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day 9 flavours

Chinese HSK 6 in 90 days
unit 2 · food & health

Describe flavours and textures, and say how strong something is with 特, 异常 and 较为.

Food is the heart of Chinese social life, and praising a host's cooking is a skill in itself.

words

word	pinyin	meaning	example
特	tè	really, especially (spoken)	这家{=(measure word)}的饺子特好吃。 The dumplings here are really good.
异常	yìcháng	unusual; unusually, extremely	今年夏天异常热。 This summer is unusually hot.
较为	jiàowéi	relatively, fairly (written)	这里的菜较为清淡。 The food here is fairly light.
地道	dìdao	authentic, genuine	这家{=(measure word)}饭馆的北京菜很地道。 This restaurant's Beijing food is the real thing.
可口	kěkǒu	tasty, delicious	妈妈做的饭菜又可口又健康。 Mum's cooking is tasty and healthy.
口感	kǒugǎn	texture, mouthfeel	这种面包的口感很软。 This bread has a soft texture.
味觉	wèijué	sense of taste	感冒的时候，味觉会变差。 When you have a cold, your sense of taste gets worse.
气味	qìwèi	smell, odour	这种花的气味很特别。 This flower has a very unusual smell.
清淡	qīngdàn	light, mild (food)	生病的时候要吃清淡一点的东西。 When you're ill, eat lighter food.
辣椒	làjiāo	chilli pepper	他做菜喜欢放很多辣椒。 He likes to put lots of chilli in his cooking.
醋	cù	vinegar	吃饺子的时候，我喜欢加一点醋。 I like a little vinegar with my dumplings.
酱	jiàng	sauce, paste	这道菜的酱是自己做的。 The sauce for this dish is home-made.
酱油	jiàngyóu	soy sauce	炒菜的时候放一点酱油。 Add a little soy sauce when you stir-fry.
香肠	xiāngcháng	sausage	早饭我吃了两根香肠。 I had two sausages for breakfast.
粥	zhōu	congee, rice porridge	早上喝一碗热粥，胃很舒服。 A bowl of hot congee in the morning is easy on the stomach.
花生	huāshēng	peanut	他对花生过敏。 He's allergic to peanuts.
面粉	miànfěn	flour	做饺子要先准备面粉。 To make dumplings, first get the flour ready.
粉	fěn	powder; rice noodles	这种粉加水就可以喝。 Just add water to this powder and drink it.

脆	cuì	crisp, crunchy	这个苹果又甜又脆。 This apple is sweet and crunchy.
烂	làn	rotten; mushy, very soft	这些水果放得太久，已经烂了。 This fruit was left too long and has gone rotten.
烫	tàng	scalding hot; to scald	汤很烫，慢点{=a little, some}喝。 The soup is very hot: drink it slowly.
盛	chéng	to ladle, fill (a bowl)	我给你盛一碗饭吧。 Let me get you a bowl of rice.
品尝	pǐncháng	to taste, sample	欢迎大家来品尝我们的新菜。 Everyone is welcome to try our new dishes.
纯	chún	pure	这是纯牛奶，什么都没加。 This is pure milk, with nothing added.

pattern 特、异常、较为: really, unusually, fairly

subject | 特 / 异常 / 较为 | adjective

Three ways to turn the volume up or down, all before the adjective. 特 is a quick, spoken “really” (特好吃). 异常 means “unusually, extremely” and is a little formal. 较为 means “fairly, relatively” and belongs to writing.

他做的菜特香。 **tā zuò de cài tè xiāng** His cooking smells amazing.

今年的辣椒价格异常高。 **jīnnián de làjiāo jiàgé yìcháng gāo** Chilli prices are unusually high this year.

这种面粉较为便宜，适合做面包。 **zhè zhǒng miànfěn jiàowéi piányi shìhé zuò miànbāo** This flour is fairly cheap and good for making bread.

dialogue ms zhang’s feast

ms zhang 安娜，来尝尝我做的菜。这是我老家的做法，很地道。
Ānnà lái cháng chang wǒ zuò de cài zhè shì wǒ lǎojiā de zuòfǎ hěn dìdao · Anna, come and try my cooking. It's the way we make it in my home town: the real thing.

anna 哇，好香啊！这个酱是用什么做的？
wā hǎo xiāng a zhège jiàng shì yòng shénme zuò de · Wow, it smells wonderful! What's this sauce made of?

ms zhang 花生、酱油，再加一点醋。
huāshēng jiàngyóu zài jiā yìdiǎn cù · Peanuts and soy sauce, plus a little vinegar.

xiaoming 妈妈，你做的菜特可口，就是辣椒放得有点多。
māma nǐ zuò de cài tè kěkǒu jiùshì làjiāo fàng de yǒudiǎn duō · Mum, your cooking is really tasty, but you've gone a bit heavy on the chilli.

anna 我觉得辣一点更好。这道菜的口感也很好，又香又脆。
wǒ juéde là yìdiǎn gèng hǎo zhè dào cài de kǒugǎn yě hěn hǎo yòu xiāng yòu cuì · I think a bit spicier is better. This dish has a great texture too: fragrant and crunchy.

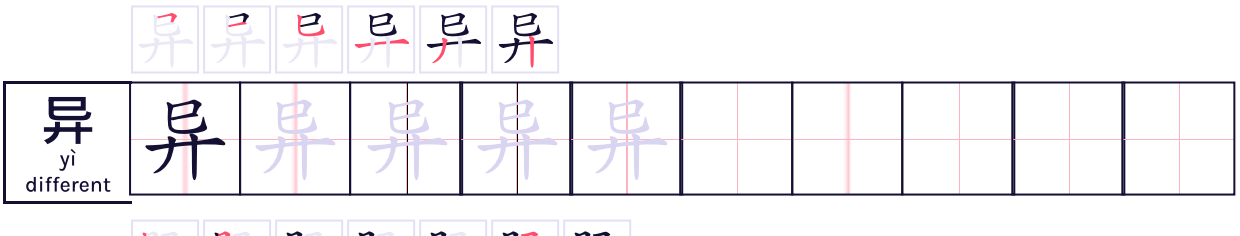
ms zhang 你再品尝一下这个香肠，是我自己做的，纯肉，什么都没加。
nǐ zài pǐncháng yíxià zhège xiāngcháng shì wǒ zìjǐ zuò de chún ròu shénme dōu méi jiā · Try this sausage too. I made it myself: pure meat, nothing added.

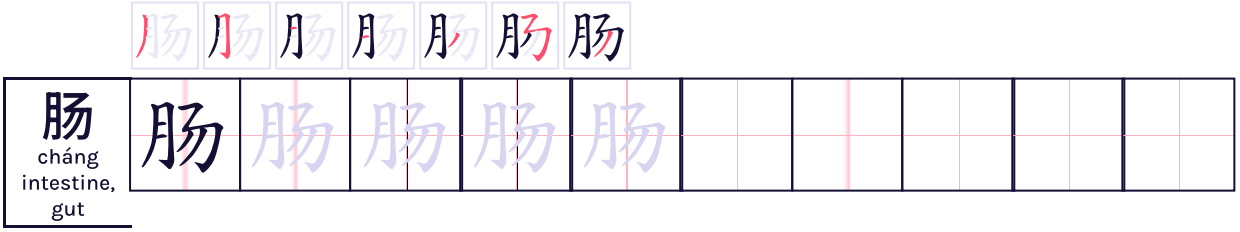
xiaoming 我先喝一碗粥。哎，这个粥好烫！
wǒ xiān hē yì wǎn zhōu āi zhège zhōu hǎo tàng · I'll have some congee first. Ouch, it's boiling hot!

