

**BỘ GIÁO DỤC VÀ ĐÀO TẠO
TRƯỜNG ĐẠI HỌC DÂN LẬP HẢI PHÒNG**



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**HAIPHONG PRIVATE UNIVERSITY
FOREIGN LANGUAGES DEPARTMENT**

GRADUATION PAFER

**A STUY ON ENGLISH FOOD-RELATED IDIOMS AND
PROVERBS AND EQUIVALENTS IN VIETNAMESE**

By:

Lê Thị Thanh Trà

Class:

NA1004

Supervisor:

Chu Thị Minh Hằng, M.A

HAI PHONG - 2010

**BỘ GIÁO DỤC VÀ ĐÀO TẠO
TRƯỜNG ĐẠI HỌC DÂN LẬP HẢI PHÒNG**

Nhiệm vụ đề tài tốt nghiệp

Sinh viên:Mã số:

Lớp:Ngành:.....

Tên đề tài:

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Nhiệm vụ đề tài

1. Nội dung và các yêu cầu cần giải quyết trong nhiệm vụ đề tài tốt nghiệp (về lý luận, thực tiễn, các số liệu cần tính toán và các bản vẽ).

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2. Các số liệu cần thiết để thiết kế, tính toán.

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3. Địa điểm thực tập tốt nghiệp.

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CÁN BỘ HƯỚNG DẪN ĐỀ TÀI

Người hướng dẫn thứ nhất:

Họ và tên:

Học hàm, học vị:

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Nội dung hướng dẫn:.....

Đề tài tốt nghiệp được giao ngày 12 tháng 04 năm 2010

Yêu cầu phải hoàn thành xong trước ngày 10 tháng 07 năm 2010

Đã nhận nhiệm vụ ĐTTN

Sinh viên

Đã giao nhiệm vụ ĐTTN

Người hướng dẫn

Hải Phòng, ngày tháng năm 2010

HIỆU TRƯỞNG

GS.TS. NGUYỄN Trần Hữu Nghị

PHẦN NHẬN XÉT TÓM TẮT CỦA CÁN BỘ HƯỚNG DẪN

1. Tinh thần thái độ của sinh viên trong quá trình làm đề tài tốt nghiệp:

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2. Đánh giá chất lượng của khóa luận (so với nội dung yêu cầu đã đề ra trong nhiệm vụ Đ.T. T.N trên các mặt lý luận, thực tiễn, tính toán số liệu...):

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3. Cho điểm của cán bộ hướng dẫn (ghi bằng cả số và chữ):

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Hải Phòng, ngày tháng năm 2010

Cán bộ hướng dẫn
(họ tên và chữ ký)

NHẬN XÉT ĐÁNH GIÁ
CỦA NGƯỜI CHĂM PHẢN BIỆN ĐỀ TÀI TỐT NGHIỆP

1. Đánh giá chất lượng đề tài tốt nghiệp về các mặt thu thập và phân tích tài liệu, số liệu ban đầu, giá trị lí luận và thực tiễn của đề tài.

2. Cho điểm của người chấm phản biện :

(Điểm ghi bằng số và chữ)

Ngày..... tháng..... năm 2010

Người chấm phản biện

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PART I: INTRODUCTION

1. Rationale

English is considered a global language, so it is taught widespread all over the world. The aim of the learners is to have good skills of communication in English. In order to gain that aim, besides a good knowledge of grammar, learners need to have a plentiful source of vocabulary. However, by mastering all the English words somehow is always a question raised. Learners have many difficulties in learning the vocabulary because of its formation and usages in communication.

Practically, study on the similarities and differences between the English and Vietnamese languages and the cultures they imply is one of my concerns when studying English at University. It is clear that there are many differences between the two languages of as those in grammar, lexicology, phonetic and a number of other things, which leads to the differences in metaphorical meaning implied in literature, idioms and proverbs expression.

This study of English idioms and proverbs has been traditionally associated with the study literature; the use of idioms and proverbs is not restricted to this kind of language. A good understanding of how idioms and proverbs are used in daily language is not only important for students of English to increase their vocabulary, but also to understand new and original idioms and proverbs when hear or speak it. Because idioms and proverbs are a part of culture, understanding them is the key for learners to know more about the target nation as well as its custom and culture. Therefore, it is necessary and interesting to study English idioms and proverbs. However, one language is different from another one. Therefore, the way individual words used and the rules of making sentences are dissimilar in different languages. As a result, it is not easy for learners to understand and translate the metaphorical meaning of idioms and proverbs from one language to another. To cope with this difficulty, I would like to conduct a study on English idioms and proverbs. Due to the limitation of a graduation

paper's scope and time, I would like to focus on English idioms and proverbs relating to food which have a great occurrence in English idiom and proverb system.

2. Aims of the study

This study is done with the hope to reach some aims at:

- Giving the knowledge of idioms and proverbs.
- Distinguishing the differences and similarities between English and Vietnamese idioms and proverbs.
- Helping the learners use right idioms and proverbs relating to food in right situation.
- Helping the learners solve problems when studying idioms and proverbs as well as more understand the meaning and usage of English idioms and proverbs relating to food.

3. Scope of the study

English idioms and proverbs vary. Thus it is impossible for me to go through all of them. I would like to emphasize English idioms and proverbs which relate to food because of the following reasons:

- The importance of food in life and its relation to its nation's culture.
- Some popular English idioms and proverbs relating to food and their equivalence in Vietnamese.

4. Method of the study

In order to learn English idioms and proverbs relating to food and their equivalence in Vietnamese better, with a hope that learners could see the role of idioms and proverbs in life, the following methods are used in studying process:

- Firstly, having discussion with my supervisor and friends.

- Secondly, collecting materials from internet, book, dictionary and other documents.
- Thirdly, some English and Vietnamese idioms and proverbs relating to food are analyzed and compared to find out some differences and similarities between them and the reasons leading to these similarities and dissimilarities.
- Finally, acknowledging the differences and similarities between English and Vietnamese idioms and proverbs, especially those relating to food, helps me to have an insight into the difficulties facing Vietnamese learners of English when studying such kind of English idioms and proverbs. From that, some useful solutions are suggested to help Vietnamese students solve their problems in understanding and using those English idioms and proverbs.

5. Design of the study

For a clear organization, I divide my study into three main parts:

- ✓ Part I is the "**Introduction**" that mentions to the reason, the aim, the scope, the method and the design of the study.
- ✓ Part II is entitled "**Development**" consisting of three chapters:
 - Chapter 1: Theoretical background, dealing with the definition, common features about idioms and proverbs. The difference and similarities between English and Vietnamese idioms and proverbs.
 - Chapter 2: An investigation into English idioms and proverbs relating to food and their equivalence in Vietnamese
 - Chapter 3: Some difficulties and suggested solutions for learners of English when studying idioms and proverbs.
- ✓ Part III is the "**Conclusion**", summarizing what have been discussed in the previous parts.

