

Sugar-free life 无糖生活

Vocabulary: Health and sugar 词汇: 健康与糖

I miss my sugar! I've decided to go on a diet to lose weight and I had to give up **pastries** and cakes. It's difficult because I **have a sweet tooth** and I love cream cakes.

Not having **treats** can be good for your health. I've heard that a whole family in South East England lived sugar free for a whole year after they found out their daughter had **diabetes**.

It wasn't easy. I don't go to **bakeries** to avoid **giving in to temptation**, but the family of five actually owns one. Jason Burt's business makes up to 3,000 cakes a week.



They were in shock when the doctor said that their 16-year-old Lucy had to check her **blood glucose levels** regularly and take **insulin**. He advised her to eat a normal, **balanced diet**, but the Burts went further and **got rid of** sugar **altogether**.

And how does it feel to live without sugar for a while? Jason Burt said that for a month they felt **groggy**. But later on it all changed. He says he feels "more awake" and full of energy.

And what about the Burt family business? It had to keep using half a tonne of sugar a week and any cook **worth his salt** knows that you've got to taste a recipe to know if it's right.

No problem there, says Jason Burt's wife, Clare. She **points out** that she's got lots of people offering to taste the cakes for them. The family is also thinking about selling more **savoury** products.

I wonder what makes us have cravings for sweet food. Many scientists suggest that we **instinctively** want sugar because it plays an important role in our **survival**.

The British National Health Service advises that the sugar we add to the food and drink we have every day should not be more than 10% of our **calorie intake**. This is on average 70g for men and just 50g for women.

I've decided to forget about the sweet taste of sugar for a while. As British model Kate Moss says: "Nothing tastes as good as **skinny** feels."

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. What made it more difficult for the English family to give up sugar?
2. Is this statement true or false? *The whole family had to give up sugar because they had diabetes.*
3. How much sugar should a man eat a day?
4. Who would rather look very slim than eat treats?
5. Which expression means 'to completely stop having something'?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. Alan's salary is very high. According to his boss, he _____ because he is very good at his work.

is groggy	is worth his salt	is skinny	has a sweet tooth
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2. This dress is too big for me now. I will give it _____. My sister might like it.

into	off	away	in
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3. I told you I'd save a slice of cake for you but I ate the whole thing. I'm sorry but I have _____.

a balanced diet	a craving for sugar	insulin	a calorie intake
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4. I will cook a special dinner tonight and you are invited. This is my _____ to you.

craving	bakery	treat	pastry
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5. The answers to the test are written on the back of the page. Don't look. You shouldn't give in to _____.

temptation	diabetes	survival	advice
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Answers and Glossary 答案与词汇

Quiz 小测验

1. What made it more difficult for the English family to give up sugar? **They own a bakery and it uses a lot of sugar.**
2. Is this statement true or false? *The whole family had to give up sugar because they had diabetes?* **False. It was a choice. The only family member with diabetes was their daughter, Lucy.**
3. How much sugar should a man eat a day? **According to the British National Health Service, no more than 70g a day.**
4. Who would rather look very slim than eat treats? **British model Kate Moss.**
5. Which expression means 'to completely stop having something'? **To get rid of something altogether.**

Exercise 练习

1. Alan's salary is very high. According to his boss, he **is worth his salt** because he is very good at his work.
2. This dress is too big for me now. I will give it **away**. My sister might like it.
3. I told you I'd save a slice of cake for you but I ate the whole thing. I'm sorry but I have **a craving for sugar**.
4. I will cook a special dinner tonight and you are invited. This is my **treat** to you.
5. The answers to the test are written on the back of the page. Don't look. You shouldn't give in to **temptation**.

Glossary 词汇表

a pastry	油酥糕点
to have a sweet tooth	喜欢甜食
a treat	(常指能给人带来欢乐和满足感的食物) 好吃的甜食
diabetes	糖尿病
a bakery	一家面包房
to give in to temptation	屈服于诱惑
blood glucose levels	血糖水平
insulin	胰岛素
a balanced diet	均衡的饮食
to get rid of (something) altogether	完全抛弃
groggy	虚弱无力的
to be worth (his) salt	称职的
to point out	指出
savoury	咸味的
instinctively	直觉地, 本能地
survival	存活
calorie intake	卡路里(热量)摄入量
skinny	骨瘦如柴的 (本文意思: 吃什么也不如瘦的感觉好)