



BBC WORLD SERVICE LEARNING ENGLISH

Health: White Wine Warning
健康：白葡萄酒的警告

White Wine Warning 白葡萄酒的警告

White Wine Can Rot Your Teeth 白葡萄酒可以让你蛀牙

Read the text below and do the activity that follows.

阅读下面的短文，然后完成练习：

In many countries, white wines such as Chardonnay are the preferred choice when people have seafood or poultry dishes. And they certainly don't stain your teeth, tongue or lips like red wines do.

However findings published in the journal of Nutrition Research, may come as a revelation to most drinkers.

It's claimed that enjoying a glass of white wine on a frequent basis can damage your teeth, because of the high acidity levels in white wine it can erode the tooth enamel more quickly than red wine.

The team of researchers examined the effects on teeth of eight red and eight white wines from different parts of the world.

In the lab, adult teeth soaked in white wine for a day suffered a loss of both calcium and a mineral called phosphorus to depths of up to 60 micrometers in the enamel surface, which the researchers say is significant.

And the matter isn't helped by brushing your teeth soon after drinking, as excessive brushing action can lead to further loss of enamel. Also the effects can be made worse by how frequently you sip your wine.

But the study wasn't all bad news for wine lovers. By having cheese or creamy desserts, the acid attacks can be reduced.

"The tradition of enjoying different cheeses for dessert, or in combination with drinking wine, might have a beneficial effect on preventing dental erosion since cheeses contain calcium in a high concentration," the scientists added.

Professor Damien Walmsley, of the British Dental Association recommended a 30 minute break between drinking and brushing and to drink wine with food.

"Consuming wine alongside food, rather than on its own, means the saliva you produce as you chew helps to neutralise its acidity and limits its erosive potential."

Glossary 词汇表

poultry – 家禽肉类	stain – 染色, 污迹
revelation – 出乎意料的事	basis – 基础
acidity – 酸性	erode – 腐蚀
tooth enamel – 牙齿的珐琅质	calcium – 钙
mineral – 矿物质	depths – 深度
surface – 表面	significant – 重要的
sip – 小口喝	combination – 组合
recommended – 建议	consuming – 消耗
saliva – 口水	chew – 咀嚼
neutralise – 中和, 抵消	erosive – 侵蚀性的, 腐蚀性的

1. Reading Quiz 阅读测验

Are these sentences true or false? Circle the correct answer.

以下句子哪句是真?哪句是假? 请圈出正确答案。

1. Red wine is normally drunk with seafood dishes. True / False
2. White wine can do more damage to your teeth than red wine. True / False
3. In the lab, the teeth were soaked in wine for more than a week. True / False
4. Brushing immediately after drinking white wine will protect your teeth better. True / False
5. Cheese can help in protecting tooth enamel. True / False

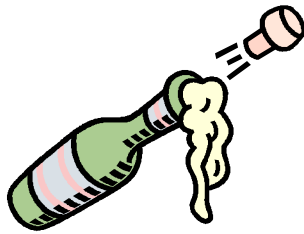
2. Drinks 饮料

Look at the pictures, see if you know the name of the drinks.

你知道图片中的饮料是什么吗？



1. _____



2. _____



3. _____



4. _____



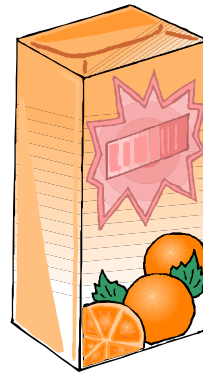
5. _____



6. _____



7. _____



8. _____

Cocktail	tea	coffee	smoothie
beer	wine	champagne	fruit juice

3. Dental Health 牙科

Can you connect the dentistry words on the left to their correct explanations on the right?

把左栏中牙科的词汇和右栏中的相应解释连线。

enamel	A material that dentists use to make holes in our teeth disappear.
braces	The lower part of your face which moves when you open your mouth.
orthodontist	Something that dentists use to help people achieve straight teeth.
jaw	The hard white shiny substance which forms the covering of a tooth.
filling	A person whose job is to correct the position of the teeth, etc.

Now complete the following sentences with words from above.

请用上面的单词来完成下面的句子。

- a) Many teenagers wear _____ so that they can have beautiful smiles when they're adults.
- b) Lions have a very strong _____ allowing them to bite and tear their prey apart.
- c) When James opened his mouth, Lisa was shocked to see that he had more than ten _____s. He must have loved his sweets.
- d) Neil trained very hard to be an _____, it took him six years at university.
- e) White wine, fruit juice and other acidic drinks or food can damage the tooth _____.

4. Wordsearch 单词搜索

Try to find the words associated with this week's story in the puzzle below.

There are ten words to find. Words can be written horizontally (g), vertically (i) or diagonally (m)

请在下面的字谜游戏中，找出与本篇文章有关的英语单词来。

共有10个单词，其组成方式可能以水平的 (g) 垂直的 (i) 或对角的 (m) 形式出现。

A	D	P	O	M	B	I	T	R	E	S	M
M	P	O	U	L	T	R	Y	V	I	K	I
B	I	M	I	N	E	R	A	L	A	L	I
M	S	Z	U	K	I	L	A	S	S	A	N
V	A	T	J	I	A	C	I	D	I	T	Y
W	L	I	E	S	A	H	O	Y	P	O	P
I	I	N	E	X	Y	E	R	O	D	E	X
N	V	Q	V	I	N	W	A	R	R	N	B
A	A	M	S	T	A	I	N	Z	I	A	R
Y	M	H	E	J	O	L	I	M	E	M	I
A	C	A	L	C	I	U	M	P	Y	E	E
G	I	N	X	E	P	T	O	A	N	L	I

poultry acidity chew sip erode
saliva stain mineral enamel calcium

Answers 答案

1. Reading Quiz 阅读测验

1. Red wine is normally drunk with seafood dishes. **False**
2. White wine can do more damage to your teeth than red wine. **True**
3. In the lab, the teeth were soaked in wine for more than a week. **False**
4. Brushing immediately after drinking white wine will protect your teeth better. **False**
5. Cheese can help in protecting tooth enamel. **True**

3. Dental Health 牙科

Enamel -- The hard white shiny substance which forms the covering of a tooth.

Braces -- Something that dentists use to help people achieve straight teeth.

Orthodontist -- A person whose job is to correct the position of the teeth, etc.

Jaw -- The lower part of your face which moves when you open your mouth.

Filling -- A material that dentists use to make holes in our teeth disappear.

请用上面的单词来完成下面的句子。

- a) Many teenagers wear braces so that they can have beautiful smiles when they're adults.
- b) Lions have a very strong jaw allowing them to bite and tear their preys apart.
- c) When James opened his mouth, Lisa was shocked to see that he had more than ten fillings. He must have loved his sweets.
- d) Neil trained very hard to be an orthodontist, it took him six years at university.
- e) White wine, fruit juice and other acidic drinks or food can damage the tooth enamel.

2. Drinks 饮料

1. beer
2. champagne
3. smoothie
4. wine
5. tea
6. cocktail
7. coffee
8. fruit juice

4. Wordsearch 单词搜索

	P	O	U	L	T	R	Y					
		M	I	N	E	R	A	L				
	S								S			
	A				A	C	I	D	I	T	Y	
	L					H			P			
	I					E	R	O	D	E		
	V					W				N		
	A		S	T	A	I	N			A		
										M		
	C	A	L	C	I	U	M			E		
										L		