PART II: DEVELOPMENT

CHAPTER 1: THEORETICAL BACKGROUND

I. Idioms and Proverbs

Idioms and proverbs are considered as special units of each language. They reflect honestly and exactly the history, experience, spiritual values, religious opinions and people of their country. So what are idiom and proverb? How can we distinguish between them? And what are differences between English and Vietnamese idioms and proverbs? The sections below will response to these questions.

1. Proverb

1.1 Definitions of proverb

In general, proverbs are defined to be “popular sayings which contain advice or state a generally accepted truth. Because most proverbs have their origins in oral tradition, they are generally worded in such a way as to be remembered easily and tend to change little from generation to generation, so much so that sometimes their specific meaning is no longer relevant.” (www.readwritethink.org) For instance, the proverb “penny wise, pound foolish” is a holdover from when America was a British colony and used the pound as currency. Proverbs have a function as “folk wisdom,” (www.readwritethink.org) therefore, they general advice about how to act and live. In addition, they often strongly reflect the cultural values and physical environment from which they arise. For example, island cultures such as Hawaii have proverbs about the sea. Eastern cultures have proverbs about elephants, and American proverbs, many collected and published by Benjamin Franklin, are about hard work bringing success. Proverbs are used to support arguments, to provide lessons and instruction, and to stress shared values.

In other words, a proverb is understood "a phrase, saying, sentence, statement, or expression of the folk which contains above all wisdom, truth, morals, experience, lessons, and advice concerning life and which has been handed

down from generation to generation" (Proverbs Are Never out of Season 24). Briefly, Oxford Advanced learner's Dictionary explains "Proverb is a short well-known sentence or phrase that states a general truth about life or gives advices."

For examples:

- Grasp all, lose all (*tham thì thâm*)
- Diamond cuts diamond. (*vỏ quýt dày có móng tay nhọn*)

However, in Vietnamese, the concept of proverb is a bit different. Vietnamese dictionary defines proverbs as "short statements, often expressed with rhythm, which sum up knowledge, life experience and moral lessons of people".

According to Dr. Pham Van Binh in Hanoi National, "A proverb is a complete sentence expressing an idea of comment, of experience, of morality, of justice or of criticism draw from the human life".

For examples:

- Liệu cơm gắp mắm (*It depends on how much of rice you eat the sauce*)
- Rượu ngon phải có bạn hiền (*Good wine must drink together with good friend*)

Although there is a little difference in the definitions of English and Vietnamese proverbs, proverbs are generally "used as a way of saying something gently, in a veiled way (Obeng 1996). Other times, they are used to carry more weight in a discussion; a weak person is able to enlist the tradition of the ancestors to support his position. Proverbs can also be used to simply make a conversation or discussion livelier." (<http://en.wikipedia.org/wiki/Proverb>)

The study of proverbs has application in a number of fields. Clearly, those who study folklore and literature are interested in them, but scholars from a variety of fields have found ways to profitably incorporate the study proverbs. For example, they have been used to study abstract reasoning of children, acculturation

of immigrants, intelligence, the differing mental processes in mental illness, cultural themes, etc. Proverbs have also been incorporated into the strategies of social workers, teachers, preachers, and even politicians.

1.2 Some common features of proverb

- Proverbs are passed down through time with little change in form.
- Proverbs often make use of grammatical and theoretical devices that help to make them memorable, including alliteration, rhyme, and parallel structure, repetition of key words or phrases, and strong imagery.
- Proverbs are often used metaphorically and it is in understanding their metaphorical nature that we can unravel their meaning.

(Some-Sindhi-Sayings, www.readwritethink.org)

2. Idiom

2.1 Definitions of idiom

An idiom is an expression whose meaning cannot be deduced from the literal definitions and the arrangement of its parts, but refers instead to a figurative meaning that is known only through conventional use. In linguistics, idioms are widely assumed to be figures of speech that contradict the principle of compositionality. Though, some debate has arisen on this subject.

John Saeed defines an idiom as “words collocated together happen to become fossilized, becoming fixed overtime.” These collocation- words commonly used in a group- change the definition of each of the words that exist. As an expression, the word group becomes a team, so to speak. That is, the collocated word, develop a specialized meaning as a whole and an idiom was born. An idiom is a group of words with a meaning that is different from the meaning of all individual words (as the definition of Oxford Dictionary). It can be understood as a literal meaning in one situation and many other idiomatic meanings in another

situation. Especially, it is a phrase that does not always follow the ordinary rules of meaning and grammar.

Vietnamese dictionary states "Thành ngữ là một tập hợp từ đã quen dùng mà nghĩa thường không giải thích được một cách đơn giản bằng nghĩa thường của các từ tạo nên nó". Or Nguyễn Lân describes idioms in Vietnamese idioms and proverbs dictionary (*Từ điển thành ngữ, tục ngữ Việt Nam*) as "Thành ngữ là những cụm từ cố định dùng để diễn đạt một khái niệm" (*Idioms are fixed expression used to express a concept*).

For example:

- Chủ vắng nhà gà vọc niêu tôm

(When the cat's away the mice will play)

- Nhập gia tùy tục

(When in Rome, do as the Romans do)

- Con sâu làm rầu nồi canh

(The rotten apple harms its neighbors)

In short, the definitions of idioms are various and may differ in different countries. In my opinion, idioms consist of set phrases and short sentences, which are peculiar to the language in question and steeped in the national and regional culture and ideas, thus being colorful, forcible and thought-provoking. Strictly speaking, idioms are expressions that are not readily understandable from their literal meanings of individual constituents. In a broad sense, idioms may include colloquialisms, catchphrase, slang expressions, proverbs and so on.

2.2 Some common features of idiom

There are different definitions of idioms; however, some similarities are still figured out.

- An idiom behaves as a single semantic unit.

- It tends to have some measure of internal cohesion so that it can often be replaced by a literal counterpart that is made up of a single word.

Example: *Kick the bucket = to die*

- It resists interruption by other words whether they are semantically compatible or not.

Examples: *Pull one's leg*

Pull hard on one's leg

Pull on one's left leg

- It resists reordering of its component parts.

Example: *To let the cat out of the bag = to reveal a secret.*

- An idiom has a non-productive syntactic structure. Only single particular lexemes can collocate in an idiomatic construction. Substituting other words from the same generic lexical relation set will destroy the idiomatic meaning of the expression.

Examples: *Eat one's words*

Eat one's sentence

- It is syntactically anomalous. It has unusual grammatical structure.

Example: *By and large gives meaning when everything about a situation is considered together.*

- An idiom is a multiword expression. Individual components of an idiom can often be inflected in the same way individual words in a phrase can be inflected. This inflection usually follows the same pattern of inflection as the idiom's literal counterpart.

