

《大学英语六级翻译高频词汇之饮食类》

1. 烹饪 cookery

Chinese cookery is famous for its diverse techniques and rich flavors.
中国烹饪以多样的烹饪技巧和丰富的口味而闻名。

2. 菜肴 dish

The restaurant offers a wide variety of Chinese dishes.
这家餐厅提供各种各样的中国菜肴。

3. 汤 soup

The soup is made from a traditional recipe. 这汤是按照传统配方做的。



4. 主食 staple food

Rice is the main staple food in many Asian countries. 米饭是许多亚洲国家的主要主食。

5.茶饮 tea

Chinese people have a long history of drinking tea. 中国人有着悠久的饮茶历史。

6.咖啡 coffee

Coffee is a popular beverage in many Western countries.
在许多西方国家，咖啡是一种受欢迎的饮料。

7.酒精饮品 alcoholic drink

Many people enjoy drinking alcoholic drinks in their free time.
许多人在空闲时间喜欢喝酒精饮品。

8.营养均衡 nutrition

A balanced diet is important for maintaining good health.
均衡饮食对于保持健康非常重要。

9.暴饮暴食 overeating

It's not good to overeat, especially when it's not necessary.
暴饮暴食不好，特别是没有必要的时候。

10.节食 dieting

Many women try to go on a diet to lose weight. 许多女性尝试节食来减肥。

11.素食主义 vegetarianism I am a vegetarian and I don't eat meat.
我是素食主义者，不吃肉。

12.饮食禁忌 dietary restriction

Some people have dietary restrictions and can't eat certain foods.
有些人有饮食禁忌，不能吃某些食物。

13.美食家 food lover

He is a food lover and loves trying different cuisines.
他是个美食家，喜欢尝试不同的菜肴。

14.饮食文化 dietary culture

The dietary culture of different regions varies significantly.
不同地区的饮食文化差异很大。

15.均衡膳食 balanced diet

A balanced diet is essential for good health. 均衡膳食对于身体健康至关重要。

16.节制食欲 temperance

Temperance is the virtue that restrains appetite and maintains a balance between the body and the soul. 节制是一种能够克制食欲并为身体与灵魂之间保持平衡的美德。

17.粗茶淡饭 simple fare

He prefers a simple fare to rich food. 与油腻的食物相比，他更喜欢粗茶淡饭。

18.民以食为天 Food is paramount in people's lives.

19.养生饮食 healthful diet

She emphasizes a healthful diet and avoids eating too much greasy food.
她注重养生饮食，避免吃太多油腻食物。

20.饕餮大餐 hearty meal

After a long day's work, he treated himself to a hearty meal.
经过一整天的劳作之后，他犒劳了自己一顿丰盛的晚餐。

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