

**Complete Lesson Transcript – Lesson 171 [English]**

Kirin: Chinese Learn Online lesson 171 .

Hello everyone , I'm Kirin .

Raphael: Hello everyone , I'm Raphael .

Adam: And hello, I'm Adam.

Kirin: Welcome to Taiwan and our progressive course teaching Chinese . What are we studying today ?

Raphael: Do you still remember , recently we taught you a lesson related to snacks ?

Kirin: Mmm, snacks . I remember . I like that lesson very much .

Raphael: But eating too many snacks isn't good for your body , so I feel , that today we should teach you some foods that are good for you body .

Kirin: Ok, let's begin .

Raphael: Doctors say : There are five kinds of foods that we should eat everyday .

Kirin: Are there ? What five kinds ?

Raphael: The first kind is fruits . For example, which fruits ?

Kirin: The fruits we have already taught include apples , bananas , strawberries , mangoes , lemons ...etc .

Raphael: Right . I hope you still remember the fruits we taught you before . Now if you don't have time to eat fruits, what can you do ?

Kirin: Ah, you can drink juice .

Adam: Drink fruit juice.

Raphael: Right, there are many different kinds of juice , like what, for example ?

Kirin: Apple juice , mango juice , lemon juice ...etc .

Raphael: Right . Next time when you go to a convenience store , you can see the many kinds of juices there , for you to choose from .

Kirin: So what's the second type of fruit then ?

Raphael: The second type is vegetables .

Kirin: What is that ?

Raphael: Hmm, most vegetables are green .

Adam: Vegetables.

Kirin: Vegetables .

Raphael: But I feel that most people don't eat enough vegetables each day .

Kirin: Then they can also drink vegetable juice .

Adam: Vegetable juice.

Raphael: You're right . So do you know what the third kind of food is ?

Kirin: Hmm, is it milk ?

Raphael: Right, milk is a drink that is also good for the body . So do you know in the third kind , what foods there are ?

Kirin: Hmm, let me think for a moment .

Raphael: Ok, for example when you help foreigners take photographs , what will you ask them to say ?

Kirin: Cheese.

Adam: Right, and how do you say "cheese" in Chinese ?

Kirin: Hmm, in Taiwan we say "qǐsī" (cheese) .

Raphael: Are there any other ways of saying cheese ?

Kirin: Yes, there are lots . It depends on what kind you want .

Raphael: So what is the kind you eat called ?

Kirin: Ah, that's called gānlào (cheese) .

Adam: The literal meaning here is “dry cheese.”

Kirin: Cheese .

Raphael: Next, for a healthy body , we should also eat some meat .

Kirin: We have already studied many kinds of meat .

Raphael: Right, like what for example ?

Kirin: Chicken , beef , pork , lamb , fish ...etc .

Raphael: But some people don't eat meat , so what can they eat ?

Kirin: They can eat eggs .

Adam: Eggs.

Raphael: Right, eggs are also good for the body . Finally, what is in the fifth kind of food ?

Kirin: Bread .

Adam: Bread.

Raphael: Right, rice and noodles are also a part of this type of food .

Kirin: In Asia , normally when we eat , we will have rice or noodles .

Raphael: Ok, let's take a moment to review the new words we taught you today .

Kirin: Juice .

Adam: Juice.

Kirin: Vegetables .

Adam: Vegetables.

Kirin: Cheese .

Adam: Cheese.

Kirin: Egg .

Adam: Egg.

Kirin: Bread .

Adam: Bread.

Raphael: Ok, next time when you are eating , you can take a moment to see if you're eating healthy food .

Kirin: If you would like to study the names of more kinds of healthy foods , you can go to our website [ChineseLearnOnline-com](http://ChineseLearnOnline-com) .

Raphael: Continue to keep at it !