

SFLEP – Longman Secondary English Graded Readers  
外教社 — 朗文中学英语分级阅读

新课标百科丛书  
世界食品博览

INTERNATIONAL  
FOOD



新课标  
第5级  
之七



上海外语教育出版社



KEN BEATTY

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## 出版说明

随着新《英语课程标准》（以下简称《新课标》）的颁布，中学英语教学改革推进到了一个新的阶段，对学生的知识面、交际能力、文化意识等方面的要求提到了新的高度。课外阅读不再是课堂教学可有可无的补充，而已成为英语学习不可或缺的部分。《新课标》对学生课外阅读在数量上作出了明确的规定，在培养目标上提出了一系列新的要求。为此，上海外语教育出版社与朗文合作编写了这套“外教社·朗文中学英语分级阅读：新课标百科丛书”。其目的是将《新课标》的教学理念贯彻到课外阅读当中，帮助学生达到《新课标》所提出的各项要求。

丛书的编写以《新课标》为指导，主要有以下特点：1. 在总体设计上，根据《新课标》分级编写，针对性强；各级册数递进式增加，充分满足各阶段中学生的阅读需求；2. 在选材上，突出个性化特征，根据不同年龄段学生的不同阅读兴趣，选择具有时代感、内容丰富的题材，帮助学生在完成《新课标》阅读任务的同时，扩大知识面，培养跨文化交流意识；3. 在难度的把握上，兼顾能力的提高和阅读兴趣及自信心的培养，为学生营造宽松的学习氛围；4. 在学习策略的指导上，根据《新课标》对各级的要求为每册书编写阅读技巧指南，引导学生养成良好的学习习惯；5. 在单元后的练习编排上，突出灵活性、开放性及参与性，将读、说、写等相结合，激发学生的想象力和创造力，帮助学生全面达到《新课标》的各项要求。

丛书共80册，分3、5、7、9四级，其中3级10册，5级20册，7级20册，9级30册。本丛书与“外教社·朗文小学英语分级阅读”一脉相承，是外教社与朗文合作推出的阅读精品。

作为以《新课标》为指导编写课外阅读的积极尝试，我们衷心希望广大读者能够多与我们联系、沟通，提出宝贵的意见和建议，协助我们精益求精，将丛书不断提高、完善。

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## Do you know?

- Who was George Washington Carver?
- When were chocolate sweets first made?
- Where was ice cream invented?
- Who took cinnamon to Europe?
- Why did Sir John Franklin and his sailors drag a lifeboat across the ice near the North Pole?
- How did Napoléon Bonaparte help the modern-day food industry?

Read this book and find the answers to these and other questions. Learn about different foods around the world and why we eat them. You'll be amazed!



# Introduction



In two hundred years, what will food look like? Some people think that we may take a single *food pill* each day to give us all the energy we need. This seems hard to believe. But one thing is certain: in the future, food will be different from what we eat today.

If you had a time machine and could go back two hundred years, you would be surprised and disappointed by the food at that time. You would mostly eat what was growing in season. In winter, you would only have a few vegetables, unless they were dried, salted or kept cold under the ground.



### NOTES

- single / 'sɪŋɡəl / 单一的, 单个的  
energy / 'enədʒi / 能源, 能量, 精力  
surprised / sə'praɪzd / 感到吃惊, 惊奇  
disappointed / ,dɪsə'pɔɪntɪd / 感到失望  
dry / draɪ / 使干燥, 弄干  
salt / sɔ:l / 用盐腌



It would be too expensive to bring food from far away. Unless you were rich, almost all your food came from your local area.



a baker



sawdust

Two hundred years ago, the quality of food was often poor. To save money, some bakers even put dirt and sawdust in their bread. White bread became popular because people thought white bread was clean. In the past, children's sweets were brightly coloured with poisonous copper and lead.



### NOTES

- expensive / ɪk'spensɪv / 昂贵的  
 quality / 'kwɒlɪti / 质, 质量  
 popular / 'pɒpjələ / 流行的, 受欢迎的  
 poisonous / 'pɔɪzənəs / 有毒的



Also, drinking water was often dirty and people did not understand how germs made them sick. When the Europeans moved to America, they found clean streams and rivers. But they were too scared to drink the water because they never drank from Europe's dirty rivers.

Today, people have many different foods and drinks to choose from. Read the next section to find out more.



