Narrator: It's the most important time of the day, dinner time, time for some grub. I mean food. Mary has gone to the canteen with Abi but Mary hasn't worked out the system for getting what she wants.

Abi: Some of that, a lot of that.

Mary: That is a lot of food.

Abi: Yes, but you can eat as much as you like, it's the same price, so go on, fill your boots. I'll see you over at the tables.

Mary: Fill my boots?

Narrator: She means eat a lot. Mary may be pigging out on lots of food, but you don't have to. Do you need some help Mary?

Mary: Yes, I can't remember where anything is, and I’m a vvegatarian, but the food labels are so confusing.

Narrator: Don't worry, before you tuck into a vegetarian meal, just ask “can you talk me which food is suitable for vegetarians” or “has this got meat in it”. And then when you want to find stuff like the cutlery, the knives or the forks, just ask “where can I find” or “do you have any”. Go on and give it a go.

Mary: Execuse me, could you tell me if you have any food suitable for vegetarians?

Dinner lady: Have we got any veggie stuff? Well, there is the spaghttti bolognaise over there.

Mary: Has that got meat in it?

Dinner lady: Well, a litter bit.

Professor: Hi, Mary, looking for something veggie? I'd recommend the lentil dal over there, delicious, a real taste of Asia.

Mary: Thanks, Professor, but what are you doing here?

Professor: Well, my wife likes me to eat out sometimes.

Dinner lady: Anything else? I just need your meal ticket, that’s a blue one for breakfast, you need a red one for dinner.

Professor: Allow me, I have a spare ticket, there you go.

Mary: Thanks, where do I find knives and forks?

Professor: Just over there. Oh, no, it's that idiot Daniel.

Daniel: Hello, Mary, Professor. Can I join you, tell you about my business idea. I got the idea from your book.

Professor: You idiot! Now I have lentil dal all over my suit, what will Mrs Not say?

Mary: Execuse me, do you have any serviettes?

Narrator: What a mess. Daniel has certainly left his mark on Professor, but Mary has managed to find her way around the canteen. Now back to dinner, and Daniel won't be stuffing himself with food, he has got some clearing up to do.

Daniel: Sorry about that, if I just scrape this bit off, you’ll be fine.

Professor: So what was your business idea, Dry cleaning perhaps?

Daniel: No, it's a idea to…

Professor: Never mind, so you at tomorrow’s lecture. It starts at 10 am sharp. Goodbye.

Mary: Oh, Daniel, would you like to share my food?