

第一章 家庭饮食

Family Food and Drinks

1.1 饮食习惯

Eating Habits

俗话说：“民以食为天。”“食”是最根本的，没有食物人就不能生存下去。随着生活水平的不断提高，人们对饮食质量也越来越重视，并因此而形成了各具特色的饮食文化。所以，在家庭生活中饮食占有很重要的地位。这里首先要了解中西方有哪些不同的饮食习惯。

1.1.1 正餐饮食习惯

Eating Habits for Meals

中国有源远流长的饮食文化，最有地方特色的是川、鲁、粤、苏四大菜系。中国饮食结构是以粮食为主，以蔬菜为辅。

西餐大致可分为法式、英式、意式、俄式、美式等几种，其中以法国菜、意大利菜为主流。英式西餐简洁与礼仪并重，具有油少、清淡等特点。英国人爱吃牛肉、鸡肉、鸭肉、羊肉等，每餐都喜欢吃水果。美式菜肴营养丰富，方便快捷，简单清淡，口味咸中带甜。美国人喜欢吃各种新鲜蔬菜和各式水果。

英美人喜欢吃生菜，即使肉类、鱼类等食品也煮得很生 (half done)。不饮太热的开水，不愿多吃糖，也不喜欢多吃动物油和盐，不吃鸡爪、鸡头及内脏等，也绝对不吃狗肉。美国人现在更倾向于“健康食品” (health foods) 如谷类、水果、蔬菜和鱼类食品。

西方人主要喝三大类酒：果酒、啤酒和烈性酒。饭前要喝开胃酒，如干马丁尼酒 (dry martini)、甜酒 (sweet) 或玫瑰酒 (rose) 等。用餐时饮烈性酒 (spirits)，如威士忌 (whisky)、伏特

加酒(Vodka)等。餐后饮甜性烈酒(liqueur)如意大利的甜酒(Lambrusco)。美国在饭桌上放上冰水, 英国家里进餐时喝葡萄酒。主菜是牛肉、羊肉, 喝红葡萄酒; 主菜是鸡肉或鱼肉, 喝白葡萄酒。在英语中, a drink 通常指酒精类的饮料, 不含酒精饮料称为 soft drink 。就餐前问“ Would you like a drink? ”通常指前者, 对后者则常用短语“ Would you like something to drink? ”来表达。

1. 1. 2 其他饮食习惯

Other Eating Habits

西方家庭有在固定时间喝咖啡或茶的习惯。休息时间用 coffee break , tea break 表示。英国人酷爱喝茶, 一天要喝七八次。普遍在下午四五点钟喝茶, 一边喝红茶(black tea)一边吃点心, 称为 afternoon tea 。点心常是涂上奶油的土司(buttered toast) 奶油面包(bread and butter) 加果酱或饼干等。红茶可加牛奶、柠檬片等(tea with milk/lemon)。泡茶时先用茶匙量好茶叶或用茶包(tea bag) 放入茶壶, 倒入开水泡两三分钟, 泡出茶的味道, 称为 draw , 才可饮用。咖啡可加奶或不加奶。加奶咖啡称为 white coffee , 不加奶咖啡称为 black coffee or straight coffee 。茶和咖啡的浓淡要用 strong 或 weak 表示。美国人则更爱喝白水、矿泉水、可口可乐、啤酒、葡萄酒等。

1. 2 膳 食

Meals

1. 2. 1 一日三餐

Break fast , Lunch and Dinner

一般的家庭都实行一日三餐制。要合理安排三餐饮食, 做到“早餐吃得饱, 中餐吃得好, 晚餐吃得少”。

1.2.1.1 早餐

Break fast

早餐一般吃谷类食品、牛奶、煎鸡蛋、炸香肠、熏肉、烤面包片、橘汁、咖啡或茶。吃烤面包时在上面涂黄油、果酱或蜂蜜。在英国家庭，早餐时家人围坐桌旁，但常常都很匆忙也不正式。鲜牛奶要加到咖啡、茶或麦片里，但常常在早餐前才由送奶人送来。

