

English Only

استخدمها فقط إذا ما فهمت الصوت فقط لكن إذا لسة ما فهمت الكلام، ممكن تنزل تحت وتشوف "النص مع المعنى". مرة ثانية، لا تجمع كلمات.. الكلمات مهني مهمة الفهم اهم.

Time: 00:00

Voice 1

Welcome to Spotlight. I'm Liz Waid.

Voice 2

And I'm Adam Navis. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

Voice 1

People are eating out at Moomin Café, a restaurant in Tokyo, Japan. Some people sit with their friends while they eat. Other people may not have brought friends. But instead of being alone, they are sitting with large stuffed animals. These white animals are not alive. They are toys as large as humans. The toy Moomin is based on a cartoon animal from Finland. They are cute and fun. But they also have another purpose. They help people who come to the restaurant by themselves to feel less lonely.

Time: 1:41

Voice 2

More and more people around the world eat by themselves. Forbes magazine reports that in the U.S., adults eat nearly half of their meals alone. Some researchers have found that eating alone is not good for people's health. Others think that it is a good experience to eat meals by yourself. Today's Spotlight is on eating alone.

Voice 1

In many places, people feel strange eating out alone. And most restaurants do not have stuffed toys to keep their customers company! But the Telegraph reports that this is changing.

Voice 3

“Eight in ten people in the United Kingdom believe that eating alone is more socially acceptable than it was five years ago. Almost a third of Britons have done so in the last month. And a third of these had done it in the last week. This shows that the shame of the table for one is on the way out.”

Voice 2

Many parts of our world are changing quickly. This affects how people eat, and who they eat with. Many people are moving to new cities. Others have jobs where they travel far from home. People must sometimes eat in restaurants in places where they do not know anyone. The structure of families is also changing. A study published in the health magazine Obesity Research & Clinical Practice looked at this issue. This study, from South Korea, explained how changing family structures influence the way we eat. Time Magazine reported on the study.

Time: 4:49

Voice 4

“Families in many regions of the world have become smaller in recent decades. There are also more one-person homes. Studies find that ‘at the same time, eating patterns have become irregular, informal, and individualized in the form of more eating alone’.”

Voice 1

This study also found that eating alone can be bad for people’s bodies. Men who ate at least two meals alone every day, were more likely to have some particular health issues. These issues include higher risk for heart disease and diabetes. Men who ate alone were also more likely to be obese. Eating alone is also connected to emotional health such as feelings of loneliness.

Voice 2

But there can be good things about eating alone too! Sometimes people use this as a time to be thoughtful and thankful about their lives. Or maybe it is just a moment of quiet time to think. If you eat alone, you can also eat whatever you want. This might lead to unhealthy food choices for some people. But it is an opportunity to concentrate on what you need for

your own health and happiness. And, if you go out alone, you might meet new people and find a new friendship.

Time: 7:10

Voice 1

The Moomin Café in Japan welcomes people dining alone with a stuffed animal. But in other restaurants people can eat alone in a different way. Another restaurant that is especially for people eating alone is in the Netherlands. It is a small pop-up restaurant so it can move to different locations. It is named Eenmaal. This means 'one meal' or 'one time' in English. At Eenmaal, there are only tables for one. Each meal is perfectly sized for one person. No one is permitted to bring in cell phones or computers. Customers read books. They enjoy fresh food and their own company. Marina van Goor designed Eenmaal. She tells OZY.com about Eenmaal's social influence:

Voice 5

"We wanted to break the very well-known shame of eating out alone. I noticed that in our society, there is actually no room for being alone in public spaces. We could create a franchise of many more restaurants like this one. I strongly believe it will work anywhere, and there is a need for it."

Voice 2

Modern lifestyles and technology can make people very busy all the time. Many people have smartphones with them everywhere they go. People may even go out to eat with others but spend most of the meal on their phones! Layla Khoury-Hanold experimented with eating out every day by herself. She did this for a week. She wrote an article about it for the website Refinery29. She did not let herself use her smartphone while she was eating out. She was worried that people would stare at her. But they did not. Khoury-Hanold writes about what she noticed instead.

Voice 6

"I was getting bored and had to almost sit on my hands. Otherwise I would pull my phone out of my purse and disappear into Instagram. But when I looked around the room, I realized that more than half of the diners were staring at phone screens. They were not staring at me. They were not even looking at the people sitting across from them!"