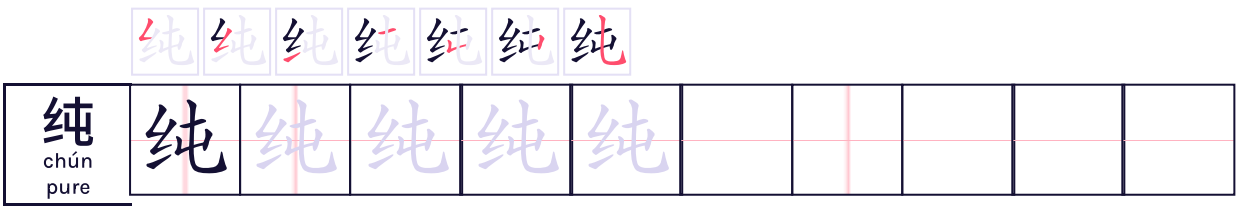
ms zhang 慢一点。我给你们每人多盛一碗，以便你们吃饱。
màn yìdiǎn wǒ gěi nǐmen měi rén duō chéng yì wǎn yǐbiàn nǐmen chī bǎo · Slow down. I'll serve you each another bowl so you go home full.

anna 谢谢阿姨！今天的饭菜特好吃，比饭馆的还地道！
xièxie āyí jīntiān de fàn cài tè hǎochī bǐ fànguǎn de hái dìdao · Thank you so much! Today's food is fantastic: more authentic than any restaurant!

write it trace the grey, then write your own







good to know · 特 + adjective (特好, 特便宜) is very common in northern speech; in writing use 特别 or 非常. Praise the food often when you eat at someone's home: 太可口了！ and 很地道！ always go down well.

Next time someone cooks for you, you can tell them exactly why it's delicious.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 10 a string of grapes

Chinese HSK 6 in 90 days
unit 2 · food & health

Count food and things with special measure words, and talk about buffets, set meals and banquets.

Measure words make your Chinese sound native, and food is where you use them most.

words

word	pinyin	meaning	example
串	chuàn	string, bunch; (measure) a bunch of	我买了一串葡萄。 I bought a bunch of grapes.
滴	dī	to drip; (measure) a drop	汤里加几滴醋就更好喝了。 A few drops of vinegar make the soup even better.
枝	zhī	branch; (measure) for stems, pens	她买了一枝红色的花。 She bought a single red flower.
扇	shàn	(measure) for doors and windows	房间里有两扇{shan4}窗户。 The room has two windows.
卷	juǎn	to roll up; a roll	他把袖子卷{juan3}了起来。 He rolled up his sleeves.
卷	juàn	(measure) volume; exam paper	这套书一共有三卷{juan4}。 This set of books has three volumes.
粒	lì	(measure) grain, small round thing	碗里还剩几粒米。 There are still a few grains of rice in the bowl.
罐	guàn	jar, can, tin	我买了一罐咖啡。 I bought a tin of coffee.
壶	hú	pot, kettle	请再给我们一壶茶。 Another pot of tea for us, please.
叉	chā	fork; to spear (with a fork)	吃西餐要用刀和叉。 You eat Western food with a knife and fork.
夹	jiā	to pick up (with chopsticks); to clip	奶奶给我夹了一块肉。 Grandma put a piece of meat on my plate with her chopsticks.
泡	pào	to soak, steep; a bubble	我给你泡一杯茶吧。 Let me make you a cup of tea.
薯片	shǔpiàn	crisps, potato chips	看电影的时候，我喜欢吃薯片。 I like eating crisps when I watch a film.
糖果	tángguǒ	sweets, candy	孩子们都喜欢吃糖果。 All children love sweets.
奶粉	nǎifěn	powdered milk, baby formula	这种奶粉适合一岁以上的孩子。 This formula is for children over one.
套餐	tàocān	set meal	我要一个午餐套餐。 I'd like a lunch set, please.
自助	zìzhù	self-service	这家{=(measure word)}酒店的早饭是自助的。 Breakfast at this hotel is self-service.

用餐	yòngcān	to dine, have a meal (formal)	请各位到二楼用餐。 Please go up to the first floor to dine, everyone.
宴会	yànhuì	banquet	公司今天晚上有一个宴会。 The company has a banquet this evening.
招待	zhāodài	to entertain, serve (guests)	谢谢你们的热情招待。 Thank you for your warm hospitality.
酒水	jiǔshuǐ	drinks (on a menu)	宴会的酒水有茶和果汁。 The drinks at the banquet include tea and juice.
家常	jiācháng	home-style; everyday	我最喜欢吃妈妈做的家常菜。 My favourite food is Mum's home cooking.
一一	yīyī	one by one	老师一一回答了大家的问题。 The teacher answered everyone's questions one by one.
数目	shùmù	number, amount	这个数目不对，你再算一下。 This number's wrong: work it out again.

pattern 串、滴、枝、扇、卷: picture measure words

number **串 / 滴 / 枝 / 扇 / 卷** **thing**

A measure word sits between a number and a thing. Today's are little pictures: 串 a string or bunch (grapes, keys), 滴 a drop, 枝 a stem, a flower or a pen, 扇 a door or window, 卷 a roll (juǎn) or a volume (juàn).

他从口袋里掏出一串钥匙。 **tā cóng kǒudai lǐ tāo chū yí chuàn yàoshi** He took a bunch of keys out of his pocket.

桌子上放着几枝花。 **zhuōzi shàng fàng zhe jǐ zhī huā** There are a few flowers on the table.

请把那扇门关上。 **qǐng bǎ nà shàn mén guān shàng** Please close that door.

dialogue the company banquet

ms zhang 今天的宴会是自助的，大家想吃什么就自己拿。
jīntiān de yànhuì shì zìzhù de dàjiā xiǎng chī shénme jiù zìjǐ ná · Tonight's banquet is a buffet: help yourselves to whatever you like.

anna 我不太会用筷子夹，可以用叉吗？
wǒ bú tài huì yòng kuàizi jiā kěyǐ yòng chā ma · I'm not great at picking things up with chopsticks. Can I use a fork?

xiaoming 可以，那边有叉。你看，这道家常豆腐特好吃。
kěyǐ nàbiān yǒu chā nǐ kàn zhè dào jiācháng dòufu tè hǎochī · Sure, there are forks over there. Look, this home-style tofu is really good.

ms zhang 酒水在那边，有茶，也有果汁。我给你们泡了一壶花茶。
jiǔshuǐ zài nàbiān yǒu chá yě yǒu guǒzhī wǒ gěi nǐmen pào le yì hú huā chá · Drinks are over there: tea and juice. I've made you a pot of flower tea.

anna 谢谢您的招待！这么多菜，我要一一品尝。
xièxie nín de zhāodài zhème duō cài wǒ yào yīyī pǐncháng · Thank you for having us! So many dishes: I'm going to try them one by one.

xiaoming 别吃太多，后面还有薯片和糖果。
bié chī tài duō hòumiàn hái yǒu shǔpiàn hé tángguǒ · Don't eat too much: there are crisps and sweets later.

ms zhang 小明小时候最爱吃糖果，那时候他还在喝奶粉呢。
Xiǎomíng xiǎoshíhou zuì ài chī tángguǒ nà shíhou tā hái zài hē nǎifěn ne · When Xiaoming was little he loved sweets more than anything. He was still on baby formula then!

xiaoming 妈妈！……安娜，你的碗里还有几粒米，别浪费。
māma Ānnà nǐ de wǎn lǐ hái yǒu jǐ lì mǐ bié làngfèi · Mum! … Anna, there are still a few grains of rice in your bowl. Don't waste them.

anna 哈哈，好。下次我请你们吃饭，那家的套餐很实惠。
hā hā hǎo xià cì wǒ qǐng nǐmen chī fàn nà jiā de tàocān hěn shíhuì · Ha ha, OK. Next time I'll treat you: there's a place with great-value set meals.

write it trace the grey, then write your own

串
chuàn
string, bunch; (measure) a bunch of

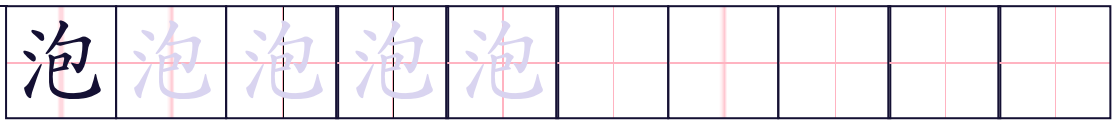
枝
zhī
branch; (measure) for stems, pens



夹
jiā
to pick up (with chopsticks); to clip



泡
pào
to soak, steep; a bubble



good to know · 卷 has two readings: juǎn “to roll up, a roll” and juàn “a volume”. 试卷 (an exam paper) uses juàn. 酒水 on a menu means all drinks. Tea and juice are always fine choices at a banquet.

From a bunch of grapes to a pot of tea, you can now count your way through any banquet.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 11 eating well

Talk about nutrition, healthy eating and ageing well, and say 透了 for "completely".

