

Is Western Food Making Chinese Fat?

Mandarin Corner
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Jiùshì jù nǐ de guānchá, nǐ juéde xiànzài de Zhōngguó rén pàng de duō ma?

就是据你的观察，你觉得现在的中国人胖的多吗？

Based on your observation, do you think more Chinese people are fat now?

2

Xiànzài pàng de duō, nǐ kàn... tèbié shì Guìlín de

现在胖的多，你看... 特别是桂林的

Yes, especially in Guilin.

3

Guìlín tā yèshēnghuó hěn fēngfù, jiùshì ài chī shāokǎo.

桂林它夜生活很丰富，就是爱吃烧烤。

Guilin has a very rich nightlife, and people love to eat barbecue.

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Jiù bāokuò wǒ zàinèi, nǐ kàn wǒ de liǎn, nǐ kàn dōu yǐjīng hěn yuán le

就包括我在内，你看我的脸，你看都已经很圆了

Myself included. Look at my face, it's very round.

5

dànshì xiànzài dehuà, wǒ kāishǐ jiè shāokǎo le, yào jiǎnféi

但是现在的话，我开始戒烧烤了，要减肥

But now I'm starting to quit barbecue because I need to lose weight.

6

Tài pàng ne yǒushíhou shuìjiào jiù hěn lèi

太胖呢有时候睡觉就很累

Being fat sometimes makes it harder to sleep.

7

Shuì bùzháo ma?

睡不着吗?

Do you have trouble sleeping?

8

Jiùshì nǐ fān gè shēn jiù hěn xīnkǔ

就是你翻个身就很辛苦

It's just tiring for me to turn around in bed.

9

Suǒyǐ yǒushíhou zǒulù yě màn yīdiǎn.

所以有时候走路也慢一点。

Also, I walk slower sometimes.

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Wǒ xiànzài kāishǐ dehuà, wǒ yào jiǎnféi.

我现在开始的话，我要减肥。

I need to start losing weight.

11

Nǐ suànshì chāozhòng le duōshao?

你算是超重了多少？

How much are you overweight?

12

Dà bàn nián tiān tiān chī shāokǎo, jiù pàng le èr sān shí jīn.

大半年天天吃烧烤，就胖了二三十斤。

I gained about 10 to 15 kilograms in half a year just from eating barbecue every day.

13

Wǎnshang chī? | Wǎnshang chī

晚上吃？ | 晚上吃

Eating it at night? | Yes.

14

Tèbié shì wǒ liǎng gè xiǎohái yī fàngjià,

特别是我两个小孩一放假，

Especially when my two kids are on holiday,

15

tā jiào wǒ qǐng chī xiāoyè.

他叫我请吃宵夜。

they will ask me to treat them to late-night snacks.

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Xiànzài dehuà bù chī le

现在的话不吃了

But I don't do that anymore.

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Nǐ yǒu zhùyì dào xiànzài de xiǎohái yě bǐ yǐqián de xiǎohái pàng ma?

你有注意到现在的小孩也比以前的小孩胖吗?

Have you noticed that kids nowadays are also heavier than before?

18

Xiànzài shì, bù tiāoshí de xiǎoháizi tā dōu pàng yīdiǎn.

现在是，不挑食的小孩子他都胖一点。

Yes, kids who aren't picky eaters tend to be a bit heavier.

19

Xiàng wǒ liǎng gè xiǎohái dehuà yǒudiǎn tiāoshí,

像我两个小孩的话有点挑食，

My two kids are picky,

20

shāowēi hái biāozhǔn yīdiǎn.

稍微还标准一点。

so they're still at a normal weight.

21

Nǐ juéde xiànzài de Zhōngguó xiǎopéngyǒu pàng bù pàng ya?

你觉得现在的中国小朋友胖不胖呀?

Do you think Chinese kids nowadays are fat?

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Pàng de duō bù duō?

胖的多不多?

Are there many that are fat?

23

Pàng de yǒu yīdiǎndiǎn duō

胖的有一点点多

There are some who are fat.

24

Shì zìjǐ bānshàng yǒu háishi píngcháng zài lùshang kàndào de?

是自己班上有还是平常在路上看到的?

Are they from your class or from the streets?

25

Zìjǐ bānshàng de yě yǒu, píngcháng lùshang de yě yǒu

自己班上的也有, 平常路上的也有

Both in my class and on the streets.

26

Nà nǐ kàndào de shì nánhái pàng de duō háishi nǚhái ya?

那你看到的是男孩胖的多还是女孩呀?

Do you see more boys or girls being heavier?

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Nánhái

男孩

Boys.

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Nà nǐ juéde wèishénme nánhái huì gèng pàng yīdiǎn ne?

那你觉得为什么男孩会更胖一点呢?

Why do you think boys are heavier?

29

Wǒ juéde yīnwèi nánháizi yǒudeshíhòu chī de duō yīdiǎn, bǐ nǚháizi

我觉得因为男孩子有的时候吃得多一点，比女孩子

I think it's because boys sometimes eat more than girls.

30

Tāmen píngcháng dōu chī shénme ya?

他们平常都吃什么呀?

What do they usually eat?

31

Wǒmen bān xiǎopéngyǒu píngcháng dōu chī làtiáo de

我们班小朋友平常都吃辣条的

The kids in our class often eat spicy strips.

32

Nǐ juéde chī làtiáo néng pàng ma?

你觉得吃辣条能胖吗?

Do you think eating spicy strips can make you fat?

33

Wǒmen bān jiù yǒu gè xiǎopéngyǒu shì yīnwèi chī làtiáo,

我们班就有个小朋友是因为吃辣条，

There's a kid in our class who gained a lot of weight

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34

ránhòu féi le hǎo duō.

然后肥了好多。

from eating spicy strips.

35

Jù nǐ de guānchá, nǐ juéde xiànzài Zhōngguó féipàng rénshù duō ma? | Duō

据你的观察，你觉得现在中国肥胖人数多吗？ | 多

Do you think there are many obese people in China? | Yes.

36

Wèishénme zhèyàng shuō? | Wǒ jiùshì yī gè

为什么这样说？ | 我就是一个人

Why do you say that? | Because I am one of them.

37

Nà nǐ zìjǐ shì yīnwèi chī le shénme ma?

那你自己的因为吃了什么吗？

Did you get fat because of your diet

38

Háishi yīnwèi shénme biéde yuányīn?

还是因为什么别的原因？

or because of other reasons?

39

Wǒ juéde shì yíchuán ba

我觉得是遗传吧

I think it's genetic.

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Fùmǔ yě yǒu zhèyàngzi de? | Fùqīn shì

父母也有这样子的? | 父亲是

Do your parents also have this issue? | My father does.

41

Nà píngcháng nǐ chī de fāngmiàn nǐ juéde yǒuyǐngxiǎng ma?

那平常你吃的方面你觉得有影响吗?

Do you think your diet has an impact (on your weight)?

42

Yǒu, yīnwèi wǒ guǎn bùzhù zuǐ

有, 因为我管不住嘴

Yes, I can't control myself from eating.

43

Nà nǐ píngcháng dōu xǐhuan chī shénme?

那你平常都喜欢吃什么?

So, what do you usually like to eat?

44

Wǒ bǐjiào xǐhuan chī guǒzhī, guǒ chá lèixíng de, qīngbǔliáng shénmede

我比较喜欢吃果汁、果茶类型的, 清补凉什么的

I enjoy things like fruit juice, fruit tea, and Qingbuliang (a type of dessert).

45

Jiùshì hán táng de yīxiē yǐnliào diǎnxīn? | Duì

就是含糖的一些饮料点心? | 对

So, sugary drinks and snacks? | Yes.

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Shuài bù shuài?

帅不帅?

Are you handsome?

47

Nǐ shì nǎlǐ rén? Zhèngjīng de shuō

你是哪里人? 正经地说

Where are you from? Be serious.

48

Guǎngdōng Zhànjiāng de

广东湛江的

I'm from Zhanjiang, Guangdong.

49

Shuō yījù Guǎngdōnghuà

说一句广东话

Say something in Cantonese.

50

Guǎngdōnghuà shì zhèyàng shuō de?

广东话是这样说的?

Is that how Cantonese sound like?

