

6

UNIT

You are what you eat

Unit overview

Food customs and culinary traditions vary greatly from one country to another and also on a regional basis within a country. Generations ago people ate what was grown locally and did not expect to eat the same foods in the winter as they did in the summer. In the age of globalization, fruits and vegetables that were once unheard of or considered exotic have become commonplace.

Bread is a staple throughout the West; consequently the sandwich in one form or another has existed for centuries. The first reading passage gives three examples that show how the sandwich evolved in different circumstances. The tuna salad sandwich became a popular lunch for working women. The author points out that the popularity of tuna has resulted in the death of millions of dolphins that are captured unintentionally in tuna nets. The second example describes the club sandwich which is a more substantial sandwich than the tuna salad sandwich because it originated in gentlemen's clubs. It is still a very popular sandwich that can be found on the menu in most traditional restaurants in English-speaking countries. The third example explains how the Chinese culture and the American culture came together to create a chow mein sandwich that became the signature dish of a particular place.

The second reading passage is written by a young college student who grew up on a farm in the eastern United States that produced meat and vegetables. Because of that, she knows what fresh local produce tastes like and understands that vegetables are seasonal. When she arrived at college, she was struck not only by the poor quality of the food served on campus but also by the ignorance of her fellow students regarding food production. After discovering two canteens that used locally grown organic produce and free-range meat, she made a point of supporting them. In her concluding paragraph, she refers to the stereotype of millennials who don't care about the future. She suggests that if people think on a daily basis about the quality and source of the food they consume, it will have a positive effect on the planet.

These two reading passages can be used to facilitate a discussion on how and why certain foods or dishes become popular and a discussion on different types of food production.

Reading 1

Get ready to read

Scripts

The word “sandwich” probably comes from John Montagu, the Fourth Earl of Sandwich. He was an Englishman who lived in the 18th century. He loved playing cards and he didn’t want to stop playing to eat. With a sandwich, he could play and eat at the same time. But the sandwich did not become popular because of John Montagu. In fact the sandwich became popular in England in the 19th century when people began to work longer hours and needed something practical to take to work. Soon workers in the United States started to eat sandwiches, too.

Today, the sandwich is the most popular snack in the world. The average American eats 193 sandwiches a year. And it looks like the sandwich is going to be a national favorite for a long time to come.

Sandwiches are popular because they are simple. All you need is some bread and some filling like a slice of cheese and some meat. You don’t have any cheese or meat? Don’t worry. You can put anything in a sandwich.

This is Eastern District, a sandwich shop in Brooklyn, New York. Lunchtime is the busiest time of the day in Eastern District. Lots of people buy sandwiches when they are at work. They are quicker and easier to eat than a full meal, but they can still be healthy and filling. Eastern District is always thinking of ways to make their sandwiches tastier and more interesting. They have a lot of classic sandwiches, like cheese and pickle, and ham and cheese. But they have some more unusual sandwiches, too. Soon they are going to introduce a salmon, gold cheese, and onion sandwich.

“So how many sandwiches do you sell a day?”

“On a good day we sell 50 sandwiches.”

“How much do people spend on their lunch?”

“On average people spend about 10 dollars for a lunch.”

“Which sandwiches are the most popular?”

“Our most popular sandwich is the ham and cheddar with mustard.”

The sandwich has changed a lot since John Montagu’s time. But it’s still as popular as ever.

Reference answers

Watch for information

1. Playing cards.
2. In the 19th century.
3. 193.
4. Because they are simple, quicker and easier to eat than a full meal, healthy, and filling.
5. Classic and unusual sandwiches.
6. About 10 dollars.

Watch and discuss

- The sandwich that I am most familiar with is the one with ham, cheese, and lettuce. It is easy to prepare and is the type of convenience food that I like for lunch. When I was at high school, I often brought a sandwich and some fruits to school, which saved me the trouble of going to the canteen during lunchtime.
- I am a chicken lover, so the sandwich that I like best is the one with chicken breast, tomato, and pickles. But from time to time I will have the tuna sandwich instead since it's a lot easier to prepare. I always have in store some bread and canned tuna, and when I don't feel like going to the canteen, especially during the weekend, I will make a tuna sandwich for myself.
- The sandwich I like best is the one with vegetables. I like to put lettuce, tomato, cucumber, and peanut butter in between two slices of bread to make a sandwich which is light and tasty. To make a vegetable sandwich, we must make sure that the vegetables are fresh.

