie. To many people, American food means hamburgers, hot dogs, fried chicken and pizza. If you have a “sweet tooth,” you might even think of apple pie or chocolate chip cookies. It’s true that

Americans do eat those things. But are those the only kind of vittles you can find in America?

Except for Thanksgiving turkey, it's hard to find a typically "American" food. The United States is a land of immigrants. So Americans eat food from many different countries. When people move to America, they bring their cooking styles with them. That's why you can find almost every kind of ethnic food in America. In some cases, Americans have adopted foods from other countries as favorites. Americans love Italian pizza, Mexican tacos and Chinese egg rolls. But the American version doesn't taste quite like the original!

As with any large country, the U. S. has several distinct regions. Each region boasts its own special style of food. Visit the South and enjoy country-style cooking. Journey through Louisiana for some spicy Cajun cuisine. Take a trip to New England and sample *shellfish* seafood dishes. Travel through the Midwest, “the breadbasket of the nation,” for delicious baked goods. Cruise over to the Southwest and try some tasty Tex-Mex treats. Finish your food tour in the Pacific Northwest with some *java* coffee.

Americans living at a fast pace often just “grab a quick bite.” Fast food restaurants offer people on the run everything from fried chicken to fried rice. Microwave dinners and instant foods

make cooking at home a snap. Of course, one of the most common quick American meals is a sandwich. If it can fit between two slices of bread, Americans probably make a sandwich out of it. Peanut butter and jelly is an all-time American favorite.

Americans on the go also tend to eat a lot of “junk food.” Potato chips, candy bars, soft drinks and other goodies are popular treats. Many people eat too many of these unhealthy snacks. But others look for more healthy eating habits. Some even go “all natural.” They refuse to eat any food prepared with chemicals or artificial things.

American culture is a good illustration of the saying “you are what you eat.” Americans represent a wide range of backgrounds and ways of thinking. The variety of foods enjoyed in the U. S. reflects the diversity of personal tastes. The food may be international or regional. Sometimes it’s fast, and sometimes it’s not so fast. It might be junk food, or maybe it’s natural food. In any case, the style is all-American.

nutrition(n) [nju'triʃən]

营养学; 营养

version(n) ['vɜ:ʒən]

版本; 式样

savory(adj) ['sevəri]

可口的; 开胃的

gourmet(adj) ['gʊrmeɪ]

美食家的

jelly(n) ['dʒɛli]

果冻

opt(v) [apt]

选择

additive(n) ['ædətɪv]

添加物

easy as pie (adj phr)

易如反掌的

vittles (n pl)

食物

on the run (prep)

匆忙的；赶时间的

snap (n)

轻而易举的事

Sports



Sports

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