

### 本集内容

Cooking classes for elderly men 专为老年男性开设的烹饪班

### 学习要点

有关 “taking care of somebody 照顾人” 的词汇

### 边看边答

What generation of men in particular in Britain have never learned to cook?

### 文字稿

Frank, cookery student

I really have to **look after** her.

弗兰克 烹饪班学生

“我真的需要**照顾**她。”

Frank and Marion have been married for 63 years.

弗兰克和玛丽昂结婚已经六十三年了。

Frank, cookery student

I'm her **carer**. She's not a well lady.

弗兰克 烹饪班学生

“我是她的**护理员**。她身体不太好。”

Marion used to do most of the cooking but she has Alzheimer's disease – the most common form of dementia – so that's becoming harder. So Frank has been going to cooking classes run by Age UK, Barnet, aimed at men who, like Frank, would like to cook but have never learned.

过去多是玛丽昂下厨，但因为她现在患有阿兹海默症，即最常见的失智症类型，做饭对她来说变得越来越难。所以，弗兰克近期参加了由慈善机构“Age UK”在巴尼特区开办的烹饪课，此课程面向弗兰克这样从没学过但想要开始做饭的男性。

### Cookery student

My wife passed away three years ago and I've **relied** entirely **on** her capabilities as a wife and a cook.

烹饪班学生

“我妻子在三年前去世了，在那之前，她是我妻子兼厨师，我完全**依赖**她做饭。”

Nancy runs the class voluntarily.

南茜自愿管理这个烹饪班。

### Nancy Nelson, Age UK volunteer

You've got a whole generation of men out there this particular age – between 70s and 80s, even up to 90 – who've never learned to cook. That was the generation that didn't do it. So they come to these classes, they get some skills, they get some company and they have a bit of fun as well.

南茜·尼尔森 “Age UK” 志愿者

“在这里上课的人的年龄多是七十多岁到八十多岁之间，甚至有九十岁高龄的人，他们这一代男性从没学过做饭。那个年代的男性就没学过。所以，现在来这里上课，学习烹饪技巧，结识一些伙伴，还能让自己开心娱乐一下。”

There are classes like this across the UK but Age UK would like to offer more – a way of tackling loneliness and boosting healthy eating.

英国各地都有类似的烹饪班，但“Age UK”想提供更多服务，以解决老年孤独和促进健康饮食的方法。

### Frank, cookery student

If it wasn't for this, I would be absolutely useless at home. I can now do my share of cooking at home, **take a weight off my wife's shoulders**. And really, it's the greatest thing that's happened to me in years.

弗兰克 烹饪班学生

“如果没来上烹饪课，我在家里就派不上一丁点用场。现在我在家里也能做饭了，**减轻**了妻子的负担。这真是近些年来在我身上发生的最好的事。”

### Reporter

What's it like now Frank's been going to these cooking classes?

记者

“弗兰克最近一直在上烹饪课，你觉得有什么变化吗？”

### Marion, cookery student's wife

Well, it's very good actually because it's good experience for him.

玛丽昂 烹饪班学生弗兰克的妻子

“嗯，其实非常好，因为对他来说，这是很好的经历。”

Reporter

Do you have a favourite dish he can now cook?

记者

“在他目前会做的菜里，你最喜欢哪一道？”

Marion, cookery student's wife

Chicken, I think. Chicken.

玛丽昂 烹饪班学生弗兰克的妻子

“我想是鸡肉。鸡肉。”

词汇

look after (somebody) 照顾（某人）

carer 护理员

relied on 依靠、依赖

take a weight off somebody's shoulders 令某人感到如释重负

视频链接: <https://bbc.in/2CmHf4B>

你知道吗？

Apparently, women still do the vast majority of cooking in the average British household. 76% of the women who took part in a survey by BBC Good Food magazine said the task would generally fall to them.

根据调查，在普通英国家庭中，女性仍承担绝大部分下厨的责任。在参与由《BBC 美食》杂志开展的调查的女性中，有 76% 的人说这项任务通常会落在她们身上。

问题答案

According to Age UK volunteer Nancy Nelson, a generation of men between 70 and 90 years old have never learned to cook.