

BBC Learning English – Ask About Britain

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British Daily Meals 英国人一日三餐吃什么?

Wang Fei: 大家好, 欢迎收听 **BBC Learning English** 的英国问答节目。Ask about Britain. 我是王飞。

William: And I'm William.

Wang Fei: 我们今天的问题与吃饭有关。William, have you had your breakfast?

William: No. I haven't Wang Fei. Are you going to treat me today?

Wang Fei: Treat you? William 让我请客呢! 听众朋友, 你如果和英国人聊天, 最好不要问“你吃饭了没有”这种问题, 否则他们会觉得你要邀请他一起吃饭。William, I'm asking you this question because today's topic is about your meals.

William: That sounds interesting! So shall we hear the question first?

Insert

Hello, this is Campbell from Guangzhou, China. I wonder what British people often eat for their meals and when (what time) do they often have their meals? Thanks a lot.

Wang Fei: 我们的听友 Campbell 想知道英国人一日三餐吃什么? 并且什么时候吃?

William: Well I think most British people usually have three meals a day: breakfast, lunch and dinner. Sometimes we say 'three square meals', which means three proper meals. Is that the same for Chinese people, Wang Fei?

Wang Fei: Yes. 在中国也一样, three square meals a day 一日三顿像样的饭。中国人和英国人的作息、吃饭时间基本上是一样的。So William, can you describe an ideal British breakfast for our listeners?

William: Well let me think... for me, an ideal breakfast is what we usually call a full English fry-up.

Wang Fei: A full English fry-up? What's that?

William: Well it refers to fried things, such as fried sausages, bacon or eggs.

Wang Fei: 就是煎炸的东西。像煎香肠、咸肉或者是鸡蛋。

William: And then you've got your grilled tomatoes; your mushrooms.

Wang Fei: 还有烧烤的西红柿和蘑菇。

Wang Fei: So William, do you usually eat that in the morning?

William: No, I don't. Two reasons, firstly it's quite unhealthy. And secondly I don't have time to cook that every day. So in the morning, I'll probably have a bowl of cereal or maybe two slices of toast.

Wang Fei: **Cereal** 就是用各种谷类做的麦片，英国人通常在麦片上浇上牛奶，作为早餐。**Toast** 就是烤面包片。看来忙碌的英国上班族，早上也就吃一碗麦片，然后烤两片面包，也就凑合一顿早餐了。

欢迎继续收听我们的节目。说完早餐，我们再来看看英国人午餐一般吃什么？
William, what are you going to have for your lunch today?

William: My lunch? Well I have no idea. Maybe I'll go down to the canteen and have a look at today's options.

Wang Fei: **Canteen** 也就是餐厅的意思。那我们一起来听一听今天的 **BBC** 的员工餐厅里准备了什么饭菜。下面的录音来自我们 **BBC** 餐厅的厨师 **Mohamed**。

Insert

We've got sausage casserole today. We've got vegetable Cornish pasty (pasty). We've got some chips and jacket potato (jacket potato) that goes with baked beans (baked beans) as well. You go over to the grill bar. We got something like different type of grilled chicken (grilled chicken). Then we come over to the salad bar (salad bar) here, every day do like 12 different types of salad...

William: The first dish that he mentioned was sausage casserole.

Wang Fei: Sausage casserole. 就是香肠炖菜。

William: Then he said Cornish pasty. That's a very traditional British food.

Wang Fei: **Cornish pasty** 这是很传统的一种英国食品。它的形状和馅料都很像中国北方那种扁扁的大包子，不过它是烘烤的。

William: They also get chips. British people can't live without their chips!

Wang Fei: **Chips** 就是炸薯条。**Chips** 比较粗，和我们的手指头这么粗。而麦当劳里的细薯条叫做 **French fries**。

William: And they also have jacket potatoes.

Wang Fei: **Jacket potatoes** 夹克土豆。其实，就是一个完整的带皮烤的土豆。不过里面夹了一点奶酪、火腿或者黄油之类的馅料。

William: Now did you notice Mohamed that said that jacket potatoes go with ...

Wang Fei: Go with 就是搭配的意思。Jacket potatoes go with baked beans 就是夹克土豆搭配烘豆的意思。

William: They also have a grill bar and a salad bar.

Wang Fei: Grill bar 就是烧烤吧。grill bar 就是烧烤吧, salad bar 就是沙拉吧。是说很多不同品种的烧烤或者沙拉放在一起, 你可以自由搭配。So William, what do you want to have for lunch today?

