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# Food for thought

This refers to anything to be considered. If I say, “That is food for thought,” it means the same thing as “That is something to think about.”

# Something to chew on

Something that needs to be thought about and carefully considered is “something to chew on.” It is usually used in an expression like, “Let me chew on that and get back to you later.” This would be said when a proposal or idea has been presented, but you need more time to think about it before replying. Another word meaning “to chew” is “ruminate” but it also means “to think deeply about something.”

# Bite off more than you can chew

This means to try to do more than you are capable of doing. Normally it is used to caution a person not to try to do too much or more than might be possible. Example: “Don’t bite off more than you can chew.” If a person accepted a big job but was unable to complete it, we would say, “He/she bit off more than he/she could chew.”

# Chew out

This means to scold. “Bob got chewed out by the boss for being late to work again.” The noun form is also used, as in “He got a good chewing out for being late all the time.”

# Bite one’s head off

This also means to be severely scolded. After Bob was scolded by the boss, he might tell his friend, “The boss bit my head off for being late again.”

# Baloney

The name of the food is spelled “bologna” because it originated in the Italian city of that name. **Baloney** is the way Americans spelled and pronounced “bologna”, but in addition to referring to the sausage, **baloney** is used to mean “nonsense; foolish talk.” It was popular many years ago, but while it is s still used to today, other more vulgar expressions with the same meaning of “nonsense” tend to be used.

# Goose is cooked

“Your goose is cooked” means that “you are in big trouble”. The expression originated in the 14115 in Germany when the Christian reformer John Hus was burned at the stake. When people said “Hus was cooked” in German it sounded like “the goose is cooked.”