Time: 11:11

Voice 1

The modern world has changed the way we live and eat. Some people might really be eating “alone” even when they are out with other people! It is not important who people eat with. It is how much they concentrate on what they are experiencing. In this way, a meal alone can be just as good, or even better, than a meal with others.

Voice 2

Eating alone can be a lonely experience. But it can also be a wonderful one. Many people even enjoy eating meals alone. Of course, eating is an important part of every culture around the world. But if you cannot eat with friends, you can still enjoy good food and good company – your own!

Voice 1

How many meals a week do you eat by yourself? Do you feel comfortable going out to eat alone? You can leave a comment on our website. Or email us at radio@radioenglish.net. You can also comment on our Facebook page at [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

Voice 2

The writer of this program was Rena Dam. The producer was Michio Ozaki. The voices you heard were from the United Kingdom and the United States. All quotes were adapted for this programme and voiced by Spotlight. You can listen to this program again, and read it, on the internet at www.radioenglish.net. This programme is called “Eating Alone.”

Voice 1

Look for our listening app in the Google Play Store and in iTunes. We hope you can join us again for the next Spotlight programme. Goodbye.

النص مع المعنى

حاول تستخدمها فقط للضرورة القصوى. مهارة التخمين والاستيعاب هي الأساس، مو حفظ الكلمات.

الوقت: 00:00

Voice 1

Welcome to Spotlight. I'm Liz Waid.

الصوت الأول

أنا ليز ويد. مرحبا بك في Spotlight

Voice 2

And I'm Adam Navis. Spotlight uses a special English method of broadcasting. It is easier for people to understand, no matter where in the world they live.

الصوت الثاني

وأنا آدم نافيس. يستخدم برنامج Spotlight أسلوب لغة انجليزية خاصة للبث بحيث يسهل على الناس فهم اللغة بغض النظر عن المكان الذي يعيشون فيه حول العالم.

Voice 1

People are eating out at Moomin Café, a restaurant in Tokyo, Japan. Some people sit with their friends while they eat. Other people may not have brought friends. But instead of being alone, they are sitting with large stuffed animals. These white animals are not alive. They are toys as large as humans. The toy Moomin is based on a cartoon animal from Finland. They are cute and fun. But they also have another purpose. They help people who come to the restaurant by themselves to feel less lonely.

الصوت الأول

يتناول الناس طعامهم في مطعم Moomin كافيه في طوكيو باليابان. يجلس بعض الناس مع أصدقائهم أثناء تناول الطعام بينما لا يحضر البعض مع أصدقائهم. بالمقابل بدلاً الجلوس بمفردهم، يجلسون مع حيوانات محنطة كبيرة. هذه الحيوانات البيضاء ليست على قيد الحياة. وهي ألعاب كبيرة بحجم البشر. دمىة Moomin

هي حيوان كرتوني من فنلندا. وهي حيوانات لطيفة وممتعة. لدى المطعم غرض آخر وهو مساعدة الزبائن التي تأتي إلى المطعم لوحدهم على تقليل شعورهم بالوحدة.

الوقت: 1:41

Voice 2

More and more people around the world eat by themselves. Forbes magazine reports that in the U.S., adults eat nearly half of their meals alone. Some researchers have found that eating alone is not good for people's health. Others think that it is a good experience to eat meals by yourself. Today's Spotlight is on eating alone.

الصوت الثاني

يتناول العديد من الناس حول العالم طعامهم لوحدهم. ذكرت مجلة فوربس أن البالغين في الولايات المتحدة يتناولون ما يقارب من نصف وجباتهم لوحدهم. وجد بعض الباحثين أن تناول الأشخاص لطعامهم لوحدهم ليس جيداً لصحة الناس. يعتقد البعض الآخر أنها تجربة جيدة لتناول وجبات الطعام لوحدهم. تسلط Spotlight الضوء اليوم على "الأكل بمفردنا".

