文江學海

茹素能否吃雞蛋 視乎奉行哪種素

工大英萃

隔星期五見報

飲食行業屢起革命,連鎖快餐店忙不迭 地加入戰團,標榜食材健康有機無添加。 純素餐飲蔚為風潮,有見及此,英國快餐 龍頭漢堡王 (Burger King U.K.) 推出全 新純素雞肉至尊漢堡 (chicken-free Vegan Royale burger) ,同時亦再次引入純素巨 無霸(Plant-Based Whopper)。漢堡王強 調純素產品絕不和肉類、乳製品、雞蛋等 食材一同烹煮,製作過程堪稱滴水不漏, 片肉不沾!

即使平日的你可能無肉不歡,但以下與 素食有關的詞彙,你又可有聽過呢? Veganism ' Raw Veganism ' Fruitarianism ' Ovo-vegetarianism ' Lacto-vegetarianism '

Ovo-lacto-vegetarianism / Vegetarianism > Pescetarianism、Flexitarianism。 英語靈活 多變,易於創造新字,帶領這股自然風 潮。以下摘錄美饌權威《米芝蓮指南》網 站記載有關上述新詞之介紹:

Veganism(純素主義):Adherents to the vegan diet do not consume animal meat or animal products such as eggs, dairy and honey. (崇尚純素主義的人不吃 肉類或動物產品如蛋、奶類製品、蜜

Raw Veganism (生素食主義): Give your stove a break with this diet that excludes all food and products of animal origin, as well as food cooked at a temperature above 48°C. (姑且讓爐灶休息一下 吧。生素食主義不包括任何動物產品,以 及不包含以攝氏48度以上煮過的食物。)

Fruitarianism (果食主義): This very controversial diet is a subset of raw veganism and involves - as its name suggests - a diet consisting of about 75% raw fruit by weight, and 25% nuts and seeds. (果食主 義備受爭議,是生素食主義的一種,顧名 思義指超過75%進食的食物來自水果, 25%源自堅果及種子。)

Ovo-vegetarianism (蛋素主義): "Ovo" is the Latin word for egg and this type of vegetarianism allows for the consumption of eggs but not dairy products. (「Ovo」在拉丁文解作「蛋」,蛋素主 義者可以吃蛋,但是不吃奶製品。)

Lacto-vegetarianism(奶素主義): Lacto-vegetarians ("lacto" from the Latin root word for milk) do consume dairy products but cut out eggs from their diets.

(「Lacto」的字根在拉丁文解作「奶」, 奶素主義者可吃奶製品,但是不吃蛋。)

Ovo-lacto-vegetarianism/Vegetarianism(奶蛋素主義):General vegetarians do not consume meat of any kind, but eat both dairy and egg products. (一般吃素的 人不進食任何肉類,但是可以吃蛋奶類食 品。)

Pescetarianism (魚素主義):A pescetarian's diet includes fish and seafood in addition to vegetarian foods such as beans, vegetables, fruits, dairy and grains. (魚素 者進食魚類海鮮,此外亦可以進食豆類、 蔬果、奶類製品、穀物。)

Flexitarianism (彈性素食主義):This

●李樂軒博士 香港恒生大學英文系講師

diet is more about adopting a healthier eating habit by including more vegetarian meals and seeing meat as more of an occasional accompaniment. (彈性素食主義提 倡更加健康的飲食習慣, 盡量多選擇素 食,偶爾以肉類佐餐。)

以上的字眼可有讓你頭昏腦脹?只要好 好掌握 Prefix (字首) 的意思 (如 「Ovo」、「Lacto」、「Flexi」),便可 以輕易舉一反三,觸類旁通,時刻欣賞到 英語變化多端之美。行文至此,終於解開 Vegan和 Vegetarian 的謎團了——哪種與 素食相關的主義最深得你心呢? Vegan Royale還是Plant-Based Whopper較為惹人



香港恒生大學 THE HANG SENG UNIVERSITY

數英語大學 牛津最古老

騎呢遊學團

星期五見報

大家都知道,英國有很多著名的學府,最為人知 的,當然就是劍橋大學 (University of Cambridge) 和牛津大學(University of Oxford), 這 兩間舉世知名 (world renowned) 的學府通常被合 稱為 Oxbridge, 今天就來為大家介紹一下牛津大 學,說不定,未來你也會在這間大學進修。

牛津大學是英語世界中,最古老的大學,基本上 現在也沒有一個確定的創立日子,根據文獻,最早 的教學開始在十一世紀。(The University of Oxford is the oldest university in the English-speaking world, and is actually so ancient that its founding date is unknown - though it is thought that teaching took place there as early as the 11th century.)

牛津大學由三十八間學院組成,提供全面的學術 課程,分別為人文學科;數學、物理及生命科學;

醫學及社會科學。 (The university is made up of a variety of institutions, including 38 constituent colleges and a full range of academic departments which are organised into four divisions: Humanities; Mathematical, Physical & Life Science; Medical Science; and Social Science.)

