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# 面包背后的故事

伊丽莎白·劳姆

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THE STORY BEHIND  
BREAD

# 面包背后的故事

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Elizabeth Raum

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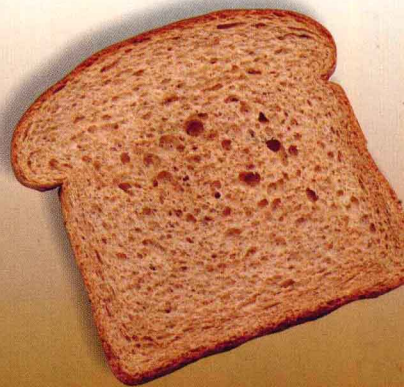
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# 目录

## Contents

■ 面包的世界 .....	4
A world of bread	
■ 从农田到餐桌 .....	14
From fields to tables	
■ 面包的简史 .....	22
A short history of bread	
■ 庆典 .....	34
Celebrations	
■ 面包够吃吗 .....	42
Is there enough bread?	
■ 三明治和面包圈 .....	52
Sandwiches and roll	
■ 大事年表 .....	56
Timeline	
■ 术语表 .....	58
Glossary	



# 面包的世界

A World of Bread





▲ 人们吃松软的面包已有6000年的历史。  
People have been eating raised breads for 6,000 years.

你多久吃一次面包？早餐吃烤面包？午餐吃三明治？晚餐吃比萨？如果是这样的话，你就是在吃面包。

面包是一种主食，这意味着它是一种基本必需的食物。它由不同的谷物如小麦或黑麦制成。这些谷物被磨成面粉，加入水成为面团。面团被烘烤后，就做成了面包。

How often do you eat bread? Do you eat toast for breakfast? Do you have sandwiches for lunch? Do you ever have pizza for dinner? If so, you are eating breads.

Bread is a staple food. This means it is a basic and necessary food item. It can be made from different grains, such as wheat or rye. The grains are ground into flour and mixed with water to make dough. When the dough is baked, it becomes bread.

## 膨松面包

欧洲和美洲的面包大多是膨松面包。面包师在生面团中添加一些酵母。酵母是一种细小、无色的物质能使面团蓬松起（出现小泡泡）。人们烘烤法式和意大利式的长面包。圆形的白面包、全麦面包和方形的黑色黑麦面包。

## Raised breads

Most breads in the Europe and United States are raised breads. Bakers add yeast to the dough. Yeast is a tiny, colourless plant that makes the dough rise, (get puffy). People bake long loaves of French or Italian bread. They bake rounded loaves of white or whole wheat bread and square loaves of dark rye bread.

## 扁平面包（烙饼）

在世界的其他地方，人们更喜欢扁平面包。在中东，从埃及到阿富汗，人们喜欢柔软的扁平面包。在埃及，他们称这种面包为aesh。在叙利亚、黎巴嫩和也门，它被称为khoubz（在阿拉伯语中，khoubz的意思是“面包”）。在印度，人们把这种面包称为馕（naan）。在美洲南部和中部，人们把墨西哥面饼和炸玉米饼视为扁平面包。

### Flat breads

In other parts of the world, people prefer flat breads. In the Middle East, from Egypt to Afghanistan, people like a soft flat bread. In Egypt they call this bread aesh. In Syria, Lebanon, and Yemen it is called khoubz (Khoubz means “bread” in Arabic). In India people eat a flat bread called naan. Tortillas and tacos are flat breads eaten in South and Central America.

#### 货币 Money



一些人把他们的工作叫做“面包和黄油”，意思是工作所赚的钱使他们得以生存。今天，“面包”和“面团”两个单词常被用来指赚钱的意思。

Some people call their work their “bread and butter”. What they mean is that the money they earn keeps them alive. Today, the words “bread” and “dough” are both used to mean money.





土耳其妇女在室外的烤炉旁烘烤扁平面包。  
This Turkish woman bakes flat bread in an outdoor oven.



## 谷物生长

面包是由小麦、黑麦或燕麦等谷物制作而成，这些谷物生长和收割的过程十分相似。

小麦是种植最广泛的谷物，其产地遍及美国、俄罗斯、中国和欧洲地区。普通小麦（也称面包小麦）通常用来制作面包、麦片粥和油酥面团。它生长在适宜的温度和年降雨量少于76cm的地区。其他种类的小麦，比如用来制作意大利面食的硬粒小麦，可以生长在寒冷的气候里。

### Growing grains

Bread is made from grains such as wheat, rye, corn, or oats. The process of growing and harvesting these grains is very similar.