51

Jiùshì shuìjiào | O, shuìjiào a

就是睡觉 | 哦, 睡觉啊

It means "sleep". | Ah, sleep!

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Gēn wǒmen de guānzhòng dǎ gè zhāohu bei

跟我们的观众打个招呼呗

Say "hello" to our audience.

53

Hālóu, nǐmen hǎo a!

哈喽，你们好啊！

Hello, everyone!

54

Nǐ juéde xiànzài de xiǎopéngyǒu pàng de duō ma?

你觉得现在的小朋友胖的多吗？

Do you think there are more heavy kids nowadays?

55

Bù duō

不多

Not many.

56

Nǐ juéde nǐ zìjǐ pàng ma?

你觉得你自己胖吗？

Do you think you are heavy?

57

Pàng a | Nǐ pàng ya?

胖啊 | 你胖呀？

Yes, I am. | You are?

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Nà nǐ shì chī shénme zhǎng pàng de? | Chī ròu a

那你是吃什么长胖的? | 吃肉啊

What made you gain weight? | I eat meat.

59

Nǐ zhè yī tiān chī duōshao ròu zhè shì?

你这一天吃多少肉这是?

How much meat do you eat in a day?

60

Chī niúròu dehuà, yī tiān chī yī jīn duō

吃牛肉的话, 一天吃一斤多

If it's beef, I eat over a pound in a day.

61

Ránhòu ne?

然后呢?

And?

62

Zuìduō dehuà chī le liǎng jīn duō

最多的话吃了两斤多

The most I've eaten is over 1 kilogram (2.2 pounds) of (beef).

63

Nà chúle niúròu hái chī shénme?

那除了牛肉还吃什么?

What else do you eat besides beef?

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64

Jī KFC

鸡 KFC

Chicken, from KFC.

65

Nǐ qù kěndéjī dōu diǎn shénme dōngxi a?

你去肯德基都点什么东西啊?

What do you usually order at KFC?

66

Kǎojī hé nàge zhá jīchì

烤鸡和那个炸鸡翅

Roast chicken and fried chicken wings.

67

Yǐnliào ne?

饮料呢?

What about drinks?

68

Yǐnliào, kělè

饮料, 可乐

Drinks? Cola.

69

Bùshì hěn duō, dànshì yě yǒu

不是很多, 但是也有

Not many, but there are some.

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Kěnéng yīxiē zháinán jiù róngyì bǐjiào pàng.

可能一些宅男就容易比较胖。

Perhaps, some homebodies tend to be fatter.

71

Wèishénme? Jiù bù chūmén ma? | Duì

为什么？就不出门吗？ | 对

Why? Because they don't go out? | Yes.

72

Nǐ juéde ne? | Wǒ juéde yě shì

你觉得呢？ | 我觉得也是

What do you think? | I think so too.

73

ránhòu zài chuáng shang wán shǒujī, jīngcháng bù xiàchuáng

然后在床上玩手机，经常不下床

And they are often in bed with their phones.

74

Nà nǐ juéde xiànzài pàng de shì nán de duō yīdiǎn hái shì nǚ de duō yīdiǎn?

那你觉得现在胖的是男的多一点还是女的多一点？

So do you think there are more guys or girls who are fat?

75

Nánshēng ba hǎoxiàng, yīnwèi shēnbiān rènshi yǒu

男生吧好像，因为身边认识有

Guys, I guess. I know some around me.

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Xiàng zài Zhōngguó zhège shèhuì nǐ juéde

像在中国这个社会你觉得

In Chinese society,

77

shì nán de pàng yīdiǎn huì yā lì dà yīdiǎn hái shì nǚ de?

是男的胖一点会压力大一点还是女的?

who faces more pressure, fat guys or fat girls?

78

Nǚshēng ba, nǚshēng róngyì yǒu shēncái jiāolǜ

女生吧，女生容易有身材焦虑

Probably girls because they are more likely to develop anxiety over their figures.

79

Nà xiàng nǐmen píngcháng jiùshì nǚshēng chūqù mǎi yīfu,

那像你们平常就是女生出去买衣服，

When you or other girls go out to shop for clothes,

80

huì yǒurén jīngcháng zhǐchū zhè yīdiǎn ma?

会有人经常指出这一点吗?

do people often point this out?

81

Bùhuì, dànshì zìjǐ huì juéde bǐjiào pàng ba

不会，但是自己会觉得比较胖吧

No, but I might become more self-conscious and feel that I am fat.

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Nǐ juéde nǐ zìjǐ pàng ma?

你觉得你自己胖吗?

Do you think you are fat?

83

Wǒ juéde wǒ hěn pàng

我觉得我很胖

I think I am very fat.

84

Hěn pàng ma suànshì?

很胖吗算是?

Are you considered "very fat"?

85

Nà nǐ shì chī shénme zhǎng pàng de? Nǐ rènwei

那你是吃什么长胖的? 你认为

What do you think made you fat?

86

Wǒ cóngxiǎo dào dà dōu bǐjiào pàng ba

我从小到大都比较胖吧

I have been a little fat since I was a kid.

87

Jiù wǒ de guānchá, wǒ juéde zài běifāng kěnéng pàng de huì gèng duō yīdiǎn

就我的观察, 我觉得在北方可能胖的会更多一点

Based on my observation, I think there might be more obese people in the north.

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ránhòu nánfāng dehuà kěnéng shì yǒu qìhòu de yǐngxiǎng,

然后南方的话可能是有气候的影响,

But in the south, perhaps the climate

89

háiyǒu jiùshì dàjiā de zhège yǐnshí fāngmiàn,

还有就是大家的这个饮食方面,

and the diet (is different),

90

suǒyǐ kěnéng běifāng shì gāoyú nánfāng ba wǒ juéde

所以可能北方是高于南方吧我觉得

so I think the (obesity rate) is higher in the north.

91

Nǐ juéde běifāng gēn nánfāng de yǐnshí yǒu shénme qūbié ne?

你觉得北方跟南方的饮食有什么区别呢?

What do you think are the differences in diet between the north and the south?

92

Xiàng běifāng dehuà, kěnéng hěn duō dìfāng shì yǐ zhège miànshí wéizhǔ a

像北方的话, 可能很多地方是以这个面食为主啊

In the north, many places mainly have flour-based foods,

93

ránhòu háiyǒu jiùshì kěnéng yǒuyīxiē dìfāng tā huì bǐjiào zhòng yán,

然后还有就是可能有一些地方它会比较重盐,

and some areas tend to have salty food,

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suǒyǐ wǒ juéde kěnéng huì yǒu zhèyàng de yī gè yǐngxiǎng ba

所以我觉得可能会有这样的一个影响吧

so I think that might have an impact (on their weight).

95

Ránhòu xiàng nánfāng wǒ jiù juéde

然后像南方我就觉得

In the south,

96

bǐrúshuō yánhǎi kěnéng tāmen chī de jiù bǐjiào de qīngdàn,

比如说沿海可能他们吃得就比较地清淡,

especially in coastal areas, people tend to eat lighter food,

97

jiù kěnéng huì yǒuyīxiē zhèyàng de... duì tǐxíng yě yǒuyǐngxiǎng ba

就可能会有一些这样的...对体型也有影响吧

which might also have an impact on their body shape.

98

Féipàng huì dǎozhì nǎ yīxiē jiànkāng wèntí?

肥胖会导致哪一些健康问题?

What health problems can obesity cause?

99

Féipàng huì dǎozhì de jiànkāng wèntí hěn duō a

肥胖会导致的健康问题很多啊

Obesity can cause many health problems,

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bǐrúshuō sān gāo

比如说三高

such as the "three highs" (high blood pressure, high blood lipids, and high blood sugar),

101

duì nǐ de shēntǐ de guānjié yě huì yǒuyǐngxiǎng.

对你的身体的关节也会有影响。

and it can also affect one's joints.

102

Qíshí wǒ juéde féipàng duìyú jīngshén fāngmiàn

其实我觉得肥胖对于精神方面

I actually think obesity also has some impact

103

yě shì yǒu yīdìng de yǐngxiǎng de

也是有一定的影响的

on mental health.