Health and diet are everyday small talk in China, from parents, doctors and the news.

words

word	pinyin	meaning	example
透	tòu	through; completely	这些西红柿已经熟透了。 These tomatoes are fully ripe.
蛋白质	dànbáizhì	protein	鸡蛋里有很多蛋白质。 Eggs contain a lot of protein.
脂肪	zhīfáng	fat (in the body or food)	这种肉的脂肪太多了。 This kind of meat has too much fat.
维生素	wéishēngsù	vitamin	水果里有丰富的维生素。 Fruit is rich in vitamins.
有机	yǒujī	organic	有机蔬菜比较贵。 Organic vegetables are fairly expensive.
添加	tiānjiā	to add (an additive)	这种饮料没有添加糖。 This drink has no added sugar.
混合	hùnhé	to mix, blend	把面粉和水混合在一起。 Mix the flour and the water together.
常温	chángwēn	room temperature	这种牛奶可以常温保存。 This milk can be kept at room temperature.
变质	biànzhì	to go off, spoil	夏天食物容易变质。 Food goes off easily in summer.
中毒	zhòngdú	to be poisoned	吃了变质的东西可能会中毒。 Eating spoiled food can give you food poisoning.
饥饿	jīè	hunger; hungry (written)	世界上还有很多人生活在饥饿中。 Many people in the world still live with hunger.
食欲	shíyù	appetite	天太热，我没有食欲。 It's too hot: I've no appetite.
胃口	wèikǒu	appetite	他今天胃口很好，吃了三碗饭。 He had a good appetite today: three bowls of rice.
肥	féi	fatty (meat); loose, baggy	这块肉太肥了，我不吃。 This piece of meat is too fatty: I won't eat it.
肥胖	féipàng	obese, overweight	肥胖会带来很多健康问题。 Obesity brings many health problems.
保健	bǎojiàn	health care	老人应该注意保健。 Older people should look after their health.
适度	shìdù	moderate	适度运动对身体有好处。 Moderate exercise is good for you.
长寿	chángshòu	long-lived	爷爷很长寿，今年九十五岁了。 Grandpa has lived a long life: he's ninety-

			five this year.
寿命	shòumìng	lifespan, life	这种电池的寿命很长。 This kind of battery lasts a long time.
衰老	shuāilǎo	to age; ageing	睡眠不足会让人衰老得更快。 Lack of sleep makes you age faster.
结实	jiēshi	sturdy, solid; strong (body)	这张桌子很结实。 This table is very sturdy.
强壮	qiángzhuàng	strong, robust	他每天锻炼，身体很强壮。 He works out every day and is very strong.
功效	gōngxiào	effect, efficacy	这种茶有什么功效? What is this tea good for?
剧烈	jùliè	intense, violent (pain, exercise)	吃饭以后不要做剧烈运动。 Don't do hard exercise right after a meal.

pattern .....透了: completely, through and through

verb / adjective **透了**

透 means "through". Put 透了 after a verb or adjective and it means completely, all the way through: 熟透了 fully ripe, 湿透了 soaked, 累透了 exhausted. It is strong and a little informal.

下了一场大雨，我全身都湿透了。 **xià le yì chǎng dà yǔ wǒ quánshēn dōu shī tòu le** It poured with rain and I got soaked to the skin.

这几天加班，我累透了。 **zhè jǐ tiān jiābān wǒ lèi tòu le** I've been working late all week and I'm completely worn out.

这块肉要煮透了再吃，不然容易中毒。 **zhè kuài ròu yào zhǔ tòu le zài chī bùrán róngyì zhòngdú** Cook this meat all the way through before eating it, or you could get food poisoning.

dialogue a talk with dr li

anna 李医生，我最近总是很累，胃口也不好。
Lǐyīshēng wǒ zuìjìn zǒngshì hěn lèi wèikǒu yě bù hǎo · Dr Li, I'm tired all the time lately, and I've lost my appetite.

dr li 你是不是每天只吃外卖?
nǐ shì bu shì měi tiān zhǐ chī wàimài · Are you living on takeaways?

anna 差不多……工作太忙了。不过我每天吃维生素。
chàbuduō gōngzuò tài máng le búguò wǒ měi tiān chī wéishēngsù · More or less… work is so busy. But I take vitamins every day.

dr li 维生素不能代替饭菜。你要多吃蔬菜，也要有蛋白质，比如鸡蛋和鱼。
wéishēngsù bù néng dàitì fàn cài nǐ yào duō chī shūcài yě yào yǒu dànbáizhì bǐrú jīdàn hé yú · Vitamins can't replace real meals. Eat more vegetables, and get some protein: eggs or fish, say.

anna 那脂肪呢？我怕胖。
nà zhīfáng ne wǒ pà pàng · What about fat? I'm afraid of putting on weight.

dr li 适度的脂肪是必要的。现在很多人的问题不是饥饿，而是肥胖，所以要少吃添加了很多糖的东西。
shìdù de zhīfáng shì bìyào de xiànzài hěn duō rén de wèntí bú shì jīè ér shì féipàng suǒyǐ yào shǎo chī tiānjiā le hěn duō táng de dōngxi · Some fat is necessary. Today many people's problem isn't hunger but obesity, so cut down on foods with lots of added sugar.

anna 有机食品是不是更健康?
yǒujī shípǐn shì bu shì gèng jiànkāng · Is organic food healthier?

dr li 有机的当然好，但最重要的是新鲜。变质的东西千万别吃，会中毒的。
yǒujī de dāngrán hǎo dàn zuì zhòngyào de shì xīnxiān biànzhì de dōngxi qiānwàn bié chī huì zhòngdú de · Organic is good, of course, but freshness matters most. Never eat anything that's gone off: you could be poisoned.

anna 那保健品呢？广告上说有很多功效。
nà bǎojiàn pǐn ne guǎnggào shàng shuō yǒu hěn duō gōngxiào · And health supplements? The adverts say they do all sorts of things.

dr li 那些功效很多都不可信。好好吃饭，好好睡觉，身体才会结实，人才会长寿。
nàxiē gōngxiào hěn duō dōu bù kě xìn hǎohǎo chī fàn hǎohǎo shuìjiào shēntǐ cái huì jiēshi rén cái huì chángshòu · Most of those claims can't be trusted. Eat well and sleep well: that's what keeps you strong and lets you live long.

write it trace the grey, then write your own

饥
jī
hungry

寿
shòu
long life

壮
zhuàng
sturdy

good to know · 肥 is for meat, animals and baggy clothes; calling a person 肥 is rude. For people say 胖, or the medical word 肥胖. 长寿 (long life) is a classic birthday wish for older people: 祝您健康长寿!

You can now follow a doctor's advice about diet in Chinese, and give some yourself.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 12 at the doctor's

Chinese HSK 6 in 90 days
unit 2 · food & health

Describe symptoms to a doctor, understand the advice, and say "it took ages" with 好不容易.

Being able to explain what hurts, in Chinese, is one of the most useful skills you can have abroad.

words

word	pinyin	meaning	example
好容易	hǎoróngyì	with great difficulty, at last	我好容易才找到这家{=(measure word)}医院。 It took me ages to find this hospital.
好不	hǎobù	how very ...! (before adjectives)	孩子们在公园里玩得好不开心。 The children had such fun in the park.
症状	zhèngzhuàng	symptom	感冒的症状有发烧、咳嗽什么的。 The symptoms of a cold include fever, a cough and so on.
不适	bùshì	unwell, discomfort	如果感到身体不适，请马上告诉医生。 If you feel unwell, tell the doctor straight away.
发炎	fāyán	to become inflamed	我的嗓子发炎了。 My throat is inflamed.
炎症	yánzhèng	inflammation	医生说只{zhi3}是一点炎症，不用担心。 The doctor says it's just a little inflammation: nothing to worry about.
肿	zhǒng	swollen	我的脚肿了，走路很疼。 My foot is swollen and hurts when I walk.
痒	yǎng	itchy	我的眼睛很痒。 My eyes are really itchy.
恶心	ěxin	sick, nauseous; disgusting	我坐车坐久了就会恶心。 I feel sick if I'm in a car for too long.
吐	tǔ	to spit out, breathe out	他把嘴里的东西吐{tu3-6}了出来。 He spat out what was in his mouth.
吐	tù	to vomit, throw up	他吃坏了肚子，吐{tu4}了好几次。 He ate something bad and threw up several times.
晕	yūn	dizzy; to faint	我站{zhan4-3}起来的时候觉得头|有点{==a bit, rather}晕。 I felt a bit dizzy when I stood up.
嗓子	sǎngzi	throat; voice	我嗓子疼，说话都难受。 My throat hurts: even talking is painful.
发病	fābìng	to fall ill, have an attack	这种病常在冬天发病。 This illness usually strikes in winter.
患	huàn	to suffer from (an illness)	他患了很严重的感冒。 He came down with a very bad cold.
患者	huànzhě	patient	医生正在给患者检查身体。 The doctor is examining a patient.
内科	nèikē	internal medicine	你发烧了，应该去看内科。 You have a fever: you should see internal medicine.

