

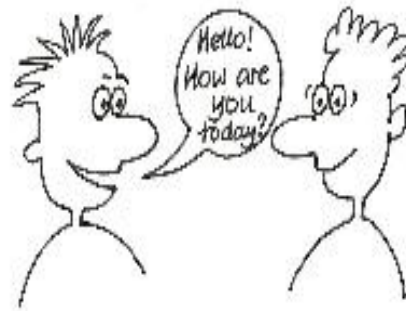
文化新概念（节选）

Lesson 14 Do you speak English

关键词: chat 闲聊; talk 谈话; conversation 交谈; dialogue 对话; monologue 独白; icebreaking 破冰(指打破沉默, 尴尬); privacy 隐私; religion 宗教; politics 政治; weather 天气; climate 气候; chat up 搭讪;

How to start a conversation with a native English speaker?

British people are famous for always talking about the weather. Talking about the weather is an easy conversation filler or opener if you really have nothing to say to someone. It fills that awkward silence, it's something we all can relate to and it's a nice ice-breaker.



英国人是以讨论天气而闻名世界的。如果在面对一个没什么话可说的人时, 天气就是一个非常容易成为聊天素材和开场白的主题。这样你们就能打破沉默, 这绝对是一个非常帮的“破冰”主题。

Let's list some examples of conversation starters in English

让我们来看一些英语对话的开场白吧。

Attitude to weather

Although British people like to complain about bad weather, they generally put a brave face on it. If you want to complain about too much rain, you might hear: "Never mind – it's good for the garden." 尽管英国人喜欢抱怨糟糕的天气, 他们却通常勇敢得面对它。如果你想抱怨雨水过于充足, 你会听到: 没关系, 那对院子好。If you want to complain that it's too hot, you could hear: "At least my tomatoes will be happy." 如果你想抱怨天热, 你可以说: 没事儿, 至少我的番茄享受着呢。

Predicting the weather

We can make predictions about the weather, using a range of forms – not just the "will" or "going to" form. 如果我们想要对于天气做一下预测, 我们可以用以下形式, 别老用“will”或者“going to”吧。

- "I think it'll clear up later."
- "It's going to rain by the looks of it."
- "We're in for frost tonight."
- "They're expecting snow in the north."
- "I hear that showers are coming our way."

Understanding the forecast



Here are some English words for more temperate conditions which gardeners like:
mild weather sunny spells light drizzle.

Lesson 18 He often does this

关键词: **pet** 宠物; **motel** 汽车旅馆; **he/she** 用人称代词指代加重饲养的宠物;
loyalty 忠诚; **doggie** 小狗; **puppy** 小狗; **kitty** 小猫; **piggy** 小猪;

西方人认为“上帝” God 倒着写等于 dog

褒义:

The best friend of human

人类最好的朋友

Love me, love my dog

爱屋及乌

Thus every dog at last have his day—he who this morning smiled, at night sorrow

人人终有得意时，晨时欢笑夜中悲。

Lucky dog

幸运儿

Top dog

大人物

Dog days

盛夏最热的时候（三伏天）



The dog star

天狼星

Barking dogs seldom bite

叫的狗不咬人

Dog does not eat dog

同室不操戈

go to dogs

每况愈下

A stick is quickly found to beat a dog with
欲加之罪何患无辞。

Hungry dogs will eat dirty puddings
饥不择食



rain cats and dogs

倾盆大雨

Lesson 25 Do the English speak English

关键词:

accent 口音; Cockney Accent 伦敦土腔; RP (Received Pronunciation= Public School English=BBC English=Oxford English) 标准英国英语; Scottish Accent 苏格兰口音; Estuary English 河口英语; Irish 爱尔兰口音;



RP is an expression which is used in the media (媒体) and it's the kind of English that used to be spoken on television or radio. In fact RP English is not the standard English in the sense that it's not what most people speak. It's very rare (极其少) that you'll find someone who really speaks RP English, probably the queen is one of the few people who speak that way.

请注意, 上面这段话中提到RP used to be spoken on television or radio, "used to be"意味着曾经如此, 而现在已经不同了。也就是说, 从使用人数这个意义上来说, RP不是标准英

语。因为它不能反映绝大多数人的讲话语音。英国现在最流行的口音就是: Don't copy other people's accents, but sometimes adjust your own accent according to different situations.以自己的口音为荣, 同时又能根据场合调整口音。

根据调查显示, 只有百分之三的英国人讲话是标准语音! 这么说, 我们学英语的人也用不着在语音上下太大的功夫了? Although you don't have to speak RP, you do need to speak clearly and effectively.

