



从营养角度谈“拒绝舌尖上的浪费”

1 食物是人类获取营养、赖以生存和发展的物质基础，勤俭节约是中国人的传统美德。食物资源来之不易，我们从小就会背诵“谁知盘中餐，粒粒皆辛苦”的诗句，但是现如今，餐饮文化中食物浪费比比皆是，从营养科医生的角度，更是看到很多不良的饮食习惯导致的食物浪费和营养浪费。

5 长期储存的食物容易变质、流失营养

首先，建议大家进食新鲜的食物，合理选购，适量贮备，不要长期、盲目囤积食物。因为食物在运输和贮存的过程中，容易遭受有害毒素的污染，比如：发霉变质的肉类、被微生物侵扰的“臭蛋”、发芽的土豆、发霉的玉米等，这些都是在不当的储存条件下出现的变质的食物。其次，建议大家不论是在外就餐
10 还是在家进食，都要做到简餐、分餐，这样在避免浪费的同时，还可以合理控制饮食，保证营养均衡。

团餐无法合理控制饮食，容易导致慢性疾病

多人一同进食，很难定量每个单独的个体在这一餐中进食的食物种类和数量，无法做到合理的膳食评价。多人一同进食时，很有可能其中某一个人进食肉类多，另一个进食蔬菜多，虽然有可能食物都被吃完了，但可能两个人的饮食习惯都不健康。这样长期下去，会引起多种慢性疾病。而分餐制会使每个人对自己的饮食结构有直观的认识，肉类进食过多、蔬菜进食过少等问题显而易见。
15 同时按照每个人的能量和营养所需准备餐食，也是避免浪费的好办法。

另外，在团餐中，互相夹菜不仅会增加幽门螺旋杆菌的感染风险，也会导致剩
20 菜中亚硝酸的含量超标，无法保证饮食安全，所以简餐、分餐除了避免食物浪费之外，还可以保证饮食安全。

25 同时建议大家尽量在家进餐，享受和家人一同烹饪、进食的乐趣，这样不仅可以吃到新鲜的食物，保证身体健康，还可以避免浪费、促进家庭关系和谐融洽。新鲜的食物不仅仅指的是刚刚采摘或生产、捕获的食材，也指刚刚烹调好的菜肴。在家做饭、进食，可以从食材的选购、准备等，不仅能够保证进食量的合理，还能保证食物种类的丰富和营养的充足。

30 最后，需要提醒大家的是，对于日常饮食可以做到食物种类多样化的健康人群来说，没有必要补充膳食补充剂。我们常见的维生素 C、多种维生素等膳食补充剂，人体常规需要量是可以通过正常饮食得到补充的。额外摄入过多的此类营养素，也无法达到保健的目的，反而增加人体负担，最终大多都会通过尿液排出体外，这也是一种隐形的“舌尖上的浪费”，所以正常人群在合理膳食的情况下，无需额外补充膳食补充剂，而患有慢性病等疾病的人群，则应该在营养科医生的指导下，在调整自身饮食习惯的基础上，合理的选择膳食补充剂。

Word List:

- 角度 – angle, point of view
- 拒绝 – v. to refuse, to decline, to reject
- 赖以生存 –v. to rely on to live
- 勤俭节约 – idiom. Diligent and thrifty
- 来之不易 – hard to come by
- 粒粒皆辛苦 – every grain contains bitter toil, hard work
- 比比皆是 – can be found everywhere
- 储存 – v. to stockpile, to store
- 变质 – v. to deteriorate, to go bad
- 贮备 – v. to store
- 发芽 – v. germinate, to sprout
- 幽门螺旋杆菌 – Stomach infection, H. pylori infection
- 亚硝酸 – Nitrous acid
- 没有必要 – there is no need to (do something)
- (多种)维生素 –(multi) vitamin

- 患有 – v. to contract (an illness)
- 和谐融洽 – harmonious, harmony

Questions

	Marks
Re-read lines 1- 4:	
1. What are the traditional virtues of Chinese people?	1
2. According to nutritionists, what cases more food waste?	1
Re-read lines 5-11:	
3. What is recommended first of all for everyone to do?	3
4. What if food prone to do if stored for long periods of time?	2
5. When is food easily contaminated?	2
6. What examples of contaminated food are given?	4
7. What should you do to avoid wasting food and losing nutrition?	1
8. What is recommended that everyone does whether eating out or at home?	2
Re-read lines 12-21:	
9. When eating together, what is it difficult to do?	3
10. What risk is increased when eating together?	1
11. What will not only mean less food waste, but also ensure	2

food safety?

Re-read lines 22-26:

12. What is recommended at the same time to the prior advice? 3

13. What reasons are given for this? 2

Re-read lines 27- 33:

14. Why do healthy people not need to supplement our diets with vitamins? 1

15. What will happen when they excessively take supplements? 2

Now consider the article as a whole:

16. What is the writer's overall purpose in writing about this subject? 7

Justify your response with close reference to the points made and
The language used.

