

## LESSON B.3

### DIET RESTRICTIONS

### 饮食限制

### Yǐnshí Xiànzhì



- Correct 纠正 (jiūzhèng) the following expressions sourced from the previous lesson:

老板，请问一杯卡布奇诺，要脱脂牛奶加三勺糖。  
lǎobǎn, qǐngwèn yībēi kǎ bù jī nuò, yào tuōzhī niú nǎi jiā sān sháo táng

还有，给一杯珍珠奶茶我女朋友。  
hái yǒu, gěi yībēi zhēnzhū nǎichá wǒ nǚ péngyǒu

哇，太多味道，太多甜了！  
wa, tài duō wèidào, tài duō tiánle

在开玩笑什么？  
zài kāiwánxiào shénme

让我去买单吧！  
ràng wǒ qù mǎidān ba

# ICE-BREAKER: CHINESE DELICACY



- From the following, share with the class if you have tried 尝试过 (*chángshìguò*) any of the following unique Chinese delicacies 独特的中国美食 (*dútè de zhōngguó měishí*). 你喜欢吗? (*nǐ xǐhuān ma*)



皮蛋  
*pídàn*



猪蹄  
*zhū tí*



臭豆腐  
*chòu dòufu*



海蜇  
*hǎizhē*



猪大肠  
*zhū dàcháng*



牛舌  
*niú shé*



鸡爪  
*jī zhuǎ*



牛尾  
*niúwěi*

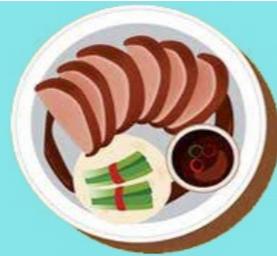
# CLASSROOM EXERCISE: DINNING WITH A VEGETARIAN



- You are dining out with a vegetarian friend 素食朋友 (sùshí péngyǒu). Which dishes would you pick for her? 你会给她选哪道菜? nǐ huì gěi tā xuǎn nǎ dào cài



咕佬肉  
gū lǎo ròu



北京烤鸭  
běijīng kǎoyā



蒜蓉白菜  
suàn róng bái cài



台湾牛肉面  
táiwān niúròu miàn



海鲜炒面  
hǎixiān chǎomiàn



馄饨汤  
húntún tāng



麻婆豆腐  
má pó dòu fu



粽子  
zòng zǐ



饺子  
jiǎo zi



宫保鸡丁  
gōng bǎo jī dīng



上海小笼包  
shànghǎi xiǎo lóng bāo



馒头  
mántou

# CLASSROOM EXERCISE: CHINESE SNACKS



- Your friend is a vegan 素食主义者 (sùshí zhǔyì zhě). You have invited her to your home for tea. Would you offer her any of the following popular Chinese snacks 零食 (língshí)?

月饼  
*yuèbǐng*



鸡蛋卷  
*jīdàn juǎn*



朱古力味熊猫饼  
*zhūgǔlì wèi xióngmāo bǐng*



蛋挞  
*dàntà*



菠萝包  
*bōluó bāo*

虾片  
*xiā piàn*





你有食物过敏吗?  
nǐ yǒu shíwù guòmǐn ma

我对人有过敏!  
wǒ duì rén yǒu guòmǐn





水果和蔬菜 - 每天 5 份  
*shuǐguǒ hé shūcài - měitiān 5 fèn*



马铃薯、面包、饭或面  
*mǎlíngshǔ, miànbāo, fàn huò miàn*



均衡饮食  
*jūnhéng yǐnshí*

我只吃低碳水  
化合物。  
*wǒ zhǐ chī dī tànshuǐ  
huàhéwù*

蛋白质 - 豆、鱼、蛋、肉等  
*dànbáizhí - dòu, yú, dàn, ròu děng*



奶制品或黄豆  
*nǎi zhìpǐn huò  
huánadòu*



# CLASSROOM EXERCISE: CONTINUE THE DIALOGUE



Continue the following dialogue between 猪小屁 (zhū xiǎo pì) and his 女朋友 (nǚ péngyǒu).