Background information

Dolphin Safe and Dolphin Friendly

Dolphin-safe labels are used to denote compliance with laws or policies designed to minimize dolphin fatalities during fishing for tuna destined for canning. Some labels impose stricter requirements than others. Dolphin-safe tuna labeling originated in the United States. The term “Dolphin Friendly” is often used in Europe, and has the same meaning. The labels have become increasingly controversial since their introduction, particularly among sustainability groups in the US. This stems from the fact that the dolphin-safe label was never meant to be an indication of tuna sustainability. Many US products that carry dolphin-safe labels are amongst the least sustainable for oceans, according to Greenpeace's 2017 Shopping Guide.

Language points

1. **The tuna salad sandwich originated from an impulse to conserve, only to become a symbol of excess. (Para. 3)**

only to do sth.: used to say what happens next is disappointing or unpleasant 不料; 反而; 结果却

e.g. I tore open the box, only to discover that some of the parts were missing.

2. **Since social conventions kept these women out of places where men ate, lunch restaurants opened up to serve these new customers. (Para. 5)**

social convention: generally accepted practice, esp. with regard to social behavior 社会习俗; 社会准则; 社会惯例

e.g. The problem of unfair employment has something to do with social conventions instead of competence or true abilities.

open up: if a shop, office, etc. opens up or is opened up, sb. starts it (使) 开张, 开办, 开设

e.g. The company finally opened up again earlier this month.

3. **While salads made at home often were made from leftovers, those at lunch restaurants were made from scratch. (Para. 5)**

from scratch: if you start sth. from scratch, you begin it without using anything that existed or was prepared before 从头做起; 从零开始

e.g. One can hardly believe that this paper mill was started from scratch only a few years ago.

4. **This sped up table turnover and encouraged customers to get lunch to go. (Para. 6)**

turnover: *n.* [U, sing.]

1) the rate at which goods are sold in a shop or store and replaced by others (商店的) 货物周转率

e.g. The asset turnover ratio was improved by increasing sales by \$20 million and by reducing investment by \$30 million.

2) the amount of business done during a particular period 营业额

e.g. It's a company with an annual turnover of over £150 million.

3) the rate at which people leave an organization and are replaced by others 人事变动率; 人员流动率

e.g. How do you account for the company's alarmingly high staff turnover?

5. **But there was a downside: The popularity of canned tuna led to the growth of a global industry that resulted in the unintended killing of millions of dolphins. (Para. 7)**

downside: *n.* [sing.] the disadvantage or negative aspect of sth. 不利方面

e.g. There is a downside to it: The more she remembers, the more bitter she feels about what has happened.

The opposite is “upside,” meaning “the positive part of a situation that is generally bad.”

e.g. I am an optimistic person, always searching for the upside in any given situation.

6. **Unlike many American food trends of the 1890s, such as the Waldorf salad and chafing dishes, the club sandwich has endured. (Para. 8)**

endure:

vi. remain alive or in existence, esp. in spite of difficulty 活下去；持续存在

e.g. I find it hard to believe such measures would endure.

vt. bear (pain, suffering, etc.) patiently for a long time 忍耐；忍受

e.g. They endured tremendous hardship on their journey to the South Pole.

7. **Interestingly, until the 1920s, sandwiches were identified with ladies' lunch places that served “dainty” food. (Para. 11)**

identify with:

- 1) **(identify sth. with sth.)** think that sth. is the same as, or closely related to, sth. else
将某物等同于另一物；认为某物与某物有密切关系

e.g. The study attempts to identify crime with poverty and social problems.

- 2) **(identify with sb.)** feel that you can understand and share sb. else's feelings 体会某人的思想感情；理解并同情某人的感受

e.g. He didn't seem to be able to identify with ordinary people.

Reference answers

Read and understand

Global understanding

- | | | |
|-----------------------------------|-----------------------------------|------------------------|
| 1) women | 2) class and gender | 3) gentlemen's |
| 4) chicken | 5) elites | 6) inventive |
| 7) resourcefulness and creativity | | 8) Eastern and Western |
| 9) cheap | 10) immigration and globalization | |

Detailed understanding

1. C 2. A 3. D 4. B 5. C 6. D

Read and think

Identify the unintended consequences

Step
1

1. The tuna salad sandwich originated from an impulse to conserve, only to become a symbol of excess. (Para. 3)

2. The popularity of canned tuna led to the growth of a global industry that resulted in the unintended killing of millions of dolphins. (Para. 7)
3. A clever way to use dinner scraps has become a global crisis of conscience and environmentalism. (Para. 7)

Step

2

1. The first sentence means that the idea of the tuna salad sandwich grew out of some good intention, that is, not to waste the food left from supper. But unexpectedly and disappointingly, it became something more than is reasonable.
2. The second sentence means that people liked canned tuna, which, as a result, boosted the global industry of making canned tuna. But in the process of commercial fishing of tuna to meet the market demand, millions of dolphins were killed, even though this was not intended.
3. The third sentence means that the idea of using leftovers from dinner for sandwich is very clever and well-meant, but the shift from leftovers to tuna has brought about a negative result. While enjoying the tuna salad sandwiches and the convenience brought by canned tuna, people are feeling guilty about the unintended killing of dolphins and the damage to the environment thus incurred.

