

1

UNIT

Food industry overview

WARMING UP

PRACTICAL READING

INTENSIVE READING



Learning objectives

After studying this unit, you'll be able to:

- have a general idea of the development of the food industry in China
- understand the circular economy diagram of the food industry
- understand the challenges the food industry is facing in the new era and a recipe for rice
- know Yuan Longping's great contributions to the food industry

EXTENSIVE READING

FUN READING

READING PLUS

Warming Up

Traditional Chinese festivals always have their symbolic foods. Fill in the blanks with appropriate food names.



jiaozi



tangyuan



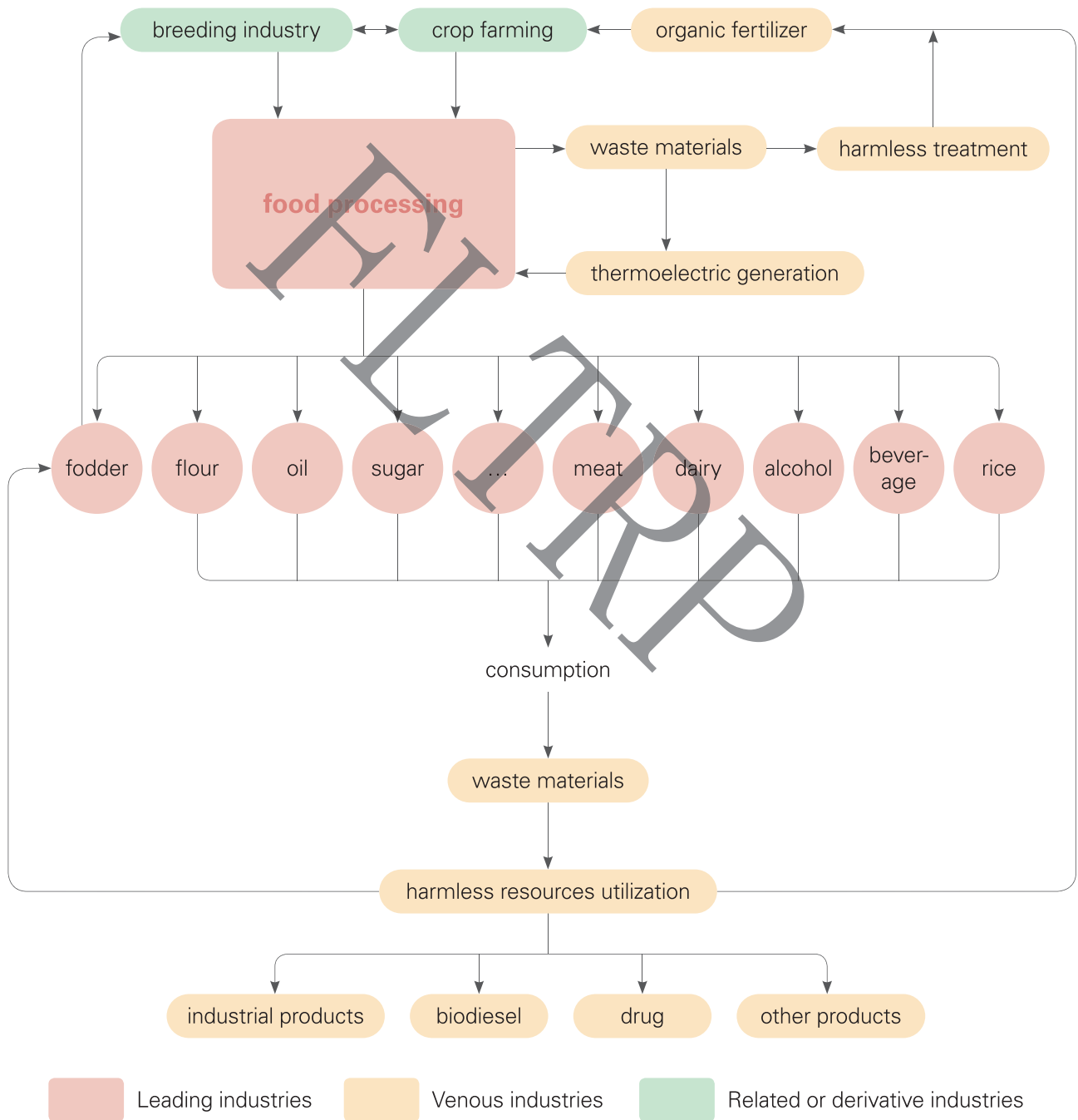
mooncake



zongzi

- 1 Chinese people typically eat _____ on the Lunar New Year's evening.
- 2 Chinese people eat _____ on the Lantern Festival.
- 3 Chinese people would soak glutinous rice and wash bamboo leaves to make _____ as a way to celebrate the Dragon Boat Festival.
- 4 Every year on the Mid-Autumn Festival, Chinese people would reunite with their families to enjoy the _____ which symbolizes the happy reunion.

A circular economy diagram of the food industry



Task 1 Match the English phrases with their Chinese equivalents.

- 1 circular economy
- 2 food processing
- 3 planting industry
- 4 organic fertilizer
- 5 breeding industry
- 6 harmless treatment