1.2.1.2 午餐

Lunch

英美国家的午餐时间短，常在工作或学习地点就餐，一般自带三明治和水果，也有在附近快餐馆、酒吧或咖啡厅购买汉堡包或热狗加上一碗热汤。只有在星期日，一般家庭才能认真地做一顿午餐。有时主妇把食物放在厨房盘内，事后端到饭厅，有时直接在饭厅内用大盘碟装。主食一般为肉食、土豆及蔬菜。常常放在同一盘内，用肉汁润湿。主食后是甜食，常是某种熟水果，用糖加甜。可以单独上桌，也可以加上奶油冷冻或夹在馅饼里，如冰淇淋等。最后喝咖啡、茶或啤酒等。

1.2.1.3 晚餐

Dinner or Supper

对英美家庭来说，晚餐是一天中的正餐，一般在晚上七八点钟开始。邀请朋友赴晚宴常用 dinner 一词较正式。英国人有下午五六点钟吃茶点、便餐的习惯，有时也算作晚餐。

西餐中，一顿齐全的正餐顺序如下：

- 开胃品：包括开胃酒、美味小吃和开胃饮料、水果等；
- 汤：喝汤时有时加黄油和面包；
- 主菜：一般为肉、禽、鱼、蔬菜和冷菜，还有土豆和米饭；
- 餐后食品：包括点心、水果、冰淇淋以及咖啡或茶。

大多数美国人喜欢吃馅饼或冰淇淋。有些国家，比如英国，在喝咖啡前还吃饼干和乳酪。英国家庭一般在固定时间等家庭成员到齐后才就餐。

1. 2. 2 就餐礼仪

Eating Etiquette

1. 2. 2. 1 一般礼仪

Common Etiquette

西方人无论是邀请朋友到家用餐还是到餐馆用餐，都遵循一些就餐礼仪。

邀请别人吃饭，特别是关系不很亲近的人，主人往往在一到两个星期前就通告对方，以便对方能相应地做出安排。正式发出邀请，可以用书面（如请柬）或口头的形式，这得视与被邀请人的关系的亲密程度不同而异。

到朋友家吃饭，客人往往带上鲜花，或者一瓶名酒、一盒精致的巧克力，用彩纸、彩带包扎，当面拆开送给主人。主人会称赞一番，然后把花插在花瓶里，酒和巧克力在席间或餐后供大家享用。接受宴请后，按英美习惯，客人应准时或晚到几分钟，饭后坐一两个小时。

英美国家请客吃饭主要是为了交谈和聚会，饭菜一般比中国简单。请多人吃饭时还可以主动让客人自带一份拿手饭菜（potluck）来让大家共享。招待客人只须准备三道菜点就行了。第一道为开胃品，第二道是主食，第三道是甜食。酒和面包一直放在餐桌上让客人享用。三道菜上完后是咖啡，同时端上黄油、饼干与巧克力等。西餐中许多食品都是事先准备好的，如甜食和沙拉等。主菜中的肉类菜肴也可在客人到来前做好。进餐时，只需把热菜从厨房里端出来就行了。朋友间随意的家宴，如果主人没有指定，可随便入座。但在正式家宴中，英美国国家座次安排与中国有区别：英美餐桌座次以右为上、左为下，中国餐桌座次以面向南或面向门为上、以面向北或背对门为下。英美一对夫妇参加家宴时，男主人陪女主宾，女主人陪男主宾；中国则是安排同一性别的人坐在一起，男主宾由男主人陪同，女主宾由女主人陪同。用餐过程中，客人可不时赞赏主人准备的佳肴美味。向主人告别时，应先对其盛情款待表示感谢。

1. 2. 2. 2 餐桌礼节

Table Manners

西餐很讲究餐桌礼节。下面是基本的餐桌礼节：

1. 就餐前：就座时，身体要端正，手肘不要放在桌面上。将餐巾对折轻轻放在膝上，中途离席时将餐巾放在椅子上。

2. 使用刀叉：使用刀叉进餐时，从外侧往内侧取用刀叉，要左手持叉，右手拿刀，用刀将食物切成小块再用叉送入嘴中。使用刀时，刀刃不可向外。进餐中放下刀叉时，应摆成“八”字型，分别放在餐盘边上。每吃完一道菜，将刀叉并拢放在盘中。要注意以下几点：

- 不可一手拿刀或叉，而另一只手拿餐巾擦嘴；
- 不可拿着刀叉做手势；
- 不可将刀叉伸进盛菜的大盘子里；
- 不可将刀叉的一端放在盘上，另一端放在桌上；
- 不可一手拿酒杯，另一只手拿叉取菜。

