

## 安慰食品 Comfort Food

Hello. This is 6 Minute English from BBC Learning English. I'm Neil.

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是内尔。

And I'm Rob.

我是罗伯。

I see you've been tucking into the biscuits again, Rob.

我看到你又在狂吃饼干了，罗伯。

Well, I have, Neil.

呃，是的，内尔。

You can't beat a bite on a biscuit for a quick and easy sweet treat.

你无法抵抗吃饼干带来的快速又简单的甜美诱惑。

They make me feel good, as long as I don't eat too many!

它们让我感觉很好，只要我不吃太多！

So, these are your 'edible comforters'-a comforter is something that makes you feel relaxed and feel good.

所以这些是你的“食用安慰剂”——安慰剂指的是让你感觉放松和很好的东西。

Put another way, it is your comfort food, which is what we're talking about in this programme.

换句话说，它是你的安慰食品，这就是我们今天要在节目中讨论的话题。

Yes, like biscuits-comfort food is snacks and meals we like to stuff our faces with, even if it's not always good for us.

是的，比如饼干——安慰食品指的是我们喜欢吃得满脸都是的零食或餐食，即使它并不总是对我们有利。

We'll be discussing what actually makes us eat the stuff.

我们要讨论实际上是什么让我们吃这些东西。

But how about a question to feast on, Rob?

来个问题尝尝怎么样，罗伯？

Patrick Bertoletti from the USA holds the Guinness World Record for eating the most cream-filled biscuits in one minute, but do you know how many biscuits he ate?

来自美国的帕特里克·贝尔托莱蒂拥有一分钟内吃最多奶油饼干的吉尼斯世界纪录，但是你知道他吃了多少块饼干吗？

Was it a) 2, b) 7, or c) 15?

是 A. 2 块，B. 7 块，还是 C. 15 块？

Well, based on my biscuit-eating skills, I'd say 15-it depends if he had to swallow them all as well.

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根据我吃饼干的技艺，我要选 15 块——这要看他是否需要把这些饼干都吞下去。

I'm not sure about that-but I'll reveal the answer later on.

我不确定——但是我稍后会揭晓答案。

Now, biscuits, ice cream, crisps and pizzas are all good examples of comfort food.

饼干，冰淇淋，薯片和披萨都是很好的安慰食品的例子。

They're easy to snack on and they don't require many culinary skills-culinary means related to cooking.

它们很适当零食，而且不需要很多烹饪技巧——烹饪指的是跟做饭有关的。

Umm, well, that makes sense, but there must be something else that is urging us to seek out this 'easy' food?

呃，有道理，但是肯定还有别的原因让我们寻求这种“安心”食品吧？

According to psychologist Shira Gabriel, it's about memories and emotional experiences.

根据心理学家茜拉·盖布里尔的说法，这跟记忆和情感体验有关。

She spoke on The Food Chain podcast on BBC World Service and said her comfort food was macaroni and cheese-something that brings back memories.

她在 BBC 世界服务节目《食物链》的播客上说她的安慰食品是通心粉和芝士——能够唤起回忆的东西。

At some point in my life those were foods that were made for me or shared with me by people who cared about me and loved me and took care of me.

在我一生的某些时刻，这些是专为我而做的或跟在乎我、爱我的人一起分享的食物。

So because those are the foods that I had in my youth, I've associated them with, sort of, those feelings of being taken care of.

所以因为这些食物是我小时候吃过的，所以我对它们产生了联想，可以说是那种被照顾的感觉。

And those associations are strong, the associations we have with food are very strong, and so by eating those foods, I'm able to activate those associations and give myself a rush of positive feelings and a sense of acceptance.

而这些联想很强烈，我们对食物的联想很强烈，所以通过吃这些食物，我能够激活那些联系并让我突然获得一股正能量以及接受感。

So like so many of us, Shira associates eating certain types of food with past experiences from her youth.

所以跟我们很多人一样，茜拉把吃某种特定的食物跟她年轻时的过往经历联想在一起。

Associate means makes a connection in your mind with something.

联想指的是在你脑海中跟某物产生联系。

And these connections between food and memories are very strong.

而这些食物和回忆之间的联系非常强烈。

I know eating biscuits reminds me of eating them after school, as a treat.

我知道吃饼干能让我想起放学后吃它们来款待自己。

Well, Shira explains how we get a rush—a sudden and strong emotion—of positive feelings when these memories are activated by eating comfort food.

嗯，茜拉解释了她如何在这些回忆通过吃安慰食品激活时获得一股——突然而强烈的情感——正能量。

And it's not just memories that are activated, but also the emotions we feel as well.

而且不仅仅是回忆被激活了，还有我们的情感。

If we felt happy the first time we ate the food, then hopefully we'll feel happy when we eat it again.

如果我们第一次吃那个食物时感到开心，那么当我们再吃它时很有可能也会感到开心。

It's not always that simple, Rob.