Share more stories

- I want to tell a story of a famous dish in Hangzhou, which is called the beggar's chicken. According to the folklore, the dish was invented by a beggar in Hangzhou. Once upon a time, a beggar caught a chicken and he was so poor that he didn't even have a pot or pan to cook it with. At last he got an idea: to use soil to cover the whole chicken and put it on fire to roast. The chicken turned out to be very delicious, even better than the ordinarily cooked chicken with seasonings. This dish enjoys a high reputation among Hangzhou locals for a long time, and many visitors to Hangzhou would like to have a try.
- The story I want to share with you is the story of *zongzi*, a traditional Chinese food made from sticky rice. *Zongzi* appeared in the Spring and Autumn Period and was originally used as a sacrifice to the ancestors or deities. It was not until the Jin Dynasty that *zongzi* was eaten as a festival food, and since then Chinese people have eaten it for more than a thousand years. The Chinese folklore also has it that people eat *zongzi* to honor Qu Yuan, a famous poet and political thinker. Apart from sticky rice, the ingredients used include pork, ham, bean paste, broad beans, dates, etc., depending on where people are from. My favorite is the Wu Fang Zhai *zongzi* from Jiaxing in Zhejiang Province.
- The story I want to tell is that of *niangao*, also called rice cake or New Year cake.

Niangao has been around for a long long time. According to a popular legend, there was a monster called *Nian* in ancient time. It lived in the deep forests all the year around, and animals in the forests became its prey when it was hungry. In deep winter, when other animals hibernated or hid somewhere to keep themselves warm, *Nian* would go out of the forests and kill human beings for food, which had been bothering people for a long time. Later a tribe called *Gao* came up with an idea. Every year, in deep winter, when the monster was about to go out of the forests for food, they would make rice cakes and leave them outside their houses. Hungry yet unable to find any human, the monster would eat the rice cakes and go back to the forests. Seeing the monster leaving, people would come out to greet each other, wishing each other safety and happiness. An association was thus made between *Nian* and *Gao*, and when the two words are put together, pronounced as “nian-gao” in Chinese, it means people get better and better with the passing of a year.

Read and practice

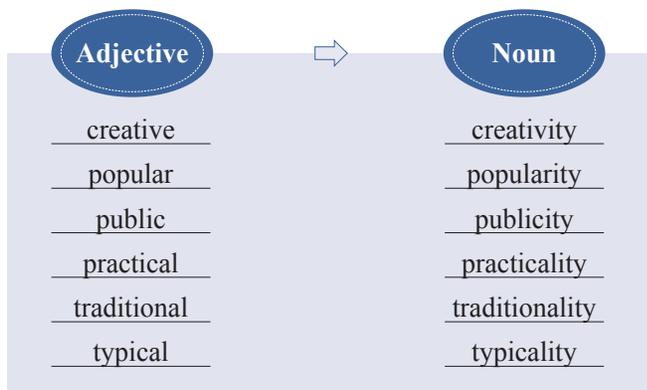
Similar words

- | | | | |
|------------------|----------------|-----------------|---------------|
| 1. A. emigration | B. immigration | 2. A. conserve | B. reserved |
| 3. A. scratch | B. scraps | 4. A. Conscious | B. conscience |
| 5. A. resigned | B. assign | 6. A. myth | B. mystery |
| 7. A. specific | B. typical | 8. A. reminder | B. recorder |

Expressions

- | | |
|-------------------------------------|--------------------|
| 1. of their choosing | 2. no longer |
| 3. have come up with / came up with | 4. from scratch |
| 5. lead to | 6. reaching out to |
| 7. speed up | 8. Thanks to |

Word building



- | | | |
|-----------------|-------------------|---------------|
| 1. practicality | 2. typicality | 3. creativity |
| 4. publicity | 5. traditionality | 6. popularity |

Banked cloze

- | | | | | |
|----------------|------------|-----------|----------------|------------|
| 1) originated | 2) elegant | 3) snack | 4) replacement | 5) layers |
| 6) combination | 7) classic | 8) sliced | 9) appeal | 10) viewed |

Read and translate

Fast food came along with the social-economic and cultural development. The fast-food business in China emerged as a result of the influence of foreign fast-food culture. In November 1987, the first KFC (Kentucky Fried Chicken) store opened in Beijing, marking the entry of modern fast food into China. On December 28, 1991, Rong Hua Chicken made its debut in Shanghai, symbolizing the beginning of Chinese fast-food business. Since then, fast-food enterprises appeared one after another. This indicates that China's fast-food market was beginning to take shape, which features both tradition and modernity, Chinese style and Western style, high and moderate qualities.

