

# Map of the book

Unit	Warming up	Listening & speaking
<p><b>1</b></p> <p><b>Mind the gap</b></p> <p>p2</p>	<p>Gaps in different aspects p4</p>	<p><b>News report:</b> Bridging the digital gap for seniors p5</p> <p><b>Conversation:</b> Movies as a way to bridge cultural gaps p6</p> <p><i>Speaking tips:</i> Describing a movie</p> <p><b>Passage 1:</b> Exploring what's missing in the market p8</p> <p><b>Passage 2:</b> Taking a gap year p10</p> <p><i>Listening tips:</i> Listening to a survey</p>
<p><b>2</b></p> <p><b>On the road</b></p> <p>p20</p>	<p>The meaning of traveling p22</p>	<p><b>News report:</b> Niche travel p23</p> <p><b>Conversation:</b> The experience of a solo trip p24</p> <p><i>Speaking tips:</i> Talking about pros and cons</p> <p><b>Passage 1:</b> How to avoid over-tourism p26</p> <p><i>Listening tips:</i> Identifying indicator words</p> <p><b>Passage 2:</b> Taking a surprise trip p28</p>
<p><b>3</b></p> <p><b>Just relax!</b></p> <p>p38</p>	<p>Benefits of different leisure activities p40</p>	<p><b>News report:</b> The leisure market in China p41</p> <p><b>Conversation:</b> How people's leisure habits are changing p42</p> <p><i>Listening tips:</i> Identifying the speaker's attitude</p> <p><b>Passage 1:</b> Hobbies and jobs p44</p> <p><b>Passage 2:</b> The Finnish sauna p46</p> <p><i>Speaking tips:</i> Arousing listeners' interest in your speech</p>
<p><b>4</b></p> <p><b>Does gender matter?</b></p> <p>p56</p>	<p>Different thinking and behavior of both genders p58</p>	<p><b>News report:</b> Bans on women wearing glasses p59</p> <p><b>Conversation:</b> Is it okay for men to cry in public? p60</p> <p><i>Speaking tips:</i> Asking for clarification</p> <p><b>Passage 1:</b> The gender gap in technology p62</p> <p><i>Listening tips:</i> Taking notes while listening</p> <p><b>Passage 2:</b> Gender stereotypes in the media p64</p>

	Viewing & speaking	Unit project	Further listening
	<p><b>Video clip:</b> Poverty alleviation in China p12</p> <p><b>Pronunciation</b> p15 Pronunciation tips: Consonant clusters</p>	<p><b>Task:</b> Giving a presentation</p> <p><b>Topic:</b> The story of China p16</p>	<p>News report p18</p> <p>Conversation p18</p> <p>Passage 1 p19</p> <p>Passage 2 p19</p>
	<p><b>Video clip:</b> Reasons of choosing slow travel p30</p> <p><b>Pronunciation</b> p33 Pronunciation tips: Discriminating between /ʃ/ and /ʒ/, /tʃ/ and /dʒ/</p>	<p><b>Task:</b> Designing a trip</p> <p><b>Topic:</b> What a surprise! p34</p>	<p>News report p36</p> <p>Conversation p36</p> <p>Passage 1 p37</p> <p>Passage 2 p37</p>
	<p><b>Video clip:</b> The art of doing nothing p48</p> <p><b>Pronunciation</b> p51 Pronunciation tips: Strong and weak forms of prepositions</p>	<p><b>Task:</b> Having a debate</p> <p><b>Topic:</b> Work the mind or rest the mind? p52</p>	<p>News report p54</p> <p>Conversation p54</p> <p>Passage 1 p55</p> <p>Passage 2 p55</p>
	<p><b>Video clip:</b> Promoting gender equality through behavioral design p66</p> <p><b>Pronunciation</b> p69 Pronunciation tips: The stress in compound nouns</p>	<p><b>Task:</b> Delivering a speech</p> <p><b>Topic:</b> He &amp; She for All p70</p>	<p>News report p72</p> <p>Conversation p72</p> <p>Passage 1 p73</p> <p>Passage 2 p73</p>