1

在新的一年，我要吃很多好的东西。  
zài xīn de yī nián, wǒ yào chī hěnduō hǎo de dōngxī

2

你们少吃盖着毯子的猪吧！吃多不健康。  
nǐmen shǎo chī gàizhe tǎnzǐ de zhū ba! chī duō bùjiànkāng

blanket

毯子  
tǎnzǐ



4

光是想想就让我全身发痒。  
guāng shì xiǎng xiǎng jiù ràng wǒ quánshēn fā yǎng

3

还有，烤乳猪，多残忍啊！  
hái yǒu, kǎo rǔ zhū, duō cánrěn a

5

我说.....  
wǒ shuō.....

itching

发痒  
fā yǎng

cruel

残忍  
cánrěn



# CLASSROOM DISCUSSION: SALT BAE'S STEAK RESTAURANT



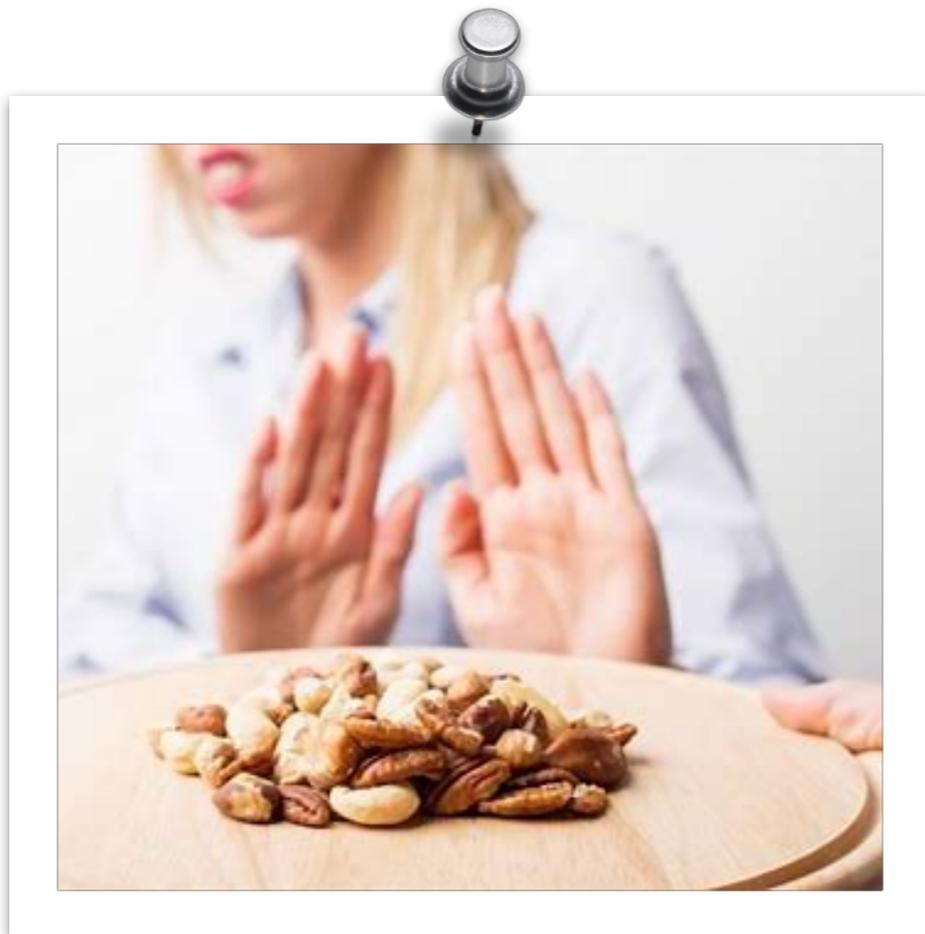
• What's your view 看法 (kànfǎ) about the following story (news report) 新闻报道 (xīnwén bàodào)?

