

6月12日 讲义

1.拼音联系学习现代儿童诗歌：（拼音已发给同学），上课时传拼音图片。

欢迎小雨点 （圣野）

来一点，
不要太多。

来一点，
不要太少。

来一点，
泥土咧开了嘴巴等。

来一点，
小菌们撑着小伞等。

来一点，
小荷叶站出水面来等。

小水塘笑了，一点一个笑窝。

小野菊笑了，
一点敬一个礼。



FAMILY RECIPE

Diana Fernandez's Quassidias from Fresh Corn Tortillas

2 cups masa harina (dried, lime-treated fine cornmeal)

1 1/2 cups warm water

2 cups Colby Jack cheese (can substitute any kind of Cheddar cheese), coarsely grated

1/4 t salt

- Knead warm water and salt into masa harina and combine until dough is warm and only slightly sticky. Cut dough into about 18 little balls, each of which will form one tortilla.
- Flatten the little dough balls with a tortiller (tortilla press) until they are very thin. (They can be rolled with a rolling pin, but this is much more difficult.)
- Place flattened dough circle on a seasoned comal (a flat cooking pan made specially to cook tortillas) on medium-high heat.
- Once tortilla yellows and becomes harder, put cheese in middle and fold tortilla over. Keep folded tortilla on comal just long enough to melt cheese, turning it over when necessary (about 5 minutes).
- Serve immediately.



SUPERIZED U.S.A.

- Overweight population, male/female: **72/70%**
- Obese population, male/female: **37/38%**
- Population age 20 and older with diabetes: **8.8%**
- Liposuction surgeries per year: **400,000**
- Gastric bypass surgeries per year: **150,000**
- Percent paid by taxpayers for obesity-related medical costs: **50**
- Percent of dieting men/women on any given day: **25/45**
- Annual spending on dieting and diet-related products: **\$40 billion**
- Percent of all dieters who will regain their lost weight within 1 to 5 years: **95**

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FIELD NOTE

Lawrence Fernandez is a food professional: he has managed several all-you-can-eat cafeterias, including a Lily's, and now runs a Cicci's pizza franchise with a \$5.99 all-you-can-eat buffet in suburban San Antonio, Texas. The Fernandez family is not super-sized, but that is not true of their city. San Antonio went from 13th fattest city in the U.S. to 4th between 2003 and 2004, says Men's Fitness magazine. According to the Centers for Disease Control, more than one in four adult Texans is clinically obese.

Texas itself is super-sized: it's a huge state with a wide body and a pretty thick neck—what's called the panhandle—and judging by the size of the meals and people here, a thick panhandle is necessary to pick up the slack. I couldn't help noticing restaurants named The Pig Stand, Fat Tuesday, and Fat Boys Fatos in San Antonio. But besides the wide steers lined with such honestly named eateries, the city does have an incredible gem: the Riverwalk, a beautiful downtown stretch of the San Antonio River lined with restaurants, shops, hotels, and more restaurants. Tour boats entice visitors as they shuffle along the landscaped pedestrian walk flanking the river. Riverwalk visitors don't usually get to walk very far before they succumb to the food. Don't want to walk and eat? Another option is to float and blout (dining on boats as you watch other people eating along the riverbanks).

There is a wading consensus, though, that being big is natural, normal, and even noble. During our visit, I photographed the Ms Plus America bloomer for cocoa, Nanette. She's a truly beautiful woman decked out in a pink top, satin banner, and sparkling crown. She was huge, but against the backdrop of the super-sized Palmdome she looked fittingly in scale. —Peter

Trying to contain the children in the giant shopping cart, Diana and her mother (at left) prove the local M.E.B. supermarket. Brian, who repeatedly self-jects from the cart, must be constantly reminded that the impulse items hung in every aisle are not on the shopping list. At home, he polished off a cheeseburger (at right) from Whataburger.



UNITED STATES

- Population: **293,027,571**
- Urban population: **80%**
- Life expectancy, male/female: **75/80 years**
- Fertility rate (births per woman): **2.1**
- Caloric intake available daily per person: **3,774 calories**
- Caloric intake available from animal products daily per person: **1,047 calories**
- Annual alcohol consumption per person (alcohol content only): **9.6 quarts**
- GDP per person: **\$35,750**
- Total annual health expenditure per person in \$ and as a percent of GDP: **\$4,887/13.9**
- Physicians per 100,000 population: **279**
- Cigarette consumption per person per year: **2,255**
- Sugar and sweeteners available per person per year: **158 pounds**
- Soft-drink consumption/Coca-Cola product consumption per person per year: **54.8 gallons/25.7 gallons**
- Meat consumption per person per year: **275 pounds**
- McDonald's restaurants: **13,491**
- Beef/potatoes purchased annually by McDonald's: **1 billion pounds/1 billion pounds**
- Manure from all intensive animal-farming practices per year: **2 billion tons**
- Human waste per year: **200 million tons**
- Household food waste per year: **48 million tons**
- Cost of household food wasted per year: **\$43 billion**
- Household food waste per year as a percent of food purchases: **14**
- Percent of processed foods with some genetically modified ingredients: **75**
- Percent of soy/corn raised that is a genetically modified variety: **80/40**





After the Saturday soccer game, Diana (above, far right), and Alejandrina perform a family ritual: making fresh tortillas (in background) for cheese quesadillas (see recipe). The next day, though, it's back to less-than-traditional fare: takeout chicken and soda pop (bottom, far right). The Fernandezs begin their Sunday grocery trip after lunch. Clutching their spending money, Brianna and Brian (above) head for the bakery case, where they settle on giant pan dulces.