Unit	Warming up	Listening & speaking
<p><b>5</b></p> <p><b>The power of words</b></p> <p>p74</p>	<p>How powerful your words can be p76</p>	<p><b>News report:</b> Humor helps both physically and mentally p77</p> <p><b>Conversation:</b> Lyrics and melody, which is more important? p78</p> <p><i>Listening tips:</i> Using the two-column layout while taking notes</p> <p><b>Passage 1:</b> Do we need a global language? p80</p> <p><i>Speaking tips:</i> Using hedging in speaking</p> <p><b>Passage 2:</b> Your language and your worldview p82</p>
<p><b>6</b></p> <p><b>You are what you eat</b></p> <p>p92</p>	<p>A healthy eating plate p94</p>	<p><b>News report:</b> The popularity of plant-based meat in China p95</p> <p><b>Conversation:</b> The use of food in painting p96</p> <p><i>Speaking tips:</i> Keeping a conversation going</p> <p><b>Passage 1:</b> The problem of food waste p98</p> <p><b>Passage 2:</b> One's personality type and their eating habits p100</p> <p><i>Listening tips:</i> Listening carefully to the first sentence</p>
<p><b>7</b></p> <p><b>Nature's gifts</b></p> <p>p110</p>	<p>Rights of Mother Earth p112</p>	<p><b>News report:</b> Works in a nature photography contest p113</p> <p><b>Conversation:</b> The application of spider silk in the medical field p114</p> <p><i>Speaking tips:</i> Asking better questions in interviews</p> <p><b>Passage 1:</b> The healing power of nature p116</p> <p><b>Passage 2:</b> Protecting giant pandas and their habitats p118</p> <p><i>Listening tips:</i> Listening for figures and numbers</p>
<p><b>8</b></p> <p><b>Technology: Controllers or helpers?</b></p> <p>p128</p>	<p>Technology in daily lives p130</p>	<p><b>News report:</b> Gene-editing technology in curing disease p131</p> <p><b>Conversation:</b> How can a city be “smart”? p132</p> <p><i>Speaking tips:</i> Using examples to illustrate your point</p> <p><b>Passage 1:</b> Will technology change who we are? p134</p> <p><i>Listening tips:</i> Understanding a speaker's standpoint or main argument</p> <p><b>Passage 2:</b> Carer robots for the elderly p136</p>
<p>U 校园智慧教学云平台使用指南 p146</p>		

	Viewing & speaking	Unit project	Further listening
	<p><b>Video clip:</b> Benefits of learning a new language p84</p> <p><b>Pronunciation</b> p87</p> <p>Pronunciation tips: Three ways of pronouncing “-ed”</p>	<p><b>Task:</b> Having a debate</p> <p><b>Topic:</b> What you say vs. how you say it p88</p>	<p>News report p90</p> <p>Conversation p90</p> <p>Passage 1 p91</p> <p>Passage 2 p91</p>
	<p><b>Video clip:</b> Chinese American cuisine p102</p> <p><b>Pronunciation</b> p105</p> <p>Pronunciation tips: Linking two plosive sounds in connected speech</p>	<p><b>Task:</b> Designing a poster</p> <p><b>Topic:</b> A campaign against food waste on campus p106</p>	<p>News report p108</p> <p>Conversation p108</p> <p>Passage 1 p109</p> <p>Passage 2 p109</p>
	<p><b>Video clip:</b> Building seed banks p120</p> <p><b>Pronunciation</b> p123</p> <p>Pronunciation tips: Linking vowels</p>	<p><b>Task:</b> Giving a mini-lecture</p> <p><b>Topic:</b> A nature walk p124</p>	<p>News report p126</p> <p>Conversation p126</p> <p>Passage 1 p127</p> <p>Passage 2 p127</p>
	<p><b>Video clip:</b> Will robots take our jobs? p138</p> <p><b>Pronunciation</b> p141</p> <p>Pronunciation tips: The stress patterns in nouns</p>	<p><b>Task:</b> Giving a presentation</p> <p><b>Topic:</b> How smart will campus life be in 2030? p142</p>	<p>News report p144</p> <p>Conversation p144</p> <p>Passage 1 p145</p> <p>Passage 2 p145</p>

# 6

UNIT

## You are what you eat

### Setting the scene

Eating is considered one of the most important parts of our everyday living. The food we eat is the single source of our energy and nutrition. With the improvement of our living standards, we care more and more about healthy eating, and we are more environmentally conscious in our food choice. Through the consumption of food, we can also get a glimpse of a person's lifestyle and personality.

In this unit, you will learn the various aspects about food, including the new food trend in China, the role food plays in art, the problem of food waste, and food and health.



