

## Breakfast 早餐吃得好 – 2012 年 3 月 13 日

Hello and Welcome to English World. This is your friend Mark.

欢迎你来到《英语世界》。I am your friend Guo Wen-Jie.

Listener friends, are you a morning person?

听友，你是个早起的人吗？

Everyone knows that I am an early riser.

我们都知道马可向来起得很早。

I wake up everyday at around 5 o'clock.

他每天差不多五点就起床了。 That's quite early.

Don't forget, I start work at 6.

平常时候他六点就上班了。

This has been my habit for years.

他有这个习惯已经多年了。

Do you want to know my secret to getting a good start in the morning?

想知道他早上活力充沛的秘诀吗？Sure. Tell us.

I eat a good breakfast everyday.

原来他每天都吃丰富的早餐。 I see.

How about you, Wen-Jie?

What about me?

I know you are a night person.

对了，我向来喜欢晚睡。 I am not a morning person.

Sometimes you do look sleepy in the morning.

早晨上班时，我有时还是睡眠惺忪 and I feel tired, too. 也常常觉得累。

Well, do you eat breakfast?

Huh, I usually skip breakfast. 多半时候我不吃早餐。 I am always in a hurry 总都是在赶时间嘛。

Just remember this,

哦，他说要记得一件事。

A good breakfast starts the day right.

一顿好的早餐让一天有好的开始。 Thanks. That's a good advice.

### Fun With Idiom 趣味成语

A morning person is like an early bird.

一个早起的人就像是早起的鸟儿 an early bird

We also call a morning person: an "early riser".

一个早起的人也被叫：an early riser

"Rise and Shine" this phrase means to get out of bed and be active.

"Rise and Shine" 这个词的意思是，赶快起床，开始活动

An early bird, An early riser, & Rise and Shine

I wonder Mark, what do you eat for breakfast? 我很想知道马可早餐吃什么？

Oh, I usually have eggs and toast.

他通常吃蛋和面包。

With a glass of milk or orange Juice.

也会喝一大杯牛奶或柳橙汁。

But of course, there are many choices for breakfast.

不过，早餐可有很多选择的。

Ham and sausages.

火腿，小香肠。

Toast, Pancakes.

烤面包，松饼。

Bagel, French Toast.

圆形大饼，法国式土司。

Cereal and Oatmeal

玉米片，麦片粥 How about Donuts?

Of course. Donuts and coffee are a typical American breakfast.

圈圈饼加上咖啡，是一般美国人会吃的早餐。

### **Culturally Speaking 话说文化**

A typical Chinese breakfast varies from region to region.

中国人吃的早餐会按地区而有所不同。

Dim Sum is quite popular in the South.

广式饮茶 Dim Sum 在南方很普遍。

In the North, people normally eat more wheat.

在北方，人们通常多吃面食。

Noodles and Buns are famous breakfast foods.

面条、包子都是著名的早点。

Fried Dough Stick and Zong-Zi are some of the varieties.

其他像油条和粽子也很常有。

A Chinese breakfast usually is cooked and served hot.

中国的早点通常是熟的，也是要趁热吃的。

Wen-Jie, What do Chinese people drink for breakfast? I would think it's: Tea?

Yes, we like to drink tea 我们会喝茶, and 豆浆 Soy Bean Milk.

Of course. Well, talking about all these foods makes me hungry.

Me, too. 说到这么多好吃的，让我们肚子都饿了。

Listeners, next we bring you today's Everyday Dialogue.

底下为你播出今天的，日常会话。

It's Saturday morning. And a young couple just woke up.

这天是星期六早晨。一对年轻夫妇刚刚睡醒。

Let's listen to their conversation.

我们来听他们的对话。

Well, I'm going to get some snack during the break.

在这，马可老师要去拿点点心吃。 Mark, remember to come back soon.

\*Dialogue (A: Husband; B: Wife)

A: Oh, I'm so glad I don't have to go to work today.

B: Isn't this just great? I'm going to sleep in.

A: But Honey, I'm hungry.

B: Well, Go get something to eat.

A: I have been eating cereal for breakfast every day all week.

B: Well then, make yourself some scrambled eggs and toast.

A: Huh, Can you make breakfast for me?

B: You want me to serve you breakfast in bed?

A: Yes. That would really make my day.

B: Well, I know what would make my day. Let's go out to have brunch?

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好，马可回来了，现在我们来为您解释会话内容。

Oh, I'm so glad I don't have to go to work today.

噢，真开心我今天不用去上班。

Isn't this just great? I'm going to sleep in.

真是不错吧？我准备睡久一点。

But Honey, I'm hungry.