牛津大學本身就是一個城市,所以沒有一個主要 的校園位置,而是分散在整個牛津市的不同地方。

(Being a city university, it does not have a main campus and instead its buildings and facilities are scattered throughout the city centre.)

牛津大學名人畢業生(Notable Alumni)很多, 如前美國總統比爾·克林頓 (Bill Clinton) , 前英 國首相(也是史上第一名女首相)戴卓爾夫人 (Margaret Hilda Thatcher) ,前英國首相大衛 卡梅倫 (David Cameron),著名英國演員曉‧格 蘭特 (Hugh Grant) , 愛爾蘭作家、詩人、劇作家 奧斯卡·王爾德 (Oscar Wilde) ,都是這名牌大 學的畢業生。

●岑皓軒 騎呢領隊(畢業於英國 Imperial College London,著有親子育兒書《辣媽潮爸哈哈B》及 與馬漪楠合著暢銷書《Slang:屎爛英語1&2》等。)

《吉祥盛世》

水墨大展

隔星期五見報

作者: 陳東山

简介:陳東山,1961年生,1980年定居香港,自幼酷愛繪畫,居港 後一直從事中國古代名畫的臨摹和研究工作,經過30多年的探索、 磨練。打下堅實的繪畫基礎,終成今日之新風格。

陳氏擅長工筆花鳥,畫風獨特。功力深厚及富有感染力。其作品非常 強調物與物之間的相互呼應。雖然只是鵝鴨、雀鴿、蜂蝶又或是竹 菊、荷蒲、草石,但是在他筆下,每事每物都經過精心的構思,不僅 強調其自身的某一特徵,更強調兩者之間在表現瞬間狀態時的整體呼 應,因而令他的作品充滿意趣。

●資料提供



逢星期五見報

談英語

Learn English Teens

International Women's Day

Have you heard about International Women's Day? Why do we need a day to celebrate just half the inhabitants of our planet? Find out about this special day by reading the text below

What is International Women's Day?

International Women's Day takes place every year on 8 March to celebrate the achievements of women around the world. It started in New York City in 1908 when women took to the streets to demand the right to vote, shorter working hours and better pay. Today it's a global event.

Why do we need an International Women's Day?

In today's world it may appear that women have all the same opportunities as men, however, there's still a long way to go. Although progress has been made since 1908, there is still a lot to do before we see an equal number of men and women in the top jobs and receiving equal pay.

How is International Women's Day celebrated?

A lot of events take place to celebrate International Women's Day. These events celebrate the role of women in society and



make us all think about the progress that has been made, but also about the changes that still need to take place to ensure the world is a fair and equal place for all its citizens. The message for women around the world is to "think globally and act locally"; learn about the key issues facing women around the world and take action close to home.

The future

Can you imagine a future where there's no need to even have an International Women's Day? Where there is total equality for men and women? Something to think about, but perhaps in your lifetime this could happen!?

Activity 1 – True or false

Are the sentences true or false?

1. International Women's Day takes place every year on 9 March 2. International Women's Day is only celebrated in a few countries

3. International Women's Day started over a hundred years ago.

4. The idea of International Women's Day is to raise awareness about issues that affect women. 5. Organisers of International Women's Day think there is still a lot of work to do. 1. False; 2. False; 3. True; 4. True; 5. True

To find more English language activities visit www.britishcouncil.org/learnenglishteens

芝 語世界

這一年半載,多了時間在家,閒來追看劇集,

字面上, look as though butter would not melt in one's mouth 是「看起來牛油也不會融在這人 嘴裡」,比喻一個人面相和善,行為端正,不慍 不火,含在嘴裡的牛油也不會融化,但不要看這 人一臉老實,其實他可以做出一些惡意或可怕的 事情。此語形容人表面純真、無辜、正派,但心 藏惡毒、暗箭傷人、心術不正。

The doctor looked as though butter would not melt in his mouth, but it turned out at the end that he was a serial killer.

那名醫生外表道貌岸然,最後卻原來是連環殺

These politicians may be well-dressed and look as though butter would not melt in their mouths. They are in fact often dishonest and not

多時都不誠實,不值得信任。

那個十多歲的少女外表清純,卻原來常常霸凌

色,也是觀賞的點子。除了一些表裡不同的兩面 人,另有一類,看風使舵,唯利是圖,這些人懂 得什麼對自己最有利,處於某些環境,知道該做 些什麼事, 説些什麼話, 討好什麼人, 以獲得最 大利益, 英文説他們 know which side their bread is buttered °

得一就想二 兩邊塗牛油

隔星期五見報

亦是很好的娛樂。看懸疑偵探劇時,常會想想誰 是兇手,猜猜誰是犯人,看多了,發覺最後抓獲 的真兇多是先前看起來最和藹可親、令人覺得最 忠誠可靠的人。這些人表裡不一,只是外表友 善,就像英文慣用語説的look as though butter would not melt in their mouths °

trustworthy. 這些政客衣冠楚楚,一派正義凜然,但其實很

The teenage girl looks as though butter wouldn't melt in her mouth. Actually, she is a bully and behaves rather maliciously sometimes.

