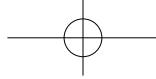


PART I WARMING-UP

Task 1

Sample

1. 民以食为天。
The masses regard food as their heaven—food is the first necessity of the people.
2. 食不厌精，脍不厌细。
Eat no rice but is of the finest quality, nor meat but is finely minced—be very particular about one's food.
3. 最爱芦花经雨后，一蓬烟火饭鱼船。
Most alluring are the white reed catkins after rain;
Yonder, smoke curls up from a fishing boat's cooking fire.
4. 谁知盘中餐，粒粒皆辛苦。
Each bowl of rice, who knows?
Is the fruit of hard toil.
5. 夜雨剪春韭，新炊间黄粱。
The leeks are cut in the spring night, raining;
The meal with yellow millet is hot steaming.



Task 2

Key

- | | | | |
|------------------|-------------------|------------------|------------------|
| ① Steamed fish | ② Spring roll | ③ <i>Jiaozi</i> | ④ <i>Niangao</i> |
| <u> C </u> | <u> D </u> | <u> A </u> | <u> B </u> |
| (1) Spring rolls | (2) <i>jiaozi</i> | (3) fish | (4) <i>gao</i> |

PART II LISTENING & SPEAKING

Task 1

Key and Script

Dialog 1

Speaker A: Have you got used to the cuisine in Guangzhou?

Speaker B: *Not yet. Instead of a light diet, I prefer highly seasoned food.*

Dialog 2

Speaker A: Are you ready to order now?

Speaker B: *Yes. I want a medium rare steak and a mushroom soup, please.*

Dialog 3

Speaker A: What do you usually have for breakfast, Simon?

Speaker B: *I often have cheeseburgers, eggs and cereal in the morning.*

Dialog 4

Speaker A: It smells so good. What are you cooking, Mom?

Speaker B: *I'm making Deep-fried Diced Chicken with Dried Chili, a typical Sichuan dish.*

Dialog 5

Speaker A: May I recommend some ice cream?

Speaker B: *No, thanks. I seldom have ice cream for it upsets my stomach.*

Dialog 6

Speaker A: Hey, David. Do you like seafood?

Speaker B: *Absolutely. Steamed lobster is my favorite and I eat it twice a week.*

Task 2

Key

- (1) canteen (2) shocked (3) ingredients (4) taste (5) local

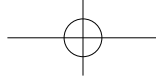
Script

Andrew: Hi, Jessica. Nice to see you!

Jessica: Hi, Andrew. Nice to see you, too.

Andrew: You've been here for almost a month. Is everything OK with you?

Jessica: Yes, everything except food.



Andrew: Sorry to hear that. What's the problem?

Jessica: I personally don't like the food in our canteen.

Andrew: I see. It's quite understandable due to the cultural differences in food.

Jessica: That's right. I was shocked when I dined out with my Chinese friends yesterday.

Andrew: Oh, really? Why?

Jessica: A couple of things. For example, the dining habits are totally different. Here in China, people use chopsticks. However, we prefer to eat with knife and fork.

Andrew: Yes. That's a typical difference.

Jessica: Some ingredients are also different. My friends ordered many dishes including Marinated Ox Tongue and Chicken Feet with Pickled Pepper. It's hard to believe because these ingredients are rarely used in our cuisine.

Andrew: These ingredients are quite common in many places of China.

Jessica: Another obvious difference lies in the cooking methods. In my hometown, we usually boil, fry, roast and bake. But I find the Chinese use many more methods like steaming, stewing, sautéing, braising, smoking and so on.

Andrew: Yes. Chinese dishes give special attention to color, aroma and taste. So, people use different cooking methods to cook different ingredients. Actually, the local cuisine is quite delicious.

Jessica: I think it takes time to get used to that. But I'll try to eat like a local.

Andrew: Great. Hope you will enjoy it soon.

Jessica: Hopefully. Thank you.

Task 3

Key

(1) Hunan (2) hot and spicy (3) Steamed Fish Head (4) 20 (5) four

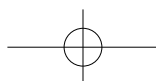
Script

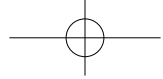
Hello, everyone. I'm Lisa. Today, I'm going to introduce my favorite dish to you. My hometown is Hunan. Hunan cuisine, also known as Xiang cuisine, is one of the eight major cuisines of China. It features a hot and spicy flavor. Among many delicious local dishes, I like Steamed Fish Head with Chili Pepper most. It's a popular home-cooked dish. The main ingredients are a fish head, some pickled pepper, some broccoli and some seasonings.