Examples: *Have a bee in one's bonnet (He has bee in one's bonnet.)*

II. Similarities and differences between English and Vietnamese idioms and proverbs

1. The distinction between idioms and proverbs

1.1. English idioms and proverbs

Proverbs represent a complete piece of information, because they can work as a sentence. They are meaningful by themselves, and, in consequence, can work independently, as it can be seen from *“all griefs with bread are less”*. In contrast, idioms are not so syntactically-independent because they cannot always work as a full sentence, but as a part of it, as it can be seen from the expression *“as like as two peas”*.

Unlike idiom the meaning of proverb can somehow deduced from the meaning of the word which constitutes it. For example, *“Don’t teach fish to swim”* versus *“Out of the frying pan and in to the fire”*.

Very often the meaning of proverbs cannot be decoded from decomposing each of their constituents. This implies that the meaning may be obscure even for native speakers. Our belief is that the reason for this semantic darkness is that proverbs get their origin from personal anecdotes which become applied to a lot of cases. Idioms can also be very obscure in relation to meaning, because the same as proverbs, they may be based on personal experiences or anecdotes which have become fixed as a linguistic cliché.

As both proverbs and idioms are useful ways of expression, they appear across different languages. But universality in proverbs and idioms does not necessarily imply that these language bits or chunks are always perfectly coupled or symmetrical.

1.2. Vietnamese idioms and proverbs

To understand further the difference between idioms and proverbs, Mr. Nguyen Dinh Hung in *“Tục ngữ, ca dao Việt - Anh thông dụng”* (NXB Giáo dục, 1999) has approached more detailed through the following table:

Distinctive features	Idiom	Proverb
Grammatical structure	A fixed phrase equivalent to a word	Complete sentence
Literal function	The aesthetic only	The apprehension The aesthetic The education
Logical though form	Expressing concept and generalizing individual phenomena.	Expressing judgment, affirming attributive phenomena.
Function of language forms	Noun denotation function through words ↓ Language attribute phenomena	Information function under consciousness ↓ Social, cultural and spiritual consciousness phenomena of humans

2. Similarities between English and Vietnamese idioms and proverbs

Although English and Vietnamese are two different countries from language, geography, natural condition, traditional customs and belief, society as well as daily habits and unlike development, there are some similarities in awareness and the same expressions through idioms and proverbs.

The first commonality is that both idioms and proverbs are implicit, humorous, serious, refined and particular. They are not only compendious, but also vivid. They can give somebody a kind of beautiful enjoyment. Because of

geography, history, religious belief, living custom, etc... the difference of the English - Vietnamese idioms is not bearing the weight of the people's national culture characteristic and culture information. They are linked to cultural tradition closely so they are inalienable.

Secondly, we also find that many English and Vietnamese idioms and proverbs have the same meaning, awareness as well as method presenting although they still remain national specific characteristics. Because of people being in the emotion, there is similarity in respect of going through in the impression of objective things and the society, etc... These literal meaning of idioms and proverbs in the English - Vietnamese ones and the image meaning are the same or approximate. It is the same to imply the meaning, that is to say, the cultural information that the literal meaning of this kind of idiom and image meaning express is the same, can translate each other.

For examples:

- *Xa mắt cách lòng*

(Out of sight, out of mind)

- *Tai vách mạch rìng*

(Walls have ears)

- *Yêu cho roi cho vọt, ghét cho ngọt cho bùi*

(Spare the rod, and spoil the child)

- *Mưu sự tại nhân, hành sự tại thiên*

(Man proposes, God dispose)

- *Mất bò mới lo làm chuồng*

(It's too late to lock the stable when the horse is stolen)

- *Thả con săn sắt, bắt con cá rô*

(Throw a spat to catch a herring)

Thirdly, an English and Vietnamese proverb can consist of an idiom. For example, Vietnamese idiom "*Chồng yêu, xô chân lỗ mũi*" consists of idiom "*xỏ*

chân lỗ mũi", or idiom "*Bình chân như vại*" in proverb "*Cháy nhà hàng xóm, bình chân như vại*". We also see the same phenomenon in English proverb. The English proverb "*Don't put all your eggs in one basket*", for instance, has idiom "*put all one's eggs in one basket*", or the proverb "*Bird of a feather*" includes idiom "*birds of the feather*".

Another similarity is that both Vietnamese and English people can break structure of given proverb of slightly change it to express effectively their purpose in communication. For example, Vietnamese has changed proverbs "*Ăn nên đọi, nói lên lời*" and "*Cái khó bó cái khôn*" into "*Ăn không nên đọi, nói không lên lời*" and "*Cái khó ló cái khôn*". It is the same in English that people break the structure of proverb "*Man proposes, God disposes*" in the way of replacing the noun- pair "*man- God*" by another one "*the writer - the reader*", it thus turns into "*the writer proposes, the reader disposes*". Or replacing the verb "*do*" in "*Never put off until tomorrow what we can do today*" by verb "*eat*" or "*buy*" to make their words more humorous and effective.

3. Differences between English and Vietnamese idioms and proverbs

The differences in the condition and society create particular character and culture of each nation; as a result, English and Vietnamese proverbs are quite difference from each other.

Firstly, proverbs on life experience, weather, and nature occupying a considerable part in the store of Vietnamese proverbs present clearly particularity of agricultural inhabitants who connect closely to wet rice cultivation.

For examples:

Tốt giống, tốt má, tốt mạ, tốt lúa

Muốn giàu nuôi trâu cái, muốn lụi bại nuôi bò cái

Đầu năm sương muối, cuối năm gió nồm

Trâu ra, mạ vào

Một lượt tát, một bát cơm

Chiêm bóc vỏ, mùa xỏ tay

Mạ mùa sướng cao, mạ chiêm sướng thấp

It is difficult to find English equivalent proverbs because English proverbs mostly reflect rather social relationship than natural one and work experience.

Secondly, anti-feudalism and class struggle spirits is expressed clearly and drastically in Vietnamese proverbs through subtle, profound, bitter and daring words and images in order to denounce evils of upper class as well as reflect conflict between famer and despotic landowner and corrupt mandarins.

For example:

Quan thấy kiện như kiến thấy mỡ

Ngồi mát ăn bát vàng

Hay làm thì đỏi, hay nói thì no

Bà tiền bà thóc, bà cóc gì ai

Giàu bán chó, khó bán con

Vô phúc bước cửa quan

Quan hai, lại một

Tuần hà là cha kẻ cướp

Muốn nói gian làm quan mà nói

On the contrary, anti-feudalism and class struggle spirits in English proverbs are quite slightly and not drastic.

For example:

A cat may look at a King

(Chú mèo nhỏ dám ngó mặt vua)

One law for the rich and another for the poor

(Luật trước cho người giàu, luật sau cho kẻ khó)

Ceasar's wife must be above suspicion

(Vợ Xêda phải ở trên cả sự nghi ngờ)

Possession is nine points of the law

(Quyền sở hữu chiếm tới chín luật điều)

Thirdly, there are some differences in using metaphor in proverbs and idioms between two nations. In English and Vietnamese idioms and proverbs, many different symbols are used to present the same idea, awareness, and criticism.

