

和食物有关的迷信说法 Food superstitions

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

大家好。这里是 BBC 学习英语栏目的六分钟英语。我是罗伯

And I'm Sam, and I'm having a boiled egg for lunch today.

我是萨姆，我今天中午要吃煮鸡蛋。

I'll just sprinkle some salt on top - there!

我要在顶上面撒点盐 —— 好了！

Oh, you've spilled some salt on the floor, Sam!

哦，你把盐漏到地上了，萨姆！

Quick, throw some over your left shoulder.

快，往你左肩上扔一些。

Throw salt over my shoulder? !

往我左肩上扔盐？

What are you talking about, Rob?

你在说什么，罗伯？

It's bad luck to spill salt!

把盐弄洒了不吉利！

Oh, dear!

哦，天呐！

It looks like Rob believes in superstitions - old beliefs which are based on magic and mystery rather than science.

似乎罗伯相信迷信 —— 基于魔法和谜题而不是科学的古老的信仰。

Many superstitions are connected to food, as we'll discover in this programme.

正如我们要在本期节目中发现的那样，很多迷信都跟食物有关。

Right, like throwing salt over your shoulder to stop bad luck.

没错，例如往肩上撒盐来阻止厄运。

Oh, come on, Rob!

哦，得了吧，罗伯！

You don't really believe that, do you?

你不会真的相信吧？

Well, lots of people do believe food superstitions, including otherwise rational, scientific people.

嗯，很多人确实相信食物迷信，包括那些很理性的相信科学的人。

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For example, have you ever blown out the candles on a birthday cake and made a wish?

例如，你曾经吹灭生日蛋糕上的蜡烛然后许愿过吗？

Or thrown rice over the bride and groom at a wedding?

或者在婚礼上往新郎新娘身上撒米？

Yes, to both of those.

是的，两个都做过。

Maybe I'm more superstitious than I thought!

也许我比自己认为的要更迷信！

Well, before we find out, it's time for a quiz question about another famous food festival - Halloween.

嗯，在我们发现之前，该问今天的问题了，是跟另一个有名的食物节日有关的 —— 万圣节。

That's when people carve scary faces into pumpkins to frighten away evil spirits.

在万圣节的时候，人们会在南瓜上面雕刻可怕的脸来吓走恶灵。

Yes. Right.

是的，没错。

The tradition of carving pumpkins, or Jack o' Lanterns as they're called in the United States, started out as a Celtic festival in Ireland - but it was the Americans who started using pumpkins.

刻南瓜的传统，或者按照美国的叫法，杰克南瓜灯，起源于爱尔兰的凯尔特节日 —— 但是是美国人开始使用南瓜的。

So what vegetable did the Irish originally use to scare away ghosts?

所以爱尔兰人最开始是用什么蔬菜来吓走鬼魂的？

Was it a) turnips, b) potatoes, or c) squash?

是 A. 蔓菁，B. 土豆，还是 C. 南瓜小果？

I'll say b) potatoes.

我要选 B. 土豆。

OK, Sam, we'll find out the right answer later on.

好的，萨姆，我们稍后会揭晓正确答案。

What's for sure is that cultures from around the world have been connecting food and magic for thousands of years, and over time it's created some strange beliefs.

可以肯定的是全世界的文化几千年来都跟食物和魔法有关，而且随着时间的流逝，它创造一些奇怪的信仰。

Here's food historian Tasha Marks describing one unusual superstition to BBC World Service programme, The Food Chain.

以下是食物历史学家 Tasha Marks 向 BBC 的世界服务节目 《食物链》描述一个不同寻常的食物迷信。

When you have superstitions and they sort of mix with science and health and medicine...and one of the examples of that would be something like garlic which...we all know garlic wards off vampires but it's also been thought to ward off the 'evil eye', and if you come across the term, the 'evil eye', it's a sort of blanket term that sort of applies to any bad luck.

当你了解迷信，并且它们某种程度上跟科学、健康和药物混合在一起.....一个例子就是大蒜，我们都知道大蒜能够驱赶吸血鬼，但是人们还认为它能够驱赶“恶目”，如果你碰到“恶目”这个名词，它可以说是适用于任何厄运的概括名词。

Tasha says that garlic is believed to ward off vampires, meaning to repel or stop someone from harming you.

Tasha 说大蒜被认为能够驱赶吸血鬼，意味着能够阻止某人伤害你。

According to this superstition, garlic also keeps away the evil eye - bad luck or magical spells with the power to cause bad things to happen.

根据这个迷信，大蒜还能够驱赶恶目 —— 厄运或者能够让坏事发生的魔咒。

Tasha describes the 'evil eye' as a blanket term for any bad luck.

