**2025高考英语一轮复习外刊阅读与词汇专练**

**专题03罐装鱼的逆袭，从战时主食到美食新宠！**

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**【精编·外刊阅读】**

**Tinned fish is swimming against the tide**

**（文章来源：Economist）**

Mei Liao pulls back the can’s lid（盖子） to **reveal** sardines (沙丁鱼) swimming in a **garlic** and **herb** **butter**. In other videos she stuffs reddish smoked mackerel (鲭鱼) into a sandwich or arranges small fish with pickles and **cucumber**. Ms Liao says tinned fish is often considered “similar to cat food or shelter food”. But, posting as @daywithmei, she has turned it into a viral treat: her videos have millions of views on TikTok.

A new **generation** of consumers has removed negative assumptions about **preserved** food and highlighted their **convenience**. Time to **stock** up. Tinned fish has been part of the Spanish food **scene** since the 19th century: shops across Portugal are **dedicated** to the colorful cans. Becca Millstein encountered handmade tinned fish, such as octopus in oil (octopus (章鱼) in **olive** oil), while studying in Europe. Realising that American equivalents were “frozen in the 1960s”, she co-founded Fishwife, a food **company**, in 2020. Suppliers are popping up to meet food lovers’ demands. The Fantastic World of the Portuguese Sardine opened in Times Square in New York last summer. The shop offers more than 30 varieties of tinned fish, including eels (鳗鱼) and whelks (海螺).

Patrick Martinez founded The Tinned Fish Market, a British online-delivery business, in 2018. “I remember doing farmers’ markets and people getting **upset** because our sardines were £3 [$3.90]”, over five times the cost of supermarket tins. Now high-end products are his company’s main draw. In America, too, sales of high-quality tinned fish—anything more than $5 a tin—are growing at triple the **rate** of the broader market.

Branding is an important part of the **revival**. Ms Millstein credits much of Fishwife’s success to social media; the **company** targets Gen Z and millennial consumers online. Many people do not know what to do with something like tinned sardines , Ms Liao says, and some worry about choking on the bones. Watching instructional videos makes it “less scary” for the beginners.

**【原创·阅读理解】**

1.How does Mei Liao change the perception of tinned fish?

A. By creating gourmet recipes with tinned fish and sharing them widely.

B. By organizing specialized cooking classes with tinned fish recipes included.

C. By promoting tinned fish at various local restaurants and cafes events.

D. By partnering with renowned chefs to develop innovative fish dishes together.

2.What inspired Becca Millstein to start Fishwife?

A. Her love for seafood from a young age.

B. Her discovery of homemade tinned fish.

C. Her family's history in the fishing industry.

D. A desire to offer healthier food options.

3.Why did Patrick Martinez's high-end tinned fish initially upset customers?

A. The packaging was unattractive and dull to them.

B. The fish was considered not fresh enough compared to others.

C. The price was much higher than supermarket tins.

D. The portions appeared too small to consumers used to larger ones.

4.What challenges do consumers face when trying tinned sardines for the first time?

A. Finding recipes that use tinned sardines.

B. Worrying about choking on the bones.

C. Knowing how to store tinned sardines.

D. Understanding the benefits of them.

**【原创·语法填空】**

Mei Liao removes the can’s lid to unveil sardines (沙丁鱼) immersed in a garlic and herb butter. In other clips, she stuffs red \_\_\_\_1\_\_\_\_ (smoke) mackerel (鲭鱼) into a sandwich or arranges small fish with pickles and cucumber. Ms. Liao mentions that tinned fish is often perceived as “similar to cat food or emergency rations.” However, by posting as @daywithmei, she \_\_\_\_2\_\_\_\_ (transform) it into a viral sensation with millions of \_\_\_\_3\_\_\_\_ (view) on TikTok.

A new generation of consumers has cleaned up negative stereotypes about preserved food, \_\_\_\_4\_\_\_\_ (emphasize) their convenience. Becca Millstein encountered handmade tinned fish, such as octopus (章鱼) in olive oil, while studying in Europe.  Suppliers \_\_\_\_5\_\_\_\_ (emerge) to cater to food enthusiasts' demands.

Patrick Martinez launched The Tinned Fish Market, \_\_\_\_6\_\_\_\_ British online delivery business, in 2018. “I recall doing farmers’ markets and people being upset because our sardines were £3,” \_\_\_\_7\_\_\_\_ was over five times the price of supermarket tins.  In America, too, sales of premium tinned fish—anything over $5 a tin—are growing at triple the rate of the \_\_\_\_8\_\_\_\_ (broad) market.

Branding is essential for this revival. Millstein attributes much of Fishwife’s success \_\_\_\_9\_\_\_\_ social media, targeting Gen Z and millennial consumers online. Many people are concerned about choking on the bones, but instructional videos make \_\_\_\_10\_\_\_\_ “less intimidating” for newcomers.

**【原创·课标高频词训练】**

1. The \_\_\_\_\_\_\_\_\_\_ (consume) market has shown a significant shift towards eco-friendly products in recent years.
2. The \_\_\_\_\_\_\_\_\_\_ (revive) of interest in 90s fashion trends has influenced many modern designers.
3. His qualifications are not \_\_\_\_\_\_\_\_\_\_ (equivalence) to the job requirements, but his experience compensates for it.
4. Timely \_\_\_\_\_\_\_\_\_\_ (deliver) of perishable goods is crucial for maintaining their quality.
5. A \_\_\_\_\_\_\_\_\_\_ (dedicate) team is essential for the success of any large-scale project.
6. The \_\_\_\_\_\_\_\_\_\_ (convenient) of online banking has reduced the need for physical branch visits.
7. The report \_\_\_\_\_\_\_\_\_\_ (reveal) several key insights into the company's financial health.
8. The castle remains remarkably well \_\_\_\_\_\_\_\_\_\_ (preserve) despite the passage of centuries.
9. During the presentation, she \_\_\_\_\_\_\_\_\_\_ (highlight) the most critical data points to support her argument.
10. The meat \_\_\_\_\_\_\_\_\_\_ (freeze) solid, making it difficult to cut.
11. We did not expect \_\_\_\_\_\_\_\_\_\_ (encounter) any issues during the testing phase, but several bugs were found.
12. The job is quite \_\_\_\_\_\_\_\_\_\_ (demand), requiring long hours and intense focus.
13. He received multiple \_\_\_\_\_\_\_\_\_\_ (credit) for his outstanding performance in various subjects.
14. \_\_\_\_\_\_\_\_\_\_ (choke) on food can be a frightening experience, but knowing first aid can help.
15. She smiled \_\_\_\_\_\_\_\_\_\_ (broad) when she heard the good news.

**【梳理·外刊中的课标词】**

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| --- | --- | --- | --- |
| 词汇 | 中文 | 词汇 | 中文 |
| consumer |  | stock |  |
| revival |  | olive |  |
| equivalent |  | delivery |  |
| dedicated |  | cucumber |  |
| convenience |  | arrange |  |
| company |  | view |  |
| variety |  | upset |  |
| target |  | stuff |  |
| scene |  | reveal |  |
| rate |  | preserved |  |
| million |  | media |  |
| highlight |  | herb |  |
| generation |  | garlic |  |
| frozen |  | encounter |  |
| demand |  | credit |  |
| choke |  | butter |  |
| broad |  |  |  |