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- 请注意: 中文文字内容只提供簡體版

- Rob:** Hello and welcome to Authentic Real English with me Rob and a very hungry-looking Li.
- Li:** (mouth full of food) Hello.
- Rob:** Erm, Li, you're talking with your mouth full. Can you wait till lunchtime please?
- Li:** No I can't – I'm starving.
- Rob:** Well, be careful – you're making such a mess in here.
- Li:** Ever since I started jogging before work, I just have to eat a big snack mid-morning or I feel faint by lunchtime.
- Rob:** Well, maybe, but you know you're not supposed to eat food in the studio. It's a really bad idea – you could damage the equipment. Oh no – look! There's salad and mayonnaise all over the recording desk! Li, use your loaf!
- Li:** Use my loaf? Yes, that's a good idea. If I use bread, I can make a sandwich, which will be much tidier.
- Rob:** No, I mean use your brain – think about things before you do them!
- Li:** Eh?
- Rob:** In English, if you are slightly annoyed with someone because they are doing something they haven't thought about properly, you can say 'use your loaf'.
- Li:** Oh I see. 如果某人因事先不动脑筋而做了错事, 你就可以说 use your loaf “动动脑筋”。这里 loaf 一词指的是头脑、脑子, 不是面包。
- Rob:** That's right. It's a little old-fashioned but it's still something you might hear. My parents or grandparents would use it for when I did something a bit... stupid.
- Li:** 这是个老式通俗表达, 不过现在偶尔还会听到有人使用。比如 Rob 的父母或祖父母这一辈的人在 Rob 做傻事的时候就会用这句话来教训他。请听例句:

Examples

Old man: *Use your loaf, son. Don't ride your bike on the motorway at night without lights. You'll get yourself killed.*

Dad: *Why oh why oh why were you playing football in your school trousers?! Use your loaf! You have holes in your knees again!*

Child: *Sorry, Daddy.*

Li: So, 'use your loaf' means think about things before you do them otherwise you will make silly mistakes.

Rob: Yes, that's right. So Li, use your loaf and stop eating food in the studio.

Li: Yes, next time I'll use my loaf and eat sandwiches.

Rob: No, don't eat food of any kind in the studio – not even sandwiches.

Li: But sandwiches are nice and tidy.

Rob: No they're not. You'll get lots of little crumbs everywhere.

Li: How about an apple?

Rob: No! Juice might drip!

Li: A banana?

Rob: No Li... oh goodness!