



Super · 分级分类英汉对照读物 · 初级

科普简

Science & Technology

主编◎董启明



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前言

《Super·分级分类英汉对照读物·初级》是为高中学生和大学低年级学生以及具有相当英语水平的英语自学者编写的英汉对照系列读物，旨在提高广大青年读者的英语阅读能力，扩展知识面，扩大词汇量，同时为高考以及英语等级考试打基础。

本系列读物共分四册：《科普篇》、《文学艺术篇》、《经济法律篇》和《综合篇》，力求涵盖高考英语阅读理解文章中所有词汇、语言点、知识点、语法现象及题材。

《科普篇》的内容涉及因特网、宇宙、动物、植物、人类、医学、健康、生态、环境、家电、克隆、心理、精神等各个方面的最新发展。

《文学艺术篇》的内容涉及对文学家、艺术家、小说家、诗人及其作品介绍，电影、舞蹈、音乐、时尚、服装、建筑等各个领域的趣闻轶事和经典故事，以及趣味横生的寓言、奇事、故事等。

《经济法律篇》的内容涉及国际金融、世界经济、经济体制改革、青少年犯罪、腐败、反恐、司法制度、谋杀、抢劫、信用卡欺诈、通货膨胀、金钱、合同、税收、进出口贸易等方面。

《综合篇》的内容涉及政治、军事、教育、体育、交通、旅游、地理以及各国风土民情、节日、婚姻习俗、饮食习惯、学习方法等各项内容。

每册包含 100 篇课文；各篇课文的单词量一般在 300 至 450 个单词之间。为方便读者学习，每篇课文后附有注释、练习、参考译文和练习答案。部分课文还配有与课文内容相关的插图，使读者在轻松愉快的学习中对所学内容加深印象。

21 世纪是个充满挑战的时代，它尤其要求我们的年轻人要具有广博的知识、对事物的理解力、对语言的灵活运用能力和对时尚的敏感性。正是为了满足以上需要，我们把这套读物奉献给读者。愿它能帮助读者在获得英语知识的同时，有多方面的提高。让英语学习成为掌握知识的窗口。

董启明

2003 年 7 月

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To Be or Not to Be a Vegetarian?

roteins¹ are built up from about twenty food elements called “**a-amino-acids**,” which are found more plentiful in animal protein than in vegetable protein. This means you have to eat a great deal more vegetable than animal food in order to get enough of these amino-acids. A great deal of the vegetable food goes to waste in this process and **from the physiological point of view** there is not much to be said **in favour of** life-long vegetarianism.



The economic side of the question, though, must be considered. Vegetable food is much cheaper than animal food. However, since only a small part of the vegetable protein is useful for body-building purposes, a consistent vegetarian, if he is to gain the necessary 70 grams of protein a day, has to **consume** a greater deal of food than his digestive organs can comfortably **deal with**.

Whether or not vegetarianism should be **advocated** for adults, it is definitely unsatisfactory for growing children, who need more protein than they can get from vegetable **sources**. * A lacto-**vegetarian** diet, which includes milk and milk products such as cheese, can, however, be satisfactory as long as enough milk and milk products are consumed.²

Meat and cheese are the best sources of usable animal protein and next come

milk, fish and eggs.

Slow and careful cooking of meat makes it more **digestible** and is good for the **breaking down** of the protein content by the body. When cooking vegetables, however, the vitamins³, and in particular the **water-soluble** vitamin C, should not be lost through over-cooking.

With fruit, vitamin loss is not important, because the cooking water is normally eaten along with the fruit, and **acids** in the fruit help to hold in the vitamin C.

Most **nutrition** experts today would recommend a balanced diet containing elements of all foods, largely because of our need for enough vitamins. Vitamins were first called "**accessory** food factors" since it was discovered, in 1906, that most foods contain, besides carbohydrates,⁴ fats, minerals and water, these other lacks in Western diets today are those of vitamins. The answer is variety in food. A well-balanced diet having enough amounts of milk, fruit, vegetables,