各地口音小段子:

1. 新加坡口音最为令人印象深刻的就是“一棵真实的树”即“one, true, tree”其实是想发“one, two, three”也就是说在“Singlish”中“th”的发音通常会被误发成“tr”
2. 日本口音是最多被人诟病的, 由于其发音体系中许多辅音缺失, 只能生搬硬套自己的“平假片假五十音”。这期中“l”的音、“f”的音以及“c”是最为常见, 日本人将“l”发成“艾吕”并将“f”发成“艾户”而且将“c”发成“西”。比如, 将牛奶(milk)发成“米吕 ko”, 将法国(France)发成“户朗斯”, 将美国(America)发成“阿迈里嘎”等等
3. 苏格兰口音和英音同宗, 但是还是有些“奇怪”的地方, 比如/ei/的发音, 苏格兰口音将/ei/发成/a:/。所以 bed 发成了“芭德” dad 发成了“达德”

4. 印度口音也是非常神奇的。最明显的就是印度口音会把辅音“浊化”，比如“thirty”印度人会发成“dirty”。所以三十岁的印度人介绍自己就悲催了“I’m thirty”就变成了...

Lesson 40 Food and Talk

关键词: setting 摆设; style 方式; course 一道菜; order 顺序; custom 风俗; napkin 餐巾; stemware 有脚的器皿; tumbler (平底)玻璃杯; saucer 茶托; sauceboat 船型酱油容器; serving dishes 装菜的盘子; utensil 器皿

Table Setting

A table setting in Western countries is mainly in one of two styles: “in the Russian style”, where each course of the meal is brought out in specific order; and “in the French style”, where all the courses for the meal are arranged on the table and presented at the same time that guests are seated. “The Russian style” has become the custom in most restaurants, whereas “the French style” is the norm in family settings.

Place Setting

In the West, forks, bread plate, butter knife, and napkin generally are placed to the left of the dinner plate, and knives, spoons, stemware and tumblers, cups, and saucers to the right. Sauceboats and serving dishes, when used, either are placed on the table or, more formally, may be kept on a side table.

Formal Setting

Utensils are placed about an inch from the edge of the table, with all placed either upon the same invisible baseline (无形的基准线) or upon the same invisible median line (中线). Utensils in the outermost position(最外层) are used first (for example, a soup spoon and a salad fork, then the dinner fork and the dinner knife). The blades(刀刃) of the knives are turned toward the plate. Glasses are placed an inch or so above the knives, also in the order of



use: white wine, red wine, dessert wine, and water tumbler.

Informal Setting

At an informal setting, fewer utensils are used and serving dishes are placed on the table. Sometimes the cup and saucer are placed on the right side of the spoon, about four inches from the edge of the table. Often, in less formal settings, the napkin and/or cutlery (餐具) may be held together in a single bundle by a napkin ring (被一张餐巾包裹成一束). However, such objects as napkin rings are very rare in the United Kingdom, Spain, Mexico, or Italy.

餐具的摆设

- (1). 摆在中央的称为摆饰盘或称展示盘 **show plate**, 餐巾置于装饰盘的上面或左侧。
- (2). 盘子右边旁摆刀、汤匙, 左边摆叉子。可依用餐顺序、前菜、汤、料理、鱼料理、肉料理、视你所需而由外侧至内使用。
- (3). 玻璃杯摆右上角, 最大的是装水用的高脚杯, 次大的是红葡萄酒所用的, 而细长的玻璃杯是白葡萄酒所用, 视情况也会摆上香槟或雪莉酒所用的玻璃杯。
- (4). 面包盘和奶油刀置于左手边, 装饰盘对面则放咖啡或吃点心所用的小汤匙和刀叉。

Lesson 47 A Thirsty Ghost

关键词: beverage 饮料; alcoholic 酒精的; spirit 烈酒

Alcoholic Beverage

An alcoholic beverage is a drink containing ethyl alcohol (乙醇) which is commonly referred to as ethanol (乙醇). Alcoholic beverages are divided into three general classes for taxation (税) and regulation of production (产品管制): beers, wines, and spirits (or distilled (蒸馏的) beverage).

Beverages by Type



volume 酒精度) - 9% to 16%.

