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5级

适合小学五年级~初二年级学生

# A World of Treats

美食世界

〔美〕Lynette Evans 著



4

商务印书馆



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毛玮英 注释

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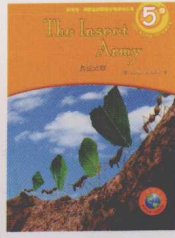
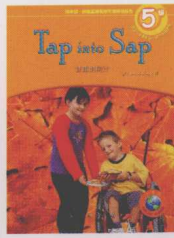
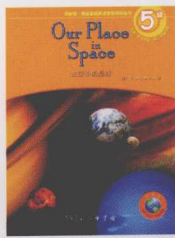
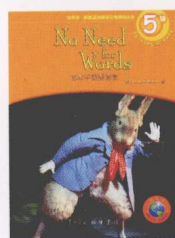
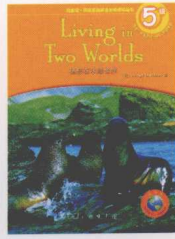
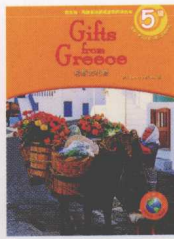
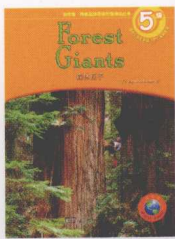
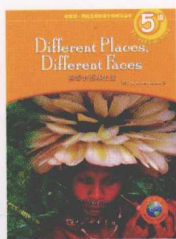
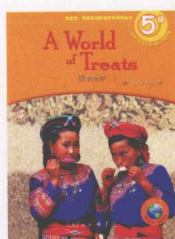
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〔美〕 Lynette Evans 著

毛玮英 注释

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藏书章

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# Features 导读

## WORD BUILDER



Which language lends many cooking words to the English language? Find out on page 14.

你知道英语中的烹饪词汇大多来自哪国语言吗？翻到第 14 页，你就会找到答案。

Why would anybody work really hard to create art that people are just going to eat? Read an interview with a food artist at work in **Art You Can Eat** on page 16.

食品艺术家的“作品”会被很快吃掉，可是为什么他们还不辞辛劳地不断创作呢？读了第 16 页“可以吃的艺术品”中对一位美食艺术家的采访，你也许就知道答案了。



## TRY THIS!



Follow the recipe in **Be a Cookie Artist** on page 18 to make your very own art to eat.

第 18 页的“成为巧手糕点师”提供了制作艺术饼干的步骤讲解，现在你也可以创作一件属于自己的食品艺术了。

Who sent hundreds of servants up mountains to fetch snow and ice for dessert? Find out on page 21.

是谁派了几百名侍从到山上去收集雪和冰块来做甜点？请到第 21 页去寻找答案吧。



## SITESEEING



PEOPLE & PLACES

**How does food keep people healthy and strong?**

食物是怎样帮助人们保持身体健康、体格健壮的？

**Visit <http://edu.cp.com.cn>  
for more about FOOD.**

欲知更多关于“食物”的知识，请登录商务印书馆教育网站。





# Turn On Your Taste Buds

Picnics, parties, markets, and street **stands** all around the world have delicious **treats** to turn on your **taste buds**. A treat can be a quick **snack** or a fancy holiday **feast**. The food can be salty, spicy, sweet, or sour. From a cool **slice** of watermelon on a hot summer's day to a special meal with family and friends, the taste of a treat can be hard to beat.





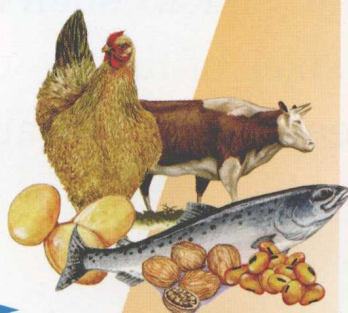
# The Food Guide Pyramid

食物金字塔

There are six food groups. The lower part of the food guide **pyramid** shows foods you should eat often. The upper part shows foods you should eat less often.



Fats, oils, and  
sweets group  
脂肪、油、甜食类



Meats, poultry, fish,  
dry beans, eggs,  
and nuts group  
肉、家禽、鱼、干豆、  
鸡蛋、果仁类



Milk, yogurt, and  
**cheese** group  
牛奶、酸奶、奶酪类

Vegetable  
group  
蔬菜类



Fruit group  
水果类

Bread, cereal,  
rice, and **pasta**  
group  
面包、谷物、米  
饭、面食类



What is a healthy diet?

visit <http://edu.cp.com.cn>  
for more about FOOD.





# Street Treats



Different countries around the world have different foods. Many people in Mexico like to eat food made with corn, beans, and hot chili peppers. Hungry shoppers on the streets can treat themselves to snacks such as spicy corn on the **cob** or a **stack** of tasty **tortillas** filled with beans, cheese, and hot sauce.



Mexico 墨西哥

People in Mexico have used corn in their cooking for more than 5,000 years. Tortillas are made from cornmeal. A tortilla can be very useful as a plate or a food scooper as well as a snack!