## Learning objectives

Upon completion of this unit, you will be able to:

- discuss the various aspects about food, such as its importance, problems, and trend;
- listen to the first sentence of a passage to predict its main content;
- keep a conversation going with proper strategies;
- link plosive sounds in connected speech;
- adopt an appropriate attitude toward food and take actions against food waste.



### Nutrition Facts

1 serving per container

Serving size 1/4 cup (40g)

Amount per serving

**Calories 120**

% Daily Value\*

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

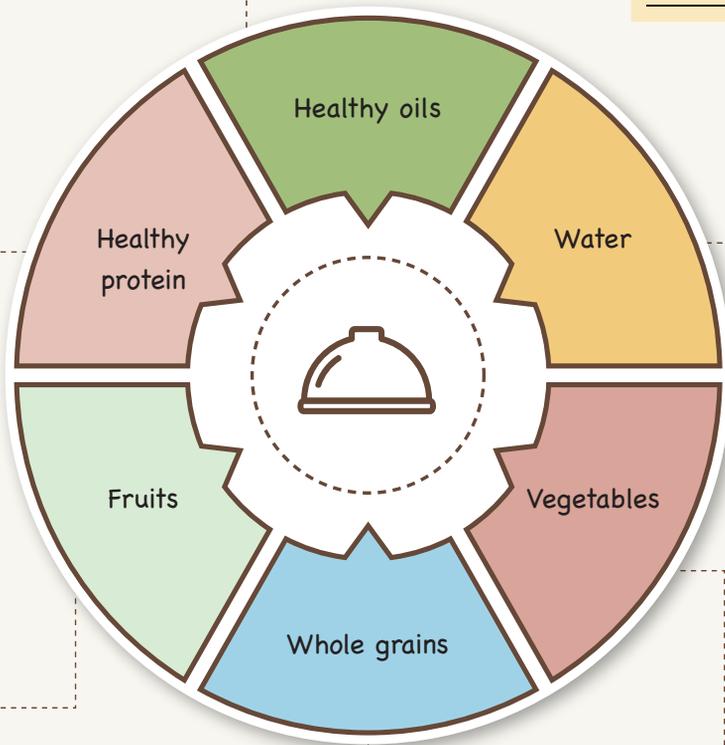
Look at the healthy eating plate. Discuss in groups how well you have done in each aspect and give one more suggestion on healthy eating habits in each aspect.

**Healthy eating plate**

Use healthy oils; limit butter; \_\_\_\_\_.

Avoid sugary drinks; \_\_\_\_\_.

Choose fish, poultry, beans, and nuts; \_\_\_\_\_.



Eat plenty of fruits of all colors; \_\_\_\_\_.

The greater the variety, the better; \_\_\_\_\_.

Limit refined grains; \_\_\_\_\_.

## News report

### Listening and understanding

1 Have you heard about plant-based meat? Have you ever tasted it? Now listen to a news report and choose the best answer to each of the questions you hear.

- A. The number of plant-based meat lovers is increasing.  
B. The price of plant-based meat is increasing.  
C. Major food-and-beverage chains offer plant-based meat.  
D. There is a greater variety of plant-based meat.
- A. They have less protein.  
B. They save the life of livestock.  
C. They need fewer resources to produce.  
D. They need fewer workers to produce.
- A. More plant-based meat has been consumed in recent years.  
B. China is a country with a large population.  
C. The purchasing power of Chinese people is great.  
D. The number of restaurants has been increasing.
- A. Texture.      B. Taste.      C. Safety.      D. Nutrition.

2 Listen to the news report again and decide whether the statements are true (T) or false (F).

- \_\_\_ 1. Plant-based meat is artificial meat made from plants.
- \_\_\_ 2. Beyond Meat worked with a Chinese grocery retail chain to sell its plant-based meat hamburgers in 2020.
- \_\_\_ 3. Zhang Lin is the director of a company offering advice for other companies.
- \_\_\_ 4. Zhang Lin believes that environmental friendliness is the only selling point of plant-based meat products.
- \_\_\_ 5. The basic requirements for foods can't be applied to plant-based meat.

### Thinking and speaking

#### Reasons behind the popularity

There is now a growing interest in plant-based meat. Work in groups to discuss the reasons behind this interest.

