

Processed meat 'causes cancer' - WHO 世界卫生组织：常吃加工肉制品增加患癌几率

- 关于台词的备注：
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。
- 请注意：中文文字内容只提供简体版

据世界卫生组织最新发表的报告称，食用像培根、香肠和火腿等加工肉制品确实可以增加患癌症的风险。此报告说，每天吃50克的加工肉产品，相当于不到两片培根的量，就会使患直肠癌的几率增加18%。

This new assessment puts **processed meat**, such as **salami** and ham, in the highest **category** of five possible **rankings** of cancer-causing agents. And they say that red meat, even if it's not been treated, is in the next highest group, meaning it's probably **carcinogenic**.

Alarming though this sounds, scientists emphasise that eating meat doesn't carry the same cancer risk as smoking cigarettes, for example.

Responding to the international report, Cancer Research UK said there was not much harm in having a bacon **ba**p once in a while. It was more important not to eat too much red or processed meat.

词汇表

| | |
|-----------------------|-------------|
| processed meat | 加工处理过的肉 |
| salami | 萨拉米（意大利香肠） |
| category | 种类，类别 |
| rankings | 排行榜 |
| carcinogenic | 致癌的 |
| alarming | 惊人的，吓人的 |
| bap | 面包（松软扁平的面包） |

测验

请听报道并回答下列问题。

1. Which is more carcinogenic: red meat or processed meat?
2. Are scientists absolutely sure red meat causes cancer?
3. True or false? Cigarettes are more harmful than sausages, in terms of cancer.
4. Does Cancer Research UK believe we need to stop eating processed meat altogether?

答案

1. Which is more carcinogenic: red meat or processed meat?

Processed meat is in the highest group of cancer-causing agents, which means it is more likely to cause cancer than red meat.

2. Are scientists absolutely sure red meat causes cancer?

They say it is 'probably' carcinogenic, rather than 'definitely'.

3. True or false? Cigarettes are more harmful than sausages, in terms of cancer.

True. Scientists say eating processed meat doesn't carry the same risk as smoking.

4. Does Cancer Research UK believe we need to stop eating processed meat altogether?

No, they say that the occasional 'bacon bap' is not harmful.