CHINESE BOOST

Diet and nutrition Chinese vocabulary: Intermediate (HSK 4-6)

44 words with pinyin, 繁體 and meanings, 38 of them with an example sentence.
Every word here links to its entry on the site.

Diet and nutrition Chinese vocabulary: Intermediate (HSK 4-6) 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

早餐
zǎocān breakfast

他开始吃早餐。
Tā kāishǐ chī zǎocān.
He began to eat his breakfast.

午餐
wǔcān lunch / luncheon

午餐送到了。
Wǔcān sòng dàole.
Lunch is on.

晚餐
wǎncān evening meal / dinner

我准备晚餐。
Wǒ zhǔnbèi wǎncān.
I'm making dinner.

零食
língshí snack / nibbles

帮我买点零食吧。
Bāng wǒ mǎi diǎn língshí ba.
Buy me a snack.

食品
shípǐn foodstuff / food / provisions

注意你们的食品。
Zhùyì nǐmen de shípǐn.
Pay attention to your food.

卫生 衛生
wèishēng hygienic / sanitary / hygiene / sanitation

这食物不卫生。
Zhè shíwù bú wèishēng.
This food is unhygienic.

污染
wūrǎn to pollute / to contaminate

工厂把河水污染了。
Gōngchǎng bǎ héshuǐ wūrǎnle.
The factory polluted the river water.

快餐
kuàicān fast food / snack / quick meal

天天吃快餐，对身体不太好。
Tiāntiān chī kuàicān, duì shēntǐ bútàihǎo.
Eating fast food every day isn't very good for your health.

食堂
shítáng dining hall / cafeteria

食堂开了吗?
Shítáng kāile ma?
Is the canteen open yet?

盐 鹽
yán salt
yàn to salt / to pickle / to admire / to envy / prelude of a song / melody

别放太多盐。
Bié fàng tài duō yán.
Don't add too much salt.

饮食 飲食
yǐnshí eating and drinking / food and drink / diet

我要改变我的饮食吗?
Wǒ yào gǎibiàn wǒ de yǐnshí ma?
Do I have to change my diet?

减肥 減肥
jiǎnféi to lose weight

减肥成功了吗?
Jiǎnféi chénggōngle ma?
Have you lost weight?

营养 營養
yíngyǎng nutrition / nourishment

吃饭要注意营养平衡。
Chīfàn yào zhùyì yíngyǎng pínghéng.
When you eat, you should pay attention to a balanced diet.

蔬菜
shūcài vegetables

你得吃蔬菜。
Nǐ děi chī shūcài.
You should eat vegetables.

平衡
pínghéng balance / equilibrium

> 我认为要保持平衡。
> Wǒ rènwéi yào bǎochí pínghéng.
> I think there's a balance to be had.

过期 過期
guòqī to be overdue / to exceed the time limit / to expire (as in expiration date)

> 我的护照过期了。
> Wǒ de hùzhào guòqī le.
> My passport has expired.

保质期 保質期
bǎozhìqī shelf life / expiration date

> 这种牛奶的保质期很短。
> Zhèzhǒng niúnǎi de bǎozhìqī hěn duǎn.
> The shelf life of this milk is very short.

热量 熱量
rèliàng heat / quantity of heat / calorific value

> 这块蛋糕的热量太高了。
> Zhèkuài dàngāo de rèliàng tài gāole.
> This piece of cake has too many calories.

成分
chéngfèn composition / ingredient / element / component / one's social status

> 这种牛奶里有什么成分?
> Zhèzhǒng niúnǎi lǐ yǒu shénme chéngfèn?
> What ingredients are in this kind of milk?

过敏 過敏
guòmǐn allergic / hypersensitive / oversensitive / prone to overreact

> 我玉米过敏。
> Wǒ yùmǐ guòmǐn.
> I'm allergic to corn.

规律 規律
guīlǜ rule (e.g. of science) / law of behavior / regular pattern / rhythm / discipline

> 我相信规律的运动。
> Wǒ xiāngxìn guīlǜ de yùndòng.
> I believe in exercising regularly.

