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**Cooking 烹饪**

Vicki: Hi, and welcome to BBC Learning English. I'm Vicki.

Chen Li: 我是陈丽。

Vicki: In today's programme, we're going to talk about cooking.

Chen Li: Cooking – 烹饪。

Vicki: In particular we're looking at whether men or women do most of the cooking in British homes, and why.

Chen Li: 我想一般都是女人下厨做饭，不是吗？

Vicki: Well, yes, but things might be changing.

**Insert**

*New research at Sheffield University on changing families, changing food, suggests a surprising number of young men are cooking.*

Chen Li: 现在，许多年轻的男性对烹饪感兴趣，人数多得都让人惊讶。我在想原因是什么呢？

Vicki: Well one reason that young men are becoming more interested in cooking might be because there are quite a lot of male celebrity chefs on TV.

Chen Li: Celebrity chefs – 有名的厨师，名厨。

Vicki: Like Jamie Oliver, Gordon Ramsey and Gary Rhodes.

Chen Li: 所以，青年男士在电视上看到这些名厨，深受启发，便也就想试试自己的手艺。

Vicki: Here's one young man explaining why he's more inspired by male chefs than female ones.

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*I like that sort of more aggressive style of cooking. Maybe it's just a childish thing – to imagine that you're a chef when cooking in the kitchen – like when you kick around in the park, you imagine you're a footballer. It's slightly more interesting, it's a bit more butch.*

Vicki: So he said that they have a more aggressive style of cooking.

Chen Li: **Aggressive** – 敢作敢为的，有闯劲的。

Vicki: He also described them as more interesting and more butch.

Chen Li: **Butch** – 男性化的，强壮的。

Vicki: Just like young men pretend to be a professional footballer when they are playing football with their friends, they can pretend to be a chef when they are cooking. He said it's a bit childish.

Chen Li: **Childish** – 幼稚的，孩子气的。

### **Insert**

*I like that sort of more aggressive style of cooking. Maybe it's just a childish thing – to imagine that you're a chef when cooking in the kitchen – like when you kick around in the park, you imagine you're a footballer. It's slightly more interesting, it's a bit more butch.*

Vicki: So we've heard that some young men are influenced by celebrity chefs on TV, but that's not the only reason they cook. Here's another man telling us about his cooking.

### **Insert**

*The past two years I've really been getting into it, and getting a lot of enjoyment out of it, as well. There's a great deal of satisfaction from it.*

Chen Li: 在烹饪过程中，他感到满足，并且乐在其中。

Vicki: **Satisfaction and enjoyment.**

### **Insert**

*The past two years I've really been getting into it, and getting a lot of enjoyment out of it, as well. There's a great deal of satisfaction from it.*

Chen Li: 继续听下面的内容前，我们不妨回头复习一下刚才学到的词汇。

Vicki: **Celebrity chef.**

Chen Li: 名人厨师。

Vicki: **Aggressive.**

Chen Li: 有闯劲的。

Vicki: **Butch.**

Chen Li: 男性化的。

Vicki: **Childish.**

Chen Li: 孩子气的，幼稚的。

Vicki: **Satisfaction.**

Chen Li: 满足。

Chen Li: 刚才听到如今一些年轻男性更倾向下厨，实际上，在电视节目上有好多有名的男厨师。这可能也是带动男性喜欢烹饪的原因。

Vicki: **Another reason men might like to cook is that if a man can cook, it might make him more attractive to women.**

Chen Li: 善于烹饪的男人，可能对女性更有吸引力。

Vicki: **Especially because there's some evidence that young women are becoming less interested in cooking. So they need the men to cook for them! Here are some young women talking about cooking.**

**Insert**

*I'm in a really very fortunate position where my boyfriend's a really good cook. That hasn't been very good for me because there's no reason for me to learn.*

