

---

# BBC LEARNING ENGLISH

## Authentic Real English 地道英语



### Go-to

### 首选，总是可靠的选择

---

- 关于台词的备注:

这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

#### Feifei

大家好，欢迎收听 BBC 英语教学的“地道英语”节目。在每期节目中，我们都会介绍一个英语母语人士或讲英语流利的人常用的表达。I'm Feifei, and on this really cold day, I'm with Phil. But how come you're not cold, Phil?

#### Phil

Ah well, I've just had lunch. Hot soup – hot potato and leek soup. It's perfect for a winter's day. It's my go-to for a cold day.

#### Feifei

Your go-to? That sounds like it could be the expression of this programme.

#### Phil

Why not? A 'go-to' is something that you, well, go to a lot, or in a particular situation.

#### Feifei

A 'go-to' is a preferred option – so if I said Phil was my go-to for soup, he'd be my preferred option when I need someone to make me soup.

#### Phil

And you can have a go-to for anything – a nice cafe might be your go-to for lunch; a quiet spot might be your go-to to relax. You might even have an outfit that's your go-to for parties.

#### Feifei

Let's hear some more examples of people using 'go-to'.

#### Examples

When I'm trying to get warm in the winter, my hot water bottle is my go-to.

## Examples

There's a small butcher near my home which is my go-to for fresh lamb chops.

I'm so annoyed because my programme that's my go-to for relaxing in the evening has been cancelled, and now I don't know what I'm going to do.

## Feifei

你正在收听的是 BBC 英语教学的“地道英语”节目。以上我们一起学习了表达“go-to”的用法。“Go-to”可以作名词，意思就是“想要完成某件事时的首选方式”，它既可以是“一种做法”，还可以是“一个工具、一个地点”等等。

## Phil

We could also go-to as a compound adjective. We already know that I'm your go-to guy for soup.

## Feifei

Yes, you are. “Go-to”还可以作复合形容词用，意思就是“想要完成某事时首选的...”。就比如说，Phil 不但是我想喝汤时的首选大厨，还是我在学英语表达时的首选专家——“Phil is also my go-to expert for English expressions.”

## Phil

We can talk about go-to options, go-to holiday spots, a go-to resource to find answers to things.

## Feifei

And, if you're looking for a go-to website to learn English from, look no further than BBC Learning English! We'll be back next time with another expression.

## Phil

See you then. Bye!

## Feifei

Bye-bye!