

Slow Down: Good Food Ahead 美味方舟

Your breakfast consists of a quick something from a food stand. Your lunch hardly **fares** better, with a hit-and-run at the **burger joint**. When evening comes, you **forego** a home-cooked dinner and **raid** the night market **stalls** instead. In this **breakneck** modern world of ours, we are in serious danger not only of growing overweight, but also of losing touch with the **culinary** traditions that have enriched our societies for generations.

你的早餐是食物摊上买来的某种快餐；午餐则是到汉堡店外带，那也没好到哪里去。夜晚来临时，你不想在家吃晚餐，而光临夜市摊贩。在这个快步调的现代社会里，我们处于极度危险当中，除了逐渐过重的体重，也跟长久丰富社会的烹饪传统渐行渐远。

But a movement is **endeavoring** to **rectify** this **unsavory** trend. Called [Slow Food](#), it **stands for** everything that the fast-food industry does not: organic, unprocessed, and traditional. It was launched in Italy in 1986, when [Carlo Petrini](#) was protesting against the opening of a McDonald's **franchise** in Rome. In so doing, Petrini was also calling for the preservation of Italy's ancient culinary traditions – for Italy's **very** culture.

然而，有项运动正努力改正这种乏味的趋势。它叫做「慢食主义」，所代表的是所有快餐业不具备的东西：有机的、未经加工的、传统的。这项运动 1986 年在意大利发起，始于卡洛·彼得里尼抗议麦当劳在罗马成立第一间店。彼得里尼也呼吁保存意大利古老的烹饪传统——为意大利正统文化着想。

The Slow Food movement is similar to other **conservation** efforts: it aims to preserve **indigenous** cuisine and natural products. This “**ark of taste**”, as experts have named it, could, for example, try to preserve traditional hand-made tofu or the production of **bona fide** Canadian maple syrup.

慢食主义运动跟其他的保护行动类似：旨在保护本土美食和天然产品。比方说，这个由专家所命名的「美味方舟」，可试着保存传统的手工豆腐，或地道加拿大枫糖浆的生产。

With help from local groups and governments, the movement has now spread all over the world, Taiwan included. Perhaps it's about time we reserved the precious little time we have at mealtime to truly enjoy food that's made with a mind to taste, nutrition, and tradition.

藉由当地团体及政府的帮助，目前这项运动已散播到世界各地，包括台湾。或许此时此刻，我们应该利用短暂的宝贵用餐时间来真正享受讲究美味、营养及传统的食物。

—by Michael Cole

Vocabulary

forego [for ` go] v. 放弃

raid [red] v. 袭击

culinary [` kjulɪ,nɛrɪ] adj. 烹饪的

endeavor [ɪn ` dɛvə] v. 努力，力图

rectify [ˈrɛktəˌfaɪ] v. 矫正; 改正

conservation [ˌkɒnsəˈveɪʃən] n. 保存; 保护

More Information

fare [fɛr] v. 吃, 进食

burger joint [dʒɔɪnt] 汉堡店

stall [stɔl] n. 摊位

breakneck [ˈbrekˌnɛk] adj. 非常危险的; 极快的

unsavory [ʌnˈsevəri] adj. 没有味道的; 难闻的, 难吃的

stand for: 代表 to represent

franchise [ˈfrænˌtʃaɪz] n. 特许加盟; 连锁店

very [ˈvɛri] adj. 真正的, 真实的

ark [ɑrk] n. (圣经的) 方舟

bona fide 【拉】真实的; 有诚意的

indigenous [ɪnˈdɪdʒɪnəs] adj. 土著的; 本地的