- 我觉得 wǒ juéde.....
- 我认为 wǒ rènwéi.....
- 对我来说 duì wǒ lái shuō.....
- 我想 wǒ xiǎng.....
- 我相信 wǒ xiāngxìn.....
- 在我看来 zài wǒ kàn lái.....

十年间，英国的食物过敏诊断增加了一倍。  
*shí niánjiān, yīngguó de shíwù guòmǐn zhěnduàn zēngjiāle yī bèi*

diagnosis  
诊断  
zhěnduàn

<https://www.theguardian.com/society/article/2024/aug/28/food-allergy-diagnoses-in-england-doubled-in-a-decade-say-researchers>



危及生命的反应  
*wéijí shēngmìng de fǎnyìng*

提高认识  
*tígāo rènshí*

缺乏维生素D  
*quēfá wéishēngsù D*

污染  
*wūrǎn*

遗传  
*yíchuán*

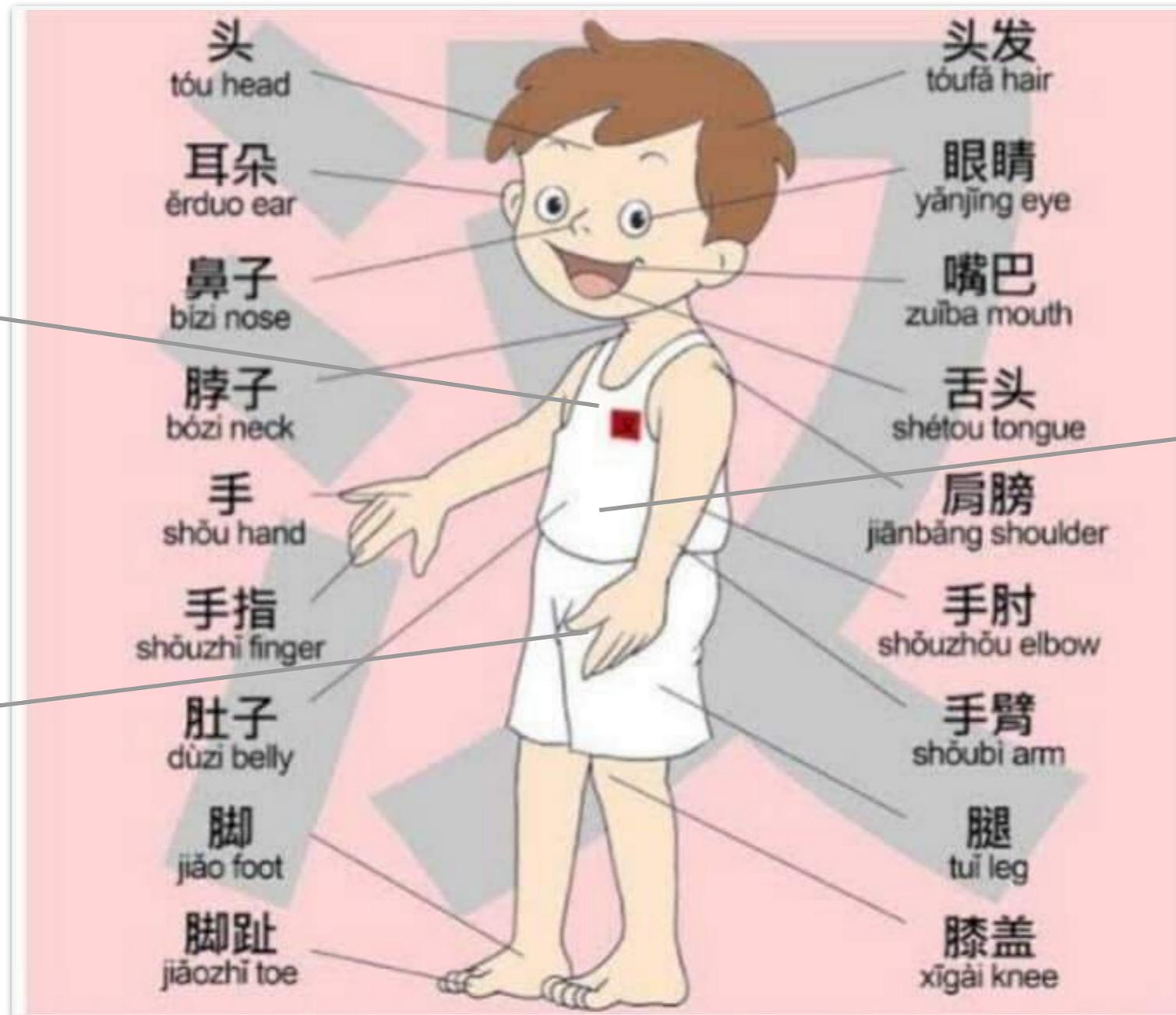
饮食不良  
*yǐnshí bùliáng*

# CLASSROOM LISTENING EXERCISE: MICRO-WORKOUT



## 微运动 wēi yùndòng

- Your tutor is going to give a set of simple instructions for seated workout 坐式运动 (zuò shì yùndòng).
- Try to follow as a group.



胸  
xiōng chest

手掌  
shǒuzhǎng palm

腹部  
fùbù abdomen



恭喜发财  
*gōngxǐ fācái*



我祝你们蛇年行大运!  
*wǒ zhù nǐmen shé nián xíng dà yùn*





## *yíng chūn jiē fú* "Spring blessings!"

### What does it mean?

- The most popular word in Chinese during Chinese New Year 春节 (Spring Festival) is 福 (*fú*), which means "**good fortune, wealth and prosperity**".
- As a play on words, many like to put 福 upside down. The word for "upside down" 倒 (*dào*) is a homophone of "arrive" 到 (*dào*). This pun represents that good fortune is coming, or is already here.