For example, the Vietnamese proverb "Ngu tầm ngu, mã tầm mã" has a counterpart "Bird of a feather flock together" in which English people use symbol is that birds having the same hair flock together.

CHAPTER 2: AN INVESTIGATION INTO ENGLISH IDIOMS AND PROVERBS RELATING TO FOOD AND THEIR EQUIVALENTS IN VIETNAMESE

I. The relationship between food and culture and the appearance of food in English and Vietnamese idioms and proverbs

The purposes of food are to promote growth, to supply force and heat, and to furnish material to repair the waste which is constantly taking place in the body. Every breath, every thought, every motion wears out some portion of the delicate and wonderful house in which we live. Various vital processes remove this worn and useless particle; and to keep the body in health, their loss must be made good by constantly renewed supplies of material properly adapted to replenish the worn and impaired tissues. This renovating material must be supplied through the medium of food and drink, and the best food is that by which the desired end may be most readily and perfectly attained. The great diversity in character of the several tissues of the body makes it necessary that food should contain a variety of elements, in order that each part may be properly nourished and replenished.

Food not only provides nutrition to human body but also expresses a nation's culture. Food is absolutely close to human life because we need food to remain our life. Especially, cooking and processing food has been developed to be an art which make food we eat everyday more delicious, then make our life more enjoyable. Meanwhile, idioms and proverbs are a very concise and vivid speaking way people have chosen to demonstrate their thoughts, concepts and beliefs on different matters in their life. As a result, the images of food are often borrowed and presented in idioms and proverbs in order to express peoples' cognition and conception.

Furthermore, each nation has a unique culinary culture which presents its cultural traditions as well as its socio-economy. For example, Vietnam is a developing country with the agricultural economy. Therefore, a majority of

Vietnamese people live dependently on agriculture. Food and tropical vegetable and fruits such as chicken, duck, pork as well as morning glory, “cà pháo” (eggplant), shrimp pasty, rice, Chung cake and Day cake are close to Vietnamese people’s life. Accordingly, the images of these kinds of food are usually borrowed and presented in Vietnamese idioms and proverbs.

For instances:

"Anh đi anh nhớ quê nhà

*Nhớ **canh rau muống** nhớ **cà dầm tương**"*

Vietnam is an agricultural country, with the long standing wet rice civilization so food image are included in the verses, proverbs, idioms. Its always are common foods, familiar and associated with agricultural population. “Rice” is a familiar image for the Vietnamese. It was put in a lot of proverbs such as:

*" **Hạt lúa** vàng, **hạt thóc** cũng vàng"*

*"**Có thóc** mới bóc nên **gạo**"*

For each of the people of Vietnam, rice is the main food in daily meals. It is standard to assess Vietnamese people’s fill. There are many proverbs reflecting this:

*" **Cơm** no **bò cười**"*

*"**Cơm** 3 **bát** áo 3 **manh**"*

Also, the cakes of Vietnam are appeared in the proverbs:

*"**Ăn** **chực** **đòi bánh chưng**"*

*" **Khôn** **khéo bánh dày**, **vụng** **dại chày cối**"*

*" **Gần** **nhà giàu** **đau** **răng** **ăn** **cốm**, **gần** **kẻ** **trộm** **ôm** **lưng** **chịu** **đòn**"*

All of the above proverbs shows that language and food image to put in the Vietnamese language are very special. The same images of food have been put in deep meaning on their different traits.

In contrast, Britain has industrially developed for centuries. The typical agricultural products are dairy products like butter and cheese, cereals and breads,

cattle and poultry meats such as beef, lamb and chicken. Vegetables and fruits include many frozen vegetables like cabbage, cauliflower, green beans, peas plus apple, orange and grapes. Accordingly, the images of such kind of food usually appear in English idioms and proverbs rather than those of rice or paddy.

For examples:

***Butter** would not melt in your mouth*

*Bring home the **bacon***

*Take the **bread** out of somebody's mouth*

*Like chalk and **cheese***

*Sour **grapes***

*The **apples** on the other side of the wall are the sweetest*

The pictures of food are not presented only in taste, color but also included in the proverbs and idioms with rich meaning to express emotions, feelings of human, advices, life experiences or comments and evaluations. Hence, understanding the differences about the cultures of the two countries helps us have an insight into the similarities and differences in the use of language and images in English and Vietnamese idioms and proverbs.

II. Some popular English idioms and proverbs relating to food and their equivalence in Vietnamese

In this section, I would like to synthesize and analyze some common English idioms and proverbs relating to food and discover their Vietnamese equivalents to help students of English more understand and accurately use English idioms and proverbs in right situations.

1. An apple a day keeps the doctor away (Spears, R. (2005))

According to Spears, R. (2005), "Apples are so nutritious that if you eat an apple a day, you will not ever need to go to a doctor"

*Example: Grandma always fed us lots of apples when we visited her. She believed that **an apple a day keeps the doctor away**.*

It is not that simple. While merely eating an apple everyday is not going to keep you from having to visit doctor, eating a healthy diet high in fruits and vegetables, and making sure your body gets the necessary nutrients, will boost your immune system and keep your body working at the best level possible. When that happens, you won't be as likely to suffer from health problems that cause you need a doctor.

In Vietnamese equivalence can say:

Điều độ là mẹ sức khỏe

Two sentences are used to advise people to eat, drink and live in moderation in order to keep their health better and better. While English uses the image of "**apple**" to express their implication about keeping healthy, Vietnamese directly uses the word "**điều độ**" in this proverb. Reading all two sentences people can understand their meanings because of typical characters in culture.

2. Bad apple/ rotten apple

This proverb meaning that a bad person or policy can ruin everything around it.

Examples:

- *The boy is **bad apple** and he is always in some kind of trouble.*
- *One **bad apple/rotten apple** can spoil the whole bunch".*

According to Russell, A. (2009), the phrase "**one bad apple/rotten apple can spoil the whole bunch**" as we use it today, means that one person doing wrong can affect a whole group of people. It can mean that the person doing wrong can have negative influence on those around him or her, causing them to do wrong as well. It can also mean that one person doing wrong can cause others to be prohibited from doing something for fear that they will do wrong as well.

The Vietnamese often says: "**Con sâu làm rầu nồi canh**" to express that a team must suffer the bad rumors because of a bad person. In some Vietnamese dictionary, "**con sâu làm rầu nồi canh**" means “một cá nhân xấu làm cho tập thể phải chịu mang tiếng xấu lây.

Example: "**Một con sâu làm rầu nồi canh, một số người không tốt làm ảnh hưởng tới cả giai cấp công nhân**" – (www.tudien.xalo.vn)

In this proverb, people who cannot maintain the good nature of a revolution and just act for benefit of themselves will be ulcers of society, and our duty is exclude them out the team. They live in a team, but they do bad things which effect to works and targets of the team.

3. Half a loaf is better than none (www.docstoc.com)

A proverb means that having part of something is better than having nothing.

