



# BBC WORLD SERVICE LEARNING ENGLISH

Health: Curry Power  
健康：咖喱的力量

## Health: Curry Power 健康：咖喱的力量

### A Cure for Cancer? 癌症有救了？

Read the text below and do the activity that follows.

阅读下面的短文，然后完成练习：

If you like curry then you must be delighted to learn that scientists in Ireland have found a certain type of curry spice can kill off cancer cells.

The chemical – curcumin – can be found in the bright yellow curry spice turmeric. It's long thought to have healing powers. Tests by a team at the Cork Cancer Research Centre show it can destroy gullet cancer cells in the lab.

The cancer cells began to digest themselves after the curcumin triggered lethal cell death signals. And this process started within 24 hours.

Dr Lesley Walker, director of cancer information at Cancer Research UK, said: "This is an interesting research which opens up the possibility that natural chemicals found in turmeric could be developed into new treatments for oesophageal cancer."

Cancers of the oesophagus kill more than 500,000 people across the world each year. It's the sixth most common cause of cancer death in the UK. The tumours are especially deadly, with five-year survival rates of just 12 to 31 percent.

However Dr Sharon McKenna, lead researcher on the study says turmeric is broken down in the blood once ingested.

A way is needed to be found to ensure it stayed in the circulatory system for longer to give it time to kill cancer cells.

Asked if people with oesophageal cancer should now start eating lots of curries, she said turmeric was just one spice that was found in curry.

"A curry contains a lot of other heavy spices that would not necessarily be good for you at all," she said. "When you eat it, you are not applying it directly to the cancer cells as we were in the laboratory."

So there's no excuse to binge on curry meals after you've read this. Maintaining a balanced diet remains our best option to a healthy lifestyle.

## Glossary 词汇表

cells – 细胞	curcumin – 姜黄素
turmeric – 姜黄（植物）	healing powers – 有治疗功能
gullet – 食道	digest – 消化
triggered – 引发	lethal – 致命的
opens up – 开创，开辟	oesophageal cancer – 食道癌
tumours – 肿瘤	survival rates – 存活率
lead – 带领	broken down – 分解
ingested – 摄取，吸收	circulatory system – 循环系统
laboratory – 实验室	binge on – 猛吃猛喝
balanced diet – 均衡饮食	option – 选择

### 1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真？哪句是假？请圈出正确答案。

1. The research was carried out in a street survey.  
True / False
2. The chemical curcumin started attacking cancer cells within 24 hours.  
True / False
3. Oesophageal cancer is the second most common cause of cancer deaths in the UK. True / False
4. The survival rate for oesophageal cancer is less than 5%. True / False
5. Dr Sharon McKenna says people shouldn't eat curry all the time.  
True / False

## 2. Jumbled Sentences 打乱词序的句子

Rearrange the words in the sentences below to make correct sentences.

请将下列句子中的单词重新排列，组成一个正确的句子。

1. expensive is the world the most Saffron spice in.

2. no cure There is for cancer magic.

3. Scientists have eating curry found that help prevent regularly could dementia.

4. takeaway food Indian most popular food is the in the UK.

5. beer Many bottle of people their curry enjoy a with.

6. chicken curry dish is My favourite tikka masala.

## 3. Food Idioms 有关食品的习惯用语



Look at the idioms below. Each one is connected to food.  
Match the idiom to its definition.

请看下列习惯用语，它们都与书和写作有关。  
请将习语与各自的定义对应起来。

- |                       |   |
|-----------------------|---|
| 1. spice things up    | a. feel relaxed about something.        |
| 2. full of beans      | b. a controversial or difficult subject |
| 3. cool as a cucumber | c. have a lot of (silly) energy         |
| 4. hot potato         | d. To make things exciting.             |

Now complete the sentences below by using one of the idioms above.

现在请用以上的某个习语完成下列句子。

1. Finding a good location for the new health centre is a \_\_\_\_\_ right now.
2. I can't believe the kids are still \_\_\_\_\_ after a day out at the zoo.
3. Jason was \_\_\_\_\_ when he attended the final stage of his job interview.
4. I want to \_\_\_\_\_ for our Christmas party, so I got everyone involved in a brainstorm for fun ideas.

#### 4. Wordsearch 单词搜索

Try to find the words associated with the article in the puzzle below.

There are ten words to find. Words can be written horizontally (g), vertically (i) or diagonally (m)

请在下面的字谜游戏中，找出与本篇文章有关的英语单词来。

共有10个单词，其组成方式可能以水平的 (g) 垂直的 (i) 或对角的 (m) 形式出现。

c	o	i	x	i	d	e	n	t	c	a	b
d	e	b	g	o	r	n	e	y	a	x	w
k	s	c	u	r	c	u	m	i	n	z	i
s	o	n	l	i	n	h	e	i	c	n	c
a	p	i	l	t	i	a	l	c	e	l	l
f	h	e	e	u	n	s	u	i	r	a	n
f	a	d	t	r	i	g	g	e	r	e	i
r	g	q	u	m	i	c	i	s	o	u	a
o	u	w	i	e	n	d	i	n	h	e	c
n	s	c	u	r	r	y	p	u	m	y	e
m	y	m	e	i	n	g	a	l	e	r	y
i	h	a	i	c	h	e	m	i	c	a	l

gullet	cell	curcumin	trigger	oesophagus
turmeric	curry	saffron	cancer	chemical

## Answers 答案

### 1. Reading Quiz 阅读测验

- The research was carried out in a street survey. **False**
- The chemical curcumin started attacking cancer cells within 24 hours. **True**
- Oesophageal cancer is the second most common cause of cancer deaths in the UK. **False**
- The survival rate for oesophageal cancer is less than 5%. **False**
- Dr Sharon McKenna says people shouldn't eat curry all the time. **True**

### 3. Food Idioms 有关食品的习惯用语

请看下列习惯用语，它们都与书和写作有关。请将习语与各自的定义对应起来。

- d
- d
- a
- b

现在请用以上的某个习语完成下列句子。

- Finding a good location for the new health centre is a **hot potato** right now.
- I can't believe the kids are still **full of beans** after a day out at the zoo.
- Jason was **cool as a cucumber** when he attended the final stage of his job interview.
- I want to **spice things up** for our Christmas party, so I got everyone involved in a brainstorm for fun ideas.

### 2. Jumbled Sentences 打乱词序的句子

- Saffron is the most expensive spice in the world.
- There is no magic cure for cancer.
- Scientists have found that eating curry regularly could help prevent dementia.
- Indian food is the most popular takeaway food in the UK.
- Many people enjoy a bottle of beer with their curry.
- My favourite curry dish is chicken tikka masala.

### 4. Wordsearch 单词搜索

	o							c		
	e		g					a		
	s	c	u	r	c	u	m	i	n	
s	o		l					c		
a	p		l	t				c	e	l
f	h		e	u				r		
f	a		t	r	i	g	g	e	r	
r	g			m						
o	u			e						
n	s	c	u	r	r	y				
				i						
				c	h	e	m	i	c	a