Tasha 说“恶目”是一个表示任何厄运的概括表达。

Just as a real blanket covers the different parts of your body, a blanket term is a phrase that's used to describe many examples of related things.

就像真的毯子能够覆盖你身体的各个部分，概括表达指的是能够用来描述很多相关事物的很多例子的短语。

But food superstitions aren't only about bad luck -they also give our lives meaning.

但是食物迷信不仅仅是跟厄运有关 —— 它们还能够赋予我们生活以意义。

Jonty Rajagopalan owns a tourist agency in Hyderabad, India, where she introduces visitors to some of the city's food traditions.

Jonty Rajagopalan 在印度海得拉巴市有一家旅行社，在那里她向游客们介绍了一些这个城市的食物传统。

Here she is talking with BBC World Service's, The Food Chain, about a tradition connected with the Hindu New Year.

以下是她对话 BBC 的世界服务节目《食物链》，谈论跟印度新年有关的传统。

Can you spot the different tastes she mentions?

你能听出她提到的各种味道吗？

Some of the traditions give you a little bit of a lesson, like every new year, and not 1st January, not the Gregorian calendar New Year, but the Hindu calendar New Year, we would always be given...it's a kind of a chutney which is made of all the five tastes: so you have sour, you have sweet, you have something bitter in it and your mum would always give it to you saying that this is what the rest of the year is going to be -you'll have happiness, you'll have challenges, you'll have a little sadness, you'll have bitterness in your life, which I think is a very nice tradition - it prepares you for everything in life.

有一些传统会给你上一课，例如每个新年，不是元月一日，不是罗马教皇历的新年，而是印度历的新年，我们总是会得到一种酸辣酱，它用五种味道制成：所以你会尝到酸、甜、苦，而你的妈妈在给你的时候总是会说这是今年余下的日子的样子 —— 你会有幸福、挑战、一点点悲伤和苦涩，我认为是一个非常棒的传统 —— 它让你为生活中的一切做好准备。

At Hindu New Year, mothers give their children a special chutney - a mixture of fruit, spices, sugar and vinegar.

在印度新年，妈妈们会给她们给孩子们一种特殊的酸辣酱 —— 水果、辣椒、糖和醋的混合物。

Did you spot the chutney's flavours, Sam?

你听出了酸辣酱的味道吗，萨姆？

There were sour, sweet and bitter.

有酸、甜和苦。

Mothers tell their children that the coming year, like the chutney, will have its own flavours, both good and bad.

妈妈们告诉她们的孩子接下来的一年，就像酸辣酱一样，会有自己的味道，有好有坏。

That's why Jonty says that traditions can teach (you) a lesson - they show you what you should or shouldn't do in the future, as a result of experience.

这就是为什么 Jonty 说传统可能给你上一课 —— 它们向你展示你在未来应该或不应该做的事，作为经验的结果。

What a lovely way to end our look at food superstitions!

多可爱的结束我们今天探索食物迷信的方式啊！

Yes, maybe we should make chutney at Halloween, instead of carving pumpkins, or whatever vegetable the Irish originally used.

是的，也许我们应该在万圣节做酸辣酱，而不是刻南瓜，或者任何爱尔兰人最开始使用的蔬菜。

Ah, yes, in my quiz question I asked you what vegetable was originally used instead of pumpkins to scare away ghosts.

啊，是的，我之前问你哪种蔬菜最开始被用来把鬼吓走。

I guessed it was b) potatoes.

我猜的是 B. 土豆。

Which was the wrong answer!

回答错误！

In fact, turnips were originally used, so maybe Irish ghosts are smaller than American ones!

事实上，最开始使用的是蔓菁，所以也许爱尔兰的鬼比美国的要小！

OK, let's recap the vocabulary we've learned about superstitions - old beliefs which are connected with magic.

好的，我们来回顾我们学习的跟迷信 —— 跟魔法有关的古老信仰 —— 有关的词汇。

Garlic is supposed to ward off, or keep away, dangers like the evil eye - bad luck or harmful magic.

大蒜能够驱逐像恶目 —— 厄运或有害的魔法 —— 这样的危险。

The evil eye is an example of a blanket term - a phrase used to describe many examples of related things.

恶目是总括名词 —— 用来描述很多相关事物的很多例子的短语。

One Indian superstition involves chutney - a food mixing many flavours.

有一个印度的迷信涉及酸辣酱 —— 混合了很多味道的食物。

These traditions can teach you a lesson - show you how to act in the future based on your past experience.

这些传统可以给你上一课 —— 教你在未来如何基于过去的经验行动。

Right. Well, that's all for this programme.

好的，今天的节目就到这里。

Good luck with your language learning!

祝你语言学习顺利！

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Bye for now!

再见！

Bye bye!

再见！
