

## Part 1: WARMING UP

### Transcript

Sometimes we may go out to eat food. Perhaps we will go to a restaurant and order some food from the menu. The person who serves you at the table is called a waiter. Or, if they are female, a waitress. The meal is usually divided into sections. Each one is called a **course**.

First, there is the **starter**, which is normally a small **serving** of food, such as soup or salad. Some people do not have a starter, worrying that they may have trouble finishing the main meal. Then, there is the main course, which is the largest part of the meal. Finally, there is the **dessert**, which can also be called the sweet.

This is normally a small **portion** of ice cream or hot pudding or cake.

Coffee is usually offered at the end of a meal too. Of course, the meal must be paid for. So you will call the waiter or waitress over and ask for the bill. Or check.

Good evening sir. Can I take your order? Yes, please. I would like the **tuna** salad to start. And for the main course, I would like to have the steak. Ah, that's an excellent choice. Would you like a sweet to follow? Hmm, yes please. I would like the hot chocolate **fudge** ice cream. And any drinks to go with your meal?

I think I will have a bottle of red wine, please, to go with the main course. Very good. Enjoy your meal.

Did you enjoy your meal, sir? Yes, that was delicious. Thank you very much. I'm so full now. Could I have the bill, please? Certainly. No problem.

Yeah. Every country around the world has its own special type of food. For example, Italy is well known for **pasta** and **spaghetti**. India is well known for its hot **spicy** dishes. China is well known for its **fried** food. The UK is famous for Fish and chips, **roast beef** and Yorkshire pudding.

## Word Bank

1. **course**: [n.] 菜品，一餐中的一道菜
  - Each one is called a **course**.
2. **starter**: [n.] 开胃菜，餐前小吃
  - First, there is the **starter**, which is normally a small serving of food, such as soup or salad.
3. **serving**: [n.] 一份，指食物的一份量
  - First, there is the starter, which is normally a small **serving** of food, such as soup or salad.
4. **dessert**: [n.] 甜点，餐后的甜食
  - Finally, there is the **dessert**, which can also be called the sweet.
5. **portion**: [n.] 一份，食物的分量或部分
  - This is normally a small **portion** of ice cream or hot pudding or cake.
6. **tuna**: [n.] 金枪鱼，一种常见的海鱼
  - I would like the **tuna** salad to start.
7. **fudge**: [n.] 法奇软糖，乳脂软糖（用糖、黄油和牛奶制成）
  - I would like the hot chocolate **fudge** ice cream.
8. **pasta**: [n.] 意大利面，意式面食，由小麦粉制成
  - For example, Italy is well known for **pasta** and spaghetti.
9. **spaghetti**: [n.] 意大利细面条，一种细长形的意大利面
  - For example, Italy is well known for pasta and **spaghetti**.
10. **spicy**: [adj.] 辣的，味道辛辣
  - India is well known for its hot **spicy** dishes.
11. **fried**: [adj.] 油炸的，经过油炸处理的食物
  - China is well known for its **fried** food.
12. **roast beef**: [n.] 烤牛肉，通过烤制方式烹饪的牛肉
  - The UK is famous for Fish and chips, **roast beef** and Yorkshire pudding.

## Part 2 Text 1: Dining etiquette

### Transcript

Hello, I'm Nancy Mitchell, the owner of the Etiquette **Advocate**, and today we're talking about dining etiquette. We will now talk about what are some of the things you do not want to do when you are seated at a dining room table.

First and **foremost**, when you arrive at the table and you have found your place, it is extremely rude to change **place cards**. The Host, hostess has worked very, very hard on finding an arrangement at the table that will **facilitate** conversation. There is mixing and **mingling** of people and corporations and **agendas**. Don't make... The mistake of moving a place card. Find your place and sit where you are **assigned**.

Other things not to do at the table are taking **medications**. It makes other people very uncomfortable to see you taking a medication, even if you need to do that before a meal. It should be very, very **unobtrusive**. It should be something that you do not do when other people are watching.

