
BBC LEARNING ENGLISH

Take Away English 随身英语

The pleasure of eating alone

独自用餐的乐趣



词汇: food 食物

Should you eat to live or live to eat?... a question posed by French playwright Moliere in his work 'The Miser'. While eating is functional, and our bodies need the **fuel** that food provides, **dining** with friends or loved ones can be a wonderful experience. However, some of us often find ourselves **reserving** a table for one in a restaurant. But is dining alone really that bad? Maybe not.

We all have foods we like and dislike. Maybe it's a **pungent** cheese or **stinky** fish. We sometimes hold back on things that may offend the noses of others. When dining alone, we can **consume** whatever we like, with the added bonus that we might be able to eat more healthily. Often, if you want a salad and your significant other wants some less healthy **cuisine**, you end up **ordering** the same. And if you don't get the same, you might end up with **food envy** as you watch someone **chow down** on a pizza while you're left holding the lettuce.

Have you ever spent too long debating with people which restaurant to eat in or when to meet? If **dining solo**, you can make the choice depending on your **culinary** desires at that moment and get your **nourishment** at exactly the time you're hungry! And why does it have to be a restaurant? You could eat in a park, garden or even your bed – the point is, the choice is yours! That alone time also means it's a time to switch off. According to psychologist Sherrie Bourg Carter, a bit of solitude can help your brain to unwind and may help you concentrate more.

Finally, for some, dining alone can be a necessity. For those of us who suffer from misophonia, a hatred of sound, that can in some cause PTSD, the noise of someone else **masticating** can be unbearable. Eating alone can save you from the extreme anxiety that may arise listening to someone **smack their lips** or the sloshing of **saliva** in their mouths! So, is eating alone bad? Well, it may not be for everyone, but there certainly are some benefits to it. Try it sometime – you might just like it!

词汇表

fuel	燃料，这里比喻食物所提供的能量
dine	用餐，吃饭
reserve	订位，预约
pungent	(气味或味道) 强烈刺鼻的
stinky	难闻的，臭的
consume	(大量地) 吃，喝
cuisine	菜肴
order	点菜
food envy	嫉妒其他人在吃的美味菜肴
chow down	吃掉
dine solo	独自就餐
culinary	饮食方面的，食物的
nourishment	营养，提供营养的食物
masticate	咀嚼
smack one's lips	(吃东西时) 咂嘴
saliva	口水

测验与练习

1. 阅读课文并回答问题。

1. Why do we sometimes hold back from eating our favourite foods with others?
2. What can cause food envy?
3. Where can you eat if dining alone?
4. What are the potential benefits of some moments of solitude?
5. What are the effects of chewing sounds on people with misophonia?

2. 选择意思恰当的单词或词组来完成下列句子。

1. Stop _____ your lips! It sounds disgusting!

chowing down	smacking	nourishment	saliva
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2. Wow! Your food looks amazing. I think I have _____.

nourishment	culinary	food envy	masticate
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3. He's amazing in the kitchen – he makes some _____ delights!

culinary	masticate	consume	dine
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4. Your fish has a very strong smell. It's really _____.

masticate	saliva	food envy	pungent
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5. I am so hungry – I'm just going to _____ on this food.

chow down	culinary	saliva	nourishment
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答案

1. 阅读课文并回答问题。

1. Why do we sometimes hold back from eating our favourite foods with others?

We sometimes avoid eating our favourite smelly foods with others as we are worried about offending their noses.

2. What can cause food envy?

Not eating the same food as someone else and thinking their food looks better.

3. Where can you eat if dining alone?

Wherever you want! That's one of the biggest benefits.

4. What are the potential benefits of some moments of solitude?

You relax and it may help you to concentrate.

5. What are the effects of chewing sounds on people with misophonia?

Chewing sounds can cause anxiety or even PTSD in people with misophonia.

2. 选择意思恰当的单词或词组来完成下列句子。

1. Stop **smacking** your lips! It sounds disgusting!

2. Wow! Your food looks amazing. I think I have **food envy**.

3. He's amazing in the kitchen – he makes some **culinary** delights!

4. Your fish has a very strong smell. It's really **pungent**.

5. I am so hungry – I'm just going to **chow down** on this food.