104

yīnwèi kěnéng yóuqíshì xiǎopéngyǒu ba,

因为可能尤其是小朋友吧,

Especially for children,

105

kěnéng zài xiǎo de shíhou tā huì bǐjiào pàng dehuà,

可能在小的时候他会比较胖的话,

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if they are overweight at a young age,

106

tā huì juéde bǐrúshuō zìbēi a huòzhě juéde | Shòu qīfu?

他会觉得比如说自卑啊或者觉得 | 受欺负?

they might feel inferior or... | Get bullied?

107

Duì, shòu qīfu

对, 受欺负

Yes, they will get bullied.

108

Huì shòudào bàolíng, suǒyǐ jiùshì tā de yǐngxiǎng háishi hěn duō de.

会受到霸凌, 所以就是它的影响还是很多的。

They might experience bullying, so the impact is quite significant.

109

Qíshí Zhōngguó de tángniàobìng de fābìnglǜ yě yuèláiyuè gāo le ma

其实中国的糖尿病的发病率也越来越高了嘛

Actually, the incidence of diabetes in China is also increasing, right?

110

Nǐ shēnbiān yǒu guānchá dào yǒu qīnqi

你身边有观察到有亲戚

Have you noticed any relatives

111

huòzhě péngyou yǒu zhège tángniàobìng de?

或者朋友有这个糖尿病的?

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or friends with diabetes?

112

Yǒu de

有的

Yes, I have.

113

Xiàng tángniàobìng zhège dehuà,

像糖尿病这个的话,

Regarding diabetes,

114

yǒu tīngshuō guo jiù hěn niánqīng de, bǐrúshuō èrshíduō suì jiù yǒu dé de.

有听说过就很年轻的, 比如说二十多岁就有得的。

I've heard of cases where very young people, like those in their twenties, have it.

115

Shènzhì xiǎohái dōu yǒu | Duì, xiǎoháizi

甚至小孩都有 | 对, 小孩子

Even children have it. | Yes, children.

116

Ránhòu yě zài wǎngluò shàng xīnwén shàng yǒu kàndào guo,

然后也在网络上新闻上有看到过,

And I've also seen news stories online about this.

117

jiùshì bǐrúshuō yī tiān yào hē hěn duō bēi nǎichá,

就是比如说一天要喝很多杯奶茶,

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For example, someone who drinks many cups of bubble tea every day

118

guò yī duàn shíjiān, jiù yǒu zhèyàng de tángniàobìng de fāshēng.

过一段时间，就有这样的糖尿病的发生。

and after some time, gets diabetes.

119

Nín zìjǐ suànshì chāozhòng de ma?

您自己算是超重的吗？

Do you consider yourself to be overweight?

120

Wǒ dāngrán suànshì chāozhòng de, shì shǔyú chāozhòng

我当然算是超重的，是属于超重

I am definitely considered overweight.

121

Nà píngcháng shì yǒu nǎ yīxiē yǐnshí

那平常是有哪些饮食

So, what kind of diet

122

nǐ juéde shì dǎozhì nǐ tǐzhòng fāshēng le yī gè biànhuà?

你觉得是导致你体重发生了一个变化？

do you think has led to changes in your weight?

123

Shǒuxiān wǒ juéde wǒ zài yǐnshí shàngmiàn,

首先我觉得我在饮食上面，

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First of all, I think in terms of diet,

124

kěnéng wǒ jiùshì bǐjiào xǐhuan chī tiánsí.

可能我就是比较喜欢吃甜食。

I like sweet foods.

125

Qíshí tiánsí yě háiǎo, jiùshì ǒu'ěr

其实甜食也还好，就是偶尔

Actually I am okay in terms of eating sweet stuff, I only eat it occasionally.

126

dànshì wǒ juéde wǒ duì tián de zhège róngrěn dù huì bǐjiào gāo.

但是我觉得我对甜的这个容忍度会比较高。

But I think I have a higher tolerance for sweetness.

127

Háiyǒu jiùshì nǎichá, wǒ hěn ài hē nǎichá.

还有就是奶茶，我很爱喝奶茶。

Also, I really love drinking bubble tea.

128

Zài yī gè jiùshì wǒ de yǐnshí xíguàn.

再一个就是我的饮食习惯。

Another reason is my eating habit.

129

Yīnwèi wǒ shì shǔyú nàzhǒng xǐhuan áoyè,

因为我是属于那种喜欢熬夜，

Is Western Food Making Chinese Fat?

I'm the type who likes to stay up late,

130

ránhòu yīdàn áoyè, nǐ de zhège jìnshí jiù bùhuì hěn guīlǚ.

然后一旦熬夜，你的这个进食就不会很规律。

and once you stay up late, your eating schedule gets irregular.

131

Jiù huì zài wǎnshang nǐ huì juéde tèbié è,

就会在晚上你会觉得特别饿，

You tend to feel really hungry at night,

132

zhèyàng wǎnshang chī dehuà, jiù huì gèng róngyì pàng.

这样晚上吃的话，就会更容易胖。

and eating at night makes it more likely to gain weight.

133

Yǒu chángshì qù jiǎnféi ma?

有尝试去减肥吗？

Have you tried to lose weight?

134

Yǒu chángshì jiǎnféi a

有尝试减肥啊

I have tried.

135

dànshì kěnéng yīnwèi jiǎnféi shì yī jiàn hěn nán de shì la,

但是可能因为减肥是一件很难的事啦，

Is Western Food Making Chinese Fat?

But losing weight is very difficult

136

suǒyǐ jiùshì xiàoguǒ yě bùshì hěn hǎo.

所以就是效果也不是很好。

and the results haven't been very good.

137

Jiùshì nǐ gānggang tídao yī gè jīngshén shang de yǐngxiǎng,

就是你刚刚提到一个精神上的影响,

You just mentioned the mental impact (on obese people).

138

nǐ juéde nánshēng pàng gēn nǚshēng pàng zài Zhōngguó zhège shèhuì

你觉得男生胖跟女生胖在中国这个社会

Do you think the mental impact is different for obese men and women

139

duìyú tāmen jīngshén de yǐngxiǎng yǒu qūbié ma?

对于他们精神的影响有区别吗?

in Chinese society?

140

Duì nǚshēng de jīngshén yǐngxiǎng huì gèng dà ba

对女生的精神影响会更大吧

The mental impact on women is probably greater.

141

yīnwèi suīrán bùshì yī gè hěn hǎo de yī gè xiànxàng

因为虽然不是一个很好的一个现象

Is Western Food Making Chinese Fat?

It's not a good phenomenon,

142

huòzhě shuō yī gè bùhǎo de fēngqì,

或者说一个不好的风气,

or a good trend,

143

jiùshì kěnéng rénmen duìyú nǚxìng de zhège wàimào

就是可能人们对于女性的这个外貌

but people tend to be more critical

144

huì gèngjiā de dài zhe nàzhǒng pīpàn huòzhě shěnsì de yǎnguāng qù kàn.

会更加地带着那种批判或者审视的眼光去看。

or scrutinizing when it comes to women's appearance.

145

Ránhòu pàng dehuà jiùshì huì yǐngxiǎng dào

然后胖的话就是会影响到

Being overweight can affect

146

yī gè nǚshēng biéren duì tā de kànfǎ.

一个女生别人对她的看法。

how others perceive a woman.

147

Suīrán wǒmen dōu shuō yào zuòzìjǐ,

虽然我们都说要做自己,

Is Western Food Making Chinese Fat?

Although we always say that we should just be who we are,

148

ránhòu yào jiùshì bùguǎn tā rén de zhèyàng de yī gè kànfǎ.

然后要就是不管他人的这样的一个看法。

and we shouldn't care about others' opinions,

149

Dàn qíshí yǒu hěn duō shíhòu, nǐ shēnghuó zài zhèzhǒng rénqún zhīzhōng,

但其实有很多时候，你生活在这种人群之中，

in reality, when you live among people,

150

nǐ shì méiyǒu bànfǎ bìmiǎn de.

你是没有办法避免的。

it's just hard to do that.

151

Nà kěnéng nǐ yīnwèi tǐxíng ér shòudào tā rén de zhèzhǒng,

那可能你因为体型而受到他人的这种，

So, you might be (criticized) by others because of your weight,

152

bùguǎn shì míngmiàn de hái shì àndìlǐ de...

