
BBC LEARNING ENGLISH

Authentic Real English 地道英语



A change for the better 好转，改进

- 关于台词的备注:
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Feifei

Hello and welcome to Authentic Real English. 大家好，我是菲菲。

Neil

... and I'm Neil. Wow! That food smells amazing! What is it?

Feifei

It's part of my new diet! 我的新年决心是要健康饮食！

Neil

You're making me hungry. I'm really impressed with your new healthy lifestyle! Congratulations!

Feifei

Yes! It's a change for the better!

Neil

What? A change for the butter? You've started eating only butter? Nothing else?! That doesn't sound like a balanced diet!

Feifei

你听错了，我刚才说“a change for the better”。我们用“a change for the better”来描述“一个人的状态变好了，事物的条件改善了”。For example, my new diet is an improvement in the way I eat.

Neil

Ah... that makes sense. And now I can see what you're eating! So many vegetables! Compared with the takeaway food you used to eat, it really is a change for the better! Maybe you can give me some advice on what to eat!

Feifei

We can talk more about that after these examples.

Examples

The new manager brought in some new plants and repainted the office. The new look really was a change for the better.

Many people feel that four-day working weeks would be a change for the better.

The decision to change the focus of the project was a change for the better.

Feifei

你正在收听的是 BBC 英语教学的“地道英语”节目。以上我们举例讲解了如何用“a change for the better”来描述“人的行为、态度有了好转或事物的状况、质量有了改进”。

Neil

So when I stopped eating meat, I felt that it was a change for the better for me! I feel being vegetarian suits me.

Feifei

Yes, and getting regular exercise can also be a change for the better! Do you want to know what else would be a change for the better?

Neil

Sure! What? Less stress? Less work?

Feifei

No. If you never wear that horrible flamingo costume you wore for Hallowe'en again! That really would be a change for the better for all of us!

Neil

Well, that I can't promise! Sorry!

Feifei

Bye!

Neil

Bye!