外科	wàikē	surgery (department)	他是一名外科医生。 He is a surgeon.
儿科	érkē	paediatrics	孩子生病了，要去儿科看。 When a child is ill, go to paediatrics.
针	zhēn	needle; injection	医生给我打了一针。 The doctor gave me an injection.
服用	fúyòng	to take (medicine, formal)	这种药每天服用两次。 Take this medicine twice a day.
服	fú	to take (medicine)	这种药饭后服，每次一片。 Take this medicine after meals, one tablet at a time.
医药	yīyào	medicine, medical	她在一家{=(measure word)}医药公司工作。 She works for a pharmaceutical company.
不宜	bùyí	not advisable, should not	感冒的时候不宜吃太油的东西。 You shouldn't eat greasy food when you have a cold.

pattern 好容易 / 好不容易: at long last, with great difficulty

subject | 好（不）容易 | 才 | what finally happened

好容易 and 好不容易 mean exactly the same: "with great difficulty, at long last". Yes, the 不 changes nothing! They are usually followed by 才. On its own, 好不 + adjective means "how very...": 好不热闹 "so lively".

他好不容易才把药吞下去。 **tā hǎobù róngyì cái bǎ yào tūn xiaqu** It took him ages to swallow the pill.

等了两个小时，好不容易才见到医生。 **děng le liǎng gè xiǎoshí hǎobù róngyì cái jiàn dào yīshēng** After a two-hour wait, we finally got to see the doctor.

孩子们在公园里玩得好不开心。 **háizimen zài gōngyuán lǐ wán de hǎobù kāixīn** The children had such fun in the park.

dialogue anna sees dr li

dr li 安娜，你怎么了？哪里不适？

Ānnà nǐ zěnme le nǎlǐ búshì · Anna, what's the matter? Where don't you feel well?

anna 李医生，我好容易才挂上您的号。我从昨天开始就头晕、恶心。

Lǐyīshēng wǒ hǎoróngyì cái guà shàng nín de hào wǒ cóng zuótiān kāishǐ jiù tóu yūn ěxin · Dr Li, it took me ages to get an appointment with you. Since yesterday I've felt dizzy and sick.

dr li 还有别的症状吗？发烧吗？

hái yǒu biéde zhèngzhuàng ma fāshāo ma · Any other symptoms? Do you have a fever?

anna 有一点。嗓子也很疼，吃东西的时候还想吐。

yǒu yìdiǎn sǎngzi yě hěn téng chī dōngxi de shíhou hái xiǎng tù · A slight one. My throat hurts too, and I feel like throwing up when I eat.

dr li 来，深吸一口气，再慢慢吐出来……没什么问题。

lái shēn xī yì kǒu qì zài màn màn tǔ chulai méi shénme wèntí · Right, take a deep breath, and slowly breathe out... that's fine.

dr li 嗓子有点肿，是炎症。你最近患过感冒吗？

sǎngzi yǒudiǎn zhǒng shì yánzhèng nǐ zuìjìn huàn guo gǎnmào ma · Your throat is a bit swollen: it's inflamed. Have you had a cold recently?

anna 上个星期感冒了，好不容易才好，没想到又不舒服了。

shàng gè xīngqī gǎnmào le hǎobù róngyì cái hǎo méi xiǎng dào yòu bù shūfu le · I had one last week. I finally got over it, and now I feel ill again.

dr li 这种情况很常见，很多患者都这样。不用打针，我给你开点药，医药费不贵。

zhè zhǒng qíngkuàng hěn cháng jiàn hěn duō huànzhě dōu zhèyàng búyòng dǎ zhēn wǒ gěi nǐ kāi diǎn yào yīyào fèi bú guì · That's very common: lots of patients get it. No injection needed: I'll prescribe some medicine, and it won't cost much.

anna 这个药怎么服用？

zhège yào zěnme fúyòng · How do I take this medicine?

dr li 每天三次，饭后服。这几天不宜吃辣的，多喝水。

měi tiān sān cì fàn hòu fú zhè jǐ tiān bùyí chī là de duō hē shuǐ · Three times a day after meals. Avoid spicy food for a few days, and drink plenty of water.

write it trace the grey, then write your own

炎 yán inflammation

肿 zhǒng swollen

恶 ě bad



吐 tǔ to spit out, breathe out											

good to know · In a Chinese hospital you first 挂号 (register) for a department: 内科 internal medicine, 外科 surgery, 儿科 paediatrics. 吐 tǔ is to spit or breathe out; 吐 tù is to vomit. Same character, different reading. 花 is also an adjective at HSK 6: 眼睛花了 or 眼花 “eyes gone blurry” (from age or tiredness), 头发花白 “greying hair”.

If you ever fall ill in China, you can now explain what’s wrong and understand what to do.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 13 inside the body

Name the parts and organs of the body, and describe how people act with 不禁, 赶忙, 特地, 特意 and 偷偷.

Body words come up at the doctor's, the gym and the massage parlour, and manner adverbs make stories vivid.

words

word	pinyin	meaning	example
不禁	bùjīn	can't help (doing)	听到这个好消息，她不禁笑了起来。 Hearing the good news, she couldn't help laughing.
赶忙	gǎnmáng	hurriedly, at once	看到老人上车，他赶忙站{zhan4-3}了起来。 When he saw an old man get on the bus, he quickly stood up.
特地	tèdì	specially (for a purpose)	她特地从北京来看我。 She came all the way from Beijing to see me.
特意	tèyì	on purpose, specially	这是我特意为你做的蛋糕。 I made this cake specially for you.
偷偷	tōutōu	secretly, on the quiet	他偷偷地把礼物放在了我的桌子上。 He secretly left a present on my desk.
心脏	xīnzàng	heart (the organ)	适度运动对心脏有好处。 Moderate exercise is good for the heart.
血液	xuèyè	blood	血液检查的结果很正常。 The blood test results are normal.
血管	xuèguǎn	blood vessel	吃太多油对血管不好。 Too much oil is bad for your blood vessels.
血压	xuèyā	blood pressure	爷爷每天早上都量血压。 Grandpa takes his blood pressure every morning.
血型	xuèxíng	blood type	你是什么血型? What's your blood type?
肺	fèi	lung	抽烟对肺很不好。 Smoking is very bad for your lungs.
肺炎	fèiyán	pneumonia	他得{de2}了肺炎，住了一个星期的医院。 He got pneumonia and spent a week in hospital.
肝	gān	liver	经常熬夜对肝不好。 Staying up late often is bad for your liver.
肠	cháng	intestine, gut	多吃蔬菜对肠有好处。 Eating more vegetables is good for your gut.
神经	shénjīng	nerve	考试以前，我的神经很紧张。 Before the exam I was really on edge.
骨头	gǔtou	bone	大白最喜欢吃骨头。 Dabai loves bones more than anything.

颈椎	jǐngzhuī	neck vertebrae, cervical spine	长时间低头看手机，对颈椎不好。 Looking down at your phone for hours is bad for your neck.
脖子	bózi	neck	我的脖子|有点{==a bit, rather}疼。 My neck hurts a bit.
肩膀	jiānbǎng	shoulder	他拍了拍我的肩膀。 He patted me on the shoulder.
手臂	shǒubì	arm	打完针，我的手臂|有点{==a bit, rather}疼。 After the injection my arm is a bit sore.
胸	xiōng	chest	他突然觉得胸很疼。 Suddenly he felt a sharp pain in his chest.
部位	bùwèi	part (of the body), position	你身体的哪个部位疼? Which part of your body hurts?
一身	yīshēn	all over the body; a whole outfit	跑完步，我出了一身汗。 After my run, I was dripping with sweat.

pattern 不禁、赶忙、特地、特意、偷偷: how someone acts

subject **不禁 / 赶忙 / 特地 / 特意 / 偷偷** **action**

These adverbs sit right before the verb and say how or why something happens: 不禁 can't help it, 赶忙 at once, in a hurry, 特地 and 特意 specially, on purpose, 偷偷 secretly. 特意 stresses the intention; 特地 the special trip or effort.