不管是明面地还是暗地里地...

whether openly or subtly

153

Nà kěnéng jiǔ'érjiǔzhī,

那可能久而久之，

Is Western Food Making Chinese Fat?

Over time,

154

yóuqíshì wǒ juéde nǚxìng kěnéng huì gèngjiā de mǐngǎn yīdiǎn,

尤其是我觉得女性可能会更加地敏感一点,

especially since women tend to be more sensitive

155

zài duì zhè fāngmiàn

在对这方面

in this regard,

156

nà tāmen shòudào de yǐngxiǎng huì gèng duō.

那她们受到的影响会更多。

the impact can be greater.

157

Nǐ zìjǐ yǒu yīnwèi tǐxíng ér bèi biéren zhǐdiǎn

你自己有因为体型而被别人指点

Has anybody criticized your body

158

huòzhě shì zìwǒ gǎnjué bù liánghǎo ma?

或者是自我感觉不良好吗?

or have you felt bad about it?

159

Yě yǒu guo zhèyàng de jīnglì, bùguò wǒ bǐjiào xìngyùn de jiùshì

也有过这样的经历, 不过我比较幸运的就是

Is Western Food Making Chinese Fat?

I've had such experiences, but I'm lucky that

160

jiù méiyǒu yùdào guo nàzhǒng hěn èliè de zhè zhǒng qíngkuàng.

就没有遇到过那种很恶劣的这种情况。

I haven't encountered anything vicious.

161

Hěn zhíjiē de? | Duì, hěn zhíjiē de

很直接的? | 对, 很直接的

(Or any) direct comments? | Right.

162

dànshì wǒ yě juéde jiùshì kěnéng jiùshì chángjiǔ de zhèzhǒng zhuàngtài,

但是我也觉得就是可能就是长久的这种状态,

But I do think that over time,

163

huì ràng wǒ zìjǐ jiù huì chǎnshēng yīzhǒng...

会让我自己就会产生一种...

I've developed a kind of...

164

ràng zìjǐ biànde gèng yǒu dùn gǎn lì

让自己变得更有钝感力

insensitivity (towards people's comments).

165

Zìwǒ'ānwèi ma? | Yǒudeshíhòu... duì, zìwǒ'ānwèi

自我安慰吗? | 有的时候... 对, 自我安慰

Is Western Food Making Chinese Fat?

Do you protect yourself (by being insensitive)? | Yes, I do that sometimes.

166

Jiù yǒudeshíhòu kěnéng jiù yùdào le zhèzhǒng shì

就有的时候可能就遇到了这种事

When I encounter such situations,

167

wǒ yě huì ānwèi zìjǐ

我也会安慰自己

I try to reassure myself

168

huòzhě shuō gàosu zìjǐ qíshí kěnéng biéren méishénme

或者说告诉自己其实可能别人没什么

or tell myself that maybe others don't really mean anything bad

169

huòzhě shuō jiù hěn zhèngcháng.

或者说就很正常。

or that it's just normal.

170

Rúguǒ nǐ kàndào yī gè hěn yì yú cháng rén de rén,

如果你看到一个很异于常人的人,

If you see someone who looks very different from others,

171

nǐ kěnéng yě huì rěnbuzhù qù kàn yī liǎng yǎn.

你可能也会忍不住去看一两眼。

Is Western Food Making Chinese Fat?

you might also find yourself taking a second glance.

172

Tǐng duō de

挺多的

Quite a lot (of fat people).

173

Wèishénme zhème shuō?

为什么这么说?

Why do you say so?

174

Yīnwèi xiànzài jiǎnféi de rén yuèláiyuè duō,

因为现在减肥的人越来越多,

Because more and more people are trying to lose weight nowadays,

175

érqiě gǎnjué měinián dōu yǒu hěn duō rén jiǎnféi.

而且感觉每年都有很多人减肥。

and it seems like every year there are many people who go on diets.

176

Wǒmen bān yǒu tǐng duō de rén dōu shì hěn féi de.

我们班有挺多的人都是很肥的。

In our class, quite a few people are heavy.

177

Yǒu duō féi a?

有多肥啊?

Is Western Food Making Chinese Fat?

How heavy are they?

178

Wǒmen shàngcì tǐjiǎn zuìgāo de qī bāshí gōngjīn ba

我们上次体检最高的七八十公斤吧

The heaviest in our last health check-up was around 70 or 80 kilograms (154 to 176 pounds).

179

Nǐ dú jǐnián jí a? | Liù niánjí

你读几年级啊? | 六年级

What grade are you in? | Sixth grade.

180

Nà tāmen dōu shì píngcháng chī shénme ne?

那他们都是平常吃什么呢?

So, what do they usually eat?

181

Yīnggāi chīfàn chī de duō yīdiǎn, ránhòu chī diǎn yóuzhā shípǐn ba

应该吃饭吃得多一点, 然后吃点油炸食品吧

Probably they eat a lot of rice and some fried food.

182

Língshí chī de duō ma? | Chī de duō

零食吃得多吃吗? | 吃得多

Do they eat a lot of snacks? | Yes, a lot.

183

Háihǎo ba, wǒ gǎnjué piān shòu bǐjiào duō.

Is Western Food Making Chinese Fat?

还好吧，我感觉偏瘦比较多。

It's alright (she meant, not many fat people). I feel that there are many slim people

184

Yīnwèi xiànzài tā nàge shěnměi shì piān shòu de.

因为现在它那个审美是偏瘦的。

because the current beauty standard is to be slim.

185

Nà nán de ne?

那男的呢?

What about guys?

186

Nán de kěnéng huì yǒudiǎn fāfú.

男的可能会有点发福。

Guys might be a bit chubby.

187

Nǐ juéde xiànzài de rén xiāngbǐ kěnéng nǐmen xiǎoshíhou ba

你觉得现在的人相比可能你们小时候吧

Do you think people nowadays are a bit fatter compared to when you were kids,

188

shí jǐ èrshí nián qián huì gèng pàng yīdiǎn ma?

十几二十年前会更胖一点吗?

around ten or twenty years ago?

189

Wǒmen liǎ pàng

Is Western Food Making Chinese Fat?

我们俩胖

We are fat.

190

Nǐmen liǎ suàn pàng?

你们俩算胖?

You two are fat?

191

Wǒmen liǎ yǐqián hěn pàng

我们俩以前很胖

We used to be very fat.

192

Nà xiān shuō yīxià nǐmen shì zěnmē pàng qilai de

那先说一下你们是怎么胖起来的

So, how did you guys get fat?

193

Chī le shénme dōu shì?

吃了什么都是?

What did you eat?

194

Gǎnjué qīngchūnqī jiù zìrán'érrán pàng qilai le.

感觉青春期就自然而然胖起来了。

It just seemed to happen naturally during puberty.

195

Jiùshì hǎoxiàng yě shì zhèngcháng chī,

Is Western Food Making Chinese Fat?

就是好像也是正常吃,

We just ate normal meals

196

kěnéng shì fùmǔ juéde xiǎng ràng nǐ chī hǎo yīdiǎn ba

可能是父母觉得想让你吃好一点吧

but maybe our parents wanted us to eat more,

197

tā jiù yīzhí gěi nǐ wèi a, gěi nǐ chī hǎo yīxiē

他就一直给你喂啊, 给你吃好一些

so they kept feeding us good food.

198

ránhòu nǐ zìjǐ yě chī de xià,

然后你自己也吃得下,

And we could eat

199

yīzhí měngchī měngchī, kēngchī kēngchī de chī

一直猛吃猛吃, 吭哧吭哧地吃

so we just kept eating and eating.

200

Wǒ juéde yǐqián tài ài xuéxí le,

我觉得以前太爱学习了,

I think I studied too hard

201

yī xuéxí jiù hǎoróngyì è, jiù chī hěn duō.

Is Western Food Making Chinese Fat?

一学习就好容易饿，就吃很多。

and I felt hungrier when I was studying, so I ended up eating a lot.

202

Yīnwèi yǐqián yě bù zhīdào kòngzhì ba, jiùshì...

因为以前也不知道控制吧，就是...

Also, we weren't conscious about controlling our diet, and...