- 7 venous industry
- 8 derivative industry

- a 食品加工
- b 无害化处理
- c 种植业
- d 养殖业
- e 静脉产业
- f 衍生产业
- g 有机肥
- h 循环经济

Task 2 Work with a group and discuss the following questions.

- 1 How can we reuse food waste in our daily life?
- 2 How can the waste materials be utilized as resources according to the diagram?
- 3 What benefits can circular economy bring to the food industry according to the diagram?

Words

Words

- beverage /'bevərɪdʒ/ *n.* 饮料
 biodiesel /'baɪəʊ,dɪːzəl/ *n.* 生物柴油
 breeding /'briːdɪŋ/ *n.* (为繁殖的) 饲养
 consumption /kən'sʌmpʃən/ *n.* 吃, 喝
 dairy /'deəri/ *n.* 乳制品
 derivative /dɪ'rɪvətɪv/ *n.* 衍生物
 diagram /'daɪəgrəm/ *n.* 图解, 示意图
 fertilizer /'fɜːrtl-aɪzər/ *n.* 肥料
 flour /flaʊr/ *n.* 面粉
 fodder /'fɑːdər/ *n.* 饲料
 leading /'liːdɪŋ/ *adj.* 最重要的
 organic /ɔːr'ɡænɪk/ *adj.* 有机的
 processing /'prɔːsesɪŋ/ *n.* 加工
 thermoelectric /θɜːrmou'lektrɪk/ *adj.* 热电的
 utilization /juːtɪlə'seɪʃən/ *n.* 利用
 venous /'vɪnəs/ *adj.* 静脉的
 waste /weɪst/ *adj.* 废弃的, 无用的

Notes

1. circular economy: 循环经济, 是指在资源投入、企业生产、产品消费及其废弃的全过程中, 把传统的依赖资源消耗的线形增长的经济转变为依靠生态型资源循环来发展的经济。循环经济以资源的高效利用和循环利用为核心, 以“减量化、再利用、资源化”为原则, 以“低消耗、低排放、高效率”为基本特征。
2. biodiesel: 生物柴油, 是用植物油或动物脂肪制备的一种液体燃料, 可代替柴油。
3. venous industry: 静脉产业, 又被称为静脉经济、第四产业, 是指垃圾回收和资源再利用的产业。它以保障环境安全为前提, 以节约资源、保护环境为目的, 运用先进的技术, 将生产和消费过程中产生的废物转化为可重新利用的资源和产品, 实现各类废物的再利用和资源化。