**Hygiene**: Don't **assume** that after a meal you can apply **lipstick**. You cannot use a **toothpick** at the table. You cannot use your finger to get something out of your teeth at the table. All of those things are very **offensive** and will disturb the other **diners**.

Using your cell phone: The cell phone should be under the table. It can be in a briefcase. It can be in a handbag. If it rings... Reach down, turn it off, say to your dining companions, I'm so sorry, I thought I had turned that off. Don't look at the **display**. Don't answer the call to say, I'm sorry, I can't talk right now, I'll call you back. You are saying to your dining companions that whoever is calling you is more important than they are. This should be **out of the picture**.

Other things to remember are it's your responsibility to talk to your guest on your left and your right. If you've come to the event with someone from your business, from your family, it's your responsibility to talk to other people at the table and not just to the person with whom you've come.

Other things to avoid are taking away **doggy bags** if you're at a business event or any event where you care about your image. Don't ask for a doggie bag. Don't share **bites** of your food with other people at the table. Don't ask for a taste of someone else's. These things **reflect very poorly on you**.

Next, we're going to be talking about how to **navigate** the **place setting**.

# Word Bank

1. **advocate**: [n.] 支持者, 提倡者
  - Hello, I'm Nancy Mitchell, the owner of the Etiquette **Advocate**, and today we're talking about dining etiquette.
2. **foremost**: [adj.] 最重要的, 最著名的
  - First and **foremost**, when you arrive at the table and you have found your place, it is extremely rude to change place cards.
3. **place card**: [n.] 座位卡, 指示宾客就座位置的卡片
  - First and foremost, when you arrive at the table and you have found your place, it is extremely rude to change **place cards**.
4. **facilitate**: [v.] 促进, 使容易
  - The Host, hostess has worked very, very hard on finding an arrangement at the table that will **facilitate** conversation.
5. **mingle**: [v.] 混合, 交往
  - There is mixing and **mingling** of people and corporations and agendas.
6. **agenda**: [n.] 议程, 待办事项列表
  - There is mixing and mingling of people and corporations and **agendas**.
7. **assign**: [v.] 指定, 分配
  - Find your place and sit where you are **assigned**.
8. **medication**: [n.] 药物, 用药
  - Other things not to do at the table are taking **medications**.
9. **unobtrusive**: [adj.] 不引人注目的, 谦逊的
  - It should be very, very **unobtrusive**.
10. **hygiene**: [n.] 卫生, 保健学
  - **Hygiene**: Don't assume that after a meal you can apply lipstick.
11. **assume**: [v.] 假定, 设想
  - Hygiene: Don't **assume** that after a meal you can apply lipstick.
12. **lipstick**: [n.] 口红, 唇膏
  - Hygiene: Don't assume that after a meal you can apply **lipstick**.
13. **toothpick**: [n.] 牙签
  - You cannot use a **toothpick** at the table.
14. **offensive**: [adj.] 令人不快的, 冒犯的
  - All of those things are very **offensive** and will disturb the other diners.

15. **diner**: *[n.]* 用餐者, 就餐者
  - All of those things are very offensive and will disturb the other **diners**.
16. **display**: *[n.]* 显示屏
  - Don't look at the **display**.
17. **out of the picture**: *[adj.]* 被排除在外的
  - This should be **out of the picture**.
18. **doggy bag**: *[n.]* 剩菜打包袋
  - Other things to avoid are taking away **doggy bags** if you're at a business event or any event where you care about your image.
19. **bite**: *[n.]* 一口, 小口尝味
  - Don't share **bites** of your food with other people at the table.
20. **reflect poorly on sb**: *[v.]* 给人留下非常不好的印象, 表示某种行为或习惯极度损害个人形象或声誉
  - These things **reflect very poorly on you**.
21. **navigate**: *[v.]* 导航, 理解并应对
  - Next, we're going to be talking about how to **navigate** the place setting.
22. **place setting**: *[n.]* 餐位设置, 一套餐具的摆放
  - Next, we're going to be talking about how to navigate the **place setting**.