Voice 1

In many places, people feel strange eating out alone. And most restaurants do not have stuffed toys to keep their customers company! But the Telegraph reports that this is changing:

الصوت الأول

يشعر الناس بالخراقة لتناولهم الطعام بمفردهم في كثير من الأماكن. ومعظم المطاعم لا تحتوي على ألعاب محنطة لإحاطة الزبائن برفاق. أشارت تلغراف في بيان لها بأن هذا الشعور قد تغير:

Voice 2

Many parts of our world are changing quickly. This affects how people eat, and who they eat with. Many people are moving to new cities. Others have jobs where they travel far from home. People must sometimes eat in restaurants in places where they do not know anyone. The structure of families is also changing. A study published in the health magazine Obesity Research & Clinical Practice looked at this issue. This study, from South Korea, explained how changing family structures influence the way we eat. Time Magazine reported on the study.

الصوت الثاني:

تتغير العديد من الأمور في عالمنا بسرعة بالتالي يؤثر ذلك على كيفية تناول الناس لوجباتهم، ومع من يتناولون وجباتهم. ينتقل الكثير من الناس إلى مدن جديدة. والبعض الآخر يمتلك وظائف حيث يسافرون بعيداً عن المنزل. يجب على الناس تناول الطعام في بعض الأحيان في المطاعم وفي أماكن لا يعرفون فيها أحداً. بنية العائلات أيضاً تتغير. بحثت دراسة نُشرت في مجلة بحوث السمنة الصحية والممارسة السريرية عن هذه القضية. بحثت هذه الدراسة التي أُقيمت في كوريا الجنوبية حول كيفية تأثير التغير في البنية الأسرية على طريقة تناولنا للطعام. قدمت مجلة تايم تقريراً عن هذه الدراسة.

Voice 3

“Eight in ten people in the United Kingdom believe that eating alone is more socially acceptable than it was five years ago. Almost a third of Britons have done so in the last month. And a third of these had done it in the last week. This shows that the shame of the table for one is on the way out.”

الصوت الثالث

“يعتقد ثمانية من كل عشرة أشخاص في المملكة المتحدة أن تناول الطعام بمفردهم شيء مقبول اجتماعياً أكثر مما كان عليه قبل خمس سنوات. وقد تناول ما يقرب من ثلث البريطانيين في الشهر الماضي طعامهم لوحدهم. والعدد نفسه أيضاً تناول طعامه بنفسه الأسبوع الماضي. وهذا يدل على أن الشعور بالخجل وأنت تتناول طعامك بمفردك على مائدة الطعام قد ولى.”

الوقت: 4:49

Voice 4

“Families in many regions of the world have become smaller in recent decades. There are also more one-person homes. Studies find that ‘at the same time, eating patterns have become irregular, informal, and individualized in the form of more eating alone’.”

الصوت الرابع

“أصبح حجم الأفراد في العائلات في العديد من مناطق العالم أصغر في العقود الأخيرة. هناك منازل تحتوي على فرد واحد. توصلت الدراسات إلى أنه “في الوقت نفسه، أصبحت أنماط تناول الطعام غير منتظمة وغير رسمية بحيث يتناول الأفراد وجباتهم لوحدهم.”

Voice 1

This study also found that eating alone can be bad for people's bodies. Men who ate at least two meals alone every day, were more likely to have some particular health issues. These issues include higher risk for heart disease and diabetes. Men who ate alone were also more likely to be obese. Eating alone is also connected to emotional health such as feelings of loneliness.

الصوت الأول

توصلت هذه الدراسة أيضاً إلى أن تناول الأفراد للطعام بمفردهم يمكن أن يؤثر على صحة الأفراد. الرجال الذين تناولوا وجبتين على الأقل بمفردهم بشكل يومي، كانوا أكثر عرضة للإصابة ببعض المشاكل الصحية الخاصة. تتضمن هذه المشكلات ارتفاع خطر الإصابة بأمراض القلب والسكري. كما أنهم أكثر عرضة للإصابة بالسمنة. يرتبط تناول الطعام بمفردهم أيضاً بالصحة العاطفية مثل الشعور بالوحدة.

Voice 2

But there can be good things about eating alone too! Sometimes people use this as a time to be thoughtful and thankful about their lives. Or maybe it is just a moment of quiet time to think. If you eat alone, you can also eat whatever you want. This might lead to unhealthy food choices for some people. But it is an opportunity to concentrate on what you need for your own health and happiness. And, if you go out alone, you might meet new people and find a new friendship.

