

BBC Learning English – Ask About Britain

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Eating Habits 饮食习惯

Helen: Hello. This is Ask About Britain from BBC Learning English. I'm Helen.

Feifei: 我是冯菲菲，大家好。欢迎收听英国问答 **Ask About Britain**，我们在这个节目中专门回答有关英国文化习俗的各种问题。

Helen: And our question today is about food.

Feifei: 来自黑龙江的 **Liu Yan** 同学问从媒体上看到在欧洲，很多人不吃家禽的器官，比如头，爪，但是会吃鸡肝或者是鹅肝，这不是很矛盾吗？

Helen: Yes, I can see what Yan means. Although a lot of British people won't eat animal organs like chicken feet or heads, they're okay with chicken liver or goose liver.

Feifei: 我们可以准确地告诉大家，在英国除了在中国超市里可以买到鸡爪 **chicken feet** 和其他动物内脏，在英国超市里是绝对找不到这些食品的。

Helen: So we went out and tried to find out what people really thought about eating animal organs.

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English people love liver. They love liver, but other aspects of offal – no. English people don't particularly like it.

Feifei: 这位先生告诉我们英国人很喜欢吃肝 **liver**，比如猪肝或者是鸡肝。

Helen: In supermarkets, liver is often found in different varieties of pâté.

Feifei: Pâté 就是肉酱，这是超市里最常见的肝类食品，可以涂在面包上。

Helen: Some people spread pâté in their sandwiches. You can find fish pâté, mushroom pâté and other savoury varieties.

Feifei: 但是其它动物内脏就很少见了。刚才我们听到的 **offal** 这个词就是动物内脏的总称。

Helen: Would he try any of the other types of offal?

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No, certainly not. Because I'm very happy with the more conventional aspects of the English diet.



Feifei: 看来要让这位先生尝试鸡爪是不可能的了。

Helen: He's very happy with the conventional aspects of the English diet.

Feifei: **Conventional** 普通的, 传统的。他对普通的英国食品已经非常满足了, 不需要尝试其他稀奇古怪的东西。

Helen: Here is a reaction from another member of the public.

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No, definitely not, no. I'm mostly vegetarian, I do eat a little bit of chicken and fish, but I don't eat any other meat.

Feifei: 英国有很多基本吃素的人, 就像这位女士, **she's mostly vegetarian; she does eat a bit of chicken and fish.** 当她听到 Helen 的提问的时候, 她的回答也是绝对的不 **definitely not.**

Helen: So is there anyone out there who's willing to give chicken feet or other animal body parts a try?

Feifei: Did you have much luck?

Helen: Well, this gentleman who was shopping at a London department store surprised me.

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I went for a Chinese meal with someone who works for us. And I did try them, it was alright, it was fine. I think it's more visual than taste, I think if something is disguised, i.e. liver or heart, I think it's just the look of it before it's cooked. I think once it's cooked or minced up into, you can't see what it looks like, then you got more chance of someone trying it.

Feifei: 这位老先生还真的试过鸡爪。他说是一个中国同事带他出去吃饭的时候叫了鸡爪。他吃了以后, 觉得还行, **it was fine.**

Helen: He's quite brave to try chicken feet, because most English people I know would have refused straight away.

Feifei: 他认为食品的外观对我们的食欲影响很大。

Helen: It was more visual than taste.

Feifei: **Visual** 视觉, **taste** 味道。

Helen: He thinks that if something like offal is disguised in cooking, then people might try it.

Feifei: **Disguised** 伪装, 假扮。如果动物内脏在烹饪过程中被掩盖了本来的样子, 那么人们可能就不觉得那么反感了。

- Helen: There are several ways we can disguise food. For example, chopping, mincing, blending, or coating it with something else.
- Feifei: 你刚才提到的都是掩盖食品本来面目的一些方式，比如用刀切 **chopping**, 做成肉末 **mincing**, 混合 **blending**, 外面包一层什么其它东西 **coating it with something else**.
- Helen: The idea is that if someone can't see what it looks like originally, then there's more chance of someone trying it.
- Feifei: 其实我觉得这都是心理作用。Don't you agree?
- Helen: You're right. It's all about how we feel about something mentally.
- Feifei: 在我们节目结束之前，我问问你，英国人每年吃掉不少的牛，羊，猪和鸡，那这些动物内脏都到哪里去了呢？
- Helen: Well, from what I've heard, most animal body parts end up in pet food.
- Feifei: I see, 很多动物内脏都做成了宠物食品 **pet food**, 所以也没有浪费。
- Helen: That's all from us. Please visit our website: www.bbcukchina.com for more Ask About Britain programmes.
- Feifei: 我们下次节目再见。
- Helen: Bye bye.

Glossary

offal 动物内脏	chicken feet 鸡爪子
aspect 方面	vegetarian 吃素的人
disguise 掩盖，假扮	pâté 肉酱
visual 视觉	taste 口味，味道
mincing 剁成肉末	chopping 用刀切