Wines (葡萄酒): It is produced after the fermentation process of grape juice (葡萄汁发酵) is complete. It is said that the longer the aging process, the better it tastes. ABV (alcohol by



Beers (啤酒): Beer is made after the fermenting and brewing (发酵和酿制) process is done. The use of wheat, corn, barley (大麦), and rice is essential to make beer. ABV - 2% to 4%.



Brandy (白兰地): Short for brandy wine, this is a distilled wine. This drink is usually consumed (消耗) after dinner. ABV - 30% to 60%.



Gin (金酒/杜松子酒): To produce gin, juniper berries and white grain spirit are distilled. ABV - 37% to 40%.



Liqueurs (利口酒): This spirit is obtained when various flavors like herbs, cream, spices, flowers, and fruits is combined. ABV - 15% to 30%.



Rum (朗姆酒): A distilled alcoholic drink which is produced after the fermentation of sugarcane (甘蔗) or molasses (糖浆) is done. ABV - 40% to 55%.



Tequila (龙舌兰): The use of a plant, blue agave (found in a town in Mexico) is important to make tequila. The various

colors of tequila is obtained due to aging process, method, and time duration. ABV - 35% to 40%.

Vodka (伏特加): Again a distilled drink which is transparent (透明的). Vodka contains purified ethanol (蒸馏净化乙醇) and water which at times goes through various stages of distillation. It is fermented from potatoes, wheat or rye (黑麦), corn, or sugar beet molasses (甜菜浆). ABV - 25% to 37%.



Whisky (威士忌): In Gaelic (盖尔语), whisky means "Water of Life". You get whisky after the fermentation process is done which uses wheat, barley, rye, and corn. ABV - 40% to 50%.

Cocktail (鸡尾酒): A cocktail is an alcoholic mixed drink that contains two or more ingredients (成分)—at least one of the ingredients must be a



spirit.

Drinkwares by type



1. Beer Mug 啤酒杯

You put beer in this. Some people put them in the freezer to frost them before use. One glass typically holds 16 oz (盎司). of fluid, but there are no rules.

2. Highball Glass 高球杯

It's a straight-sided glass of varying heights and is what you're usually given when you order a whiskey and Coke, gin and tonic or other mixed drink.

3. Cocktail Glass (a.k.a. Martini Glass) 鸡尾酒杯(又称为马提尼酒杯)

The angled, triangular bowl and long stem are unmistakable (明确的) and is designed to keep the drinker from allowing her or his hands to warm the drink. Of course, after two drinks pretty much everyone cradles (摇匀) the bowl, thereby wasting its functional purpose.

4. Brandy Snifter 白兰地矮脚杯

Its short stem and globe shape encourage cradling so the hand warms the drink, and the tapered edges focus the odor (香气) of the liquor up into the tippler's nose.

5. Champagne Flute 香槟杯

The long tulip-shaped vessel lets drinkers enjoy the gentle cascade of boozy bubbles and also focuses the effervescence (气泡) upward so that it will create a foamy (有泡沫的), nose-tickling mousse (慕司).

英国人的嗜酒之风正在平息

今年早些时候，英国首相卡梅伦颁布了一项强制取缔酗酒的法令。一项进行了五年的调查结果呈现了英国大多数年轻人没有节制的生活状态，就算首相认为酗酒问题由来已久，但当酗酒人数达到了自第一次世界大战结束后一千年来的顶峰，限酒的举措势在必行。

对于这种下降趋势没有一个令人完全满意的解释。年轻饮酒者的人数早在金融危机前就下降了；移民行为带来了宗教意义上的戒酒者，但这种影响也是不成气候的。文化转变也是引起饮酒人数降低趋势的一个原因。这种趋势同时减少了公共伤害事件的发生频率。在 2007 年至 2010 年之间，呼气测醉器的检测数增加了，而醉酒驾驶的记录则减少了三分之一；酗酒案件自 2000 年以来减少了一半。

Expressions on the occasion

- Take a sip. 喝一口
- Bottoms up! 干杯喝完
- You want it on the rocks? 要加冰吗?
- Give it to me neat. 不加任何东西。
- strong 很烈
- trashed/wasted 烂醉如泥的
- lush/alky 酒鬼

Lesson 51 Reward for virtue

关键词: lose weight 减肥; gain weight 增肥; calory 卡路里; basal metabolic rate 基本新陈代谢率; metabolism 新陈代谢; digestion 消化; heart rate monitor 心率监测器; nutrition 营养; cardio 有氧运动; get in shape 锻炼身体;



To lose one pound of fat, you must burn approximately 3500 calories over in daily activities. That sounds like a lot of calories and you certainly wouldn't want to try to burn 3500 calories in one day. However, by taking it step-by-step, you can determine just what you need to do each day to burn or cut out those extra calories. Below is a step by step process for getting started.