William: Erm... Well to be honest, what I really fancy is some nice fish and chips. Do they have any fish and chips on offer today?

Wang Fei: Fish and chips? 炸鱼和薯条。这可是另一种英国的传统名吃。William, Let's listen to Mohamed again and find out.

Insert

Well we've got traditional meals. We serve fish and chips. That one is only on Friday.

Wang Fei: 原来, 英国人通常在周五吃鱼和薯条。

William: Wang Fei, I think I am not going to canteen today. But I will definitely go on Friday.

Wang Fei: 实际上, 像William 还有我许多其他同事一样, 英国的很多学生和上班族, 中午都不去餐厅或者餐馆吃饭。那他们都吃些什么呢? 我们听一听。

Insert:

A: Maybe a sandwich from the Wrights bar over there. Yeah, it's quick, easy and cheap.

B: I am a typical office worker; and I usually just get sandwich or some crisps or something like that.

C: Well normally I have a sandwich but if I'm trying to save money, I bring in a salad or something that I've made at home.

D: I mean, pasta, anything a bit light something nice that just kind of keeps me going for the day.

Wang Fei: William, most of the people in those clips say they'd like to have sandwiches for lunch.

William: Yeah, that's right. Many British people eat sandwiches for lunch. Some people say that sandwiches come from Britain.

Wang Fei: Sandwich 就是三明治, 很多人认为 Sandwich 源自英国。William, why do British people like sandwiches so much?

William: Well, from those clips, it's clear people think sandwiches are quick, easy and cheap.

Wang Fei: 确实如此，三明治在英国到处可见。每个超市里都有专门卖 **sandwich** 的货架，很多餐馆和咖啡馆里也都有出售。是英国职员和学生最常见的午餐。

Welcome back. 刚才我们谈论了早餐和午餐。**William, what is a typical British dinner?**

William: Well actually that's a quite difficult question. Let me think... In English we have a phrase "meat and two veg". And this means a piece of meat and two types of vegetables.

Wang Fei: Meat and two veg 也就是英国人传统的食谱：一肉两菜。

William: Yes, the meat can be any type of meat: pork, chicken, beef or lamb. And usually it's roasted, grilled or fried. And it's usually a quite big portion of meat.

Wang Fei: 一肉两菜里有一块很大的煎的或者烤的肉。

William: And then the two vegetables are usually chosen from carrots, potatoes, sweetcorn maybe. Then you've got cabbage, leek, broccoli.

Wang Fei: 菜呢，通常是从胡萝卜、土豆、甜玉米、洋白菜、青蒜或者绿菜花中选两种。

William: With the kind of traditional meat and two veg type of dinner these vegetables are often just really overcooked – boiled to death, you might say!

Wang Fei: Oh! boiled to death! 把菜煮死！William 的意思是说这些菜都 overcooked，煮得太烂了。So William, I am guessing you hate overcooked vegetables.

William: That's right Wang Fei. I do hate overcooked vegetables. But that's the tradition! And you see British cooking doesn't have a great reputation.

Wang Fei: 哈！不会这样的。William 说英国的饭菜没有很好的名声，但这就是英国人的传统。

William: Well, I hope we've answered Campbell's question today. But I think it's important to point out that in Britain British food is not the dominant food. People enjoy all sorts of food from different parts of the world and it's not just Meat and Two Veg.

Wang Fei: 确实是这样。在英国，不管是早餐、午餐还是晚餐，人们可以吃到世界各国的饭菜。以至于英国的传统食品好像并不是主流了。说了这么多吃的东西，我也觉得饿了。So William, what are you going to have for lunch today?

William: Well there's no fish and chips; So I think I'll probably have a sandwich. How about you Wang Fei?

Wang Fei: Me? Probably a sandwich too. 我们说了半天英国食品，最后还是要吃最简单的三明治。听众朋友，你如果来英国，一定要尝一尝英国的三明治。

William: I hope you'll enjoy them! Bye for now.

Wang Fei: Bye.

Glossary

bacon 培根、咸肉	sausage 香肠
fry 煎	grill 烧烤
roast 烘烤	full English fry-up 全套英式油煎早餐
baked beans 烘豆	cereal 麦片
broccoli 绿菜花	leek 青蒜、韭葱
casserole 炖肉菜	pasty 烤馅饼
chips 英式薯条	jacket potato 夹克土豆
meat and two veg 一肉两菜	sandwich 三明治