Read and write

Step
① The story of the tuna salad sandwich is a typical example of narrative in chronological order. The timeline is as follows:

1. In the 19th century (before the era of supermarkets and cheap groceries): In order not to waste food, salad was made using leftovers from supper, mixed with mayonnaise and served on lettuce for lunch.
2. Around the end of the 19th century: Middle-class women began to spend more time in public and lunch restaurants opened up to offer women salads which later on became salads offered between two pieces of bread as a result of further social and economic changes.
3. In the early 20th century: Canned tuna was introduced and used by lunch counters and home cooks for tuna salad sandwiches.

Step
② • Chronological order is common in detective stories or murder mysteries. A detective or officer presenting a murder or theft case to their team of police would want to retrace the known events of the crime as they occurred. They would present the earliest known important event or occurrence and proceed to detail the following events in order. At some point they may work backward in time to discover and determine the criminal's motive.

- Chronological order is common in biography. The simplest way to tell the life story of a person is from the beginning, proceeding in time-sequential order throughout their life. Though this may not always be the way an author tells the story, it is the most common organizational pattern used in the narrative form. As a result, most biographies can be told as simply as “a person was born, he did X, Y, and Z, and then he died” wherein the X, Y, and Z are the sequential events that impacted the person’s life.

Step
3

Different time periods of the day: in the morning, in the afternoon, in the evening, at night ...

Time sequence: first, second, third ...

Describing a process of doing something: Step 1, Step 2, Step 3 ...

Step
4

Dear Emily,

I'm happy to receive your email and learn that you've moved into a new house.

The dish I'd like to recommend is sweet and sour pork. The ingredients needed are pork, egg white, celery, green bell pepper, onion, pineapple chunk, vegetable oil, vinegar, soy sauce, sugar, cornstarch, ketchup, salt, and water. Here is how you do it:

Step 1: Place cubed pork in a bowl, and season it with salt, sugar, and soy sauce. Mix in the egg white and onion. Cover the bowl and place it in the refrigerator for at least one hour.

Step 2: Heat the vegetable oil to about 180°C in a large saucepan. Coat the pork with cornstarch, and fry in the heated oil for about 10 minutes until it is evenly browned.

Step 3: Heat some oil in a wok over medium heat. Stir in the celery, green bell pepper, and onion, and cook until they are tender. Season the mixture with salt and sugar. Remove it from heat and set it aside.

Step 4: In a large saucepan, mix water, salt, sugar, vinegar, ketchup, and soy sauce. Bring the mixture to the boil, and stir in the cooked pork, celery mixture, and pineapple chunks with juice. Bring to the boil again and mix in cornstarch and water. Cook until they are well blended.

I hope the instructions are clear and easy to follow. Good luck.

Best,

Min

Translation of the passage

三明治诉说着一个民族的故事

每个人都有一款最爱的三明治，通常会依据个人口味来制作，比如外皮用白面包还是全麦面包？是夹火鸡肉还是火腿？烘烤方式是用烤架还是烤箱？

我们找到了三位食物历史学家，请他们讲述各自喜欢的三明治的故事。他们都向我们展示，我们现在（或是以前）食用的三明治不仅仅是午餐时分的果腹品。他们的故事反映了阶层与性别、智慧与创造力、移民与全球化等主题。

给职业女性一种家的味道

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金枪鱼沙拉三明治最初是出于节俭的一时之举，不料却成了无节制的标志。

在19世纪，也就是在超市和廉价食品杂货店的时代来临之前，大多数美国人都会避免食物浪费。晚餐剩下的鸡肉、火腿、鱼和一些蔬菜会被拌上蛋黄酱，放在生菜叶上充当午餐。

19世纪末，中产阶级女性在公共场所活动的时间更多了：她们去逛百货公司，听讲座，参观博物馆。受社会习俗所限，这些女性不能在男性就餐的场所吃饭，午餐餐厅应运而生，为这些新顾客提供服务。餐厅所提供的食物恰恰就是女性们在家做的沙拉。所不同的是，家里的沙拉通常是用剩菜做的，而午餐餐厅的沙拉则是用新鲜食材制作而成。其中，鱼肉沙拉最具代表性。