203

yě méiyǒu shuō ài měi shénmede | Zài zhǎng shēntǐ

也没有说爱美什么的 | 在长身体

Also, we didn't pay attention to our appearance. | Your body was growing.

204

Jù nǐ de guānchá,

据你的观察，

Based on your observations,

205

xiàng xīshì de kuàicān màidāngláo, kěndéjī, pīsà zhèxiē

像西式的快餐麦当劳、肯德基、披萨这些

are Western fast foods like McDonald's, KFC, and pizza

206

zài Zhōngguó shòuhuānyíng ma?

在中国受欢迎吗？

popular in China?

207

Wǒ juéde shì shòuhuānyíng de

Is Western Food Making Chinese Fat?

我觉得是受欢迎的

I think they are popular,

208

Yīnwèi xiàng zài hùliánwǎng shàng yě jīngcháng kàndào guo

因为像在互联网上也经常看到过

because I often see

209

gēn tāmen yǒuguān de yīxiē nàzhǒng xiàohuà, jiùshì nàzhǒng xiǎo gùshi.

跟它们有关的一些那种笑话，就是那种小故事。

jokes and little stories related to them on the internet.

210

Bǐrúshuō kěndéjī de nàge fēngkuáng xīngqīsi,

比如说肯德基的那个疯狂星期四，

For example, regarding KFC's "Crazy Thursday,"

211

jiùshì jīngcháng huì zài hùliánwǎng shàng kàndào gèzhǒnggèyàng de

就是经常会在互联网上看到各种各样的

there are always various Chinese promotional messages

212

nàzhǒng Shōngwén wén'àn lái xuānchuán.

那种中文文案来宣传。

about it on the internet.

213

Nà niánqīngrén yībān jìnqù dōu diǎn shénmeyàng de dōngxī ne?

Is Western Food Making Chinese Fat?

那年轻人一般进去都点什么样的东西呢?

What do young people usually order when they go (to these fast food places)?

214

Jiù wǒ gèrén éryán, wǒ qíshí hěn shǎo chī.

就我个人而言，我其实很少吃。

Personally, I rarely eat them.

215

Jiùshì wǒ gèrén shì hěn shǎo chī, yīnwèi wǒ shì xuésheng ma

就是我个人是很少吃，因为我是学生嘛

I rarely eat them, but I am a student

216

Wǒ shēnbiān wǒ de tóngxué jiùshì chī kěndéjī de

我身边我的同学就是吃肯德基的

and my classmates often eat at KFC.

217

nàge xīngqīsi de nàge huódòng bǐjiào duō,

那个星期四的那个活动比较多，

There are many promotions on Thursdays

218

qítā de yě méiyǒu hěn liǎojiě.

其他的也没有很了解。

and other than that, I don't know much about them.

219

Yīnwèi gǎnjué tāmen jiùshì zài nàge shíjiān duàn

Is Western Food Making Chinese Fat?

因为感觉他们就是在那个时间段

It seems like (my classmates) gather in KFC

220

ránhòu jùjí zài kěndéjī lǐmiàn.

然后聚集在肯德基里面。

during these promotions.

221

Màidāngláo dehuà jiùshì qióngguǐ tàocān,

麦当劳的话就是穷鬼套餐,

As for McDonald's, they have a combo for "the poor"

222

jiùshì nàge yī jiā yī suíxīn pèi zhèyàng ba

就是那个一加一随心配这样吧

which is called 1+1.

223

Háishi tǐng shòuhuānyíng de,

还是挺受欢迎的,

They're quite popular

224

yīnwèi yī dào zhōumò de shíhou jiù gǎnjué rén tèbié duō.

因为一到周末的时候就感觉人特别多。

because on weekends, many people eat those.

225

Nà xiàng nǐ píngcháng huì dài xiǎopéngyǒu qù chī ma?

Is Western Food Making Chinese Fat?

那像你平常会带小朋友去吃吗?

Do you usually take your kids to eat those?

226

Yě huì dài de

也会带的

Yes, I do.

227

Nǐ xǐhuan chī màidāngláo, kěndéjī, pīsà ma?

你喜欢吃麦当劳、肯德基、披萨吗?

Do you like McDonald's, KFC, or pizza?

228

Xǐhuan chī

喜欢吃

I like them.

229

Wǒ xǐhuan màidāngláo, dàn kěndéjī juéde bù hǎochī

我喜欢麦当劳, 但肯德基觉得不好吃

I like McDonald's, but I don't think KFC tastes good.

230

Xǐhuan chī màidāngláo de shénme?

喜欢吃麦当劳的什么?

What do you like to eat at McDonald's?

231

Mài xuànfēng zhèxiē

Is Western Food Making Chinese Fat?

麦旋风这些

McFlurry and so on.

232

Nǐ ne?

你呢?

What about you?

233

Nǐ gèng xǐhuan chī màidāngláo háishi kěndéjī a, xiǎopéngyǒu?

你更喜欢吃麦当劳还是肯德基啊, 小朋友?

Which do you prefer, McDonald's or KFC?

234

Kěndéjī

肯德基

KFC.

235

Wèishénme? Nǐ píngcháng dōu diǎn shénme ya?

为什么? 你平常都点什么呀?

Why? What do you usually order?

236

Bù zhīdào, wǒ mā gěi wǒ diǎn de

不知道, 我妈给我点的

I don't know. My mom orders for me.

237

Nǐ mā gěi nǐ diǎn shénme ne?

Is Western Food Making Chinese Fat?

你妈给你点什么呢?

What does your mom order for you?

238

Bù zhīdào, wǒ mā gěi wǒ diǎn shá wǒ jiù chī shá.

不知道, 我妈给我点啥我就吃啥。

I don't know. I just eat whatever my mom orders.

239

Zhème hǎo yǎng de

这么好养的

You're so easy to take care of.

240

Diǎn zháijī shá de, diǎn liǎng gè hànǎo zhèxiē, shǔtiáo

点炸鸡啥的, 点两个汉堡这些, 薯条

We order fried chicken, two burgers, and fries.

241

Bǐjiào de shòuhuānyíng ba

比较地受欢迎吧

These are quite popular,

242

Jiù tèbié shì zài wǒmen niánqīngrén dāngzhōng

就特别是在我们年轻人当中

especially among us young people.

243

érqiě yīxiē jiāzhǎng zài zhōuliù zhōurì de shíhou

Is Western Food Making Chinese Fat?

而且一些家长在周六周日的时候

Some parents also take their kids there

244

yě huì dài xiǎopéngyǒu yīqǐ qù chī.

也会带小朋友一起去吃。

on Saturdays and Sundays.

245

Tāmen yībān diǎn shénmeyàng de shípǐn?

他们一般点什么样的食品?

What do they usually order?

246

Diǎn hànǎo a huòzhě shì diǎn jīchì a, quánjiā tǒng a, dōu huì diǎn

点汉堡啊或者是点鸡翅啊、全家桶啊，都会点

Burgers, chicken wings, or a family bucket.

247

Nǐ zìjǐ ne?

你自己呢?

What about you?

248

Wǒ zìjǐ dehuà wǒ yībān huì xuǎnzé chī hànǎo ba

我自己的话我一般会选择吃汉堡吧

I usually choose burgers.

249

háiyǒu jīchì, wǒ bǐjiào xǐhuan chī jīchì

Is Western Food Making Chinese Fat?

还有鸡翅，我比较喜欢吃鸡翅

I also like chicken wings,

250

háiyǒu ào'ěrliáng de nàge bànge jī ya

还有奥尔良的那个半个鸡呀

and the half-chicken in the BBQ flavor.

251

Zhège dàjiē shàng yě yǒu hěn duō màidāngláo, kěndéjī

这个大街上也有很多麦当劳、肯德基

There are many McDonald's and KFCs

252

zhèzhǒng xīshì de kuàicān,

这种西式的快餐，

on the streets.

253

nǐmen píngcháng chī de ma?

你们平常吃的吗？

Do you often eat there?

254

Wǒ píngcháng bù chī, dànshì wǒ yǒudeshíhòu huì qù chī yíxià.

我平常不吃，但是我有的时候会去吃一下。

I don't usually eat there, but I do go sometimes.

255

Shì māma dài nǐ qù ma? Háishi zìjǐ qù?

