**Lesson 3\_Food and Diet\_ Culture Article Vocabulary List**

ID Chinese Trad. Pinyin Definition

1 菜系 菜系 cài xì (regional) cuisine

2 清淡 清淡 qīng dàn light (of food, not greasy or strongly flavored)

3 浓重 濃重 nóng zhòng dense; thick; strong

4 数量 數量 shù liàng amount; quantity;

5 家常便饭 家常便飯 jiā cháng biàn fàn simple home-style meal;

6 品尝 品嚐 pǐn cháng to taste a small amount; to sample

7 尤其 尤其 yóu qí especially; particularly

8 有机 有機 yǒu jī organic

9 天然 天然 tiān rán natural

10 举例(子) 舉例 jǔ lì to give an example

11 古代 古代 gǔ dài ancient times

12 愉快 愉快 yú kuài cheerful; cheerily; delightful;

13 并且 並且 bìng qiě and; besides; moreover; furthermore; in addition

14 调料 調料 tiáo liào seasoning; flavoring

15 营养 營養 yíng yǎng nutrition

16 面食 麪食 miàn shí food made from wheat flour, such as noodles, dumplings, buns

17 粮食 糧食 liáng shi foodstuff; cereals;

18 吸引 吸引 xī yǐn to attract (interest, investment etc);

19 民以食为天 民以食爲天 mín yǐ shí wéi tiān Food is the God of the people. (idiom); People view food as the primary need.

20 色香味俱全 色香味俱全 sè xiāng wèi jù quán to smell, look and taste great

21 立竿见影 立竿見影 lì gān jiàn yǐng lit. set up a pole and see the shadow (idiom); fig. instant effect; quick results