

má hé là bù yí yàng
麻和辣不一样

Ma and La Are Not the Same

PAGE 1

wǒ jiā zài sì chuān bà ba shì
我家在四川爸爸是
zuò cài de
做饭的

My family lives in Sichuan, and my father is a cook.

PAGE 4

sì chuān cài lǐ yǒu liǎng yàng dōng
四川菜里有两样东
xī má hé là
西麻和辣

There are two things in Sichuan food: ma and la.

PAGE 2

hěn duō rén jué de sì chuān cài
很多人觉得四川菜
jiù shì là
就是辣

A lot of people think Sichuan food just means hot.

PAGE 5

là xiàng huǒ má xiàng xiǎo xiǎo de
辣像火麻像小小的
diàn
电

La is like fire. Ma is like a tiny current.

PAGE 3

bà ba shuō nà shì zhǐ shuō duì
爸爸说那是只说对
le yí bàn
了一半

Dad says that's only half right.

PAGE 6

chī dào má de shí hou zuǐ huì
吃到麻的时候嘴会
yǒu yì diǎn dǒu
有一点抖

When you taste ma, your mouth trembles a little.

PAGE 7

nà ge má shì huā jiāo dài lái
那个麻是花椒带来
de bú shì là jiāo
的不是辣椒

That tingle is brought by Sichuan pepper, not
chilli.

PAGE 10

dòu fu hěn ruǎn qiē de shí hou
豆腐很软切的时候
dāo yào hěn qīng
刀要很轻

Tofu is soft, so the knife has to be light.

PAGE 8

nà tiān bà ba zuò má pó dòu
那天爸爸做麻婆豆
fu gěi wǒ kàn
腐给我看

That day Dad made mapo tofu for me to
watch.

PAGE 11

wǒ shì le yí cì qiē chéng le
我试了一次切成了
dòu fu ní
豆腐泥

I tried once and turned it into tofu mush.

PAGE 9

tā xiān bǎ dòu fu qiē chéng xiǎo
他先把豆腐切成小
kuài
块

First he cut the tofu into small cubes.

PAGE 12

bà ba méi yǒu xiào shuō zhè ge
爸爸没有笑说这个
wǒ yě qiē huài guò
我也切坏过

Dad didn't laugh. He said: I've ruined this
too.

PAGE 13

guō lǐ de yóu rè le tā fàng
锅里的油热了他放
dòu bàn jiàng
豆瓣酱

When the oil was hot, he put in the bean
paste.

PAGE 16

tā shuō huā jiāo yào zuì hòu fàng
他说花椒要最后放
bù rán wèi dao jiù pǎo le
不然味道就跑了

He said the pepper goes in last, or the
flavour escapes.

PAGE 14

nà ge jiàng yí xià guō zhěng gè
那个酱一下锅整个
wū zi dōu xiāng le
屋子都香了

The moment the paste hit the pan, the whole
house smelled of it.

PAGE 17

wǒ chī le yì kǒu zuǐ má le
我吃了一口嘴麻了
hěn jiǔ
很久

I took one bite, and my mouth tingled for a
long time.

PAGE 15

zuì hòu tā sǎ le yì diǎn huā
最后他撒了一点花
jiāo fěn
椒粉

At the end he scattered a little ground
Sichuan pepper.

PAGE 18

kě shì wǒ hái xiǎng chī dì èr
可是我还想吃第二
kǒu
口

And I still wanted a second.

麻和辣不一样 · Writing Practice

Ma and La Are Not the Same

Name: _____

Date: _____

爸爸

bà ba
father

爸	爸				
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花椒

huā jiāo
Sichuan pepper

花	椒				
---	---	--	--	--	--

豆腐

dòu fu
tofu

豆	腐				
---	---	--	--	--	--

时候

shí hou
time

时	候				
---	---	--	--	--	--

那个

nà ge
that one

那	个				
---	---	--	--	--	--

切成

qiē chéng
to cut up (into pieces)

切	成				
---	---	--	--	--	--

最后

zuì hòu
final

最	后				
---	---	--	--	--	--

做菜

zuò cài
to cook

做	菜				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

huí guō ròu
回锅肉

Twice-Cooked Pork

PAGE 1

xīng qī tiān bà ba zuò huí guō
星 期 天 爸 爸 做 回 锅
ròu
肉

On Sunday Dad made twice-cooked pork.

PAGE 4

bà ba shuō nǐ xiān kàn kàn wán
爸 爸 说 你 先 看 看 完
zài wèn
再 问

Dad said: watch first, then ask.

PAGE 2

míng zì de yì sī shì ròu yào
名 字 的 意 思 是 肉 要
xià liǎng cì guō
下 两 次 锅

The name means the meat goes into the pan twice.

PAGE 5

tā xiān bǎ yí dà kuài ròu fàng
他 先 把 一 大 块 肉 放
jìn shuǐ lǐ zhǔ
进 水 里 煮

First he put a big piece of pork into water to boil.

PAGE 3

wǒ wèn wèi shén me bù néng yí
我 问 为 什 么 不 能 一
cì zuò wán
次 做 完

I asked why you couldn't do it in one go.

