



# LESSON B.4

## FOOD NUTRITION AND HEALTH

## 食品营养和健康

## SHÍPǐN YÍNGYǎNG HÉ JIÀNKĀNG



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

新的一年，我要吃很多好的东西。

*xīn de yī nián, wǒ yào chī hěnduō hǎo de dōngxī*

十年，英国的食物过敏诊断一倍增加了。

*shí nián, yīngguó de shíwù guòmǐn zhěnduàn yī bèi zēngjiāle*

你们多吃盖着毯子的猪吧！  
吃少不健康。

*nǐmen duō chī gàizhe tǎnzǐ de zhū ba! chī shǎo bùjiànkāng*

我祝你们行大运  
蛇年！

*wǒ zhù nǐmen xíng dà yùn shé nián*

# CLASSROOM ICEBREAKER: CHINESE CUISINE



- Share with the class if you have tried 尝试过 (*chángshìguò*) any of the following cuisines around China 中国各地美食 (*zhōngguó gèdì měishí*). 你喜欢吗? (*nǐ xǐhuān ma*)



广东菜  
*guǎngdōng cài*



台湾菜  
*táiwān cài*



四川菜  
*sìchuān cài*



东北菜  
*dōngběi cài*



北京菜  
*běijīng cài*



新疆菜  
*xīnjiāng cài*



上海菜  
*shànghǎi cài*



广东点心  
*guǎngdōng diǎnxīn*

# CLASSROOM EXERCISE: CHINESE RESTAURANTS AROUND CANARY WHARF



- Can you tell which regional cuisine do the below restaurants 餐厅 (cāntīng) serve?



皇朝  
*huángcháo*

食唐  
*shí táng*



鼎泰豐  
*dǐngtài fēng*



袍门世家火锅  
*páo mén shìjiā huǒguō*

面  
*miàn*



很正宗的!  
*hěn zhèngzōng de*

不像外卖。  
*bù xiàng wàimài*





**超级水果**  
*chāojí shuǐguǒ*

**苹果 - 高纤维**  
*píngguǒ - gāo xiānwéi*



**石榴 - 抗炎**  
*shíliú - kàng yán*



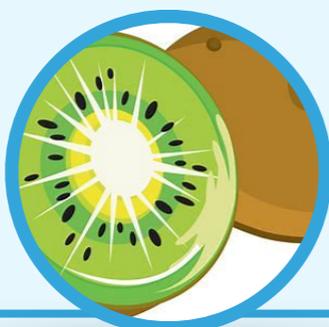
**蓝莓 - 抗氧化剂**  
*lánméi - kàng yǎnghuàjì*



**牛油果 - 有健康脂肪**  
*niúyóuguǒ - yǒu jiànkāng zhīfáng*



**猕猴桃/奇异果 - 改善消化**  
*míhóutáo / qíyì guǒ - gǎishàn xiāohuà*



**枸杞 - 改善皮肤**  
*gǒuqǐ - gǎishàn pífū*



对健康非常有益的!  
*duì jiànkāng fēicháng yǒuyì de*

是有机的吗?  
*shì yǒujī de ma*



# CLASSROOM EXERCISE: NUTRITIONAL VALUES



## 营养价值 yíngyǎng jiàzhí

Below are some ultra-processed foods 超级加工的食物 (chāojí jiāgōng de shíwù). Considering their nutritional values, 猜猜哪一样是最高的? cāi cāi nǎ yīyàng shì zuìgāo de

				
	豆奶 dòunǎi	豆腐 dòufu	能量饼干 néngliàng bǐnggān	可乐 kělè
卡路里 kǎlùlǐ				
蛋白质 dànbáizhí				
糖 táng				
纤维 xiānwéi				
钠/盐 nà/ yán				
脂肪 zhīfáng				

