

Complete Lesson Transcript – Lesson 398 [English]

Kirin: [Chinese Learn Online lesson 398](#) .

[Hello everyone](#) , I am Teacher Yang .

Raphael: [Hello everyone](#) , I am Teacher Lai .

Adam: And hello, I'm Adam.

Kirin: [Welcome to our learning Chinese course](#) .

Raphael: In today's lesson , we are going to use a question and answer method to review the new words learned in our previous few lessons . This type of practice can help you know how to take words you've learned and use them in real life situations . Now before we begin , let's first listen to the new words that will appear in the lesson .

Kirin: [Nutrition / Nourishment](#) .

Adam: Nutrition or nourishment.

Kirin: [Temperament](#) .

Adam: Temperament, disposition or temper.

Kirin: [Age](#) .

Adam: Age.

Kirin: [To be talkative](#) .

Adam: To be talkative or constantly nagging.

Kirin: [To comfort / console](#) .

Adam: To comfort or console.

Raphael: [Please now listen to the first word and question](#) .

Kirin: [As much as possible](#) .

Raphael: If you want to have a healthy body , what activities should you try to do as much as possible ?

Kirin: Actually, everyone knows , those who want healthy bodies , should probably eat more nutritious foods . But nowadays many people are in bad health , this isn't because their exercise or nutrition isn't enough , it's because many people have too much stress in their lives which does bad things to their body .

Raphael: That's right . Some students have too much stress from tests , and don't sleep well at night , their temper also worsens . So people today who want to become healthy , should try to reduce as much of their own stress as they can , and do as many exercises as they can to make themselves relax , and make their moods become more pleasant , which will naturally improve their health .

Kirin: That's right . As since in the past most people didn't earn enough money , it was hard to be able to afford nutritious food , and even when they were sick, they couldn't go to the hospital to see a doctor .

Raphael: But it's different now . Although economic development is improving , they still lose out on health that money can't buy . As well, because work often involves being competitive with others , stress is increased . Especially people with bad tempers , who often get angry , this will influence their own health .

Kirin: So we have to learn that no matter how our outside environment changes , we need to maintain our pleasant mood , and not let our temperament decrease , which will stop our health from getting worse .

Raphael: That's right, what you say makes a lot of sense . So we should move towards positive aspects as much as we can , so that we don't give ourselves too much pressure . Next, please listen to the second word and question .

Kirin: Ability .

Raphael: When learning the four abilities of Chinese – listening, speaking, reading and writing , which do you think is more difficult ?

Kirin: I think when learning any language, you will always have the same problem . But I believe listening is easier than speaking , and reading is easier than writing . But since Chinese has five tones , the speaking part in my opinion is especially difficult . Apart from tones , due to Chinese having many characters with the same sound , when I'm writing sentences, I often write the wrong character .

Raphael: I know that when speaking Chinese , some tones are very difficult for foreigners to pronounce , and no matter how they practice it , they still sound a bit strange . I think that this is probably a problem of habits , since since we were young we are always speaking in our own mother language !

Kirin: So what you mean is that , those with younger ages , can learn Chinese more quickly ? If this is the case , if I just start to learn now , will I be too slow !

Raphael: Not at all you won't be slow at all . Actually if you really understand your abilities in the areas of listening speaking, reading and writing , and which area seems to be weaker , and easy to make mistakes in , then you just have to pay more attention here in the future .

Kirin: I see , I will study harder .

Raphael: Good luck ! Please continue on to the third word and question .

Kirin: Not to worry .

Raphael: If you are studying outside by yourself , and don't live with your family , won't they be worried about you ?

Kirin: When I first began studying outside on my own , my parents were extremely worried about me , and were always calling me . Sometimes I would feel that my mother was quite a nag , which I couldn't stand . But I slowly understood how they felt , and would often share my school life with them . Later I began to work part time , and learned how to take good care of myself , which made me more independent . So they stopped worrying about me then , and believed in me more .

Raphael: Although parents can sometimes be a nag , you still need to listen carefully to what they say to you , if it isn't about you taking better care of your body , it is about you studying well , normally it's just things about daily life . So parents nag their kids in order for their kids' benefits .

Kirin: Hmm, later I finally realized that this was how they expressed their love for me . It might be because I had never left home before , so I had to take care of everything by myself , before my parents began to worry whether my life outside was good or not .

Raphael: I feel the same way . Especially before wanting others to not worry , you have to do something to build trust in the other side . When you begin to share your moods

with your parents , I believe they will definitely feel that you have really grown up , this way your parents won't worry so much . Next please listen to the fourth word and question .

Kirin: To lose / defeat .

Raphael: If your friends become sad because of some defeat , how would you comfort them ?

Kirin: I think I would tell him , people shouldn't be afraid of defeat , since the experience of defeat lets us better understand our own abilities . Defeat doesn't mean that you will never succeed in life , since we will always have new opportunities , and our experience will continue to increase , and your ability to do things will also improve . As long as we are willing to be independent , there will definitely be a day when you will be successful .

Raphael: I know that when others are very sad , they really need comfort . Since when they hear words of comfort , their negative way of thinking will disappear . As well, I also feel we should take advantage of our youth to try things , it doesn't matter whether you have experience of success or defeat , they are all good experiences . As well the experience of defeat is unforgettable !

Kirin: I remember that my father once told me , if you put a lot of effort into doing something but there is no result , don't consider this as a waste of time , since in this process , you will find a set of ways of doing it yourself .

Raphael: Very good, what your body says is absolutely correct . Finally, let's listen to the fifth word and question .

Kirin: Topic .

Raphael: Please discuss what topics do men like to discuss , and what topics do women like to discuss ?

Kirin: According to most men , the topic they like to discuss is probably sports , cars, the newest electronic product, topics like these . Women like to discuss topics related to clothes and traveling , like which department store has discounts recently .

Raphael: That's right, like my sister loves to take advantage of department store discounts and go shopping with her friends . If she can't find someone to go shopping with her , she will consider whether to ask her boyfriend to go with her . But when I see

her boyfriend, it looks to me like he has zero interest , perhaps when he gets to the department store he goes directly to the electronics section .

Kirin: I can imagine that situation . Since every time I chat with my boyfriend about topics that girls like , he seems to find the boring , even immediately seems to want to go to sleep . Apart from sports, cars and electronics , I really don't know what else to chat about .

Raphael: That's ok, perhaps he just doesn't know what to talk about . Next time you can try to discuss some other topic , such as movies, music, art etc , I think that will be more interesting .

Kirin: Ok, I too like these topics .

Raphael: I hope this type of practice can help you better understand the usage of these words . You can also practice these questions with friends , and increase your opportunities to speak Chinese . Our premium subscribers can visit our website chineselearnonline-com for more practice .

Kirin: See you next time .