3. 进餐时：

- 吃有骨头的肉时，可以用手拿着吃；
- 吃鱼、肉等带刺或骨的菜肴时，不要直接外吐，可用餐巾捂嘴轻轻吐在叉上，放入盘内；
- 吃面条时要用叉子先将面条卷起，然后送入口中；
- 吃甜点可用叉子固定并收拢，再放到汤匙里吃。大块的水果可以切成一口的大小，再用叉子叉来吃；
- 吃面包不可拿着整块咬，一般要掰成小块送入口中。抹黄油和果酱等调料时也要先将面包掰成小块再抹。

4. 就餐过程中：

- 咀嚼食物不宜过多，不要边吃边说话；
- 进餐时不要发出吱吱的声音；
- 就餐时不可狼吞虎咽；
- 不可在进餐中途退席。如有事确需离开，应向客人小声打招呼；
- 在进餐尚未全部结束时，不可抽烟，直到上咖啡表示用餐结束时方可；

● 进餐过程中，不要解开纽扣或当众脱衣。

5. 用完餐：

用完餐，主人应留意客人是否均用完餐。主人把台布整齐叠放在桌上后，客人方可将刀叉等放回桌上。

1.3 节日家庭饮食

Family Food and Drinks for Festivals

在英美国家，家庭聚餐除家宴外，还可自带食物。常常也会有聚会、郊游野餐或野营。重要节日也会聚餐吃一些有节日特色的食品。圣诞夜家庭聚餐很隆重，食品一般有火鸡、羊羔肉、水果饼等美味佳肴。感恩节家宴上的主菜是烤火鸡拌蔓越橘酱、甜薯和南瓜馅饼。全家聚在一起品尝烤火鸡并进行感恩祷告。复活节时，许多人往往要互送并享用染色蛋（Easter eggs）复活节晚宴传统主菜有烤羊肉、熏火腿肉、煮鸡蛋、带十字的热馒头，以及复活节兔形蛋糕等。

1.4 范 例

Sample

范例 1.1：写晚餐购物单

H⇒Husband W⇒Wife

W: (*Counting*) One, two, three ... That's six steaks.

H: Don't forget Grandpa and Grandma.

W: Eight steaks. Cooking dinner for the entire family is not so easy. (*Points to the list.*) The shopping: the salad, tomatoes, lettuce, cucumbers, onions, and cabbage. The main course: steak and potatoes. Mike, how much broccoli do I need for eight people?

H: It's up to you.

H⇒丈夫 W⇒妻子

W: (数)1、2、3……共6份牛排。

H: 别忘了爷爷和奶奶。

W: 8份牛排。为全家做晚餐不容易啊。(指着购物单)买沙拉、西红柿、莴苣、黄瓜、洋葱和白菜。主菜是牛排和土豆。迈克,8个人得要多少花椰菜?

H: 你看着办吧。

范例 1.2:早餐

M⇒Mother F⇒Fred J⇒Jimmy

M: Hurry up, Jimmy! It's seven o'clock now. It's time to go to school.

J: (*Yawning*) All right.

M: (*Turning to Fred*) What do you want to eat for breakfast, Fred?

F: I want a cup of fresh orange juice, bacon and fried sausages.

M: Coffee or tea?

F: Coffee.

M: The milkman has come. Go and get the milk, Fred.

J: Mum, I want a boiled egg.

M: Coffee or tea?

J: Coffee with milk and sugar.

F: Here's milk.

M: Breakfast is ready. Let's have it.

M⇒母亲 F⇒弗雷德 J⇒吉米

M: 快点, 吉米, 7点钟了, 该上学了。

J: (打呵欠) 好吧。

M: (转向弗雷德) 你想吃什么早餐, 弗雷德?

F: 我想要一杯新鲜橘子汁, 还有熏肉和炸香肠。

M: 要咖啡还是茶?

F: 咖啡。

M: 弗雷德, 送牛奶的人来了, 去取鲜牛奶吧。

J: 妈妈, 我要一个煮鸡蛋。

M: 要咖啡还是茶?