# NUTRITIONAL VALUES – INTERESTING FACT



- 有趣的事实：豆浆和可乐的卡路里几乎一样。 *yǒuqù de shìshí: dòujiāng hé kělè de kǎlùlǐ jīhū yīyàng*

**“Group 4” Ultra-Processed Foods: A Comparison of Nutrients**

**SNI SOY NUTRITION INSTITUTE GLOBAL**

	 Soymilk	 Tofu	 Packaged Snack Cakes	 Soda
<b>Calories</b>	129	75.5	165	128
<b>Protein</b>	8.32g	9g	1.56g	0.243g
<b>Fiber</b>	0g	0.91g	0.45g	0g
<b>Sugar</b>	11.1g	0.646g	16.8g	31.1g
<b>Sodium</b>	80.5mg	3.64mg	212mg	13.9mg
<b>Saturated Fat</b>	0.734g	0.836g	1.86g	0g

*Source: <https://fdc.nal.usda.gov/>*

几乎一样 = 差不多  
*jīhū yīyàng* = *chàbùduō*

猪肉对你的健康不好，  
多吃你会胖的！  
*zhūròu duì nǐ de jiànkāng bù hǎo, duō chī nǐ huì pàng de*



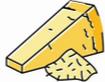
# IS MSG TRULY UNHEALTHY



## 味精真的不健康吗? wèijīng zhēn de bùjiànkāng ma

- MSG (monosodium glutamate) is widely used to **enhance flavors** 增强味道 (zēngqiáng wèidào) in sauces, broths, processed foods and even restaurant foods.
- MSG is found naturally in some foods including tomatoes 番茄 (fān qié) and cheese 奶酪 in glutamic acid form.
- MSG has been associated with various forms of **toxicity** 毒性 (dúxìng), including obesity, metabolic disorders, neurotoxic effects and reproductive malfunctions.
- It is a popular **misconception** 误解 (wùjiě) that MSG can cause **headaches** 头痛 (tóutòng) and other feelings of **discomfort** 不适 (bùshì), known as "Chinese restaurant syndrome".
- While some people may be **more sensitive** 更敏感 (gèng mǐngǎn) to MSG than others, experts generally consider it **safe** 安全的 (ānquán de), especially in **smaller doses** 较小的剂量 (jiào xiǎo de jìliàng).

### • Alternatives to MSG:

- beef broth 牛肉汤 (niúròu tāng) 
- soy sauce 酱油 (jiàngyóu) 
- mushrooms 蘑菇 (mógū) 
- parmesan cheese 帕尔玛奶酪 (pà ěr mǎ nǎilào) 
- anchovies 凤尾鱼 (fèngwěiyú) 
- herbs 草药 (cǎoyào) and spices 香料 (xiāngliào) 

我的厨房没有味精!  
wǒ de chúfáng méiyǒu wèijīng

你用味精吗?  
nǐ yòng wèijīng ma



# CLASSROOM EXERCISE: CONTINUE THE DIALOGUE



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



1  
这个周末，让我们  
一起去吃铁板烧吧！  
zhège zhōumò, ràng wǒmen  
yīqǐ qù chī tiě bǎn shāo  
ba

2  
有冲浪和草皮的！  
yǒu chōnglàng hé  
cǎopí de



3  
现在每个人都在谈健康  
饮食。  
xiànzài měi gèrén dōu zài  
tán jiànkāng yǐnshí



4  
不如我们吃五香红萝  
卜和小扁豆汤吧！  
bùrú wǒmen chī wǔxiāng  
hóng luóbo hé xiǎo  
biǎndòu tāng ba

5  
好主意，但是.....  
hǎo zhǔyì, dànshì

It'd be better (similar to why not, or else, what if)

不如  
bùrú

# CLASSROOM DISCUSSION: OBESITY



• 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.....