#### WORDS AND EXPRESSIONS

artificial /,ɑ:tɪ'fiʃl/ *a.* 人造的; 人工的

livestock /'lɪv,stɒk/ *n.* 牲畜; 家畜

beverage /'bev(ə)rɪdʒ/ *n.* 饮料

surge /sɜ:ɪdʒ/ *n.* (数量的) 激增

texture /'tekstʃə/ *n.* 口感

#### PROPER NAMES

Beyond Meat 别样肉客 (美国人造肉初创企业)

Freshippo /'frefʃɪpəʊ/ 盒马鲜生 (阿里巴巴旗下新零售平台)



## WORDS AND EXPRESSIONS

sponsor /'spɒnsə/ *vt.* 赞助, 资助  
(体育赛事、演出、团体等)

edible /'edɪbl/ *a.* 可以食用的

yolk /jɒk/ *n.* 蛋黄

hue /hju:/ *n.* 颜色; 色度

film /film/ *n.* 薄层; 薄膜

skim milk *n.* 脱脂(牛)奶

handicraft /'hændi,kra:ft/ *n.*  
手工艺

stroke /strəʊk/ *n.* 一笔; 一画;  
笔画

## PROPER NAMES

Harvard Art Museums 哈佛艺术博物馆(美国)

# Conversation

## Listening and understanding

1 Have you ever wondered about the role food plays in the history of art? Now listen to a narration and choose the best answer to each of the questions you hear.

1. A. Visiting the Harvard Art Museums.  
B. Listening to a talk.  
C. Taking a virtual tour of Harvard.  
D. Attending an art class.
2. A. Inspiration and creativity.      B. Painting techniques.  
C. Professional skills.                  D. Artistic nature and talent.
3. A. The edible plant.                      B. Skim milk.  
C. Colored paste.                          D. Egg yolk.
4. A. About 300 years.                      B. More than 600 years.  
C. About 3,000 years.                      D. More than 4,000 years.

2 Listen to the narration again and complete the notes with what you hear.

## The use of food in painting

Egg yolk



Skim milk



Sugar



- By combining the 1) \_\_\_\_\_ with egg yolk, painters apply the hue to their work and ensure it would 2) \_\_\_\_\_.
- As the egg yolk dries, it hardens into 3) \_\_\_\_\_, locking the color 4) \_\_\_\_\_.
- It is used as a tool to keep images from fading.
- Folk artists paint with 5) \_\_\_\_\_ sugar which would 6) \_\_\_\_\_ if it cools.
- The painters have to follow some orders of strokes and draw a(n) 7) \_\_\_\_\_ into a picture of 8) \_\_\_\_\_ or other patterns.



## Thinking and speaking

### SPEAKING TIPS

#### Keeping a conversation going

In situations like business and networking, the sudden end of a conversation can mean the loss of an opportunity. If you don't want to miss out, continue important conversations until you accomplish your purpose. The following are some tips for you to keep a conversation going.

- **Keep track of what the other person is saying by being a good listener**

When you show you care, you are encouraging the other person to speak because it will make them feel valued, respected, and understood. Besides, you can respond wherever appropriate and ask relevant questions so as to better understand their point of view.

- **Show that you are enthusiastic and interested**

People love to know that you're interested in what they have to say, so if you show interest, they'll hang around and talk to you even more. And in many cases, it can help you guide the conversation to the topics that are the most relevant to you.

- **Find common ground**

Similar beliefs, experiences, or interests create bonds that can be the foundation of a new relationship.

- **Ask open-ended questions**

Avoid asking simple "yes or no" questions which allow people to take the easy way out and give only the bare minimum when answering the questions. Ask information questions like *who*, *what*, *where*, *when* or *how*.

## Food in art

From the conversation, we know that some food has been used in art for centuries and it plays an important role in art history. Work in groups and find more evidence or examples to illustrate the use of food in art.

## Art in food

Some top restaurants in China have managed to fuse food and art into an unforgettable dining experience. As the owner of one restaurant said, there are two things to offer in a restaurant — good food and good art. Work in groups to discuss the artistic aspect of Chinese cuisine.

## WORDS AND EXPRESSIONS

manufacturing /ˌmæn.jʊˈfækt.ʃəri/ *n.* 制造; 制造业

disgrace /dɪsˈɡreɪs/ *n.* 耻辱

pantry /ˈpæntri/ *n.* 食品贮藏室(柜)

## PROPER NAMES

Elliot Woolley /ˌeliət ˈwʊli/ 埃利奥特·伍利(人名)

Loughborough /ˈlʌfbərə/ University 拉夫堡大学(英国)

Global Conference on Sustainable Manufacturing 国际可持续制造学术会议(德国学者发起的国际学术年会)

# Passage 1

## Listening and understanding

**1** Food waste has become an issue of concern at a time when there is still food shortage in many parts of the world. Now listen to a passage and choose the best answer to each of the questions you hear.