### NOTES

dirty / 'dɜ:ti / 肮脏的, 污秽的

understand / ,ʌndə'stænd / 理解, 明白

germ / dʒɜ:m / 病菌

European / jʊərə'piən / 欧洲人



No!!!



# Why Do People Eat Different Things?

## Menu



China



France



India



Italy



Japan



Spain



the USA



the UK



### Food choices

What would you like for breakfast, lunch and dinner today? In a modern city, you have lots of choices. Do you want an American hamburger or a hot dog? Toast with butter or scrambled egg and sausages from England? Pizza or spaghetti from Italy? Sushi or tempura from Japan? Chinese food from Hunan, Guangdong or Sichuan provinces? A Mexican burrito or taco?



a hamburger



a hot dog



toast



butter



scrambled  
egg



sausages

Do you want to go to an expensive French restaurant or enjoy a snack from a street stall?



sushi

Besides deciding what and where to eat, you probably eat different foods at different times of a meal, such as an appetiser before you start and a dessert after you finish.



tempura



### NOTES

snack / snæk / 快餐, 小吃

appetiser / 'æpɪtaɪzə / 开胃小吃或饮料

dessert / dɪ'zɜ:t / 甜食, 甜点心



a burrito



pizza



spaghetti



a taco

**Food words**

In English, there are many words from other languages, especially French, for what people eat. Match these food words with their correct definitions. Number the courses in the correct order of a formal English meal. Check your answers on page 50.

**hors d'oeuvres**  
**main course**

**first course**  
**salad**

**soup**  
**dessert**

- a. \_\_\_\_\_ is served after the appetiser. \_\_\_\_\_
- b. A liquid with small pieces of meat or vegetables is called \_\_\_\_\_. \_\_\_\_\_
- c. \_\_\_\_\_ are small pieces of food which are served before one sits at the table. \_\_\_\_\_
- d. \_\_\_\_\_ is the main dish of the meal. \_\_\_\_\_
- e. A sweet dish at the end of the meal is called \_\_\_\_\_. \_\_\_\_\_
- f. \_\_\_\_\_ is vegetables which is not cooked and is usually served cold near the end of the meal in Europe. \_\_\_\_\_

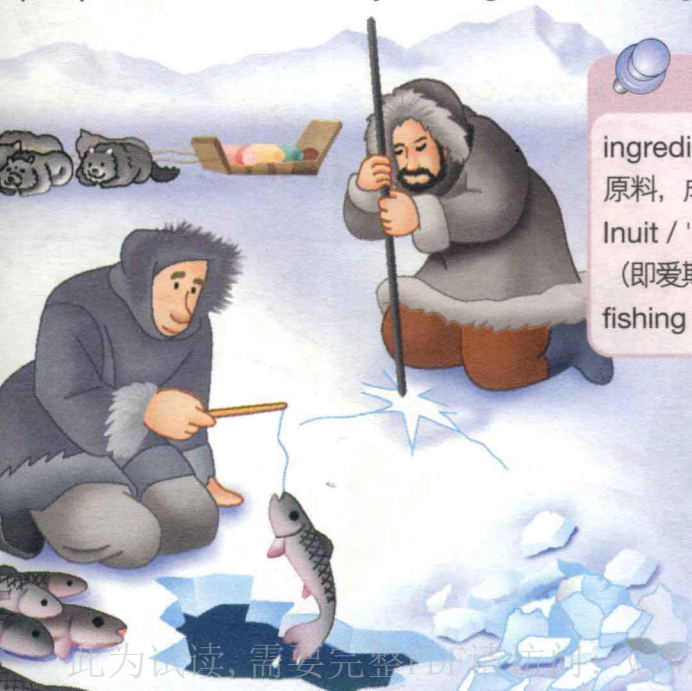
Why is that? There are many reasons.



All around the world, everyone has to eat. But everyone eats different things. Sometimes, people use the same ingredients but cook them differently.

### Geography

What people eat has to do with where they live. People look at the local weather to decide what to grow in the fields. For example, the cold weather near the North Pole means that few plants can grow there. Therefore, the local people, the Inuit, live by fishing and hunting animals.



#### NOTES

ingredient / m'grɪ:diənt /  
原料, 成分

Inuit / 'ɪnju:t / 因纽特人  
(即爱斯基摩人)

fishing / 'fɪʃɪŋ / 捕鱼, 钓鱼