随着社会与经济的进一步发展，越来越多的女性进入公共生活，成为办公室和百货公司的员工。由于午餐时间有限，女士们想要优雅从容地享用午餐已不再现实。午餐柜台便想到了用两片面包夹沙拉的主意。这一做法加速了翻桌率，也支持顾客外带午餐。

20世纪初，金枪鱼罐头问世，午餐柜台和家庭厨师可以用其直接做沙拉，省去了做鱼的时间。但这也带来了一个问题：金枪鱼罐头的流行促进了一个全球化产业的发展，却无意中导致了数百万海豚被捕杀。一个本是巧用剩饭的举措却引发了全球性的道德危机和生态环境危机。

精英的零食

保罗·弗里德曼，耶鲁大学

与美国19世纪90年代许多饮食潮流（诸如沃尔多夫沙拉和暖锅）不同，俱乐部三明治的魅力经久不衰。

俱乐部三明治有两层，用三片涂满蛋黄酱的烤面包夹鸡肉或火鸡肉、培根、生菜和西红柿。通常对半切成两个三角形，用牙签将它们固定。

有些人认为俱乐部三明治应该用刀叉食用，它集优雅与平淡于一体，是乡村与城市俱乐部菜肴里一大亘古不变的特色。

俱乐部三明治发源于绅士俱乐部，那里直到今天都是以保守主义著称的场所，这种保守包含了对传统菜肴的坚守。有趣的是，直到20世纪20年代，三明治才进入为女士提供“精巧”食品的午餐。俱乐部三明治最著名的支持者是美国的沃利斯·辛普森女士，爱德华八世为了娶她放弃了英国王位。

尽管如今三明治种类繁多，俱乐部三明治因其创意和魅力一直以来都是各色食客在饥饿时用以果腹的佳品。

东西方相遇在马萨诸塞州的福尔里弗

伊莫金·利姆，温哥华岛大学

炒面夹在三明治里？真有这样的事？

第一次见识炒面三明治是我在布朗大学攻读博士学位的时候。虽然身为温哥华中国城餐厅老板的孩子，我仍然觉得这种三明治是一个谜。

炒面三明治是典型的“东西方融合”的食物，在很大程度上与新英格兰地区的中国餐厅有关——或者更具体地说，与福尔里弗的中国餐厅有关。炒面三明治，顾名思义，就是三明治中夹着炒面。炒面可以放在圆面包里，或是放在切片的白面包中间。它与浇肉汁的热火鸡三明治颇有相似之处。最经典的套餐包括炒面三明治、薯条和橙汁。

这种三明治因为充饥又便宜，在20世纪20年代开始流行起来。工人们在工厂餐厅里大口享用这种三明治，他们的小孩则在学校里以此为午餐。随后，一些廉价品商店的午餐柜台开始售卖它们。

对于那些在福尔里弗一带长大的人来说，炒面三明治是一种家的记忆。一些居住在洛杉矶的福尔里弗人还一度举办过“福尔里弗日”活动。

活动菜单上有什么呢？当然有炒面三明治了！

Reading 2

Get ready to read

Scripts

When we think about global warming, we think about transportation. We think about how we heat our houses. But in fact, how we eat has just as big an impact on climate change. The average food item in America has traveled 1,500 miles from the farm to your plate. It has burned up an incredible amount of fossil fuel just to get there. If you're eating lettuce, say in New York, that's been grown in California.

It takes 56 calories of fossil-fuel energy to deliver one calorie of food energy to your plate. For the consumers to understand how much energy goes into their food, I think all they have to understand is, you know, if it's local, and if it's unprocessed, it's less. A lot of the energy in our food comes from processing. All the complicated steps needed to make a Twinkie, you know, use vast amounts of energy.

There are great many other benefits of eating local besides conserving energy. There is, I think, the very important benefit of keeping farmers in business. Farmers add a lot to a community. They have great wisdom about the natural world. And then there is the

view. There's a wonderful bumper sticker in Europe called "Eat Your View." And the assumption is that if you don't support these agricultural landscapes around you, they will be covered with houses and highways and shopping malls. And the way to keep them open is to eat from the farms that constitute that view. And that's true. I mean, that's how you preserve those agricultural landscapes, eating from those farms.