## 肥胖计划结束不健康食品的“买一送一”促销 - BBC新闻

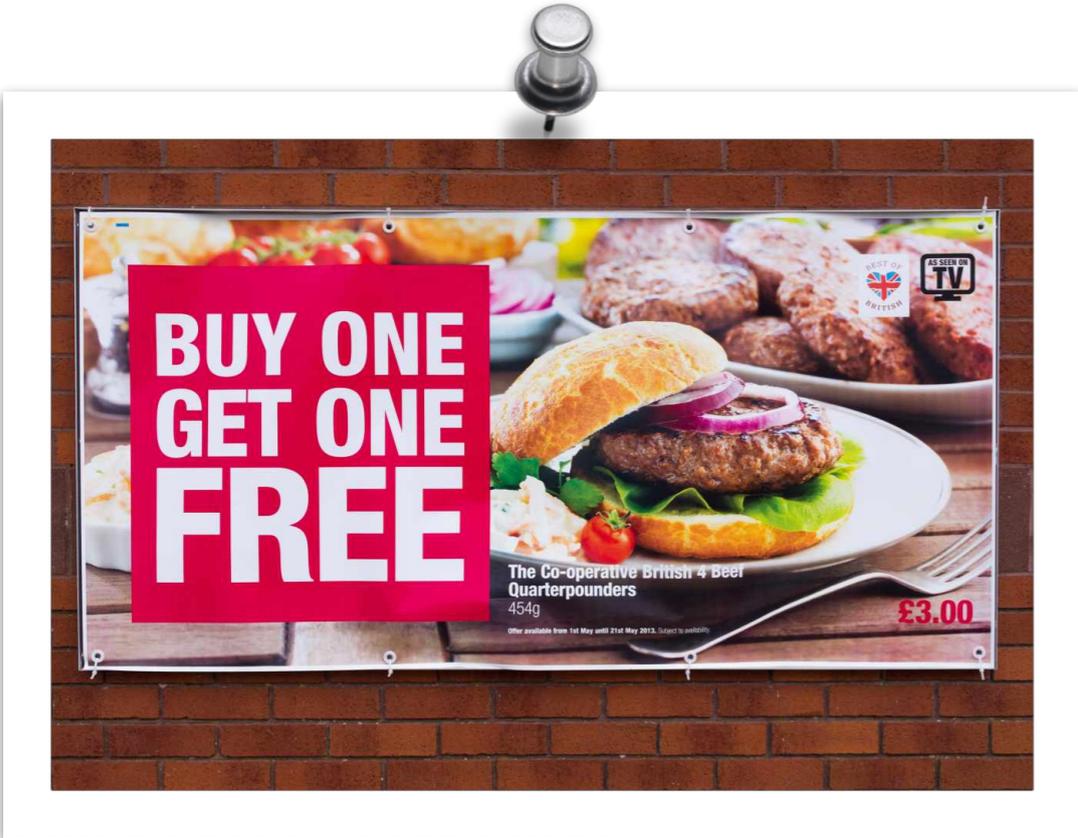
*féipàng jìhuà jiéshù bùjiànkāng shípǐn de "mǎi yī sòng yī" cùxiāo - BBC xīnwén*

[https://youtu.be/5UWerdZ-g1s?si=Z\\_lvgwAz\\_Y57Je8s](https://youtu.be/5UWerdZ-g1s?si=Z_lvgwAz_Y57Je8s)

