

■美文阅读



A smart diet, a healthy life

No matter how old your kids are, you can take steps to improve a healthy diet and to encourage good eating habits.

Tip One: Family Meals

Family meals are nice for both parents and kids. Children like to guess what they are going to have and parents get the chance to introduce new foods to children. Parents can also use the mealtime as a chance to talk with their kids about their life.

Tip Two: Healthy Snacks

Kids, especially younger ones, will eat mostly what can get at home. That's why it's important to have enough healthy snacks, such as fruits, vegetables, nuts, yogurt and whole grain biscuits.

Tip Three: Being a Good Example

The best way for you to encourage

healthy eating is to eat well yourself. Kids will follow the lead of the adults they see every day. By eating fruits and vegetables and avoiding fast food and sweet drinks, you are sending the right message.

Tip Four: No Shouts about Food

Parents might find themselves shouting at children to get them to have healthy foods in front of them. This in fact can make children dislike what they are asked to eat. You need to work a bit on different cooking methods.

Tip Five: Get Kids Included(参与)

Most kids will enjoy making the decision about food. Talk to them about making choices and planning a healthy meal. It can help them to make good decisions on their own about the foods they want to eat.

■知识播报

vocation 和vacation 你分得清吗?

在英语中,很多时候两个单词,长得特别像,让人傻傻分不清。

比如vocation和vacation,只差了一个字母,但是意思却差得很多,很多人不注意都会写错。今天,我们就来讲讲它们的区别。

vocation是职业、工作的意思。形容词形式是vocational,比如:vocational aptitude业务能力,vocational bureau职业介绍所。

而vacation是假期、休假的意思。

比如: on vacation休假
所以,这两个词你分清了吗?

■英语笑话

Expensive Price

Dentist: I'm sorry, madam, but I'll have to charge you twenty-five dollars for pulling your son's tooth.

Mother: Twenty-five dollars! But I thought you only charged five dollars for an extraction.

Dentist: I usually do. But your son yelled so loud, he scared four other patients out of the office.

昂贵的代价

牙科医生: 对不起,夫人,为给您的儿子拔牙,我得收二十五美元。

母亲: 二十五美元! 可是我知道您拔一颗牙只要五美元呀?

牙科医生: 是的。但是您儿子这么大声地叫唤,他都吓跑四位病人了。

■短语

1. round up集合

Round everybody up. It's time for our business meeting.

叫大家集合,开会时间到了。

2. take care of business负责

Who's going to take care of business while I am away?

我不在的时候谁负责?

3. take out on拿……出气

Don't take your frustrations out on me. 别把气出在我身上。

4. beat a dead horse白费口舌,白费力气

I've already made up my mind. There's no sense beating a dead horse.

我已经下了决心,不要再白费口舌了。

5. keep it under raps保密

Don't tell anyone about the party. Let's just keep it under raps.

不要把晚会的事告诉任何人。这件事情不要泄露出去。