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- Helen:** 大家好. Welcome to Authentic Real English with me, Helen...
- Rob:** ...and me Rob. Hi there!
- Helen:** Rob, I like your trainers, very cool... and look at your designer jeans. Trendy! Rob 看起来挺时髦的, 和以往大不一样啊!
- Rob:** So you like them then?
- Helen:** I do but... it's not really what someone your age normally wears.
- Rob:** I see. But don't you think it makes me look cool and fashionable and... younger?
- Helen:** Erm...
- Rob:** I'm just trying to get down with the kids.
- Helen:** The kids?! Rob 和孩子们出去一起玩? ! So you're down with the kids? Down where exactly?
- Rob:** Oh Helen, keep up! I'm not going anywhere. I mean I'm keeping in with the kids. I'm in tune with the younger generation – yeah!
- Helen:** 啊! 你是说你要跟上你的孩子们或者是下一代的时尚步伐, 不能脱节了。So Rob, to do this you have to dress like a teenager?
- Rob:** Well, not just that. I share the same interests as young people. I listen to their music on my mp3 player. Look...
- Helen:** Could you turn that down please! So you're acting young when really you aren't! 这个短语 down with the kids 的意思是大人学小孩。Well, you are certainly a big kid Rob! Let's hear some examples of people using this phrase.

Examples

My Dad's bought a new skateboard so that he can be down with the kids!

I almost broke my neck snowboarding on holiday but hey, at least I'm down with the kids.

She's dyed her hair red and pierced her nose just so she can be down with the kids!

Helen: 大人跟着小孩儿学，这可有意思。So Rob, what else are you doing to be down with the kids?

Rob: Hey Helen, sort of, things like chillin' and being where it's at.

Helen: Rob, not all kids talk like that.

Rob: Oh right. Well, I've got some rollerblades so I can blade round the park. The only trouble is... I can't seem to get them on... Ouch, my back!

Helen: Are you OK? Rob 想玩滑旱冰，结果你看老骨头不行了吧，把腰给伤了。Do you need some help?

Rob: Thanks. I think I'll just put my slippers on - much more comfortable.

Helen: 别忘了，要想跟着小孩子们赶时髦，那还得花点儿功夫，没那么容易。我们下次节目再见。Bye bye!

Rob: Bye. Ouch, my back! Helen, could you just put that slipper on there? Thanks!