

省高等教育教材建设资助项目

英语精彩口语系列



21 世纪 英语交际口才

唐德根 主编

中南大学出版社

21st Century's English Communicative Competence

0217.1

T332 湖南省高等教育

英语精彩口语系列

21世纪英语交际口才

唐德根 主编



中南大学出版社

950895

2017/05

21 世纪英语交际口才

唐德根 主编

☐ 责任编辑 彭亚非

☐ 出版发行 中南大学出版社

社址:长沙市麓山南路 邮编:410083

发行科电话:0731-8876770 传真:0731-8710482

电子邮件:csucbs @ public. cs. hn. cn

☐ 经 销 湖南省新华书店

☐ 印 装 国防科技大学印刷厂

☐ 开 本 850×1168 1/32 ☐ 印张 13.5 ☐ 字数 329 千字

☐ 版 次 2002 年 8 月第 1 版 ☐ 2003 年 2 月第 2 次印刷

☐ 书 号 ISBN 7-81061-463-0/G · 116

☐ 定 价 18.00 元

图书出现印装问题,请与经销商调换

目 录

CONTENTS

- Unit 1 Delightful Eating 饮食乐趣(1)**
- Unit 2 Talking Health 话说健康(23)**
- Unit 3 Sports Action 投身运动(42)**
- Unit 4 Medical Illness 防疾治病(62)**
- Unit 5 Computer Games 电脑娱乐(81)**
- Unit 6 Internet Surfing 网上漫游(99)**
- Unit 7 Modern Communication 现代通讯(117)**
- Unit 8 Car Driving 驾驶汽车(132)**
- Unit 9 Global View 全球奇闻(150)**
- Unit 10 Job Hunting 寻找工作(170)**
- Unit 11 Interpersonal Communication 人际交往(196)**
- Unit 12 Generation Gap 代沟问题(218)**
- Unit 13 Economic Matters 经济事物(238)**
- Unit 14 Investing Money 货币投资(259)**
- Unit 15 Housing Problem 住房问题(281)**

Unit 16 Housing Shopping 漫谈保险(301)

Unit 17 Dating and Marriage 恋爱婚姻(321)

Unit 18 Musical Moment 音乐时分(340)

Unit 19 Art Scene 艺术风光(360)

Unit 20 World Exploration 探游世界(386)

主要参考书目(412)

Unit
1

Delightful Eating
饮食乐趣



1. Cross-cultural Communication Background

跨文化交际背景

1. 饮食文化 (Eating Cultures)

饮食是人最起码的生活需求。每一种文化都有一定的饮食习惯和标准。自从结束茹毛饮血的野蛮生活,开始用火烧烤,继而烹饪食物以来,人类对于自己日常的饮食越来越重视,越来越讲究。不同地区,不同文化背景的人逐渐发展起自己特有的饮食文化。从某种意义而言,人类的文明史是与饮食文明携手相伴的。

尽管对于吃什么,怎么吃,具有不同文化背景的人有不同的主张,人们一日三餐的饮食规律却是大体一致的。在某些文化中,正式的家庭用餐可以占用数小时,而在另一文化中,人们可能在徒步或乘车去往下一目的地的当儿匆匆进食。有些人边工作边吃东西,甚至把饮食当成一种娱乐形式。在大多数文化中,请朋友、亲戚以及别的一些人吃饭是一种款待、会晤、社交和表示敬意的方方式。一些文化允许或鼓励用餐时饮用酒精或咖啡因饮料,另一些文化则劝阻甚至禁止人们这么做。多数文化有其特有的饮食结构、饮食偏好和饮食禁忌。了解这些有助于我们在跨文化交际中互敬互让,避免强人所难,引起不必要的误会。

如今,生活水平的提高和生活节奏的加快正在改变着人们的饮食观念和饮食习惯。走出家门去饭店、餐馆、酒吧等场所用餐在有些文化中已经慢慢成为一种时尚。同时,冷冻食品和快餐食品也逐渐为越来越多的人所接受与青睐。

许多西方国家的餐饮业大致分为:点心摊、小吃店、自助餐馆、快餐连锁店、小餐馆、咖啡馆、酒吧、饭馆等。按照英美人的生活习惯,去饭店或咖啡馆用餐要穿戴整齐,而且用餐时不能大声喧哗,