Three major challenges in the food industry

- ¹ The food industry is one of the fastest-moving industries in regard to the changes that come every year in terms of tastes, preferences, packaging, manufacturing, **storage**, transportation, and much more. The industry has undergone many changes in the last decade due to the rapidly changing behavior of consumers, the advancement of science and technology, and new regulations. These factors have also **plagued** the industry with a series of **obstacles**. Being a consumer-driven industry, the food industry is facing serious challenges, as the following three examples show.
- ² **Plastic bans**
The improper **disposal** of plastics is one of the major challenges faced by food managers today. In this scenario, a product that is named “eco-friendly” has more of a consumer connection and is more likely to make **lucrative** sales than the product that harms the environment. Therefore, food manufacturers are now competing toward making the food manufacturing process environmentally friendly through the **adoption** of many recycling practices.
- ³ **Artificial ingredients**
The increase of food-related **disorders** has prompted consumers to bring about drastic changes in their diet and lifestyles. As a result, consumers try to avoid purchasing the food with added **preservatives** that might **hamper** health. The demand for products that carry the “healthy” label is therefore bound to continue increasing. The need to **eliminate** artificial ingredients from



products has been recognized as one of the most significant challenges faced by the industry.

4 Concern about product traceability

Traceability is also one of the major challenges in the food industry, not just for record management but also to satisfy consumer demand. Consumers are becoming increasingly interested in finding out about what goes into their food, which has led to ingredient labeling becoming a major part of the packaging process. With the public trust in food supply chains decreasing drastically and a growing awareness about **glitches** in the supply chain over the last few years or so, end-to-end traceability has **evolved** as one of the megatrends in the food industry.

Words & Phrases

Words

- adoption /ə'dɔːpʃən/ *n.* 采用
- artificial /ˌɑːrtɪ'fɪʃəl/ *adj.* 人造的, 人工的
- disorder /dɪs'ɔːrdər/ *n.* 失调, 紊乱
- disposal /dɪ'spəʊzəl/ *n.* 处理, 支配
- eliminate /ɪ'lɪməneɪt/ *v.* 消除
- evolve /ɪ'vɔːlv/ *v.* 逐步发展, 逐渐演变
- glitch /ɡlɪtʃ/ *n.* 小故障, 小差错
- hamper /'hæmpər/ *v.* 妨碍
- ingredient /ɪn'ɡrɪdiənt/ *n.* 成分, 食材
- label /'leɪbəl/ *n.* 标签, 标记
- lucrative /'luːkrətɪv/ *adj.* 获利多的, 可赚大钱的
- obstacle /'ɔːbstəkl/ *n.* 障碍, 障碍物
- plague /pleɪɡ/ *v.* 不断困扰, 折磨
- preservative /prɪ'zɜːrvətɪv/ *n.* 防腐剂
- storage /'stɔːrɪdʒ/ *n.* 贮存, 贮藏
- traceability /'treɪsəbɪləti/ *n.* 可追溯性

Phrases

- in regard to 关于
- in terms of 在……方面

Intensive Reading

Task 1 Fill in the blanks with the correct form of the words given in the boxes.

hamper

traceability

disposal

obstacle

preservative

ingredient

- 1 Talks were held on the safe _____ of food waste.
- 2 Rain again threatens to _____ harvests.
- 3 _____ are chemical substances that get added to food during the manufacturing process.
- 4 You don't need a ton of _____ to make a fantastic meal.
- 5 Food _____ becomes especially pertinent in the wake of food-borne disease outbreaks.
- 6 There were still a number of _____ in the way of an agreement.

Grammar Note

构成名词的后缀常有 -ment, -ion, -ity 等, 构成形容词的后缀常有 -al, -ed, -ic, -ive 等, 通常可通过变换单词后缀实现词性转换。

Task 2 Fill in the table with the words in their appropriate forms.

