
BBC LEARNING ENGLISH

Take Away English 随身英语

Cutting the cost of cooking

在家做饭的省钱妙招



Vocabulary: money 词汇: 金钱

Are you planning to eat out tonight or are you going to stay in to **save the pennies**? A meal out at a good restaurant or even a pizza parlour can **set you back a small fortune**, so cooking for yourself **makes financial sense**. But with the rise in food prices, it's important to be a **savvy** shopper to **keep your food bill in check**.

These days our supermarket shelves are packed with a tempting array of food items: from the daily staples, like bread and milk, to the exotic, like mangoes and saffron. There's also the option of buying ready meals – convenient food that **comes at a price**. However, if you're **feeling the pinch**, there are things you can do to **make the money** you spend on food **go further**.

According to the BBC Food website, it's all about changing your habits. It claims that cooking filling and tasty meals **on a budget** is easy. It suggests a number of 'tricks' such as using cheaper cuts of meat, "**bulk out** small amounts of meat with less expensive proteins" and "transform small amounts of leftovers into a filling meal".

A favourite pastime of mine to help when money is **tight** is to **stock up** on items that are on special offer – such as **BOGOF** deals (Buy one, get one free). However, this is more of a problem when it comes to perishable items like fresh fruit and vegetables. In the UK, about 39% of household food waste is fruit and veg. So it's a good idea not to stock up on too much of these things. Store them carefully and make the most of them in all your recipes.

Food waste is a big problem generally so shopping carefully can also reduce the amount we throw away. And in Edinburgh in Scotland, it's possible to reduce waste and not **break the bank** by visiting a recycled food shop, which has been set up to prevent surplus food from shops ending up in the bin. The Food Sharing Hub allows people to pay as much as they want for the rescued food, which is past its 'best before date'.

Of course, the biggest thing you can do to help your **cash flow** is to **cut back on** takeaway coffees and lunches. Making your own is usually healthier for you and your **finances**!

词汇表

save the pennies	省点钱
set you back	花掉（不少钱）
a small fortune	一大笔钱
make financial sense	从钱的方面讲是合理的，合算
savvy	有头脑的
keep in check	限制（开销）
come at a price	价格不菲的
feel the pinch	感到手头拮据
make the money go further	让钱花得更值
on a budget	预算很紧，节省费用
bulk out	使...量足
tight	手头紧
stock up	大量储备、囤积
BOGOF	买一送一
break the bank	花太多钱
cash flow	现金流转
cut back on	削减...（花费）
finances	财力，资金

测验与练习

1. 阅读课文并回答问题。

1. What is a negative side to buying ready meals, mentioned in the article?
2. According to the BBC Food website, what can you use to make a filling meal?
3. Why might food and vegetables make up 39% of food waste in the UK?
4. What type of food does The Food Sharing Hub 'rescue' from supermarkets?
5. Which word used in the article means 'more than is needed'?

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I had to travel by train at peak time and the ticket cost me _____.

the wallet	a small fortune	break the bank	feel the pinch
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2. Money is _____ so we've decided not to go on holiday this year.

tight	savvy	BOGOF	budget
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3. Due to problems with our _____, we are unable to pay the staff until next week.

save the pennies	make financial sense	cash flow	stock up
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4. I've lost my job and because we're now _____, I've decided to sell the car.

feeling the pinch	feeling a pinch	feeling pinched	felt the pinch
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5. We haven't cooked enough for all our guests so I'll _____ with extra potatoes!

break the bank	BOGOF	cut back on	bulk it out
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答案

1. 阅读课文并回答问题。

1. What is a negative side to buying ready meals, mentioned in the article?
They can be expensive – they 'come at a price'.
2. According to the BBC Food website, what can you use to make a filling meal?
The BBC Food website says you can "transform small amounts of leftovers into a filling meal".
3. Why might food and vegetables make up 39% of food waste in the UK?
Fruit and vegetables don't stay fresh for long – they are perishable goods.
4. What type of food does The Food Sharing Hub 'rescue' from supermarkets?
They 'rescue' food that is about to be thrown away because it is past its 'best before date'.
5. Which word used in the article means 'more than is needed'?
The word is 'surplus' – " a recycled food shop which has been set up to prevent surplus food from shops ending up in the bin."

2. 请在不参考课文的情况下完成下列练习。选择一个意思合适的单词填入句子的空格处。

1. I had to travel by train at peak time and the ticket cost me **a small fortune**.
2. Money is **tight** so we've decided not to go on holiday this year.
3. Due to problems with our **cash flow**, we are unable to pay the staff until next week.
4. I've lost my job and because we're now **feeling the pinch**, I've decided to sell the car.
5. We haven't cooked enough for all our guests so I'll **bulk it out** with extra potatoes!