الصوت الثاني

من المحتمل أن يترتب على تناولنا للطعام بمفردهم أمور جيدة أيضاً! في بعض الأحيان يستخدم الناس هذا الوقت ليكونوا واعين وشاكرين لحياتهم. أو ربما أنها مجرد لحظة وقت هادئة للتفكير. إذا كنت تأكل بمفردهم، يمكنك أيضاً تناول ما تشاء. قد يؤدي هذا إلى خيارات غذائية غير صحية لبعض الناس. لكنها فرصة للتركيز على ما تحتاجه لصحتك وسعادتك. وإذا خرجت بمفردهم، فقد تلتقي بأشخاص جدد وتجد صداقة جديدة.

الوقت: 7:10

Voice 1

The Moomin Café in Japan welcomes people dining alone with a stuffed animal. But in other restaurants people can eat alone in a different way. Another restaurant that is especially for people eating alone is in the Netherlands. It is a small pop-up restaurant so it can move to different locations. It is named Eenmaal. This means 'one meal' or 'one time' in English. At

Eenmaal, there are only tables for one. Each meal is perfectly sized for one person. No one is permitted to bring in cell phones or computers. Customers read books. They enjoy fresh food and their own company. Marina van Goor designed Eenmaal. She tells OZY.com about Eenmaal's social influence:

الصوت الأول

يرحب مقهى Moomin في اليابان بتناول الطعام بمفردنا مع حيوان محنط. ولكن في المطاعم الأخرى، يمكن للأشخاص تناول الطعام بمفردهم بطريقة مختلفة. يوجد مطعم آخر مخصص للزبائن الذين يأكلون بمفردهم في هولندا. إنه مطعم منبثق صغير يمكن من خلاله الانتقال إلى أماكن مختلفة. يدعى مطعم Eenmaal. وهذا يعني "وجبة واحدة" أو "مرة واحدة" باللغة الإنجليزية. تتواجد في المطاعم طاولات طعام تكفي شخص واحد. كل وجبة بحجم مثالي لشخص واحد. لا يسمح لأحد بإدخال الهواتف المحمولة أو أجهزة الكمبيوتر. يقرأ الزبائن الكتب. إنهم يستمتعون بالطعام الطازج بصحبة أنفسهم. صممت مارينا فان غور مطعم Eenmaal. وأخبرت OZY عن التأثير الاجتماعي لمطعم Eenmaal.

Voice 5

"We wanted to break the very well-known shame of eating out alone. I noticed that in our society, there is actually no room for being alone in public spaces. We could create a franchise of many more restaurants like this one. I strongly believe it will work anywhere, and there is a need for it."

الصوت الخامس

"أردنا أن نكسر النمط المتمثل بالشعور بالخجل المعروف والمرتبط بتناول الطعام بمفردنا. لقد لاحظت أنه في مجتمعنا، لا يوجد مكان نجلس فيه مفردنا في الأماكن العامة. يمكننا إعطاء امتيازات للعديد من المطاعم المشابهة. أعتقد بشدة أن مثل هذه المطاعم فعالة ومؤثرة في أي مكان، وهناك حاجة لمثل هذه الأماكن."

Voice 2

Modern lifestyles and technology can make people very busy all the time. Many people have smartphones with them everywhere they go. People may even go out to eat with others but spend most of the meal on their phones! Layla Khoury-Hanold experimented with eating out every day by herself. She did this for a week. She wrote an article about it for the website Refinery29. She did not let herself use her smartphone while she was eating out. She was worried that people would stare at her. But they did not. Khoury-Hanold writes about what she noticed instead.

الصوت الثاني

يمكن لأنماط الحياة الحديثة والتكنولوجيا أن تجعل الناس مشغولين للغاية طوال الوقت. كثير من الناس لديهم هواتف ذكية معهم في كل مكان يذهبون إليه. قد يخرج الناس لتناول الطعام مع الآخرين ولكنهم يقضون معظم الوقت على هواتفهم! جربت ليلي خوري هانولد تناول الطعام خارج المنزل كل يوم بنفسها. فعلت هذا لمدة أسبوع. كتبت مقالة عن ذلك لموقع Refinery29. لم تسمح لنفسها باستخدام هاتفها الذكي أثناء تناول الطعام في الخارج. كانت قلقة من أن الناس سيحدقون بها. لكنهم لم يفعلوا. تكتب خوري هانولد عما لاحظته:

Voice 6

"I was getting bored and had to almost sit on my hands. Otherwise I would pull my phone out of my purse and disappear into Instagram. But when I looked around the room, I realized that more than half of the diners were staring at phone screens. They were not staring at me. They were not even looking at the people sitting across from them!"

