

你 渴 吗 *Nǐ kě ma?* Are you thirsty?

## Drinks

我想喝\_\_\_\_。  
*wǒ xiǎng hē \_\_\_\_.*  
I would like to drink \_\_\_\_.

一杯水  
*yì bēi shuǐ*  
a glass of water



一杯茶  
*yì bēi chá*  
a cup of tea

一杯咖啡  
*yì bēi kāfēi*  
a cup of coffee



一杯橘汁  
*yì bēi júzhī*  
a glass of orange juice

一杯苹果汁  
*yì bēi píngguǒzhī*  
a glass of apple juice



一杯梅酒  
*yì bēi méijiǔ*  
a glass of plum wine

一瓶啤酒  
*yì píng píjiǔ*  
a bottle of beer



红茶 **【hóngchá】** black tea  
花茶 **【huāchá】** jasmine tea  
绿茶 **【lǜchá】** green tea  
乌龙茶 **【wūlóngchá】** oolong tea  
冰茶 **【bīngchá】** ice tea

## For the more adventurous...

番薯糖水 *fānshǔ tángshuǐ*  
Sweet potato syrup

酸梅汤 *suānméitāng*  
Smoked plum drink



豆汁 *dòuzhī*  
A fermented drink made  
from ground mung beans

豆浆 *dòujiāng*  
soymilk



珍珠奶茶  
*zhēnzhū nǎi chá*  
Pearl milk tea

酒枣 *jiǔzǎo*  
jujubes in  
*báijiǔ*

(alcohol usually distilled from  
sorghum or maize)



白枇杷酒 *báipípajiǔ*  
loquat wine



茅台酒 *máotáijiǔ*  
Sorghum alcohol



# Gluten-Free

## in China



医务



我很抱歉打扰你。  
*Wǒ hěn bàoqiàn dǎrǎo nǐ.*  
**I'm sorry to disturb you.**

我對小麥過敏，不能吃所有面粉做的東西。  
*Wǒ duì xiǎomài guò mǐn ,*  
*bù néng chī suǒ yǒu miànfěn zuò de dōngxi.*  
I am allergic to wheat,  
and I can't eat anything which is made of flour.

我也不能吃醬油还是味精，一點兒也不能吃。  
*Wǒ yě bù néng chī jiàngyóu háishi wèijīng,*  
*yī diǎnr yě bù néng chī .*  
I can't eat soy sauce or MSG either,  
not even a little bit.



Note: You have to be the ultimate judge in deciding what you eat and drink.

# 我能吃... Wǒ néng chī ... I can eat... ☺

米【mǐ】rice 白米【báimǐ】white rice 糙米【cāomǐ】brown rice

玉米【yùmǐ】maize; corn

玉米棒【yùmǐ bàng】corn on the cob

小米【xiǎomǐ】millet 苳【qǐ】white millet

黍【shǔ】broomcorn millet

黄米【huángmǐ】glutinous millet

秫【shú】sorghum

高粱【gāoliáng】Chinese sorghum

荞【qiáo】buckwheat

大豆【dàdòu】/ 黄豆【huángdòu】soybean

豆【dòu】legumes; pulses; beans; peas

豆腐【dòufu】bean curd

豆腐皮【dòufupí】skin of soya-bean milk; thin sheets of bean curd

豆汁【dòuzhī】a fermented drink made from ground beans

豆浆【dòujiāng】soymilk

豆面【dòumiàn】bean flour

豆沙【dòushā】sweetened bean paste

豆子【dòuzi】beans or peas

豌豆【wāndòu】pea

红小豆【hóngxiǎodòu】red bean

绿豆【lǜdòu】mung bean

小扁豆【xiǎobiǎndòu】lentils

茛【nǎi】taro; tuber crops

薯【shǔ】potato; yam

马铃薯【mǎlíngshǔ】potato

白薯【báishǔ】sweet potato

山芋【shānyù】mountain sweet potato

红薯【hóngshǔ】yam

豆薯【dòushǔ】yam bean (jicama)

花生【huāshēng】peanut

杏仁【xìngrén】almond

胡桃【hútáo】walnut 松仁【sōngrén】pinenut

腰果树【yāoguǒshù】cashew

2 栗子【lizi】chestnut 榛子【zhēnzi】hazelnut



# 我不能吃... Wǒ bù néng chī ... I cannot eat... ☹

麦【mài】a general term for wheat, barley, etc.

小麦【xiǎomài】wheat

大麦【dàmài】barley

裸麦【luǒmài】highland barley

黑麦【hēimài】rye

麦子【màizi】wheat

面筋【miànjin】wheat gluten

白面【báimiàn】wheat flour; flour

面粉【miànfěn】wheat flour; flour

麦麸【màifū】wheat bran

酱油【jiàngyóu】soy sauce

味精【wèijīng】MSG; monosodium glutamate

麦精【màijīng】malt extract

麦芽【màiyá】malt

油茶【yóuchá】fried flour "tea"



This list is not exhaustive.