Examples:

• *I was hoping they would pay me more than that, but at least I have a job now; I guess **half a loaf is better than none**.*

• *He had asked for a new trumpet but got a used one - oh well, **half a loaf is better than none**.*

In the life, people must use some things that are not as good or beautiful as they want but it is better than have nothing. While English brings specific of image

of "*half a loaf*" to express their implication, Vietnamese only use the simple sentence: "*Méo mó có hơn không*".

Example: "*Chiếc ô này hơi rách một chút, chúng ta dùng tạm về nhé trời mưa to quá, méo mó có hơn không*" - (www.tudien.xalo.vn)

"*Méo mó có hơn không*" are used to advise people to satisfy what they are having, it is better than none.

4. Bread and butter (www.docstoc.com)

"*Bread and butter*" is phrase that means a source of income or one's livelihood. It is used to describe how one earns money for food, to pay the rental charges for his housing and to bring up his kids.

This phrase could also be used in the following way: "*to quarrel with one's bread and butter*". This phrase means "to complain about one's source of livelihood" or carries yet another meaning which says "to act against one's best interests".

Example: "*I don't especially like doing this job, but it is my **bread and butter***"

The English person uses the image of "*bread and butter*" to imply foods in his family, "*rice and clothes*" are implied money in each family in Vietnam.

In Vietnamese has sentence: "*Cơm áo gạo tiền*" to express essential things in daily life of people.

Example: "*Đau đầu chuyện **cơm áo gạo tiền***" - (www.tudien.xalo.vn)

5. Put all your eggs in one basket (www.englishclub.com)

If you *put all your eggs in one basket*, you put all your efforts or resources into one person, one thing or one plan, and if things don't work out, you lose everything.

*Example: Our Company should distribute many different products from many different companies. If we **put all our eggs in one basket**, we will get into trouble if there's a problem with that one product or company.*

If you had a certain number of "eggs", it would be safest to put those eggs in different "basket" and not "put them all in one basket". To "put all your eggs in one basket" would be to risk losing all of your "eggs" in case you drop that "one basket".

In Vietnamese, people often say:

"Được ăn cả, ngã về không"

In this sentence is used in speaking to express the determined behavior and reckless actions of one person to get the success. They can be a millionaire or penniless. ("**Được ăn cả, ngã về không**" dùng trong khẩu ngữ, ví thái độ, hành động kiên quyết, táo bạo để nếu thành công thì được cả bằng không chịu thất bại hoàn toàn - www.tudien.xalo.vn).

*Example: "Ông đã thế chấp biệt thự, vay tiền để làm. **Được ăn cả, ngã về không**" - (Nguyễn Phan Hách; 5)*

"**Được ăn cả, ngã về không**" in this example is understood in negative meaning. He does not think careful about his target in business, he is not determined in his decision. When having difficulties, he gives a daring decision.

6. **Teach one's grandmother to suck eggs** (*Oxford dictionary*)

"*Teach one's grandmother to suck eggs*" means that a person is giving advice to someone else about a subject that they already know about and more than oneself.

Example: *I tried to teach my friend about computers but he is a computer expert. It was like **teaching my grandmother to suck eggs**.*

Equivalent sentence in Vietnamese is:

"Múa rìu qua mắt thợ"

This sentence implies person who boast what they are good at before person who is professional in that work, it is often used for someone to comment and review about themselves in modest way.

Besides, we also have sentence:

"Trúng khôn hơn vịt"

This sentence expresses the circumstance such as the younger want to show the wisdom before the older, it is often used to disparate.

Example: *"Chúng bay còn trẻ, phải theo chúng bạn, tao không cho vào thì bảo tao ác, nhưng không đời nào **trúng khôn hơn vịt**, bây giờ thì u nó với hai đứa phải nghe tao"* - (www.tudien.xalo.vn)

7. **Olive branch** (*www.docstoc.com*)

If a person or organization "*holds out an olive branch*" to another, they show that they want to end a disagreement and make peace.

Examples:

- *They protesters finally accepted the **olive branch** extended to them.*
- *Bore an **olive branch** to the new round of negotiations.*

In the daily life, the incompatibility in communication among people is unavoidable because of the differences in opinions, ideas and the way living. So this sentence aims to advise people to live in complete concord, it is very important in the life. Vietnamese often say: "***Dĩ hòa vi quý***".

The meaning of each word in this sentence is:

- Dĩ means "lấy".
- Hòa means "cùng hòa hợp với nhau", "không trái ý nhau".
- Vi means "làm".
- Quý means "lấy làm trọng"

(vn.answers.yahoo.com)

Example: "*Bà hiếu cho phận sự của chúng tôi. Chúng tôi cũng muốn dĩ hòa vi quý lắm*" - (www.tudien.xalo.vn)

8. Like two peas in a pod (www.docstoc.com)

If people or things are "*like two peas in a pod*" meaning that they are very similar in appearance.

Example: *It wasn't difficult to identify the brothers - they were like two peas in a pod.*

The Vietnamese people often says "***Giống nhau như hai giọt nước***" when giving the comment about two people or two things which have similar appearances.

Example: "*Hai chị em nhìn giống nhau như hai giọt nước*" - (www.tudien.xalo.vn)

9. It's no use crying over spilt milk (*usingenglish.com*)

This idiom means that getting upset after something has gone wrong pointless, it is can not be changed so it should be accepted.

Example: *I know you do not like your new haircut, but you cannot change it now. It's no use crying over spilt milk.*

Vietnamese people say "***Bát nước hắt đi làm sao lấy lại được***" to express that people cannot change the result of what happened. Therefore, people should think careful about what we are going to do avoid the bad consequence in the future.

Example: "*Cậu đừng khóc nữa, chuyện của hai người cũng đã xong, bát nước hắt đi rồi làm sao lấy lại được*" - (www.tudien.xalo.vn)

Besides, there are equivalent sentences:

"Bát bể đánh con không lành"

"Nước đổ khó bốc"

10. As sure as egg is egg (*usingenglish.com*)

"As sure as egg is egg" means the absolute certain.

Example: *I'm pretty certain but perhaps I wouldn't go as far as saying I'm as sure as egg is egg.*

In Vietnamese we say "***Như đinh đóng cột***" which is an idiom used to imply the definite speech and promise.

Example: "*Nói chắc như đinh đóng cột*" - (www.tudien.xalo.vn)

The image "***đinh đóng cột***" equivalent with "*egg is egg*" in English means that the firm words of people are hard to draw back when they are spoke out. It is certainly such as nail is drove in column.

11. You can't make an omelette without breaking eggs (*engsihclub.com*)

Sometimes, when we want to create or achieve something, we must sacrifice or destroy another thing to do it.

Example: *Twenty jobs have to be cut if the company's going to be made more efficient. But you can't make an omelette without breaking eggs.*

In Vietnamese has sentence:

“Muốn ăn thì lặn vào bếp”

The above proverb reminds that if people want to get the success in every field in the life, they must be hard working and strive for this job. Simultaneous, this is also the disparagement for the idle that only like come in for the other's result; they do not labour but want to be successful people. Therefore, this proverb teaches the idle that “phải có làm mới có ăn, không dung ai để đem phần đến cho”.

