

LESSON TRANSCRIPT

# Culture Class: Essential Cantonese Vocabulary S1 #7 Vegetables

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## CONTENTS

- 2 INTRODUCTION
- 2 FIVE KEY VOCABULARY ITEMS
- 4 QUIZ
- 4 OUTRO

# 7

# INTRODUCTION

Gabriella: Hi everyone, I'm Gabriella.

Olivia: And I'm Olivia!

Gabriella: And welcome to Culture Class: Essential Cantonese Vocabulary, Lesson 7!  
In this lesson you'll learn five essential words related to Food and Drink. These are five common Cantonese vegetables. Hand picked. You can find a complete list of vocabulary at [CantoneseClass101.com](http://CantoneseClass101.com)

## FIVE KEY VOCABULARY ITEMS

Gabriella: Olivia, what's our first word?

Olivia: 白菜

Gabriella: bok choy

Olivia: (slow) 白菜 (regular) 白菜

Gabriella: Listeners, please repeat:

Olivia: 白菜

[pause - 5 sec.]

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

Gabriella: Now let's hear a sample sentence using this word.

Olivia: (normal) 「鹹魚白菜」代表清茶淡飯。

Gabriella: The phrase "salty fish and bok choy" means a very simple meal.

Olivia: (slow) 「鹹魚白菜」代表清茶淡飯。

Gabriella: Okay, what's the next word?

Olivia: 菜心

Gabriella: choy sum

Olivia: (slow) 菜心 (regular) 菜心

Gabriella: Listeners, please repeat:

Olivia: 菜心

[pause - 5 sec.]

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

Gabriella: Now let's hear a sample sentence using this word.

Olivia: (normal)

菜心有好高鈣質，你應該食多啲。

Gabriella: Choy sum is very high in calcium; you should eat more.

Olivia: (slow) 菜心有好高鈣質，你應該食多啲。

Gabriella: Okay, what's the next word?

Olivia: 芥蘭

Gabriella: kai-lan

Olivia: (slow) 芥蘭 (regular) 芥蘭

Gabriella: Listeners, please repeat:

Olivia: 芥蘭

[pause - 5 sec.]

Gabriella: 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.

Gabriella: Now let's hear a sample sentence using this word.

Olivia: (normal) 今日啲芥蘭好新鮮啲！

Gabriella: The kai-lan is very fresh today!

Olivia: (slow) 今日啲芥蘭好新鮮啲！

Gabriella: Okay, what's the next word?

Olivia: 黃芽白

Gabriella: napa cabbage

Olivia: (slow) 黃芽白 (regular) 黃芽白

Gabriella: Listeners, please repeat:

Olivia: 黃芽白

[pause - 5 sec.]

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

Gabriella: Now let's hear a sample sentence using this word.

Olivia: (normal) 黃芽白同火腿一齊放落雞湯，煲兩個鐘就得喇。

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

Olivia: (slow) 黃芽白同火腿一齊放落雞湯，煲兩個鐘就得喇。

Gabriella: Okay, what's the last word?

Olivia: 矮瓜

Gabriella: eggplant

Olivia: (slow) 矮瓜 (regular) 矮瓜

Gabriella: Listeners, please repeat:

Olivia:

矮瓜

[pause - 5 sec.]

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

Gabriella: Now let's hear a sample sentence using this word.

Olivia: (normal) 我細個唔鍾意食矮瓜，但係而家好鍾意食。

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

Olivia: (slow) 我細個唔鍾意食矮瓜，但係而家好鍾意食。

## QUIZ

Gabriella: Okay listeners, are you ready to be quizzed on the words you just learned?

Olivia will give you the Cantonese – please say the English meaning out loud! Are you ready?

Olivia: 白菜

[pause] Gabriella: bok choy

Olivia: 菜心

[pause] Gabriella: choy sum

Olivia: 芥蘭

[pause] Gabriella: kai-lan

Olivia: 黃芽白

[pause] Gabriella: napa cabbage

Olivia: 矮瓜

[pause] Gabriella: eggplant

## OUTRO

Gabriella: There you have it – five vegetables in Hong Kong! We have more vocab lists available at [CantoneseClass101.com](http://CantoneseClass101.com), so be sure to check them out. Thanks everyone, see you next time!

Olivia: 拜拜!