*To my shame I can't cook at all. Because I've been thoroughly spoilt for the last 10 years really by a whole series of boyfriends who have been complete foodies, and have catered for me. I'm now recently single and I can't cook at all, so I'm a bit stuck at the moment. So I'm back to (kind of) my university diet of cereal and toast and pizzas.*

Vicki: **Both those women say that their boyfriends cooked for them. One of them said she has been spoilt for 10 years.**

Chen Li: **Spoilt** 惯坏的。

Vicki: **And the other said she has no reason to learn to cook.**

Chen Li: 注意， 称谓下厨做饭的人，英文名词是: **A cook.**

**Insert**

*I'm in a really very fortunate position where my boyfriend's a really good cook.*

Vicki: **One of the women used an interesting slang word to describe her boyfriends – foodies. That means people who are very interested in cooking and eating nice food.**

Chen Li: **Foodie** – 指喜欢下厨， 又喜欢吃的人。

Vicki: **Now that she's single, she has a very limited diet! She eats cereal.**

Chen Li: 麦片。

Vicki: **Toast.**

Chen Li: 烤面包。

Vicki: And pizza.

Chen Li: 比萨饼。

### Insert

*Because I've been thoroughly spoilt for the last 10 years really by a whole series of boyfriends who have been complete foodies, and have catered for me. I'm now recently single and I can't cook at all, so I'm a bit stuck at the moment. So I'm back to (kind of) my university diet of cereal and toast and pizzas.*

Vicki: Here are some other women who can't or won't cook.

Chen Li: 她们不会烹饪，或者是不愿意下厨。

### Insert

*I can follow a recipe but if in the book it says do, like, I don't know ... cooking terminology, like, I won't know what that means.*

*Braise, say?*

*I don't know what that is.*

*I just never cook really I just don't enjoy it. I find it very stressful.*

Vicki: The first one says that she can follow a recipe.

Chen Li: A recipe 菜谱。

Vicki: But she doesn't understand cooking terminology.

Chen Li: Terminology – 专业术语，在这里指烹饪术语。

Vicki: And the second one says she finds cooking stressful.

Chen Li: 让人压抑的。Stressful.

Chen Li: 刚才，我们听到一些女性不做烹饪，或者由她们的男友代劳。下面是她们使用的词汇。

Vicki: A cook.

Chen Li: 厨师。

Vicki: A foodie.

Chen Li: 喜欢做，又喜欢吃的人。

Vicki: A recipe.

Chen Li: 菜谱。

Vicki: Terminology.

Chen Li: 专用术语。

Vicki: Stressful.

Chen Li: 让人压抑的，这些女性解释和她们母亲一辈的人相比，事情为什么会有变化。

### **Insert**

*It was different for our parents' generation. My mum learned to cook because she didn't have all the convenience foods and stuff that we have now, so it was really essential for her.*

*It's really easy to avoid needing to cook.*

Vicki: In the past she said there weren't the convenience foods that we have today.

Chen Li: Convenience foods – 方便食品。

Vicki: So for her mum it was essential to know how to cook.

Chen Li: Essential – 基本的。

Vicki: But now it's easy to avoid needing to cook.

Chen Li: 现在，要避免烹饪的需要，真是太容易了。

### **Insert**

*It was different for our parents' generation. My mum learned to cook because she didn't have all the convenience foods and stuff that we have now, so it was really essential for her.*

*It's really easy to avoid needing to cook.*

Vicki: So we've heard that many young women don't cook. However, Polly Russell, a food writer, has something interesting to say about women and cooking.

### **Insert**

*To say that women aren't cooking is a bit problematic because most of the research suggests that actually, particularly when people have families and start looking after households, even when women are working, they generally are doing the lion's share of the cooking and all the sort of labour that's associated with it. So the fact that young*

*men are cooking seems to be quite a positive thing. The fact that those young women are saying they don't cook, I think is interesting.*

Vicki: Polly said that generally when people have families, women still do most of the cooking, even if they are working.