12. Eaten bread is soon forgotten (www.fluther.com)

This proverb means "what have you done for me lately?" or that people soon forget about what is been given to them if there is not some specific reason for it to be fresh in their minds.

Example: *When Hugo was poor, Mr. Ligo helped him a lot. He cared Hugo each step of the life. But now, when Hugo becomes a rich and famous man, he behaves badly towards Mr. Ligo. It is true when people say that “eaten bread is soon forgotten”.*

The Vietnamese often criticizes the people who received the help of others to overcome the difficulties after that they are ingrate, even betray their benefactor with the proverb “**Ăn cháo đá bát**”.

The above proverb includes two parts: the first expresses receiving gratitude “*ăn cháo*”, the second “*đá bát*” is the ingrate. The Vietnamese adroitly creates the severe contrary between the gratitude and betray in order to present the critical value of this proverb.

Example: - “*Nhà mày trước nghèo đói, nhờ khỏi nghĩa được tí ruộng vườn, tí vợ con. Thế mà rồi ăn cháo đá bát.*

- “*Cậu nào lấy mắt bi đông người ta rồi. Chỉ được cái ăn cháo đá bát, uống cho khỏe vào rồi vất cả bi đông người ta đi*”

(vn.answers.yahoo.vn)

Besides, the Vietnamese often say “**Qua cầu rút ván**” or “**Qua sông đắm vào sông**” to express this meaning.

13. Like a fish out of water (*englishclub.com*)

You feel "*like a fish out of water*" if you are surrounded by people who are different to you and it is making you feel a little uncomfortable.

Example: I was the only black person in a church full of white people, and I felt like a fish out of water at first. But lots of people came up talked to me after the service, and I soon felt quite at home.

There is not the equivalent proverb in Vietnamese but Vietnamese people says “**Như cá trên cạn**” to express that when a person is in a strange environment living or in awkward situation, he does not get acquainted with this environment or find the solution yet, that makes him feel uncomfortable and unconfident to do everything.

14. A piece of cake (*englishclub.com*)

If you say that something is *a piece of cake*, you mean that it is extremely easy.

Example: A: Do you think you win your tennis match today?

B: It will be a piece of cake.

“*Cháo*” is one kind of food that is very popular and closed to every social class in Vietnam. It is easy to cook. “*Cháo*” is the digestible food that is suitable for the old, the children or the patients when they cannot eat rice. Therefore, The Vietnamese often says “**Đễ như ăn cháo**” when it is easy for him to do that job.

Example: “tưởng cái gì chứ, việc đó thì dễ như ăn cháo ấy mà”.

15. Cast one's bread upon the waters (*idioms.thefreedictionary.com*)

This proverb means act generous because you feel it is right and not because you expect a reward.

Example: Joseph is casting his bread upon the waters, supporting Bob while he works on his novel.

The Vietnamese often says “**Làm việc tốt không mong được trả ơn**” in the situation that there’s someone who always tries his best to help the others without an expectation of anything repaid for his favor.

*Example: “**Làm điều tốt không mong được trả ơn. Đó là tâm niệm của bác Trần Cang ở Mỹ Tú, tỉnh Sóc Trăng. Gần 35 năm bác bỏ nhiều công sức, tiền bạc để giúp đỡ người nghèo**” – (Vietbao.com)*

The unity and mutual assistance are the traditional conception of Vietnamese people. The state of helping people who are in difficulties not only makes them happy but also makes one happy.

16. As cool as a cucumber (idiom.connection.com)

A person who is "as cool as a cucumber" is a person who is not anxious, but relaxed and non-emotion.

*Example: - She was **as cool as a cucumber** before her presentation because she was well-prepared.*

*- On my first day of school, I was so nervous about everything. My friend was **as cool as a cucumber**.*

The proverb “as cool as a cucumber” is translated into Vietnamese “**Lạnh như tiền**” because “*tiền*”, in the Vietnamese thought, is unaware; therefore, it is used to describe the cold people who never express their feeling of happiness, sadness, etc... in any circumstance.

*Example: “mười năm lòng **lạnh như tiền**, tim đi hết máu, cái duyên không về” – (www.tudien.xalo.vn)*

17. The moon is made of green cheese (www.bookbrowse.com)

It means usually stated sarcastically with the implication that a person must be either gullible or ignorant because if they believe that they will even believe the moon is made of cheese.

*Example: You may as soon persuade some country peasants, that **the moon is made of green cheese** as that "tis bigger than his cart-wheel"*

In Vietnamese, there no equivalent to this but the Vietnamese has a saying “**Chờ đến mùa quýt**” to describe the waiting in a very long time. In the old days, “*quýt*” (mandarin) has only in Lunar New Year season, not as now has all year round. “*Chờ đến mùa quýt*” represents the wisdom of people saying. This sentence always changes because of social development never stop; also to express waiting Vietnamese people have other sentence “**Bao giờ cho đến tháng Mười**”.

Example: “*Đi thôi! Cứ ngồi đây mà chờ nó thì có mà chờ đến mùa quýt sang năm thôi*”.

18. Fish in trouble waters (www.americanidioms.net)

This idiom means to involve oneself in a difficult or dangerous situation in order to gain advantage.

Example: *The politician was **fishing in troubled waters** in order to gather information related to the scandal.*

“**Đục nước béo cò**” is the assessment of the Vietnamese word for the people who always take advantage of internal confusion situations to earn profit.

Example: “*Xã hội càng bất ổn thì thân phận hẩm càng ổn. Ông cha ta vẫn gọi đó là **đục nước béo cò***” – (www.tudien.xalo.vn)

In the traditional conception, there is deeper meaning in hidden proverb. “*Đục nước*” in “**đục nước béo cò**” not only reflect objective factors bring forward confusion situations but also bring forward subjective factors causing. “*Cò*” (stork) is a manifestation of the people for the opportunity. “*Cò*” associated with the field, “*cò*” who steal other’s work, labor as in phrase “**Cốc mò cò xoi**”. In this proverb, “*cò*” embodies the class of opportunism.

19. Kill the goose that lays the golden egg(s)

(idioms.thefreedictionary.com)

This proverb means to destroy something that is profitable to you or makes a lot of money.

Example: - Fred's wife knew he was not happy in his job, even though it paid well; still, she felt that advising him to leave it would be **killing the goose that laid the golden eggs**.

- If you sell your shares now, you could be **killing the goose that lays the golden egg**.

In Vietnamese have sentence:

“Mất cả chì lẫn chài”

This proverb means lose everything, not only did not get any of profit but also lose all wealthy, efforts and capitals they spend. So, this proverb advises people to consider carefully before doing anything. “Chì” (line) and “lưới” (sinker) are two important things to the fisherman, it is a means to help him earn money or exchanges foods to support himself and his families. If he loses one of two things means he lose everything.