Notes

1. protein; n. any of a group of complex organic macromolecules that contain carbon, hydrogen, oxygen, nitrogen, and usually sulfur and are composed of one or more chains of amino-acids. Proteins are fundamental components of all living cells and include many substances, such as enzymes, hormones, and antibodies, that are necessary for the proper functioning of an organism. They are essential in the diet of animals for the growth and repair of tissue and can be obtained from foods such as meat, fish, eggs, milk, and legumes. 蛋白质, 一种复杂的有机体大分子的组合, 含有碳、氢、氧、氮, 通常还有硫元素, 由一个或多个氨基酸链构成, 是所有生命细胞的基本组成部分。它包含许多物质, 比如酶、荷尔蒙和抗体, 这些物质都是有机体正常活动所必需的。蛋白质是动物膳食的必需成分, 对成长和组织发育至关重要, 它可从肉类、鱼、鸡蛋、牛奶和豆类食品中摄取。

2. A lacto-vegetarian ... consumed; 本句主语是 a lacto-vegetarian diet, 谓语是 can be, 表语是 satisfactory。其中带有一个非限定性定语从句 which includes milk and milk products such as cheese 修饰 a lacto-vegetarian diet, 说明它的内容, as long as enough milk and milk products are consumed 是状语从句。全句译为: 而在足量的奶和奶制品的消耗得到保证的前提下, 包括奶和奶酪等奶制品的乳类素食者也能满足这种需要。

lacto-vegetarian; n. [C] 乳类素食者

eggs, and meat, fish or **fowl** (i. e. any good protein source) usually provides adequate minimum daily requirements of all the vitamins.

Reading Comprehension Exercises

1. How much grams of protein is necessary for an adult to gain every day?

- A. 70 grams.
- B. Far less than 70 grams.
- C. 20 grams.
- D. Much more than 70 grams.

2. According to the passage, why life-long vegetarianism should NOT be advocated?

- A. Because vitamins in the vegetable are easily lost through over-cooking.
- B. Because the same amount of vegetable contains far less proteins.
- C. Because it doesn't contain enough vitamins.
- D. It is not mentioned in the passage.

3. Which of the following statement is NOT correct?

- A. Children need more protein than adults.
- B. Western food is short of vita-

3. vitamin: n. any of various fat-soluble or water-soluble organic substances essential in minute amounts for normal growth and activity of the body and obtained naturally from plant and animal foods. 维生素, 各种脂溶性或水溶性生命物质之一, 少量的这种物质对生命体的生长和活动至关重要, 通常从动植物食物中取得。

4. carbohydrate: n. any of a group of organic compounds that includes sugars, starches, celluloses, and gums and serves as a major energy source in the diet of animals. These compounds are produced by photosynthetic plants and contain only carbon, hydrogen, and oxygen, usually in the ratio 1 : 2 : 1. 碳水化合物 (糖类包含糖、淀粉、植物纤维素和树脂, 并作为动物饮食的主要能量来源的一组有机化合物。这些化合物由进行光合作用的绿色植物产生, 仅含碳、氢和氧原子, 通常它们的比例是 1 : 2 : 1)

amino-acid: n. 氨基酸

from ... point of view: 从……的角度看

physiological: adj. of or concerning physiology 生理学的

in favour of: approving of, in support of 赞同……, 支持……

consume: vt. to use up 消耗, 消费

deal with: to take action about 处理, 应付

advocate: vt. speak publicly in favour of sth., support 拥护, 提倡, 支持

source: [C] a place from which sth. comes or is oriented 根源, 来源

vegetarian: n. [C] a person who, for hu

mins

- C. Slow and careful cooking of food is a good way of cooking.
- D. The cooking fruit water is full of vitamins.
4. The word "diet" (paragraph 7, sentence 4) means _____.
- A. special food and drink
- B. special food
- C. food and drink
- D. food
5. What is the main idea of the passage?
- A. Nutrition experts recommend a variety of food.
- B. Most nutrition experts recommend the food containing more vitamins.
- C. Proteins are more important to children.
- D. Milk and milk products are good sources of proteins

mane, religious or health reasons, eats no meat 素食者。人们为了减肥而选择素食，但是却不知它缺少足够的营养成分。素食者的饮食根本不能满足他们的蛋白质需要，而且还缺乏人体对足量维生素的要求

digestible: adj. easy to be digested 易消化的

break down: separate into different kinds, or divide into types (化合物等) 分解，分成……部分

water-soluble: 可在水中溶解的

acid: n. 果酸

nutrition: n. [C] the process of giving or getting food 营养

accessory: adj. additional, extra 辅助的，附加的

fowl: n. [C] a farmyard bird, especially a hen kept for its meats or eggs 家禽

参考译文

该不该做素食者？

蛋白质由食物中大约 20 个基本成分——各种氨基酸组成。这种成分在动物类食物中比植物类食物中含量丰富得多。也就是说，要摄取足够量的氨基酸，所需的蔬菜量要远远超出所需的肉量，而其中会有很大一部分蔬菜因不能

