day 109 good food

Talk about food, diet and eating out, take leftovers away and pay the bill, and say “not at all” with 根本 + 不/沒.

Every grandmother checks the fridge, and 根本 is the word for the shocking truth: you don’t cook at all.

words

word	pinyin	meaning	example
美食	měishí	good food, delicacies	臺南有很多美食。 Tainan has lots of great food.
茶葉	cháyè	tea leaves	這包茶葉是朋友送的。 A friend gave me this packet of tea.
濃	nóng	strong, thick (drinks, smell)	這杯咖啡太濃了。 This coffee is too strong.
切	qiē	cut, slice	我來切水果。 I’ll cut up the fruit.
飲食	yǐnshí	diet, food and drink	生病的時候，飲食要小心。 When you’re ill, be careful what you eat.
過期	guòqí	expire, be out of date	這瓶牛奶過期了。 This milk is past its date.
食品	shípǐn	food (products)	這家超市的食品很新鮮。 The food in this supermarket is very fresh.
乾杯	gānbēi	cheers! drink a toast	為我們的友誼乾杯！ To our friendship: cheers!
熱量	rèliàng	calories, heat (energy)	炸的東西熱量很高。 Fried food is high in calories.
打包	dǎbāo	pack up (leftovers), take away	吃不完的菜可以打包。 You can take home what you can’t finish.
糧食	liángshí	grain, food (supplies)	糧食很珍貴，不要隨便丟。 Food is precious: don’t throw it away.
沖	chōng	make (with hot water); rinse	我沖一杯咖啡給你。 I’ll make you a cup of coffee.
鮮	xiān	fresh, tasty (of seafood)	這條魚很鮮。 This fish is really fresh.
結帳	jiézhàng	pay the bill, check out	請問，在哪裡結帳？ Excuse me, where do I pay?
根本	gēnběn	(not) at all; root, basis	我根本不認識他。 I don’t know him at all.
大型	dàxíng	large(-scale), big	這是一場大型的比賽。 This is a big competition.
定期	dìngqí	regular(ly), at fixed times	我定期檢查身體。 I have regular check-ups.

多半	duōbàn	most, mostly	我的朋友多半是學生。 Most of my friends are students.

pattern 根本 + 不/沒: not at all, simply not

someone | 根本 | 不 / 沒 + verb

根本 before 不 or 沒 makes a strong “not at all”: 我根本不知道 (I had no idea whatsoever), 他根本沒來 (he never even came). It often corrects what someone thinks. As a noun, 根本 means “root, basis”.

他說他來過，其實他根本沒來。 **tā shuō tā lái guo qíshí tā gēnběn méi lái** He says he came, but actually he never came at all.

我七十九歲了，飯照做，菜照買。 **wǒ qīshíjiǔ suì le fàn zhào zuò cài zhào mǎi** I’m seventy-nine, and I still do my own cooking and shopping.

我來臺北還不到一天，就發現這麼多問題！ **wǒ lái Táiběi hái búdào yì tiān jiù fāxiàn zhème duō wèntí** I’ve been in Taipei less than a day, and look at all the problems I’ve found!

dialogue grandma opens the fridge

grandma lin 美玲，你冰箱裡的牛奶早就過期了！光冰箱裡就有十樣過期的東西。
Měilíng nǐ bīngxiāng lǐ de niúnǎi zǎo jiù guòqí le guāng bīngxiāng lǐ jiù yǒu shí yàng guòqí de dōngxi · Meiling, the milk in your fridge went off ages ago! There are ten out-of-date things in the fridge alone.

meiling 啊？我根本沒注意。
a wǒ gēnběn méi zhùyì · What? I hadn't noticed at all.

anna 我們冰箱的作用，就是放過期的東西。
wǒmen bīngxiāng de zuòyòng jiùshì fàng guòqí de dōngxi · Our fridge's job is to store out-of-date food.

grandma lin 這些食品多半都過期了。你們根本不做飯吧？
zhèxiē shípǐn duōbàn dōu guòqí le nǐmen gēnběn bú zuò fàn ba · Most of this food is out of date. You don't cook at all, do you?

david 工作太忙了，家事都做不完，我們多半在外面吃。
gōngzuò tài máng le jiāshì dōu zuò bu wán wǒmen duōbàn zài wàimiàn chī · Work's so busy we can't even keep up with the chores, so we mostly eat out.

grandma lin 外面的東西油，熱量也高。飲食要注意，冰箱也要定期檢查。你們多少也要自己做一點飯。
wàimiàn de dōngxi yóu rèliàng yě gāo yǐnshí yào zhùyì bīngxiāng yě yào dìngqí jiǎnchá nǐmen duōshǎo yě yào zìjǐ zuò yìdiǎn fàn · Food out is oily and full of calories. Watch what you eat, and check the fridge regularly. You should do at least a bit of cooking yourselves.

anna 奶奶，您帶來的茶葉好香！我來沖茶。
nǎinai nín dàilái de cháyè hǎo xiāng wǒ lái chōng chá · Grandma, the tea leaves you brought smell wonderful! I'll make some tea.

grandma lin 這是朋友自己種的茶葉。不要沖得太濃。今天晚上我請你們吃臺北的美食！
zhè shì péngyǒu zìjǐ zhòng de cháyè bú yào chōng de tài nóng jīntiān wǎnshàng wǒ qǐng nǐmen chī Táiběi de měishí · A friend grows this tea herself. Don't make it too strong. Tonight, I'm treating you all to some Taipei food!

david 這家的魚好鮮！奶奶，我們用茶乾杯，歡迎您來臺北！
zhè jiā de yú hǎo xiān nǎinai wǒmen yòng chá gānbēi huānyíng nín lái Táiběi · The fish here is so fresh! Grandma, let's toast with tea, to welcome you to Taipei!

meiling 菜太多了，吃不完，我們打包吧。
cài tài duō le chī bu wán wǒmen dǎbāo ba · There's too much food: let's take the rest home.

grandma lin 好，糧食不能隨便丟。安娜，你別去結帳，今天奶奶請客！
hǎo liángshí bù néng suíbiàn diū Ānnà nǐ bié qù jiézhàng jīntiān nǎinai qǐngkè · Yes, you mustn't waste food. Anna, don't go and pay: tonight Grandma's treat!

write it trace the grey, then write your own

林
lín
woods

土
tǔ
earth, soil; local, rustic



洋
yáng
ocean

陽
yáng
sun

good to know · 打包 is what you say in a Taiwanese restaurant when you want to take leftovers home: 可以幫我打包嗎？ Many places give you a box for free. 多半 means “most, mostly”: 多半在外面吃 mostly eat out. 定期 means “regular(ly), at fixed times”: 定期檢查 regular check-ups.