20. Be the apple of (someone's) eyes (www.englishtime.us)

This idiom means is loved very much by someone. If someone is the apple of your eye, you think she/he is very important to you, and you love him/her very much. This idiom is used especially when someone is loved by an older member of his/her family.

Example: - Erika is Mark's only granddaughter, and she is **the apple of his eye**.

- **The little girl is the apple of her grandfather's eye.**

“Trứng” (egg) is one kind of food that people often eat in their meal. It is very easy to break so we must preserve it carefully. Therefore, the Vietnamese want to compare the image “**nâng như nâng trứng**” with attitude or the action of taking care of the things that they treasured in a very gentle way. This saying sometimes describes the situation that parents take care of or love their children very much; one person adored another.

Example: “**Đó là cháu nhà ông Mạnh đấy, thằng bé được cả gia đình cưng chiều, nâng như nâng trứng**”

Because of the limitation of time, I cannot present all of English idioms and proverbs relating to food. These above typical proverbs and idioms are studied in a specific way. I will introduce other English idioms and proverbs relating to food in appendix 1.

Chapter 3: Some difficulties for learner of English when studying idioms.

1. Some difficulties in studying idioms and proverbs.

In fact, idioms and proverbs are the most difficult of each language to understand and translate into other one. And it does not exclude English. It is not always easy to identify idioms and proverbs.

For example, there were many idioms and proverbs I had never seen like: “*Nothing must be done hasty but the killing of fleas*” (more haste, less speed), or “*constant dropping wear away a stone*” (everything come to him who waits). Certainly, the process to find the same meaning in Vietnamese is difficult, too.

Besides, guessing the meaning and translation of the idioms and proverbs are the big problem which learners have to counter.

Take an example on idiom: “*To be cut dried*” as an example of a difficult in guessing the meaning which means: if something is cut and dried, then everything has already been decided, in the case of an opinion, might be a little stale and predictable (Using English.com) we can guess the meaning the meaning even though we may have never heard it before because most of words in phrase are easy to understand. However, it is too difficult to guess the meaning correctly because they have association with the ordinary meaning of individual words. They can be predicted if they were heard in particular context, that is, when we know they are used in particular situation. For example, “My plans for the future *are cut dried*”. So that, we can more understand the meaning of this idiom.

Translating English similes into Vietnamese and vice versa is hard problem to Vietnamese learners because of the differences in cultures, system of language, geographical circumstance, national and social condition as well as the development lever of society.

Firstly, England is the developed country, modern science and technology economy, while Vietnam is the developing country, agricultural economy. That is

the reason why having many differences in English and Vietnamese idioms and proverbs. You can find the differences in each sentence, for example:

The English proverb *“A penny soul never came to two pence”* uses the specific thing *“pence”* to point out the one which needs too much money and time to do. But in Vietnamese, we use a very general word *“Việc to”* (big work) in *“Việc to đừng lo tốn”*

Secondly, the difference in habits and daily life of English and Vietnamese makes the features of image in the two cultures. With the same meaning, the same expression but English use one image and Vietnamese use other image. For example, in English, they say *“hope is poor man’s bread”*. When we transfer this idiom from English to Vietnamese without any homologous meaning, we say *“Hy vọng là bánh mì của những người nghèo khổ”*. But when transfer with homologous meaning, in Vietnamese says *“còn nước còn tát”*. The difference is that, while the English used the word “bread”- the thing related to their material life, Vietnamese idiom sentence lead to spirit work *“tát nước”*. The Vietnamese used the reality of life to express the experience *“còn nước còn tát”*. However we still understand the same meaning, the same expression in two idioms, two different languages.

2. Suggested solutions.

It is impossible to know and understand all of idioms and proverbs because of its large number. I myself have ever faced to many troubles in studying English idioms and proverbs. As far as I experienced, the best way to study as many as possible idioms and proverbs is learning by heart and applying them in suitable context. We should memorize them whenever we meet and try to study their grammar to use them correctly. One of good habit that is highly appreciated is to look up the idioms and proverbs in good dictionaries to know its meaning exactly. We also find an interesting way to learn English idioms and proverbs through reading books, newspapers, and magazines in order to understand more about English culture, people and society. For example, we can learn it through picture

stories in newspaper. Making up sentences or stories with idioms and proverbs we have is a good way to remember them. Or we have a handbook to write down any idioms/proverbs in with their meaning and usage. This will help to remember these idioms and proverbs especially difficult ones. It is necessary to practice these idioms and proverbs we have learnt or known with our friends, teachers in daily life so that we can remember them easily. When writing compositions, try to apply them to if they are reasonable. I have made progress these methods.

PART III: CONCLUSION

1. Conclusion.

To sum up, there are a lot of idioms and proverbs relating to objects. Thanks to idioms and proverbs people can express their thought, feeling flexibly exactly and vividly. It is necessary to understand them well to guess their meanings and get information correctly. However, due to my limitation of time as well as my knowledge I have just mentioned some certain aspects of theory of idiom and proverb presented in the background part (the chapter I), with the hope that readers can have basic knowledge of them and identify them better.

There are many sources of idioms and proverbs that in this paper I only focus on some those about culinary theme mentioned in the chapter II. I find this topic is very interesting and we not only know more idioms and proverbs from its usage, culture and life in each. Some English idioms and proverbs relating to food are represented in the paper in comparison with Vietnamese equivalences to find the similarities and difficulties in the way of using metaphor but each of them express one meaning, sometimes two idioms or proverbs have the same meaning and this brings learners interesting things.

Learning idioms and proverbs is not an easy task, so students often get confusing in defining, memorizing and using them. To overcome these, some solutions are introduced in chapter III such as learning by heart, reading books, magazine, stories pictures and studying culture of each country.

My paper is very small part of English idioms and proverbs but I hope that it can contribute partly to learners in process of studying English. All advice, contributions, coming from teachers will make my paper better and better.

2. Suggestion for further study.

Due to the limitation of my knowledge and time, this paper could not go though all aspects of English idioms and proverbs as well as Vietnamese equivalence. Here are just a few examples with culinary themes. So in order to get

more comprehensive understanding of this subject, I strongly recommend further researchers. I hope that in the future I would like to continue studying this interesting subject but in the practical content. And I would like to take factors relating this theme such as history, society into account to get a more object view in the study.