PAGE 6

shuǐ lǐ fàng le jiāng hé yì diǎn
水 里 放 了 姜 和 一 点
jiǔ
酒

In the water went ginger and a little wine.

PAGE 7

zhǔ le bàn gè xiǎo shí tā bǎ
煮了半个小时他把
ròu ná chū lái fàng liáng
肉拿出来放凉

After half an hour he took it out to cool.

PAGE 10

zhè jiù shì dì yī cì xià guō
这就是第一次下锅
de yuán yīn
的原因

That's what the first cooking is for.

PAGE 8

liáng le yǐ hòu ròu cái qiē de
凉了以后肉才切得
báo
薄

Only once it's cool can you cut it thin.

PAGE 11

dì èr cì xià guō shì chǎo huǒ
第二次下锅是炒火
yào dà
要大

The second time is a stir-fry, and the fire has to be high.

PAGE 9

rè de shí hòu qiē huì qiē chéng
热的时候切会切成
suì de
碎的

Cut it hot and it falls apart.

PAGE 12

ròu piàn zài guō lǐ yí xià zǐ
肉片在锅里一下子
jiù juǎn qǐ lái
就卷起来

The slices curled up at once in the pan.

PAGE 13

bà ba shuō juǎn qǐ lái jiù duì
爸爸说卷起来就对
le nà jiào dēng zhǎn wō
了那叫灯盏窝

Dad said: when they curl, it's right. That's
called a lamp-bowl.

PAGE 16

wǒ shuō zhè yàng bù huá suàn
我说这样不划算

I said that didn't seem like a fair trade.

PAGE 14

rán hòu fàng dòu bàn jiàng zài fàng
然后放豆瓣酱再放
qīng suàn
青蒜

Then the bean paste, then the green garlic.

PAGE 17

bà ba shuō hǎo dōng xī dōu shì
爸爸说好东西都是
zhè yàng de
这样的

Dad said: everything good is like that.

PAGE 15

yí gòng yòng le sì shí fēn zhōng
一共用了四十分钟
chī wán zhǐ yòng le shí fēn zhōng
吃完只用了十分钟

Forty minutes to make. Ten minutes to eat.

PAGE 18

nà tiān wǒ dì yī cì tīng dǒng
那天我第一次听懂
le tā de huà
了他的话

That was the first time I understood
something he said.

回锅肉 · Writing Practice

Twice-Cooked Pork

Name: _____

Date: _____

爸爸

bà ba
father

爸	爸				
---	---	--	--	--	--

第一次

dì yī cì
the first time

第	一	次			
---	---	---	--	--	--

下锅

xià guō
to put into the pot (to...)

下	锅				
---	---	--	--	--	--

卷起

juǎn qǐ
to roll up

卷	起				
---	---	--	--	--	--

这样

zhè yàng
this kind of

这	样				
---	---	--	--	--	--

星期

xīng qī
week

星	期				
---	---	--	--	--	--

回锅肉

huí guō ròu
twice-cooked pork

回	锅	肉			
---	---	---	--	--	--

名字

míng zi
name (of a person or th...)

名	字				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

dàn dàn miàn
担担面

Dandan Noodles

PAGE 1

bà ba dài wǒ qù le yí jiā
爸爸带我去了一家

hěn xiǎo de miàn diàn
很小的面店

Dad took me to a very small noodle shop.

PAGE 4

duān shàng lái de shí hòu wǎn hěn
端上来的时候碗很

xiǎo miàn yě bù duō
小面也不多

When they came, the bowls were small and
there wasn't much.

PAGE 2

diàn lǐ zhǐ yǒu sì zhāng zhuō zi
店里只有四张桌子

There were only four tables.

PAGE 5

wǒ yǒu diǎn shī wàng
我有点失望

I was a bit disappointed.

PAGE 3

wǒ men yào le liǎng wǎn dàn dàn
我们要了两碗担担

miàn
面

We ordered two bowls of dandan noodles.

PAGE 6

bà ba shuō xiān bàn bàn hǎo zài
爸爸说先拌拌好再

shuō
说

Dad said: mix it first, and we'll talk after.

wǎn dǐ xià yǒu jiàng shàng miàn cái
碗底下有酱上面才

shì miàn
是面

The sauce sits at the bottom, with the
noodles on top.

wǒ wèn bà ba wèi shén me jiào
我问爸爸为什么叫

dàn dàn miàn
担担面

I asked Dad why they're called dandan
noodles.

wǒ bàn le sān shí xià yán sè
我拌了三十下颜色

quán biàn le
全变了

I mixed thirty times and the colour changed
completely.

tā shuō cóng qián mài miàn de rén
他说从前卖面的人

yòng dàn zi tiāo zhe zǒu
用担子挑着走

He said the noodle sellers used to carry them
on a shoulder pole.

yì kǒu xià qù má là xiāng suān
一口下去麻辣香酸

dōu yǒu
都有

One mouthful had ma, la, fragrance and sour
all at once.

yì tóu shì lú zi yì tóu shì
一头是炉子一头是

wǎn hé miàn
碗和面

A stove on one end, bowls and noodles on
the other.