Not at all hungry for more words? 根本不可能! See you tomorrow.
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 110 spicy and hot

Talk about spicy, hot and frozen food, ingredients and smells, and say "so that" with ……，好……

Cooking together is a Taiwanese family classic, and 好 + verb is the quick way to say why you do something.

words

word	pinyin	meaning	example
辣椒	làjiāo	chilli (pepper)	我不吃辣椒。 I don't eat chilli.
燙	tàng	scalding hot; burn, scald	小心，湯很燙！ Careful, the soup is very hot!
凍	dòng	frozen, freezing	這塊肉還凍著，等一下再切。 This meat is still frozen: cut it later.
調	tiáo	adjust, mix; season	冷氣太冷了，調高一點吧。 The air con is too cold: turn it up a bit.
成分	chéngfèn	ingredient, component	買東西以前，我會看一下成分。 Before I buy something, I check the ingredients.
含	hán	contain	這種飲料含很多糖。 This drink contains a lot of sugar.
花生	huāshēng	peanut	他不能吃花生。 He can't eat peanuts.
麵粉	miànfěn	flour	做麵包要用麵粉。 You need flour to make bread.
登	dēng	publish (in print); climb	他的文章登在報紙上了。 His article was published in the paper.
吞	tūn	swallow	這顆藥太大了，我吞不下去。 This pill is too big: I can't swallow it.
混	hùn	mix	把糖和水混在一起。 Mix the sugar and the water together.
爛	làn	very soft (cooked); rotten	肉要煮爛一點。 Cook the meat until it's nice and soft.
清淡	qīngdàn	light, not greasy (food)	生病的時候要吃清淡一點。 When you're ill, eat plain food.
氣味	qìwèi	smell, odour	廚房裡有奇怪的氣味。 There's a strange smell in the kitchen.
香腸	xiāngcháng	sausage	夜市的香腸很好吃。 The sausages at the night market are delicious.
動人	dòngrén	moving, touching	這個故事很動人。 This story is very moving.
獨自	dúzì	alone, by oneself	她獨自一個人去旅行。 She went travelling on her own.
高度	gāodù	height; high (degree)	這張桌子的高度剛好。 This table is just the right height.

pattern ……，好……: so that

what you do ，好 **what it lets you do**

After an action, 好 + verb gives its purpose: “so that, so as to”. 早點睡，好明天早起 (go to bed early so you can get up early). The second part is something you want to make possible. It is short and spoken; 以便 is the written partner.

多包一點，好給王阿姨送去。 **duō bāo yìdiǎn hǎo gěi Wáng āyí sòng qù** Make a few extra, so we can take some to Auntie Wang.

你把地址給我，好寄東西給你。 **nǐ bǎ dìzhǐ gěi wǒ hǎo jì dōngxi gěi nǐ** Give me your address so I can send you things.

我以前根本不會包水餃。 **wǒ yǐqián gēnběn bú huì bāo shuǐjiǎo** I used to have no idea how to make dumplings.

dialogue dumplings from scratch

grandma lin 今天晚上我們自己包水餃。大衛，把麵粉和水混在一起。
jīntiān wǎnshàng wǒmen zìjǐ bāo shuǐjiǎo Dàwèi bǎ miànfěn hé shuǐ hùn zài yìqǐ · Tonight we’re making our own dumplings. David, mix the flour and the water.

david 這樣對嗎？我以前根本不會做這個。
zhèyàng duì ma wǒ yǐqián gēnběn bú huì zuò zhè ge · Like this? I’ve never done this before.

anna 奶奶，這瓶辣椒油含花生嗎？我看一下成分……有。志明不吃花生，我們另外做一點，好讓他也能吃。
nǎinai zhè píng làjiāo yóu hán huāshēng ma wǒ kàn yíxià chéngfèn yǒu Zhìmíng bù chī huāshēng wǒmen lìngwài zuò yìdiǎn hǎo ràng tā yě néng chī · Grandma, does this chilli oil have peanuts in it? Let me check the ingredients… yes. Zhiming doesn’t eat peanuts, so let’s make some separately, so he can have them too.

david 我的要加辣椒！越辣越好。
wǒ de yào jiā làjiāo yuè là yuè hǎo · Mine with chilli! The hotter the better.

grandma lin 我年紀大了，吃得比較清淡。辣不辣，你們自己調。
wǒ niánjì dà le chī de bǐjiào qīngdàn là bu là nǐmen zìjǐ tiáo · I’m getting on, so I eat quite plain food. How spicy you make it is up to you.

meiling 奶奶的飲食很健康，所以身體這麼好。
nǎinai de yǐnshí hěn jiànkāng suǒyǐ shēntǐ zhème hǎo · Grandma eats really healthily: that’s why she’s so fit.

zhiming 好香！連巷口烤香腸的氣味都沒這麼香。
hǎo xiāng lián xiàng kǒu kǎo xiāngcháng de qìwèi dōu méi zhème xiāng · That smells amazing! Even the grilled sausages at the end of the lane don’t smell this good.

grandma lin 水餃剛煮好，很燙，慢慢吃，別一口吞下去。
shuǐjiǎo gāng zhǔ hǎo hěn tàng mànmàn chī bié yì kǒu tūn xiaqu · The dumplings have just come out: they’re scalding. Eat slowly, don’t swallow them whole.

zhiming 奶奶，您居然會自己做皮！
nǎinai nín jūrán huì zìjǐ zuò pí · Grandma, you can actually make the wrappers yourself!

grandma lin 我十六歲就獨自到臺南工作，什麼都得自己做。多包一點，好給王阿姨送去，這些有她的份。
wǒ shíliù suì jiù dúzì dào Táinán gōngzuò shénme dōu děi zìjǐ zuò duō bāo yìdiǎn hǎo gěi Wáng āyí sòng qù zhèxiē yǒu tā de fèn · I went to Tainan to work on my own at sixteen: I had to do everything myself. Let’s make a few extra so we can take some to Auntie Wang: these are her share.

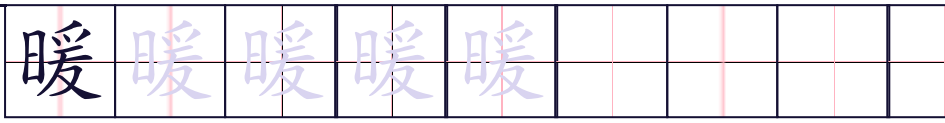
meiling 奶奶的故事好動人。
nǎinai de gùshi hǎo dòngrén · Grandma’s story is so touching.

write it trace the grey, then write your own

產
chǎn
produce, yield

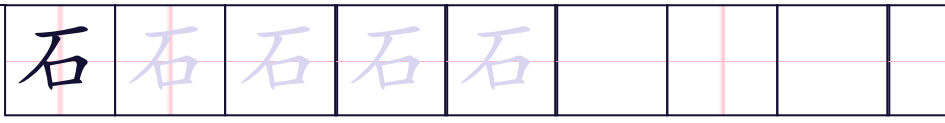


暖
nuǎn
warm; to warm up



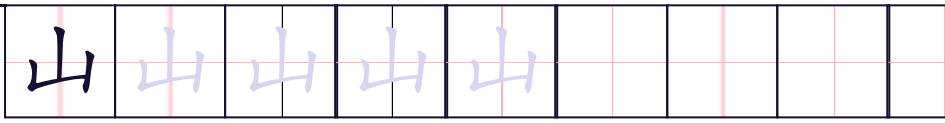
石
shí
stone





山
shān
mountain, hill





good to know · 燙 is “scalding hot” to the touch or mouth (小心燙！). 辣 is spicy-hot. For the weather, 熱. 調 here is tiáo, “adjust, mix”: 調味 season, 調冷氣 adjust the air conditioning. In 調查 (investigate) it is diào.

