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Feifei

大家好，欢迎收听 BBC 英语教学的“地道英语”节目，我是菲菲。

Neil

And I'm Neil. We're explaining the expression 'fill your boots'. It means 'take advantage of a situation, or get as much of something as possible'.

Feifei

Fill your boots. 这个表达的字面意思是“填满你的靴子”，但实际上我们用它来告诉人们“要充分利用一个难得的好机会”—— fill your boots；或者用它告诉人们“想要什么就拿什么”—— fill your boots。

Neil

So, for example, when a supermarket has a big sale, you might want to fill your boots with all the deals.

Feifei

是的，如果遇到超市大减价，你可能想要“fill your boots with all the deals（尽情抢购便宜货）”。Or, Neil, you have an amazing library. Can I read some of your books?

Neil

Fill your boots – read as many as you want. Let's have some examples!

Examples

I love my local restaurant. It has an 'all you can eat' buffet – you can fill your boots.

Have you watched any of our videos? Fill your boots and learn as much as you can.

My mum is cooking Christmas dinner. She asked me to go to the supermarket to get food. She told me to fill my boots and buy as much food as I want!

Feifei

你正在收听的是 BBC 英语教学的“地道英语”节目。上面我们介绍了表达“fill your boots”的含义和用法，它用来告诉某人“要充分利用一个难得的好机会”或者“想要什么就拿什么”。

Neil

Speaking of which, have you seen those cakes at the BBC cafe?

Feifei

Yes, they look amazing. Really colourful with so much cream! Have you tried one?

Neil

Yes, it was delicious. I think it was one of the best things I've eaten in my life!

Feifei

Oh, stop! You're making me hungry! Don't tell me any more – I think I'll go and fill my boots and find out for myself.

Neil

Well, I'll just finish some work and then I'll come with you, and we can fill our boots together. Bye for now.

Feifei

Bye!