It's easy to cook. First, clean the fish head and put it on a plate. Then, place the chili pepper all over the fish head with some cooking oil and a tablespoon of soy sauce. Next, heat up the steamer, put the plate into it to steam for about 20 minutes. After that, add some broccoli around the plate to make it look more attractive. I'm sure you will love its aroma and taste. A tip for this dish is to add a bowl of noodles into the spicy and sour sauce.

Task 4

Open-ended.





PART III GUIDED READING & WRITING

参考译文

布丁好坏，不尝不知

他们说，一个国家的美食是其文化与民族特性的反映。因此，英国一直以来就是个多元化国家，因为每个地区都有它自己的传统食物。比如说，传统的苏格兰美食以劲道而著称：诸如杂碎羊肚、阿伯丁安格斯牛肉、黄油甜酥饼干与威士忌。威尔士则以羊肉与韭葱而闻名。北爱尔兰就是健力士黑啤酒、爱尔兰威士忌和爱尔兰炖菜的代名词。英格兰某些特定地区的美食也广为人知。约克郡因可口的约克郡布丁，康沃尔郡因康沃尔馅饼，兰开夏郡因其黑布丁（血香肠）而分别出名，诸如此类，不一而足。

当然，也有些菜肴为整个英国所共享。所有人（除素食者外）早上都喜欢全套的英式早餐（煎蛋、培根、香肠、烘豆、炸蘑菇和炸番茄），随后的午餐就是一顿周日烤肉大餐（一大块烤肉，再配上烤土豆、蔬菜与肉汁），也许接下来的晚餐就有炸鱼配薯条或猪肉馅饼。至于甜点，就有好几十种著名的英国奶酪可供选择（如斯蒂尔顿奶酪与切德奶酪），还有蛋糕或海绵蛋糕以及水果布丁配蛋奶冻（一种香草酱）。

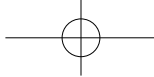
英国有如此繁多的食物和烹饪方法，那它的美食在国际上的口碑为何会长达这么久都不太好呢？其原因可能有很多。一种可能在于，二战时期及其后几十年间，英国都实行食物配给制，这意味着厨师与主厨们在食物用材上受限，因而也就丢失了一些传统厨艺技法。另一种可能在于，英国因气候寒冷，食物口味往往偏“重”——英国人需要大餐来保暖。因此，英国食物对那些气候更温暖的欧洲国家与世界其他地区的人来说往往就不太适合，因而不受欢迎。最终，长此以往，英国美食就难以与它最相邻的国家——法国的美食相媲美。法国引入了被称为“新式烹饪”的精良烹饪术，并且因气候更加温暖，法国葡萄酒总被认为要比英国葡萄酒更好一些。

然而，在过去十年左右的时间里，英国美食在国际上的口碑变好了。原因何在？有一个原因毋庸置疑，英国广大的种族群体给英国美食带来了新的食材、风味和混合式烹调技巧。咖喱，最初为亚洲美食，现在据传是英国最受欢迎的食物，而过去最受欢迎的是三明治。最近，由于大批波兰人来到英国，因此，几乎在英国各个城市都能看到波兰美食店。同样，多数城市也有唐人街。

英国美食得以改善的另一个原因是气候的变化。现在的英国与十年前相比要暖和多了。如今，农民可以种植像香菜一类的新型香草来满足咖喱销量增长的需求。除此之外，大蒜在苏格兰的种植也很火爆。甚至英国的葡萄酒现在也受到法国人的尊重，因为如今在英国葡萄种植与成熟变得更容易了。

然而，英国美食得以改善的最后一个因素是英国电视上大量的烹饪节目。关于美食英国人比以前能得到更多的教育。一些英国大厨享誉全球，甚至在美国都有电视节目。

那么结果又如何呢？近年来，越来越多的英国餐馆受到了米其林的认可。“米其林指南”（最初在法国创立）对餐馆美食制定了国际标准。有如此多的美味可餐，英国如今出现肥胖问题也许就不足为奇了。