Learn a little every day, 好 you can chat with any grandmother in Taiwan!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 111 stir, fry and mix

Talk about cooking, mixing and nutrition, and compare then and now with 原來 A，如今 B.

Grandparents love to tell you how things used to be, and 原來……，如今…… is how the story goes.

words

word	pinyin	meaning	example
湯圓	tāngyuán	sweet rice balls	冬天我們喜歡吃湯圓。 We love sweet rice balls in winter.
動手	dòngshǒu	get to work; do it yourself	大家一起動手吧！ Let's all get stuck in!
粥	zhōu	rice porridge, congee	生病的時候，喝點粥吧。 When you're ill, have some rice porridge.
滴	dī	drop; drip	加幾滴醬油就好了。 Just add a few drops of soy sauce.
奶粉	nǎifěn	powdered milk, formula	寶寶要喝奶粉了。 It's time for the baby's bottle.
宴會	yànhuì	banquet, dinner party	公司下個月有一場宴會。 The company has a banquet next month.
肥	féi	fatty (meat); fertile	這塊肉太肥了。 This meat is too fatty.
混合	hùnhé	mix, blend	把兩種顏色混合在一起。 Blend the two colours together.
淋	lín	pour over; get soaked	我忘了帶傘，被雨淋了。 I forgot my umbrella and got soaked.
割	gē	cut	小心，別割到手。 Careful, don't cut your hand.
融化	rónghuà	melt, dissolve	天氣太熱，冰都融化了。 It's so hot the ice has all melted.
煎	jiān	pan-fry	早上我煎了兩個蛋。 I fried two eggs this morning.
拌	bàn	mix, toss	麵要拌一拌才好吃。 Toss the noodles well: they taste better.
蛋白質	dànbáizhí	protein	雞蛋有很多蛋白質。 Eggs have lots of protein.
維生素	wéishēngsù	vitamin	水果有很多維生素。 Fruit has lots of vitamins.
如今	rújīn	nowadays, now	如今很多人用手機付錢。 Nowadays lots of people pay with their phones.
等於	děngyú	equal, be the same as	一加一等於二。 One plus one equals two.
紛紛	fēnfēn	one after another	下雨了，大家紛紛回家。 It started raining, and everyone headed home one after another.

pattern 原來 a，如今 b: it used to be… now

原來 **how it was** ，如今 **how it is now**

原來 (originally, at first) sets up the past, and 如今 (nowadays, now) gives the present: 他原來很瘦，如今胖了很多. 如今 is a little more literary than 現在 and suits stories of change. 以前 can take the place of 原來.

原來我們一家住在鄉下，如今都搬到城市了。 **yuánlái wǒmen yì jiā zhù zài xiāngxià rújīn dōu bān dào chéngshì le** Our family used to live in the countryside; now we've all moved to the city.

以前只有過年才吃得到，如今每天都買得到。 **yǐqián zhǐyǒu guònián cái chī de dào rújīn měi tiān dōu mǎi de dào** You used to get it only at New Year; now you can buy it every day.

寫錯的字，要改過來。 **xiě cuò de zì yào gǎi guò lái** Words you've written wrongly need correcting.

dialogue breakfast at five

grandma lin 早！我煮了粥，還煎了蛋。
zǎo wǒ zhǔ le zhōu hái jiān le dàn · Morning! I've made rice porridge and fried some eggs.

anna 奶奶，您起得好早！
nǎinai nín qǐ de hǎo zǎo · Grandma, you're up so early!

grandma lin 我原來在鄉下天天五點起床，如今住在城市，還是改不過來。
wǒ yuánlái zài xiāngxià tiāntiān wǔ diǎn qǐchuáng rújīn zhù zài chéngshì háishì gǎi bu guò lái · I used to get up at five every day in the countryside. Now I live in the city, and I still can't break the habit.

david 這個粥好香，上面淋了什麼？
zhè ge zhōu hǎo xiāng shàngmiàn lín le shénme · This porridge smells great: what did you pour on top?

grandma lin 幾滴醬油而已。蛋要多吃，有蛋白質。青菜也要吃，有很多維生素。肥肉少吃一點。
jǐ dī jiàngyóu éryǐ dàn yào duō chī yǒu dànbáizhí qīngcài yě yào chī yǒu hěn duō wéishēngsù féi ròu shǎo chī yìdiǎn · Just a few drops of soy sauce. Eat plenty of eggs: they've got protein. And vegetables, full of vitamins. Go easy on fatty meat.

david 那我得少吃香腸了。
nà wǒ děi shǎo chī xiāngcháng le · Then I'd better eat fewer sausages.

grandma lin 晚上我們做湯圓。冬天吃湯圓，就是一家人團圓的意思。
wǎnshàng wǒmen zuò tāngyuán dōngtiān chī tāngyuán jiùshì yì jiā rén tuányuán de yìsi · Tonight we're making sweet rice balls. Eating them in winter means the family is together.

meiling 太好了！我小時候最愛吃湯圓。原來一年只吃一兩次，如今超市天天買得到。
tài hǎo le wǒ xiǎo shíhòu zuì ài chī tāngyuán yuánlái yì nián zhǐ chī yìliǎng cì rújīn chāoshì tiāntiān mǎi de dào · Great! I loved them as a child. We used to have them only once or twice a year; now the supermarket has them every day.

david 反正超市有，我們買就好了吧？
fǎnzhèng chāoshì yǒu wǒmen mǎi jiù hǎo le ba · Well, if the supermarket has them anyway, why don't we just buy some?

grandma lin 自己動手做的比較好吃！我教你們。紅豆湯我來煮。
zìjǐ dòngshǒu zuò de bǐjiào hǎochī wǒ jiāo nǐmen hóngdòu tāng wǒ lái zhǔ · Home-made ones taste better! I'll show you how. I'll make the red bean soup.

grandma lin 我做菜只有一個原則：用心。
wǒ zuò cài zhǐyǒu yí ge yuánzé yòngxīn · I've only got one rule when I cook: put your heart into it.

meiling 你看，大家都紛紛動手了！
nǐ kàn dàjiā dōu fēnfēn dòngshǒu le · Look, everyone's pitching in!

write it trace the grey, then write your own



效 xiào effect

樹 shù tree

龍 lóng dragon

島 dǎo island

good to know · 湯圓 are sweet glutinous rice balls, often in red bean or ginger soup. In Taiwan they are eaten at the winter solstice (冬至, around 22 December) and the Lantern Festival. 煎 is to pan-fry with a little oil (煎蛋 fried egg); 炒 is stir-frying; 炸 deep-frying. 拌 is to mix or toss (拌麵 noodles tossed in sauce).