消化
xiāohuà to digest (food) / to absorb (information etc) / to assimilate / to process

> 葡萄酒帮助消化。
> Pútaojiǔ bāngzhù xiāohuà.
> Wine helps with digestion.

吸收
xīshōu to absorb / to assimilate / to ingest / to recruit

> 公司想吸收几个新员工。
> Gōngsī xiǎng xīshōu jǐ ge xīn yuángōng.
> The company wants to recruit a few new employees.

补充 補充
bǔchōng to replenish / to supplement / to complement / additional / supplementary

> 我刚才说的内容，你想补充么?
> Wǒ gāngcái shuō de nèiróng, nǐ xiǎng bǔchōng me?
> Is there anything you want to add to what I just said?

含量
hánliàng content / quantity contained

> 菜里的盐含量不能太高。
> Cài lǐ de yán hánliàng bùnéng tài gāo.
> The amount of salt in the dishes can't be too high.

主食
zhǔshí staple food

> 我们日本人以米饭为主食。
> Wǒmen Rìběn rén yǐ mǐfàn wèi zhǔshí.
> We Japanese live on rice.

清淡
qīngdàn light (of food, not greasy or strongly flavored) / insipid / slack (sales)

> 今天想吃清淡的食物呢。
> Jīntiān xiǎng chī qīngdàn de shíwù ne.
> Today I want to eat something light.

食欲 食慾
shíyù appetite

> 我今天的食欲很好。
> Wǒ jīntiān de shíyù hěn hǎo.
> I have a good appetite today.

胃口
wèikǒu appetite / liking

> 祝你胃口好!
> Zhù nǐ wèikǒu hǎo!
> Enjoy your meal!

变质 變質
biànzhì to degenerate / to deteriorate / to go bad / to go off / metamorphism

> 牛奶变质了。
> Niúnǎi biànzhì le.
> The milk has gone bad.

储存 儲存
chǔcún stockpile / to store / to stockpile / storage

> 这些照片都储存在我的手机里。
> Zhèxiē zhàopiān dōu chǔcún zài wǒ de shǒujī lǐ.
> These photos are all stored on my phone.

有机 有機
yǒujī organic

> 我妈妈只买有机蔬菜。
> Wǒ māma zhǐ mǎi yǒujī shūcài.
> My mom only buys organic vegetables.

细菌 細菌
xìjūn bacterium / germ

> 天气暖和了，细菌就容易繁殖。
> Tiānqì nuǎnhuole, xìjūn jiù róngyì fánzhí.
> When the weather gets warm, bacteria multiply easily.

蛋白质 蛋白質

dànbáizhì protein

> 鸡蛋里有很多蛋白质。
> Jīdàn lǐ yǒu hěn duō dànbáizhì.
> Eggs contain a lot of protein.

脂肪

zhīfáng fat (in the body, in a plant, or in food)

> 跑步可以帮你减少身体的脂肪。
> Pǎobù kěyǐ bāng nǐ jiǎnshǎo shēntǐ de zhīfáng.
> Running can help you reduce body fat.

维生素 維生素

wéishēngsù vitamin

> 橙子里有很多维生素。
> Chéngzi lǐ yǒu hěn duō wéishēngsù.
> Oranges contain a lot of vitamins.

定时 定時

dìngshí to fix a time / fixed time / timed (of explosive etc)

> 他每天定时给花浇水。
> Tā měitiān dìngshí gěi huā jiāoshuǐ.
> He waters the flowers at a fixed time every day.

摄入 攝入

shèrù to take in / to absorb / to consume / intake / consumption

低脂

dīzhī low fat

无糖 無糖

wútáng sugar free

食谱 食譜

shípǔ cookbook / recipe / diet

进食 進食

jìnshí to eat / to take food

生吃

shēngchī to eat raw

天然

tiānrán natural

> 我喜欢喝天然的矿泉水。
> Wǒ xǐhuan hē tiānrán de kuàngquánshuǐ.
> I like to drink natural mineral water.