减肥属于以减少人体过度的脂肪、体重为目的的行为方式。指运用药物如快纤瘦、饮食、运动、中医经络，整形吸脂等方法来达到减少身体脂肪堆积的一种现象。以下为减少卡路里的过程步骤。

1 Calculate(计算) your BMR (basal metabolic rate). Your BMR is the amount of calories your body needs to maintain basic bodily functions like breathing and digestion. Keep in mind that no calculator will be 100% accurate, so you may need to adjust these numbers as you learn more about your own metabolism.

2 Calculate your activity level. For a week or so, use a calorie calculator to figure out how many calories you burn while sitting, standing, exercising, lifting weights, etc. throughout the day. Another, easier option(选择) is to wear a heart rate monitor that calculates calories burned. After a week, add your totals for each day and average them out to get a general idea of how many calories you burn each day.

3 Keep track of(追踪) how many calories you eat. For at least a week, enter and track your calories online to write down what you eat and drink each day. Be as accurate as possible, measuring when you need to or



looking up nutritional information for restaurants, if you eat out. After a week, add your totals for each day and average them out to get a general idea of how many calories you eat each day.

4 Add it up. Take your BMR number and add your activity calories. Then subtract (减去) your food calories from that total. If you're eating more than your BMR + your activity calories, you're at risk for gaining weight.

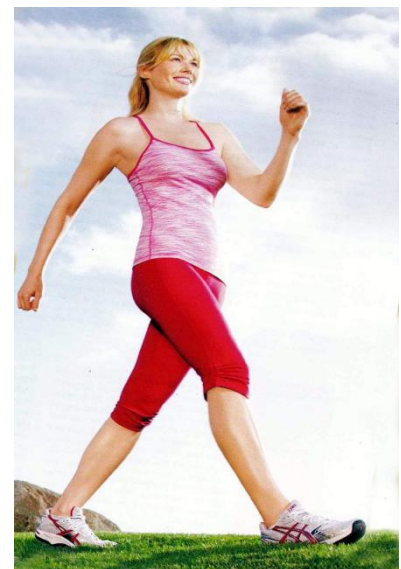
Example:

Instead of...	Do this...
An afternoon Coke	Drink a glass of water. (calories saved: 97)
An Egg Muffin	Eat a small whole wheat bagel. (calories saved: 185)
Using your break eat sweets	Up and down of stairs for 10 mins (calories burned: 100)
Hitting the snooze button (按下闹钟按钮)	Get up 10 minutes early and go for a brisk walk(健步走) (calories burned: 100)
Watching TV after work	Do 10 minutes of yoga (calories burned: 50)

Total Calories Saved: 532 (based on a 140-pound person)

How Much Exercise Do I Need?

Exercise is an important weight loss tool, but how much you need varies from person to person. The guidelines recommend at least 250 minutes per week, which comes out to about 50 minutes, 5 days a week. If you're a beginner, start small, for example with 3 days of cardio for 15-30 minutes, gradually adding time each week to give your body time to adapt (适应). Learn more about getting in shape and getting started with exercise.



减肥指标 (BMI)

BMI 指数是 Body Mass Index 的缩写, BMI 中文是“体质指数”的意思, 是以你的身高体重计算出来的。BMI 是世界公认的一种评定肥胖程度的分级方法, 世界卫生组织 (WHO) 也以 BMI 来对肥胖或超重进行定义。BMI 具体计算方法是以体重的千克数除以身高平方 (米为单位)。

其公式为：体质指数(BMI)=体重(千克，kg)/身高的平方(米，m)

理想体重(Kg)=(18.5~23.9)×身高的平方(单位 m)

Lesson 57 Can I help you, madam?