Nouns	Adjectives
<i>Example: consumption</i>	<i>consumptive</i>
traceability	1 _____
2 _____	regulatory
artificiality	3 _____
4 _____	technological
environment	5 _____
6 _____	industrial

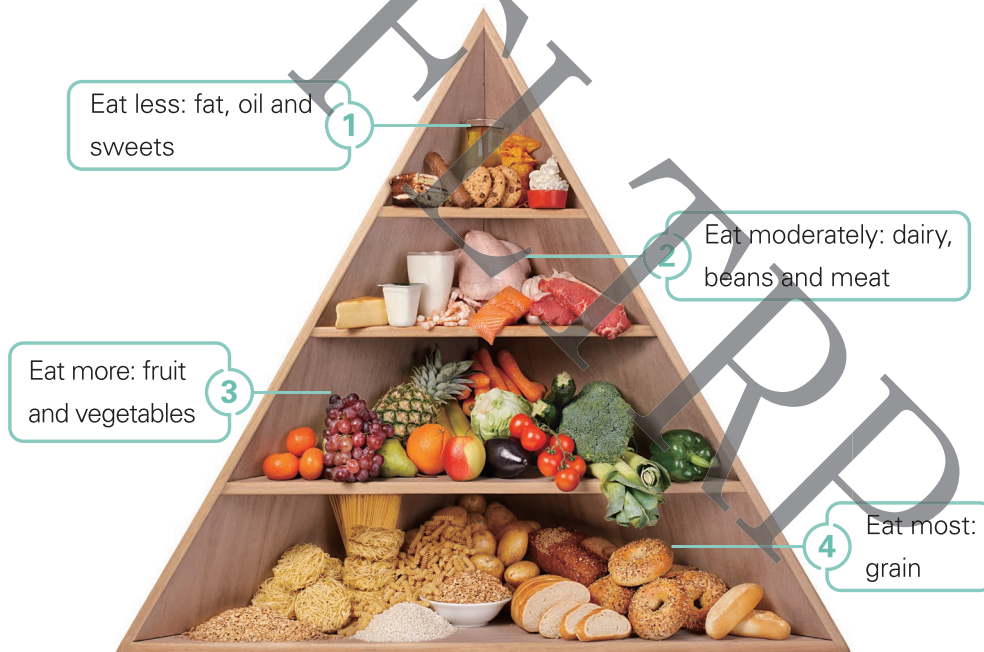
Task 3 Read the passage and try to list each paragraph's topic sentence.

Three major challenges in the food industry

Paragraph 1: _____
 Paragraph 2: _____
 Paragraph 3: _____
 Paragraph 4: _____

Task 4 Work with a group and complete the following task.

A food pyramid is a guide stating the entire healthy food intake that our body requires regularly. Try to build your healthy meal plan and some dishes are provided for your reference.



Reading Strategy

主题句 (topic sentence) 是指一段文字中能表述其主要思想的句子。它通常是一个完整的句子, 简洁并具有概括性。段落中的其他句子围绕主题句所表达的主题思想进行说明、解释或扩展。主题句可能出现的位置有段首、段尾或段落中间。有一些段落没有明确的主题句, 需要读者自己归纳。

Yang Chow Fried Rice

扬州炒饭

Strawberry Pudding

草莓布丁

Beijing Roast Duck

北京烤鸭

Pumpkin Soup 南瓜汤

Fresh Seasonal Fruit

时令果盘

Roast Chicken 烤鸡

Roast Beef Salad

烤牛肉沙拉

Pork with Preserved

Vegetables 梅菜扣肉

Cheese Cake 芝士蛋糕

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Lunch							
Dinner							

How to cook rice

¹ Rice is a popular staple food on the dining table in many areas of China. A bowl of white rice can go with all sorts of dishes, supplying almost all of the nutrition that the human body needs. Its major constituent is carbohydrate, and the amino acids in it help the body to digest and absorb. But how to cook it? The recipe below is a common way of preparing steamed rice.

² Step One

Select an amount of dry rice you need and wash it well in a soup bowl or a basin. Usually, 1 bowl of dry rice will yield 3 bowls of steamed rice.



³ Step Two

Pour the cleaned rice into an electric rice cooker and add



water to ensure that the rice is fully immersed. The proportion of the rice and the water is about 1:1.2.

⁴ Step Three

Turn on the power. Cover and steam it for about half an hour until the indicator lamp indicates that the steamed rice is ready.



⁵ Step Four

Turn off the power. Take the rice out of the cooker and serve it in a bowl.



