

## A cook's dilemma 厨师左右为难

Vocabulary: food 词汇: 食品

What to cook when you have guests? I always feel like I'm **walking on eggshells** when I have to prepare a dinner party for new friends or people I don't know well.

Some eaters are **picky** and don't like cheese. Others can't stand a particular vegetable. And even puddings have their **critics**. **Attitudes** towards food can be formed during childhood and have an impact on the rest of their lives.

President George Bush senior, for example, banned **broccoli** aboard the presidential plane, Air Force One.

"I do not like **broccoli!**" the President said in 1990. "And I haven't liked it since I was a little kid and my mother made me eat it. And I'm President of the United States, and I'm not going to eat any more **broccoli!**"

It left **a bitter taste** in the mouth of the American farmers who produced the vegetable.

Dr Emma Uprichard from the University of Warwick published a study on food hates. It revealed **common patterns** in the foods British people **reject**.

They don't like milk puddings – **semolina** and rice pudding – often associated with school dinners of the 50s and 60s.

But it's not only bad memories that make us **turn our noses up** at certain foods. There are biological reasons too. Scientists researching genetic differences say there are various groups of "tasters".

The one they call "super tasters" are more likely to have strong **aversions** to **bitter** foods such as **broccoli** and **Brussels sprouts**. I always keep my fingers crossed that none of my dinner party guests are in this group.

And food is about cultural diversity too. The British don't eat horse meat. Brazilians like a black bean stew with pork which, in the experience of a Brazilian cooking for friends here in London, isn't popular with Kurdish people.

Sometimes I think the life of a **host** would be easier if we could just serve everybody a simple omelette, **seasoned** with love and friendship.

What about you? If I invited you for dinner what would you like me to cook for you?

词汇表请参看答案与词汇部分



**Broccoli** is known to help to keep bones healthy

## Quiz 测验

阅读短文并回答问题。

1. Who banned broccoli from Air Force One?
2. British people don't like eating which foods?
3. Who says there are different types of "tasters"?
4. What didn't the Kurdish guests at a dinner party like?
5. What do you call habits people from different countries have?

## Exercise 练习

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

1. Mary has a bad temper. When I talk to her I always feel like I \_\_\_\_\_.

turn her nose up	am walking on eggshells	am picky	dislike broccoli
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2. When I was a child my mother made me eat carrots. Today I have \_\_\_\_\_ to it.

an attitude	a bitter taste	an aversion	a habit
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3. Mary is a \_\_\_\_\_. She makes people feel really welcome at her house.

great guest	picky eater	good hostess	bad cook
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4. The easiest dish I know is \_\_\_\_\_. All you have to do is mix some eggs.

omelette	black bean stew	salad	rice pudding
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5. Children have to eat well to be healthy. That's why when they are not at home they are offered a \_\_\_\_\_.

rice pudding	school dinner	dinner party	cultural diversity
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## **Answers and Glossary** 答案与词汇

### **Quiz** 小测验

1. Who banned broccoli from Air Force One? **US President George Bush senior.**
2. British people don't like eating which foods? **Milk puddings, like semolina and rice pudding, and horse meat.**
3. Who says there are different types of "tasters"? **Scientists researching genetic differences.**
4. What didn't the Kurdish guests at a dinner party like? **Brazilian black bean stew with pork.**
5. What do you call habits people from different countries have? **Cultural diversity.**

### **Exercise** 练习

1. Mary has a bad temper. When I talk to her I always feel like I **am stepping on eggshells.**
2. When I was a child my mother made me eat carrots. Today I have **an aversion** to it.
3. Mary is a **good hostess.** She makes people feel really welcome at her house.
4. The easiest dish I know is **omelette.** All you have to do is mix some eggs.
5. Children have to eat well to be healthy. That's why when they are not at home they are offered a **school dinner.**

## Glossary 词汇表

<b>to walk on eggshells</b>	如履薄冰
<b>picky</b>	好挑剔的
<b>critic</b>	批评者
<b>attitude</b>	态度
<b>broccoli</b>	西兰花
<b>a bitter taste</b>	一种苦味儿
<b>a common pattern</b>	一个普遍的模式
<b>to reject</b>	不喜欢
<b>semolina</b>	粗粒小麦粉
<b>to turn (our) noses up</b>	不屑一顾
<b>an aversion to (something)</b>	厌恶某物
<b>bitter</b>	苦味的
<b>a Brussels sprout</b>	抱子甘蓝
<b>a host</b>	主人
<b>to season</b>	调味