PAGE 13

zǒu yì tiáo jiē mài yì tiáo jiē
走 一 条 街 卖 一 条 街

They walked a street and sold along it.

PAGE 16

wǒ kàn zhe nà ge xiǎo wǎn hū
我 看 着 那 个 小 碗 忽
rán bù shī wàng le
然 不 失 望 了

I looked at the little bowl and stopped being
disappointed.

PAGE 14

tiāo zhe zǒu de rén bù néng zuò
挑 着 走 的 人 不 能 做
dà wǎn
大 碗

A man carrying it on a pole can't make big
bowls.

PAGE 17

yí gè dōng xi wèi shén me shì
一 个 东 西 为 什 么 是
zhè yàng cháng cháng yǒu yuán yīn
这 样 常 常 有 原 因

There's usually a reason a thing is the way it
is.

PAGE 15

suǒ yǐ dàn dàn miàn běn lái jiù
所 以 担 担 面 本 来 就
shì xiǎo wǎn
是 小 碗

So dandan noodles were always small.

PAGE 18

wǒ men yòu yào le yì wǎn liǎng
我 们 又 要 了 一 碗 两
gè rén fēn
个 人 分

We ordered one more and split it.

担担面 · Writing Practice

Dandan Noodles

Name: _____

Date: _____

爸爸

bà ba
father

爸	爸				
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担担面

dàn dàn miàn
Sichuan noodles with a ...

担	担	面			
---	---	---	--	--	--

失望

shī wàng
disappointed

失	望				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

为什么

wèi shén me
why?

为	什	么			
---	---	---	--	--	--

一头

yī tóu
one head

一	头				
---	---	--	--	--	--

我去

wǒ qù
what the ...!

我	去				
---	---	--	--	--	--

一家

yī jiā
the whole family

一	家				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

huǒ guō
火锅

The Hot Pot

PAGE 1

dōng tiān zuì hǎo de dōng xī shì
冬天最好的东西是
huǒ guō
火锅

The best thing in winter is hot pot.

PAGE 4

zhuō zi shàng fàng le shí jǐ gè
桌子上放了十几个
pán zi
盘子

There were a dozen plates on the table.

PAGE 2

yì jiā rén zuò zài yì qǐ zhōng
一家人坐在一起中
jiān yí gè dà guō
间一个大锅

The family sits round a big pot in the middle.

PAGE 5

yǒu máo dǔ yǒu huáng hóu yǒu dòu
有毛肚有黄喉有豆
pí hái yǒu qīng cài
皮还有青菜

Tripe, aorta, bean skin, and greens.

PAGE 3

guō lǐ de yóu shì hóng de shàng
锅里的油是红的上
miàn quán shì huā jiāo hé là jiāo
面全是花椒和辣椒

The oil is red, with pepper and chilli floating on top.

PAGE 6

měi yàng dōng xī xià guō de shí
每样东西下锅的时
jiān dōu bù yí yàng
间都不一样

Everything needs a different time in the pot.

PAGE 7

máo dǔ zhǐ yào qī xià tài jiǔ
毛肚只要七下太久
jiù lǎo le
就老了

Tripe takes seven dips. Any longer and it goes tough.

PAGE 10

dì yī cì wǒ ná zǎo le máo
第一次我拿早了毛
dǔ shì ruǎn de
肚是软的

The first time I was too quick, and it was soft.

PAGE 8

bà ba yì biān shǔ yì biān kàn
爸爸一边数一边看
zhe wǒ
着我

Dad counted out loud and watched me.

PAGE 11

dì èr cì wǒ děng tài jiǔ máo
第二次我等太久毛
dǔ yǎo bú dòng
肚咬不动

The second time I waited too long and couldn't chew it.

PAGE 9

wǒ xīn lǐ yě zài shǔ pà ná
我心里也在数怕拿
zǎo le
早了

I counted in my head too, afraid I'd pull it out too soon.

PAGE 12

dì sān cì gāng gāng hǎo yòu cuì
第三次刚刚好又脆
yòu xiāng
又香

The third time was just right — crisp and fragrant.

PAGE 13

huǒ guō zuì hǎo de dì fang bú
火锅最好的地方不
shì wèi dao
是味道

The best thing about hot pot isn't the taste.

PAGE 16

yí gè rén chī huǒ guō qí shí
一个人吃火锅其实
hěn nán
很难

Eating hot pot alone is actually hard.

PAGE 14

shì suǒ yǒu rén de kuài zi dōu
是所有人的筷子都
zài yí gè guō lǐ
在一个锅里

It's that everyone's chopsticks are in the same pot.

PAGE 17

bú shì zuò bú dào shì méi yǒu
不是做不到是没有
yì si
意思

Not impossible — just pointless.

PAGE 15

nǐ yào chī jiù yào děng bié rén
你要吃就要等别人
de shǒu ràng kāi
的手让开

To eat, you have to wait for someone else's hand to move.

PAGE 18

nà tiān wǎn fàn chī dào shí yī
那天晚饭吃到十一
diǎn shéi yě bù xiǎng zǒu
点谁也不想走

That night we ate until eleven, and nobody wanted to leave.

