CHINESE BOOST

Diet and nutrition Chinese vocabulary: Elementary (HSK 1-3)

14 words with pinyin, 繁體 and meanings, 14 of them with an example sentence.
Every word here links to its entry on the site.

Diet and nutrition Chinese vocabulary: Elementary (HSK 1-3) on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

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Words

早饭 早飯
zǎofàn breakfast

早饭吃什么？
Zǎofàn chī shénme?
What's for breakfast?

午饭 午飯
wǔfàn lunch

吃午饭了吗？
Chī wǔfàn le ma?
Have you finished eating your lunch?

晚饭 晚飯
wǎnfàn evening meal / dinner / supper

一起吃晚饭吧。
Yìqǐ chī wǎnfàn ba.
Let's have dinner together.

做饭 做飯
zuòfàn to prepare a meal / to cook

你们会做饭吗？
Nǐmen huì zuòfàn ma?
Can you cook?

饿 餓
è hungry / to starve (sb)

你饿吗？
Nǐ è ma?
Are you hungry?

习惯 習慣
xíguàn to be used to / habit / custom / usual practice

你会习惯的。
Nǐ huì xíguàn de.
You'll get used to it.

健康
jiànkāng health / healthy

健康是什么？
Jiànkāng shì shénme?
What is health?

胖
pàng fat / plump
pán healthy / at ease
pàn half of a sacrificial animal / thin flank meat / meat beside the spine / half side

他胖起来了。
Tā pàng qǐlaile.
He has gotten fat.

瘦
shòu thin / to lose weight / (of meat) lean / (of clothing) tight / (of land) unproductive

我瘦了一点。
Wǒ shòule yìdiǎn.
I've lost a little weight.

外卖 外賣
wàimài to provide a takeout or home delivery meal / takeout (business) / takeout (meal)

外卖到了，你去开一下门。
Wàimài dàole, nǐ qù kāi yíxià mén.
The takeout is here, so please go open the door.

点菜 點菜
diǎncài to order dishes (in a restaurant)

你来点菜，我都可以。
Nǐ lái diǎncài, wǒ dōu kěyǐ.
You order for us. I'm fine with anything.

新鲜 新鮮
xīnxiān fresh (experience, food etc) / freshness / novel / uncommon

面包不新鲜。
Miànbāo bù xīnxiān.
The bread is not fresh.

糖
táng sugar / sweets / candy

你用多少糖？
Nǐ yòng duōshǎo táng?
How much sugar do you use?

饱 飽
bǎo to eat till full / satisfied

我吃得很饱。
Wǒ chī de hěn bǎo.
My stomach's full.