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**关于台词的备注:**

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**Real English: a bite to eat 随便吃点东西**

Neil: Hello, this is Real English from BBC Learning English, I'm Neil.

Helen: And I'm Helen. Hello!

Neil: In Real English, we look at words and phrases that you might not find in your dictionary.

Helen: 英语是一种富有成语和不同语言习惯的语言，所以要想学习地道纯正的英国英语，了解英国人常用的通俗语言和表达方式也是非常重要的。

Neil: Today's expression is 'a bite to eat'

Helen: 听起来这个短语和吃有关，对不对Neil?

Neil: Yes, it certainly does have something to do with eating. To have a bite to eat means to go and have something to eat.

Helen: 这种说法是指吃什么东西都行还是说是要吃正经的一顿饭呢?

Neil: It usually means to have a small amount of food – so a snack or a light meal – or it can just mean to go and eat some food or a meal.

Helen: Bite就是用嘴咬的意思，而a bite to eat一般就是专指随便的吃点什么东西或者吃顿便饭的意思。

Neil: Here are some examples of how we might use it.

**Insert**

A: *I'm hungry – shall we go for a bite to eat?*

B: *Sounds good.*

A: *So are we going to see the new Harry Potter film later?*

B: *Yes. If we meet at 6 we should have time for a quick bite first.*

Helen: 刚才他俩说的是a quick bite就是很快的吃点东西。所以a bite to eat也可以简单说成a bite – 都是咬一口什么东西吃，就是随便吃点东西的意思。

Neil: All this talk of food is making me hungry...

Helen: Shall we go for a bite to eat?



**Neil:** I would love a bite to eat, and that's about all from Real English today.

**Helen:** And today's expression is 'a bite to eat' – 随便吃点东西。感谢大家收听我们BBC Learning English的节目。We'll see you next time.

**Neil:** Bye for now.