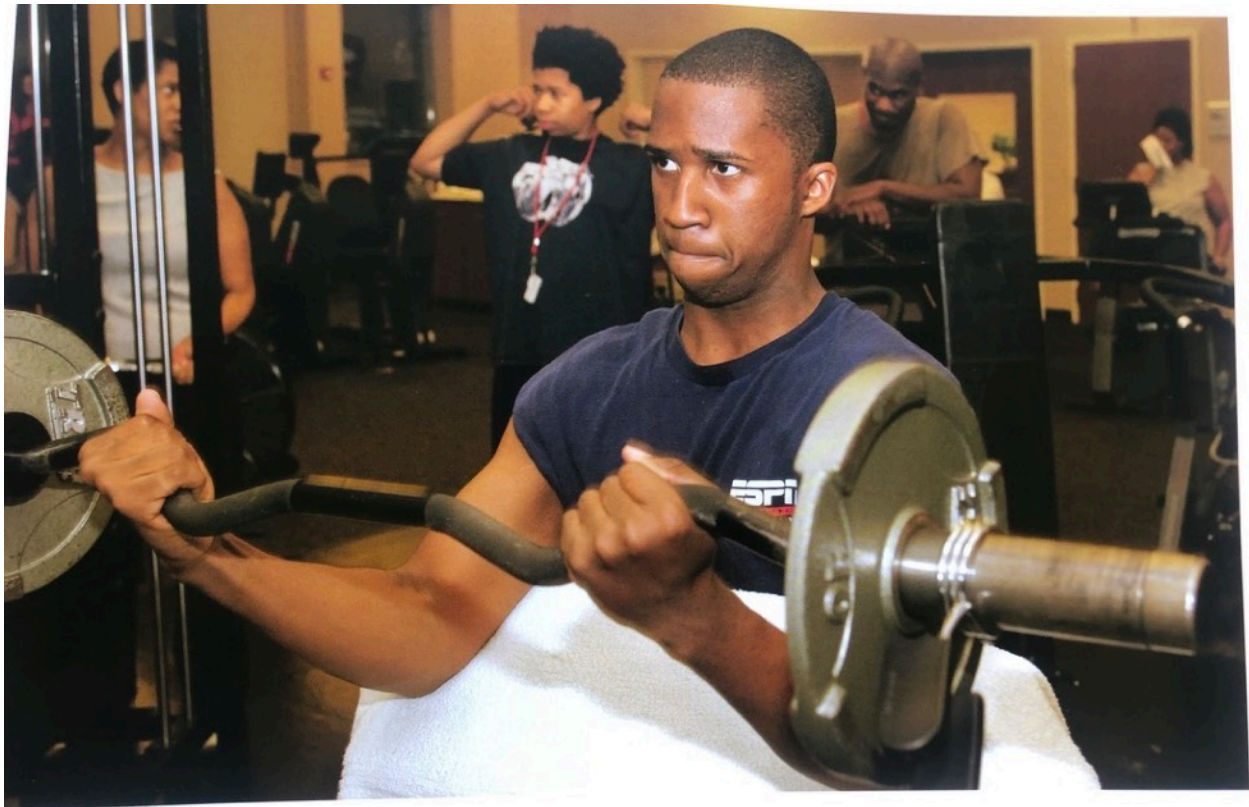


The Fernandez family in the kitchen of their San Antonio, Texas home with a week's worth of food—Lawrence, 31, and wife Diana, 35, standing, and Diana's mother, Alejandrina Cepeda, 58, sitting with her grandchildren Brian, 5, and Brianna, 4. Cooking methods: electric stove, microwave, toaster oven, outdoor BBQ. Food preservation: refrigerator-freezer. Favorite foods—Diana: shrimp with Alfredo sauce. Lawrence: barbecue ribs. Brian and Brianna: pizza. Alejandrina: chicken mole.



The Revis family in the kitchen of their home in suburban Raleigh, North Carolina, with a week's worth of food. Ronald Revis, 39, and Rosemary Revis, 40, stand behind Rosemary's sons from her first marriage, Brandon Demery, 16 (left), and Tyrone Demery, 14. Cooking methods: electric stove, toaster oven, microwave, outdoor BBQ. Food preservation: refrigerator-freezer. Favorite foods—Ronald and Brandon: spaghetti. Rosemary: "potatoes of any kind." Tyrone: sesame chicken.