关键词： window shopping 逛橱窗；TV shopping 电视购物；online shopping 网上购物；Group purchase 团购；big shopper 喜欢购物的人；shopping trolley 购物车；plaze 购物广场；bargain 讨价；discount 打折；perk 额外津贴；freebie 赠品；electronic commerce 电子商务；bricks-and-mortar retailer 实体零售商

角度一：购物的方式：

Shopping is fun-filled (充满乐趣) activity for every lady. It can usually be done to release the stress (舒缓压力) The modernization (现代化的) of shopping allowed this activity to be done easily and conveniently. Nowadays, shopping can be done in such different ways that you do not need to be physically present (无需本人在场) in the store to do your own shopping. Online shopping and home TV shopping are also forms of this amusing activity that you can do depending on the demands of your time and needs.

Window Shopping

The usual way to shop is by going to the mall and roaming (闲逛) around it to spot the best deals. Going from store to store and fitting each product that you have the interest to buy has been the way to shop for a very long time now. Trying on promotional products and enjoying the perks (额外的) of freebies are also part of this tiring yet enjoyable activity.

对很多人来说，购物是一种休闲活动，可以逛不同的商店选购产品。同时又出现了所谓的“橱窗购物”(Window shopping)，意指浏览商店橱窗中的货品，未必会真的购买。



TV Shopping

When the TV became a necessity in every house, shopping began using it as a means to reach customers. The creation of home TV shopping networks started to come about to provide service to more customers. This shopping option is less tiring than actual shopping in a mall but it offers only limited selections. Sometimes,

what you see on TV is what you actually get and what you can actually buy.



Online Shopping

Online shopping is a form of electronic commerce which allows consumers to directly buy goods or services from a seller over the Internet using a web browser. An online shop evokes the analogy (引起类比) of buying products or services at a bricks-and-mortar retailer or shopping center; the process is called *business-to-consumer (B2C)* online shopping.

In the case where a business buys from another business, the process is called *business-to-business (B2B)* online shopping. The largest of these online retailing corporations are eBay and Amazon.com.

网上购物就是把传统的商店直接“搬”回家，利用 Internet 直接购买自己需要的商品或者享受自己需要的服务。

角度二：关于实体店购物的常用口语句型：

我们不卖电池。We don't **sell** batteries.

我认为小号更适合我。Small size **suits me better**, I think.

我认为中号更适合您。I think a medium size will **fit you better**.

这是用棉做的，戴上很舒服。 **It's made of** cotton, so it's very comfortable.

可以打折吗？价格是固定的吗？ Can I have a **discount**? Is the price fixed?

今天有些特价皮大衣。 We have some leather coat **on sale** today.

它们质量很好,只是样式有点老。 They are **of good quality**. Just a bit **old-fashioned**.

听起来还算是公道。 That **sounds reasonable**.

一共 45 元。 That will be forty-five yuan **in all**.

我肯定您会喜欢在那儿购物的。 I'm sure you will **enjoy shopping there**.

我可以试穿吗？ May I **try** them **on**?

您穿多大号的？ **What size** do you wear?

您要几公斤。 How many kilos do you want?

已经卖完了。 We are **out of them** now.

你们什么时候会再有。 When will you have them again?

Lesson 59 In or out ?

关键词: faithful / loyal 忠诚的; companion 陪伴; origin 起源; lineage 血统; temperament 性情; powerful 有力气的; intelligent 聪明的; personality 性格;

How to understand your dog's language?

Understanding a dog's behavior can be just as easy as understanding a person's. A dog's body language can tell you all to know, as a pet owner. Here are some tips to know just what your dog is thinking.

1. If a dog's ears are moved upwards, they most likely have heard something in the distance and are focused on it. Your dog is curious.

2. Is their tail wagging back and forth while they look at you? Look at their face. If they are panting slowly and focused on you, they are happy to see you.

3. Your dog bows down(鞠躬) and wags their tail back and forth(前后摇尾巴). They are in a playful mood! Maybe you should play with them!

4. Their tail is between their legs and they crouch down(蹲下) a bit. They are fearful.

5. Sometimes when a dog's hair is standing up they may be afraid. Look at their face. If their teeth are showing or they are barking, they are angry.

6. Is your dog shaking back and forth if they were covered in water? This can mean that they are trying to shake free stress.

7. If your dog is staying low to the ground they are showing ownership(所有权) of something and do not want to share. Make sure you don't get the way of their food!

8. If a dog is showing teeth and has curled up lips(卷缩嘴唇), it is quite angry.

DOGGIE LANGUAGE

starring Boogie the Boston Terrier