Reference answers

Listen for information

- | | | | |
|----------------------|-------------------|---------------------|---------------|
| 1) how we eat | 2) 1,500 miles | 3) get there | 4) their food |
| 5) it's less | 6) other benefits | 7) keeping farmers | |
| 8) the natural world | 9) Eat Your View | 10) be covered with | |

Listen and discuss

1. The speaker gives three reasons for supporting local food. They are: conserving energy, keeping farmers in business, and preserving agricultural landscapes.
2. Eating locally grown food, in my view, is good to our health. Such food is fresher, tastes better, and is more nutritious. Moreover, we don't need to worry about preservatives because it's only transported short distances and isn't exposed to chemicals, gases, or waxes used to preserve food for long-distance transport.

Language points

1. **Not because the hours of canning tomatoes in early August drove me insane or because I was overcome by insatiable cravings for tropical fruit, I just went to college. (Para. 1)**
drive: *vt.* force sb. into a usu. unpleasant condition or undesirable course of action 迫使, 逼得 (某人处于糟糕或不好的状态)
e.g. Continual failure drove him into despair.
2. **Not having fresh produce at my disposal made me realize how good it is. (Para. 2)**
produce: *n.* [U] food or other things that have been grown or produced on a farm to be sold 农产品
e.g. The shop sells only fresh local produce.

3. **When I perused the salad bar at my dining hall most evenings, grimly surveying the mealy, pinkish tomatoes and paper-like iceberg lettuce, ... (Para. 2)**

survey:

vt.

1) look at or examine sth. 观察, 检测 (某物)

e.g. He sat quietly, surveying the scene around him.

2) ask a large number of people questions to find out their opinions 调查

e.g. Over 40 percent of the people surveyed said that they hadn't quite decided which one to vote.

n. [C]

1) an investigation of the opinions, behavior, etc. of a particular group of people, which is usu. done by asking them questions 调查

e.g. A survey of the British diet has revealed that a growing number of people are overweight.

2) a general description (of a subject, situation, etc.) (对某一专题或形势的) 概论, 概述

e.g. She has written a survey of modern English literature.

4. **It's not that my rising generation is unintelligent or unworldly — my classmates are some of the smartest, most cultured people I know. (Para. 3)**

The expression “rising generation” means “the young generation.”

e.g. It is our important mission to hand over to the rising generation the baton of traditional friendship.

5. **I also won't forget to appreciate how much better local food tastes. (Para. 4)**

appreciate: *vt.*

1) recognize and enjoy the good qualities or worth of sb. or sth. 欣赏; 赏识

e.g. This is the very restaurant that is popular with people who appreciate good service and fine wines.

2) (*not in progressive form*) understand fully, recognize 充分理解; 明白

e.g. Doctors are only now beginning to appreciate how dangerous this drug can be.

3) be thankful or grateful for 感激

e.g. I appreciate this opportunity to put my point of view to the committee.

6. **Food is something real. Living on the land that has grown my food gives me a sense of security which I feel lucky to have. (Para. 6)**

The word “sense” is used here to mean “a feeling.” There are more examples: a sense of urgency, a sense of mission, a sense of emptiness, a sense of responsibility, a sense of belonging, a sense of achievement, a sense of community, a sense of continuity, a sense of fun, etc.

Reference answers

Read and understand

Global understanding

Para. 1: B Para. 2: D Para. 3: F Para. 4: A Para. 5: C Para. 6: E

Detailed understanding

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

Read and think

Comments about the author's generation

Step

①

1. My generation, I know, has the reputation of sticking iPods in our ears and not caring about what might happen in 10 years, or even next week. (Para. 6)
2. If a lot of us felt this way and started thinking carefully about our consumption habits just one meal at a time, we could affect the future of our planet. (Para. 6)

In the first sentence, the author is citing comments about her generation, probably by the older generation. It means that the younger generation indulge themselves in fancy gadgets and shut themselves in a world of their own, not caring about what is happening outside.

In the second sentence, the author makes the comments by using the subjunctive mood, implying that people of her generation do not think about what they are eating, where their food is from, whether what they eat is environment-friendly or not, and how their consumption habits will affect the planet in the long run.

Step

②

- I don't agree with the comments about the younger generation mentioned in this passage. As a member of this generation, I know I care about a lot of things. I care about my academic work, hoping that one day I can apply what I learn at college to practice, to solve the problems hindering the development of our country. I care about my family members, my relatives, and my friends. I care about the environment and am doing whatever I can to help protect it. I also care about the poor and the old, and in fact in the Student Union of our department, we have a group of students who go to the nursing home near our campus every week to help the old people there. I am happy to be part of it.
- I partly agree with those comments. Even though most of the people

of my generation are responsible citizens, working very hard in every field in an effort to make human society a better place, there are people who adopt a kind of “who cares” attitude, locking themselves up in cyberspace and not caring about what’s happening in the world, in the country, or even in their own community. They think problems like pollution, illegal fishing, warfare, or natural disasters have nothing to do with them, or they don’t think they can do anything to help.