Is Western Food Making Chinese Fat?

是妈妈带你去吗？还是自己去？

Does your mother take you there or do you go there on your own?

256

Māma bàba dài wǒ qù de

妈妈爸爸带我去的

My mom and dad take me there.

257

Nà nǐ bānshàng nàxiē shāowēi pàng yīdiǎn de xiǎopéngyǒu

那你班上那些稍微胖一点的小朋友

What about the slightly heavier kids in your class?

258

tāmen yě xǐhuan chī zhèxiē ma? | Xǐhuan

他们也喜欢吃这些吗？ | 喜欢

Do they also like these foods? | Yes, they do.

259

Jīngcháng qù ma? | En

经常去吗？ | 嗯

Do they go often? | Yes.

260

Nà tāmen qù yībān dōu diǎn shénmeyàng de dōngxi?

那他们去一般都点什么样的东西？

What do they usually order?

261

Yībān dōu diǎn hànǎo hé zháiji zhīlèi de

Is Western Food Making Chinese Fat?

一般都点汉堡和炸鸡之类的

They usually order burgers and fried chicken.

262

Nǐ zìjǐ xǐhuan chī shénme? | Shǔtiáo

你自己喜欢吃什么? | 薯条

What do you like to eat? | French fries.

263

Nà xiàng xiànzài de xīshì de kuàicān

那像现在的西式的快餐

So, do you think Western fast foods like

264

màidāngláo kěndéjī a zài Zhōngguó nǐ juéde shòuhuānyíng ma?

麦当劳肯德基啊在中国你觉得受欢迎吗?

McDonald's and KFC are popular in China?

265

Hái xíng ba, fǎnzhèng wǒ yī tiān yǒushíhou yě dài tāmen qù mǎi yīdiǎn

还行吧, 反正我一天有时候也带他们去买一点

It's okay, I take (my kids) to buy

266

nàge Tǎsītīng hànbaǎo chī yīxià, ǒu'ěr chī yīxià.

那个塔斯汀汉堡吃一下, 偶尔吃一下。

Tastien (a Chinese brand) burgers occasionally.

267

Dànshì dehuà tāmen yě chī bù duō,

Is Western Food Making Chinese Fat?

但是的话他们也吃不多,

But they don't eat a lot,

268

duì zhège dehuà bùshì hěn àihào.

对这个的话不是很爱好。

they don't really like these that much.

269

Nà xiànzài xiàng wǒmen yě yǒu hěn duō zhèzhǒng kěndéjī, màidāngláo,

那现在像我们也有很多这种肯德基、麦当劳、

Nowadays, we have so many KFCs, McDonald's,

270

pīsa shénmede nǐmen ài chī ma?

披萨什么的你们爱吃吗?

and pizza places. Do you like them?

271

Hái xíng

还行

It's okay.

272

Nǐ ne? | Tǐng xǐhuan de

你呢? | 挺喜欢的

What about you? | I like them.

273

Nǐ juéde nǎge gèng hǎochī?

Is Western Food Making Chinese Fat?

你觉得哪个更好吃?

Which one do you think tastes better?

274

Shì màidāngláo hǎochī háishi kěndéjī hǎochī?

是麦当劳好吃还是肯德基好吃?

Is McDonald's better or KFC?

275

Màidāngláo de kělè hǎohē

麦当劳的可乐好喝

McDonald's cola is better.

276

Nà kěndéjī de kělè bù hǎohē ma?

那肯德基的可乐不好喝吗?

Is KFC's cola not good?

277

Kěndéjī de shì kěkǒu

肯德基的是可口

KFC's is Coca-Cola,

278

màidāngláo shì bǎi shì, gèng tián yīdiǎn

麦当劳是百事, 更甜一点

but McDonald's is Pepsi, which is sweeter.

279

O, nǐmen xǐhuan hē tián de

Is Western Food Making Chinese Fat?

哦，你们喜欢喝甜的

Oh, you guys like sweeter drinks.

280

Nà píngcháng hē tián de yǐnliào duō bù duō?

那平常喝甜的饮料多不多？

Do you often drink sweet beverages?

281

Mán duō de

蛮多的

Quite a lot.

282

Nǐ ne? Nǐ yě duō? | Yě duō

你呢？你也多？ | 也多

What about you? | Me too.

283

Nà nǐmen qù màidāngláo háishi kěndéjī láizhe?

那你们去麦当劳还是肯德基来着？

So tell me again: do you like McDonald's or KFC?

284

Wǒmen qù Huáláishì

我们去华莱士

We go to Wallace (a Chinese hamburger joint).

285

Bùshì Huáláishì, shì shénme... Bìshèng kè

Is Western Food Making Chinese Fat?

不是华莱士，是什么... 必胜客

Oh no, it's not Wallance, but Pizza Hut.

286

Nà nǐmen dōu diǎn shénme chī a?

那你们都点什么吃啊?

What do you usually order?

287

Diǎn pīsa, diǎn értóng tàocān

点披萨，点儿童套餐

We order pizza and children's combo.

288

Nà kěndéjī ne?

那肯德基呢?

What about KFC?

289

Kěndéjī dehuà xǐhuan diǎn yī zhī jī,

肯德基的话喜欢点一只鸡、

In KFC, we like to order a whole chicken,

290

liǎng gè hànǎo, liǎng bēi kělè

两个汉堡、两杯可乐

two burgers, and two cups of cola.

291

Nǐ yīgèrén chī zhème duō a?

Is Western Food Making Chinese Fat?

你一个人吃这么多啊?

Do you eat all that by yourself?

292

Méiyǒu a, wǒmen liǎng gè

没有啊，我们两个

No, it's for the two of us.

293

Shì māma dài nǐmen qù de?

是妈妈带你们去的?

Does your mom take you there?

294

Lǎomā yī fā... fā gōngzī zhīhòu huì dài wǒmen qù

老妈一发... 发工资之后会带我们去

Whenever she receives her salary, she takes us there.

295

Hěn shòuhuānyíng a, niánqīngrén xǐhuan chī zhèzhǒng

很受欢迎啊，年轻人喜欢吃这种

It's very popular, young people like this kind of food,

296

Xiǎoháizi gèng xǐhuan chī le.

小孩子更喜欢吃了。

and kids love it even more.

297

Nà nǐ juéde KFC gēn màidāngláo zhè liǎng gè nǎiyige gèng hǎochī?

Is Western Food Making Chinese Fat?

那你觉得 KFC 跟麦当劳这两个哪一个更好吃?

Which one tastes better, KFC or McDonald's,

298

Nǐ zìjǐ juéde

你自己觉得

in your opinion?

299

Wǒ bùzěnmē chī zhèzhǒng yóuzhā shípǐn, dànshì wǒ qù chī KFC,

我不怎么吃这种油炸食品, 但是我去吃 KFC,

I don't really eat this kind of fried food, but when I go to KFC,

300

wǒ gǎnjué kěnéng wǒ chī bù chū shénme wèidào

我感觉可能我吃不出什么味道

I feel that maybe I cannot tell the difference in taste...

301

Nǎ jiā bù yīyàng, wǒ yě chī bù chū.

哪家不一样, 我也吃不出。

I can't tell the difference between (the two different brands).

302

Nà zhè liǎng jiā zài Zhōngguó nǎ yīge gèng shòuhuānyíng yīdiǎn?

那这两家在中国哪一个更受欢迎一点?

Which one do you think is more popular in China?

303

KFC ba

Is Western Food Making Chinese Fat?

KFC 吧

KFC, I guess.

304

yīnwèi tā biàndì dōu shì, yīnwèi wǒ jīngcháng kàndào KFC

因为它遍地都是，因为我经常看到 KFC

Because they're everywhere. I often see KFCs.

305

Zhèbiān yě yǒu, nàbian yě yǒu.

这边也有，那边也有。

There's one here and one there.

306

Nǐ shēnbiān de xiǎoháizi

你身边的小孩子

The kids you know,

307

jiù bǐrúshuō nǐ rènshi de dìdì zhèxiē, tāmen dōu ài chī zhège?

比如说你认识的弟弟这些，他们都爱吃这个？

for example younger kids, do they all love this kind of food?

308

Ài chī, hěn ài chī

爱吃，很爱吃

Yes, they really love it.

