

Coffee's popularity 对咖啡的热爱

Vocabulary: coffee 词汇: 咖啡

Do you drink a lot of coffee? The water boiling in the kettle, the **aroma**, the first mouthful from the cup in the morning – so many people see it as part of a **ritual** that it inspired an expression in English: '**Wake up and smell the coffee!**'



I read the other day in the New Scientist magazine that coffee contains a **stimulant, caffeine**, which is the planet's most popular "**psychoactive drug**". In the United States alone, more than 90% of adults are estimated to use it every day. That's a lot of people!

Organisations which research public health thought it too. They're concerned about the addition of **caffeine** to products such as waffles, **energy drinks** and chewing gum. Lynne Goldman, dean of the George Washington University School of Public Health, says that many people don't know how much **caffeine** they are taking. As a result they could have **insomnia, indigestion** or **high blood pressure**.

I don't want to have any of that but I must say that when I can't have any coffee I feel a bit tired, have a mild headache and find it difficult to concentrate. Scientists say that these must be the **withdrawal symptoms** of **caffeine** - because coffee can cause an **addiction**.

But if you are a coffee lover like me, you shouldn't be afraid because **in moderation, caffeine** may have some positive effects. A study in the American Journal of Clinical Nutrition linked drinking coffee and tea with a lower risk of **diabetes**.

There is an interesting story behind the use of coffee. Stephen Braun, author of Buzz: The Science and Lore of Alcohol and **Caffeine**, says that the substance became popular in Europe with the industrial revolution. There was a race for **productivity** during that time.

And some famous people believed that coffee has creative powers. French novelist and playwright Honoré de Balzac and German composer Ludwig van Beethoven are said to have liked it a lot.

American film-maker David Lynch ate at the same Los Angeles diner every day for seven years. He drank up to seven cups of coffee with lots of sugar every time, which he said would guarantee him "lots of ideas".

What about you: Does coffee fill you with ideas? Is it an important part of your social life?

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. How many people in the US are believed to consume caffeine daily?
2. Is this statement true or false? *Coffee drinkers might get insomnia if they don't have their usual cup.*
3. According to the article, when did coffee become popular?
4. Who liked sweetened coffee?
5. Which expression means 'something you do regularly as part of a routine'?

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. I need to have a hot beverage every morning with my toast and jam. Coffee is the perfect _____ to my breakfast.

addiction	aroma	addition	productivity
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2. You can't spend so much money on shoes if you don't have a job. Wake up and _____ the coffee!

taste	make	boil	smell
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3. This aspirin might help you with your _____.

headache	insomnia	diabetes	indigestion
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4. If you don't want to get fat, you should eat chocolate _____.

with sugar	with positive effects	as a ritual	in moderation
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5. A compliment from the boss is a good _____ for a hard-working employee.

stimulant	productivity	concern	withdrawal symptom
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Answers and Glossary 答案与词汇

Quiz 小测验

1. How many people in the US are believed to consume caffeine daily? **90% of adults.**
2. Is this statement true or false? *Coffee drinkers might get insomnia if they don't have their usual cup.* **False. People might get insomnia if they drink too much coffee.**
3. According to the article, when did coffee become popular? **During the industrial revolution.**
4. Who liked sweetened coffee? **American film-maker David Lynch.**
5. Which expression means 'something you do regularly as part of a routine'? **A ritual.**

Exercise 练习

1. I need to have a hot beverage every morning with my toast and jam. Coffee is the perfect **addition** to my breakfast.
2. You can't spend so much money on shoes if you don't have a job. Wake up and **smell** the coffee!
3. This aspirin might help you with your **headache**.
4. If you don't want to get fat, you should eat chocolate **in moderation**.
5. A compliment from the boss is a good **stimulant** for a hard-working employee.

Glossary 词汇表

aroma	(咖啡的)香味; 芳香
a ritual	习惯
Wake up and smell the coffee!	认清事实
a stimulant	兴奋剂, 刺激物
the caffeine	咖啡因
a psychoactive drug	精神药物
an energy drink	能量饮料
insomnia	失眠症
indigestion	消化不良
high blood pressure	高血压
a withdrawal symptom	断瘾症状
an addiction	上瘾
in moderation	适量, 适度地
diabetes	糖尿病
productivity	生产力, 生产率