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# BBC LEARNING ENGLISH

## Take Away English 随身英语

### Food banks in the UK

### 英国食物银行

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#### Vocabulary: poverty 贫穷

When looking at Western Europe, we don't usually think about poverty – but in fact, some people in modern-day Britain are so **hard up** that they can't **afford** to buy food.

Back in 2008, the **financial crisis** caused a lot of **redundancies**. Then there were the cuts to the **welfare system** in 2013 which added to the problem – and many British people **fell into debt**. It's estimated that 500,000 people in the UK have turned to **food banks**, just **to get by**.



Checks and referrals ensure only the needy can access food banks

Steph Hagen, who works in a Nottingham food bank, says: "People do not go to a food bank because it's an open door. It's a case of they go to it because they need to. With our food bank – we are an independent one, and we have **limited stocks** – everyone who comes through our door has no income whatsoever."

There are checks and **referrals** to make sure nobody is **abusing the system**. If a doctor or a social worker thinks someone needs to use a food bank – even for a short time – they can give them **vouchers**. Then the people in need take the vouchers along to the food bank and they get **handouts** for three days.

Churches and individual **donors** provide most of the food in the banks. But some businesses might help out too.

And what sort of food is offered in food banks? Hagen says: "Basically, we've got porridge. We do occasionally get fresh produce but it's very rare, especially in the winter months. It's like, tinned fruit, tinned **ready meals**. We have to give out 'no-cooking' food parcels because people can't afford the gas and electricity".

**Community spirit** has a lot to do with food banks. **Volunteers** say they are a great meeting place for people who are lonely and depressed. And when facing a crisis, some **beneficiaries** might need to feed not only their belly – but also their soul.

词汇表请参看答案与词汇部分

## Glossary 词汇表

<b>hard up</b>	拮据, 经济困难
<b>to afford</b>	负担得起, 买得起
<b>financial crisis</b>	金融危机
<b>redundancy</b>	裁员
<b>welfare system</b>	福利体系
<b>to fall into debt</b>	负债
<b>a food bank</b>	食物银行 (食物赈济处)
<b>to get by</b>	勉强过活
<b>limited stock</b>	有限的存货, 库存有限
<b>a referral</b>	(官方的) 送交、移交, 引见
<b>to abuse the system</b>	滥用制度、体系
<b>a voucher</b>	票券, 代金券
<b>a handout</b>	救济品
<b>a donor</b>	捐赠者
<b>a ready meal</b>	现成食品
<b>community spirit</b>	社区精神
<b>a volunteer</b>	志愿者
<b>a beneficiary</b>	受益者, 受惠者

## Quiz 测验

阅读短文并回答问题。

1. What caused many British people to fall into debt?
2. How do food banks make sure people are genuinely in need?
3. Where do the items in food banks come from?
4. Why do food banks mostly offer people tinned food?
5. Which word in the article means 'stomach'?

## 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. Martin lost his job about a year ago. Now he lives off \_\_\_\_\_ from his parents.

a voucher	handouts	referrals	redundancies
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2. Ann needs \_\_\_\_\_ to help her distribute food and clothes to the victims of the earthquake.

volunteers	beneficiaries	doctors	welfare system
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3. You've got to control your spending! It's not good to \_\_\_\_\_.

get by	cut the welfare system	afford nothing	fall into debt
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4. Mr Jones, take this \_\_\_\_\_ to the food bank and they will give you a food parcel.

handout	voucher	income	crisis
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5. Sorry, mate, I can't lend you money. I'm \_\_\_\_\_ myself.

volunteer	handout	redundancies	hard up
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## Answers 答案

### Quiz 小测验

1. What caused many British people to fall into debt?  
**The 2008 financial crisis and redundancies, followed by the cuts to the welfare system in 2013.**
2. How do food banks make sure people are genuinely in need?  
**They use checks, referrals and a voucher system to make sure that only the needy are able to access the food banks.**
3. Where do the items in food banks come from?  
**They are donated mainly by churches, individuals and some businesses.**
4. Why do food banks mostly offer people tinned food?  
**Because the beneficiaries might not have gas or electricity, and most of these items don't need refrigeration or cooking.**
5. Which word in the article means 'stomach'?  
**Belly.**

### Exercise 练习

1. Martin lost his job about a year ago. Now he lives off **handouts** from his parents.
2. Ann needs **volunteers** to help her distribute food and clothes to the victims of the earthquake.
3. You've got to control your spending! It's not good to **fall into debt**.
4. Mr Jones, take this **voucher** along to the food bank and they will give you a food parcel.
5. Sorry, mate, I can't lend you money. I'm **hard up** myself.