## Part 2 Text 2: College Diet

### Transcript

With all their classes, **tuition bills**, and homework, many college students don't make eating right a **priority**. When I have a lot of tests, or I have to do a lot of studying, I have to get something fast. For lunch, it's really whatever I can **grab**. I usually eat **snacks**. Fast foods, like french fries, **chicken tenders**, and hamburgers are college dining halls' most popular items, according to recent **surveys**.

Carol Kelly, a **nutritionist** at Emory University, gave us a lesson in College Diets **101**.

"Students will choose foods that are quick and easy to eat, **on the run**, and sometimes that comes **at the expense of** having more balance with their diet." Kelly says college dining services have **catered to** student demands for healthier choices, but **honey buns** and hamburgers are still the **grab and go** favorite.

"The variety is definitely there. They have everything from **stir-fries** to fast foods to hot meals that include vegetables. **Abundant salad bars**. However, students still typically will select what they, um, know as familiar and **tasty** to them." Kelly says college students aren't **invincible** to the **consequences** of unhealthy diets.

The Centers for Disease Control reported in their last survey of American college students that one in five students was overweight. "Students may be developing a **template**, a **nutritional** template, a pattern that they're going to take with them into adulthood. Nutrition is involved with increased risk of cardiovascular disease, possibly **diabetes**, um, possibly **hypertension**."

So students, the lesson for the day is talk to your college nutritionist about your diet. In the meantime, here are some simple changes you can make to eat healthier on any college campus.

"Instead of having simply... Um, **pepperoni pizza**, two or three **slices** of that, maybe have one slice along with the salad. Snacks such as **nuts** and **seeds** along with fresh fruit." I hope you took good notes because this will all be on the final. For Feeling Fit, I'm Elizabeth Cohen.

## Word Bank

1. **tuition bill**: [n.] 学费, 教育费
  - With all their classes, **tuition bills**, and homework, many college students don't make eating right a priority.
2. **priority**: [n.] 优先事项, 首要考虑的事
  - With all their classes, tuition bills, and homework, many college students don't make eating right a **priority**.
3. **grab**: [v.] 快速取得, 匆忙拿起
  - For lunch, it's really whatever I can **grab**.
4. **snack**: [n.] 小吃, 零食
  - I usually eat **snacks**.
5. **chicken tender**: [n.] 鸡肉条, 一种鸡肉小吃
  - Fast foods, like french fries, **chicken tenders**, and hamburgers are college dining halls' most popular items, according to recent surveys.
6. **survey**: [n.] 调查研究
  - Fast foods, like french fries, chicken tenders, and hamburgers are college dining halls' most popular items, according to recent **surveys**.
7. **nutritionist**: [n.] 营养学家
  - Carol Kelly, a **nutritionist** at Emory University, gave us a lesson in College Diets 101.
8. **101**: [n.] 基础课程, 入门级课程
  - Carol Kelly, a nutritionist at Emory University, gave us a lesson in College Diets **101**.
9. **on the run**: [adv.] 匆忙中, 在奔跑时
  - "Students will choose foods that are quick and easy to eat, **on the run**, and sometimes that comes at the expense of having more balance with their diet."
10. **at the expense of**: [adv.] 以损害...为代价
  - "Students will choose foods that are quick and easy to eat, on the run, and sometimes that comes **at the expense of** having more balance with their diet."
11. **cater to**: [v.] 迎合, 满足需求
  - Kelly says college dining services have **catered to** student demands for healthier choices, but honey buns and hamburgers are still the grab and go favorite.

