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- Feifei:** Hello and welcome to *Authentic Real English*, I'm Feifei.
- Rob:** Hello everyone, I'm Rob.
- Feifei:** Rob, 猜猜我刚才在电梯里看见了谁?
- Rob:** (*Not interested*) Hmm, lots of other people who work at the BBC?
- Feifei:** 哎呀, 不是的。You'll never guess...
- Rob:** (*Still not interested*) Probably not.
- Feifei:** 太激动了, 我的心到现在还砰砰的跳个不停呢!
- Rob:** Come on Feifei, it's not like you have just been in a lift with Damien Lewis. So just calm down, we've got some work to do.
- Feifei:** (*Even more excited*) It was, it was Damien Lewis! 我还真是在电梯里碰见了 Damien Lewis.
- Rob:** (*Now interested*) Really? What was he like?
- Feifei:** He was wearing a light blue shirt and jeans! Very tall, and... he's just so handsome!
- Rob:** I bet! Did you say anything to him?
- Feifei:** No, 我太紧张了! 不过我听见他说什么去录节目之前 going for some 'nosh'. 我不太懂是什么意思 what does that mean? What is 'nosh'?
- Rob:** In British English, 'to have some nosh' is a slang phrase which means to have some food or to have a meal. The word 'nosh' literally means 'food or a meal'.
- Feifei:** OK, I see. 原来他是在录节目之前先去吃点儿饭。Nosh 这个词是个英语俚语表达, 意思是食物或一顿饭。
- Rob:** Let's hear some examples on how to use the word 'nosh'.

Examples

Our canteen serves good nosh.
She likes her nosh.
Do you fancy a bit of nosh?
There was a lot of nosh at the party last night.

Feifei: 在上面例句中 nosh 是作为名词使用的，这个词还可以当动词使用。Right, Rob?

Rob: Yes, that's right. If you 'nosh', you eat.

Examples

I like to nosh when I watch TV.
How can she ever lose weight? She noshes all the time!

Feifei: (*Getting excited again*) Hey Rob, 我突然特饿, do you mind finishing the programme? I'm just going to get some nosh from the canteen.

Rob: Is that so Feifei? I know why you are getting hungry...

Feifei: What do you mean? I'm just hungry. Will be back later, bye...

Rob: Errr, hold on... wait, wait for me, I might join you for some nosh too...(*talking to himself*) I hope Damien is still in the canteen.

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