在酒吧则可以尽情谈笑,甚至唱歌跳舞。在高级餐厅,客人一进去,领班会向他们打招呼并且询问,“How many? (你们有几位?)”,然后引导客人到桌前入座。如果客人中有女士,男士应当让女士先落座,说声,“After you. (您先请。)”客人坐好后,侍者会走上前来问,“Can I take your menu now, sir? (先生,现在可以点菜了吗?)”或“Are you ready to order now? (您现在准备点菜吗?)”点菜时的基本用语是“I’d like ...”,“I’ll have ...”(我想要...)或“I can’t decide. What do you recommend? (我打不定主意。你推荐什么菜?)用餐时餐巾应当摊在膝头,不要围在脖子上。不能弄得杯盘刀叉叮当作响,切不可以用自己的餐具为别人添饭加菜。在西方用完餐临走时,客人往往要付给侍者小费。小费一般为餐费的15%左右。小费要给得适当,客气,便于侍者坦然接受。西方人习惯的做法是把小费放在侍者的托盘里,而不是直接递到其手中,同时也不便说,“Here is the tip(这是小费)”,但可以说,“Keep the change, please(请把找头留下)”。

2. 饮食禁忌(Eating Taboos)

对于什么好吃与不好吃,人们都有自己的看法。因此,来自一种文化的人常常会认为来自另一种文化的人所吃的一些食物是令人恶心或令人作呕的。比如,在著名的拳击手穆罕默德·阿里访问欧洲时,团里的一名成员看到有人拿起一只蝴蝶并把它吃了下去便觉得恶心想呕吐。许多人会觉得吃老鼠肉是令人恶心的事,但世界上有42种不同文化中的人们把鼠肉当成正当的食物。

有些欧洲人认为可以用他们那儿的白蚁做成美味佳肴。而对于许多其他人来说,如果非得吃白蚁,他们很可能会呕吐。然而,如果拿100克的白蚁和100克制作好的汉堡包相比,前者所含的热量是后者的两倍多,其所含的蛋白质也几乎是后者的两倍。

不过,对食物的好恶似乎并不一定总与其营养有关。例如,花



椰菜在营养丰富的常见蔬菜中排名第一,但它在美国人最喜欢的蔬菜中名列第二十一位。西红柿在营养最丰富的蔬菜中排在第十六位,但它在美国人最喜欢的蔬菜中却名列榜首。

但不喜欢并不是某些文化中人们不吃某种食物的惟一原因。在某些文化中,一些食物是禁忌。“禁忌”一词来源于斐济群岛的语言,用来描述受到禁止的事情。有些食物在某些宗教中为禁忌,但也有一些与宗教无关的禁忌。通常我们不去考虑为什么我们的文化中有些东西是禁忌。我们也许甚至不知道他们为什么是禁忌。人类学家们试图找出禁忌背后隐藏的原因。例如,印度“圣牛”为人们所熟知。牛可以在印度的大街上任意走动,它们可以从街边的食品摊主所供应的食品中吃它们想吃的任何东西。结果牛就成了问题。可是在印度没有人去杀它们或吃它们的肉。杀牛或吃牛肉便是禁忌。这种习俗对其他人而言似乎很奇怪,但人类学家相信它背后自有原因。首先,牛是有价值的动物,因为农民们需要它们帮助犁地。其次,牛粪可当地里的肥料。在印度,许多农民买不起肥料。再次,牛粪弄干后可当煮饭用的燃料,因此,杀牛食肉的农民很快发现他们无法犁地,无法给庄稼施肥,也无燃料煮饭。

再比如美国人不吃狗肉,尽管来自其他一些文化背景的人视狗肉为佳肴。在美国,狗作为宠物对人们极为重要,通常它们被看成家庭的一部分。有些人甚至几乎把狗当作自己的孩子对待。此外,狗的价值在于保护家人不受罪犯的侵扰。盗贼一般不进入有狗的住宅,因为狗会吠叫,而且可能会袭击试图进入屋子的陌生人。显而易见,狗在社会中作为伙伴及防范罪犯的卫士角色使吃狗肉成为禁忌。

不止一种文化有忌食猪肉的风俗。有迹像表明一些古埃及人不吃猪肉。古代以色列人也视猪肉为禁忌。对禁食猪肉的一种解释是煮熟的猪肉可能会传播一种叫旋毛虫病的疾病。但现在大多