You used to know a few food words; 如今 you can cook a whole breakfast in Chinese!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 112 lids and pots

Talk about pots, lids, vegetarian food and late-night snacks, and say “in progress” with verb + 中.

Dinner at a teacher’s home is a big honour in Taiwan, and verb + 中 is on every sign and status message.

words

word	pinyin	meaning	example
素食	sùshí	vegetarian food	這家餐廳只賣素食。 This restaurant serves only vegetarian food.
遞	dì	pass, hand (over)	請把鹽遞給我。 Please pass me the salt.
斷	duàn	break, snap	我的筷子斷了。 My chopsticks have snapped.
扶	fú	support (with the hand)	我扶奶奶上樓梯。 I help Grandma up the stairs.
隔	gé	be apart; after (an interval)	我們隔天再談吧。 Let’s talk about it the next day.
油膩	yóunì	greasy, oily	這道菜太油膩了。 This dish is too greasy.
開動	kāidòng	start eating; set off	菜來了，大家開動吧！ The food’s here: let’s eat!
蓋子	gàizi	lid, cover	這個瓶子的蓋子打不開。 I can’t get the lid off this bottle.
鍋子	guōzi	pot, wok	鍋子裡還有湯。 There’s still some soup in the pot.
蝦子	xiāzi	prawn, shrimp	這些蝦子很新鮮。 These prawns are very fresh.
宵夜	xiāoyè	late-night snack	我們去夜市吃宵夜吧。 Let’s go to the night market for a late-night snack.
味精	wèijīng	MSG (monosodium glutamate)	請不要放味精。 No MSG, please.
蜂蜜	fēngmì	honey	茶裡加一點蜂蜜。 Add a little honey to the tea.
罐頭	guàntou	tinned food, can	颱風來以前，我們買了很多罐頭。 Before the typhoon, we bought lots of tinned food.
瓜子	guāzǐ	(melon or sunflower) seeds	過年的時候，大家一邊聊天一邊吃瓜子。 At New Year, everyone chats and snacks on seeds.
黏	nián	sticky; stick	這個糖好黏！ This sweet is so sticky!
買單	mǎidān	pay the bill	今天我買單。 Today it’s on me.

熬	áo	simmer, stew; endure	這鍋湯熬了三個小時。 This soup has simmered for three hours.

pattern verb + 中: in the middle of, in progress

something **(在) verb** **中**

中 after a two-syllable verb means “in the middle of, in progress”: 施工中 (work in progress), 討論中 (under discussion), 準備中 (being prepared). It is formal and short, so you see it on signs, menus and messages. In speech, 正在 + verb says the same.

這條路施工中，請走別的路。 **zhè tiáo lù shīgōng zhōng qǐng zǒu biéde lù** This road is under construction: please use another route.

比賽還在進行中。 **bǐsài hái zài jìnxíng zhōng** The match is still in progress.

看樣子要下雨了，帶把傘吧。 **kànyàngzi yào xiàyǔ le dài bǎ sǎn ba** It looks like rain: take an umbrella.

dialogue dinner at teacher chen’s

teacher chen 歡迎！我先生在廚房，晚餐準備中，大家先吃點瓜子。
huānyíng wǒ xiānshēng zài chúfáng wǎn cān zhǔnbèi zhōng dàjiā xiān chī diǎn guāzǐ · Welcome! My husband is in the kitchen and dinner is on its way. Have some sunflower seeds first.

david 好香！這是什麼味道？
hǎo xiāng zhè shì shénme wèidào · Smells great! What's that smell?

grandma lin 陳老師，謝謝您請我來。這鍋湯熬了多久？
Chén lǎoshī xièxie nín qǐng wǒ lái zhè guō tāng áo le duō jiǔ · Teacher Chen, thank you for inviting me. How long has this soup been simmering?

teacher chen 三個小時了。看樣子還要再熬一會。蓋子先別打開。
sān ge xiǎoshí le kànyàngzi hái yào zài áo yìhuǐ gàizi xiān bié dǎkāi · Three hours. It looks like it needs a bit longer. Don't take the lid off yet.

david 老師，聽說您吃素食？
lǎoshī tīngshuō nín chī sùshí · Teacher, I hear you're vegetarian?

teacher chen 對，我原來什麼都吃，如今只吃素食。不過你們有蝦子。
duì wǒ yuánlái shénme dōu chī rújīn zhǐ chī sùshí búguò nǐmen yǒu xiāzi · Yes. I used to eat everything; now I only eat vegetarian food. But there are prawns for you.

grandma lin 素食好，不油膩。我年紀大了，太油膩的東西吃不下。
sùshí hǎo bù yóunì wǒ niánjì dà le tài yóunì de dōngxi chī bu xià · Vegetarian food is good: it isn't greasy. At my age, I can't manage anything too oily.

anna 奶奶，我扶您坐好。大衛，遞一付碗筷給奶奶。
nǎinai wǒ fú nín zuò hǎo Dàwèi dì yí fù wǎn kuài gěi nǎinai · Grandma, let me help you sit down. David, pass Grandma a bowl and chopsticks.

david 好……啊，我的筷子斷了！
hǎo a wǒ de kuàizi duàn le · OK... oh no, my chopsticks have snapped!

teacher chen 沒關係，抽屜裡還有。好，菜都上桌了，大家開動吧！我們家的菜不放味精。
méiguānxi chōutì lǐ hái yǒu hǎo cài dōu shàng zhuō le dàjiā kāidòng ba wǒmen jiā de cài bú fàng wèijīng · Never mind, there are more in the drawer. Right, the food's on the table: let's eat! We don't use MSG at home.

david 這些蝦子煎得真好！
zhèxiē xiāzi jiān de zhēn hǎo · These prawns are perfectly pan-fried!

grandma lin 這個甜點好黏，好好吃！是加了蜂蜜嗎？
zhè ge tiándiǎn hǎo nián hǎo hǎochī shì jiā le fēngmì ma · This dessert is so sticky and so good! Did you put honey in it?

teacher chen 對，我把蜂蜜跟糖混合在一起。
duì wǒ bǎ fēngmì gēn táng hùnhé zài yìqǐ · Yes, I mixed honey and sugar together.

write it trace the grey, then write your own

田 tián
field (farmland)

獅 shī
lion

貓
māo
cat

膚
fū
skin

good to know · 開動 is what you say before you start eating, like “let’s eat!”. The host often says it first; 大家開動吧！ 宵夜 is the late-night snack, a Taiwanese institution: night markets, convenience stores and 24-hour breakfast shops all serve it.