Translation:

17. Translate the underlines section into **English**: (lines 27- 29) 20

Total: 57 marks

The Answer Scheme is on the following page.

Answer Scheme

Q No.	Expected Response	Max Mark
1.	- Diligence and thrift (1)	1
2.	- Poor eating habits (1)	1
3.	- It is recommended that everyone eats fresh food (1) buys reasonably/ doesn't buy too much/in bulk (1) stores them/the food in appropriate amounts/ not hoarding them (1) and not blindly hoarding food for extending periods/for a long time. (1)	3
4.	- The food is prone to spoil/go off (1) and lose nutritional value/nutrients (1)	2
5.	- Food is easily contaminated during the transportation (1) and storage (1) process	2
6.	- Mouldy meat (1) spoiled meat (1) rotten eggs infested with microorganisms/germs (1) sprouted potatoes (1) mouldy corn (1)	4
7.	- Buy food when you need it/ sensibly (1) and not hoarding food blindly (1)	1
8.	- Having simple meals (1) and individual meals (1)	2
9.	- It's difficult to gauge how much food (1) and what kind of food the individual eats (1) impossible to eat a balance meal (1) It's is likely someone will eat more meat and someone else will eat more vegetables (1) may have unhealthy eating habits (1)	3
10.	- The risk of the stomach infection/ H. Pylori increases (1) increases the amount of nitrous acid to exceed the safe standards (1)	1
11.	- Simple meals (1) and individual meals (1)	2
12.	- It is recommended that everyone try to eat at home (1) and enjoy the fun of cooking (1) and eating with family members (1)	3
13.	- Not only does fresh food endure good health (1) but also avoids waste and promotes harmonious family relations (1)	2

14.	<ul style="list-style-type: none"> - With a diverse diet/ a diet with a lot of variety in it we don't need the supplements (1) 	1
15.	<ul style="list-style-type: none"> - It will increase the burden on the human body (1) and you will urinate most of it out (1) 	2
16.	<ul style="list-style-type: none"> - 1. The writer wants to bring the issue of food waste and nutrition more awareness. - 2. By referencing the advice of nutritionists, the article is linking the article to the real world. - 3. By clearly structuring this article (最后。。。, 另外。。。, 其次。。。, 首先。。。) is showcasing a factual and clear argument. - 4. The writer brings up the issue of supplements and clearly shows that they are against the usage of supplements by health individuals. - 5. The writer emphasises that it is not just the catering industry that is causing food waste but also the individual's choices. - 6. The issue of food waste is often hyper focused on food production and the catering industry; however, the author has argued that the individual also has a role to play in lessening food waste. - 7. The issue of using supplements, or supplements being sold to the public is a contemporary issue. The author argues that most people do not need to take supplements and that they are a waste. 	<p>7</p> <p>7 or 5:</p> <p>Clear, concise and reflective answer, drawing references from the text that are entirely appropriate, analytical in nature which demonstrate a sophisticated and accurate reading of the text.</p> <p>3 or 1:</p> <p>Provided an answer which may contain some degree of misreading, but which offers some evidence of appropriate inferencing skills.</p> <p>0:</p> <p>Simply regurgitating information from the text with no attempt to draw references.</p>
17.	<ul style="list-style-type: none"> - <u>最后, 需要提醒大家的是, 对于日常饮食可以做到食物种类多样化的健康人群来说, 没有必要补充膳食补充剂。我们常见的维生素 C、多种维生素等膳食补充剂, 人体常规需要量是可以通过正常饮食得到补充的。额外摄入过多的此类营养素, 也无法达到保健的目的...</u> - Finally, ... - I need to remind everyone that... 	<p>20</p> <p>The translation into English is allocated 20 marks. The text for translations will be divided into numbers of sense units. Each sense unit is worth 2 marks, which will be awarded according to the quality and accuracy of the translation into English. In assessing the candidate's performance, the descriptions detailed below will be used. Each</p>

	<ul style="list-style-type: none"> - There is no need for healthy people... - Who have a varied/diverse diet... - To take dietary supplements... - Common dietary supplements such as... - Vitamin C and multivitamin(s)... - Can be obtained through a normal diet. - (If) you take these supplements excessively... - Will not be able to achieve your goal of good health. 	<p>sense unit will be awarded one of the marks shown.</p> <p>2 - Good: Essential information and relevant details are understood and conveyed clearly and accurately, with appropriate use of English.</p> <p>1- Satisfactory: Essential information is understood and conveyed clearly and comprehensibly, although some of the details may be translated in an imprecise or inaccurate manner. The key message is conveyed in spite of inaccuracies and weaknesses in the use of English.</p> <p>0- Unsatisfactory: The candidate fails to demonstrate sufficient understanding of the essential information</p>
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Advanced Higher Mandarin Reading Exercise 11

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