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Every week, the Revis family (foreground, Brandon curling weights; background, left to right, Rosemary, Tyrone, and Ron) faithfully trekked to the health club in the Wakefield Medical Center, a hospital complex, for two-hour exercise sessions. They enjoyed the workouts, but found them so time-consuming that they wound up eating more fast food than ever. Fearing its potential impact on their health, they ultimately gave up the club in favor of dining and exercising at home.



The Caven family in the kitchen of their home in American Canyon, California, with a week's worth of food. Craig Caven, 38, and Regan Ronayne, 42 (holding Ryan, 3), stand behind the kitchen island; in the foreground is Andrea, 5. Cooking methods: electric stove, microwave, outdoor BBQ. Food preservation: refrigerator-freezer, freezer. Favorite foods—Craig: beef stew. Regan: berry yogurt sundae (from Costco). Andrea: clam chowder. Ryan: ice cream.

2. 《饥饿地球》图片分享。

给爸爸妈妈翻译翻译数据吧，给爸爸说说我们关于食物的课堂分享。

3. 聊聊关于鱼在中国文化里的重要地位

鲤形状寄递。对此，唐代诗人李商隐《寄令狐郎中》咏有：“嵩云秦树久离居，双鲤迢迢一纸书。”相传，更早的时候，人们以绢帛写信，把它装在真鲤鱼腹内传给对方，因称“鱼笺”。汉代蔡邕作有一首乐府诗描写这样的信件：“客从远方来，遗我双鲤鱼。呼儿烹鲤鱼，中有尺素书。”因为，它又有“鱼素”的美称，并形成“鱼传尺素”的文学典故。隋、唐二代，朝廷颁发有一种信符，符由木雕或铜铸成鱼形，时称“鱼符”、“鱼契”；由于要把传递的信息书写在符上，故又称为“鱼书”。

“鱼”与“余”谐音，象征着富贵。“如鱼得水”描写出了生活和谐美满、幸福自在。“鳧”和“贵”谐音，取“富贵有余”之意。“鲤”和“利”谐音，“家家得利”，便是绘有许多人家买鲤鱼。“鲢”与“连”谐音，以莲花和鲢鱼构成的画面，取名为“连连有余”；“金鱼”和“金玉”谐音，画面绘童子嬉戏于养金鱼的水塘或鱼缸，取名为“金玉满塘”等等。

在中国文化的谱系中，鱼有着特殊的地位。从源头看，鱼的特殊地位很可能因为它正是“龙”的前身。

隋唐时期，在传统的龙形象外，又新出现了一种“龙首鱼身”的形象，学者称其为“鱼龙变纹”。也从这个时期起，民间开始流传“鲤鱼跃龙门”的故事——跃过龙门的鱼即成龙，跃不过的依旧凡品。尽管学者指出，这个故事有着浓厚的科举背景（中国科举制度始于隋唐），但是，谁又能否认在这个故事中，不暗藏着对鱼和龙渊源的诠释呢？上述这些，均是中国“鱼龙文化不分家”的有力证据。

成语：鱼龙混杂

为什么要讲关于鱼呢？有新故事给大家，所以要先熟悉文化背景。

作业：跟孩子们聊聊什么是鱼符，一起做个鱼符吧！我和天阅做了一个，因为她告诉我这些听起来没意思，而她并不介意画，做，鱼符，还可以用来彼此传递秘密。

双鱼迢迢一纸书是个浪漫神奇的典故，下周的阅读分享我就选汉乐府的关于鲤鱼传书的浪漫诗歌。（诗歌原文如下）

yìn mǎ cháng chéng kū xíng
饮马长城窟行

qīng qīng hé biān cǎo,
青青河边草,
mián mián sī yuǎn dào。
绵绵思远道。
yuǎn dào bù kě sī,
远道不可思,
sù xī mèng jiàn zhī。
宿昔梦见之。
mèng jiàn zài wǒ bàng,
梦见在我傍,
hū jué zài tā xiāng。
忽觉在他乡。
tā xiāng gè yì xiàn,
他乡各异县,
zhǎn zhuǎn bù kě jiàn。
展转不可见。
kū sāng zhī tiān fēng,
枯桑知天风,
hǎi shuǐ zhī tiān hán。
海水知天寒。
rù mén gè zì mèi,
入门各自媚,
shuí kěn xiāng wèi yán。
谁肯相为言。
kè cóng yuǎn fāng lái,
客从远方来,
yí wǒ shuāng lǐ yú。
遗我双鲤鱼。

hū ér pēng lǐ yú,
呼儿烹鲤鱼，
zhōng yǒu chǐ sù shū。
中有尺素书。
cháng guì dú sù shū,
长跪读素书，
shū zhōng jìng hé rú。
书中竟何如。
shàng yǒu jiā cān shí,
上有加餐食，
xià yǒu zhǎng xiàng yì。
下有长相忆。