Media English 媒体英语
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Calorie counting menus 卡路里菜单

爱尔兰政府要求该国的餐厅要在六个月内主动把每道菜的卡路里指数在菜单上表明，以便让顾客能直接判断自己选择的菜是否健康。爱尔兰的卫生部长已表示，如果餐厅不遵守自愿参与的计划，那他会对此事提出立法。请听 BBC 记者 Ruth McDonald 从都柏林发回的报道：

*Ireland has **a proud tradition** of producing good quality food, which is enjoyed at home and abroad. But like many developed countries, it's also battling **obesity** - nearly forty per cent of adults here are overweight.*

*On Wednesday the country's health minister **backed** a report calling for calorie labelling, which would mean that Irish restaurants, like this one, and fast food outlets would have to show exactly how many calories are in the **dishes** that they serve.*

*The health minister said the country's food businesses have six months to introduce calorie menu labelling, or else face the possible introduction of a **compulsory** scheme. Some fast food chains here already label their menus, allowing customers to make healthier choices if they wish. But the country's restaurant association has claimed it will cost each **outlet** around seven thousand dollars to **implement** calorie labelling.*

***The move** is supported, however, by the findings of the report, which show that most people here support calorie labelling in food outlets. This is a country with **a track record** of acting on public health - Ireland was one of the first places in the world to implement a **blanket** smoking ban in public places, for example.*

Questions

1.　　How can we describe people who are fat or overweight?

2.　　What do calories measure?

3.　　If restaurants don't implement calories labelling voluntarily, what does the Irish government propose to do?

4.　　What other bans has the Irish government introduced to help the public to stay healthy?

Glossary 词汇

a proud tradition	自豪的传统
obesity	肥胖
backed	支持
dishes	菜肴
compulsory	义务的，强制规定的
outlet	销售点
implement	实现
the move	此举
a track record	良好的记录
blanket	总括，全体的

Answers to the questions

1. How can we describe people who are fat or overweight?

Answer: Fat people are also known as obese people.

2. What do calories measure?

Answer: Calories are used to measure how much energy there is in food.

3. If restaurants don't implement calories labelling voluntarily, what does the Irish government propose to do?

Answer: The Irish government could introduce compulsory labelling through legislation.

4. What other bans has the Irish government introduced to help the public staying healthy?

Answer: Ireland was one of the first places in the world to introduce smoking ban in all public places.