火锅 · Writing Practice

The Hot Pot

Name: _____

Date: _____

毛肚

máo dǔ
tripe (gastronomy)

毛	肚				
---	---	--	--	--	--

火锅

huǒ guō
hotpot

火	锅				
---	---	--	--	--	--

最好

zuì hǎo
best

最	好				
---	---	--	--	--	--

东西

dōng xī
thing

东	西				
---	---	--	--	--	--

一边

yī biān
one side

一	边				
---	---	--	--	--	--

不是

bù shì
no

不	是				
---	---	--	--	--	--

冬天

dōng tiān
winter

冬	天				
---	---	--	--	--	--

桌子

zhuō zi
table

桌	子				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

ròu jiā mó
肉夹馍

Meat in Bread

PAGE 1

fàng jià de shí hòu wǒ hé bà
放假的时候我和爸

ba qù xī ān kàn lǎo lao
爸去西安看姥姥

In the holidays Dad and I went to Xi'an to see
Grandma.

PAGE 2

lǎo lao shì shǎn xī rén shuō huà
姥姥是陕西人说话

gēn sì chuān bù yí yàng
跟四川不一样

Grandma is from Shaanxi, and speaks
differently from Sichuan.

PAGE 3

dào de dì yī tiān tā dài wǒ
到的第一天她带我

qù mǎi ròu jiā mó
去买肉夹馍

On the first day she took me to buy roujiamo.

PAGE 4

nà ge míng zì de yì sī shì
那个名字的意思是

ròu jiā zài mó lǐ
肉夹在馍里

The name means: meat sandwiched in the
bread.

PAGE 5

kě shì zhōng guó huà lǐ zhè jù
可是中国话里这句

huà yǒu diǎn guài
话有点怪

But in Chinese that sentence is a little odd.

PAGE 6

yīn wèi tīng qǐ lái xiàng shì ròu
因为听起来像是肉

jiā zhe mó
夹着馍

Because it sounds like the meat is holding
the bread.

lǎo lao xiào zhe shuō lǎo huà jiù
 姥姥笑着说老话就
 shì zhè yàng
 是这样

Grandma laughed and said: that's just how
 the old words go.

ròu zài páng biān de dà guō lǐ
 肉在旁边的锅里
 dùn le yí yè
 炖了一夜

The meat had been stewing all night in a pot
 beside it.

mài ròu jiā mó de diàn mén kǒu
 卖肉夹馍的店门口
 yǒu yí gè dà lú zi
 有一个大炉子

Outside the shop there was a big oven.

lǎo bǎn bú yòng chéng yì dāo xià
 老板不用秤一刀下
 qù jiù shì nà me duō
 去就是那么多

The owner used no scales — one cut and
 that was the amount.

mó shì xiàn dǎ de xiān zài ào
 馍是现打的先在熬
 zi shàng lào zài jìn lú zi
 子上烙再进炉子

The bread is made on the spot: griddled first,
 then into the oven.

tā bǎ ròu duò suì duò de dōng
 他把肉剁碎剁得咚
 dōng xiǎng
 咚响

He chopped the meat fine, and the block
 thudded.

duò hǎo yǐ hòu yòng dāo bǎ mó
 剁好以后用刀把馍
 cóng zhōng jiān huá kāi
 从中间划开

Then he cut the bread open through the middle.

lǎo lao shuō liú dào shǒu shàng cái
 姥姥说流到手上才
 suàn duì
 算对

Grandma said: if it runs onto your hand, it's right.

huá kāi dàn shì bù qiē duàn zhè
 划开但是不切断这
 yàng ròu cái bú diào
 样肉才不掉

Opened but not cut through, so the meat can't fall out.

wǒ zài sì chuān chī le shí nián
 我在四川吃了十年
 là dì yī cì jué de bú là
 辣第一次觉得不辣
 yě hǎo chī
 也好吃

Ten years of chilli in Sichuan, and this was the first time I thought food could be good without it.

wǒ yǎo dì yī kǒu de shí hòu
 我咬第一口的时候
 zhī liú dào shǒu shàng le
 汁流到手上

When I took the first bite, juice ran onto my hand.

lǎo lao shuō shǎn xī cài bú yòng
 姥姥说陕西菜不用
 là lái shuō huà
 辣来说话

Grandma said: Shaanxi food doesn't need chilli to speak.

肉夹馍 · Writing Practice

Meat in Bread

Name: _____

Date: _____

姥姥

lǎo lao
mother's mother

姥

姥

时候

shí hou
time

时

候

说话

shuō huà
to speak

说

话

第一

dì yī
first

第

一

就是

jiù shì
exactly

就

是

这样

zhè yàng
this kind of

这

样

炉子

lú zi
stove

炉

子

不用

bù yòng
need not

不

用

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

liáng pí
凉皮

Cold Skin

PAGE 1

xī ān de xià tiān hěn rè lǎo
西 安 的 夏 天 很 热 姥
lao jiù zuò liáng pí
姥 就 做 凉 皮

Summers in Xi'an are hot, so Grandma makes liangpi.