被吸收而浪费掉。从生理学的角度看，终生食素并不值得提倡。

这个问题的经济因素自然要考虑进去，素食固然比肉食便宜得多。然而，因为只有一小部分蔬菜蛋白能起到强身健体的作用，所以，一个长期的素食者若想摄取每天所必需的 70 克蛋白质，要消耗的食物总量就远远超出他的消化器官所能承受的限度。

且不说素食主义对成年人合适与否，它对正在成长发育的孩子是绝对不可取的。素食根本不能满足他们的蛋白质需要。而乳品素食者有足够的乳制品——包括奶和乳酪——可供消耗，从而来满足身体需要。

肉和奶酪是可食用蛋白的最佳来源，其次是牛奶、鱼和鸡蛋。

精煮慢炖会使肉类更加容易消化，并能够帮助分解食物蛋白成分。而在烹煮蔬菜时，维生素，特别是易在水中溶解的维生素 C 会因烹煮过久而丧失。

若是烹煮水果就不用担心丧失维生素，因为我们通常会将汤汁也一同吃下，而且果酸可以帮助保持维生素 C。

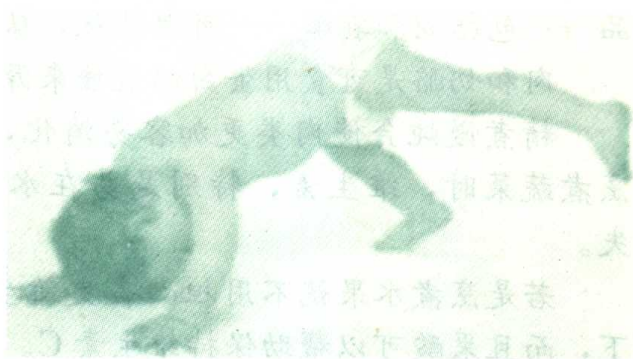
鉴于我们对足量维生素的要求，当今大多数营养学家都会推荐一份营养平衡的食谱，其中包括所有食物的组成成分。在 1906 年，人们就发现大多数食物除了含有碳水化合物、脂肪、各种矿物质和水以外，还含有各种维生素，因此维生素最初被叫做辅助食物素。现在西餐中最缺乏的就是维生素，解决问题的办法就是食物多样化。通常，包括足量的奶、水果、蔬菜、鸡蛋、肉、鱼或家禽（也就是说只要富含蛋白质）的合理的饮食就能很好地满足人体所必需的各种维生素。

Keys

1. A 2. B 3. C 4. D 5. A

Those Boys Really Will Be the Death of You,¹ Mom

others who have complained through the centuries that their sons will be the death of them may be right. A study published in the **journal** *Science* shows having boys **shortens** a woman's life **span**. Each son **takes an average of** 34 weeks off a woman's life span, **evolutionary** biologist Samuli Helle and **colleagues** at the University of Turku found. On the other hand, having daughters adds, but only very slightly, to a woman's life span. Helle and colleagues looked at birth and marriage records of **Saami** people from 1640 to 1870. "Our results suggest that giving birth to sons had a higher relative long-term **survival** cost for mothers than giving birth to and raising daughters," they wrote. There could be **biological** reasons for this. Studies show boys are **physiologically** more demanding to produce—they grow bigger and faster in the **womb**, and some studies show it takes a woman longer



Notes

1. ... the Death of You: 千百年来一直在抱怨儿子会让自己操心死的母亲们，这回也许是对的。通过大量的调查和科学研究，证实了生儿子会使女人缩短寿命。

2. Testosterone... disease: 在本句中，testosterone 是主语，有两个并列谓语：could suppress the mother's immune system 和 make her more susceptible to disease, produced by the fetus 是过去分词做后置定语，说明 testosterone 是由哪里来的。全句译为：胎儿产生的睾丸激素会抑制母亲的免

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