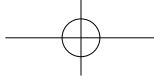
Task 1

Suggested Answers

- ① According to the passage, the UK should be a diverse country with many different traditional foods in different regions. They must have quite different characters since different cuisine reflects different characters of its people.
- ② Open-ended.
- ③ peoples (people from different nations or ethnic groups), fishes (different kinds of fish), waters (a large area of water), fruits (various kinds of fruit), etc.
- ④ Open-ended.
- ⑤ Yorkshire is known for its savory Yorkshire pudding, Cornwall (is known) for its Cornish pasty, Lancashire (is known) for its black pudding (blood sausage), and so on.
Another example: China is known for its Great Wall, Italy for its Leaning Tower of Pisa, France for its Eiffel Tower, and so on.
- ⑥ A vegetarian refers to a person who does not eat meat: someone whose diet consists wholly of vegetables, fruits, grains, nuts, and sometimes eggs or dairy products or honey. The food they don't eat may include meat or poultry, fish or seafood, insects, stock or fat from animals. Vegetarians think vegetarian food is healthier and has much lower impact on our environment, and can help protect animals.
- ⑦ Open-ended.
- ⑧ There are three reasons: the food rationing during the Second World War and after it, the heavy taste because of the colder climate, noncomparable to French food.
- ⑨ Refer to the translation of the passage.
- ⑩ The reasons:
 1. Many ethnic groups brought new foods to the UK.
 2. The climate is getting warmer, so farmers can grow new things such as herbs, garlic or grapes for food and wine.
 3. Many cookery programs educate people about how to cook and also make British food famous.
- ⑪ Open-ended.
- ⑫ Michelin is a tire company. In 1900, it launched its first guidebook to encourage road tripping in France. In 1926, it started sending out anonymous restaurant reviewers to rate restaurants and the rating has lasted till now. Michelin awards one to three stars on restaurant rating. The reviewers concentrate on the quality, mastery of technique, personality, value for money and consistency of the food in making the reviews. They do not look at the interior decor, table setting or service quality in awarding stars. The restaurants listed on the Michelin Guides will be very popular and attract more and more customers.

Notes

1. haggis: a dish from Scotland consisting of different sheep's organs cut up with onions and spices and cooked inside a sheep's stomach (苏格兰食品) 杂碎羊肚 (将羊杂切碎加洋葱和调料一起放在羊胃中煮熟)



2. Aberdeen Angus: a black hornless breed of beef cattle originating in Scotland, raised for beef
阿伯丁安格斯牛
3. shortbread: a hard sweet biscuit made with a lot of butter 黄油甜酥饼干
4. leek: a long, white vegetable with green leaves on top that tastes and smells like an onion 韭葱
5. stew: a type of food consisting usually of meat or fish and vegetables cooked slowly in a small amount of liquid for a long time (通常用肉或鱼加蔬菜制成的) 炖菜, 焖菜
6. pasty: a small pie containing meat and/or vegetables 馅饼
7. Sunday roast: a large piece of meat that is cooked as part of a traditional British Sunday lunch
周日烤肉大餐
8. gravy: a sauce made with meat juices and flour, served with meat and vegetables 肉汁
9. Stilton: a white and blue English cheese with a strong flavor (产于英国) 斯蒂尔顿奶酪
10. Cheddar: a hard cow's milk cheese, originally made in southwest England (起源于英国的) 切德奶酪
11. sponge: (also sponge cake) a soft cake made with eggs, sugar, butter and flour but usually no fat; a soft substance that is full of small holes and can absorb a lot of liquid, and is used for washing and cleaning 海绵蛋糕; (擦洗物品用的) 海绵
12. custard: a sweet sauce made from eggs, milk and sugar and poured over sweet dishes 蛋奶冻
13. vanilla: a substance made from the seeds of a tropical plant, used to give flavor to sweet foods (用于给甜食调味的) 香草精
14. nouvelle cuisine: a modern style of cooking in which light, healthy food is prepared and served in an attractive way 新式烹饪 (注重保持食物原有风味、量少而精致的烹饪法)
15. coriander: a plant whose leaves or seeds are used in cooking as a spice 香菜, 芫荽叶
16. garlic: a plant like a small onion, used in cooking to give a strong taste 大蒜

Task 2

Suggested Answers

cuisine

n. a style of cooking; the food served in a restaurant (usually an expensive one) 烹饪; (通常指昂贵的餐馆中的) 菜肴

e.g. 1) He said that people did not have to be French to understand French cuisine.