Your Chinese: 進行中, and going very well. Let’s eat!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

day 113 snacks and drinks

Order snacks and drinks, talk about picky eaters and old shops, and pass on what you've heard with 據說.

Every old shop in Taipei has a story, and 據說 is how you tell it without swearing it's true.

words

word	pinyin	meaning	example
端	duān	carry (level, in both hands)	他端了一碗湯過來。 He brought over a bowl of soup.
膩	nì	sick of; too rich	天天吃麵，我吃膩了。 Noodles every day: I'm sick of them.
菠菜	bōcài	spinach	菠菜要多吃。 You should eat plenty of spinach.
冷飲	lěngyǐn	cold drink	夏天的冷飲店生意很好。 Cold-drink shops do great business in summer.
梨子	lízi	pear	這個梨子很甜。 This pear is very sweet.
桃子	táozi	peach	夏天的桃子最好吃。 Summer peaches are the best.
鮮奶	xiānnǎi	fresh milk	我每天早上喝一杯鮮奶。 I drink a glass of fresh milk every morning.
下午茶	xiàwǔchá	afternoon tea	我們去喝下午茶吧。 Let's go for afternoon tea.
鹽巴	yánbā	salt	湯裡少放一點鹽巴。 Go easy on the salt in the soup.
飲	yǐn	drink (written)	週末我們去飲茶。 At the weekend we're going for dim sum.
偏食	piānshí	picky about food	小孩子偏食，不吃青菜。 The kid is a fussy eater and won't eat vegetables.
蝦米	xiāmǐ	dried shrimp	這道菜放了蝦米，很香。 This dish has dried shrimp in it: really fragrant.
黃豆	huángdòu	soybean	豆漿是黃豆做的。 Soy milk is made from soybeans.
綠豆	lǜdòu	mung bean	夏天喝綠豆湯很舒服。 Mung bean soup is lovely in summer.
據說	jùshuō	it is said, reportedly	據說這家店很有名。 They say this shop is famous.
典型	diǎnxíng	typical; model, type	這是典型的臺灣早餐。 This is a typical Taiwanese breakfast.
副	fù	(measure word: pair, set)	我買了一副新眼鏡。 I bought a new pair of glasses.

個別	gèbié	individual, isolated	這只是個別的情況。 This is just an isolated case.

pattern 據說: they say, reportedly

據說 **what you've heard**

據說 starts a sentence with something you've heard or read but can't vouch for yourself: 據說他回國了 (apparently he's gone back home). It is a little more formal than 聽說. To say who said it, use 據 + source + 說: 據老闆說 (according to the owner).

據說他已經回國了。 **jùshuō tā yǐjīng huí guó le** Apparently he's already gone back home.

我在看一本關於臺灣美食的書。 **wǒ zài kàn yì běn guānyú Táiwān měishí de shū** I'm reading a book about Taiwanese food.

老闆說，新的口味還在研究中。 **lǎobǎn shuō xīn de kǒuwèi hái zài yánjiù zhōng** The owner says new flavours are still being worked on.

dialogue an old dessert shop

meiling 奶奶，這家店據說開了五十年了。
nǎinai zhè jiā diàn jùshuō kāi le wǔshí nián le · Grandma, they say this shop has been open fifty years.

anna 網路上有一篇關於這家店的文章：「該店的綠豆湯是典型的老臺北味道。」
wǎnglù shàng yǒu yì piān guānyú zhè jiā diàn de wénzhāng gāi diàn de lǜdòu tāng shì diǎnxíng de lǎo Táiběi wèidào · There's an article about it online: "The shop's mung bean soup is the typical taste of old Taipei."

grandma lin 我看一下……哎呀，我那副眼鏡忘在家裡了。
wǒ kàn yíxià āiyā wǒ nà fù yǎnjìng wàng zài jiā lǐ le · Let me see... oh dear, I've left my glasses at home.

meiling 老闆端來了！綠豆湯，還有鮮奶茶。
lǎobǎn duān lái le lǜdòu tāng háiyǒu xiānnǎi chá · Here comes the owner! Mung bean soup, and fresh milk tea.

anna 快喝吧，綠豆湯裡的冰都快融化了！
kuài hē ba lǜdòu tāng lǐ de bīng dōu kuài rónghuà le · Drink up: the ice in the mung bean soup is almost melted!

grandma lin 冷飲少喝一點，對身體不好。
lěngyǐn shǎo hē yìdiǎn duì shēntǐ bù hǎo · Go easy on the cold drinks: they're not good for you.

anna 那您喝熱的。這裡也有熱的梨子湯，還有用黃豆做的豆漿。
nà nín hē rè de zhèlǐ yě yǒu rè de lízi tāng háiyǒu yòng huángdòu zuò de dòujiāng · Then have something hot. They've got hot pear soup too, and soy milk made from soybeans.