PAGE 4

zuò liáng pí zuì nán de yí bù
做 凉 皮 最 难 的 一 步
shì xǐ miàn
是 洗 面

The hardest step is washing the dough.

PAGE 2

liáng pí shì yòng miàn zuò de kě
凉 皮 是 用 面 做 的 可
shì bú xiàng miàn tiáo
是 不 像 面 条

Liangpi is made from flour, but it isn't like noodles.

PAGE 5

lǎo lao bǎ miàn tuán fàng zài shuǐ
姥 姥 把 面 团 放 在 水
lǐ yòng shǒu yì zhí niē
里 用 手 一 直 捏

Grandma put the dough in water and kept squeezing it.

PAGE 3

tā yòu bái yòu ruǎn xiàng hěn báo
它 又 白 又 软 像 很 薄
de zhǐ
的 纸

It's white and soft, like very thin paper.

PAGE 6

shuǐ màn màn biàn bái miàn tuán màn
水 慢 慢 变 白 面 团 慢
màn biàn xiǎo
慢 变 小

The water slowly went white and the dough slowly shrank.

xǐ chū lái de bái shuǐ jiù shì
洗出来的白水就是
liáng pí de yuán liào
凉皮的原料

That white water is what liangpi is made from.

tā shuō yì zhí xǐ dào shuǐ bù
她说一直洗到水不
bái
白

She said: until the water stops going white.

shèng xià de nà yì xiǎo kuài jiào
剩下的那一小块叫
miàn jīn
面筋

The small lump left over is called mianjin.

nà tiān wǒ xǐ le sì shí fēn
那天我洗了四十分
zhōng shǒu dōu ruǎn le
钟手都软了

That day I washed for forty minutes and my hands went weak.

wǒ wèn lǎo lao xǐ yí cì yào
我问姥姥洗一次要
duō jiǔ
多久

I asked how long one washing takes.

bái shuǐ yào fàng yí yè dì èr
白水要放一夜第二
tiān cái néng yòng
天才能用

The white water has to sit overnight before you can use it.

dì èr tiān bǎ tā dào jìn pán
第二天把它倒进盘
zǐ lǐ zhēng
子里蒸

The next day you pour it into a tray and
steam it.

yì kǒu xià qù yòu liáng yòu suān
一口下去又凉又酸
yòu là
又辣

One mouthful is cold and sour and hot.

zhēng sān fēn zhōng jiù chéng le yì
蒸三分钟就成了一
zhāng liáng pí
张凉皮

Three minutes of steam makes one sheet.

wǒ suàn le yí xià sì shí fēn
我算了一下四十分
zhōng huàn sān fēn zhōng
钟换三分钟

I worked it out: forty minutes traded for
three.

qiē chéng tiáo fàng huáng guā fàng miàn
切成条放黄瓜放面
jīn jiāo shàng liào zhī
筋浇上料汁

Cut into strips, add cucumber and mianjin,
and pour the dressing over.

lǎo lao shuō liáng pí liáng zuò de
姥姥说凉皮凉做的
rén bù liáng
人不凉

Grandma said: the liangpi is cold. The one
who makes it isn't.

凉皮 · Writing Practice

Cold Skin

Name: _____

Date: _____

凉皮

liáng pí

liangpi (noodle-like di...

凉	皮				
---	---	--	--	--	--

姥姥

lǎo lao

mother's mother

姥	姥				
---	---	--	--	--	--

面团

miàn tuán

dough

面	团				
---	---	--	--	--	--

一直

yī zhí

straight (in a straight...

一	直				
---	---	--	--	--	--

慢慢

màn màn

slowly

慢	慢				
---	---	--	--	--	--

白水

bái shuǐ

plain water

白	水				
---	---	--	--	--	--

面筋

miàn jīn

gluten

面	筋				
---	---	--	--	--	--

四十

sì shí

forty

四	十				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

yáng ròu pào mó
羊肉泡馍

Tear Your Own Bread

PAGE 1

lǎo lao shuō lái xī ān yí dìng
姥姥说来西安一定
yào chī pào mó
要吃泡馍

Grandma said you can't come to Xi'an
without eating paomo.

PAGE 4

wǎn lǐ fàng zhe liǎng gè yìng mó
碗里放着两个硬馍

In each bowl were two hard flatbreads.

PAGE 2

nà jiā diàn hěn lǎo qiáng shàng quán
那家店很老墙上全
shì zhào piàn
是照片

The shop was old, with photographs all over
the walls.

PAGE 5

wǒ wèn zhè jiù shàng cài le ma
我问这就上菜了吗

I asked: is that the food?

PAGE 3

wǒ men zuò xià yǐ hòu fú wù
我们坐下以后服务
yuán gěi le liǎng gè kōng wǎn
员给了两个空碗

After we sat down, the waiter brought two
empty bowls.

PAGE 6

lǎo lao shuō mó yào zì jǐ bāi
姥姥说馍要自己掰

Grandma said: you tear the bread yourself.