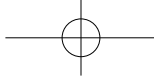
2) The hotel restaurant is noted for its excellent cuisine.

reflection

n. a sign or result of something; an image that is seen in a mirror, glass, or water 反映; 映像

e.g. 1) The movie is an accurate reflection of what life is like in small towns.

2) Anna stood there looking at her reflection in the mirror.



be synonymous with

to be so closely connected with something that the two things appear to be the same; to have the same meaning 与……密切相关的; 同义的

e.g. 1) Paris has always been synonymous with elegance, luxury and style.

2) For some people the word "fresh" used to be synonymous with high quality.

savory

adj. having a pleasant taste or smell; salty and not sweet 美味的; 好闻的; 咸味的

e.g. 1) There was a savory smell coming from the kitchen.

2) British scones are often lightly sweetened, but may also be savory.

vegetarian

n. a person who does not eat meat or fish 素食主义者

e.g. 1) I've been feeling much healthier since I became a vegetarian.

2) Of the four million people who have become vegetarians in this country, nearly two thirds are women.

rationing

n. a system of limiting the amount of something that each person is allowed to have 配给制; 定量配给

e.g. 1) The government may have to introduce water rationing.

2) The first supermarket appeared in 1955, with the end of wartime rationing.

ingredient

n. a food that is used with other foods in the preparation of a particular dish; one of the parts of something successful (食品的) 材料; (成功的) 因素

e.g. 1) We use only natural ingredients in our products.

2) Investment in new product development is an essential ingredient of corporate success.

refined

adj. improved because of many small changes that have been made; (of a substance) made pure by having other substances taken out of it 完善的; 精炼的

e.g. 1) This technique is becoming more refined and more acceptable all the time.

2) You'd better avoid foods rich in fat or refined sugar if you want to lose weight.

ethnic

adj. relating to a particular race of people; typical of a country or culture that is very different and unusual 民族的; 具有异国风情的

e.g. 1) Conflicts between the different ethnic groups in the country exploded into civil war.

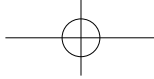
2) How much do you know about the traditional ethnic costumes of these people?

flavor

n. how food or drink tastes or the particular taste of food or drink 味道

e.g. 1) This yogurt comes in ten different flavors.

2) Add a little salt to bring out the flavor of the soup.



fusion

n. cooking that is a mixture of different styles; a combination of separate qualities or ideas (各种方式) 混合烹调; 融合

- e.g. 1) I'd like to introduce to you a restaurant that specializes in Indian-Chinese fusion.
2) The movie displayed a perfect fusion of image and sound.

considerably

adv. much or a lot 非常, 相当多地

- e.g. 1) Pollution levels have considerably reduced in recent years.
2) The need for sleep varies considerably from person to person.

meet the demand

to do something that someone wants or expects you to do 满足要求

- e.g. 1) How can we best meet the demand of all the different markets?
2) The company says it is unable to meet the workers' demand for higher wages.

boom

n. a sudden increase in the popularity of something; a sudden increase in trade and economic activity 风靡; 激增, 繁荣

- e.g. 1) Public transport has not been able to cope adequately with the travel boom.
2) The economic boom has created a lot of job opportunities.

ripen

v. to bring or come to the proper condition; to develop to a suitable condition for something to happen 使成熟; 时机成熟

- e.g. 1) The longer the fruit is allowed to ripen on the tree, the sweeter it is.
2) My plans are ripening—now all I need is official approval.

cookery

n. the skill or art of preparing and cooking food 烹饪法; 烹饪术

- e.g. 1) Chilies are used a lot in Mexican cookery.
2) There are a huge number of cookery programs on TV nowadays.

set a standard

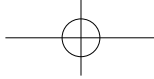
to decide the level of quality or achievement 制定标准

- e.g. 1) We have set very strict safety standards in this laboratory.
2) They tried to set high standards for doing academic research.

obesity

n. the fact of being extremely fat, in a way that is dangerous for health 肥胖

- e.g. 1) Obesity can increase the risk of heart disease.
2) A diet that is high in fat and sugar can lead to obesity.



Task 3

Suggested Answers

Part	Main idea
I. Paragraph 1	Different regions of the UK produce foods of their own character.
II. Paragraph 2	Some dishes are common to the whole UK.
III. Paragraph 3	British cuisine had a bad international reputation for a considerable time.
IV. Paragraphs 4-6	British cuisine has had a better reputation since the last decade.
V. Paragraph 7	The improvement of British food has brought positive and negative results.

