

LESSON NOTES

# Culture Class: Essential Cantonese Vocabulary S1 #7 Vegetables

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# 7

## TRADITIONAL CHINESE

1. What are the five most popular vegetables in Hong Kong?
2. A. 白菜
3. 2. 菜心
4. 3. 芥蘭
5. 4. 黃芽白
6. 5. 矮瓜

## JYUTPING

1. What are the five most popular vegetables in Hong Kong?
2. 1. baak6 coi3
3. 2. coi3 sam1
4. 3. gaai3 laan2
5. 4. wong4 ngaa4 baak6
6. 5. aai2 gwaa1

## ENGLISH

CONT'D OVER

1. What are the five most popular vegetables in Hong Kong?
2. 1. bok choy
3. 2. choy sum
4. 3. kai-lan
5. 4. napa cabbage
6. 5. eggplant

## VOCABULARY

Traditional	Romanization	English	Class
白菜	baak6 coi3	bok choy	
菜心	coi3 sam1	choy sum	
芥蘭	gaa3 laan2	kai-lan	
黃芽白	wong4 ngaa4 baak6	napa cabbage	
矮瓜	aai2 gwaa1	eggplant	noun

## SAMPLE SENTENCES

<p>「鹹魚白菜」代表清茶淡飯。  <i>haam4 jyu4 baak6 coi3 doi3 biu2 cing1 caa4 daam6 faan6.</i></p> <p>The phrase “salty fish and bok choy” means a very simple meal.</p>	<p>菜心有好高鈣質，你應該食多啲。  <i>coi3 sam1 jau5 hou2 gou1 koi3 zat1, nei5 jing1 goi1 sik6 do1 di1.</i></p> <p>Choy sum is very high in calcium, you should eat more.</p>
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今日啲芥蘭好新鮮嘞!  
*gam1 jat6 di1 gaai3 laan2 hou2 san1 sin1 wo3!*

The kai-lan is very fresh today!

黃芽白同火腿一齊放落雞湯，煲兩個鐘就得喇。

*wong4 ngaa4 baak6 tung4 fo2 teoi2 jat1 cai4  
fong3 lok6 gai1 tong1, bou1 loeng5 go3 zung1  
zau6 dak1 laa6.*

Put the napa cabbage and ham in chicken broth and boil for two hours. Then it'll be done.

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我細個唔鍾意食矮瓜，但係而家好鍾意食。  
*ngo5 sai3 go3 m4 sik6 joeng6 aai2 gwaa1, daan1 hai6 ji4 gaa1 hou2 zung1 ji3 sik6.*

I didn't like eating eggplant when I was young, but now I like it.

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## CULTURAL INSIGHT

### 1. Bok choy

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Also called Chinese cabbage, bok choy is a common vegetable in Chinese cuisine.

### 2. Choy sum

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Also known as Chinese flowering cabbage, choy sum is a common vegetable in Chinese cuisine.

### 3. Kai-lan

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Also known as Chinese broccoli, *kai-lan* is a leafy vegetable with glossy blue-green leaves, thick stems, and a small number of tiny flower heads.

#### 4. Napa cabbage

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Also known as celery cabbage, napa cabbage is a type of Chinese cabbage originating from the Beijing area.

#### 5. Eggplant

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In Chinese cuisine, eggplant is usually hollowed out and stuffed with meat or fish fillings before being pan-fried or braised.