

Skim Reading (Skimming)

Task 1

Look at these three headings:

- A Britain's modern motorway system
- B Roman principles relevant today
- C 6000 km of Roman roads

As quickly as possible decide which of the headings best matches the paragraph, taken from this unit's reading passage, below.

Between 43 AD and 81 AD Roman Britain acquired a 6000 km network of technically advanced, hard wearing and straight highways linking towns of importance. Today Britain's motorway system is only half that length. The basic Roman philosophy of building a road to cope with different types and volumes of vehicles and using local materials where possible still applies today.

上の本文にふさわしい「見出し」をつけるとしたら、以下のようになる。()内に A , B , C を入れなさい。

The main idea of the paragraph is best expressed by heading (). Notice that () and () focus only on isolated details.

スキミング (skimming, or skim reading) の定義を思いだそう . . .

Getting the main idea of a text or paragraph quickly is called *skim reading*. There are different ways of skim reading:

- i. If you're very short of time or reading, for example, a newspaper article, you might just read the heading and the first sentences of each paragraph. This is often enough to give you a fair idea of the content.
- ii For texts that you have to understand more fully, you might run your eyes along all the lines of the text, trying to pick out the key words and ignore unknown words and 'grammar' words (e.g. to, and, is, the) which do not contribute to the main idea.

(この教材は、Diana Hopkins and Mark Nettle, *Passport to IELTS*, p.48 を基にして作成しました。)

Skimming and Predicting

Task 1.

- 1.1 Look quickly *only* at the parts (*title, sub-title, first paragraph, table, last paragraph, details of author, source & date*) of the article below. Looking at the parts of the article will provide you with important information about the text. For example, you will probably see immediately that this is *not* an advertisement for bread.
- 1.2 Without reading the text itself, what could you guess about its contents and the way it will be presented? Write down as many ideas as you can. It does not matter if all your predictions are correct or not. The important thing is to start thinking about the text before you read it.

記事

The hidden good in White bread

John Emsley on the unexpected fibre in foods

That we thought were bad for us

A dish of some supermarket ownbrand cornflakes will provide you with half a gram of dietary fibre. However, if you chose Britain's best-selling proprietary brand of corn flakes you will get twice as much fibre. Yet both are made from the same flour; the only difference is in the way they are cooked. The traditional high temperature method used by Kelloggs converts some of the carbohydrate into a form that we cannot digest.

Kelloggs started making cornflakes in the 1870s. But it was only in 1982 that food chemists at Cambridge discovered this previously unknown form of fibre, called resistant starch. Previously, it had been thought that dietary fibre was mainly cellulose, but when the food chemists analysed the fibre content of bread they discovered that it had more fibre than the flour from which it was made – this fibre is not cellulose but resistant starch. Now it has been discovered in all sorts of cooked foods such as bread, potatoes, pasta, peas, beans and especially rice. Scientists believe that it is a form of dietary fibre and as such may have a beneficial effect on our health. Its presence in rice could explain why the Japanese suffer much less from diseases of the bowel, such as cancer and diverticulosis.

The average Briton eats 240 grams (eight ounces) a day of carbohydrate, essential for producing the energy we need to keep warm and move about. Another form of carbohydrate that we are recommended to eat is fibre, which is a general term for indigestible celluloses. Ideally, we should try and eat 30 grams (an ounce) of fibre a

day to ensure a regular bowel motion. Constipation is thought to increase the likelihood of cancer and other disorders of the lower gut.

White bread and rice were thought to harbour little fibre compared with their brown counterparts. Now food chemists have discovered some despised foods are not as bad as they have been portrayed. Some contain remarkably high levels of resistant starch fibre. All-Bran for break- fast can provide a third of our daily fibre needs, but so can an evening meal of rice and peas.

Resistant starch explains some of the mysteries of cooked food. It was known in the last century that when we heat certain foods we reduce their energy value. In 1978 Robert Selvendran of the Food Research Institute, Norwich, surprised food chemists by reporting that some foods were easier to digest raw rather than cooked.

In 1982 a team led by Hans Englyst of the Dunn Clinical Nutrition Centre, Cambridge, was able to show that these curious observations were explained by resistant starch which is formed on cooking. As its name implies, this resists the digestive enzymes of the stomach and intestine and enters the lower bowel with its energy store intact. There bacteria may attack it in the same way that they attack ordinary fibre and release some of its energy but nowhere near the amount that the original starch contained.

Collin Berry, head of nutrition and food safety at the Flour Milling and Banking Research Association of Chorleywood, has been researching ways in which the resistant starch contents of foods could be deliberately increased. He has shown that resistant starch depends on three things: the amount of amylase starch in the food, a high cooking temperature, and a high moisture content.

Together these allow the amylase polymers to aggregate together into crystallites, which are tightly packed molecular structures held together by hydrogen bonds. The insolubility of these semi-crystalline materials and the close packing of the polymers prevents our digestive enzymes from attacking them. Reheating food will only serve to increase the amount of resistant starch, and may not only taste but be better for you.

Surprising foods

*Percentage hidden fibre **

Boiled rice	78	Crumpets	29
Kelloggs cornflakes	64	White bread	29
Spaghetti	38	Peas	21
Boiled potatoes	33		

** Resistant starch as percentage of total fibre content*

Official tests for dietary fibre ignore resistant starch, and it is now an issue among food chemists whether resistant starch should be included in the general term 'fibre'. If it were, then the fibre levels in many foods would suddenly be boosted, and not least among processed foods that are presently despised by the high-fibre brigade.

Indeed, Mr Berry claims that it is now possible to have foods with high levels of resistant starch that could actually be better for us than brown bread, even though officially they contain no dietary fibre. Rats fed a diet rich in resistant starch were protected against bowel inflammation in the same way as rats fed a diet of conventional high-fibre foods and a good deal better than rats fed a zero-fibre diet. Mr Berry believes resistant starch may also protect against cancer of the colon because some of it is degraded in the lower bowel to give butyric acid, a natural anti-cancer chemical.

Not all starch in food can be converted to the low-calorie resistant type. The other common form of starch, amylopectin, is a branched polymer which will not form crystallites. Diet crisps are still only a dream until genetic engineering can produce a strain of potatoes in which all the starch is amylose of just the right polymer length to crystallize. Until that day arrives we should see the benefit of resistant starch not as a reduction in the calorie value of food but as an increase in its dietary fibre content.

The writer is a chemist at King's College, London, and the author of 'The Elements', Oxford University Press, £9.95.

Task 2. Understanding main ideas

Unless you are a food scientist, it is likely that there will be many words in the text which you do not know. Some of these you should guess and others you can overlook for the time being. Try to get an impression of the overall meaning and the main ideas, and do not worry at this stage about understanding too many of the details.

2.1 Read the text in order to understand the main ideas. When you have finished, try to complete the summary below:

There are some foods which scientists used to believe were bad for health, because they did not contain _____, (a) for example, _____
_____. (b)

However, recently another substance has been found in them which is very good for health. This is called _____ (c)

(the materials from Don McGovern's *READING*, pp.6-9)