J: 咖啡加牛奶和糖。

F: 牛奶来了。

M: 早餐准备好了, 吃吧。

范例 1.3: 外出午餐

J⇒**Jim** (Husband) **H**⇒**Helen** (Wife)

A⇒**Anna** (Daughter) **W**⇒**Waiter**

W: Welcome to the New England Restaurant, folks. What will it be?

J: What do you recommend?

W: Well, you know, our restaurant is famous for its seafood. Crabmeat Newburg's always a big hit.

J: Helen, would you like the Crabmeat Newburg?

H: I'd love the Crabmeat Newburg.

J: How about you, Anna?

A: I prefer something else, Daddy.

J: Then what's the chef's suggestion for today?

W: Lobster Thermidor.

J: How about your seafood combination?

W: Quite good. You have a variety of sea foods and the price is reasonable.

J: Anna, would you like to try the Lobster Thermidor?

A: Ok, Daddy.

J: We'll have two Lobster Thermidors, one Crabmeat Newburg and a pitcher of lemonade.

W: Help yourself to some vegetables.

J: Well, I think I'm going to get us all some vegetables.
(*Jim leaves the table. The waiter arrives and sets down their food.*)

W: There you go.

H: Thank you.

W: And some ice-cold lemonade.

H: Thank you.

W: Enjoy it.

H: Anna, let me help you with the lemonade.

A: Thanks.

(*Later*)

J: Here we are. Well, let's get started.

J⇒吉姆(丈夫) H⇒海伦(妻子)

A⇒安娜(女儿) W⇒服务员

W: 欢迎光临新英格兰餐厅。(客人们)想吃点什么?

J: 你有什么建议?

W: 你知道,我们餐厅是以海鲜著称。纽堡蟹肉很受欢迎。

J: 海伦,想吃纽堡蟹肉吗?

H: 我就要一份纽堡蟹肉吧。

J: 你呢,安娜?

A: 我想吃点别的,爸爸。

J: 那么今天主厨特色菜是什么?

W: 赛美多龙虾。

J: 你们的海鲜什锦怎样?

W: 很好。海鲜种类繁多价格合理。

J: 安娜,想吃赛美多龙虾吗?

A: 好的,爸爸。

J: 我们就要两份赛美多龙虾,一份纽堡蟹肉和一罐柠檬汁。

W: 随便吃点蔬菜吧。

J: 好吧,我去给大家拿一些。

(吉姆离桌。服务员来上菜。)

W: 菜来了。
H: 谢谢。
W: 还有一些冰柠檬汁。
H: 谢谢。
W: 请吃好。
H: 安娜, 我来帮你开柠檬汁。
A: 谢谢。
 (不久)
J: 蔬菜来了。好吧, 开始吃。

范例 1.4: 晚餐

L⇒Li Bing F⇒Fang Mei M⇒Martin
B⇒Betty W⇒Waiter

(Li is going to observe his girl friend Fang Mei's birthday in a restaurant. He is now making reservations.)

L: I'd like to make a reservation for Friday night.

W: How many in your party, sir?

L: 4.

W: What time?

L: Around 8.

W: And could you give me your name, sir?

L: Li Bing.

(Li Bing and Fang Mei invite their foreign friends Martin and Betty to the birthday party in a restaurant.)

L: I have a reservation for 4 people, at 8.

W: I'm sorry, but your table isn't free/available yet, sir.

L: Then we'll have a tea in the teahouse.

W: Yes, sir. I'll call page you when it's ready.

L: Thank you.

(After a while.)

W: Mr. Li? Your table is ready now. Right this way, please.

L: Surely.

- W: I hope you enjoy your dinner, sir.
(*After a while*)
- W: May I take your order?
- L: Let's have a look at the menu first. You do the ordering first, Fang Mei.
- F: OK. I'd like some mushrooms, morel, eel, fish slices, chicken wing, pig's blood and bean sprouts.
- L: How about you, Martin and Betty?
- M: Order anything you like, I'm not particular about food.
- B: The same with Martin.
- L: Then I'd like to add some beef, dried bamboo shoots, potatoes and some seafood like sea cucumber and sleeve fish.
- W: Please tick your choices in the menu. Would you care for something to drink with your dinner?
- L: How about 4 bottles of beers?
- F: O. K.
(*Later*)
- W: Here you are.
- L: Thank you.
- F: Help yourself with anything you like.
- M: They all look inviting, aren't they? It's only the first time we have hot-pot. Can you tell us something about hot-pot?
- L: Hot-pot originated in North China. It boasts a history more than 1 000 years. Various types of hot-pot are popular in different regions. Mutton hot-pot and soup hot-pot are two of them. We Chongqing people enjoy soup hot-pot like this.
- B: What is the soup made from?
- F: The ingredients include hot pepper, Chinese prickly ash, thick broad bean sauce, ginger grain, beef fat, crystal sugar and wine and the like. Then you see, different foods may