Chen Li: 在家庭中，大多数还是由女性下厨干活，即便她们还得外出工作。

Vicki: She used an expression to mean 'most of' – the lion's share. So she says it's a positive thing that men are cooking more.

Chen Li: Positive – 肯定的。

Vicki: She's got some more to say about the fact that young women are cooking less. First she talked about why that might be.

**Insert**

*Perhaps they're not cooking because there's an expectation that they should and they're sort of rejecting that.*

Vicki: She said that the women are rejecting the expectation that they should cook.

Chen Li: 她说，传统对女性应当下厨的观念，使一些女性产生抗拒心理。

**Insert**

*Perhaps they're not cooking because there's an expectation that they should and they're sort of rejecting that.*

Vicki: However, she says that this will lead to a practical problem.

Chen Li: Practical – 实践上的。

**Insert**

*The problem, though, in practical terms with not being able to cook is that it is quite limiting because you need to be able to feed yourself and the people you love – and families.*

*If women aren't cooking now, when they do the lion's share, when their kids are born, what's that going to mean for a nutritional diet for the kids?*

Vicki: Polly says that not being able to cook is limiting.

Chen Li: Limiting – 限制，局限的。

Vicki: And BBC presenter, Miriam O'Reilly, suggests that when these women who don't cook have children, there might be problems with their children, (or kids) not getting a nutritional diet.

Chen Li: Nutritional diet – 有营养的伙食。

**Insert**

*The problem, though, in practical terms with not being able to cook is that it is quite limiting because you need to be able to feed yourself and the people you love – and families.*

*If women aren't cooking now, when they do the lion's share, when their kids are born, what's that going to mean for a nutritional diet for the kids?*

Vicki: I suppose that we just have to hope that more and more young men learn to cook, if the young women are not learning to cook! However, Polly concluded by saying that, really, everyone should learn to cook.

**Insert**

*Isn't the question not necessarily whether women should be in the kitchen? Isn't it about that we should all be able to be in the kitchen? Men and women sharing a domestic environment and role and the labours associated with that.*

Vicki: She says that men and women should share a domestic environment.

Chen Li: Domestic – 家庭的，所以，她认为男女都应该分担一定的家务，虽然，在现今的英国家庭里还并不是这样，但是，没准，在不久的将来就会发生，谁又能预料呢？

Vicki: Before we go, let's just look at some of the words and phrases we've heard in the last part of the programme. Convenience foods.

Chen Li: 方便食品。

Vicki: Essential.

Chen Li: 基本的。

Vicki: The lion's share.

Chen Li: 俚语，指大部分。

Vicki: Postitive.

Chen Li: 积极的，肯定的。

Vicki: Nutritional.

Chen Li: 营养的。

Vicki: Domestic.

Chen Li: 家庭的。

Vicki: Well, that's all about cooking for now.

Chen Li: 别忘记, 要想继续练习英文, 可以登陆我们的网页 [www.bbcchina.com.cn](http://www.bbcchina.com.cn), 然后, 点击。Learning English.

Vicki: And if you'd like to send us a question or comment, please email us at [chinaelt@bbc.co.uk](mailto:chinaelt@bbc.co.uk).

Chen Li: 希望大家继续收听BBC为您制作的更多的英文教学节目。我们下次节目再会。

Vicki: Goodbye!

### **Insert**

*My boyfriend's a really good cook. So there's no reason for me to learn.*

*The past 2 years I've really been getting into it and getting a lot of enjoyment out of it as well. There's a great deal of satisfaction from it.*

*To my shame I can't cook at all.*

*I like that sort of more aggressive style of cooking. It's slightly more interesting, it's a bit more butch.*

*It's really easy to avoid needing to cook.*

*Isn't the question, not necessarily whether women should be in the kitchen? Isn't it about that we should all be able to be in the kitchen - men and women sharing a domestic environment and role and the labours associated with that?*