Lesson 3　Fun Food Facts

Reading

1. Everyone loves food, but how much do you know about the science behind many foods? Here are some fun **scientific** food questions.
2. Why does **airline** food taste so bad? If you travel by plane, you may find that a large amount of airline food is not so tasty. You might think airlines want to keep costs down, so they **provide** cheap food and drinks. Actually, there are other reasons. The low **pressure** and dry air inside an airplane make your **taste buds** less **sensitive**. Even the noise can change the way food tastes. It can make sweet things less sweet and salty foods less salty.
3. Is it true that bananas are **radioactive**? Yes, it is, but not dangerously so. According to scientists, bananas **contain** *potassium*. When *potassium* **decays**, it becomes a little radioactive. *Potassium*, however, is necessary for good health, and you would have to eat a huge number of bananas to have a dangerous amount of it. In fact, it won't **match** the natural radiation levels in your body unless you eat 10 million bananas. Don't worry, just keep on enjoying this healthy fruit.
4. Why are jelly beans so shiny? The shine on the **surfaces** of jelly beans, some apples, and other things is caused by *shellac*. *Shellac* is **processed** from the bodily **excretions** of an insect which is found in the forests of Thailand. In addition to a food **additive**, *shellac* is used as a wood finishing **product** and to make medicines shiny. In other words, you've probably eaten insect **waste** many times before.
5. How long does honey **last**? The simple answer is, forever. Honey is made with the purpose of being **stored**. Those clever bees have created a food **source** that will last a long time. Honey is **loaded** with sugar and kills any **bacteria** that find their way into it by drying them out. No doubt you have seen a jar of honey that has **crystallized** into a **solid mass**. It's still OK to eat, though. Put the jar into a pan of hot water and the honey will return to its **normal state**.
6. You don't have to be a scientist to enjoy good food, of course. **For the sake of** your health and happiness, however, it's helpful to learn more about food so that you can add some spice (and sugar, and sauce) to your life.

scientific 科學的
airline 航空公司
provide 提供
pressure 氣壓；壓力
taste buds 味蕾
sensitive 敏感的
radioactive 放射性的
contain 包含
potassium 鉀
decay 腐敗
match 比得上；相配
surface 表面，外層
shellac 食物光澤
processed 加工的
excretion 排泄物
additive 添加物
product 產品
waste 排泄物；浪費
last 持續，維持
store 儲存，儲備
source 來源
loaded 富含…的
bacterium 細菌
crystallize 結晶
solid 固狀的
mass 塊，堆；大量
normal 普通的
state 狀態，情況
for the sake of 為了

補充說明

shellac 蟲膠(使物品有光澤的昆蟲排泄物)

jelly bean 軟豆糖

摘要 SUM

1. 我們每天都吃東西，而我們所吃的食物背後有一些有趣的科學事實。以下是一些例子。
2. 我們多數人都覺得飛機上的食物很難吃，你知道為什麼嗎？是因為航空公司為了節省成本而給我們廉價食物嗎？其實不是，主要是因為空氣壓力使得我們的味蕾比較不敏銳，再加上噪音使得甜食不甜鹹食不鹹。
3. 另外有人說香蕉是有輻射性的，真的嗎？答案是對也不對。因為香蕉含有鉀，當鉀這種化學物質腐敗，香蕉的確具有放射性，可是必須要吃一千萬隻香蕉才會使體內的放射性化學物質達到危險的量。
4. 還有為什麼軟豆看起來那麼的光亮呢？還有一些水果，例如蘋果，看起來也是很光亮。主要原因是在這些食物表面有一種叫做蟲膠的物質。你大概不會想要知道蟲膠是怎麼來的，蟲膠是來自泰國森林裡面的一種昆蟲的排泄物，所以我們都吃過昆蟲的排泄物。
5. 最後你知道蜂蜜可以放多久嗎？答案可能是會讓你嚇到喔，蜂蜜永遠都不會腐敗，主要原因是蜂蜜裡面一種特殊的糖會殺死所有的細菌，你也許看過在櫃子裡面的蜂蜜變成結晶狀塊狀，你只要將那一塊狀放到熱水裡面，蜂蜜就可以回到原來的狀態。
6. 你不需要研究科學來知道什麼可以吃什麼不可以吃，這篇文章可以讓你知道一點點大自然的奧妙，為你的人生添加許多的調味料。

文法重點

句型 1：If S + V, S + V

句型 2：S + V unless S + V

Examples:

1. **<u>If</u>** you travel by plane, you may find that a large amount of airline food is not so tasty.
2. In fact, it won't match the natural radiation levels in your body **<u>unless</u>** you eat 10 million bananas.

習作：以 if 或 unless 完成下列句子。

1. Nelson can be home by noon _____ he takes the high speed rail.
2. You'll have to wait for an hour _____ you make a reservation.
3. Jessica will get an award _____ she wins the race.
4. _____ you are a member of the store, you can get a 20% discount.
5. The plane will not take off _____ every passenger fastens their seat belt.
6. Thomas will not apologize to Dora _____ she apologizes first.