BBC LEARNING ENGLISH
Take Away English 随身英语
Tight jeans may not be in your genes
你体内可能没有"瘦基因"

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Vocabulary: diet: 词汇：减肥

This time of year many of us **resolve** to get back into shape. But if you are having trouble fitting into your tight jeans, it may not be your fault. Scientists now believe that **willpower** alone is not enough lose weight. They say success depends on your **genes**, **hormones** and **psychology**.

A study of 75 people by BBC Science and Oxford and Cambridge Universities has looked into why **one-size-fits-all diets** are often not successful. The scientists divided over-eaters into three groups – people who **feast**, people who constantly **crave** food and **emotional** eaters. They **tailored** diets to the needs of each group.

One-size-fits-all diets do not suit everyone

Feasters can't stop eating once they start. This is because they don't have the hormones that tell them when they are full. Scientists designed a diet for this group featuring high **protein** foods that make them feel full for a long time. This included fish, chicken, basmati rice and grains. Bread and potatoes were not allowed because they do not fill you up for long.

Constant cravers always feel hungry. Scientists say that certain genes **disrupt** the messages the stomach sends to the brain saying it is full, meaning the cravers always feel like they need more fatty, sugary food. **Dieting** seven days a week is very hard for these people, so scientists put them on a normal, healthy diet five days a week, and cut their **calorie intake** to 800 on two days a week.

Emotional eaters have got into the **habit** of eating whenever they feel stressed. To help them change this **behaviour**, scientists offered them group support in meetings and online as well as a diet. During the study, people from all three groups lost weight on the tailored diets, with feasters losing the most and constant cravers losing the least.

So what about you? If any of the eating habits sound familiar, perhaps you should consider a new approach to slimming for 2015.

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. According to scientists, what three things can affect weight loss?
2. How many people took part in the recent study on dieting?
3. What should feasters not eat?
4. What extra help was given to emotional eaters?
5. Which group didn't lose as much weight as the other two?

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. My husband doesn't have the _____ to stop smoking.

calorie intake	willpower	habit	behaviour

2. Chimpanzees' _____ are more similar to those of humans than other apes.

psychology	feasts	diets	genes

3. She is always _____ but she never seems to keep the weight off.

dieting	resolving	craving	disrupting

4. We can _____ the English course to your needs.

diet	emotion	one-size-fits-all	tailor

5. An important source of _____ in the Japanese diet is fish.

cravings	protein	hormones	emotions

Answers and Glossary 答案与词汇

Quiz 小测验

1. According to scientists, what three things can affect weight loss? **Genes, hormones and psychology.**
2. How many people took part in the recent study on dieting? **Seventy-five.**
3. What should feasters not eat? **Bread and potatoes.**
4. What extra help was given to emotional eaters? **Group support.**
5. Which group didn't lose as much weight as the other two? **The constant cravers.**

Exercise 练习

1. My husband doesn't have the **willpower** to stop smoking.

2. Chimpanzees' **genes** are more similar to those of humans than other apes.

3. She is always **dieting** but she never seems to keep the weight off.

4. We can **tailor** the English course to your needs.

5. An important source of **protein** in the Japanese diet is fish.

Glossary 词汇表

to resolve	下决心
willpower	意志力、毅力
genes	基因
hormone	荷尔蒙
psychology	心态
one-size-fits-all	一成不变的
diet (n)	（为减轻体重的）节食
to feast	大吃大喝
to crave	非常想吃（某样食物），渴望
emotional	情绪化的
to tailor	专为……订制
protein	蛋白
to disrupt	干扰、扰乱
to diet	（动词）节食
calorie intake	卡路里的摄入
habit	习惯
behaviour	行为，习性