Wheat is the most widely grown cereal grain. Wheat fields cover vast areas of the United States, Russia, China, and Europe. Common wheat (also known as bread wheat) is used for making bread, cereals, and pastries. It grows in areas where there are mild temperatures and fewer than 76 centimetres (30 inches) of rain per year. Other kinds of wheat, such as the durum wheat used to make pasta, can grow in colder climates.

#### 不同语言中的面包 Bread in many languages



面包一词来源于古英语。德国人叫它Brot，荷兰人叫它brood，丹麦人叫它brød.

The word bread comes from the Old English language. Germans call it Brot. The Dutch say brood. People in Denmark call bread brød.





▲ 非洲尼日利亚的农民准备收割小麦。  
Farmers in Nigeria, Africa, prepare to harvest their wheat fields.

## 为什么要吃面包？

面包为人类身体正常运转提供所需的营养。面包含有能给人类身体提供能量的碳水化合物。据营养学家研究，成年人可以从所吃谷物中得到身体所需的一半碳水化合物。儿童也需要碳水化合物，他们需求的多少取决于他们的体重和年龄。

面包里含有的蛋白质，能使身体保持健康。面包里的维生素B有助于分解碳水化合物和蛋白质，以便身体可以更好地吸收。面包还可以提供钙，钙有助于增强牙齿和骨骼的坚硬度。纤维是小麦的一部分，有助于帮助身体消化食物和排出垃圾。

### Why eat bread?

Bread provides nutrients that the human body needs to function and stay alive. Bread contains carbohydrates, which give the body energy. According to food experts, adults should get about half of their carbohydrates from whole grain products. Children need carbohydrates, too. How much they need depends on their weight and age.

Bread also contains proteins that help the body stay healthy. B vitamins are found in bread. These help break down the carbohydrates and proteins so that the body can use them. Bread provides calcium. Calcium helps strengthen teeth and bones. Fibre is a part of wheat that helps the body digest food and get rid of waste.

国家 Nation	小麦总产量 (千吨) Amount of wheat produced (in thousand tonnes)
欧盟 European Union	119646
中国 China	106000
印度 India	75810
美国 United States	56247
俄罗斯 Russia	49400
巴基斯坦 Pakistan	23000
加拿大 Canada	20050
哈萨克斯坦 Kazakhstan	16600
阿根廷 Argentina	15500
伊朗 Iran	15000
世界总量 World production	604961

\*欧盟有27个欧洲国家组成

\*The European Union is composed of 27 European countries.

▲ 2007—2008年世界小麦产量 (以千吨为单位)

This chart shows world wheat production in 2007–2008.

# 从农田到餐桌

From fields to tables





在广阔的麦田里，联合收割机正在收割麦子。  
**On large wheat farms, machines called combine harvesters harvest the wheat.**



农民犁地（翻耕土地）、播种，然后等待小麦生长。小麦刚刚熟透时，农民就开始收割了。他们首先砍倒茎秆，然后通过摔打脱粒从麦秆中分离出谷物（见图示）。这些工作在大农场由联合收割机完成，在小农场则由手工来完成。

小麦收割之后，先进行筛选，然后装上卡车。在火车或卡车运到面粉加工厂前，小麦有时会储存在谷仓中。

Farmers plough (turn over) the land, plant the seeds, and then wait for wheat to grow. Just before the wheat is fully ripe, farmers harvest it. First they cut the stalks. Then they separate the grains from the straw (see diagram). This is called threshing. Combine harvesters do this work on big farms (see box). On smaller farms, threshing may be done by hand.

After the wheat is harvested, it is sifted and the grain is loaded onto lorries. Sometimes it is stored in giant towers called grain elevators until trains or lorries take it to the flour mill.

### 联合收割机 Combine harvesters



联合收割机是收割小麦并使麦秆中的麦粒脱掉外壳的大型机器，还可以筛选麦粒，并把麦粒装上卡车。美国发明家塞缪尔·莱恩1828年设计了第一台联合收割机。1890年，生产272千克的小麦需要耗时40-50小时。到1975年，使用联合收割机仅需3.5小时就可以完成相同的工作。

Combine harvesters are huge machines that cut the wheat and separate the grains from the straw. They also sift it and load it onto lorries. US inventor Samuel Lane designed the first combine harvester in 1828. In 1890 it took 40 to 50 hours of labour to produce 272 kilograms (600 pounds) of wheat. By 1975 it took only 3.5 hours to do the same work, thanks to better combine harvesters.