**promotion**  
促销  
cùxiāo

63%的成年人是肥胖或超重。  
*63% de chéngnián rén shì féipàng huò chāozhòng*

垃圾食品  
lèsè shípǐn



“人们认为因为我们很胖，我们很愚蠢。”  
*rénmen rènwéi yīnwèi wǒmen hěn pàng, wǒmen hěn yúchǔn*

“我不想早死。”  
*wǒ bùxiǎng zǎosǐ*

户外活动  
*hùwài huódòng*

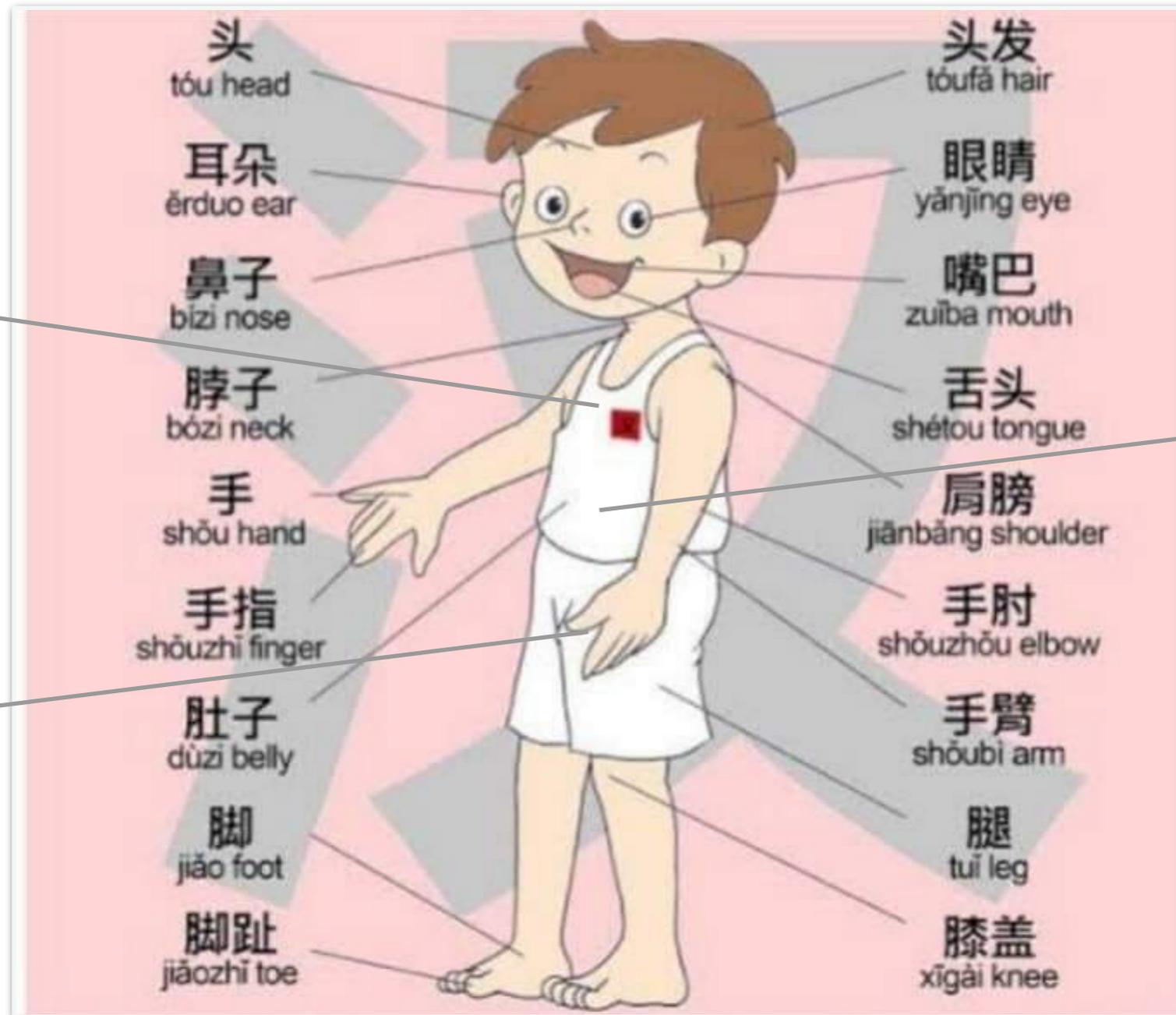
较高的新陈代谢  
*jiào gāo de xīnchéndàixiè*

# 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

# APPENDIX - EATERY VENUE



**big restaurant**

**大酒家**  
*dà jiǔjiā*



**restaurant**  
*(modern style)*

**餐厅**  
*cāntīng*



**canteen**

**餐馆/菜馆/饭店**  
*cānguǎn/càiguǎn/  
fàndiàn*



**noodle bar/stand**

**面档**  
*miàn dǎng*



**cafe**

**咖啡店**  
*kāfēi diàn*



**food court**

**美食广场**  
*měishí guǎngchǎng*