1. A. 30%.                      B. 40%.                      C. 50%.                      D. 60%.
2. A. Usually lost before it is sold.      B. Eaten when it is still in the field.  
C. Harvested before it is ripe.          D. Lost in the manufacturing process.
3. A. He created a smartphone app.  
B. He visited many countries for an effective solution.  
C. He started a campaign to stop food waste.  
D. He developed a way to help people make a meal.
4. A. Safe.                      B. Attractive.                      C. Efficient.                      D. Effective.

**2** Listen to the passage again and complete the outline with what you hear.

### Reasons

#### In less-developed countries

Food producers are 1) \_\_\_\_\_, and the businesses are unable to 2) \_\_\_\_\_ without wasting materials, time or energy.

#### In developed countries

As much as half of the food is 3) \_\_\_\_\_ after they've been purchased.

### Solution

- It shows users what food they have bought and when the food is about to become 4) \_\_\_\_\_.
- It gives information on how people can 5) \_\_\_\_\_ they have to make a meal.

The problem  
of  
food waste



## Thinking and speaking

### Ways to end hunger

Every day too many men and women across the globe struggle to feed their children with a nutritious meal. In a world where we produce enough food to feed everyone, 690 million people still go to bed on an empty stomach each night. In 2015 the global community adopted the 17 Global Goals, also known as Sustainable Development Goals, to improve people's lives by 2030. Goal 2 — Zero Hunger — pledges to end hunger, achieve food security, improve nutrition and promote sustainable agriculture. Zero hunger is also the priority of the World Food Program (WFP). The following are five steps to zero hunger proposed by WFP. Work in groups to discuss the meaning and effect of each step.

- Put the furthest behind first
- Pave the road from farm to market
- Reduce food waste
- Encourage a sustainable variety of crops
- Make nutrition a priority, starting with a child's first 1,000 days



### Useful tricks in daily life

To avoid food waste, some strategies have been suggested by Kathleen Flinn, a storyteller, cook and teacher. Read the strategies below and discuss in groups whether you think they would work. Better still, come up with a few other strategies.

- The Post-it Note trick

When you bring food home from the grocery store, put a Post-it note on each perishable item with the amount it cost.

- Eat down your fridge

Skip at least one shopping trip a month and try to use up your uneaten food instead.

- The Photo in the Back of the Fridge trick

Put a favorite photo in the back of your refrigerator. If you can't see it, your fridge is too full.

- Shop more often and buy less

Each time you shop, buy one pepper not three; buy three potatoes not three pounds.

- Don't give up on food too easily

The apple has a dent in it? Cut it out and use the rest of the apple. If a few leaves of lettuce go brown, pluck them out, but don't throw away the whole bag.





## Passage 2

### WORDS AND EXPRESSIONS

sensation /sen'seɪʃn/ *n.* (身体的)  
感觉, 知觉

conscientious /,kɒnʃi'entʃəs/ *a.* 勤  
勉认真的

extrovert /'ekstrə,vɜ:t/ *n.* 性格外  
向者

prone /praʊn/ *a.* 有...倾向的

savory /'seɪvəri/ *a.* 好吃的

### PROPER NAMES

University of Pennsylvania 宾夕法  
尼亚大学 (美国)

### Listening and understanding

**1** Is it possible that people's personality type influences their food choice? Now listen to a passage and decide whether the statements are true (T) or false (F).

- \_\_\_ 1. People of the same personality type usually have the exact same food choice.
- \_\_\_ 2. The research in the 1970s was conducted in the US.
- \_\_\_ 3. The purpose of the research done in 2005 was to find the benefits of fruits and vegetables.
- \_\_\_ 4. The study published in the *Appetite* journal found that extroverts love fatty and sweet foods.
- \_\_\_ 5. There is not yet sufficient evidence to conclude the link between personality types and food choice.