309

Tāmen dōu chī shénme ne? Jìngù mǎi dehuà

Is Western Food Making Chinese Fat?

他们都吃什么呢？进去买的话

What do they usually buy when they go in?

310

Zhājī hái yǒu hàn bǎo, hái yǒu kělè

炸鸡还有汉堡，还有可乐

Fried chicken, burgers, and cola.

311

Nǐ juéde kěndéjī zài Zhōngguó shòuhuānyíng ma?

你觉得肯德基在中国受欢迎吗？

Do you think KFC is popular in China?

312

Shòu | Shòuhuānyíng a

受 | 受欢迎啊

Yes. | It's popular, right?

313

Nǐ juéde zhèxiē kěndéjī hǎochī

你觉得这些肯德基好吃

Do you think KFC tastes better,

314

háishi zánmen Zhōngguó de yǐnshí hǎochī?

还是咱们中国的饮食好吃？

or is Chinese food better?

315

Zhōngguó de yǐnshí

Is Western Food Making Chinese Fat?

中国的饮食

Chinese food.

316

Nǎyīge gèng jiànkāng?

哪一个更健康?

Which one is healthier?

317

Zhōngguó de yǐnshí

中国的饮食

Chinese food.

318

Wèishénme?

为什么?

Why?

319

Yīnwèi KFC zhǐyǒu ròulèi, méiyǒu qīngcài lèi

因为 KFC 只有肉类, 没有青菜类

Because KFC mainly has meat, but no vegetables.

320

ér Zhōngguó de cài yǒu

而中国的菜有

But Chinese dishes have vegetables.

321

Bǐjiào shòuhuānyíng ba

Is Western Food Making Chinese Fat?

比较受欢迎吧

Popular.

322

Shénmeyàng de shípǐn bǐjiào shòuhuānyíng?

什么样的食品比较受欢迎?

What type of food is more popular

323

Jiùshì zài zhè liǎng jiā kuàicāndiàn lǐ

就是在这两家快餐店里

in these two fast-food places?

324

Wǒ juéde nàge mài xuànfēng ba

我觉得那个麦旋风吧

I think the McFlurry is quite popular.

325

Nà nǐ juéde zhèxiē xīshì kuàicān shì

那你觉得这些西式快餐是

Do you think these Western fast foods are

326

dǎozhì dàjiā féipàng de yuányīn zhīyī ma?

导致大家肥胖的原因之一吗?

one of the reasons for people getting fat?

327

Yīnggāi yǒu ba, yǒu de

Is Western Food Making Chinese Fat?

应该有吧，有的

Probably, yes.

328

Nǐ zìjǐ píngcháng chī ma?

你自己平常吃吗?

Do you usually eat them?

329

Wǒ huì chī hànǎo ba

我会吃汉堡吧

I eat burgers sometimes,

330

ránhòu bīngqílín zhīlèi de dōu huì yǒu chī

然后冰淇淋之类的都会有吃

and I also have ice cream.

331

Shòuhuānyíng, fēicháng shòuhuānyíng

受欢迎，非常受欢迎

They're very popular.

332

Nǐmen píngcháng zìjǐ huì chī ma? | Huì

你们平常自己会吃吗? | 会

Do you usually eat them? | Yes.

333

Chī de duō ma?

Is Western Food Making Chinese Fat?

吃得多吗?

Do you eat them often?

334

Bùshì hěn duō, yīnwèi jiàgé yǒudiǎn guì

不是很多，因为价格有点贵

Not really, because they're a bit expensive.

335

Nà nǐmen píngcháng qù dōu huì diǎn shénme?

那你们平常去都会点什么?

What do you usually order when you go?

336

Yībān dōu diǎn tàocān ba, jiùshì yī gè hànǎo, hái yǒu kělè shǔtiáo

一般都点套餐吧，就是一个汉堡，还有可乐薯条

Usually, we order combos, like a burger with cola and fries.

337

Zhège wǒ bùhǎoshuō ai

这个我不好说唉

I can't really say for sure,

338

dànshì wǒ juéde xiànzài kěnéng yīrán hěn shòuhuānyíng ba

但是我觉得现在可能依然很受欢迎吧

but I think they're still very popular now.

339

yīnwèi xiàng wǎngluò shang yǒu hěn duō zhèzhǒng,

Is Western Food Making Chinese Fat?

因为像网络上有很多这种,

There are a lot of online trends,

340

bǐrúshuō xiàng shénme fēngkuáng xīngqīsì a, shénme mài mén zhèxiē gěng

比如说像什么疯狂星期四啊, 什么麦门这些梗

like "Crazy Thursday" and "McDonald's memes,"

341

jiù shuōmíng dàjiā qíshí shì duì zhèyàng de kuàicān shì hěn jiēshòu de.

就说明大家其实是对这样的快餐是很接受的。

which show that people are actually quite accepting of this kind of fast food.

342

Nà nǐ shēnbiān de rén tāmen dōu xǐhuan chī zhèxiē xīshì kuàicān ma?

那你身边的人他们都喜欢吃这些西式快餐吗?

Do the people around you like these Western fast foods?

343

Wǒ juéde yǒu xǐhuan chī de

我觉得有喜欢吃的

I think some do,

344

dànshì, bùshì shuō jiùshì hěn ài nàzhǒng

但是, 不是说就是很爱那种

but I wouldn't say that they love them.

345

Jiùshì nàzhǒng, bǐrúshuō nǐ chūquò bù zhīdào chī shénme

Is Western Food Making Chinese Fat?

就是那种，比如说你出去不知道吃什么

It's more like when they go out and don't know what to eat,

346

jiùshì yě bù páichì chī, jiù juéde kěyǐ chī zhèzhǒng

就是也不排斥吃，就觉得可以吃这种

they don't mind eating them.

347

Xiàng zhèzhǒng hán táng de tián de yǐnliào hē de duō ma?

像这种含糖的甜的饮料喝得多吗？

Do people around you drink a lot of sugary, sweet drinks?

348

Wǒ gāng hē wán mì xuě bīng chéng

我刚喝完蜜雪冰城

I just had a drink from Mixue Bingcheng (a cheap drink brand).

349

Hē le shénme?

喝了什么？

What did you have?

350

Níngméngshuǐ ba, wǒ bǐjiào ài hē níngméngshuǐ

柠檬水吧，我比较爱喝柠檬水

Lemon water. I like lemon water a lot.

351

Fǎnzhèng chī de bǐjiào nǐ le, jiù chī nàge zhā dòufu bǐjiào nǐ le,

Is Western Food Making Chinese Fat?

反正吃得比较腻了，就吃那个炸豆腐比较腻了，

When I feel like I've had something greasy, like fried tofu,

352

wǒ jiù hē le nàge níngméngshuǐ.

我就喝了那个柠檬水。

I'll have some lemon water.

353

Nǐ juéde xiànzài Zhōngguó rén jiùshì chīfàn de shíhou

你觉得现在中国人就是吃饭的时候

Do you think it's common for Chinese people to have a sweet drink

354

huì pèi yī bēi tián yǐnliào hē ma?

会配一杯甜饮料喝吗？

with their meals?

355

Huì ba, fǎnzhèng chūmén dōu shì hē nǎichá

会吧，反正出门都是喝奶茶

Yes, when going out, people often have bubble tea.

356

qù jùcān dōu huì yào yī bēi nǎichá shá de

去聚餐都会要一杯奶茶啥的

When dining together, they'll order a cup of bubble tea or something like that.

357

Wǒ juéde fēicháng huānyíng ba

Is Western Food Making Chinese Fat?

我觉得非常欢迎吧

I think they're still very popular,

358

yīnwèi hǎoxiàng nǎichá zhèzhǒng dōngxī běnlái jiùshì zài Zhōngguó

因为好像奶茶这种东西本来就是在中國

because bubble tea

359

shǒuxiān dà pīliàng de shìchǎnghuà.

首先大批量地市场化。

was first widely marketed in China.

360

Jiùshì cóng liǎng sān nián qián kāishǐ ba, gèzhǒnggèyàng de nǎichá pǐnpái

就是从两三年前开始吧，各种各样的奶茶品牌

It started about two or three years ago, and all kinds of bubble tea brands

361

jiùshì zài Zhōngguó běndì xùnsù de mànyán kāi lái.