看到他摔倒了，我赶忙跑过去扶他。 **kàn dào tā shuāi dǎo le wǒ gǎnmáng pǎo guoqu fú tā** When I saw him fall, I rushed over to help him up.

这碗汤是妈妈特意为你做的。 **zhè wǎn tāng shì māma tèyì wèi nǐ zuò de** Mum made this soup specially for you.

看到这张老照片，奶奶不禁笑了。 **kàn dào zhè zhāng lǎo zhàopiàn nǎinai bùjīn xiào le** Seeing this old photo, Grandma couldn't help smiling.

医生特地给我做了血液检查。 **yīshēng tèdì gěi wǒ zuò le xuèyè jiǎnchá** The doctor ordered a blood test specially for me.

dialogue a hospital visit

anna 我特地给你带了你最喜欢的水果。你好点了吗?
wǒ tèdì gěi nǐ dài le nǐ zuì xǐhuan de shuǐguǒ nǐ hǎo diǎn le ma · I've brought you your favourite fruit. Are you feeling better?

little sister 好多了！医生说我的肺炎快好了，再过两天就能出院。
hǎo duō le yīshēng shuō wǒ de fèiyán kuài hǎo le zài guò liǎng tiān jiù néng chūyuàn · Much better! The doctor says my pneumonia is nearly gone, and I can go home in two days.

anna 太好了。那几天我们的神经都很紧张。
tài hǎo le nà jǐ tiān wǒmen de shénjīng dōu hěn jǐnzhāng · Wonderful. We were all on edge for those few days.

little sister 那天晚上我出了一身汗，胸也很疼。
nà tiān wǎnshang wǒ chū le yìshēn hàn xiōng yě hěn téng · That night I was drenched in sweat and my chest really hurt.

anna 医生给你做了哪些检查?
yīshēng gěi nǐ zuò le nǎxiē jiǎnchá · What tests did the doctors do?

little sister 查了肺，还查了肝和心脏，都没问题。护士还问了我的血型。
chá le fèi hái chá le gān hé xīnzàng dōu méi wèntí hùshi hái wèn le wǒ de xuèxíng · They checked my lungs, and my liver and heart too: all fine. The nurse even asked my blood type.

anna 那就好。你别看手机看太久，小心颈椎。
nà jiù hǎo nǐ bié kàn shǒujī kàn tài jiǔ xiǎoxīn jǐngzhuī · That's good. Don't spend too long on your phone: mind your neck.

little sister 得了，你说话跟我爸爸一样！我偷偷告诉你，我爸爸刚才特意给我送来了一碗汤。
déle nǐ shuōhuà gēn wǒ bàba yíyàng wǒ tōutōu gàosu nǐ wǒ bàba gāngcái tèyì gěi wǒ sòng lái le yì wǎn tāng · Oh come on, you sound like my dad! Between you and me, Dad just brought me a bowl of soup specially.

anna 听你这么说，我不禁想起了我小时候生病的事。
tīng nǐ zhème shuō wǒ bùjīn xiǎng qǐ le wǒ xiǎoshíhou shēngbìng de shì · Hearing that, I can't help remembering being ill as a child.

write it trace the grey, then write your own

晕
yūn
dizzy; to faint

肺
fèi
lung

肝
gān
liver

骨
gǔ
bone

good to know · 心脏 is the heart as an organ; 心 alone is the heart as feelings and mind. 脏 is read zàng here, not zāng “dirty”. 神经 is a nerve, and 神经紧张 is “on edge”. Careful: calling someone 神经病 is an insult (“crazy”).

You can now say exactly where it hurts, and tell a story about how people acted.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 14 germs and first aid

Talk about germs, infections and first aid, and give two choices with 要么……要么……

Knowing how to clean a cut or explain an infection is everyday safety, and 要么 helps you make quick decisions.

words

word	pinyin	meaning	example
要么	yàome	either … or …; or else	要么现在走，要么明天早上走。 Either we leave now or tomorrow morning.
病毒	bìngdú	virus	感冒一般是病毒引起的。 Colds are usually caused by viruses.
细菌	xìjūn	bacteria, germs	饭前洗手可以减少细菌。 Washing your hands before eating cuts down on germs.
传染	chuánrǎn	to infect, be contagious	感冒会传染，你离我远一点。 Colds are catching: keep your distance.
传染病	chuánrǎnbìng	infectious disease	经常洗手可以预防传染病。 Washing your hands often helps prevent infectious diseases.
感染	gǎnrǎn	to get infected, infect	伤口要保持干净，不然容易感染。 Keep the wound clean, or it can easily get infected.
免疫	miǎnyì	immunity; immune	多运动可以提高免疫能力。 Exercise boosts your immunity.
防治	fángzhì	to prevent and treat	这家{=(measure word)}医院专门防治传染病。 This hospital specialises in preventing and treating infectious diseases.
消毒	xiāodú	to disinfect	医生先用酒精给伤口消毒。 The doctor first cleaned the wound with rubbing alcohol.
消灭	xiāomiè	to wipe out, destroy	高温可以消灭大部分细菌。 High temperatures kill most bacteria.
酒精	jiǔjīng	rubbing alcohol, spirit	用酒精擦一下手。 Wipe your hands with a little alcohol.
抑制	yìzhì	to restrain, inhibit	这种药可以抑制细菌生长。 This medicine stops bacteria from growing.
急救	jíjiù	first aid; emergency treatment	每个人都应该学一点急救知识。 Everyone should learn a little first aid.
伤口	shāngkǒu	wound, cut	伤口不深，过几天就好了。 The cut isn't deep: it'll heal in a few days.
损伤	sǔnshāng	to injure, damage	跑步的姿势不对，会损伤身体。 Running with bad form can injure you.
轮椅	lúnyǐ	wheelchair	奶奶腿不方便，出门要坐轮椅。 Grandma has trouble walking and uses a wheelchair to go out.

康复	kāngfù	to recover	祝你早日康复！ Get well soon!
加重	jiāzhòng	to get worse; make heavier	不按时吃药，病会加重。 If you don't take your medicine on time, the illness will get worse.
死亡	sǐwáng	death; to die (formal)	医学的进步让死亡人数大大减少了。 Medical progress has greatly reduced the number of deaths.
疲劳	píláo	tired, fatigued	长时间开车容易疲劳。 Driving for hours makes you tired.
中暑	zhòngshǔ	heatstroke; to get heatstroke	天太热了，小心中暑。 It's so hot: watch out for heatstroke.
毒	dú	poison; poisonous	这种花有毒，不能吃。 This flower is poisonous: don't eat it.
难免	nánmiǎn	hard to avoid, bound to happen	第一次做饭，难免会出错。 The first time you cook, mistakes are bound to happen.

pattern 要么……，要么……: either … or …

要么 | choice A | ，要么 | choice B

要么……，要么…… lays out two options and only two: either this or that. It often sounds firm, like a decision: 要么现在去，要么别去. A single 要么 offers another idea: "or, how about …".

你要么吃药，要么去打针，别再拖了。 **nǐ yàome chī yào yàome qù dǎzhēn bié zài tuō le** Either take the medicine or get an injection: stop putting it off.

伤口要么每天消毒，要么去医院处理，不然会感染。 **shāngkǒu yàome měi tiān xiāodú yàome qù yīyuàn chǔlǐ bùrán huì gǎnrǎn** Either disinfect the wound every day or have it treated at the hospital; otherwise it will get infected.