APPENDIXES

With the below table, I will supplement other English idioms and proverbs relating to food:

Idiom and proverb	meaning	Example sentence
1.As easy as apple pie	very easy	The test that I wrote yesterday was as easy as apple pie.
2. As flat as a pancake	very flat	The child's toy was as flat as a pancake after the car drove over it.
3. As nutty as a fruitcake	silly, crazy	The man in the super market was as nutty as a fruit cake.
4. As red as a cherry	bright red	My new sweater is as red as a cherry
5. As sweet as honey/ sugar	very sweet	The librarian is as sweet as honey and everybody loves her.
6. As thick as pea soup	very thick (can be used with fog as well as with liquids)	The fog was as thick as pea soup along the beach.
7. Bad egg	a person who is often in trouble	I don't want my little brother hanging around with the bad eggs on the street.
8.Big cheese	very important person, a leader	My uncle is a big cheese in his company so you

		should be very nice to him.
9. Bring home the bacon	earn the income	My husband has had to bring home the bacon ever since I broke my leg.
10. (Score) brownie points	things done or said that make someone else like you better	I scored brownie points with my teacher by bringing her a cup of coffee.
11. Carrot top	person with red or orange hair	Simon is the first carrot top I've ever gone out with.
12. Cream of the crop	the best	We hired the cream of the crop to the certain us at the Christmas party.
13. Cheese (someone) off or Cheese off (someone)	t annoy or irritate or anger someone	I cheesed off my neighbor when I borrowed his leader without telling him.
14. (Don't) cry over spilled milk	get upset over something that has happened and cannot be changed	The mirror is broken and we can't fix it. There's no need to cry over spilled milk.
15. (not my) cup of tea	something you enjoy	Opera isn't exactly my cup of tea.
16. Coffee break	A break from work to rest and drink coffee or tea.	We usually have a coffee break every morning at 10 o'clock.
17. A cream puff	a person who is easily influenced or beaten	The boy is a cream puff and is always a victim of

		other people's insults.
18. Cut the mustard	to succeed, to do adequately what needs to be done	The young man was no able to cut the mustard and he had to leave the army after only one year.
19. Duck soup	a task that does not require much effort	It was like duck soup. I easily finished my school project last night.
20. Eat humble pie	to be humbled, to admit one's error and apologize	Our boss was forced to eat humble pie after he made the wrong budget estimate for next year.
21. Eat one's cake and have it too	to use or spend something and still keep it, to have something both ways	The man refuses to give up anything and he always wants to eat his cake and have it too.
22. Everything from soup to nuts	almost everything that one can think of	We brought everything from soup to nuts for our weekend holiday.
23. Fine kettle of fish	a mess, an unsatisfactory situation	It was a fine kettle of fish for me when I lost the keys to my apartment.
24. For peanuts	for very little money, for almost nothing	I was able to buy a used computer for peanuts.
25. Fruits of one's labor	the results of one's work	My father is retired now and is enjoying the fruit of his labor.
26. Go bananas	to become highly excited, to behave in a crazy way	The girl went bananas when her boyfriend forgot

		to buy her a birthday present.
27. (one's) goose is cooked	one has been discovered to have done something wrong and is now in trouble, one is finished	I told a lie to my company. Now my goose is cooked and I am in much trouble.
28. Hard nut to crack	difficult to understand (often a person)	My friend is a very serious person and is a very hard nut to crack.
29. Have bigger fish to fry	to have more important things to do	I have bigger fish to fry and I do not want to do extra work for my company.
30. In a nutshell	simply	In a nutshell, I'm having a bad day.
31. Icing on the cake	something that makes a good situation or activity even better	I found a good job and the fact that I can work where I want is the icing on the cake.
32. Nuts about something, someone	like a lot	I'm nuts about classical music these days.
33. In one's salad days	in one's youth	My aunt was a beautiful woman in her salad days.

34. In the soup	in serious trouble, in a bad situation	The woman is in the soup now. She told her boss that she was sick but he saw her downtown shopping.
35. Lay an egg	to give a bad performance of something	The singer laid an egg during her concert last evening.
36. Life is a bowl of cherries	only good things happen in life	Ever since my father retired from his job he believes that life is a bowl of cherries.
37. Like taking candy from a baby	very easy to do	I asked the department store to refund the money for my goods and they agreed. It was like taking candy from a baby.
38. Make hamburger out of (someone or something)	to beat up or destroy someone or something	This big dog made hamburger out of the small dog.
39. Make mincemeat out of (someone or something)	to beat up or destroy someone or something	The older boxer made mincemeat out of the young boxer.
40. Milk of human kindness	the natural kindness and sympathy that is shown to others	The woman at the community center is full of the milk of human kindness.
41. Milk (someone) for (something)	to pressure someone into giving information or	The man was trying to milk the elderly lady for

	money	much of her money.
42. Neither fish nor fowl	not in any recognizable category	I could not decide what the animal was. It was neither fish nor fowl.
43. Not for all the tea in China	not for anything	I will not for all the tea in China lend my friend any more money.
44. Not worth a hill of beans	worthless	The man is a liar and what he says is not worth a hill of beans.
45. One smart cookie	a very intelligent person	Your daughter is one smart cookie. She reads much higher than her grade level.
46. Peach fuzz	small amount of hair growth	Except for a bit of peach fuzz, the baby came out bald.
47. Packed in like sardines	to be packed in very tightly	The commuters were packed in like sardines in the subway car.
48. pie in the sky	an idea or plan that you think will never happen	My cousin's plans are usually pie in the sky and will never happen.
49. piece of cake	very easy	The exam was a piece of cake.
50. Rotten apple	a bad person	Sometimes there is one person who is a rotten apple in a group of people.

51. Soup up	made more powerful or stylish	The car was souped up with shiny rims and loud stereo.
52. Sell like hotcakes	bought by many people	The new CD is selling like hotcakes.
54. Stick to one's ribs	to last long time and to fill one up (used for food)	The meal that my grandmother made stuck to my ribs.
55. Take something with a grain of salt	don't consider something 100% accurate	Take Mandy's advice with a grain of salt. She doesn't always do her research.
56. Take the cake	to be the best or worst of something	The behavior of the young girl takes the cake. It is terrible.
57. That's the way the cookie crumbles	that's life, those things happen	That's the way the cookie crumbles, I thought when I learned that I would not get the new job.
58. Top banana	The person who is the boss or the top person in a group or organization	The famous actor in the movie was the top banana in the story.
59. Toss a salad	to mix a salad with the dressing	I quickly tossed a salad and we ate dinner.
60. Tub of lard	a fat person	The young boys always call the fat boy a tub of lard.
61. Use your noodle	use your brain	You're going to have to really use your noodle on this crossword puzzle. It's

		an extra difficult one.
62. What's good/sauce for the goose is good/sauce for the gander	what is good for one person should be good for another person as well	What's good for the goose is good for the gander and you should not ask your child to do something if you will not do it yourself.
63. Beef about something	complain about something	He's always beefing about the pay.
64. Beef something up	give something extra appeal	If we beef up the window display, more people might come into the shop.
65. Be like chalk and cheese	be completely different	I don't know why they got married- they're like chalk and cheese.
66. Sour grapes	say something bad because you didn't get what you wanted	Don't listen to him complain- It's only sour grapes because you got the job and he didn't.
67. Play gooseberry	go somewhere with a couple who would prefer to be on their own	I'd rather not come to the cinema with you two- I'd just feel was playing gooseberry.
68. Like butter wouldn't melt in your mouth	appear innocent	When I asked her about the missing money, she tried to look like butter wouldn't melt in her mouth.

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