

3 Tips on Shopping for Food

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各位老師，各位同學，大家午安，我是 802 陳立揚，我是今天的英文小達人，

今天，我要為大家播報的內容，是 3 Tips on Shopping for Food

More and more convenience stores have opened in Taiwan, and so have shopping centers with supermarkets in them. A survey showed that about 26% of people go shopping at supermarkets once a week, 25.7% once every two weeks. Shopping at supermarkets seems to be a major part of many people' s lives; however, not many people know the best way to shop for food. Here are three tips provided by Professor Brian Wansink from Cornell University. He will teach us how to improve our diet by shopping smart.

First, don' t shop on an empty stomach. Have you ever had a craving to eat everything when you were hungry? This explains why you are more likely to buy more food than you need when you shop hungry. What if you find yourself hungry while shopping at the supermarket? Don' t worry! A mint candy can be a lifesaver. The cooling taste will make you feel less hungry and therefore cut the

amount of junk food you buy by 7%.

Second, use your bag to divide your shopping cart or basket into two parts. More importantly, make sure half of the space goes to fruits and vegetables.

Last, but not least, pick a shopping route. The fruit and vegetable section comes first; meat and dairy next; and the snack section last.

What is the secret behind it? Research shows that when your basket is empty, fruits and vegetables look more delicious than usual and you want to buy them more. The next section you should go to is meat and dairy. This is not only because they have important nutrients, but also because research shows that shoppers take their time in sections after checking fruits and vegetables. After the first two sections, according to the research, most people just shop quickly or finish shopping. Therefore, by putting snack food at the end of your shopping route you will buy less junk food—without even trying.

Thanks for your listening. See you next time!