Task 4

Summary for Reference

Different regions of the UK produce foods of their own character. Yet, some dishes are known as British cuisine, such as a full English breakfast, a Sunday roast, fish and chips. British cuisine had a bad international reputation for a considerable time. There are possibly many reasons for that. First, ingredients were limited during the Second World War and a long time after it. Besides, British "heavy" foods have not been popular in other warmer countries. Finally, British cuisine did not compare well to the cuisine of its nearest neighbor, France.

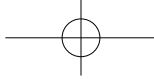
Yet, British cuisine has had a better reputation since the last decade. Different ethnic groups have brought new ingredients and flavors. The changes of climate in Britain also have improved British cuisine, as more plants grow in the country. Many cookery programs on British television help to improve it, too. As a result, British restaurants have received more recognition from Michelin now. However, many British people have problems of eating much good food and gaining more weight.

Task 5

Suggested Answers

Step 1

Open-ended.



Step 2

Sample

Title: My favorite restaurant

Thesis statement: Paletto Italian Restaurant is my favorite for its quietness and tasty food.

Introduction: People may prefer different restaurants because of their different preference, and I have my own choice.

Body: ① Paletto Italian Restaurant has excellent environment.

② Paletto Italian Restaurant provides delicious dishes.

Ending: You'd better book a table beforehand if you want to have dinner there at the weekend.

Step 3

④ The original form/The gerund misuse

Correction: try → trying

⑤ Redundant adjective

Correction: tasty and delicious → tasty

⑥ Redundant noun

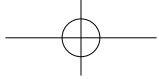
Correction: lemon juice beverage → lemon juice

The following are three kinds of grammatical mistakes teacher and students should focus on in this task.

	Type of error	Explanation	Example
1	The original form/The gerund misuse 动词原形和动名词混用	The original form or the gerund is used incorrectly in the sentence.	We should avoid <u>make</u> mistakes. Correction: make → making
2	Redundant adjective 形容词赘词	There is/are redundant adjective(s) in the sentence.	Miss Liu is a <u>female businesswoman</u> . Correction: female businesswoman → businesswoman
3	Redundant noun 名词赘词	There is/are redundant noun(s) in the sentence.	I like <u>tuna fish</u> sandwiches a lot. Correction: tuna fish → tuna

Step 4

Open-ended.



PART IV INDEPENDENT READING & WRITING

参考译文

实情告白——我如何成了“吃货”

有时，我会被人指责在吃上面有点自命不凡。我敢肯定我母亲就是这样看我的。我也承认如此。经过思考，我确定这是我乐于接受的标签。为何？因为我并不想为自己因欣赏和喜爱美食而道歉。我花了很多时间和人们谈论如何热爱他们的食物和身体，让他们能够健康而快乐。我也承认很难理解那些说自己喜欢吃奶油蛋糕的人的体验，因为用几乎同样的价格，你就可以吃上一块美味的黑巧克力。

对每个人来说，“好食物”并不都一样。但是，有两大要素需要考虑。首先，当我们给身体提供营养健康的食物时，身体会给出健康的回应。根据经验，我知道吃得健康能让我精力充沛，随时可以充满活力地生活。因此，我的部分“吃货”习惯就是吃健康食品。我喜欢去那些专卖健康食品的商店，还有在健康食品餐厅吃饭。在我的家乡，当地的一家素食馆就像是我的第二个家。

然而，我并不总是只吃那些被认为是完全健康的东西。这就是我“吃货”习惯的第二部分。任何时候，我都尽可能吃最美味可口的食物。我生长于密苏里州，从小到大都吃得不错。我们自己种了许多粮食，每天都吃家常菜。后来，二十一岁时我迁至旧金山，被引入到一个全新的美食世界。我学会去探索和享受许多新的食物和口味。如今，当我度假时，我以吃过的餐馆、街上发现的美食以及各地的特色菜来记录我的时光。这般享受生活并与他人交往，怎不快哉？

这两种理念——健康食品与美味食品——并不相互排斥。我吃的健康食品有着天然的美味。而且，我吃的美味但不“健康”的食物的量并不会对我的身体造成任何显著伤害。当然，关键在于适度。