12. **honey bun**: *[n.]* 蜂蜜小圆面包, 一种甜点
- Kelly says college dining services have catered to student demands for healthier choices, but **honey buns** and hamburgers are still the grab and go favorite.
13. **grab and go**: *[adj.]* 即取即走的, 方便快捷的
- Kelly says college dining services have catered to student demands for healthier choices, but honey buns and hamburgers are still the **grab and go** favorite.
14. **stir-fry**: *[n.]* 炒菜
- They have everything from **stir-fries** to fast foods to hot meals that include vegetables.
15. **abundant**: *[adj.]* 丰富的, 大量的
- **Abundant** salad bars.
16. **salad bar**: *[n.]* 沙拉吧, 提供各种沙拉的餐饮服务台
- Abundant **salad bars**.
17. **tasty**: *[adj.]* 美味的, 可口的
- However, students still typically will select what they, um, know as familiar and **tasty** to them."
18. **invincible**: *[adj.]* 不可战胜的, 无敌的
- Kelly says college students aren't **invincible** to the consequences of unhealthy diets.
19. **consequence**: *[n.]* 后果, 结果
- Kelly says college students aren't invincible to the **consequences** of unhealthy diets.
20. **template**: *[n.]* 模板, 标准
- "Students may be developing a **template**, a nutritional template, a pattern that they're going to take with them into adulthood.
21. **nutritional**: *[adj.]* 营养的, 滋养的
- "Students may be developing a template, a **nutritional** template, a pattern that they're going to take with them into adulthood.
22. **diabetes**: *[n.]* 糖尿病
- Nutrition is involved with increased risk of cardiovascular disease, possibly **diabetes**, um, possibly hypertension."
23. **hypertension**: *[n.]* 高血压
- Nutrition is involved with increased risk of cardiovascular disease, possibly diabetes, um, possibly **hypertension**."



24. **pepperoni pizza**: [n.] 意大利辣肉香肠披萨

- "Instead of having simply... Um, **pepperoni pizza**, two or three slices of that, maybe have one slice along with the salad.

25. **slice**: [n.] 片, 切片

- "Instead of having simply... Um, pepperoni pizza, two or three **slices** of that, maybe have one slice along with the salad.

26. **nut**: [n.] 坚果

- Snacks such as **nuts** and seeds along with fresh fruit."

27. **seed**: [n.] 种子

- Snacks such as nuts and **seeds** along with fresh fruit."

## Part 3: Dark secrets of the food industry

### Transcript

The industry changed the entire way that chicken are raised. Birds are now raised and **slaughtered** in half the time they were 50 years ago. But now they're twice as big. People like to eat white meat, so they redesigned the chicken to have large breasts.

They not only changed the chicken, they changed the farmer. Today, chicken farmers no longer control their birds. A company like Tyson owns the birds from the day they're **dropped off** until the day that they're slaughtered.

Let me go to the top. National Chicken Council. The chicken industry has really **set a model** for the **integration** of production and **processing** and marketing of the products that other industries are now following because they see that we have achieved **tremendous** economies.

In a way, we're not producing chickens. We're producing food. It's all highly **mechanized**. So all the birds coming off those farms have to be almost exactly the same size. What this system of **intensive** production **accomplishes**, is to produce a lot of food, at a small amount of land, at a very **affordable** price. Now somebody explain to me what's wrong with that.

Smells like money to me.

16 chicken houses sit here. And Chuck's son has four over the top of this hill. The chicken industry came in here, and it's helped this whole community out. Here's my chicken houses here. I have about 300,000 chickens.

We have a **contract** with Tyson. They've been growing chickens for many, many years, and it's all a science. They got it figured out. If you could grow a chicken in 49 days, why would you want one you gotta grow in three months. More money in your pocket.

These chickens never see **sunlight**. They're pretty much **in the dark** all the time. Do you think they just want to keep us out.

If I knew I'd tell you. It would be nice if y'all could see what we really do. But you know, but as far as y'all going in, that's, we can't let you do that.

I understand why farmers don't want to talk, um, because the company can do what it wants to do as far as **pay** goes, since they control everything. Um, but it's just gotten to the point that it's not right what's going on, and I've just made up my mind, I'm going to say what I have to say. Um, I understand why others don't want to do it.