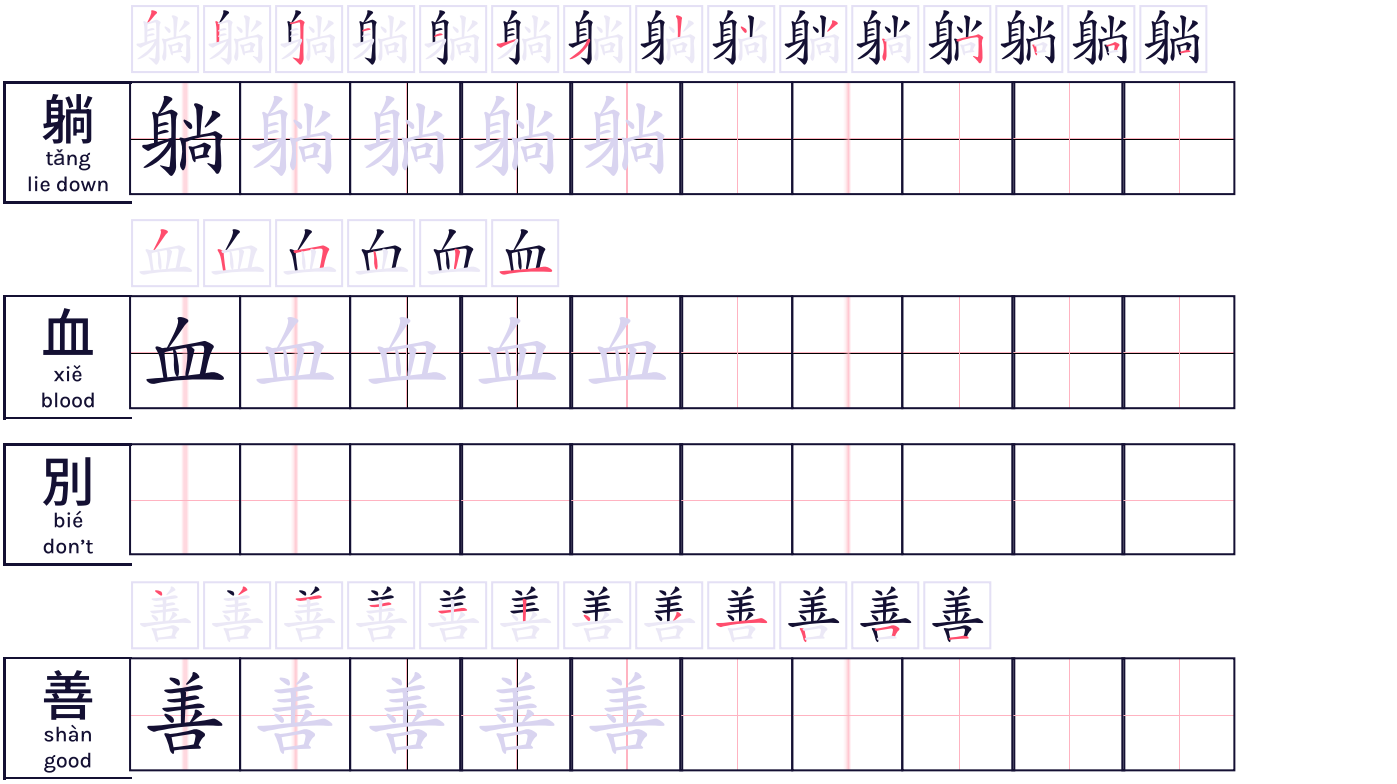
grandma lin 嗯，果然很好喝！煮綠豆湯的時候，加一點鹽巴，會更甜。別告訴別人！
en guǒrán hěn hǎo hē zhǔ lǜdòu tāng de shíhòu jiā yìdiǎn yánbā huì gèng tián bié gàosù biérén · Mmm, as good as they say! When you make mung bean soup, add a pinch of salt and it tastes sweeter. Don't tell anyone!

meiling 奶奶，您熱不熱？我這裡有扇子。
nǎinai nín rè bu rè wǒ zhèlǐ yǒu shànzi · Grandma, are you hot? I've got a fan here.

meiling 可惜大衛沒來。不過他很偏食，菠菜不吃，蝦米也不吃。
kěxí Dàwèi méi lái búguò tā hěn piānshí bōcài bù chī xiāmǐ yě bù chī · Shame David didn't come. Mind you, he's a fussy eater: no spinach, no dried shrimp.

anna 天天吃甜的，我也會膩。下次我們去吃飲茶吧，點心很多。
tiāntiān chī tián de wǒ yě huì nì xià cì wǒmen qù chī yǐn chá ba diǎnxīn hěn duō · I'd get sick of sweet things every day too. Let's go for dim sum next time: there's loads to choose from.

write it trace the grey, then write your own



good to know · 據說 and 聽說 both pass on hearsay. 聽說 is everyday (I heard); 據說 sounds more like news or a guidebook (reportedly, it is said). 膩 is "sick of (something)" or "too rich": 吃膩了 had too much of it. 飲 is the written "drink": 冷飲 cold drinks, 飲茶 dim sum.

據說 people who learn a little every day go far. You're living proof!
Do this day interactively, with audio and games, free at **wishyou.today/learning**

wishyou.today learning

day 114 mission: grandma lin's kitchen

Chinese TOCFL B in 220 days
unit 17 · cooking & eating

Follow a market trip, a family cooking session and a dinner party, and read a handwritten recipe.

Food is how Taiwanese families say "I love you": everything from unit 17 comes back around one table.

chapter 1 shopping with grandma

grandma lin 今天晚上我請王阿姨、陳老師和志明來家裡吃飯，好謝謝大家。菜要在這裡買，傳統市場的東西比較鮮。

jīntiān wǎnshàng wǒ qǐng Wáng āyí Chén lǎoshī hé Zhìmíng lái jiā lǐ chī fàn hǎo xièxie dàjiā cài yào zài zhèlǐ mǎi chuántǒng shìchǎng de dōngxi bǐjiào xiān · Tonight I'm inviting Auntie Wang, Teacher Chen and Zhiming to dinner, to say thank you to everyone. We'll buy the food here: things at a traditional market are fresher.

david 大型超市不是比較方便嗎？

dàxíng chāoshì bú shì bǐjiào fāngbiàn ma · Isn't a big supermarket more convenient?

grandma lin 超市的食品多半是罐頭和冷凍的。你看這些蝦子，還在動呢！

chāoshì de shípǐn duōbàn shì guàntou hé lěng dòng de nǐ kàn zhèxiē xiāzi hái zài dòng ne · Supermarket food is mostly tins and frozen stuff. Look at these prawns: they're still moving!

anna 奶奶，菠菜、黃豆、綠豆都買了。據說這家的香腸很有名，要不要買？老闆說，他們的香腸還登過報紙。

nǎinai bōcài huángdòu lǜdòu dōu mǎi le jùshuō zhè jiā de xiāngcháng hěn yǒumíng yào bu yào mǎi lǎobǎn shuō tāmen de xiāngcháng hái dēng guo bàozhǐ · Grandma, we've got the spinach, soybeans and mung beans. They say this stall's sausages are famous: shall we get some? The stallholder says their sausages have even been in the papers.

grandma lin 買兩條。再買幾個桃子和梨子，飯後吃。

mǎi liǎng tiáo zài mǎi jǐ ge táozi hé lízi fàn hòu chī · Get two. And a few peaches and pears for after dinner.

david 辣椒呢？我根本不能沒有辣椒！

làjiāo ne wǒ gēnběn bù néng méiyǒu làjiāo · What about chillies? I simply can't live without chillies!

grandma lin 好，好，給你買一包。花生不要買，志明不吃。瓜子和蜂蜜家裡還有，不用買。

hǎo hǎo gěi nǐ mǎi yì bāo huāshēng bú yào mǎi Zhìmíng bù chī guāzǐ hé fēngmì jiā lǐ hái yǒu búyòng mǎi · All right, all right, a bag for you. No peanuts, though: Zhiming doesn't eat them. We've still got sunflower seeds and honey at home: no need to buy any.

chapter 2 grandma's kitchen

grandma lin 大衛，你切菠菜。安娜，把麵粉和水混合在一起。美玲，雞湯你來熬，蓋子別打開。
Dàwèi nǐ qiē bōcài Ānnà bǎ miànfěn hé shuǐ hùnhé zài yìqǐ Měilíng jī tāng nǐ lái áo gàizi bié dǎkāi · David, you chop the spinach. Anna, mix the flour and water. Meiling, you're on the chicken soup: keep the lid on.

