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Sweet Food in Britain 英国的甜食

*chocolate
toffee roulade
barley sugar
cake*

Feifei: 大家好，欢迎收听《你问我答》。我是冯菲菲。

Natalie: And I'm Natalie.

Feifei: And this week's question comes from Vivian.

Insert

My name is Gao Rong, my English name is Vivian. Why do British people like sweet food so much?

Feifei: Vivian 想知道英国人为什么非常喜爱甜食? Do you like sweet food Natalie?

Natalie: Yeah, I do. I love chocolate and cakes and buns mmmm... Do you not like sweet food Feifei?

Feifei: Well, I do like sweet food but I don't like sweet food in Britain, as I find they are much sweeter than the food we are used to in China.

Natalie: Really? And do you think, since you have been over in Britain, do you think we eat more sweet food?

Feifei: Definitely.

Natalie: Well, I decided to go ask people on the streets on London why they think British people like sweet food so much.

Insert

*It's comfort food.
They taste good and sugar's more available than it used to be in history.
It's according to taste, because if you have got a sweet tooth then you like sweet things. I think the Victorians had a lot of sugar.*

Feifei: 上面第一位男士/女士说英国人喜欢甜食是因为甜食通常被视为一种 comfort food 安慰食物。

Natalie: And the third speaker said it is to do with having a sweet tooth.

Feifei: Sweet tooth 也就是说某人喜好甜食。

Natalie: Well, these people also talked about how it might be related to history and here is Sheila Dillon from the BBC radio show The Food Programme to help explain why British people like sugar so much.

Feifei: 在下面这段话中 Sheila 说英国人和甜食的关系超越了 a love-hate 关系，爱与恨的关系。请大家也特别注意听单词 addicted 上瘾的。

Insert

Love-hate doesn't begin to describe the relationship we have with sugar, it's far more serious than that. We know it's not good for us but we're addicted, the British Medical Journal told us so two years ago. But that addiction has deep roots in British history. Sugar was the key to riches of our Empire and our development as an industrial nation.

Feifei: Sheila 说英国人对甜的，带糖的食品的喜爱早就在英国的历史里深深的扎下了根 has deep roots in British history. 这种喜爱源于大英帝国时期。

Natalie: Yes, in the 17th century Britain had plantations in the Caribbean where sugar was grown. Sugar was then imported back to Britain and sold.

Feifei: 公元 17 世纪时，加勒比海是大英帝国的领土。当时在加勒比海的很多岛上有大面积糖的种植园 sugar plantations. 这里当时出产的糖都会被 imported 输入回英国来出售。

Natalie: At this time sugar was very fashionable. Here is Professor Sidney Mintz who wrote a book about sugar and history.

Insert

So it became a way of demonstrating wealth because it was so expensive and rare. It's like having a Mercedes Benz and then being able to break off pieces and give them to your friends to eat.

Feifei: Professor Mintz 说糖当时是富有的象征 demonstrate wealth, 因为价钱很贵 expensive 也很稀有 rare.

Natalie: Over time sugar started to be more accessible to people.

Feifei: More accessible 更容易获得。

Natalie: It became especially popular when people started drinking tea. As the tea imported was naturally bitter, sugar was used as a sweetener.



Feifei: 糖随着英国人开始喝茶的习惯，变成了家家户户不可缺少必备品，因为是英国进口的茶都非常苦 **bitter**. 所以人们把糖当做增甜剂，糖精 **sweetener** 来使用。

Natalie: So it seems our love of sugar started a long time ago and has been in our diets for a long time. And let's not forget our love of desserts!

Feifei: That's right! 英国传统的一餐三道菜，最后一道菜肯定是甜点。

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Natalie: So let's recap on some of the vocabulary and phrases we have learnt today.

Feifei: 好的。我们在今天的节目中听到一位女士说甜食是 **comfort food** 安慰食品。

如果要形容某人对甜食情有独钟的话，就可以说此人 **has a sweet tooth**.

你还能想得起来 **Sheila Dillon** 用哪个短语来形容英国人和糖之间的关系吗？对了，**a love hate relationship** 爱与恨的关系。

Natalie: Well, Vivian, I hope that has answered your question. Oh, and I have brought some sweets into the studio. Would you like one?

Feifei: Oh, yes!

Natalie: Don't forget to check out the website that's www.bbcukchina.com for more Ask About Britain programmes.

Feifei: Oh, can I have another sweet Natalie? The chocolate one?

Natalie: I think you are getting a sweet tooth Feifei! Bye!

Feifei: Bye!

Glossary

comfort food – 安慰食品	sweet tooth – 喜爱甜食的人
deep roots – 深根	imported – 传入，进口
expensive – 昂贵的	rare – 罕见的，少有的
accessible – 容易获得的	bitter – 苦的
sweetener – 增甜剂，糖精	