BBC LEARNING ENGLISH
Listen here!
How can fat affect our brains?
This is not a word-for-word transcript

Tejali
Hello! ऐकलंत का? Listen Here! मध्ये तुमचं स्वागत. बीबीसीच्या स्टोरीज तर तुम्ही नेहमी ऐकता, पण या मालिकेत आपण या स्टोरीजमधली भाषा, त्या स्टोरीजमधले शब्द आपण जाणून घेतो. मी तेजाली ...

Tom
And I'm Tom! Hi again everyone. Today we're listening to a discussion about the effects of fat on our brains.

Tejali
आजची क्लिप आहे BBCच्या *Bringing up Britain* मधली. आहारतज्ञ आपल्या आहारातील मेदाचं महत्त्व सांगत आहेत. आहारातील मेद म्हणजे **dietary fats** . **Diet** म्हणजे आहार आणि **fats** म्हणजे मेद. Dietary fatsवर ती का एवढा भर देतीये? Fats आपल्या आहारात एवढे महत्त्वाचे का आहेत? ऐका आणि यात टक्केवारी किती सांगितली आहे यावर लक्ष द्या.

Presenter
I think almost everyone would do better if they were to realise how much impact things like sugar and refined carbohydrates can have. Now, the area of the diet most people absolutely don't understand is to do with **dietary fats** - the brain, it's 60% fat!

Tom
Wow! Sixty percent of the brain is fat!

Tejali
Yes! And she mentions that sugar and carbohydrates are bad too! **Carbohydrates** म्हणजे कर्बोदकं. She said that people would do better if they realised the impact these things can have.

Tom
But she doesn't quite say 'if they realised'. She says something slightly different. What is it? Let's listen again.

Presenter
I think almost everyone would do better if they were to realise how much impact things like sugar and refined carbohydrates can have.

Tom
So, she says 'if they were to realise how much impact sugar and carbohydrates can have'.

Tejali
Ah yes! या वाक्यात 'were' हा भूतकाळ आहे. इथे एक गोष्ट गृहीत धरली आहे, यासाठी were नंतर 'to realise' वापरलं.

Tom
She also stresses 'if they were', to stress that this is an unreal or imagined situation.

Tejali
So, if I were to suggest that we continue, would you agree?

Tom
Yes, I would! Let's continue.

Tejali
लक्ष द्या... आहारातील मेद म्हणजे **fats** च्या प्रमाणावर नियंत्रण का ठेवायला हवं यासाठी तिने काय कारणं सांगितली आहेत?

Presenter
…the brain, it's 60% fat! It's the fat-rich organ, you know, that **underlies** all our behaviour, and its composition reflects the fats in our diets. So, if we don't get those right, there's no way that our brains are going to be able to function properly.

Tom
So, she says the brain is the **organ** that underlies our behaviour and it reflects that fats we eat in our diet.

Tejali
Organ म्हणजे अवयव, शरीराच्या आतले अवयव. **To underlie** म्हणजे खाली असलेला, ठरवणारा. आपला मेंदू आपल्या वर्तणूकीची पायाभरणी करतो. She also uses an interesting adjective to describe the brain.

Tom
She does. Listen again for the two words that come before 'organ'.

Presenter
…the brain, it's 60% fat! It's the fat-rich organ, you know, that **underlies** all our behaviour, and its composition reflects the fats in our diets.

Tom
She said it's a **fat-rich** organ.

Tejali
त्यात मेदाचं प्रमाण खूप जास्त असतं म्हणून त्याला म्हटलंय **fat-rich** , **'-rich'** म्हणजे श्रीमंत, भरपूर प्रमाण असलेला, समृद्ध.

Tom
So I could say, I eat a vitamin-rich lunch full of fruit and vegetables.

Tejali
म्हणजे शेवटी ती काय म्हणतीये? आपण योग्य मेदयुक्त पदार्थ खाल्ले नाहीत तर त्याचे मेंदूवर काय परिणाम होतील?

Presenter
…the brain, it's 60% fat! It's the fat-rich organ, you know, that **underlies** all our behaviour, and its composition reflects the fats in our diets. So, if we don't get those right, there's no way that our brains are going to be able to function properly.

Tejali
इथे परत 'if' वापरलं आहे. कसं? 'Going to' बरोबर…शक्यता सांगण्यासाठी.

Tom
That's right! She says 'and if we don't get those right, there's no way that our brains are going to be able to function properly'.

Tejali
आणि ती म्हणाली **'there's no way'**, म्हणजे 'there's no possibility', काहीच शक्यता नाही.

Tom
Also, she doesn't say 'our brains are going to be able to function properly'. She uses the contracted form, 'gonna'. Say it with me to practise.

gonna

gonna be able

gonna be able to function

Tejali
Thanks, Tom! So, do you control the amount of fat you eat?

Tom
There's **no way** I'm 'gonna' be able to answer that question as we're 'gonna' run out of time!

Tejali
You're right! Bye everyone, see you again next time!

Tom
See you then everybody! Bye!

Tejali
Bye!