meiling 好香！整個廚房都是湯的氣味。奶奶，湯的味道您來調。
hǎo xiāng zhěng ge chúfáng dōu shì tāng de qìwèi nǎinai tāng de wèidào nín lái tiáo · Smells amazing! The whole kitchen smells of soup. Grandma, you do the seasoning.

grandma lin 肉要煮爛一點。鹽放進去，一下就融化了。安娜，菠菜燙好了，加一點醬油拌一拌。
ròu yào zhǔ làn yìdiǎn yán fàng jìn qù yíxià jiù rónghuà le Ānnà bōcài tàng hǎo le jiā yìdiǎn jiàngyóu bàn yi ban · The meat needs to be really tender. Put the salt in and it dissolves straight away. Anna, the spinach is blanched: add a little soy sauce and toss it.

meiling 奶奶，鍋子好燙！
nǎinai guōzi hǎo tàng · Grandma, the pot's really hot!

grandma lin 小心，用布拿。湯裡不放味精，只加一點鹽巴，好讓味道清淡一點。
xiǎoxīn yòng bù ná tāng lǐ bú fàng wèijīng zhǐ jiā yìdiǎn yánbā hǎo ràng wèidào qīngdàn yìdiǎn · Careful, use a cloth. No MSG in the soup, just a little salt, so it stays light.

anna 魚要煎嗎？
yú yào jiān ma · Shall I fry the fish?

grandma lin 對，煎好了再淋幾滴醬油。肥肉不要放太多，太油膩了，熱量也高。
duì jiān hǎo le zài lín jǐ dī jiàngyóu féi ròu bú yào fàng tài duō tài yóunì le rèliàng yě gāo · Yes, and once it's fried, pour a few drops of soy sauce over it. Don't put in too much fatty meat: it's too greasy, and full of calories.

david 哎呀！我差點割到手。
āiyā wǒ chàdiǎn gē dào shǒu · Ouch! I nearly cut my hand.

grandma lin 慢慢切，不急。我原來在臺南一個人做十個人的飯，如今有你們幫忙，太幸福了！
mànmàn qiē bù jí wǒ yuánlái zài Táinán yí ge rén zuò shí ge rén de fàn rújīn yǒu nǐmen bāngmáng tài xìngfú le · Slowly, there's no rush. In Tainan I used to cook for ten people on my own; now I've got you lot to help. I'm so lucky!

anna 奶奶，我扶您坐一下，您站了一個下午了。把糖和醋混在一起，淋在魚上，對嗎？
nǎinai wǒ fú nín zuò yíxià nín zhàn le yí ge xiàwǔ le bǎ táng hé cù hùn zài yìqǐ lín zài yú shàng duì ma · Grandma, let me help you sit down: you've been on your feet all afternoon. Mix the sugar and vinegar and pour it over the fish, right?

meiling 門口貼一張「晚餐準備中」吧，不然大衛會一直來偷吃。
ménkǒu tiē yì zhāng wǎn cān zhǔnbèi zhōng ba bùrán Dàwèi huì yìzhí lái tōu chī · Let's put a "dinner in progress" sign on the door, so David stops sneaking in for snacks.

chapter 3 a table full of friends

auntie wang
哇，這麼多菜！簡直是一場宴會！
wā zhème duō cài jiǎnzhí shì yì chǎng yànhuì · Wow, look at all this food! It's a proper banquet!

grandma lin
大家別客氣，開動吧！陳老師，這幾個是素食，沒有放肉。
dàjiā bié kèqi kāidòng ba Chén lǎoshī zhè jǐ ge shì sùshí méiyǒu fàng ròu · Don't be shy, everyone: let's eat! Teacher Chen, these dishes are vegetarian: no meat in them.

teacher chen
謝謝您，想得真周到。大衛，你居然在吃菠菜！你不是很偏食嗎？
xièxie nín xiǎng de zhēn zhōudào Dàwèi nǐ jūrán zài chī bōcài nǐ bú shì hěn piānshí ma · Thank you, that's so thoughtful. David, you're actually eating spinach! Aren't you a fussy eater?

david
我原來不吃，如今是我自己切的，當然要吃！
wǒ yuánlái bù chī rújīn shì wǒ zìjǐ qiē de dāngrán yào chī · I didn't used to, but I chopped it myself, so of course I'm eating it!

zhiming
來，大家用茶乾杯！謝謝奶奶！大衛，把那盤蝦子遞給我。陳老師，這是典型的臺灣菜吧？
lái dàjiā yòng chá gānbēi xièxie nǎinai Dàwèi bǎ nà pán xiāzi dì gěi wǒ Chén lǎoshī zhè shì diǎnxíng de Táiwān cài ba · Come on, everyone, raise your teacups! Thank you, Grandma! David, pass me those prawns. Teacher Chen, this is typical Taiwanese food, isn't it?

teacher chen
對。臺北的美食再多，也比不上奶奶做的菜。這頓飯的熱量，等於我一個星期吃的！
duì Táiběi de měishí zài duō yě bǐ bú shàng nǎinai zuò de cài zhè dùn fàn de rèliàng děngyú wǒ yí ge xīngqí chī de · Yes. However much great food Taipei has, nothing beats Grandma's cooking. The calories in this meal are a whole week's worth for me!

auntie wang
這個湯是用了多少時間熬的？我們那邊的人吃了，都紛紛說要學。
zhè ge tāng shì yòng le duōshǎo shíjiān áo de wǒmen nà biān de rén chī le dōu fēnfēn shuō yào xué · How long did this soup simmer? Everyone at our end of the table wants to learn how.

grandma lin
三個小時。我年輕的時候，這些菜根本吃不起，如今大家都吃得到，糧食要珍惜。
sān ge xiǎoshí wǒ niánqīng de shíhòu zhèxiē cài gēnběn chī bu qǐ rújīn dàjiā dōu chī de dào liángshí yào zhēnxí · Three hours. When I was young, we couldn't afford dishes like these at all. Now everyone can have them: never waste food.

anna
奶奶，您的話好動人。菜太多了，我們幫王阿姨打包一點，好讓她明天吃。
nǎinai nín de huà hǎo dòngrén cài tài duō le wǒmen bāng Wáng āyí dǎbāo yìdiǎn hǎo ràng tā míngtiān chī · Grandma, that's so touching. There's too much food: let's pack some up for Auntie Wang, so she can have it tomorrow.

auntie wang
我帶了湯圓當甜點。飯後，志明來沖茶，用奶奶帶來的茶葉。
wǒ dài le tāngyuán dāng tiándiǎn fàn hòu Zhìmíng lái chōng chá yòng nǎinai dàilái de cháyè · I've brought sweet rice balls for dessert. After dinner, Zhiming can make tea, with the tea leaves Grandma brought.

zhiming
吃完了，我們去買宵夜吧？
chī wán le wǒmen qù mǎi xiāoyè ba · After this, shall we go and get a late-night snack?