要么少跑一点，要么换一双好鞋，不然容易损伤骨头。 **yàome shǎo pǎo yìdiǎn yàome huàn yì shuāng hǎo xié bùrán róngyì sǔnshāng gǔtou** Either run a bit less or get a good pair of shoes, or you could damage your bones.

dialogue a cut finger

xiaoming 哎呀！我切菜的时候把手切了。
āiyā wǒ qiē cài de shíhou bǎ shǒu qiē le · Ouch! I've cut my hand chopping vegetables.

anna 别动，我看看。伤口不太深，先用水冲一下。
bié dòng wǒ kàn kan shāngkǒu bú tài shēn xiān yòng shuǐ chōng yíxià · Don't move, let me look. It isn't very deep: rinse it under the tap first.

xiaoming 好疼！要不要去医院？
hǎo téng yào búyào qù yīyuàn · It really hurts! Should I go to hospital?

anna 要么现在去医院，要么我先给你消毒。家里有酒精吗？
yàome xiànzài qù yīyuàn yàome wǒ xiān gěi nǐ xiāodú jiā lǐ yǒu jiǔjīng ma · Either we go to hospital now or I disinfect it for you first. Have you got any rubbing alcohol?

xiaoming 在柜子里。……啊，好凉！
zài guìzi lǐ a hǎo liáng · It's in the cupboard. … Ooh, that's cold!

anna 酒精可以消灭细菌，伤口就不容易感染了。我以前学过一点急救。
jiǔjīng kěyǐ xiāomiè xìjūn shāngkǒu jiù bù róngyì gǎnrǎn le wǒ yǐqián xué guo yìdiǎn jíjiù · Alcohol kills bacteria, so the cut won't get infected so easily. I did a bit of first aid training once.

xiaoming 多亏你在。我爸爸说，小伤不处理也会加重，发炎了就一定得去医院。
duōkuī nǐ zài wǒ bàba shuō xiǎo shāng bù chǔlǐ yě huì jiāzhòng fāyán le jiù yídìng děi qù yīyuàn · Good thing you're here. Dad says even small cuts get worse if you leave them, and if one gets inflamed you must go to hospital.

anna 对。这几天别碰水，好好休息，很快就会康复的。
duì zhè jǐ tiān bié pèng shuǐ hǎohǎo xiūxi hěn kuài jiù huì kāngfù de · Right. Keep it dry for a few days and rest, and it'll heal soon.

xiaoming 做饭难免会受点小伤，下次我小心一点。
zuòfàn nánmiǎn huì shòu diǎn xiǎo shāng xià cì wǒ xiǎoxīn yìdiǎn · Little injuries are bound to happen when you cook. I'll be more careful next time.

write it trace the grey, then write your own

肩
jiān
shoulder

灭
miè
to go out; put out (a fire)

抑
yì
to press down



轮
lún
wheel; to take turns; (measure) a round

good to know · 酒精 here is rubbing alcohol for cleaning cuts and hands. 75% alcohol is what Chinese pharmacies sell for disinfecting. 病毒 (virus) and 细菌 (bacteria) are different: antibiotics fight bacteria, not viruses.

You can now handle a small emergency in Chinese, calmly, and help a friend choose what to do.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 15 body and mind

Talk about the face, sleep, stress and growing up, and add feeling with 啦 and 嘛.

Sentence endings like 啦 and 嘛 are what make Chinese sound warm and alive instead of textbook.

words

word	pinyin	meaning	example
啦	la	(了 + 啊: excited, friendly)	太好啦，我们明天放假啦！ Brilliant, we're off tomorrow!
嘛	ma	(it's obvious!; softens a request)	你别着急嘛，慢慢说。 Don't panic: take your time.
面部	miànbù	face (formal)	他的面部表情很丰富。 His face is very expressive.
眉毛	méimao	eyebrow	她的眉毛又黑又长。 Her eyebrows are dark and long.
胡子	húzi	beard, moustache	爷爷留了很长的胡子。 Grandpa has grown a long beard.
舌头	shétou	tongue	汤太烫了，我把舌头烫了。 The soup was so hot I burned my tongue.
口腔	kǒuqiāng	mouth, oral cavity	每天刷牙，保持口腔健康。 Brush your teeth every day to keep your mouth healthy.
脑袋	nǎodai	head (spoken)	他摸了摸脑袋，不好意思地笑了。 He scratched his head and smiled sheepishly.
脑子	nǎozi	brain, mind	太累了，我的脑子一点都转{zhuan4-6}不动了。 I'm so tired my brain has stopped working.
视力	shìlì	eyesight	经常看手机|会影响视力。 Looking at your phone a lot can affect your eyesight.
近视	jìnshì	short-sighted	我|有点{==a bit, rather}近视，看不清远处的字。 I'm a bit short-sighted: I can't read things far away.
清醒	qīngxǐng	clear-headed; awake	喝了一杯咖啡以后，我清醒多了。 After a cup of coffee I'm much more awake.
身心	shēnxīn	body and mind	旅行能让人身心放松。 Travel relaxes body and mind.
减压	jiǎnyā	to reduce stress, de-stress	听音乐是一种很好的减压方法。 Listening to music is a great way to de-stress.
按摩	ànmó	massage	我给你按摩一下肩膀吧。 Let me give your shoulders a rub.
调节	tiáojié	to regulate, adjust	运动可以帮助调节心情。 Exercise helps balance your mood.

保暖	bǎonuǎn	to keep warm	冬天出门要注意保暖。 In winter, wrap up warm when you go out.
发育	fāyù	to develop, grow (the body)	孩子正在发育，要多吃有营养的东西。 Children are growing and need nourishing food.
青春期	qīngchūnqī	puberty, adolescence	孩子到了青春期，常常不想和父母说话。 Teenagers often don't want to talk to their parents.
怀孕	huáiyùn	to be pregnant	她怀孕了，明年春天孩子就出生了。 She's pregnant: the baby is due next spring.
日夜	rìyè	day and night	医生护士日夜照顾病人。 Doctors and nurses look after the patients day and night.
深夜	shēnyè	late at night	他经常工作到深夜。 He often works late into the night.
凌晨	língchén	the small hours, before dawn	我凌晨三点才睡。 I didn't get to sleep till three in the morning.
清晨	qīngchén	early morning	清晨的公园里有很多人在锻炼。 In the early morning the park is full of people exercising.

pattern 啦 and 嘛: feeling at the end of a sentence

sentence	啦 / 嘛

啦 is 了 + 啊 rolled into one: friendly, excited, a bit playful (我到啦！). 嘛 says "it's obvious!" (他是新来的嘛 "he's new, after all") or softens a request (你就去嘛 "oh, go on").

别担心啦，你的视力没问题。 **bié dānxīn la nǐ de shìlì méi wèntí** Don't worry, your eyesight is fine.

我说过嘛，熬夜对身体不好。 **wǒ shuō guo ma áoyè duì shēntǐ bù hǎo** I told you, didn't I: staying up late is bad for you.

你就试一试嘛，按摩很舒服的。 **nǐ jiù shì yi shi ma ànmó hěn shūfu de** Oh, go on, try it: massage feels great.

姐姐怀孕啦，我要当阿姨啦！ **jiějie huáiyùn la wǒ yào dāng āyí la** My sister's pregnant: I'm going to be an aunt!

dialogue too many late nights

manager liu 安娜，你看起来很累，是不是又工作到深夜了？
Ānnà nǐ kàn qǐlai hěn lèi shì bu shì yòu gōngzuò dào shēnyè le · Anna, you look exhausted. Have you been working late into the night again?

anna 是啊，昨天凌晨一点才睡，今天清晨六点就醒了。脑子一点都不清醒。
shì a zuótiān língchén yī diǎn cái shuì jīntiān qīngchén liù diǎn jiù xǐng le nǎozi yìdiǎn dōu bù qīngxǐng · Yes. I went to bed at one in the morning and woke at six. My brain isn't working at all.

manager liu 别这样嘛，身体最重要。你要学着给自己减压。
bié zhèyàng ma shēntǐ zuì zhòngyào nǐ yào xué zhe gěi zìjǐ jiǎnyā · Don't do this to yourself: your health comes first. Try to learn how to de-stress.

anna 我也想。可是项目这么多，我日夜都在想工作。
wǒ yě xiǎng kěshì xiàngmù zhème duō wǒ rìyè dōu zài xiǎng gōngzuò · I'd like to. But there are so many projects that I think about work day and night.

manager liu 我以前也这样，后来每个周末都去做面部按摩，也慢慢懂得了怎么调节心情。
wǒ yǐqián yě zhèyàng hòulái měi gè zhōumò dōu qù zuò miànbù ànmó yě màn màn dǒngde le zěnme tiáojié xīnqíng · I used to be the same. Then I started having a facial massage every weekend, and slowly learned how to manage my mood.

