

## BBC Learning English – Ask About Britain

### About this script

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### 关于台词的备注:

请注意这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。

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### Table Manners 餐桌上的礼仪

Helen: Hello. Welcome to another BBC Learning English programme. I'm Helen.

Yang Li: And I'm Yang Li. 欢迎收听 Ask About Britain, 我们在这个节目当中专门来回答你对英国的各种提问。

Helen: This week we're going to answer a question from Jenny.

Yang Li: Jenny 通过电子邮件向我们提出的问题涉及的是餐桌上的礼仪。

Helen: Yes, Jenny is going to have a formal dinner with her friend's parents.

Yang Li: Formal dinner 正式晚宴。

Helen: And she would like some help with formal English table manners.

Yang Li: 好, 那我们就请 Jonathan 和 Liz 来做些指点吧。

### Insert

*If it was a formal meal, then you might want a proper table setting, and there would be certain rules that you would have to respect, in terms of how you eat, when you eat. And you would take your lead from the host or hostess.*

*There're definitely some rules that you need to follow. Eat with your mouth closed, keep your elbows off the table, use your cutlery from the outside to the inside, put your napkin on your lap.*

Helen: Did you get all that?

Yang Li: Not all of them. 我看我们最好还是把 Jonathan 和 Liz 提到的关键词语慢慢回顾一下吧。

Helen: Alright, Jonathan suggests taking the lead from your host or hostess.

Yang Li: Taking someone's lead 效仿主人, 看主人意愿行事。在用餐时, 要特别善于观察主人在干什么。

Helen: And Liz listed a few basic table manner rules. First, don't eat with your mouth open.

Yang Li: 在嚼食物的时候, 不要张着嘴, 避免闹出吧唧吧唧的响声。

- Helen: Like this (sfx making noise). And that's considered very rude.
- Yang Li: 是的，就餐时千万不要张嘴闹出吧唧声，这是第一条规矩。
- Helen: Second rule, don't put your elbows on the table.
- Yang Li: Elbows 胳膊肘，就餐时不要把胳膊肘放在桌面上。
- Helen: Personally, I think this rule applies in formal dinner situations, not when you're having a casual meal with friends.
- Yang Li: That's good to know, Helen. 正式场合胳膊肘决不能上桌面，但是与朋友之间的轻松聚会时就另当别论了。
- Helen: Liz also mentioned the cutlery set, the knives, forks and spoons.
- Yang Li: 餐具。西餐桌上使用的刀叉勺很讲究，往往不止一套。那到底怎么用呢？

### Insert

*Normally in an English dinner situation, if you have got three courses, you start with the outside cutlery and you work your way in. That's always a good rule.*

- Helen: So just remember to eat from outside in.
- Yang Li: 选择刀叉时，从最外圈儿开始，从外向里用。
- Helen: Yes, start with the cutlery set on the outer most of the plate and work your way in.
- Yang Li: 也就是说，第一道菜使用最外圈儿的刀叉，这一轮菜过后，刀叉也会一起收走，等下一道菜开始时，你仍然从最外圈开始，依次类推，掌握规律就不难了。好了，还有其它的规矩吗？

### Insert

*I think in a formal situation, it's an unwritten rule not to talk about politics, religion or sex.*

- Yang Li: 餐桌上尽量回避以下话题 **politics** 政治， **religion** 宗教，还有就是色情 **sex**。
- Helen: And remember never speak with your mouth full.
- Yang Li: That's right. 嘴里嚼东西的时候不要张嘴谈话。
- Helen: Well, I hope we've covered the basics for table manners. But remember if you used the wrong knife for a dish, don't panic.

### Insert:

*I think the thing to remember is that when all's said and done, if you do happen to use the wrong knife on the wrong course, it's not the end of the world. And you'll certainly be invited back, because you're a very nice person.*

**Yang Li:** **I agree with Jonathan.** 即是有误，也不用慌张，最重要的是欣赏美味佳肴，轻轻松松地与同桌聊聊天，共度一次社交晚宴。

**Helen:** **So until next time, it's goodbye from both of us at BBC Learning English. Oh, by the way, even the experts can get it wrong some times.**

**Clip.** *Jonathan's phone rings during interview.  
And what about mobile phones?  
Switch them off.*