Attitude toward eating local

Step

1

1. Not having fresh produce at my disposal made me realize how good it is. (Para. 2)
2. I also won’t forget to appreciate how much better local food tastes. (Para. 4)
3. It was great after weeks of dorm life to eat eggs with deep golden yolks, and greens that still had their flavor and crunch. I loved being able to look at a table full of food and know where every vegetable was grown. (Para. 4)
4. I only found out because I cared, and then tried to buy most of my food from those places. (Para. 5)
5. Living on the land that has grown my food gives me a sense of security which I feel lucky to have. (Para. 6)
6. But even as the world runs out of fuel and the ice caps melt, I will know the real sources of my sustenance. (Para. 6)
7. The choices I make now about my food will influence the rest of my life. If a lot of us felt this way and started thinking carefully about our consumption habits just one meal at a time, we could affect the future of our planet. No matter how grave the predictions I hear about the future, for my peers and me, that’s a fact that gives me hope. (Para. 6)

Step

2

- My answer is “yes” and “no.” “Yes” for three reasons. First, we should eat local to support our local farmers and help develop our local economy. Second, local food is usually fresher and tastes better. And sometimes it does give us a sense of security when we know where the food is from. Third, the more people eat local, the more energy can be saved from transportation and processing, which is good for the environment. “No” because local food does not satisfy all our needs. For instance, I’m a lychee lover but the tree does not grow in the place where I am from. Besides, food quality might be different. The local food may not be of the best quality. Why should we stick to local food at the expense of quality?

- I disagree with the author's view. I think the author is a bit narrow-minded. We are now living in a global village and enjoying the benefits of globalization. Due to the advanced food processing technology and convenient transportation, we have easy access to all kinds of food grown or produced everywhere in the world, and I can't imagine a kind of life with local food only.

Read and practice

Synonyms

1. challenging
2. cultured
3. motivation
4. At first glance, organic farming looks much more expensive for the farmer.
5. prediction
6. unworldly
7. priority
8. confession

Part of speech

- | | |
|---------------|-------------|
| 1. A. plant | B. plants |
| 2. A. farm | B. farm |
| 3. A. taste | B. tasting |
| 4. A. cooked | B. cook |
| 5. A. flavor | B. flavored |
| 6. A. peeling | B. peel |

Expressions

- | | | |
|-------------------------|--------------------|-------------------------|
| 1. for the most part | 2. next to | 3. was far removed from |
| 4. took ... for granted | 5. picked out | 6. make fun of |
| 7. get through | 8. at his disposal | |

Read and translate

本地种植的农产品的主要好处是比较新鲜，利于健康。水果和蔬菜在采摘24小时内就开始失去其营养成分，因此，比较新鲜的农产品更有营养。此外，本地种植的农产品会在其成熟期采摘，此时的营养价值是最高的。

食品杂货店里大部分农产品都是在其完全成熟前采摘的，使其在上货架之前不至于腐烂。在运输过程中，空气、人工光源和温度的变化都会降低农产品的营养价值。

食用本地种植的农产品也意味着你能见到种植这些农产品的人，你可以向他们询问有关种植方法、使用杀虫剂情况（如有）等方面的问题。本地的农场主，尤其是从事有机耕种的农场主，往往很注重土壤健康及种植安全。

Translation of the passage

路“无边”，食“有界”

我要坦白一件事，有一年，我的家人们热衷于食用本地食物，但我只吃了五个月就搬出了家。我搬出去并不是因为八月初花数小时制作西红柿罐头这件事让我崩溃，也不是因为我抵挡不了对热带水果永无止境的渴望，我的离开是因为求学。大学生活充满了挑战，我一边要适应全新的环境，一边要应付化学和微积分课程，加之我住在学校里，食堂有限的菜品让我的住校生活变得更加糟糕。我想我本可以试着在学校的院子里种些蔬菜或是在我的宿舍里种一些盆栽的西红柿和西葫芦，但如果我这么做的话，别人肯定会嘲笑我是个从阿巴拉契亚地区出来的土包子。最终，我跟其他孩子一样，在一月份吃着生菜和黄瓜。