### How is it used?

- During Spring Festival, Chinese people would decorate their home by hanging up a red paper with 福 written in calligraphy. They paste it onto walls, doors or windows.

### 迎春接福 (*yíng chūn jiē fú*)

- This is an extended idiom from 福. It literally means "welcome the Spring Festival and receive good fortune".

### Welcome

迎  
*yíng*

### Spring

春  
*chūn*

### Receive

接  
*jiē*

### Fortune

福  
*fú*



## 标点符号 (*biāodiǎn fúhào*)

Mark	Name	Example
。	句号 <i>jùhào</i>	我学普通话。 <i>wǒ xué pǔtōnghuà。</i>
,	逗号 <i>dòuhào</i>	我起床, 洗澡, 吃早餐, 然后去上班。 <i>wǒ qǐchuáng, xǐzǎo, chī zǎocān, ránhòu qù shàngbān。</i>
、	顿号 <i>dùnhào</i> - to separate a list	我喜欢吃苹果、香蕉、橙子。 <i>wǒ xǐhuān chī píngguǒ、xiāngjiāo、chéngzi。</i>
?	问号 <i>wèn hào</i>	他在家吗? <i>tā zài jiā ma?</i>
!	惊叹号 <i>jīngtàn hào</i>	多棒啊! <i>duō bàng a!</i>
:	冒号 <i>mào hào</i> - used before a quotation	他问: “你明白吗?” <i>tā wèn: “nǐ míngbái ma?”</i>
‘ ’ “ ” 「 」 『 』	单引号和双引号 <i>dān yǐnhào hé shuāng yǐnhào</i>	Simplified: 她说: “她‘爱’学普通话。” Traditional: 她说: 「她『爱』学普通话。」 <i>tā shuō, “ tā ‘ài’ xué pǔtōnghuà。”</i>
《 》	书名号 <i>shūmíng hào</i> - used for title of book, movie, song etc.	我喜欢电影《泰坦尼克号》。 <i>wǒ xǐhuān diànyǐng 《tàitǎn níkè hào》。</i>
.....	省略号 <i>shěnglüè hào</i> - ellipsis written in 6 dots (not 3)	我们的早餐有鸡蛋、面包、牛奶..... <i>wǒmen de zǎocān yǒu jīdàn, miànbāo, niú nǎi.....</i>