PAGE 7

wǒ bāi le jǐ kuài jiù xiǎng fàng
我 掰 了 几 块 就 想 放
xià bù bāi le
下 不 掰 了

I tore a few pieces and wanted to stop.

PAGE 10

tā shuō yào bāi chéng huáng dòu nà
她 说 要 掰 成 黄 豆 那
me xiǎo
么 小

She said they have to be as small as
soybeans.

PAGE 8

lǎo lao kàn le kàn wǒ de wǎn
姥 姥 看 了 看 我 的 碗
yáo tóu
摇 头

Grandma looked at my bowl and shook her
head.

PAGE 11

wǒ bāi le sì shí fēn zhōng bāi
我 掰 了 四 十 分 钟 掰
le bàn wǎn
了 半 碗

I tore for forty minutes and filled half a bowl.

PAGE 9

tā shuō tài dà le tāng jìn bú
她 说 太 大 了 汤 进 不
qù
去

She said: too big. The soup won't get in.

PAGE 12

lǎo lao de wǎn zǎo jiù mǎn le
姥 姥 的 碗 早 就 满 了
kuài kuài yí yàng dà
块 块 一 样 大

Grandma's bowl was long since full, every
piece the same size.

PAGE 13

tā shuō tā bāi le liù shí nián
她说她掰了六十年

She said she'd been tearing bread for sixty years.

PAGE 16

wǒ wǎn lǐ de dà kuài hái shì
我碗里的大块还是
yìng de xiǎo kuài hěn hǎo chī
硬的小块很好吃

The big pieces in my bowl were still hard.
The small ones were good.

PAGE 14

bāi wán yǐ hòu wǎn duān dào hòu
掰完以后碗端到后
miàn qù
面去

When you're done, the bowl goes to the back.

PAGE 17

zhè ge cài huì gào su nǐ nǐ
这个菜会告诉你你
yǒu méi yǒu rèn zhēn
有没有认真

This dish tells you whether you took it seriously.

PAGE 15

chú fáng bǎ mó hé yáng ròu tāng
厨房把馍和羊肉汤
yì qǐ zhǔ zài duān huí lái
一起煮再端回来

The kitchen cooks the bread together with the mutton soup and brings it back.

PAGE 18

xià yí cì wǒ bāi le yí gè
下一次我掰了一个
xiǎo shí
小时

The next time, I tore for an hour.

羊肉泡馍 · Writing Practice

Tear Your Own Bread

Name: _____

Date: _____

姥姥

lǎo lao
mother's mother

姥

姥

以后

yǐ hòu
after

以

后

一定要

yī dìng yào
must

一

定

要

泡馍

pào mó
meat and bread soup (a ...)

泡

馍

照片

zhào piàn
photograph

照

片

这就

zhè jiù
immediately

这

就

上菜

shàng cài
to serve food

上

菜

我们

wǒ men
we

我

们

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

zǎo chá
早茶

Morning Tea

PAGE 1

dōng tiān wǒ men qù guǎng zhōu kàn
冬天我们去广州看

yé ye
爷爷

In winter we went to Guangzhou to see
Grandpa.

PAGE 4

guǎng dōng rén guǎn zhè ge jiào zǎo
广东人管这个叫早

chá
茶

Cantonese people call this yum cha.

PAGE 2

yé ye měi tiān liù diǎn bàn jiù
爷爷每天六点半就

qǐ chuáng
起床

Grandpa gets up at half past six every day.

PAGE 5

wǒ dì yī tiān gēn tā qù rén
我第一天跟他去人

duō de yào pái duì
多得要排队

The first day I went with him, it was so busy
we had to queue.

PAGE 3

tā qù de dì fang bú shì gōng
他去的地方不是公

yuán shì chá lóu
园是茶楼

He doesn't go to the park. He goes to the
teahouse.

PAGE 6

zuò xià yǐ hòu fú wù yuán xiān
坐下以后服务员先

wèn hē shén me chá
问喝什么茶

Once we sat down, the waiter asked which
tea first.

yé ye shuō pǔ ěr wǒ shuō wǒ
爷 爷 说 普 洱 我 说 我
yě yào pǔ ěr
也 要 普 洱

Grandpa said pu'er, and I said I'd have pu'er too.

wǒ qiāo le yí xià yé ye xiào
我 敲 了 一 下 爷 爷 笑
le
了

I tapped once, and Grandpa smiled.

bié rén gěi nǐ dào chá de shí
别 人 给 你 倒 茶 的 时
hou yào yòng shǒu zhǐ qiāo zhuō zi
候 要 用 手 指 敲 桌 子

When someone pours your tea, you tap the table with your fingers.

diǎn xīn shì yì lóng yì lóng lái
点 心 是 一 笼 一 笼 来
de
的

The dim sum comes basket by basket.

nà shì xiè xiè de yì sī bú
那 是 谢 谢 的 意 思 不
yòng shuō huà
用 说 话

That means thank you, without speaking.

xiā jiǎo de pí báo de néng kàn
虾 饺 的 皮 薄 得 能 看
jiàn lǐ miàn de xiā
见 里 面 的 虾

The har gow skin is so thin you can see the prawn inside.