### LISTENING TIPS

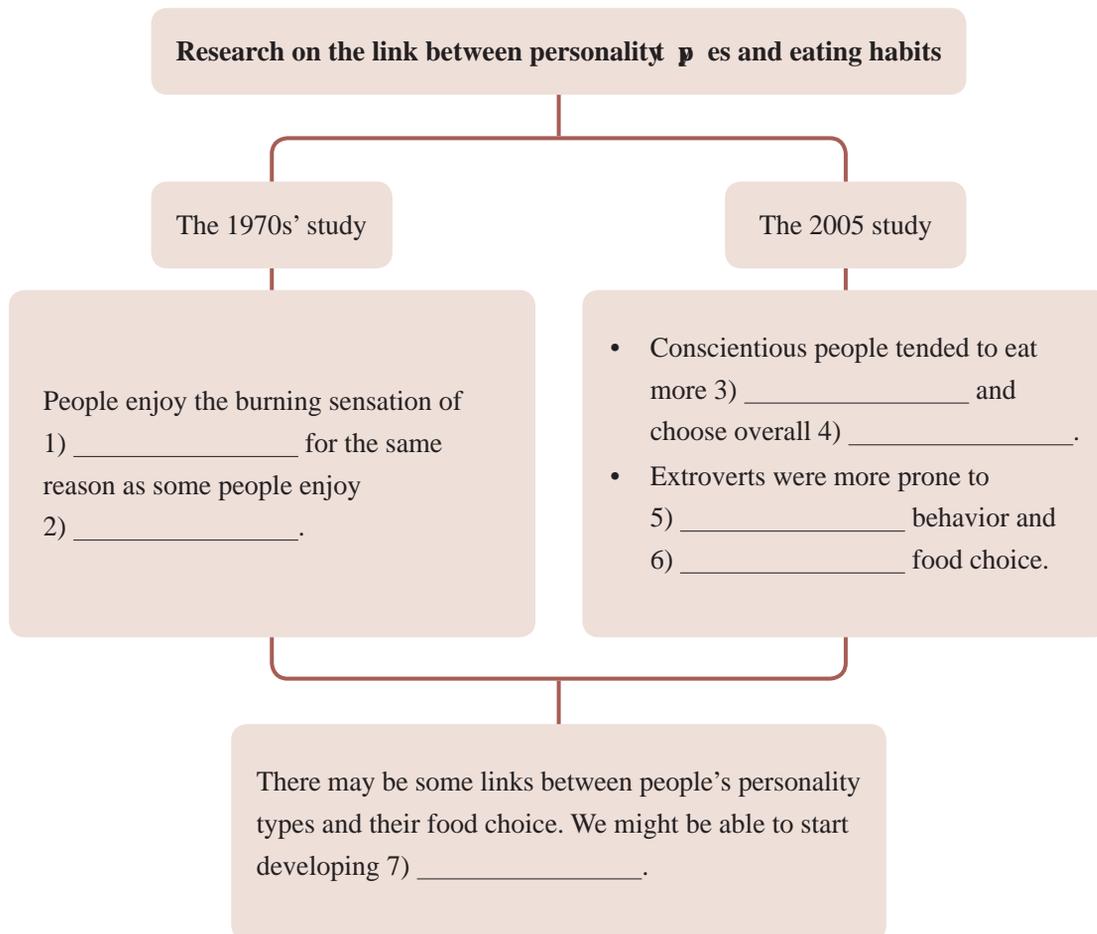
#### Listening carefully to the first sentence

The first sentence tells a lot about the whole passage. For example, if at the very beginning you hear "Food prices fell slightly last week, due to cheaper vegetables, meat and eggs, the Ministry of Commerce said Monday," you know you will hear a piece of news, not a children's story or a science report. And the first sentence is also very often the topic sentence, with the rest of the paragraph or passage providing supporting evidence or details.

In the passage you have just heard, the first sentence is "Everything we eat is a reflection of who we are." This is a topic sentence, and we would expect it to be followed by a discussion of the relationship between our personality type and our food choice.

Therefore, when you listen, you should be attentive to the first sentence.

2 Listen to the passage again and complete the diagram with what you hear.



## Thinking and speaking

### Your personality type and eating habits

Work in groups. Share your eating habits and your personality type and see whether there is a link between the two, as is mentioned in the passage you have just heard.

### Elements affecting eating habits

The passage shows that one's personality type, to some extent, affects one's eating habits. Work in groups to discuss what other aspects might affect one's eating habits.