数人不认为这是对禁食猪肉的很好解释。另一种解释是以色列人属游牧民族,他们总是居无定所。要养猪,人们就得在一个地方定居下来。以色列人不愿意这样做,因为他们不想改变自己的生活习惯与文化。正因为如此,他们便不食猪肉。

人类学家们相信,对食物的好恶大多是不同人不同生活方式的结果。有些人生活在既有大型动物又有许多昆虫的地区。他们杀死大型动物不容易,需要花费很大的气力。对他们来说以昆虫为食要容易一些,因为捕捉昆虫既不困难又不花费很大力气。四处流动的游牧民族部落的人不愿意为了吃肉而养猪。人们也不吃像狗一样的宠物。美国人牛肉吃得多,因为美国大量的土地可用来养牛,而且牛肉可以通过铁路以低廉的价格进行长途贩运。

II. Functional Expressions (I)

功能惯用语(I)

1. May we have the menu, please?

请让我们看看菜单,好吗?

2. What do you recommend?

你建议点些什么菜?

3. Waiter, how much longer will it take?

服务员,我们点的菜还要等多久?

4. Please help yourself to some more chicken.

请自便再吃些鸡肉吧。

5. May I have the bill, please?

请给我结账好吗?

6. 今天我请您吃饭。



Let me treat you to dinner today.

7. 您愿意和我一起出去吃饭吗?

Would you like to go out for dinner with me?

8. 请给我一个五人的桌位。

I'd like a table for five, please.

9. 我想要个靠窗的餐桌。

I'd like a table by the window.

10. 我点的东西呢? 我已经等了很久了。

What happened to my order? I've been waiting for a long time.

III. Situational Dialogue (I) 实况对话 (I)

At a Fast Food Place

A: What can I do for you, sir?

B: I'd like to have a double **cheeseburger** and one small orange juice.

A: **Is this for here or to go?**

B: For here.

A: Two dollars and eighty cents total.

B: Here you are. **Where're the napkins** and straw?

A: Right there on the table.

B: Thanks.



Notes

1. double cheeseburger n. 双层奶酪牛肉饼

2. Is this for here or to go? 就在这里吃还是带走?
3. napkin n. 餐巾
4. straw n. 吸管

译文:

实况对话 I 在快餐店

- A: 先生,您要吃点什么?
B: 我想来份双层奶酪牛肉饼,还要一个小杯的橘子汁。
A: 就在这里吃还是带走?
B: 在这里吃。
A: 一共两元八角。
B: 给你。餐巾和吸管在那里?
A: 就在那边桌上。
B: 谢谢。

IV. Situational Dialogue (II)

实况对话 (II)

At a Restaurant

- A: Are you ready to order now, sir?
B: May I have the menu, please?
A: Oh, I'm sorry. I thought you had one. Here you are. What would you like for your main dish?
B: Steak, please.
A: How would you like your steak, **medium**, **rare** or **well-done**?
B: Rare, please.



A: Anything else?

B: Well, what is your soup of the day?

A: We have chicken soup and vegetable soup.

B: I'd like the vegetable soup.

A: Would you like something to drink?

B: **A glass of beer will do.**

A: Fine. Is everything all right? Can I get you something else?

B: This is fine. The food is delicious. Thanks.

A: Would you like some **dessert**? We have strawberry and chocolate ice cream.

B: No, thank you. May I have the bill, please?

A: Sure. Eighteen seven altogether.

B: Here're twenty dollars. Keep the change, please.

Notes

1. medium *a.* 适中的
2. rare *a.* 半熟的, 煮得嫩的
3. well-done *a.* 全熟的, 熟透的
4. A glass of beer will do. 一杯啤酒就行了。
5. dessert *n.* 甜食

译文:

实况对话(II):在餐馆

A: 先生,您现在准备点菜吗?

B: 请让我看看菜单,好吗?

A: 噢,对不起,我还以为您已经有菜单了。给。您的主菜要什么?

B: 牛排。

A: 您喜欢怎样吃牛排,要适中的,半熟的,还是熟透的?



B: 请煮嫩一点吧。

A: (您)还要点别的什么吗?

B: 哦,你们今天有什么汤?