be added to the soup like vegetables, meat and seafood, etc. The cooking takes only a few minutes. This will preserve the taste of the food and the vitamins. When cooked, you can dip the food into sesame oil. Add some coriander if you like.

M: It tastes hot.

L: Yes, it's typical style of Sichuan cuisine. How about some more salt and MSD?

B: Thanks. Delicious.

F: Here, take some more.

L: Martin, let me freshen your drink.

M: Thank you. Since today is Miss Fang's birthday, I'd like to propose a toast.

M, B, L, F: Cheerio!

M: Happy birthday!

B: Many happy returns of the day!

L: Me, too.

F: Thank you.

L⇒李冰 **F**⇒方枚 **M**⇒马丁 **B**⇒贝蒂 **W**⇒服务员

(李冰要在饭店为女朋友方枚庆祝生日。他现在正在预订座位。)

L: 我想预订星期五晚餐。

W: 多少人, 先生?

L: 4个。

W: 什么时候?

L: 大约8点钟。

W: 请问您的大名, 先生?

L: 李冰。

(李冰和方枚邀请了两位外国朋友马丁和贝蒂参加在饭店举行的生日晚宴。)

L: 8点钟我订了座, 4位。

W: 很抱歉, 您的座位还没有腾出来, 先生。

L: 那我们只得在茶馆喝茶了。

W: 是的, 先生。腾出来我们马上叫您。

L: 谢谢。

(一会儿)

W: 李先生吗? 您订的餐桌准备好了。请这边走。

L: 好的。

W: 先生, 愿你们好好用餐。

(一会儿)

W: 可以点菜了吗?

L: 我们先看看菜单。方枚, 你先点吧。

F: 好的。我想要些香菇、金菇、鱼片、鸡翅、猪血和豆芽。

L: 你们呢 马丁 贝蒂?

M: 你们喜欢什么就吃什么吧。我不挑食。

B: 我也随便。

L: 那我就加一些牛肉、干笋、土豆和诸如海参和鱿鱼等的海味。

W: 请在菜单上打钩。想喝点什么吗?

L: 来 4 瓶啤酒怎样?

F: 好的。

(稍后)

W: 菜来了。

L: 谢谢。

F: 大家随便吃吧。

M: 看起来真让人嘴馋, 对吧? 我们是第一次吃火锅。能告诉我们一点火锅的情况吗?

L: 火锅起源于华北, 有 1000 多年历史。不同地区有不同类型的火锅。羊肉火锅和汤锅是其中两种。我们重庆人喜欢吃像这样的汤锅。

B: 汤由什么做成?

F: 调料有辣椒、花椒、豆瓣酱、姜、牛油、白糖和酒等等。你看, 不同食物可以加进汤里, 像蔬菜、肉类和海鲜等。只需

煮几分钟时间。这可以保持食物原汁原味和维生素。煮好后，放进麻油里。如果愿意的话，可以加点香菜。

M: 真是很辣。

L: 对的。典型的川菜风格。还要些盐和味精吗？

B: 谢谢。真好吃。

F: 这儿，再吃些吧。

L: 马丁，我给你再倒些酒吧。

M: 谢谢。今天是方小姐的生日，我提议干杯。

M,B,L,F :干杯！

M: 生日快乐！

B: 祝你长寿！

L: 我也祝你。

F: 谢谢。

范例 1.5: 感恩晚餐

F⇒Frank (Father) M⇒Margaret (Mother)

T⇒Tom L⇒Mr. Liang Tian

(Frank is phoning to invite his Chinese friend Liang Tian for Thanksgiving Dinner. The phone rings and Liang reaches for the receiver.)

L: Hello. This is Liang Tian speaking.

F: Hello, Liang Tian. Frank speaking.

L: Ah, Frank. It's a long time since I last saw you.

F: Liang, next Thursday is Thanksgiving Day. Would you like to come to dinner? I'd be very glad if you could come to our home.