## WORDS AND EXPRESSIONS

compelling /kəm'pelɪŋ/ *a.* 令人激动的

cuisine /kwi:'zi:n/ *n.* 烹饪(法); 菜肴

entrepreneurship /,ɒntrəprə'nɜ:ʃɪp/ *n.* 企业家精神

sentiment /'sentɪmənt/ *n.* 情绪

fever pitch /'fi:və ,pɪtʃ/ *n.* 狂热; 异常激动

enact /ɪn'ækt/ *vt.* 通过(法律)

coincide /,kəʊn'saɪd/ *vi.* 同时发生

fusion /'fju:ʒn/ *n.* 融合; 结合

hybrid /'haɪbrɪd/ *n.* (不同事物的) 混合物

culinary /'kʌlɪn(ə)rɪ/ *a.* 烹饪的

## PROPER NAMES

California Gold Rush 加利福尼亚淘金热

Chop Suey /,tʃɒp 'su:i/ 炒杂碎

Egg Foo Yung /'eg fu ,jʌŋ/ 芙蓉蛋

Kung Pao Chicken /,kʌŋ pau

'tʃɪkɪn/ 宫保鸡丁

General Tso's Chicken /,dʒen(ə)rəl

tsəʊz 'tʃɪkɪn/ 左宗棠鸡

## Viewing and understanding

1 The US is currently home to tens of thousands of Chinese restaurants. How does this come to be? What is the story of Chinese American cuisine? Now watch a video clip and choose the best answer to each of the questions you hear.

- To show people different kinds of Chinese American food.
  - To share people's experiences of eating at Chinese restaurants.
  - To discuss the reasons behind the popularity of Chinese food.
  - To tell a story of Chinese American food.
- Shandong Cuisine.
  - Guangdong Cuisine.
  - Sichuan Cuisine.
  - Hunan Cuisine.
- It is an example of creativeness.
  - It is hard for Americans to relate to.
  - It tells about real people and their story.
  - It is not real Chinese food.
- Chinese people's courage and persistence in face of poor treatment.
  - The immigrants' contribution to American culinary identity.
  - The sense of belonging on the part of the Chinese immigrants.
  - The appreciation of different cultures among Chinese immigrants.





2 Watch the video clip again and complete the notes with what you hear.

## *Chinese American cuisine*

### **Social condition**

When Chinese American food got its start, 1) \_\_\_\_\_ sentiment in the US was at fever pitch.

### **Origin**

- The Chinese Americans didn't have very many 2) \_\_\_\_\_, so they turned to opening businesses among which were 3) \_\_\_\_\_.
- Chinese food first came to the US with the first Chinese immigrants from Guangdong Province in the 4) \_\_\_\_\_ century.

### **Development**

- In the late 19th century or early 20th century, Chinese American food took off.
- Every group that comes from China has left their own sort of 5) \_\_\_\_\_ on the cuisine.

### **Significance**

- It's a kind of 6) \_\_\_\_\_ creation.
- It tells the hardship, adaptation and entrepreneurship of the Chinese immigrants.

## Thinking and speaking

### The story of Chinese American cuisine

In the video clip, the man says that the story of Chinese American cuisine is one of the most extraordinary ones of hardship, adaptation and entrepreneurship. Work in groups to share your understanding of his words and what you have learned from it.

### Contributions of Chinese immigrants

The speakers in the video clip acknowledge the contribution of Chinese immigrants to American culinary identity. Work in groups to discuss more contributions that Chinese immigrants have made to America.



## Pronunciation

### PRONUNCIATION TIPS

#### Linking two plosive sounds in connected speech

English has six plosive consonants /p/, /b/, /t/, /d/, /k/, and /g/. If a word ends in a plosive sound, and the next word begins with a plosive sound, there is a break in speech, as the airflow is temporarily blocked off and the pressure builds up. This happens regardless of where the plosives come from within the mouth.

For example, in pronouncing the words “bag caught,” where two linking plosive sounds come from similar places within the mouth, airflow stops and you only pronounce the second plosive. They sound like /bæ kɔ:t/.

Another example is when the linking plosive sounds come from different places within the mouth, e.g. in “bag brushed.” This time the pause is longer because the airflow stops on the first plosive and starts again on the second plosive. Your mouth moves to the position of the plosive /g/ but doesn’t really pronounce it. The airflow just stops in this position. It starts again once your mouth moves to the next plosive sound position and it explodes out. The words sound like /bæ brʌʃt/.

Listen to the sentences and pay attention to the pronunciation of the underlined parts. Then read out loud after the speaker.