**TRICK OR TREAT?**

Do fried grasshoppers with chilies make a tasty tortilla topping? Find out on page 22.



# Snack Attack



When it comes to spicy snacks, street sellers in India offer some of the world's tastiest treats. Snacking is very popular in India. You can buy snacks such as spicy nuts, **savory crackers**, and hot **samosas** almost anytime or anywhere.

Many people in India have a soft spot for sweet treats, too. People often send a surprise of sticky sweets, called sweetmeats, to friends and family. They believe that sweets bring good luck.



India 印度





A street seller  
balances a tray of  
snacks on his head.



Many different  
spices are used to  
make tasty snacks.

## TRICK OR TREAT?

Is black salt  
just **spoiled**  
salt, or can you  
**sprinkle** it on your  
favorite snack?  
Find out  
on page 22.

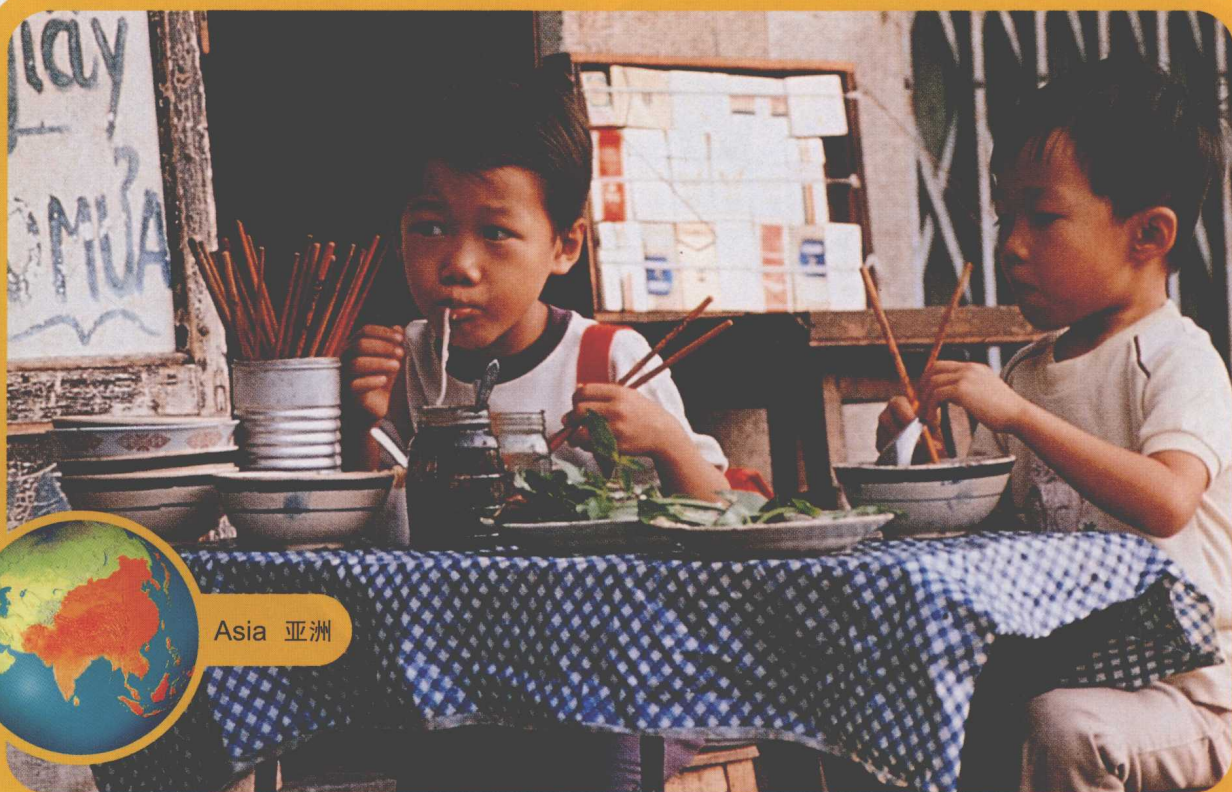




# Rice Makes It Right



People sometimes say that if there is rice on the table, everything will be all right! Rice is an important food in some parts of the world. It is especially important in many countries in Asia. People enjoy eating rice balls, rice crackers, rice **pudding**, and rice **wrapped** in seaweed. Rice can also be made into flour for noodles of many shapes and sizes. For some people, noodle soup is a special breakfast treat.



Asia 亚洲



1



2



3



4



Sushi is a food that people all around the world enjoy. Rice, vegetables, and pieces of chicken, fish, or shellfish are often wrapped in seaweed to make a sushi roll.

**TRICK OR TREAT?**

Can you use rice paper to send a note to a friend? Find out on page 22.



# Time for Tea



Tiny tea cakes and bite-sized sandwiches are all parts of the menu for a tea party. Teatime treats were first dreamed up long ago in England. People ate delicious warm **scones** with fresh cream and jam. They made tiny egg sandwiches with soft white bread. They washed it all down with cup after cup of **pip**ing hot tea. Teatime is still a treat in many places today.