meiling
吃得這麼飽，你居然還想吃宵夜！
chī de zhème bǎo nǐ jūrán hái xiǎng chī xiāoyè · After all this food, you actually want a late-night snack!

chapter 4 grandma's recipe

meiling 奶奶早上回臺南了。冰箱上有一張她寫的紙條，我念給你們聽。
nǎinai zǎoshàng huí Táinán le bīngxiāng shàng yǒu yì zhāng tā xiě de zhǐ tiáo wǒ niàn gěi nǐmen tīng · Grandma went back to Tainan this morning. There's a note from her on the fridge: I'll read it to you.

meiling 「孩子們：謝謝你們這一個星期的照顧。我留下一個綠豆湯的做法：綠豆洗乾淨，放進鍋子裡，加水，用小火熬一個小時，熬到綠豆開了，再加糖和一點點鹽巴。熱的冷的都好喝，可是冷飲別喝太多。剩下的綠豆，放進罐子裡封好，好不讓螞蟻進去。冰箱要定期檢查，過期的食品要丟。你們的飲食多半在外面，記得多吃青菜、多喝茶，茶不要沖得太濃。愛你們的奶奶。」
háizimen xièxie nǐmen zhè yí ge xīngqí de zhàogù wǒ liú xià yí ge lǜdòu tāng de zuòfǎ lǜdòu xǐ gānjìng fàng jìn guōzi lǐ jiā shuǐ yòng xiǎo huǒ áo yí ge xiǎoshí áo dào lǜdòu kāi le zài jiā táng hé yìdiǎndiǎn yánbā rè de lěng de dōu hǎo hē kěshì lěngyǐn bié hē tài duō shèngxià de lǜdòu fàng jìn guànzi lǐ fēng hǎo hǎo bú ràng mǎyǐ jìn qù bīngxiāng yào dìngqí jiǎnchá guòqí de shípǐn yào diū nǐmen de yǐnshí duōbàn zài wàimiàn jìde duō chī qīngcài duō hē chá chá bú yào chōng de tài nóng ài nǐmen de nǎinai · "Dear children, thank you for looking after me this week. Here's how to make mung bean soup: wash the mung beans, put them in a pot with water and simmer on a low heat for an hour, until the beans split, then add sugar and a tiny pinch of salt. It's good hot or cold, but don't drink too many cold drinks. Seal the leftover beans in a jar so the ants can't get in. Check the fridge regularly and throw out anything past its date. You eat out most of the time, so remember to eat plenty of vegetables and drink tea, but not too strong. With love, Grandma."

anna 奶奶想得真周到。我也吃膩了外面的東西，以後每個人都要自己動手。
nǎinai xiǎng de zhēn zhōudào wǒ yě chī nì le wàimiàn de dōngxi yǐhòu měi ge rén dōu yào zìjǐ dòngshǒu · Grandma thinks of everything. I'm sick of eating out too: from now on, everyone cooks.

david 我們今天晚上就來做綠豆湯吧！我來端碗。做不好也沒關係，我隔天再做一次。
wǒmen jīntiān wǎnshàng jiù lái zuò lǜdòu tāng ba wǒ lái duān wǎn zuò bu hǎo yě méiguānxi wǒ gé tiān zài zuò yí cì · Let's make mung bean soup tonight! I'll carry the bowls. If it doesn't turn out, never mind: I'll make it again the next day.

meiling 好啊。不過大衛，你根本不會煮，你只會吃！
hǎo a búguò Dàwèi nǐ gēnběn bú huì zhǔ nǐ zhǐ huì chī · Sure. But David, you can't cook at all: you can only eat!

david 據說會吃的人，也會學做菜！
jùshuō huì chī de rén yě huì xué zuò cài · They say people who love eating learn to cook too!

chapter 5 a morning at the market

teacher chen 「傳統市場的早晨」天還沒亮，市場裡已經很熱鬧了。

chuántǒng shìchǎng de zǎochén tiān hái méi liàng shìchǎng lǐ yǐjīng hěn rènao le · "A Morning at the Traditional Market." It isn't even light yet, and the market is already busy.

teacher chen 老闆們把菠菜、桃子和梨子一籃一籃擺好，旁邊的魚和蝦子還在動。這裡的東西多半是當天送來的，所以比大型超市的食品新鮮。

lǎobǎnmen bǎ bōcài táozi hé lízi yì lán yì lán bǎi hǎo pángbiān de yú hé xiāzi hái zài dòng zhèlǐ de dōngxi duōbàn shì dàngtiān sòng lái de suǒyǐ bǐ dàxíng chāoshì de shípǐn xīnxian · The stallholders set out basket after basket of spinach, peaches and pears, and the fish and prawns beside them are still moving. Most of the goods are delivered the same day, so they are fresher than the food in a big supermarket.

teacher chen 走進市場，你會聞到煎餅、香腸和水果的味道。老闆大聲叫賣，客人一邊看，一邊問價錢。這樣的熱鬧，在安靜的大型超市是看不到的。

zǒu jìn shìchǎng nǐ huì wén dào jiān bǐng xiāngcháng hé shuǐguǒ de wèidào lǎobǎn dà shēng jiào mài kèrén yì biān kàn yì biān wèn jiàqián zhèyàng de rènao zài ānjìng de dàxíng chāoshì shì kàn búdào de · Walk in and you smell fried pancakes, sausages and fruit. The stallholders call out, and customers look and ask the price. You won't see this kind of bustle in a quiet big supermarket.

teacher chen 市場裡的老闆認識每一位客人，知道誰不吃肉、誰不能吃花生，買菜的時候還會多送一把辣椒。這樣的熱情，是超市比不上的。

shìchǎng lǐ de lǎobǎn rènshi měi yí wèi kèrén zhīdào shéi bù chī ròu shéi bù néng chī huāshēng mǎi cài de shíhòu hái huì duō sòng yì bǎ làjiāo zhèyàng de rèqíng shì chāoshì bǐ bú shàng de · The stallholders know every customer: who doesn't eat meat, who can't eat peanuts, and they'll throw in an extra handful of chillies when you shop. A supermarket can't match that warmth.

teacher chen 不過，如今年輕人多半在大型超市買東西，傳統市場的生意一天不如一天。有人說，市場是一個城市的記憶。要是大家定期去逛逛，這份傳統就能留下來。

búguò rújīn niánqīng rén duōbàn zài dàxíng chāoshì mǎi dōngxi chuántǒng shìchǎng de shēngyì yì tiān bùrú yì tiān yǒu rén shuō shìchǎng shì yí ge chéngshì de jìyì yàoshi dàjiā dìngqí qù guàng guang zhè fèn chuántǒng jiù néng liú xialai · But nowadays most young people shop in big supermarkets, and business at the traditional market gets worse by the day. Some say a market is a city's memory. If everyone went to look round regularly, this tradition could survive.

From the market to the table, you followed it all in Chinese. Grandma Lin would be proud: 開動吧!
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