anna 我的颈椎也不太好，看电脑久了，眼睛也难受。
wǒ de jǐngzhuī yě bú tài hǎo kàn diànnǎo jiǔ le yǎnjing yě nánshòu · My neck isn't great either, and my eyes hurt after hours at the computer.

manager liu 每工作一个小时，就让眼睛休息几分钟，保护视力。对了，下周我给你放两天假。
měi gōngzuò yí gè xiǎoshí jiù ràng yǎnjing xiūxi jǐ fēnzhōng bǎohù shìlì duì le xià zhōu wǒ gěi nǐ fàng liǎng tiān jià · Every hour, rest your eyes for a few minutes to protect your eyesight. Oh, and next week I'm giving you two days off.

anna 真的吗？太好啦！谢谢刘经理！
zhēn de ma tài hǎo la xièxie Liújīnglǐ · Really? Brilliant! Thank you, Manager Liu!

manager liu 别客气。身心健康，工作才有效率嘛。
bié kèqi shēnxīn jiànkāng gōngzuò cái yǒu xiàolǜ ma · Don't mention it. A healthy body and mind make you work better, after all.

write it trace the grey, then write your own

亡
wáng
to perish

舌
shé
tongue

孕
yùn
pregnancy

good to know · 啦 and 嘛 are for speech and chat messages. Leave them out of emails to your boss (unless your boss uses them first!). 凌晨 is the small hours (about midnight to dawn); 清晨 is early morning, when it gets light.

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chapter 1 a family dinner

ms zhang 外面的宴会吃多了，今天我特意做了几道家常菜。
wàimiàn de yànhuì chī duō le jīntiān wǒ tèyì zuò le jǐ dào jiācháng cài · We've all had enough banquets out, so today I've specially made a few home-style dishes.

anna 哇，好香的气味！这个香肠是您自己做的吗？
wā hǎo xiāng de qìwèi zhège xiāngcháng shì nín zìjǐ zuò de ma · Wow, what a lovely smell! Did you make this sausage yourself?

ms zhang 对，纯肉的，没有添加别的东西。
duì chún ròu de méiyǒu tiānjiā biéde dōngxi · Yes: pure meat, nothing else added.

xiaoming 妈妈，酱油和醋在哪儿？我想做一个酱。
māma jiàngyóu hé cù zài nǎr wǒ xiǎng zuò yí gè jiàng · Mum, where are the soy sauce and the vinegar? I want to make a dipping sauce.

ms zhang 在那罐花生酱旁边。把它们混合一下，再加几滴辣椒油。
zài nà guàn huāshēng jiàng pángbiān bǎ tāmen hùnhé yíxià zài jiā jǐ dī làjiāo yóu · Next to the jar of peanut butter. Mix them together, then add a few drops of chilli oil.

little sister 我要喝粥，先给我盛一碗吧。
wǒ yào hē zhōu xiān gěi wǒ chéng yì wǎn ba · I want congee: serve me a bowl first.

dr li 慢点喝，粥很烫，别烫了舌头。
màn diǎn hē zhōu hěn tàng bié tàng le shétou · Drink it slowly: the congee is very hot, don't burn your tongue.

anna 这碗粉的口感真好，味道特地道。
zhè wǎn fěn de kǒugǎn zhēn hǎo wèidào tè dìdao · These rice noodles have a lovely texture, and they taste really authentic.

dr li 今天的菜较为清淡，肉也煮得很烂，很适合我。
jīntiān de cài jiàowéi qīngdàn ròu yě zhǔ de hěn làn hěn shìhé wǒ · Today's food is fairly light and the meat is cooked very soft: just right for me.

ms zhang 这些饺子是用有机面粉包的，大家品尝一下。
zhèxiē jiǎozi shì yòng yǒujī miànfěn bāo de dàjiā pǐncháng yíxià · These dumplings are made with organic flour. Do try them, everyone.

little sister 哥哥，你给安娜夹一块肉嘛！
gēge nǐ gěi Ānnà jiā yí kuài ròu ma · Come on, brother, pick up a piece of meat for Anna!

anna 谢谢阿姨的热情招待！今天家里好不热闹啊！
xièxie āyí de rèqíng zhāodài jīntiān jiā lǐ hǎobú rènao a · Thank you for having us so warmly! It's so lively at home today!

chapter 2 one bowl too many

anna 这些菜太可口了，我一口气吃了三碗饭。
zhèxiē cài tài kěkǒu le wǒ yìkǒuqì chī le sān wǎn fàn · This food is so good I've had three bowls of rice in one go.

little sister 我也是。你再尝尝这串葡萄，又甜又脆。
wǒ yě shì nǐ zài cháng chang zhè chuàn pútao yòu tián yòu cuì · Me too. Try this bunch of grapes: sweet and crunchy.

ms zhang 还有薯片和糖果，都是给你们准备的。
hái yǒu shǔpiàn hé tángguǒ dōu shì gěi nǐmen zhǔnbèi de · There are crisps and sweets too, all for you.

anna 我最近工作太累，一直没有食欲，今天胃口特别好。
wǒ zuìjìn gōngzuò tài lèi yìzhí méiyǒu shíyù jīntiān wèikǒu tèbié hǎo · Work has worn me out lately and I've had no appetite, but today I'm really hungry.

anna 哎呀，我好像吃得太多了，有点恶心。
āiyā wǒ hǎoxiàng chī de tài duō le yǒudiǎn ěxin · Oh dear, I think I've eaten too much. I feel a bit sick.

xiaoming 是不是吃了太多辣椒？你的脸好红，还出了一身汗。
shì bu shì chī le tài duō làjiāo nǐ de liǎn hǎo hóng hái chū le yìshēn hàn · Did you have too much chilli? Your face is all red, and you're sweating all over.

anna 我的头也有点晕……
wǒ de tóu yě yǒudiǎn yūn · And I feel a bit dizzy...

dr li 别着急，先坐下来休息片刻。小明，把那扇窗户打开。
bié zháojí xiān zuò xialai xiūxi piànkè Xiǎomíng bǎ nà shàn chuānghu dǎkāi · Don't worry. Sit down and rest a moment. Xiaoming, open that window.

dr li 安娜，要么喝点热水，要么出去走走。
Ānnà yàome hē diǎn rè shuǐ yàome chūqù zǒu zou · Anna, either have some hot water or go for a little walk.

anna 不行，我想吐……
bùxíng wǒ xiǎng tù · No good, I think I'm going to be sick...

dr li 我还是带你去医院看看吧，这样大家都放心。
wǒ háishi dài nǐ qù yīyuàn kàn kan ba zhèyàng dàjiā dōu fàngxīn · I'd better take you to the hospital to be checked, so everyone can relax.

chapter 3 at the hospital

xiaoming 安娜，你脑袋还晕吗？要不要我去推个轮椅来？
Ānnà nǐ nǎodai hái yūn ma yàobúyào wǒ qù tuī gè lúnyǐ lái · Anna, is your head still spinning? Shall I go and get a wheelchair?

anna 不用啦，我自己能走。内科在几楼？
búyòng la wǒ zìjǐ néng zǒu nèikē zài jǐ lóu · No need, I can walk. Which floor is internal medicine on?

xiaoming 二楼。你看墙上写着：“最近传染病较多，请患者进门时用酒精消毒双手。”
èr lóu nǐ kàn qiáng shàng xiě zhe zuìjìn chuánrǎnbìng jiào duō qǐng huànzhě jìn mén shí yòng jiǔjīng xiāodú shuāng shǒu · The second. Look, the sign on the wall says: “Infectious diseases are common at the moment. Patients, please disinfect your hands with alcohol as you come in.”

anna 还写着：“如有发烧等异常症状，请先告诉护士。”
hái xiě zhe rú yǒu fāshāo děng yìcháng zhèngzhuàng qǐng xiān gàosu hùshi · It also says: “If you have a fever or other unusual symptoms, please tell a nurse first.”

xiaoming 那位女士怀孕了，我们把座位让给她吧。
nà wèi nǚshì huáiyùn le wǒmen bǎ zuòwèi ràng gěi tā ba · That lady is pregnant. Let’s give her our seats.

dr li 安娜，到你了。你哪个部位不舒服？
Ānnà dào nǐ le nǐ nǎge bùwèi bù shūfu · Anna, it’s your turn. Where does it feel bad?

