

CNN News Highlights — Pesticides

1) consumers	2) crops	3) fungi	4) organic produce options	5) rodents	6) simple chemical application
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Years ago, pesticides exploded in popularity among farmers. A _____ saved _____ from insects, _____, _____, and in turn revolutionized the way agricultural industries prevent food waste and save money. Well, research over the last 20 years proves many of these chemicals can be harmful to our health. So, _____ started to really grow on some _____ as a result.

1) enter	2) hard to swallow	3) medical correspondent	4) pervasive	5) retain	6) specifies
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But pesticides are so _____ in the US food supply, it can be difficult to avoid them. And organic foods might make your grocery bill feel a little _____. _____ the Dirty Dozen, an annual report that _____ exactly which fruits and veggies _____ the most pesticides, even after washing. CNN's _____ Meg Terrell tells us which ones made the list.

1) data	2) Environmental Working group	3) keep in mind	4) residues	5) sort of	6) US Department of Agriculture
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The new study found that about 3/4 of non-organic produce still had pesticide _____ even after washing. We learned three key facts to _____. Some fruits and vegetables carry more pesticides than others. Strawberries have _____ been at the top of the list for a little while. That list comes from the _____, which each year uses _____ from the _____ to figure out which non-organic fresh fruits and veggies have the most pesticide residue left after a quick wash.

1) affordable	2) consider	3) hard casing	4) in order to	5) peel	6) tender
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A lot of these are very _____ fruits and vegetables that don't have a _____ that you might, uhh, _____. And they also are very close to the ground or in other ways need a lot of pesticides _____ be grown properly.

I'd love to buy my kids all organic, but that's expensive. So, there is a more _____ way to think about it. First, _____ what your family enjoys eating. Then, compare that to fruits and vegetables that are high in pesticides. You might want to choose organic for just those.

1) balance	2) compromising	3) detectable	4) exposure	5) get rid of	6) lists
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The EWG also _____ the produce with the least pesticide residue. Looking at the Clean 15, which have nearly 60% of samples with no _____ residues, is a way for consumers to _____ that. You know, getting a lot of fruits and vegetables in their diet without _____ on pesticide _____.

No matter what, wash, wash, wash. It doesn't _____ all the residue, but it helps if you do it right. EWG's Alexis Tempkin says special washes have not been shown to help. And even if you got something with a peel, you should still wash it.

Translation

多年前，農藥在農民之間迅速普及。簡單的化學藥劑施作就能保護農作物免受昆蟲、嚙齒動物和真菌的侵害，進而徹底改變了農業預防食物浪費並節省成本的方式。然而，過去 20 年的研究證明，其中許多化學物質可能對我們的健康有害。因此，有機農產品的選擇開始受到一些消費者的青睞。

但農藥在美國食物供應中無處不在，想要避開它們並不容易。而且，有機食品的價格可能會讓你的買菜錢變得有點「難以消化」（負擔沉重）。這時就出現了「髒名單」（Dirty Dozen），這是一份年度報告，明確列出哪些蔬果即使在清洗後，農藥殘留量依然最高。CNN 醫療記者梅格·特雷爾（Meg Terrell）將為我們報導哪些蔬果榜上有名。

這項新研究發現，大約 3/4 的非有機農產品在清洗後仍有農藥殘留。我們學到了三個需要記住的關鍵事實：首先，某些蔬果攜帶的農藥比其他蔬果更多。草莓已經蟬聯榜首好一段時間了。這份名單是由環境工作組織（EWG）發布的，該組織每年利用美國農業部的數據，來計算哪些非有機新鮮蔬果在快速沖洗後留下的農藥殘留最多。

這些農產品很多都是質地非常鮮嫩的蔬果，沒有你可以剝掉的外殼或硬皮。而且它們生長時也非常貼近地面，或者需要噴灑大量農藥才能正常生長。

我很想給孩子們買全有機的食物，但那太貴了。所以，有一個更划算的思考方式。首先，考慮你的家人喜歡吃什麼。接著，將這些食物與農藥含量高的蔬果清單進行比對，你可能只需要針對那幾項選擇有機產品。

環境工作組織（EWG）同時也列出了農藥殘留最少的農產品清單。查看「淨名單」（Clean 15）是一種讓消費者取得平衡的方法，這些農產品中近 60% 的樣本完全沒有檢測出殘留。如此一來，人們既能在飲食中攝取大量蔬果，又不必在農藥暴露風險上妥協。

不論如何，洗就對了，洗、洗、洗。雖然清洗無法清除所有殘留物，但只要方法正確，還是有所幫助。環境工作組織的亞歷克西斯·坦普金（Alexis Tempkin）表示，目前尚未證明市售的蔬果洗劑有額外幫助。而且，即使是你會削皮的蔬果，還是應該先清洗乾淨。



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Answers

1) consumers	2) crops	3) fungi	4) organic produce options	5) rodents	6) simple chemical application
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Years ago, pesticides exploded in popularity among farmers. A 6) simple chemical application saved 2) crops from insects, 5) rodents, 3) fungi, and in turn revolutionized the way agricultural industries prevent food waste and save money. Well, research over the last 20 years proves many of these chemicals can be harmful to our health. So, 4) organic produce options started to really grow on some 1) consumers as a result.

1) enter	2) hard to swallow	3) medical correspondent	4) pervasive	5) retain	6) specifies
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But pesticides are so 4) pervasive in the US food supply, it can be difficult to avoid them. And organic foods might make your grocery bill feel a little 2) hard to swallow. 1) Enter the Dirty Dozen, an annual report that 6) specifies exactly which fruits and veggies 5) retain the most pesticides, even after washing. CNN's 3) medical correspondent Meg Terrell tells us which ones made the list.

1) data	2) Environmental Working group	3) keep in mind	4) residues	5) sort of	6) US Department of Agriculture
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The new study found that about 3/4 of non-organic produce still had pesticide 4) residues even after washing. We learned three key facts to 3) keep in mind. Some fruits and vegetables carry more pesticides than others. Strawberries have 5) sort of been at the top of the list for a little while. That list comes from the

2) Environmental Working Group, which each year uses 1) data from the 6) US Department of Agriculture to figure out which non-organic fresh fruits and veggies have the most pesticide residue left after a quick wash.

1) affordable	2) consider	3) hard casing	4) in order to	5) peel	6) tender
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A lot of these are very 6) tender fruits and vegetables that don't have a 3) hard casing that you might, uhh, 5) peel. And they also are very close to the ground or in other ways need a lot of pesticides 4) in order to be grown properly.

I'd love to buy my kids all organic, but that's expensive. So, there is a more 1) affordable way to think about it. First, 2) consider what your family enjoys eating. Then, compare that to fruits and vegetables that are high in pesticides. You might want to choose organic for just those.

1) balance	2) compromising	3) detectable	4) exposure	5) get rid of	6) lists
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The EWG also 6) lists the produce with the least pesticide residue. Looking at the Clean 15, which have nearly 60% of samples with no 3) detectable residues, is a way for consumers to 1) balance that. You know, getting a lot of fruits and vegetables in their diet without 2) compromising on pesticide 4) exposure.

No matter what, wash, wash, wash. It doesn't 5) get rid of all the residue, but it helps if you do it right. EWG's Alexis Tempkin says special washes have not been shown to help. And even if you got something with a peel, you should still wash it.