⁶ Your steamed rice is ready to eat. If you like, you can also add a small amount of oatmeal, red dates, sweet potatoes to the dry rice and steam them together for a mixed flavor.



Words & Phrase

Words

carbohydrate /ˌkɑːrbouˈhaɪdreɪt/ *n.* 碳水化合物

constituent /kənˈstɪtʃuənt/ *n.* 成分

flavor /ˈfleɪvər/ *n.* (食物或饮料的) 味, 味道

immerse /ɪˈmɜːrs/ *v.* 使浸没

indicator /ɪˈndəkeɪtər/ *n.* 指示器

proportion /prəˈpɔːrʃən/ *n.* 比例

staple /ˈsteɪpl/ *adj.* 主要的

Phrase

amino acid 氨基酸

Task 1 Match the words with their meanings in the recipe.

- 1 staple
 - a. forming the greatest or most important part of something
 - b. used all the time
- 2 constituent
 - a. one of the substances or things that combine to form something
 - b. someone who votes in a particular area
- 3 indicator
 - a. one of the lights on a car that flash to show which way the car is turning
 - b. something that can be regarded as a sign of something else
- 4 immerse
 - a. to put someone or something deep into a liquid so that they are completely covered
 - b. to become completely involved in an activity
- 5 proportion
 - a. the relationship between two things in size, amount, importance, etc.
 - b. a part of a number or an amount, considered in relation to the whole

Task 2 Translate the following sentences into Chinese.

- 1 Select an amount of dry rice you need and wash it well in a soup bowl or a basin.
- 2 Pour the cleaned rice into an electric rice cooker and add water to ensure that the rice is fully immersed.
- 3 Cover and steam it for about half an hour until the indicator lamp indicates that the steamed rice is ready.
- 4 Take the rice out of the cooker and serve it in a bowl.

Sink or float?

Step One

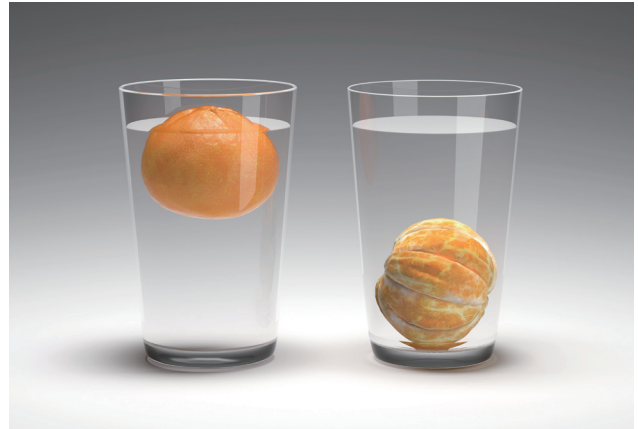
Fill two large glasses of water about 3/4 of the way full. If you don't have a glass that can fit a small orange, two bowls will work great too.

Step Two

Grab two oranges. Leave one orange as it is and peel the other.

Step Three

Take turns carefully dropping the oranges in the glass of water to see what happens. Discuss the results.



Explanation

The unpeeled orange floats because the rind is very porous and filled with tiny pockets of air. Even though you have removed mass when you peel the orange, the peeled orange is denser and sinks in the water.

Yuan Longping



Yuan Longping (1930-2021) is a Chinese scientist. He is known as the “Father of Hybrid Rice”. In the 1960s, when China was suffering serious famine, he found a natural hybrid rice plant and continued to cultivate it to solve the problem of food shortage. He set multiple world records in hybrid rice yields in recent years, making great contributions to the food security of China and the world. He won the 2000 State Preeminent Science and Technology Award in China. In 2019, he received the Medal of the Republic, China’s highest order of honor.



Words & Phrases

The words and phrases I have learned in this unit are:

Grammar

The grammar points I have learned in this unit are:

Reading Strategy

The reading strategy I have learned in this unit is:

Manual

I have learned the key components of the circular diagram of the food industry and the steps of cooking rice. They are:

My Learning Log