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Jennifer: Hello and welcome to Question and Answer of the week from BBC Learning English. I'm Jennifer and with me in the studio today is Helen.

Helen: Hi. 在这个节目中我们将回答大家提出的英语问题。

Jennifer: What question do we have today?

Helen: We've had a question from Andy who says: "I want to know more about food in the UK. There are lots of words about food and I want to learn some." Andy 想学些有关食品的词汇。

Jennifer: Well it just so happens that I love food, it's one of my favourite things to talk about – and to eat. But there are so many things we can say about it, where should we start?

Helen: How about with breakfast? 那就从早餐说起吧。

Jennifer: Great idea. Breakfast is the meal that you have after you wake up. In Britain, you might eat cereal for breakfast, or perhaps a slice of toast.

Helen: 多数人早上吃麦片或烤面包, 简单又快。But I've heard of a 'full English breakfast.' What's that?

Jennifer: It's a lot of food on one plate! A full English breakfast is usually fried – so cooked in a shallow frying pan in lots of fat.

Helen: 正宗英式早餐是在一个浅底油锅里做出来的。That's not very healthy. What would I get if I ordered a full English?

Jennifer: You'd get sausages, bacon, a fried egg, mushrooms, tomatoes, beans and hash browns – those are pieces of shredded potato which are fried together.

Helen: That's so much food! 香肠, 培根, 鸡蛋, 蘑菇, 西红柿, 烘豆和土豆饼, 这哪是早餐, 这比午餐都多。我一大早可吃不下这么多东西。It's more of a lunch time meal.

Jennifer: Lunch is the meal that we have in the middle of the day. Lots of people prefer to have something small and light at this time of the day, like a sandwich or a salad.

- Helen:** 很多人尤其是上班族中午就吃个三明治或色拉。我个人并不喜欢，一份色拉才吃不饱呢。 I don't think a salad would fill me up.
- Jennifer:** You can always have a snack in the afternoon.
- Helen:** 一点儿零食或小份食品。
- Jennifer:** Yeah, you could have a piece of fruit, or some nuts, or perhaps a bar of chocolate or a biscuit!
- Helen:** 水果和坚果还是健康的，不过我更想吃块巧克力或饼干。
- Jennifer:** Don't eat too much though, you don't want to spoil your dinner!
- Helen:** Spoil my dinner? 毁了我的晚餐?
- Jennifer:** If you spoil your dinner, you eat too much before a meal, and are not hungry anymore, so your dinner is wasted.
- Helen:** Ah. 如果被零食给塞饱了肚子，正餐可就吃不下去了，那可就太浪费了。我可不会犯这种错误。今天晚上我还要去晚宴呢。 I'm going out for dinner.
- Jennifer:** Ooooh you lucky thing! I love going out for dinner – are you going to a nice restaurant?
- Helen:** Yes, 我会去一家非常棒的餐厅。 It's a French restaurant next to the river.
- Jennifer:** That sounds lovely. I love French food. Are you having a three-course meal?
- Helen:** A three-course meal?
- Jennifer:** That's where you get a starter, a main course and a dessert.
- Helen:** 就是说有 3 道菜，头盘，正餐加甜点。 I think I will have three courses.
- Jennifer:** It's making me hungry just thinking about it. Well, I'm not going anywhere nice tonight, and I don't have time to cook, so I think I'll just have a ready meal.
- Helen:** What's a ready meal?
- Jennifer:** A ready meal is a meal which has already been prepared, and which you just heat up in the oven or microwave.
- Helen:** That's a bit lazy! A ready meal, 从超市里买的那种已经做好了快餐，回家微波炉转转就能吃了。
- Jennifer:** It is quite lazy, but I don't mind. I might be even lazier and get a takeaway instead.

- Helen:** 叫外卖也是偷懒，不过算是奖励自己一下吧。
- Jennifer:** Of course, we've forgotten to mention one of the most important things that accompany all of these meals and that you can have throughout the day?
- Helen:** What's that then?
- Jennifer:** A good, old fashioned, cup of tea.
- Helen:** 是啊，待会儿节目完了，我们去喝杯茶吧。好了希望大家对英国食品和餐饮稍稍有了一些了解。
- Jennifer:** Don't forget you can email us your questions to questions.chinaelt@bbc.co.uk. Bye for now!
- Helen:** Bye!