并不总是那么简单，罗伯。

Tucking into food that's high in carbohydrates, sugar or salt can make us feel guilty, but we don't realise our minds are trying to trigger, or start, a positive emotion, and it's making us eat that food to do so.

狂吃高碳水、高糖或高盐的食物会让我们有罪恶感，但是我们没有意识到我们的思想正在触发或开启一种积极的情绪，而且只有让我们吃那种食物才能做到。

The Food Chain podcast explores this in more detail—but what is interesting is that comfort food isn't universal.

《食物链》播客更详细地探索了这一问题——但是有趣的是安慰食品并不是共通的。

Some languages don't have a comparable phrase.

有些语言里面没有对应的短语。

It's a good point and something food writer Jenny Linford talked about.

这是个不错的观点，美食作家詹妮·林福特谈到了这一点。

Here's her theory on why that is.

以下是她解释这一现象的理论。

Talking to Italian friends, I realised that, no, they don't have a phrase for 'comfort food'—I think it's sort of irrelevant.

跟意大利朋友聊天，我意识到，不，他们没有对应“安慰食品”的词——我认为这有点不相关。

My Italian friends I asked about comfort food, they were just, they said to me, look, you know, food is always comfort and always pleasure and it's a joyful thing, so it's just really interesting that you know this idea of comfort food is not universal, it's actually quite nuanced.

那些被我问及安慰食品的意大利朋友，他们跟我说，你看，食物总是代表着安慰和愉悦，而且这是一个让人开心的东西，所以安慰食品这个概念并不是通用的这一点真的很有趣，这其实很微妙。

So, according to Jenny's Italian friends, all food brings comfort and pleasure.

所以根据詹妮意大利朋友的说法，所有食物都能带来安慰和愉悦。

Talking about specific comforting food is irrelevant—it is not important or has no connection with the discussion.

谈论某种特定的安慰食品是不相关的——它不重要，或者说跟讨论无关。

Yes, she thinks the concept of comfort food is quite nuanced, depending on where you are from-so there are small but important differences.

是的，她认为安慰食品的概念很微妙，取决于你来自于哪里——也就是说有很细微但很重要的差异。

Well, maybe we should take comfort from, or feel less bad about the fact that eating any kind of food can bring us joy, warmth, happiness and comfort.

嗯，也许我们应该对于吃任何事物都能够给我们带来愉悦、温暖、快乐和安慰这一事实感到欣慰，或者说不要感觉那么糟糕。

So if you don't mind, I think I'll munch on another biscuit.

如果你不介意，我想我会再吃一块饼干。

Are you trying to beat the record of Patrick Bertoletti from the USA?

你要试图击败来自美国的帕特里克·贝尔托莱蒂吗？

Earlier I mentioned he holds the Guinness World Record for eating the most cream-filled biscuits in one minute, but how many biscuits did he eat?

之前我提到他拥有一分钟内吃掉最多奶油饼干的吉尼斯世界纪录，不过他吃了多少块饼干呢？

Was it a) 2, b) 7, or c) 15?

是 A. 2个， B.7个， 还是 C. 15个？

I thought he ate 15. Was I right?

我想他吃了15个。我答对了吗？

No, Rob.

没有，罗伯。

He scoffed only 7 in one minute.

他一分钟内只吃了7个。

So maybe you can beat him?

也许你能击败他？

But before you do, let's recap on some of the vocabulary we've been discussing.

但是在你这么做之前，我们来回顾一下今天讨论的一些单词吧。

Of course.

当然。

We've been talking about comfort food-food that makes us feel good-and we described it as a 'comforter'-something that makes us feel relaxed and feel good.

我们一直在谈论安慰食品——让我们感觉良好的食物——而且我们把它描述为“安慰剂”——能够让我们感到放松，心情好的东西。

We also mentioned culinary-connected to cooking.

我们还提到了烹饪的——跟做饭有关。

And associated, which means made a connection in our mind with something.

还有联想，意思是在我们的脑海里跟某事产生联系。

Something that is irrelevant is not important or has no connection with the discussion taking place.

无关的事物指的是不重要的或者跟当前的讨论没有关联的事物。

And something that is nuanced has small but important differences.

微妙的指的是有细小但是重要的差异。

Finally, when you take comfort in something, you don't feel so bad because of something else.

最后，如果你在某物中寻找安慰，那么你没有因为其他事情而感觉那么糟糕。

Well, Neil, we're out of time but let's take comfort in knowing that there are lots more 6 Minute English programmes to enjoy on our website at [bbclearningenglish.com](http://bbclearningenglish.com).

好的，内尔，我们没时间了，但是我们知道我们的网站 [bbclearningenglish.com](http://bbclearningenglish.com) 上还有更多六分钟英语节目可以收听，这一点可以聊以安慰。

We also have an app that you can download for free from the app stores.

我们还有一个可以从应用商店免费下载的 APP。

And of course, we are all over social media.

当然，你可以在各种社交媒体上找到我们。

Thanks for listening and goodbye.

感谢收听，再见。

Goodbye.

再见。

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