

## Exercise labels on food proposed 英国健康专家提议食品包装需注明“运动量”

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健康专家呼吁厂商改良食品标签，在包装上标出人们要想消耗食物所含热量，需要做多少运动。英国皇家公共卫生协会在《英国医学杂志》上发表的文章中提到，该提议能帮助降低肥胖率。以下是 *Dominic Hughes* 的报道。

Food and drink **packaging** already contains information such as **calories**, salt and sugar content, but the Royal Society of Public Health believes many people find this confusing. It's proposing an additional labelling system – what it calls activity equivalent calorie labelling – linking the calories consumed with the amount of exercise that would need to be done to work them off.

So a can of **fizzy drink** would take an adult of average height and weight about 26 minutes to walk off, a bowl of cereal, 16 minutes of running. The Food and Drink Federation says it's an interesting **concept** that is worth exploring.

Packaging is governed by EU-wide legislation but the Royal Society of Public Health admits that in the absence of **detailed** research on the impact such labelling may have on consumers **at this stage there's little appetite for** such a change.

## 词汇表

<b>packaging</b>	包装
<b>calories</b>	热量单位卡路里（复数）
<b>fizzy drink</b>	汽水，碳酸饮料
<b>concept</b>	想法，理念
<b>detailed</b>	详细的
<b>at this stage</b>	现阶段，眼下
<b>there's little appetite for (something)</b>	（市场）对...没有什么需求（原意指没有胃口）

## 测验

请听报道并回答下列问题。

1. How can consumers find out how much sugar there is in the food they eat?
2. True or false? Anybody who drinks a can of fizzy drink can work off the calories by walking for 26 minutes.
3. Is the Food and Drink Federation going to adopt the new labelling soon?
4. What would have to be done to find out how people would respond to the proposed labelling system?

## 答案

1. How can consumers find out how much sugar there is in the food they eat?

**By reading the label on the packaging.**

2. True or false? Anybody who drinks a can of fizzy drink can work off the calories by walking for 26 minutes.

**False. This is an estimate for someone of average height and weight.**

3. Is the Food and Drink Federation going to adopt the new labelling soon?

**The article doesn't say. But the Food and Drink Federation seems to suggest that it's something to consider because it says the idea is interesting.**

4. What would have to be done to find out how people would respond to the proposed labelling system?

**Detailed research on the impact it would have on them.**