A 有鸡汤,还有蔬菜汤。

B 请给我蔬菜汤。

A 您想来点什么饮料吗?

B 来杯啤酒就行了。

A 那好。一切都还不错吧?你还要我上点别的吗?

B 好了。饭菜挺好吃。谢谢了。

A 您要来些甜点吗?我们有草莓和巧克力冰淇淋。

B: 不用了,谢谢。请结账好吗?

A 行。一共是十八元七角。

B: 这是二十元。不用找了。

V. Functional Expressions (II)

功能惯用语(II)

11. I help you to some sweet and sour fish?

我给你夹点糖醋鱼好吗?

12. This is just an informal dinner, so I hope you won't stand on ceremony.

这是一次非正式的聚餐,希望你不要讲客气。

13. What is your chef's specialty?

你们厨师有什么拿手菜?

14. How about having seafood for a change?

换换口味吃海鲜怎么样?

15. Are you used to the food here?



你习惯吃这里的饭菜吗?

16. 我从来没吃过比这更好吃的。

I've never tasted anything better.

17. 我建议为我们的友谊干杯。

I propose a toast for our friendship.

18. 为我们合作成功干杯!

Cheers to our successful cooperation.

19. 你觉得这菜怎么样?

How you find the dish?

20. 您要再来一份吗?

Would you care for another helping?

VI. Reading and Conversation

阅读与会话

1. Read the following passage and then have conversational practice with your partner according to the requirements given behind.

The American's Fast Food

Because of the American passion of speed and the fast pace of American life, many people have to be at work or other activities during the normal dinner hours. They cannot leisurely have dinner together around the family table every evening. For these reasons, fast-food restaurants have become very popular.

Many restaurants, in particular the great chain restaurant company, McDonald's, specialize in fast foods, foods that are prepared and



served at the counter, ready “to go” or “to be taken out, such as hamburgers, hot dogs, pizza, fried chicken, tacos, and French fries. The foods, cooked and hot, are packed into cardboard and plastic containers, and hot drinks go into plastic cups with tight fitting lids. There are also drive-in fast-food restaurants, where the customer does not have to leave his or her car. They first stop at a board where the menu is displayed, give an order through a microphone and then drive another twenty yards, where a girl hands them the meal they ordered. People who prefer to eat at a table in the restaurant also receive their food in cardboard or plastic containers, and their knives, forks and spoons are plastic, too. When they have finished eating, the customers throw everything except the tray into the dustbin.

Why do fast-food restaurants appeal to the general public? First, they really are fast. You don't have to wait more than a minute or two for your food. They are also convenient. You may dress casually, and in some places you can even order from your car and drive away with your food without going into the restaurant. Finally, fast-food restaurants are inexpensive.

Fast food has its disadvantages, too. Most fast-food meals are not very healthy. They are often high in fats and cholesterol and low in other important nutrients. It is important to avoid eating too much fast food, and to eat a balanced diet with foods from all four food groups: meats and other proteins, dairy products, fruits and vegetables, and breads and cereals.

Conversation Hints (会话提示)

- 1) Are fast foods very popular in our country?
- 2) How do you like fast foods in your everyday life?



- 3) Make a conversation with your partner about the fast foods you know in China.

2. Read the following passage first and then discuss how and why some wrong ideas about food have come into being.

Wrong Ideas about Food

Many primitive people believed that by eating an animal they could get some of the good qualities of that animal for themselves. They thought, for example, that eating deer would make them run as fast as the deer. Some savage tribes believed that eating enemies who had shown bravery in battle would make them brave. Man-eating may have started because people were eager to become as strong and brave as their enemies.

Among civilized people it was once thought that ginger root by some magical power could improve the memory. Eggs were thought to make the voice pretty. Tomatoes also were believed to have magical powers. They were called love apples and were supposed to make people who ate them fall in love. Later another wrong idea about tomatoes grew up—the idea that they were poisonous. How surprised the people who thought tomatoes poisonous would be if they could know that millions of pounds of tomatoes were supplied to soldiers overseas during World War II.

Even today there are a great many wrong ideas about food. Some of them are very widespread.

One such idea is that fish is the best brain food. Fish is good food just as it is good muscle food and skin food and bone food. But no one has been able to prove that fish is any better for the brain than