And I'm just to the point that it doesn't matter anymore. Something has to be said. It is **nasty** in here. There's dust flying everywhere. There's **feces** everywhere. This isn't fun. This isn't **farming**. This is just **mass production** like an **assembly line** in a factory. When they grow from a chick, and in seven weeks you've got a five and a half pound chicken, their bones and their **internal organs** can't keep up with the rapid growth.

A lot of these chickens here, they can take a few steps. And then they **plop down**. It's because they can't keep up with all the **weight** that they're carrying.

That's normal.

There's **antibiotics** that's put into the **feed**, and of course that passes through the chicken.

The **bacteria builds up** a **resistance**, so antibiotics aren't working anymore. I have become **allergic** to all antibiotics and can't take them.

# Word Bank

1. **slaughter**: [v.] 宰杀, 指在屠宰场杀死动物取肉
  - Birds are now raised and **slaughtered** in half the time they were 50 years ago.
2. **drop off**: [v.] 送达, 指把鸡送到农场的行为
  - A company like Tyson owns the birds from the day they're **dropped off** until the day that they're slaughtered.
3. **set a model**: [v.] 树立模范, 指在某个领域成为值得效仿的典范
  - The chicken industry has really **set a model** for the integration of production and processing and marketing of the products that other industries are now following because they see that we have achieved tremendous economies.
4. **integration**: [n.] 集成, 指各个部分或方面合并为一个整体的过程
  - The chicken industry has really set a model for the **integration** of production and processing and marketing of the products that other industries are now following because they see that we have achieved tremendous economies.
5. **processing**: [n.] 加工, 指将原材料或半成品转变为成品的过程
  - The chicken industry has really set a model for the integration of production and **processing** and marketing of the products that other industries are now following because they see that we have achieved tremendous economies.
6. **tremendous**: [adj.] 巨大的, 表示非常大或极其显著的
  - The chicken industry has really set a model for the integration of production and processing and marketing of the products that other industries are now following because they see that we have achieved **tremendous** economies.
7. **mechanize**: [adj.] 机械化的, 指使用机器进行生产或工作的
  - It's all highly **mechanized**.
8. **intensive**: [adj.] 密集的, 指用尽可能少的资源或空间获得最大产出的
  - What this system of **intensive** production accomplishes, is to produce a lot of food, at a small amount of land, at a very affordable price.
9. **accomplish**: [v.] 完成, 指成功地完成或实现某事
  - What this system of intensive production **accomplishes**, is to produce a lot of food, at a small amount of land, at a very affordable price.

10. **affordable**: [adj.] 负担得起的, 指价格合理, 大多数人能买得起的
  - What this system of intensive production accomplishes, is to produce a lot of food, at a small amount of land, at a very **affordable** price.
11. **contract**: [n.] 合同, 指两个或多个方之间的正式协议或契约
  - We have a **contract** with Tyson.
12. **sunlight**: [n.] 阳光, 指太阳发出的光线
  - These chickens never see **sunlight**.
13. **in the dark**: [adv.] 在黑暗中, 在没有光线的环境中
  - They're pretty much **in the dark** all the time.
14. **pay**: [n.] 支付, 指给予金钱作为报酬或薪水
  - I understand why farmers don't want to talk, um, because the company can do what it wants to do as far as **pay** goes, since they control everything.
15. **nasty**: [adj.] 令人不快的, 指非常不干净或让人感到不舒服的
  - It is **nasty** in here.
16. **feces**: [n.] 粪便, 动物排泄的废物
  - There's **feces** everywhere.
17. **farming**: [n.] 耕作, 指种植作物和养殖动物的农业活动
  - This isn't **farming**.
18. **mass production**: [n.] 大规模生产, 指使用流水线和其他工业化方法大量生产商品的过程
  - This is just **mass production** like an assembly line in a factory.
19. **assembly line**: [n.] 装配线, 一种生产方式, 产品在流水线上逐步完成组装或加工
  - This is just mass production like an **assembly line** in a factory.
20. **internal organ**: [n.] 内脏器官, 指身体内部的器官
  - When they grow from a chick, and in seven weeks you've got a five and a half pound chicken, their bones and their **internal organs** can't keep up with the rapid growth.
21. **plop down**: [v.] 重重倒下, 指突然或无力地坐下或倒下
  - And then they **plop down**.
22. **weight**: [n.] 重量
  - It's because they can't keep up with all the **weight** that they're carrying.
23. **antibiotics**: [n.] 抗生素
  - There's **antibiotics** that's put into the feed, and of course that passes through the chicken.