没有新鲜的农产品可吃，让我意识到了它们的珍贵。我也察觉到我对食物的理解和同龄人很不相同。大多数的晚上，当我审视着餐厅里的沙拉吧，沮丧地打量着那些干巴难吃的浅红色的西红柿和薄得跟纸一样的卷心莴苣时，我都能大致分辨出哪些来自南美，哪些来自新西兰。对于这一切，我从来都秘而不宣（因为人们在忙着讨论篮球比赛和派对，谁会真正在乎这些呢？），但我还是忍不住留心这件事。

我想我这一代人与食品生产的距离比之前任何一代人都要远。比起我们的父母，我们更依赖闪亮的包装纸里包着的食物，而不是那些需要用手剥壳去皮的食物。但让一个像我这样生活在农场里、见过活的动物和长在地里的庄稼的女孩仍然感到惊讶的是，那么多年轻人不知道他们的食物从何而来，也不知道在他们生活的那个地方每个季节有什么时令果蔬。这当然不是因为我们的这一代不聪明或是不谙世事——我的同学是我认识的最聪明、最有素养的一些人，而是因为与食物和耕作相关的信息不易获取。我认识的大多数人从来没见过也没想过要去了解真正的农场。置身于来自美国五湖四海的同龄人中间，我意识到我其实拥有大量食品生产的知识，而意识到这一点并非偶然。

我不会忘记赞美那美味的本地食物。除了能在舒适的床上睡个好觉外，烹饪美食也是我回家的主要动力。当然，见到家人是美好的，但首要任务始终是首要任务，对吧？在数周的宿舍生活后吃到有金色蛋黄的鸡蛋以及原汁原味、脆爽劲十足的绿色蔬菜真是太棒了。看着一大桌子食物，知道每种蔬菜从何而来，这种感觉我实在是太喜欢了。

在我上大学的头一年，我在学校里发现了两家使用本地种植的有机农产品来制作食物的餐厅，还有一家餐厅使用的一直是放养猪的猪肉。通常，这些店家并不四处宣传他们参与促进本地食品经济这一事实。我之所以能发现，是因为我关心食品生产。在那之后，大多数食物我都会在这些地方购买。

我知道，我们一直被认为是耳朵里塞着 iPod、对十年甚至未来一周之后可能会发生的事不闻不问的一代人。但事实上，我们对很多事都很关心，包括我们吃的食物。食物是真实的存在。生活在一片能自己亲手种植食物的土地上给了我一种安全感，我很幸运能拥有这种安全感。面临着诸如全球变暖、人口过剩和滥用化学物品这样的可怕威胁，能拥有安全感对我这个年纪的人来说并不容易。但是，即使世界燃料耗尽，冰盖融化，我依然知道我赖以生存的食物从何而来。我所接受的高等教育也许能带给我一份好工作，也许不能，但我在农场受到的熏陶一定会对我产生深远的影响。我现在作出的食物选择将影响我的余生。如果我们很多人都能意识到这一点，并开始认真思考我们的消费习惯，哪怕只是一餐时的一个念头，都可能改变我们整个星球的未来。无论我听到的对未来的预测有多么严峻，对我和我的同龄人来说，那是一个能给我带来希望的事实。

Unit project

Reference answers

Washoku

Located in East Asia, Japan has a mostly temperate climate stretching from the north to the south. It is a country with seas, mountains, and other natural resources. The diversity of food which is rooted in the local community is a distinctive feature of the country, along with the cooking methods that have been developed to make the best use of ingredients, and light seasonings created for each individual dish.

When we think of the Japanese food, Washoku, the traditional dietary culture of the Japanese will naturally come into our mind. The term “Washoku” or “Japanese cuisine” emerged around the end of the Edo Period (1603-1868) and the start of the Meiji Period (1868-1912), in response to the appearance of the term “Western cuisine.”

Washoku consists of unique Japanese dishes which are made using a variety of fresh seasonal ingredients and high-quality water, and served as meals consisting of a soup, three side dishes, and rice. Washoku encompasses many different types of food, including but not limited to tempura (天妇罗), sushi, sashimi (生鱼片), and soba noodles (荞麦面). The origin of Washoku is rice which has numerous health benefits. It is a nutrient-rich food source that is easy to grow and to store. Since ancient times, rice has been at the heart of Japanese food culture and has had a significant impact on its history.

In 2013, UNESCO added Washoku to its Intangible Cultural Heritage List, with the result that traditional Japanese cuisine started to attract global attention.

The characteristics of Washoku are as follows:

- Respect for diverse, fresh ingredients and their natural flavor;
- Balanced nutrition to support a healthy diet;
- Expression of the beauty of nature and the changing seasons; and
- A close connection to annual events.

The above four points made up the definition of Washoku when it was registered as a UNESCO Intangible Cultural Heritage. Washoku is highly popular with restaurants in many nations.