

餐桌上的交流 talking at the table

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

大家好，这里是BBC六分钟英语。我是尼尔。我是贝丝。

In this programme, we'll be discussing the dinner table – but we're not interested in food. We're talking about... talking!

在本节目中，我们将讨论餐桌——但我们对食物不感兴趣。我们正在谈论……说话！

A lot can happen around the dinner table – gossip, arguments. You might meet the love of your life on a blind dinner date or find out you're a great storyteller.

餐桌上可能会发生很多事情，比如八卦、争论。你可能会在一次初次晚餐约会中遇到你一生的挚爱，或者发现你是一个很棒的讲故事的人。

Neil, when you were younger, did you eat with your family around a dinner table?

尼尔，你年轻的时候，你有和家人围坐在餐桌旁吃饭吗？

We did! Eating at the table was an important ritual. It was something we did every day and, quite often, it was the only time we could get together and chat.

我们会！在餐桌上吃饭是一个重要的仪式。这是我们每天都会做的事情，而且很多时候，这是我们唯一可以聚在一起聊天的时间。

I think there's something very comforting about eating good food and being with the people you're closest to and now I do the same with my own family.

我认为吃美食并与最亲近的人在一起会让人感到非常欣慰，现在我和我的家人也是如此。

The kids are more likely to open up, talk more easily, about their day or something troubling them while we're eating.

吃饭时，孩子们更有可能敞开心扉，更轻松地谈论他们的一天或困扰他们的东西。

Well, the dinner table is a space that families across the world get together at to not only eat, but chat, and is often the only point in the day or week that the whole family gathers together.

嗯，餐桌是世界各地家庭聚会的地方，不仅可以吃饭，还可以聊天，而且通常是一天或一周全家人聚集在一起的唯一场所。

In this programme, we'll be discussing how people behave at the table, and, of course, we'll be learning some useful new vocabulary as well.

在本节目中，我们将讨论人们在餐桌上的行为举止，当然，我们也会学习一些有用的新词汇。

But first I have a question for you, Beth. In 2016, a couple from Germany won the world record for the fastest time to set a dinner table. But, how long did it take them?

但首先我有一个问题要问你，贝丝。2016年，一对来自德国的夫妇赢得了摆餐桌最快时间的世界纪录。他们花了多长时间？

添加的词汇

surely

英: /'ʃʊəli/ 美: /'ʃʊrli/

adv. 稳当地；坚定地；无疑；[口]当然



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Was it: a) 25 seconds b) 1 minute 5 seconds c) 2 minutes 5 seconds?

Surely not 25 seconds! I'll guess 1 minute 5 seconds.

a) 25秒；b) 1分5秒；c) 2分5秒。肯定不是25秒！我猜是1分5秒。

OK, Beth, I'll reveal the answer later in the programme. Now, while eating with a group, you might feel that you need to act in a certain way because of the people around you.

好的，贝丝，稍后我将揭晓答案。现在，与一群人一起吃饭时，你可能会觉得由于周围的人而需要以某种方式行事。

Philippa Perry, a psychotherapist and author, thinks we should try to be ourselves as much as possible, as she told BBC World Service programme, The Food Chain:

心理治疗师兼作家菲利普·佩里认为我们应该尽可能做自己，她在BBC国际频道节目《食物链》中说道：

In any group we find a role and, if we're only in one group, if we're only ever with our family, we might think, 'oh, I'm the funny one', 'he's the wise one'. We might think that's who we are.

在任何团体中，我们都会找到一个角色，如果我们只在一个团体中，如果我们只与家人在一起，我们可能会想，“我是有趣的”，“他是明智的”。我们可能认为这就是我们。

And then we go to another group and then we find, 'oh, I'm the wise one'. And I think if you feel like you're assigned a role in your family, I just think take that with a little bit of a pinch of salt.

然后我们去了另一个团体，我们发现，“哦，我是明智的”。我认为，如果你觉得自己在家庭中被分配了某个角色，要对此持保留态度。

When you spend time with the same group of people, you might start to think of yourself as 'the funny one' or 'the wise one'.