yé ye shuō hǎo xiā jiǎo yào shí
爷爷说好虾饺要十
èr gè zhě
二个褶

Grandpa said a good har gow has twelve
pleats.

yé ye shuō wǒ men yào chī chū
爷爷说我们要吃出
dōng xi běn lái de wèi dao
东西本来的味道

Grandpa said: we want to taste what the
thing already is.

wǒ shǔ le yí xià zhēn de shì
我数了一下真的是
shí èr gè
十二个

I counted. There really were twelve.

nà tiān wǒ men zuò le sān gè
那天我们坐了三个
xiǎo shí
小时

We sat for three hours that day.

guǎng dōng cài bú là wèi dao yě
广东菜不辣味道也
bú zhòng
不重

Cantonese food isn't hot, and its flavours
aren't heavy.

yé ye shuō zǎo chá chī de bú
爷爷说早茶吃的不
shì diǎn xīn shì shí jiān
是点心是时间

Grandpa said: what you eat at yum cha isn't
dim sum. It's time.

早茶 · Writing Practice

Morning Tea

Name: _____

Date: _____

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

我们

wǒ men
we

我	们				
---	---	--	--	--	--

不是

bù shì
no

不	是				
---	---	--	--	--	--

一下

yī xià
give it a go

一	下				
---	---	--	--	--	--

点心

diǎn xin
light refreshments

点	心				
---	---	--	--	--	--

虾饺

xiā jiǎo
prawn dumplings

虾	饺				
---	---	--	--	--	--

十二

shí èr
twelve

十	二				
---	---	--	--	--	--

味道

wèi dao
flavor

味	道				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

bái qiē jī
白切鸡

The Plainest Dish

PAGE 1

guǎng dōng zuì yǒu míng de cài zhī
广东最有名的菜之
yī shì bái qiē jī
一是白切鸡

One of Guangdong's most famous dishes is
bai qie ji.

PAGE 2

míng zì de yì sī hěn jiǎn dān
名字的意思很简单
bái shuǐ zhǔ qiē kāi
白水煮切开

The name means what it says: boiled in plain
water, then cut.

PAGE 3

méi yǒu jiàng méi yǒu là shén me
没有酱没有辣什么
dōu méi yǒu
都没有

No sauce, no chilli, nothing at all.

PAGE 4

wǒ dì yī cì kàn jiàn de shí
我第一次看见的时
hou hěn shī wàng
候很失望

The first time I saw it, I was disappointed.

PAGE 5

wǒ xiǎng zhè ge wǒ yě huì zuò
我想这个我也会做

I thought: I could make that.

PAGE 6

yé ye shuō nà nǐ zuò yí gè
爷爷说那你做一个
gěi wǒ kàn
给我看

Grandpa said: then make one and show me.

wǒ bǎ jī fàng jìn kāi shuǐ lǐ
我把鸡放进开水里
zhǔ le bàn xiǎo shí
煮了半小时

I put the chicken into boiling water and
cooked it half an hour.

tā shuō shuǐ yí dà kāi pí jiù
他说水一大开皮就
pò
破

He said: the moment it boils hard, the skin
breaks.

ná chū lái de shí hou ròu shì
拿出来时候肉是
chái de pí yě pò le
柴的皮也破了

When it came out, the meat was dry and the
skin had split.

tā hái bǎ jī tí qǐ lái fàng
他还把鸡提起来放
xià qù tí sān cì
下去提三次

He also lifted the chicken out and back three
times.

yé ye zuò de shí hou shuǐ yì
爷爷做的时候水一
zhí méi yǒu dà kāi
直没有大开

When Grandpa did it, the water never came
to a rolling boil.

wǒ wèn wèi shén me tā shuō ràng
我问为什么他说让
lǐ wài yí yàng rè
里外一样热

I asked why, and he said: so inside and
outside heat the same.

PAGE 13

zhǔ hǎo yǐ hòu tā bǎ jī fàng
煮 好 以 后 他 把 鸡 放
jìn bīng shuǐ lǐ
进 冰 水 里

When it was done, he put it into ice water.

PAGE 16

nà ge tián bú shì táng shì jī
那 个 甜 不 是 糖 是 鸡
zì jǐ de
自 己 的

That sweetness wasn't sugar. It was the
chicken's own.

PAGE 14

tā shuō zhè yàng pí cái huì cuì
他 说 这 样 皮 才 会 脆

He said that's what makes the skin crisp.

PAGE 17

yé ye shuō yuè jiǎn dān de cài
爷 爷 说 越 简 单 的 菜
yuè nán zuò
越 难 做

Grandpa said: the simpler the dish, the
harder it is.

PAGE 15

wǒ chī le yí kuài ròu shì nèn
我 吃 了 一 块 肉 是 嫩
de yǒu yì diǎn tián
的 有 一 点 甜

I ate a piece: the meat was tender, and
slightly sweet.

PAGE 18

yīn wèi méi yǒu bié de wèi dao
因 为 没 有 别 的 味 道
kě yǐ duǒ
可 以 躲

Because there's no other flavour to hide
behind.