L: Well, that sounds great. I haven't attended a thanksgiving dinner before. I heard that Thanksgiving Dinner is the most important meal of the year. Yes, it's very nice of you to invite me. What time?

F: 5 p. m.

L: That's fine. I'll come. And thanks again.

F: See you then.

(Frank and Margaret are in the kitchen preparing dinner. Their son Tom, 11, is in the living room.)

M: OK, Frank. We should get to work, or we won't be finished by dinner time.

F: I guess we must. *(He walks to the table in the center of the room.)* OK. Four apples for my famous Thanksgiving apple pie. Now, the ingredients. Flour, sugar, butter should go into my apple pie. *(He looks in the refrigerator and carries the butter dish to the table.)* Butter, nice and cold and hard. Ok, here are the walnuts. Ah, yes, the reason why my apple pie is famous is the cinnamon ... Margaret, where's the cinnamon?

M: If there is any cinnamon, it's in the cabinet with the salt and pepper.

F: *(He opens the cabinet and brings the spice rack to the table)* Salt, pepper, dill weed, garlic powder, cinnamon. Margaret, is it possible that we forgot to buy cinnamon? Tom, Tom!

(Tom comes.)

T: Good morning.

F: Good morning, Tom. Can you do me a favor?

M: Sure, Dad. What?

F: We don't have any cinnamon for my apple pie on Thanksgiving.

T: I'll go down to George's grocery to get some for you.

F: That's my boy! *(He takes money from his pocket and hands it to Tom.)* Thanks, Son.

M: I'll prepare the turkey and other biscuits.

(Later, Mr. Liang Tian comes. In the living room.)

L: Hello, Frank.

F: Hello, Liang. Come in, please. Shall I take your coat?

L: Thank you. What a nice house!

F: Thanks, Liang. It's only small, but it suits us very well.

L: Where is Margaret?

F: Oh, she is in the kitchen. She'll be here in a minute. Dinner is nearly ready. Just go into the dining room. What would you prefer to drink before dinner—Coke, coffee or tea?

L: A Coke, please. Thank you.

T: It smells good, Dad. I'm hungry.

F: Now Tom, remember your manners.

T: Don't worry about me, Dad.

M: (*From entrance of the dining room*) Well, there we are. All set for dinner. You can all sit down now.

F: Let's go, everybody. Well, Liang, you can sit beside Tom.

L: Thanks. Oh, my god. You've prepared a feast enough for an army. They all look wonderful.

M: (*As she takes her place*) I'll get the biscuits later.

F: Before the dinner, I think we should take a moment and remember the meaning of Thanksgiving.

M: Tom, Why don't you tell me about that?

T: Thanksgiving was about the Pilgrims, the first settlers in America. They shared the first harvest with the Indians and give thanks.

F: All right. Then in that spirit let's give thanks and say grace.

L: What do you usually say grace?

F: We often say: "Dear Lord, we thank Thee for this food. Please bless it for our use, Amen." (*All bow their heads in silence and say grace.*)

F: Let's get started.

M: (*As she starts to carve the turkey*) How about a slice of dark meat and a slice of white meat, Mr. Liang?

L: I wonder what are dark meat and white meat.
F: White meat is moist and tender and dark meat is cooked through to the bone.
L: White meat, please.
M: How about a drumstick Tom?
T: Yes, please.
F: I'd like the wishbone.
M: All right. But you'll have to wait for that.
F: Then I'll have something else.
M: Excuse me. I'll get the biscuits.
F: I can realize how luckily we are and we have a lot to be thankful for.
M: Here are the hot biscuits (*As she sits down*) Now please go right ahead after being served. Help yourself to the cranberry sauce. Tom, pass the gravy to Mr. Liang.
L: The turkey tastes as good as it looks. And these biscuits are wonderful.
M: Thank you. We also have apple pie and pumpkin pie.
F: Yes my favorite apple pie. Shall we have dessert now or serve it later?
L: Let's wait. I just couldn't have any more.
T: Neither do I.
M: All right. I'll take some coffee and tea to the living room. It's more comfortable there.
(After dinner)
F: Here are your coats.
L: This has been a great treat. Thank you for a very pleasant evening.
M: I'm glad - you must come again.
L: Good night.
F: Good night. And drive carefully.