الصوت السادس:

"كنت أشعر بالملل واضطرت للجلوس على يدي. بالمقابل وددت لو أسحب هاتفي من محفظتي وأتصفح موقع أنستغرام ولكن عندما نظرت حول الغرفة ، أدركت أن أكثر من نصف متناولو الطعام كانوا يحدقون في شاشات الهاتف. لم يحدقوا بي. لم ينظروا حتى إلى الأشخاص حولهم!"

الوقت: 11:11

Voice 1

The modern world has changed the way we live and eat. Some people might really be eating "alone" even when they are out with other people! It is not important who people eat with. It is how much they concentrate on what they are experiencing. In this way, a meal alone can be just as good, or even better, than a meal with others.

الصوت الأول

لقد غير العالم الحديث الطريقة التي نعيش ونأكل بها. قد يكون بعض الناس يتناولون وجباتهم "بمفردهم" حقًا حتى عندما يكونون في الخارج مع أشخاص آخرين! ليس من المهم مع من يأكل الناس لكن المهم هو التركيز على التجارب التي نمر بها . بهذه الطريقة ، يمكن أن يكون تناول الطعام بمفردنا أفضل من تناوله مع الآخرين.

Voice 2

Eating alone can be a lonely experience. But it can also be a wonderful one. Many people even enjoy eating meals alone. Of course, eating is an important part of every culture around the world. But if you cannot eat with friends, you can still enjoy good food and good company – your own!

الصوت الثاني

تناول الطعام بمفردنا يمكن أن يكون تجربة نشعرنا بالوحدة. لكنها يمكن أن تكون رائعة أيضاً. يستمتع الكثير من الناس حتى بتناول وجبات الطعام لوحدهم. بالطبع، يعد تناول الطعام جزءاً مهماً من كل ثقافة حول العالم. ولكن إذا لم تتمكن من تناول الطعام مع الأصدقاء، فلا يزال بإمكانك الاستمتاع بالطعام الجيد والصحة الجيدة – وهو أنت!

Voice 1

How many meals a week do you eat by yourself? Do you feel comfortable going out to eat alone? You can leave a comment on our website. Or email us at radio@radioenglish.net. You can also comment on our Facebook page at [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio)

الصوت الأول

كم عدد الوجبات التي تتناولها في الأسبوع لوحدهك؟ هل تشعر بالراحة عند الخروج لتناول الطعام بمفردك؟ يمكنك ترك تعليق على موقعنا. أو راسلنا بالبريد الإلكتروني على radio@radioenglish.net. يمكنك أيضاً التعليق على صفحتنا على فيسبوك على الرابط التالي [Facebook.com/spotlightradio](https://www.facebook.com/spotlightradio).

Voice 2

The writer of this program was Rena Dam. The producer was Michio Ozaki. The voices you heard were from the United Kingdom and the United States. All quotes were adapted for this programme and voiced by Spotlight. You can listen to this program again, and read it, on the internet at www.radioenglish.net. This programme is called "Eating Alone."

الصوت الثاني

كاتب هذا البرنامج رينا دان. المنتج ميشيو أوزاكي. الأصوات التي سمعتها كانت من الولايات المتحدة والمملكة المتحدة. جميع الاقتباسات تتماشى مع هذا البرنامج وتم التعبير عنها بواسطة Spotlight. يمكنك الاستماع إلى هذا البرنامج مرة أخرى وقراءته على الإنترنت على موقع www.radioenglish.net. يُطلق على هذا البرنامج "تناول الطعام بمفردنا".

Voice1

Look for our listening app in the Google Play Store and in iTunes. We hope you can join us again for the next Spotlight programme. Goodbye.

الصوت الأول

ابحث عن تطبيقنا الخاص بالاستماع في متجر جوجل و آيتونز. نأمل أن تتمكن من الانضمام إلينا مرة أخرى في برنامج Spotlight التالي. وداعا.

.