

# BBC LEARNING ENGLISH

## Take Away English 随身英语



### Need glasses? Try kale instead.

### 视力不好吃羽衣甘蓝试试

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#### Vocabulary: eyesight 词汇: 视力

Do carrots really help you see in the dark? What about kiwis or **kale**? Can eating certain foods improve your eyesight or prevent your eyes **degenerating**? Perhaps we should all be taking **supplements** to benefit our vision? Research in both the US and Ireland has shown that supplementing the diet with certain key **chemicals** can significantly benefit your **vision**. These can be taken as supplements but they are also found widely in many green leafy plants and green and yellow fruit and vegetables.



*Eating kale and kiwis can improve your eyesight, researchers have found*

The **retina** is the part of our eye that contains cells sensitive to light. The most delicate area of this **tissue** – the **macula** – is protected from harmful blue and UV light by yellowish ‘macular **pigment**’. This acts like sunglasses, blocking the damaging light. It comprises three pigments – **lutein**, **zeaxanthin** and **meso-zeaxanthin**. A research team led by Professor Nolan in Ireland has recently completed a year-long trial investigating the benefits of taking supplements of macular pigments. 100 participants took part in the experiments. The results showed that by taking lutein, zeaxanthin and meso-zeaxanthin, there was a significant improvement in the protection of the macula, as well as in overall eyesight. There was also some evidence that these chemicals can help to slow down macular degeneration, which is the main cause of **sight loss** in the UK. However, this is somewhat controversial.

Lutein is a yellow **compound** found only in plants, which produce it to absorb light. We can get lutein by eating foods like kale and spinach. It is also present in egg yolk. Zeaxanthin, another yellow compound similar to lutein, is found in such foods as corn, yellow bell peppers and **saffron**. Meso-zeaxanthin is not generally found in food sources, though it can be found in some fish. It is created in the retina from **ingested** lutein. It can be taken in supplements made with **marigold extracts**.

As for carrots, it turns out that it's the leafy green bits on the top that contain the key compounds beneficial to eyesight, rather than the vegetable itself. So next time you're told carrots help you see in the dark, save them for the rabbit and chop up some kiwi instead!

## 词汇表

<b>kale</b>	(蔬菜) 羽衣甘蓝
<b>to degenerate</b>	下降, 衰退
<b>supplement</b>	补充物, 补充片剂
<b>chemical</b>	化学品
<b>vision</b>	视力
<b>retina</b>	视网膜
<b>tissue</b>	组织
<b>macula</b>	视网膜黄斑
<b>pigment</b>	色素
<b>lutein</b>	叶黄素
<b>zeaxanthin</b>	玉米黄素
<b>meso-zeaxanthin</b>	消旋玉米黄素
<b>sight loss</b>	失明
<b>compound</b>	化合物
<b>saffron</b>	藏红花
<b>to ingest</b>	摄取
<b>marigold extract</b>	万寿菊提取物

## 测验与练习

### 1. 阅读课文并回答问题。

1. True or false? Eating yellow and green vegetables can be harmful to your eyesight.
2. What is the macula?
3. How does macular pigment protect the macula?
4. Name two food sources of lutein.
5. Why does the writer of the article conclude that there isn't much point eating carrots if you want to see in the dark?

### 2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. The retina in the eye contains cells that are \_\_\_\_\_ to light.

sensible	sensitive	sensuous	sensational
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2. She knew that his eyesight had seriously begun to \_\_\_\_\_ when she couldn't read the label on the packet.

generate	decompose	degenerate	disintegrate
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3. The five-week course of dietary supplements led to \_\_\_\_\_ improvement in the participants' vision.

beneficial	large	big	significant
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4. A healthy balanced meal consists \_\_\_\_\_ plenty of vegetables, some protein and a little carbohydrate.

in	of	with	on
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5. It's an old wives' tale that carrots help \_\_\_\_\_ in the dark!

you to see	you seeing	to see you	you to seeing
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## 答案

### 1. 阅读课文并回答问题。

1. True or false? Eating yellow and green vegetables can be harmful to your eyesight.

**False. Some yellow and green vegetables contain chemicals that are beneficial to eyesight.**

2. What is the macula?

**It's the delicate part of the retina in the eye.**

3. How does macular pigment protect the macula?

**It blocks the damaging blue and UV light.**

4. Name two food sources of lutein.

**Two from: kale, spinach, egg yolks**

5. Why does the writer of the article conclude that there isn't much point eating carrots if you want to see in the dark?

**Because it's the leafy green part on top of the vegetable that contains the compounds beneficial to eyesight, and not the vegetable itself.**

2. 请你在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. The retina in the eye contains cells that are **sensitive** to light.

2. She knew that his eyesight had seriously begun to **degenerate** when she couldn't read the label on the packet.

3. The five-week course of dietary supplements led to **significant** improvement in the participants' vision.

4. A healthy balanced meal consists **of** plenty of vegetables, some protein and a little carbohydrate.

5. It's an old wives' tale that carrots help **you to see** in the dark!