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# BBC LEARNING ENGLISH

## Authentic Real English 地道英语

### A recipe for disaster 后患无穷

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#### Feifei

大家好，欢迎收听《地道英语》。我是冯菲菲。

#### Rob

...and hello, I'm Rob. Err, Feifei what are you doing?

#### Feifei

I'm making a cake – a chocolate cake - obviously!

#### Rob

Why are you making a chocolate cake?

#### Feifei

It's Helen's birthday. 我这不是为了给 Helen 庆生做个蛋糕吗。怎么，你有意见？

#### Rob

Well, for a start we are in a radio studio not a kitchen. Also, you've only got five minutes before she arrives – and you're putting salt in the cake mix not sugar.

#### Feifei

Ooops!

#### Rob

It's a recipe for disaster!

#### Feifei

“灾难的菜谱 a recipe for disaster”，你说什么呢？ No, look, it's a recipe for a chocolate cake Rob.

#### Rob

That might be – but a recipe for disaster means a combination of things that will, at some point, go wrong and cause harm, damage or in this case, humiliation – in other words it will end in trouble.

**Feifei**

Oh really? 原来 a recipe for disaster 被用来指一连串事情迟早会出错、惹麻烦、给人带来小不幸或让人出丑。 Oh dear, Rob, this wasn't the recipe I wanted to follow!

**Rob**

No. Let's hear some examples of this phrase in action – and we can work out how to limit the damage.

**Examples**

My doctor says drinking too much, not exercising enough, and having a stressful job are a recipe for disaster. He says I might die young!

I'm not looking forward to the party. Having my wife and ex-girlfriend in the same room will be a recipe for disaster!

Watch out on the road tonight – all that rain followed by freezing temperatures is a recipe for disaster.

**Feifei**

这个表达 a recipe for disaster 也可以理解为由于某人的言行而使事情“后患无穷”。 So what problem is my cake making going to cause, Rob?

**Rob**

Well can't you see there's cake mix on the table – the cake won't be ready in time – and it'll taste disgusting with all that salt in it.

**Feifei**

Oh calm down – do you want to taste the cake mix?

**Rob**

Oh go on then.... Mmmm, actually it's not too bad. And there's not much mess. Perhaps it's not a disaster – but maybe we shouldn't give it to Helen. Shall we keep it for later?

**Feifei**

Ha ha – it looks like this has been a recipe for success! 成功的秘诀!

**Rob**

A what?

**Feifei**

A recipe for success!

**Rob**

For once Feifei, you might be right! Bye!

**Feifei**  
Bye.