

# Big

撰稿: Karen



I've gained weight! Is this a sign that I live well in America?

Unlike what my folks worry about, I haven't become mal-nourished<sup>[营养不良的]</sup> because I lack hometown food. In fact, in a local supermarket, I can find almost all the Chinese ingredients I need, plus food and beverages<sup>[饮料]</sup> that I've never had before. Big round cookies, Dr. Pepper, mint chocolate chip ice cream, S'more (saltine crackers with melted marshmallows and chocolate) and chicken noodle soup; you name it. I've consumed so many calories without even noticing them.

The food supply in America is astonishingly big—big portions<sup>[一份]</sup>, big packages, large quantities and zillions<sup>[无限大的数目]</sup> of choices. I think a single woman would be under pressure because the products in American supermarkets are big enough for a whole family. It usually takes me a month to finish a box of 15-ounce cereal<sup>[麦片粥]</sup>. An entrée is good enough for two meals.

Can you imagine a small coffee in an American McDonald's is equivalent to a medium coffee in a Chinese McDonald's? A large bucket of popcorn at movie theatres is at least twice as

## Karen in America

big as the same size sold in China. From soft drinks to ice cream, I'm happy to just order the minimum size in America. I have no idea how Americas consume such a large amount of food and drink at one sitting.

Americans rely heavily on refrigerated food. I have a big fridge in my kitchen. Since I cannot shop for fresh produce every day like I did in Guangzhou, I have to stock up my fridge with at least a week's supply. Perhaps that's why a big fridge is necessary in American households.

I learned from the recent news that obesity in American adults has increased by 60% within the past twenty years and obesity in children has tripled in the past thirty years. Every time I go to Wal-Mart I'm stunned to see those roly-polies<sup>[小胖孩]</sup> pushing a full cart of groceries. No wonder Americans like driving big SUVs or pick-up trucks. Otherwise, where else can people put the stuff they buy? Not until I saw the big vehicles in America did I truly marvel at the word, "carbage".

Americans are not only big-sized and like big, they also dream big—big houses, big yards, big boats, big dogs, big offices, big promotions and much more. That's what makes America the Land of Dreams. 🍷