別人,行為有時十分惡毒。

戲劇往往比照現實世界的各色人物創造不同角

字面上, know which side one's bread is buttered即是「知道自己那片麵包哪一面塗上了牛 油」。麵包塗上牛油,味道更好,但是只會塗一 邊。知道哪一邊有牛油,比喻知道哪裡有好處。 描寫一個人懂得計算自己的利益,明白利之所 在,處事待人只謀求好處。

He supports the boss every time because he knows which side his bread is buttered.

他每次都支持上司,因為他深明趨利避害之 She was a woman who knew which side her

bread was buttered. She didn't reveal all the facts to the press. 她是精於衡量利害的女人,沒有向傳媒透露所

另外有些人,過於貪心,不管是否合理或公 平,企圖同一時間從各方面圖利。這些人罔顧環 境,得一想二,英文會說他們 want their bread

buttered on both sides ° 同一道理,麵包一般只有一邊塗上牛油,字面 上want one's bread buttered on both sides是「想 要自己的麵包兩邊都塗上了牛油」,或者説butter one's bread on both sides,「把麵包兩邊都塗 上牛油」,都是比喻同時從兩個對立陣營或不能 共融的處境撈取利益。

You can't ask for a rise in salary and a reduction in working hours at the same time. You can't butter your bread on both sides.

你不可以同時要求加薪和減工時,不能得一想

They need to make a choice. They cannot have their bread buttered on both sides. 他們必須作出選擇,不可企圖兼得兩方利益。

以上的用語都提到 butter 牛油,全部帶有貶 義,都是形容一些不好的特性,表裡不一,看風 使舵,兩面通吃。這些人不單出現在戲劇中,現 實生活中應該亦不少,用語當中的比喻不難明

> Lina CHU [linachu88@gmail.com]

成績不佳非絕路 絕處逢生遇轉機

對仁手記

隔星期五見報

今次受訪者是現任香港樹仁大學新聞與傳播學系合 作夥伴「新傳網」的總編輯,同時兼任大學講師的何 戎笙老師。何老師現職教育及編輯工作,以前亦曾擔 任幕前主播和記者,更同時持有多張旅遊導賞證書, 閱歷相當豐富呢。

何老師直言他很喜歡陸游的一首詩:「山重水複疑 無路,柳暗花明又一村。」

「我的事業生涯看起來豐富,但事實上卻頗為曲 折。我大學修讀傳媒學,三年級開始在無綫電視實 習,這是我傳媒生涯的開始。畢業後,我到過不同電 視和傳媒機構工作,曾經遇到因公司倒閉或不獲牌照 而被迫轉工,所以我也並非一帆風順。這就是我喜歡 這首詩的原因,我相信風浪過後總有轉機。亦因為我 經歷過風浪,所謂的閱歷也是從中慢慢累積。作為一 個記者,我慶幸自己見識過,讓我堅定了從事傳媒工

作的信心。」

DE TO THE THE TANK OF THE TANK

那何老師當時面對挫折的心情又是如何呢?

「我是一個比較樂觀的人,我還記得我會考成績不太 理想,但我不覺得是世界末日,只理性考慮究竟我要繼 續升學還是找工作。那時有位同學提醒了我,原來私立 大學都有提供學士學位,於是我報讀了樹仁的新聞與傳 播系。雖然畢業後都轉了幾次崗位,工作時有阻滯,我 心態上卻是豁達接受,因為我相信這些崗位都是證明自 己實力的機會,學了的知識也不會浪費。」

聽何老師的故事很勵志和真實,面對轉變反而努力 尋找出路。

「守株待兔不是我的性格,所以轉職期間我修讀了 幾張證書,增值自己。現在的我最希望能夠好好管理 樹仁新傳網,除了繼續做我喜歡的新聞工作外,我亦 希望為更多新傳系的學生提供實習機會,讓他們接觸 真實的新聞工作環境。」

何老師寄語每位希望修讀新聞與媒體的同學要多關 心社會,了解社會,以不同角度客觀地將社會實況報 道出來。

被訪者介紹:何戎笙,畢業於香港樹仁大學新聞與傳播學 系,現任新傳網總編輯及樹仁大學兼任講師,擁有多年傳媒 幕前幕後經驗









True

True

True

True

True

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False

False

False

False

False

• 中文星級學堂 · 百科啓智 STEM

通識文憑試摘星攻略

文江學海