1. And, the Chinese Americans were left behind, (and) didn’t have very many opportunities so they turned to opening businesses among which were restaurants.
2. Chinese food first came to the US with the first Chinese immigrants who came from Guangdong Province in southern China in the mid-19th century, really coinciding with the California Gold Rush.
3. And ... and so I think it’s important to look at that story and understand it, and understand the forces that shape that cuisine whether or not you enjoy it yourself.
4. And even when they’re being treated very poorly, and we are actually actively telling them that they don’t belong, they form an incredibly important part of who we are as a country.

## Designing a poster

### A campaign against food waste on campus

From time to time, we can still see food waste on campus. The Student Union of your university is organizing a campaign against food waste on campus. There will be a poster design activity, and everybody is encouraged and welcomed to participate. You would like to be part of it.



Step  
1

#### Form groups

Form groups of four or five. Make sure you have a group leader to chair the discussion and someone to take notes.

Step  
2

#### Gather information

Gather as much information as possible about the food waste phenomenon on campus and students' food waste behaviors, preferably with statistics, photos, etc.

Step  
3

### Identify the causes

You may conduct interviews with your classmates or friends to find out on what occasions and for what reasons they may waste food. Then discuss and identify possible factors that cause the problem.

Step  
4

### Discuss strategies or suggestions

Discuss strategies or suggestions for solving the problem based on the factors that you have identified in Step 3.

Step  
5

### Design and display the poster

Put together the ideas that you have come up with regarding the problem of food waste. Then design and display your poster in class. The class vote for the best poster design.

## POSTER DESIGN TIPS

### Tips for designing a poster

When designing your poster, you may refer to the following aspects.

- Provide a strong introduction but keep it brief and to the point.
- Keep each section brief. The poster is meant to support your verbal presentation, so those with fewer words are preferred.
- Use simple pictures, tables, diagrams, graphs, etc.
- Use a basic font which is easy to read and large enough to see from a standing viewer's distance.
- Keep the overall design, patterns, and colors simple so they are not distracting.
- Make sure the information makes sense and is well organized.
- Remember neatness is very important in the design of a poster.

## WORDS AND EXPRESSIONS

seasoning /'si:z(ə)nɪŋ/ *n.* 调味品

recipe /'resəpi/ *n.* 食谱

banquet /'bæŋkwɪt/ *n.* 盛宴

stall /stɔ:l/ *n.* 货摊; 售货亭

greasy spoon /,gri:si 'spu:n/ *n.*

(主要供应油炸食品的) 廉价小餐馆

accumulate /ə'kju:mjʊ,leɪt/ *vt.*

积累

delicacy /'delɪkəsi/ *n.* 佳肴

## PROPER NAMES

Fuchsia Dunlop /,fju:ʃə 'dʌnlɒp/

扶霞·邓洛普 (英国女作家)

James Beard Award 詹姆斯·比尔

德奖 (有“美食界的奥斯卡”之称)

## News report

Listen to a news report and choose the best answer to each of the questions you hear.

- A. She published a book on Sichuan food.

B. She visited Sichuan Province.

C. She shared a story about Sichuan with her British friends.

D. She explored the southwestern part of Britain.
- A. At Sichuan University.

B. At Chengdu University.

C. At a restaurant in Chengdu.

D. At a cooking school in Chengdu.
- A. Gaining experiences.

B. Meeting new friends.

C. Tasting a lot of delicacies.

D. Understanding China's culture.

## Conversation

Listen to a conversation and choose the best answer to each of the questions you hear.

- A. Why Europeans like coffee more than tea.

B. Why the Chinese do not put sugar in the tea.

C. Food transportation in the Middle Ages.

D. A society in the past and at present.
- A. Beverages.

B. Spices.

C. Fresh and dried fruits.

D. Fiber-rich ingredients.
- A. Make the food less complicated than it used to be.

B. Provide more ingredients for home cooking.

C. Train more skilled chefs to meet diverse needs.

D. Strike a balance between food quality and efficiency of production.

## WORDS AND EXPRESSIONS

spice /spaɪs/ *n.* 香料

perfume /'pɜ:fju:m/ *vt.* 使充满香气

ingredient /ɪn'grɪdiənt/ *n.* (烹饪用的) 原料

rosewater /'rəʊz,wɔ:tə/ *n.* 玫瑰水; 蔷薇水

pine nut /'paɪn ,nʌt/ *n.* 松子

## PROPER NAMES

Paul Freedman /,pɔ:l 'fri:dmən/

保罗·弗里德曼 (人名)