但是老婆，我肚子已经饿了。

Well, Go get something to eat.

那，去拿些东西填肚子吧。

I have been eating cereal for breakfast every day all week.

这整个星期我早餐都是吃玉米片。

Well then, make yourself some scrambled eggs and toast.

这样的话，你该煎个蛋，烤土司面包吃。

Huh, Can you make breakfast for me?

嗯，你可不可以作个早餐给我吃呢？

You want me to serve you breakfast in bed?

你想要我预备早餐，送到床上来给你吃，是麼？

Yes. That would really make my day.

是阿，那会让我今天快活一天。

Well, I know what would make my day. Let's go out to have brunch?

ㄟ，我知道怎样会让我快活一整天。我们何不去外头餐厅吃早午餐呢？

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In this dialogue, I guess the husband is too lazy to cook.

作丈夫的太懒了，不愿意自己作早餐。

And the wife is too sleepy to serve breakfast.

而作太太的则是太想睡觉而不愿意为先生作早餐。

They plan to have brunch, which is a combination of breakfast and lunch.

他们决定去吃 brunch, 也就是早餐和午餐合并。

Well, I know there are restaurants that serve breakfast all day long.

在美国有餐厅可是全天都供应早餐的。 That's not a bad idea at all.

Well, let's review the dialogue once again.

我们再次来复习每日会话。

A: Oh, I'm so glad I don't have to go to work today.  
B: Isn't this just great? I'm going to sleep in.  
A: But Honey, I'm hungry.  
B: Well, Go get something to eat.  
A: I have been eating cereal for breakfast every day all week.  
B: Well then, make yourself some scrambled eggs and toast.  
A: Huh, Can you make breakfast for me?  
B: You want me to serve you breakfast in bed?  
A: Yes. That would really make my day.  
B: Well, I know what would make my day. Let's go out to have brunch?

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In the Bible, there's an interesting passage about breakfast.

在圣经里，有一段有趣的经文，是和早餐有关的。

It's recorded in John chapter 21.

记载在约翰福音 21 章。

Jesus' disciples were out fishing.

耶稣的门徒出外打鱼。

But they had caught nothing.

但是却毫无所获。

Jesus appeared and directed them to fish on the right side of the boat.

耶稣出现，指导他们往船右方撒网。

And they caught a lot of fish.

他们就捕到很多鱼。

Early in the morning they landed on the shore,

天刚亮时，他们上了岸。

They saw a fire of burning coals with fish on it, and some bread.

就看见那里有炭火、上面有鱼、又有饼。

Jesus said to them, "Come and have breakfast."

耶稣说、你们来吃早饭。

None of the disciples dared ask him, "Who are you?"

门徒中没有一个敢问他“你是谁？”

They knew it was the Lord.

因为知道是主。

Jesus came, took the bread and gave it to them, and did the same with the fish.

耶稣就来拿饼和鱼给他们。

This was now the third time Jesus appeared to his disciples after he was raised from the dead.

耶稣从死里复活以后、向门徒显现、这是第三次。

Imagine that! The Lord served breakfast to his disciples!

复活主竟然亲手供应早餐给门徒吃，这不是很令人惊讶吗？

### **Verse of the Week 每周金句**

For even the Son of Man did not come to be served, but to serve,

因为人子来、并不是要受人的服事、乃是要服事人、

and to give his life as a ransom for many."

并且要舍命、作多人的赎价。

Jesus lived a life of servanthood.

耶稣在世的生活，就是服事人的生命。

He even gave up his life for us.

他甚至为我们舍了性命。

And he was raised from the death.

而他也从死里复活。

In Him we can have hope and life.

在祂里面，我们能够有盼望和生命。

And in turn, we can serve others for Christ.

也能为了基督，去服事他人。

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Well, that's it for today's program.

今天节目时间又差不多了。

The title for this program is: Breakfast Time.

这一课的主题是，早餐时刻。

Don't forget to eat a good breakfast every day.

请记得，每早晨都要吃顿好早餐。

So that you can "Rise and Shine".

也才能够起床，好好过新的一天。

We welcome your comments and suggestions.

我们欢迎你提供宝贵的意见。

And we are glad to answer your questions.

我们也乐意回答你的问题。

Write to us Mark and Wen-Jie.

写信来给马可和我文洁。

Until next time, May God Bless You.

神祝福你，改天见了。

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So Wen-Jie, how are you feeling now?

I am weak from hunger.

I told you. You should have eaten a good breakfast.

Well, are there any more snacks left in the kitchen?

Yes, plenty. Would you like me to get you some.

That will be great. Thanks.

I'm happy to serve.