# ☺ 菜【cài】vegetables; greens; food; dish; course ☺

玉米【yùmǐ】maize; corn

玉米棒【yùmǐ bàng】corn on the cob

菠菜【bōcài】spinach

芦笋【lúsǔn】asparagus

茼蒿【túngāo】turnip

胡萝卜【húluóbo】carrots

蒜【suàn】garlic

姜【jiāng】ginger

大葱【dàchōng】green onion

西红柿【xīhóngshì】tomato

柿子椒【shìzijiāo】red bell pepper

小白菜【xiǎobáicài】bok choy

花椰菜【huāyēcài】cauliflower

白菜【báicài】Chinese cabbage

球莖甘蓝【qiújìnggānlán】kohlrabi

7 酸菜【suāncài】pickled Chinese cabbage Mustardy Chinese cabbage

茄子【qiézi】eggplant

豌豆【wāndòu】pea

甜菜【tiáncài】beet

西葫芦【xīhúlú】zucchini

南瓜【nánguā】pumpkin

紫菜【zǐcài】seaweed

笋【sǔn】bamboo shoot

芹菜【qín】celery



芥末白菜

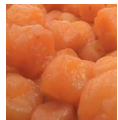
Jièmò Báicài



我们吃吧。 *Wǒmén chī ba!* Let's eat!

对不起  
*duìbùqǐ*  
Excuse me.

谢谢  
*xièxie*  
Thank you.



蜜饯 **【mìjiàn】**  
candied fruit

有没有...  
*Yǒu méiyǒu* \_\_\_\_?  
Do you have \_\_\_\_ (or not)?

我想吃 \_\_\_\_.  
*Wǒ xiǎng chī* \_\_\_\_.  
I would like to eat \_\_\_\_.

这个是无筋面筋的马?  
*Zhè ge shì wújīn miànjīn de ma?*  
Is this gluten-free?

真好吃!  
*Zhēn hǎo chī le.*  
It was very delicious!



姜撞奶  
*Jiāngzhuàng nǎi*  
Ginger milk

肉 <b>【ròu】</b> meat	素食 <b>【sùshí】</b> vegetarian
鱼 <b>【yú】</b> fish	沸 <b>【fèi】</b> to boil 煮 <b>【zhǔ】</b> to boil
虾 <b>【xiā】</b> shrimp	炒 <b>【chǎo】</b> to stir-fry
海鲜 <b>【hǎixiān】</b> seafood	蒸 <b>【zhēng】</b> to steam
家禽 <b>【jiāqín】</b> poultry	烤 <b>【kǎo】</b> to bake or roast
鸭肉 <b>【yāròu】</b> duck meat	炸 <b>【zhá】</b> to deep-fry
鸡蛋 <b>【jīdàn】</b> hen's egg	红烧 <b>【hóngshāo】</b> to braise in soy sauce ☺
4 蟹 <b>【xiè】</b> crab	酱 <b>【jiàng】</b> cooked in soy sauce ☺



三不沾  
*Sānbùzhān*  
“Three Don't Stick”

This sweet custard is made of eggs, sugar, and oil.



粥 **zhōu** Congee

Congee is rice cooked in a lot of water for a long time to make a porridge. Make sure it is not served with soy sauce or gluten.



爱窝窝 *Àiwōwō*  
Sticky Rice with Sweet Filling

This is a Halal (Muslim) snack. Make sure the filling is gluten-free.

“Ask before you eat.”



枸杞子 *gǒuqǐzi*  
Chinese wolfberry; Goji berries

## 驴打滚

*Lǚdǎgǔn*  
“Donkey Roll-About”



*Lǚdǎgǔn* is made from steamed glutinous millet or rice flour, which is made into a flat cake, filled with red bean paste, rolled up, then rolled in fried soybean flour.

这个糖浆有麦芽吗?  
*Zhè ge tángjiāng yǒu màiyá ma?*  
Does this syrup have malt in it?

## 汤圆

“Ball Soup”



**Tāngyuán** is a Chinese food made from glutinous rice flour mixed with a small amount of water to form balls and is then cooked and served in boiling water. *Tangyuan* can be filled with peanut, black sesame, red bean, or lotus paste.

# Snacks

## 小吃 *xiǎochī*

## 豌豆黄

*Wāndòuhuáng*  
Yellow Pea-flour Cake



## 三大炮

三大炮  
“Three Big Canons”



Sticky rice thrown against a metal tray covered with ground sesame and soy flour.