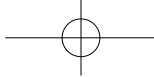
在我看来，人们似乎很难在食物的世界里游刃有余，有时只能决定放弃，或害怕新的不同的食物。但是，我鼓励你尝试新事物。到农贸市场去，向人们请教烹饪当地时令食物的方法。参加烹饪班，看一些烹调方面的书籍，去一家你之前尚未品尝过的新餐馆或试试菜单上新的菜品。去逛逛本地的特色食品店，找找世界各地的美食。

没时间？那就本周为自己做件小事，这有助于你享受健康与味觉的乐趣。想来点甜食？尝尝这个季节收获的新鲜苹果，留意一下它给你的感觉。不要错过生活带给你的乐趣。享受那闲暇片刻与你的美食！我鼓励你不妨也做一名“吃货”！

Task 1

Suggested Answers

- A Students may find different sentences which they consider difficult. The teacher should guide students to discuss the questions they raise.
- B “snob” refers to a person who behaves as if they are superior to other people because of their intelligence or taste or a person who thinks they are much better than other people because they are intelligent or like things that many people do not like.



intellectual snob (自命不凡的人), academic snob (在学术上自以为是的人), food snob (自以为对美食有品位的人), wine snob (自以为对红酒有品位和鉴赏能力的人)

The author is regarded as a food snob because she thinks she has a better taste in food, and she always tries to tell people how to love their food and bodies. She cannot understand why people enjoy eating unhealthy food.

- C The author loves going to the grocery stores that are dedicated to healthy food and eating at healthy food restaurants.
- D One is eating healthy food, the other flavorful, delicious food.
- E No. The author doesn't think the two ideas are mutually exclusive, because healthy food usually has the exquisite natural taste of goodness. In other words, healthy food is delicious too.
- F The suggestions are: to try new things by going to the farmers' market and ask them for new recipes for the local, seasonal foods; to take a cooking class, read some recipe books, go to new restaurants and try something new on the menu; to go to a local specialty food store and check out foods from around the world.

Task 2

Suggested Answers

foodie

n. someone who is very interested in cooking and eating food 美食家

e.g. 1) It's easy to make a foodie happy—just give him something to eat.

2) It is really a foodie heaven with so many quality local products and good restaurants.

snob

n. a person who thinks they are much better than other people because they are intelligent or like things that many people do not like; a person who admires people from a higher social class too much and has no respect for people from a lower social class 自命不凡的人; 势利小人

e.g. 1) I used to be a food snob, but now I am a snob about films.

2) He wasn't like that before he got the job. Now he's such a snob!

gourmet

adj. (of food, wine, etc.) of high quality and often expensive; producing or serving food that is very high quality (食品、酒等) 优质的; 提供美食的

e.g. 1) The restaurant serves gourmet food at reasonable prices.

2) This type of coffee is sold at gourmet food stores and coffee shops.

respond

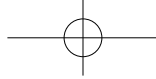
v. to react to something that has happened; to say or write something as a reply 回应; 回答

e.g. 1) The public is responding positively to these changes.

2) He responded that he didn't want to see anyone.

nutritious

adj. full of the natural substances that your body needs to stay healthy or to grow properly 营养丰富的



- e.g. 1) Whole wheat bread is more nutritious than white bread.
2) The cookbook contains many simple yet highly nutritious meals.

energize

- v.* to give someone more energy, strength, etc. or to make someone enthusiastic about something 使有活力; 激励
- e.g. 1) I am very energized after the holiday and feeling terrific.
2) The morning exercises can usually energize me for the rest of the day.

vigor

- n.* strength, energy, or enthusiasm 精力, 活力
- e.g. 1) The economic recovery has given the country new vigor.
2) She speaks with vigor about her projects, pointing out her favorite parts in her report.

dedicated

- adj.* designed to be used for one particular purpose; working hard at something because it is very important 专门的; 尽职尽责的
- e.g. 1) We have one TV channel completely dedicated to news, and another dedicated to sport.
2) Our company is dedicated to providing customers with quality products and services.

delight

- n.* someone or something that gives you great pleasure; a feeling of great pleasure 乐事; 愉快
- e.g. 1) One of the delights of traveling is taking snapshots of different places as you journey around.
2) I fully agree to the arrangement and take it with delight.

specialty

- n.* a product that is extremely good in a particular place; a subject that someone knows a lot about (地方) 特产; 专业
- e.g. 1) What's the specialty of this restaurant?
2) Their specialty is combining computer hardware of various sorts into a single operating system.