白切鸡 · Writing Practice

The Plainest Dish

Name: _____

Date: _____

没有

méi yǒu
haven't

没	有				
---	---	--	--	--	--

时候

shí hou
time

时	候				
---	---	--	--	--	--

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

简单

jiǎn dān
simple

简	单				
---	---	--	--	--	--

放进

fàng jìn
to put into

放	进				
---	---	--	--	--	--

大开

dà kāi
to open wide

大	开				
---	---	--	--	--	--

有名

yǒu míng
famous

有	名				
---	---	--	--	--	--

之一

zhī yī
one of (sth)

之	一				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.

yì zhuō cài
一桌菜

One Table

PAGE 1

guò nián de shí hòu lǎo lao hé
过年的时候姥姥和

yé ye dōu lái le
爷爷都来了

At New Year, both grandparents came.

PAGE 4

lǎo lao zuò le liáng pí hái zhēng
姥姥做了凉皮还蒸

le yí dà guō mó
了一大锅馍

Grandma made liangpi and steamed a big
pot of bread.

PAGE 2

sān gè dì fang de rén zuò zài
三个地方的人坐在

yì zhāng zhuō zi shàng
一张桌子上

People from three places at one table.

PAGE 5

yé ye shén me dōu méi zuò zhǐ
爷爷什么都没做只

zuò le yí gè bái qiē jī
做了一个白切鸡

Grandpa made almost nothing — just one bai
qie ji.

PAGE 3

bà ba zuò le huí guō ròu hé
爸爸做了回锅肉和

má pó dòu fu
麻婆豆腐

Dad made twice-cooked pork and mapo tofu.

PAGE 6

nà yì zhuō cài hóng de hóng bái
那一桌菜红的红白

de bái
的白

On that table, the red things were red and
the white things white.

PAGE 7

bà ba xiān jiā le yí kuài bái
爸爸先夹了一块白
qiē jī
切鸡

Dad took a piece of the plain chicken first.

PAGE 10

lǎo lao bǎ mó bāi kāi jiāo shàng
姥姥把馍掰开浇上
sì chuān de tāng
四川的汤

Grandma tore her bread open and poured
Sichuan soup over it.

PAGE 8

yé ye xiān chī le yì kǒu má
爷爷先吃了一口麻
pó dòu fu
婆豆腐

Grandpa started with a mouthful of mapo
tofu.

PAGE 11

tā shuō zhè ge chī fǎ shì tā
她说这个吃法是她
zì jǐ xiǎng de
自己想的

She said she'd thought of that way of eating
it herself.

PAGE 9

liǎng gè rén dōu méi yǒu shuō huà
两个人都没有说话
dōu diǎn le diǎn tóu
都点了点头

Neither said anything. Both nodded.

PAGE 12

wǒ wèn tā men nǎ ge dì fang
我问他们哪个地方
de cài zuì hǎo
的菜最好

I asked them which region's food was best.

PAGE 13

sān gè dà rén yì qǐ kàn zhe
三 个 大 人 一 起 看 着
wǒ shéi yě bù shuō
我 谁 也 不 说

The three grown-ups all looked at me and
said nothing.

PAGE 16

shǎn xī de cài shì shí zài de
陕 西 的 菜 是 实 在 的
guǎng dōng de cài shì ān jìng de
广 东 的 菜 是 安 静 的

Shaanxi food is solid, and Cantonese food is
quiet.

PAGE 14

yé ye zuì hòu shuō nǐ wèn cuò
爷 爷 最 后 说 你 问 错
wèn tí le
问 题 了

Grandpa said at last: you've asked the wrong
question.

PAGE 17

tā shuō yí gè rén yě kě yǐ
他 说 一 个 人 也 可 以
yǒu sān zhǒng pí qì
有 三 种 脾 气

He said: one person can have three tempers
too.

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tā shuō sì chuān de cài shì rè
他 说 四 川 的 菜 是 热
nao de
闹 的

He said: Sichuan food is loud.

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nà tiān wǒ chī le sān gè dì
那 天 我 吃 了 三 个 地
fang de cài kě shì wǒ zhǐ yǒu
方 的 菜 可 是 我 只 有
yí gè wèi
一 个 胃

That day I ate the food of three places, and I
only have one stomach.

一桌菜 · Writing Practice

One Table

Name: _____

Date: _____

爷爷

yé ye
father's father

爷	爷				
---	---	--	--	--	--

姥姥

lǎo lao
mother's mother

姥	姥				
---	---	--	--	--	--

地方

dì fang
area

地	方				
---	---	--	--	--	--

白切鸡

bái qiē jī
Cantonese poached chick...

白	切	鸡			
---	---	---	--	--	--

爸爸

bà ba
father

爸	爸				
---	---	--	--	--	--

麻婆豆腐

má pó dòu fǔ
mapo tofu

麻	婆	豆	腐
---	---	---	---

过年

guò nián
to celebrate the Chines...

过	年				
---	---	--	--	--	--

时候

shí hou
time

时	候				
---	---	--	--	--	--

Trace the gray word in the first group, then practise writing it in the rest. Keep each stroke inside the dashed lines.