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# BBC LEARNING ENGLISH

## Authentic Real English 道地英語

### A change for the better

### 好轉，改進

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- *關於臺詞的備註:*  
*這不是廣播節目的逐字稿件，本文稿可能沒有體現錄製、編輯過程中對節目做出的改變。*

**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! 我的新年決心是要健康飲食！

**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**

你聽錯了，我剛才說“a change for the better”，我們用“a change for the better”來描述“一個人的狀態變好了，事物的條件改善了”，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**

你正在收聽的是 BBC 英語教學的“道地英語”節目，以上我們舉例講解了如何用“a change for the better”來描述“人的行為、態度有了好轉或事物的狀況、品質有了改進”。

**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!