## Country Cottage Menu

### Traditional High Tea

Club sandwiches  
(egg, cucumber, tomato)

Hot savories  
(chicken, ham-and-cheese)

Mini tea cakes and fruit pastries

Home-baked scones, served  
with butter, jam, and cream

\* All the hot tea you can drink





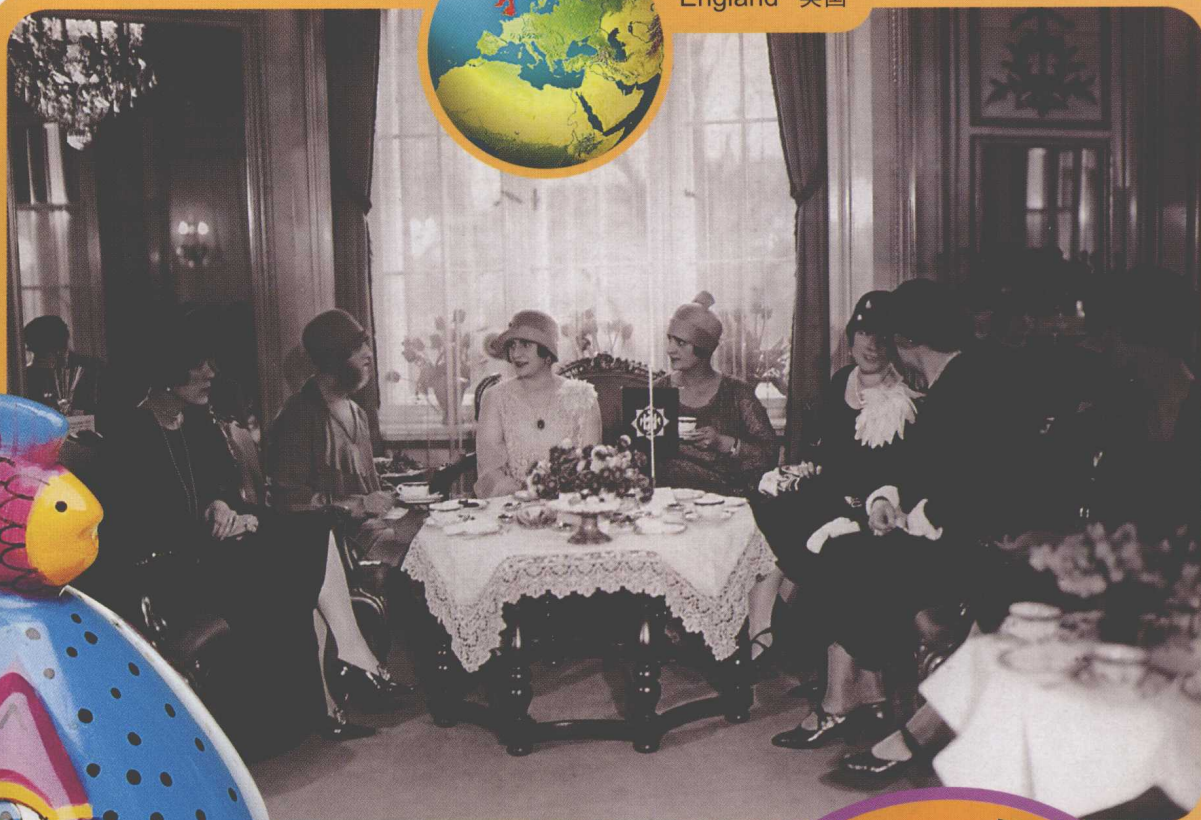
## WORD BUILDER



A young man called the Earl of Sandwich was much too busy for a **lengthy** meal. He liked his food between two **hunks** of bread instead. People began calling this speedy snack a sandwich.



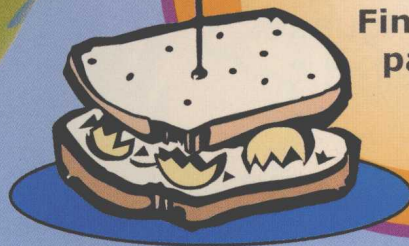
England 英国



## TRICK OR TREAT?

Are eggshell sandwiches special teatime treats?

Find out on page 22.

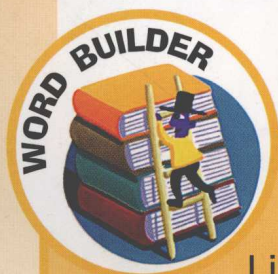




# Dip It and Dunk It



Some food tastes very good when it is dipped and **dunked**! The Swiss made dipping special when they invented **fondues**. A fondue is a dish made with a hot liquid, often melted cheese or melted chocolate. Today, people all over the world enjoy gathering around a table to dip and dunk bread, vegetables, or fruit.



Like many words to do with cooking, the word *fondue* comes from the French language. It means “melted.”