anna 胃还有点不适，嗓子也又痒又疼。
wèi hái yǒudiǎn búshì sǎngzi yě yòu yǎng yòu téng · My stomach is still a bit uncomfortable, and my throat is itchy and sore.

dr li 张开嘴，我看看口腔。辣椒吃多了，嗓子有点发炎。
zhāngkāi zuǐ wǒ kàn kan kǒuqiāng làjiāo chī duō le sǎngzi yǒudiǎn fāyán · Open your mouth, let me look inside. Too much chilli: your throat is a little inflamed.

dr li 你以前患过胃病吗？
nǐ yǐqián huàn guo wèi bìng ma · Have you ever had stomach trouble before?

anna 没有。要打针吗？我最怕针了。
méiyǒu yào dǎzhēn ma wǒ zuì pà zhēn le · No. Do I need an injection? I’m terrified of needles.

dr li 不用。我听听你的心脏和肺……都很正常，血压也没问题。
búyòng wǒ tīng ting nǐ de xīnzàng hé fèi dōu hěn zhèngcháng xuèyā yě méi wèntí · No. Let me listen to your heart and lungs... all normal, and your blood pressure is fine too.

dr li 血液检查也正常，炎症不严重。
xuèyè jiǎnchá yě zhèngcháng yánzhèng bù yánzhòng · The blood test is normal too, and the inflammation isn’t serious.

chapter 4 the doctor’s advice

dr li 不是病毒或细菌感染，也不会传染。
bú shì bìngdú huò xìjūn gǎnrǎn yě bú huì chuánrǎn · It isn't a viral or bacterial infection, and it isn't contagious.

anna 那是食物中毒吗?
nà shì shíwù zhòngdú ma · Is it food poisoning, then?

dr li 也不是，你只是吃得太多太急了。
yě bú shì nǐ zhǐshì chī de tài duō tài jí le · No, you just ate too much, too fast.

dr li 这个药饭后服，每次两粒。症状要是加重，马上打电话给我。
zhège yào fàn hòu fú měi cì liǎng lì zhèngzhuàng yàoshi jiāzhòng mǎshàng dǎ diànhuà gěi wǒ · Take this medicine after meals, two tablets each time. If the symptoms get worse, call me at once.

xiaoming 爸爸，墙上的保健小知识写得真好：“一、饮食要适度，多补充维生素和蛋白质。”
bàba qiáng shàng de bǎojiàn xiǎo zhīshi xiě de zhēn hǎo yī yǐnshí yào shìdù duō bǔchōng wéishēngsù hé dànbáizhì · Dad, the health-care tips on the wall are really good: “One: eat in moderation, and get plenty of vitamins and protein.”

xiaoming “二、少吃肥肉，脂肪太多容易引起肥胖，对血管也不好。”
èr shǎo chī féi ròu zhīfáng tài duō róngyì yǐnqǐ féipàng duì xuèguǎn yě bù hǎo · “Two: eat less fatty meat. Too much fat easily leads to obesity, and it is bad for the blood vessels too.”

xiaoming “三、常温下放久的食物容易变质；剩菜要热透了，才能消灭细菌。”
sān chángwēn xià fàng jiǔ de shíwù róngyì biànzhì shèng cài yào rè tòu le cái néng xiāomiè xìjūn · “Three: food left at room temperature for long goes off easily. Heat leftovers right through: only then are the germs killed.”

xiaoming “四、饭后不宜做剧烈运动；夏天小心中暑，冬天注意保暖。”
sì fàn hòu bùyí zuò jùliè yùndòng xiàtiān xiǎoxīn zhòngshǔ dōngtiān zhùyì bǎonuǎn · “Four: avoid hard exercise after meals. Watch out for heatstroke in summer and keep warm in winter.”

xiaoming “五、长期疲劳、经常熬夜，会让人衰老得更快。”
wǔ chángqī píláo jīngcháng áoyè huì ràng rén shuāilǎo de gèng kuài · “Five: long-term tiredness and frequent late nights make you age faster.”

dr li 坚持这些，身体才能结实、强壮，免疫能力也会提高。
jiānchí zhèxiē shēntǐ cái néng jiēshi qiángzhuàng miǎnyì nénglì yě huì tígāo · Stick to these and your body will stay strong and sturdy, and your immunity will improve too.

xiaoming 照您这么说，人人都能长寿啦?
zhào nín zhème shuō rén rén dōu néng chángshòu la · By that logic, everyone will live to a ripe old age, then?

dr li 寿命跟很多东西有关，但好习惯的功效是真的。
shòumìng gēn hěn duō dōngxi yǒuguān dàn hǎo xíguàn de gōngxiào shì zhēn de · Lifespan depends on many things, but good habits really do work.

anna 我工作忙，难免熬夜。以后一定注意!
wǒ gōngzuò máng nánmiǎn áoyè yǐhòu yídìng zhùyì · I'm busy at work, so late nights are hard to avoid. I'll be careful from now on!

chapter 5 home again

little sister 安娜，你回来啦！感觉怎么样？
Ānnà nǐ huílái la gǎnjué zěnmeyàng · Anna, you're back! How do you feel?

anna 好多啦！我好容易才不恶心了，脑子也清醒了。
hǎoduō la wǒ hǎoróngyì cái bù ěxin le nǎozi yě qīngxǐng le · Much better! At last I don't feel sick any more, and my head is clear again.

little sister 我就说嘛，你就是吃太多了。我给你泡了一壶热茶。
wǒ jiù shuō ma nǐ jiùshì chī tài duō le wǒ gěi nǐ pào le yì hú rè chá · Told you: you just ate too much. I've made you a pot of hot tea.

little sister 刚才你说想吐，我爸爸赶忙去开车，我不禁担心起来。
gāngcái nǐ shuō xiǎng tù wǒ bàba gǎnmáng qù kāichē wǒ bùjīn dānxīn qǐlai · When you said you were going to be sick, Dad rushed off to get the car, and I couldn't help worrying.

anna 所以你特地给我买了这枝花？
suǒyǐ nǐ tèdì gěi wǒ mǎi le zhè zhī huā · So you bought me this flower specially?

little sister 对，我偷偷去楼下买的，我哥哥都不知道。
duì wǒ tōutōu qù lóu xià mǎi de wǒ gēge dōu bù zhīdào · Yes, I slipped downstairs and bought it on the quiet. My brother doesn't even know.

little sister 来，我给你按摩一下肩膀和脖子，帮你减压。
lái wǒ gěi nǐ ànmó yíxià jiānbǎng hé bózi bāng nǐ jiǎnyā · Come here, I'll massage your shoulders and neck to help you unwind.

anna 太舒服了！我天天看电脑，颈椎老疼，眼睛也花了。
tài shūfu le wǒ tiāntiān kàn diànnǎo jǐngzhuī lǎo téng yǎnjing yě huā le · That's lovely! I'm at the computer every day: my neck always hurts, and my eyes have gone blurry too.

little sister 你本来就近视，深夜别再工作了，要保护视力。
nǐ běnlái jiù jìnshì shēnyè bié zài gōngzuò le yào bǎohù shìlì · You're short-sighted already. No more working late at night: look after your eyesight.

anna 对，今天晚上我要早点睡，不能再熬夜到凌晨了。
duì jīntiān wǎnshang wǒ yào zǎo diǎn shuì bù néng zài áoyè dào língchén le · Right, I'm going to bed early tonight: no more staying up into the small hours.

little sister 明天清晨我们去公园走走吧，调节一下身心。
míngtiān qīngchén wǒmen qù gōngyuán zǒu zou ba tiáojié yíxià shēnxīn · Let's go for a walk in the park early tomorrow morning, to refresh body and mind.

little sister 下次我们一起去吃自助吧？
xià cì wǒmen yìqǐ qù chī zìzhù ba · Shall we go to a buffet together next time?

anna 我可不敢啦！要么点个套餐，要么就喝一碗粥。
wǒ kě bù gǎn la yàome diǎn gè tàocān yàome jiù hē yì wǎn zhōu · I wouldn't dare! Either I order a set meal, or I just have a bowl of congee.

Unit 2 is done: you can enjoy a feast, describe what hurts and follow the doctor's orders, all in Chinese.
Do this day interactively, with audio and games, free at **wishyou.today/learning**