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**关于台词的备注:**

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**Seafood Culture 海鲜文化**

**Finn:** Hello. Welcome to Ask About Britain from BBC Learning English. I'm Finn.

**Helen:** 大家好，我是 Helen。欢迎收听英国问答节目，在这个节目中我们会尽力解答朋友们对英国风俗人情的一些疑问。

**Finn:** Our question today is from an anonymous listener.

**Helen:** 一位没有留下姓名的听友在我们的网站上留了言。

**Finn:** It's an interesting question about people's eating habits.

**Helen:** 我觉得这个问题很有意思，那么现在我先念给大家听听。

**Question:**

我在英国工作生活了二十年，按常规讲应该是靠山吃山，靠水吃水，在英国这个四面环海的国家里，各类海鲜本该是英国人的家常便饭，可是我一直不明白为什么这里许多人对海鲜不太感兴趣。

**Finn:** You know, Helen, it's a good question, isn't it. I personally don't mind seafood but I know there are some people who really don't like it.

**Helen:** Let's hear from our colleague Jo. 我们的同事 Jo 对海鲜没有什么兴趣。我一直不明白她为什么不喜欢海鲜，那么让我们来听听她的回答。

**Insert**

*There're two things about sea food that I don't like. One is simply the taste, the taste of something like a shrimp or a scallop in my mouth just makes me feel quite sick. The second one is the texture, to me is like eating rubber, and I just really really don't like it. I would rather eat my own fingernails or something equally disgusting than to eat seafood.*

**Finn:** Oh dear, Jo really hates seafood, doesn't she.

**Helen:** I think she does. Jo 给了我们两个不喜欢海鲜的理由。第一个是海鲜的味道。

**Finn:** The taste. The taste of seafood makes Jo feel really sick.

Helen: 挺严重的。像虾 **shrimp** 和带子 **scallop** 这些海里的动物，吃到嘴里会让 Jo 马上有反胃的感觉。 **And the second reason is...**

Finn: **Is the texture.**

Helen: 口感 **texture**.

Finn: **The texture feels like eating rubber, she says. It's very chewy.**

Helen: **Chewy** 嚼不烂的感觉，这点我同意，海鲜的东西一旦煮过头了，吃起来就像是啃橡皮一样。

Finn: **To give us an idea of how much she dislikes eating seafood. Jo said that she would rather eat her own fingernails than seafood.**

Helen: **I think that's funny.** Jo 说她情愿啃手指甲也不愿意吃海鲜。

Finn: **Well, Jo's description of the taste and texture of seafood to her is probably shared by a lot of other people. But can we find any explanation to her dislike of seafood?**

Helen: 是啊，为什么很多英国人不喜欢海鲜呢？这里有没有什么历史原因呢？让我们来听听 **Dr Winkley** 的看法吧。

### **Insert**

*In the middle ages, oysters were the most popular food that people could eat. I suspect lots of people died because of oysters, because they can be very poisonous. And apart from fish and chips, which is still a very important dish in this country, we tend to avoid eating sea food.*

Finn: **According to Dr Winkley, there may be a historical reason for people to avoid seafood.**

Helen: 他说在中世纪的时候，吃生蚝 **oysters** 非常流行。

Finn: **But oysters can be poisonous.**

Helen: **Poisonous** 有毒的。

Finn: **A lot of people may have died from eating poisonous oyster. As a result, people tend to avoid eating seafood.**

Helen: 那个时候，很多人吃了有毒的生蚝以后就中毒身亡了。所以人们对海鲜类食品比较忌讳。时间一长，也就形成了一些英国人避免吃海鲜的这种情况。

Finn: **Well, that's Dr Winkely's view on what makes some people avoid seafood. Let's hear from Sarah, she thinks it's do with familiarity.**

### **Insert**

*I think it's just not something that we're presented with very often, you're not exposed to it when you're children so much. Apart from one or two particular types of fish, I just don't think we're as familiar with it and sometimes perhaps look stranger than the food we would customarily eat.*

Helen: Sarah 自己对海鲜食品没有任何问题。她觉得是对食品的喜好是和一个人的成长环境有关。

Finn: Which is to say we're not exposed to seafood when we're children. We don't see it very often.

Helen: Exposed 就是指经常接触的意思。就是因为从小就很少接触，所以很多人对海鲜食品不熟悉。

Finn: Also seafood can be quite tricky to eat, there're shells and bones to take out. A lot people can't be bothered with that.

Helen: 是的。吃海鲜要剥壳，要小心鱼刺，很多人嫌麻烦，所以也就不吃了。

Finn: I agree with that actually. But not everyone dislikes seafood. Lindsey is rather surprised to hear our question.

### Insert

*It's personal preference, it's educating people into trying new things, but I think increasingly fish is on the menu, and the health benefits are appreciated far more now.*

Helen: Lindsey 觉得这是个人的选择。现在越来越多的海鲜食品出现在餐厅里了，大家的观点也在改变。

Finn: Fish and other types of seafood have many health benefits.

Helen: Health benefits 对健康有益，越来越多的人意识到海鲜食品对健康有益，所以吃鱼的人也越来越多了。

### Insert

*I'm surprised that there's been any negative response to that. Everyone wants to eat fish, it's good for you.*

Helen: 好了，希望今天我们回答了为什么有的英国人不喜欢吃海鲜的问题。如果有机会，大家也别忘了常来我们的网站看看，我们的网址是 [www.bbcchina.com.cn](http://www.bbcchina.com.cn).

Finn: You can also send us your question in an email to [chinaelt@bbc.co.uk](mailto:chinaelt@bbc.co.uk). See you next time.

Helen: 我们下次节目再见。