pleasurable

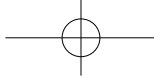
- adj.* enjoyable 令人愉快的, 舒适的
- e.g. 1) We do everything we can to make your trip pleasurable.
2) We want this to be a pleasurable and exciting experience for everyone.

socialize

- v.* to spend time with other people in a friendly way 参加社交活动, 交际
- e.g. 1) Adam seems to spend all his time socializing at college.
2) People don't socialize with their neighbors as much as they used to.

mutually exclusive

- (of two possibilities or ideas) that cannot both exist, be chosen or be true at the same time 相互排斥的, 互不相容的
- e.g. Some people think that uncontrolled economic growth and environmental stability are mutually exclusive.



exquisite

adj. extremely beautiful or carefully made; very sensitive 精致的; 敏感的

- e.g. 1) Her wedding dress was absolutely exquisite.
2) The room was decorated in exquisite taste.

goodness

n. the part of something, especially of food, that is good for health; the quality of being good (尤指有益健康的) 精华; 善良的品质

- e.g. 1) Don't cook vegetables for too long—they'll lose all their goodness.
2) We like to think that goodness exists in everyone.

moderation

n. the quality of being reasonable and not being extreme 适度, 节制

- e.g. 1) Use sugar and salt in moderation.
2) Moderation in eating and drinking is the way to stay healthy.

navigate

v. to understand or deal with something complicated; to find which way you need to go when you are traveling from one place to another 找到正确方法(对付困难或复杂的情况); 导航

- e.g. 1) The government may also have to navigate major changes in the housing market.
2) Most planes now use computer technology to navigate.

intimidated

adj. frightened and not confident in a particular situation 胆怯的

- e.g. 1) He looked excited but a little intimidated when waiting for a job interview.
2) We try to make sure children don't feel intimidated on their first day at school.

seasonal

adj. relating to or happening during a particular period in the year 时令的

- e.g. 1) The town relies on the seasonal tourist industry for jobs.
2) Animals have to find ways of coping with seasonal changes.

palate

n. the sense of taste, especially the ability to enjoy or judge food and drink; the top part of the inside of the mouth 味觉; 腭

- e.g. 1) It tasted very good, at least to my untrained palate.
2) Fresh tomatoes make the sandwich more pleasing to the palate.

savor

v. to enjoy food or an experience slowly, in order to enjoy it as much as possible 品味; 享受

- e.g. 1) This was the sweetest apple she had ever tasted and she was going to savor every bite.
2) People who are striving to survive can hardly savor the wonders of being alive.

miss out (on sth)

to lose the chance or opportunity to do or experience something 错失机会

- e.g. 1) If you don't come to the picnic, you'll miss out on all the fun.
2) In a global market that will keep growing, we cannot afford to miss out on this opportunity.



Task 3

Suggested Answers

Part	Main idea
I. Paragraph 1	I appreciate and enjoy good food.
II. Paragraphs 2-3	For me, there are two factors about "good food": healthy food and delicious food.
III. Paragraphs 4-6	Healthy food and delicious food are not exclusive to each other. We can do something to balance them.

Task 4

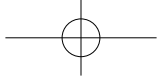
Summary for Reference

I am a "foodie". I accept being labeled as a food snob, because I really appreciate and enjoy good food. "Good food" does not mean the same to everyone. For me, there are two factors. First, it is about healthy food. I love searching and eating healthy food in different places. Second, it is about flavorful, delicious food. I enjoy foods of different types and flavors. It is pleasurable to enjoy food and socialize with others. These two factors are not exclusive to each other. The most important is that we need to balance them. To try new things is a good way. To do one small thing in daily life also helps you to find out the pleasure of food.

Task 5

Suggested Titles

1. My favorite snack
2. My father's cooking: simple but sweet
3. If I were the manager of the campus canteen
4. Why I don't order food deliveries



PART V EXTENDED READING

参考译文

2050 年我们如何能养活九十亿人？

尽管讨论起来极其复杂，但在解决食物短缺这一问题上主要还是集中在两大方面：生产更多的粮食与改变我们的生活方式。

生产更多粮食

随便问个人“我们如何才能喂饱更多的人？”，他们的回答八九不离十都是“生产更多的粮食”。诸多专家认为，到 2050 年，粮食生产需要提高约百分之五十才能确保全球粮食供应稳定，但这如何实现呢？

