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Avocado 鳄梨

Neil: Hello and welcome to BBC Learning English. I am Neil.

Yang Li: 大家好, 我是 Yang Li. 今天我们要和大家聊一聊英国的一种热门水果, 就是鳄梨, 也叫牛油果。

Neil: Over the past few years we've seen more and more avocados in the UK market; a lot of people have grown to like them and think that the avocado is a super-food.

Yang Li: 在我们今天的节目中我们就会对这个被称为是超级食品的avocado进行一番深入研究。

Neil: Because of the colour a lot of people think the avocado is a vegetable but actually it's a fruit.

Yang Li: Yes, it is a fruit. But why is the avocado so special? 我们为此特别采访了 Susie Grant, 她就是著作《另类成熟》这本书的作者。

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Well, I love them. First of all, they're a fruit – not many people realise that they're actually a fruit. They're packed with vitamin E and all kinds of antioxidants that really help protect your skin against aging. And I call them a super-food because they're very high protein and they're not fattening – because they're raw. So I always encourage my clients to eat avocados as a very good source of nutrition and they will not put on weight unless they smother it with prawn cocktail, mayonnaise-ey thick rich nasty sauces.

Neil: She said that avocados are packed with Vitamin E and all kinds of antioxidants.

Yang Li: 包含了大量的维他命E和抗氧化物 antioxidants.

Neil: Antioxidants help protect our skin against aging. So Susie calls it a super-food.

Yang Li: Why does Susie call the avocado a super-food?

Neil: Because they are high in protein and not fattening, as they are raw.

Yang Li: 高蛋白而且生吃不会导致发胖。

- Neil: Susie always encourages her clients to eat avocado as they are a very good source of nutrition.
- Yang Li: Nutrition 营养。不过吃鳄梨会长胖的吗？
- Neil: Susie says that eating avocados will not make you put on weight unless you combine them with a rich sauce such as mayonnaise.
- Yang Li: Good advice. 不要把鳄梨和蛋黄酱一起吃。 Let's ask some British young people what they think about avocados.
- Neil: The first one is Matt and the second is Emily:

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Matt: I really like avocado because it tastes very nice – it's got a nice nutty flavour, it's very smooth creamy texture, goes very well with bacon. I believe it's very good for you as well – I think it contains essential fatty acids and various other nutrients that the body needs.

Emily: Avocados, although they are fruit and they are good for you, they do make you put on weight – because they're very high in fat. One of my friends, she would eat salad every day, but there would always be lots of avocados in there, and she was wondering why am I still putting on weight. And as soon as I saw she had avocados, I knew that it was the avocados that were causing it.

- Neil: Matt says that he likes avocados because they taste nice and they've got a nice and nutty flavour.
- Yang Li: 美味带果仁味道的。
- Neil: But Emily gives an example of her friend and believes that eating too many avocados will make you put on weight.
- Yang Li: However, Susie says the fat in avocados is good for you:

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Now essential fats, which avocado does contain, do not put on weight. Essential fats are called essential fats for a very good reason – they are essential for every single cell in your body. And you will not have healthy bones, healthy heart, healthy skin, healthy joints, healthy intestines, healthy anything if you don't have enough essential fats in your diet.

- Yang Li: Now I see. 鳄梨中所含的脂肪属于必需脂肪 essential fats.
- Neil: They are called essential fats as these fats are essential for every single cell in our body.
- Yang Li: 你身体中的每个细胞。比如说，如果你吃的食物中缺少必需脂肪，那你就不会有健康的骨骼、健康的心脏、健康的皮肤、健康的关节、健康的肠胃、健康的任何器官。

Neil: So far we have talked about eating avocados to benefit ourselves. But when they get very ripe, you can use them as an anti-aging face mask as well.

Yang Li: Anti-aging face mask 抗衰老面膜。真不错！ I think I am going to try it out myself soon. Hopefully I will be looking 5 years younger.

Neil: I am sure you will.

Yang Li: Well, I hope that you have enjoyed our programme and see you next time.

Neil: Bye.