

词汇: *lifestyle* 生活方式

Let's face it – most of us can't resist a cup of tea or coffee sometimes. They're a perfect **pick-me-up** and comforter. But there are alternative beverages, so why have we chosen these as our go-to drinks to soothe our **hectic** lives? And which one is superior?

Let's start with tea – it's the second most consumed drink in the world. For many – especially the British – having a 'cuppa' is a daily **ritual**. The caffeine contained in it helps wake you up in the morning, and throughout the day we'll make a brew to distract us from our work or to be **sociable**. And according to some scientists, **habitual** tea consumption can have some **health benefits**. Andrew Steptoe, a professor from University College London's Department of Epidemiology and Public Health, told BBC Food that drinking black tea "may speed up recovery from the daily **stresses** in life... but we do not know what ingredients of tea were responsible for these effects on stress recovery and **relaxation**".

Coffee is tea's 'trendier' rival. Its popularity has grown over the years, and this is reflected in the number of coffee shops we see around – places to **hang out**, do business or **catch up** with friends. Coffee can taste great and can be served in many ways, but it's sometimes how you have it that can be seen as a **status symbol** or the preserve of **hipsters**! Of course, it gives you a strong caffeine hit – roughly double of that contained in tea. However, too much can lead to **anxiety**. Sleep scientist Matt Walker told the BBC that caffeine can decrease the amount of restorative deep sleep you have.

But some scientists say drinking coffee – and green tea – can also be good for us. Researchers at Osaka University linked drinking a daily cup of coffee with a lower risk of death among both stroke survivors and healthy people, while drinking seven or more cups of green tea was associated with a lower risk of death among both heart attack and stroke survivors. So, whether we turn to coffee or tea for its taste, its image or as a **lifestyle choice**, it could be a **lifesaver**!

词汇表

pick-me-up	提神的東西
hectic	忙碌的，繁忙的
ritual	習慣，日常活動
sociable	合群的，喜歡社交的
habitual	慣常的，習慣性的
health benefit	給健康帶來的好處
stress	精神壓力
relaxation	放鬆
hang out	（與某人）消磨時光， “泡”在某個地方
catch up	叙舊，嘮家常
status symbol	社會地位的象征
hipster	潮人
anxiety	焦慮
lifestyle choice	生活方式選擇
lifesaver	幫上大忙的事物或人

测验与练习

1. 阅读课文并回答问题。

1. What is believed to be the second most consumed drink in the world?
2. Which type of tea is thought to help us recover from stress?
3. Where is a good place to hang out with friends and drink coffee?
4. In what way might drinking coffee help stroke survivors?
5. True or false? *You get less restorative sleep if you consume too much caffeine.*

2. 选择意思恰当的单词或词组来完成下列句子。

1. My morning _____ always involves having a shower.

hectic	ritual	anxiety	habitual
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2. Our neighbours are very _____ – they keep popping round to chat!

hipsters	relaxation	sociable	hang out
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3. Thanks for finding my smartphone – you are a _____!

lifesaver	lifesaving	saverlife	lifesavers
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4. I haven't seen you for ages, so let's _____ over a coffee later.

pick-me-up	catch up	stress	sociable
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5. For _____, I go to yoga – it really helps me clear my mind.

relaxable	relaxing	relaxation	relaxed
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答案

1. 阅读课文并回答问题。

1. What is believed to be the second most consumed drink in the world?

Tea is thought to be the second most consumed drink in the world.

2. Which type of tea is thought to help us recover from stress?

Andrew Steptoe, a professor from University College London's Department of Epidemiology and Public Health, told BBC Food that drinking black tea "may speed up recovery from the daily stresses in life."

3. Where is a good place to hang out with friends and drink coffee?

A coffee shop is a good place to hang out with your friends and drink coffee.

4. In what way might drinking coffee help stroke survivors?

Researchers at Osaka University linked drinking a daily cup of coffee with a lower risk of death among both stroke survivors and healthy people.

5. True or false? *You get less restorative sleep if you consume too much caffeine.*

True. Sleep scientist Matt Walker, told the BBC that caffeine can decrease the amount of restorative deep sleep you have.

2. 选择意思恰当的单词或词组来完成下列句子。

1. My morning **ritual** always involves having a shower.

2. Our neighbours are very **sociable** – they keep popping round to chat!

3. Thanks for finding my smartphone – you are a **lifesaver**!

4. I haven't seen you for ages, so let's **catch up** over a coffee later.

5. For **relaxation**, I go to yoga – it really helps me clear my mind.