开垦更多土地

这个答案似乎符合逻辑，但开垦更多土地这一方案已被广泛认为既不现实也非常有害。从世界范围内农业实践的漫长历史来看，大多数生产用地都已经用于粮食生产。加速的城市化进程与现有农业用地的持续退化正在给这些地区带来更大的压力，且在世界许多地区要扩大农业已不太可能。

除此之外，开垦剩余良田通常导致巨大的环境破坏。用单一的作物种类来取代多样的热带雨林，使动物离开他们的自然生态环境，将农业污染物排放到生态系统之中，这些都导致了自然系统的大范围恶化，进而造成了气候变化的后果。

提高产量

相较而言，通过提高作物产量来提高农业生产力在目前看来不失为解决粮食短缺问题的可持续性方法。据估计，在一些国家，一些农民目前的农业产量只达到应可能的约百分之二十。

一些科学家正努力使生物工程成为缓解这一问题更为可靠的途径——就是说，利用作物种类的基因特征来生产更多粮食，例子就包括将耐干旱草种基因转移至那些耐旱能力弱的草类上，增强作物抗病能力，加快生长速度，提升单株种子的产量。

改变生活方式

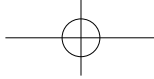
尽管全球都在呼吁提高粮食产量，但其中一个最有趣的事实就是，粮食已经足以保证每一个人够吃了。然而，我们却将其全部消耗，甚至还消耗得更多。

造成这种巨大消耗的主要原因是浪费。尽管粮食生产水平很高，但大约只有三分之二的营养价值直接转移到人类身上。我们扔掉的东西以及牲畜和生物燃料的生产直接导致了基本食物的损失。

因此，减少浪费和减少肉类消费对防止粮食危机将是长久之计。当然，这说起来容易做起来难。由大量集中饲养的肉类组成的西方饮食开始占主导地位。这种趋势似乎不太可能很快逆转。

但是，我们依然可以做些其他事情来改善我们粮食的未来。这包括：改善我们在世界各地派发食物的方式；建立在危机时可以使用的食品储仓；支持我们的地方粮食制度；帮助发展中国家的农民更稳定地生产他们自己的粮食。

尽管关于粮食短缺的讨论令人沮丧和绝望，但希望仍存。这不是我们第一次为人口增长与粮食供应减少而担忧。我们应该记住，解决办法以前就已出现，比如二十世纪中期的绿色革命。至于现在的解决办法是依靠科技还是生活方式的改变，有一点是肯定的：改变迫在眉睫。



Task 1

Open-ended.

Task 2

Key

1. F 2. T 3. F 4. T 5. T 6. T

PART VI PRACTICAL READING

Task 1

Open-ended.

Task 2

Key

1. egg✓ 2. olive oil 3. flour✓ 4. cranberry✓ 5. orange zest✓
 6. sugar✓ 7. butter✓ 8. milk 9. strawberry

Task 3

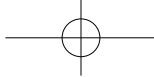
Suggested Answers

1. Four times.
2. Butter, sugar, an egg and flour.
3. 72 hours at most.
4. 24.
5. Open-ended.

PART VII PROJECT

Suggested Topics

1. Foreign food in China
2. Healthy meals for dieters
3. My secret recipes
4. Food safety incidents
5. How to choose food for your pets



Peer assessment criteria

Content	<ul style="list-style-type: none">• Is the content relevant and engaging?• Does the presentation focus on major issues?• Are the major issues clearly described?
Structure and cohesion	<ul style="list-style-type: none">• Is the structure clearly and logically outlined?• Is the balance of various parts effective?• Are transitions of various parts made smoothly?
Use of visual aids	<ul style="list-style-type: none">• Do the visuals help illustrate the important points?• Are the keywords used instead of sentences?• Do the presenters use them competently?
Delivery	<ul style="list-style-type: none">• Are the presenters talking about the slides rather than simply reading them to the audience?• Do the presenters appear well prepared and to understand the material fully?• Do the presenters use effective ways to make the audience understand the major facts or ideas?
Language	<ul style="list-style-type: none">• Is the pronunciation intelligible?• Do the presenters use vocabulary with good precision?• Do the presenters produce accurate sentence structures?• Do the presenters speak coherently with appropriate cohesive features?
Nonverbal language	<ul style="list-style-type: none">• Are the presenters' postures upright and confident?• Do the presenters' gestures enhance what they are saying?• Are the presenters making proper eye contact across the audience?