当你与同一群人共度时光时，你可能会开始认为自己是“有趣的人”或“聪明的人”。

When we say 'the ... one', we describe a person by using a particular and prominent characteristic they have. If you're very tall, you might be 'the tall one'.

当我们说“the ... one”时，我们用一个人所具有的特定且突出的特征来描述一个人。如果你很高，你可能是“the tall one”。

However, Philippa says we should take these labels with a pinch of salt – an idiom meaning you shouldn't believe or do everything you are told or that's expected of you.

然而，菲利普说，我们应该对这些标签持保留态度——take something with a pinch of salt的意思是你不应该相信别人告诉你的一切，或完成别人对你期望的一切。

Now, over time, interactions at the dinner table have changed.

现在，随着时间的推移，餐桌上的互动已经发生了变化。

In the past, children were sometimes seated on a different table to adults or told they should be seen and not heard, an old-fashioned phrase emphasising that children should be quiet and always on their best behaviour.

过去，孩子们有时会与成人坐在不同的桌子上，或者被告知他们应该be seen and not heard，这是一个老式的短语，强调孩子们应该保持安静，行为端正。

Ambreia Meadows-Fernandez, a writer and founder of Free Black Motherhood, spoke about older generations' reactions to children asking awkward questions at the dinner table to BBC World Service programme, The Food Chain:

“Free Black Motherhood”组织的创始人兼作家安布雷亚·梅多斯-费尔南德斯(Ambreia Meadows-Fernandez)在接受BBC国际频道节目《食物链》采访时，谈到了老一辈人对孩子们在餐桌上提出尴尬问题的反应：

So, it's a mixed bag. It's overwhelmingly positive, but I also know that it is kind of a bit of culture shock for them to hear my children ask what they ask because our children haven't really been raised with that line of demarcation between the adult table and the kid table.

这很复杂。这绝对是正面的，但我也知道，对他们来说，听到自己的孩子问他们要问的问题，会有点文化冲击，因为我们的孩子并没有真的在成人桌和儿童桌之间的分界线中长大。。

Ambreia says that the older generation's reactions to her children's questions at the table can be a mixed bag. A mixed bag is a situation that can have positive and negative aspects.

安布雷亚说，老一辈人对孩子们在餐桌上提出的问题的反应可能很复杂。a mixed bag是一种既有积极方面也有消极方面的情况。

She also says that it's a culture shock for them – a sense of feeling uncertain because you're in a different environment to usual.

她还说，这对他们来说是一种文化冲击——culture shock是一种不确定的感觉，因为你处于与平常不同的环境中。

OK, Beth. I think it's time I revealed the answer to my question. I asked you what the world record is for the fastest time to set a dinner table. And I said it was 1 minute 5 seconds.

好的，贝丝。我想是时候揭晓问题的答案了。我问你摆好餐桌最快的世界纪录是多少？我说是1分5秒。

And that was... the right answer! That's not very long, is it? OK, let's recap the vocabulary we've learned from this programme, starting with open up – a phrasal verb meaning speak more easily than usual, particularly about worries or problems.

正确！很快，对吗？好的，让我们回顾一下本节目中学到的词汇，从open up开始——这是一个短语动词，意思是比平时更容易说话，特别是说出担忧或问题。

If someone is 'the funny one' or 'the wise one', they are labelled by that particular characteristic.

如果某人是“the funny one”或“the wise one”，他们就会被贴上该特征的标签。

To take something with a pinch of salt means you shouldn't believe everything you're told.

To take something with a pinch of salt意味着你不应该相信别人告诉你的一切。

Children should be seen and not heard is an old-fashioned phrase that means children should be quiet and behave well. A mixed bag means something has both positive and negative aspects.

“Children should be seen and not heard”是一个老式的短语，意思是孩子应该保持安静，行为端正。A mixed bag意味着某事物既有积极的一面，也有消极的一面。

And finally, a culture shock is an uncertain feeling because you're in a new environment.

最后，a culture shock是一种不确定的感觉，因为你处于一个新的环境中。

Once again our six minutes are up. Join us again soon for more useful vocabulary, here at 6 Minute English! Goodbye for now! Bye!

六分钟时间又到了，很快会再次见面，学习更多有用的词汇！暂时再见了！再见！