Note: Make sure there is not malt in the syrup.

\_\_\_\_\_ 在那儿?  
\_\_\_\_\_ zài nǎr?  
Where is the \_\_\_\_\_?



我找 \_\_\_\_\_.  
Wǒ zhǎo \_\_\_\_\_.  
I am looking for \_\_\_\_\_.



饭馆 【fànguǎn】 restaurant  
咖啡馆 【kāfēiguǎn】 coffee shop  
书店 【shūdiàn】 bookstore  
图书馆 【túshūguǎn】 library  
博物馆 【bówùguǎn】 museum  
美术馆 【měishùguǎn】 art gallery  
学校 【xuéxiào】 school  
银行 【yínháng】 bank  
厕所 【cèsuǒ】 lavatory; toilet  
旅馆 【lǚguǎn】 hotel

我怎么去 \_\_\_\_\_?  
Wǒ zěnmē qù \_\_\_\_\_?  
How do I get to the \_\_\_\_\_?

我想去 \_\_\_\_\_.  
Wǒ xiǎng qù \_\_\_\_\_.  
I want to go to the \_\_\_\_\_.

远不远 Yuǎn bu yuǎn? Is it far?

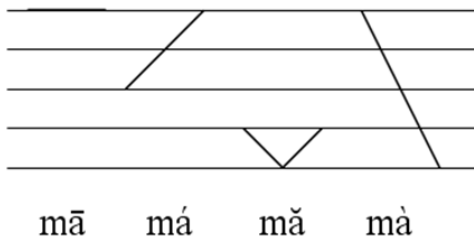
北 【běi】 north  
东北 【dōngběi】 northeast  
东 【dōng】 east  
东南 【dōngnán】 southeast  
南 【nán】 south  
西南 【xīnán】 southwest  
西 【xī】 west  
西北 【xīběi】 northwest

一直 【yīzhí】 straight ahead  
右边 【yòubiān】 right  
左边 【zuǒbiān】 left  
远 【yuǎn】 far  
不远 【bù yuǎn】 not far

你能在这张地图上指出我在哪儿吗?  
Nǐ néng zài zhè zhāng dìtú shàng zhǐchū wǒ zài nǎr ma?  
Can you show me on this map where I am?

请问，你会说英文吗?  
Qǐngwèn, nǐ huì shuō yīngwén ma?  
Excuse me, can you speak English?

我不懂你说什么  
Wǒ bu dǒng nǐ shuō shénme.  
I don't understand what you're saying.



Tones  
1st tone—high even pitch mā  
2nd tone—rising like question má  
3rd tone—falling-rising tone mǎ  
4th tone—sounds like cursing mà

## 水果 【shuǐguǒ】 fruit

枣 【zǎo】 jujube; Chinese date  
苹果 【píngguǒ】 apple  
梨子 【lízi】 pear  
李子 【lǐzi】 plum  
梅子 【méizi】 plum  
桃子 【táozi】 peach  
蟠桃 【pántáo】 flat peach  
油桃 【yóutáo】 nectarine  
杏 【xìng】 apricot  
葡萄 【pútáo】 grape  
木菠萝 【mùbōluó】 jackfruit  
桔子 【júzi】 orange; tangerine  
西柚 【xīyòu】 grapefruit  
柚 【yòu】 shaddock; pomelo  
西瓜 【xīguā】 watermelon  
哈密瓜 【hāmiguā】 cantaloupe  
香瓜 【xiāngguā】 muskmelon  
白兰瓜 【báilánguā】 honeydew melon  
草莓 【cǎoméi】 strawberry  
猕猴桃 【míhóutáo】 kiwi  
黑莓 【hēiméi】 blackberry  
醋栗 【cùlì】 gooseberry  
樱桃 【yīngtáo】 cherry  
荔枝 【lìzhī】 lychee  
石榴 【shíliu】 pomegranate  
鳄梨 【èlǐ】 avocado ("crocodile pear")  
椰子 【yēzi】 coconut  
百香果 【bǎixiāngguǒ】 passionfruit  
木瓜 【mùguā】 papaya  
菠萝 【bōluó】 pineapple  
香蕉 【xiāngjiāo】 banana  
芒果 【mángguǒ】 mango

你喜欢吃那种水果  
Nǐ xǐhuan chī nǎ zhǒng shuǐguǒ?  
What kind of fruit do you like to eat?

我最喜欢的水果是 \_\_\_\_\_.  
Wǒ zuì xǐhuan de shuǐguǒ shì \_\_\_\_\_.  
My favorite fruit is \_\_\_\_\_.

枣  
zǎo  
Jujube



木菠萝  
mùbōluó  
Jackfruit



荔枝  
lìzhī  
Lychee