24. **feed**: [n.] 饲料, 指给动物吃的食物

- There's antibiotics that's put into the **feed**, and of course that passes through the chicken.

25. **bacteria**: [n.] 细菌

- The **bacteria** builds up a resistance, so antibiotics aren't working anymore.

26. **build up**: [v.] 积累, 指逐渐增加或累积

- The bacteria **builds up** a resistance, so antibiotics aren't working anymore.

27. **resistance**: [n.] 抵抗力, 指对抗生素的耐药性

- The bacteria builds up a **resistance**, so antibiotics aren't working anymore.

28. **allergic**: [adj.] 过敏的

- I have become **allergic** to all antibiotics and can't take them.

## Part 5: HOMEWORK

### Transcript

The way to complain is to act **businesslike** and important. If your complaint is immediate, suppose you got the wrong order at a restaurant. Make a polite but firm request to see the manager. When the manager comes, ask his or her name, and then state your problem and what you expect to have done about it.

Be polite. Shouting or acting rude will **get you nowhere**, but also be firm in making your complaint. Besides, Act important. This doesn't mean to **put on airs** and say, Do you know who I am? What it means is that people are often treated the way they expect to be treated. If you act like someone who expects a fair request to be **granted**, chances are it will be granted.

The worst way to complain is over the telephone. You are speaking to a voice coming from someone you cannot see, so you can't tell how the person on the line is reacting. It is easy for that person to give you the **runaround**. Complaining in person, or by letter, is generally more effective. If your complaint does not require an immediate response, It often helps to complain by letter.

If you have an **appliance** that doesn't work, send a letter to the store that sold it. Be businesslike and **stick to** the point. Don't spend a paragraph on how your Uncle Joe tried to fix the problem and couldn't.

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**Questions 30 to 32 are based on the passage you have just heard.**

**Question 30.** What does the speaker suggest you do when you are not served properly at a restaurant?

Answer: The speaker suggests that if you are not served properly at a restaurant, you should act businesslike and important, make a polite but firm request to see the manager, ask for the manager's name, state your problem clearly, and specify what you expect to be done about it.

**Question 31.** Why does the speaker say the worst way to complain is over the telephone?

Answer: The speaker mentions that complaining over the telephone is the worst way because you are speaking to a voice without seeing the person. This lack of visual contact makes it difficult to gauge how the person on the line is reacting, and it is easy for them to give you the runaround.

**Question 32.** What should you do if you make a complaint by letter?

Answer: If you make a complaint by letter, the speaker advises being businesslike and sticking to the point. Avoid including irrelevant details, like attempts by others to fix the issue, and focus on clearly stating the problem and what resolution you expect.



## Word Bank

1. **businesslike**: *[adj.]* 实事求是的, 专业的, 效率高的
  - The way to complain is to act **businesslike** and important.
2. **get nowhere**: *[v.]* 毫无进展, 无济于事
  - Shouting or acting rude will **get you nowhere**, but also be firm in making your complaint.
3. **put on airs**: *[v.]* 摆架子, 装腔作势
  - This doesn't mean to **put on airs** and say, Do you know who I am?
4. **grant**: *[v.]* 被接受, 被准许
  - If you act like someone who expects a fair request to be **granted**, chances are it will be granted.
5. **run-around**: *[n.]* 敷衍, 回避正题
  - It is easy for that person to give you the **runaround**.
6. **appliance**: *[n.]* 家用电器
  - If you have an **appliance** that doesn't work, send a letter to the store that sold it.
7. **stick to**: *[v.]* 坚持, 遵守
  - Be businesslike and **stick to** the point.