就是在中国本地迅速地蔓延开来。

quickly spread across the country.

362

Xiàng shénme chá bǎi dào, mì xuě bīng chéng jiùshì hěn chángjiàn.

像什么茶百道、蜜雪冰城就是很常见。

Brands like Chabaidao and Mixue Bingcheng are very commonly seen.

363

Nǐ píngcháng huì hē ma?

Is Western Food Making Chinese Fat?

你平常会喝吗?

Do you usually drink them?

364

Huì a, wǒ shǒu shàng hái tí zhe yī bēi

会啊, 我手上还提着一杯

Sure, I even have a cup in my hand right now.

365

Hē de duō ma?

喝得多吗?

Do you drink it a lot?

366

Jiùshì yǐ nián de dānwèi lái kàn dehuà, hái shì tǐng duō de

就是以年的单位来看的话, 还是挺多的

If you look at it on a yearly basis, it's still quite a lot.

367

Jiùshì hěn duō rén zài xuǎnzé yǐnpǐn de shíhòu,

就是很多人在选择饮品的时候,

When people choose drinks,

368

jiù huì xuǎnzé zhèzhǒng xiànzhuò de nǎichá,

就会选择这种现做的奶茶,

they often go for freshly made bubble tea,

369

ér bùshì shuō nàzhǒng píngzhuāng yǐnyòngshuǐ,

Is Western Food Making Chinese Fat?

而不是说那种瓶装饮用水,
rather than bottled water

370

píngzhuāng yǐnliào zhīlèi de dōngxi
瓶装饮料之类的东西
or other bottled beverages.

371

Nà xiàng Zhōngguó rén yòngcān de shíhòu,
那像中国人用餐的时候,
Do you think Chinese people

372

nǐ juéde tāmen huì pèi yī bēi yǐnliào hē ma?
你觉得他们会配一杯饮料喝吗?
usually have a drink with their meals?

373

Hěn shǎo
很少
Very rarely.

374

Yǐnshí xíguàn lái shuō, chīfàn de shíhòu
饮食习惯来说, 吃饭的时候
In terms of eating habits,

375

chīfàn zhōng hé fàn hòu hē hěn duō de shuǐ dōu bùshì hěn hǎo de.

Is Western Food Making Chinese Fat?

吃饭中和饭后喝很多的水都不是很好的。

drinking a lot of water during or after meals isn't considered good.

376

Jiùshì jiāzhǎng dōo huì cóngxiǎo jiù gàosu nǐ chīfàn bù yào hē tài duō shuǐ.

就是家长都会从小就告诉你吃饭不要喝太多水。

Parents usually tell their kids not to drink too much water while eating from a young age.

377

Xiànzài qíshí dàjiē shàng yě yǒu hěn duō zhèzhǒng tián de yǐnliào a

现在其实大街上也有很多这种甜的饮料啊

Nowadays, there are many sweet drinks on the streets.

378

Nǐmen hē de duō ma?

你们喝得多吗?

Do you drink a lot of them?

379

Xiàng kělè a, nàge nǎichá shénmede

像可乐啊，那个奶茶什么的

For example, cola or bubble tea?

380

Nǎichá wǒ yībān, kělè dehuà wǒ bàba hē de bǐjiào duō.

奶茶我一般，可乐的话我爸爸喝得比较多。

I don't drink bubble tea much, but my dad drinks cola quite often.

381

Is Western Food Making Chinese Fat?

Nà bānshàng de xiǎopéngyǒu ne?

那班上的小朋友呢?

What about the kids in your class?

382

Tāmen píngcháng hē zhèxiē tián de yǐnliào duō ma?

他们平常喝这些甜的饮料多吗?

Do they usually drink these sweet drinks?

383

Bù duō

不多

Not a lot.

384

Xiàng tián de yǐnliào nǐ juéde zài Zhōngguó shòuhuānyíng ma?

像甜的饮料你觉得在中国受欢迎吗?

Do you think sweet drinks are popular in China?

385

Shòuhuānyíng, dàn wǒ gèrén wǒ bù xǐhuan hē tián de yǐnliào

受欢迎, 但我个人我不喜欢喝甜的饮料

Yes, they are, but personally, I don't like sweet drinks.

386

Jù nǐ de guānchá,

据你的观察,

Based on your observation,

387

Is Western Food Making Chinese Fat?

nǐ juéde Zhōngguó rén zài yòngcān shí chīfàn de shíhòu

你觉得中国人在用餐时吃饭的时候

do you think Chinese people

388

huì pèi yī bēi yǐnliào ma?

会配一杯饮料吗?

usually have a drink with their meals?

389

Kěnéng huì zài nàzhǒng jiātíng tuánjù de shíhòu huì pèi yī bēi yǐnliào ba

可能会在那种家庭团聚的时候会配一杯饮料吧

Maybe during family gatherings, they might have a drink,

390

Jiù yī bēi guǒ lì chéng, kěkǒukělè

就一杯果粒橙、可口可乐

like a glass of Minute Maid or Coca - Cola.

391

Tián de? | Duì

甜的? | 对

Sweet drinks? | Yes.

392

Zhèzhǒng xíguàn nǐ juéde zài wǒmen xiǎoshíhòu yǒu ma?

这种习惯你觉得在我们小时候有吗?

Do you think this habit existed when we were kids?

393

Is Western Food Making Chinese Fat?

Yě yǒu a

也有啊

Yes, it did.

394

Wǒ xiǎoshíhou wǒ jìde wǒ jiāting jùcān de shíhou

我小时候我记得我家庭聚餐的时候

I remember when I was little,

395

yě huì nòng yī píng yǐnliào a

也会弄一瓶饮料啊

during big family meals

396

Jiù bǐjiào dà de jùcān jiù huì.

就比较大的聚餐就会。

there would be a bottle of drink.

397

Píngcháng dehuà bùhuì, méiyǒu zhèzhǒng xíguàn

平常的话不会，没有这种习惯

But not in everyday occasions, it wasn't a common habit.

398

Nà nǐ juéde miànbāo zhèzhǒng xīshì de tiándiǎn

那你觉得面包这种西式的甜点

Do you think Western-style pastries, like bread

399

Is Western Food Making Chinese Fat?

zài Zhōngguó shòuhuānyíng ma?

在中国受欢迎吗?

are popular in China?

400

Shòuhuānyíng, tèbié shì shòu nǚháizi huānyíng

受欢迎, 特别是受女孩子欢迎

Yes, especially among girls.

401

Nǐ juéde pàng de shì nǚhái duō háishi nánhái duō?

你觉得胖的是女孩多还是男孩多?

Do you think there are more overweight girls or guys?

402

Nánháizi duō | Wèishénme?

男孩子多 | 为什么?

More guys. | Why?

403

Nánháizi áo yè a

男孩子熬夜啊

Guys stay up late.

404

Nǐmen wèishénme áoyè? Dǎ yóuxì ma? | Duì a

你们为什么熬夜? 打游戏吗? | 对啊

Why do guys stay up late? To play games? | Yes.

405

Is Western Food Making Chinese Fat?

Nà xiàng tián de yǐnliào ne, nǐ juéde shòuhuānyíng ma?

那像甜的饮料呢，你觉得受欢迎吗？

What about sweet drinks? Are they popular?

406

En, shòuhuānyíng

嗯，受欢迎

Yes, they are.

407

Nǐmen píngcháng hē de duō ma?

你们平常喝得多吗？

Do you drink them often?

408

Wǒ hē de bù tài duō, tā hē de bǐjiào duō

我喝得不太多，他喝得比较多

I don't drink much, but he does.

409

Hē kuàilè shuǐ, kěkǒukělè

喝快乐水，可口可乐

I like Coca-Cola, the "happy water".

410

Hē shénmeyàng de?

喝什么样的？

Which kind?

411

Is Western Food Making Chinese Fat?

Kěkǒukělè, bǎishì kělè

可口可乐, 百事可乐

Coca-Cola and Pepsi.

412

Zhè liǎng gè páizi de wèidao yǒu bù yīyàng ma?

这两个牌子的味道有不一样吗?

Is there a difference in taste between these two brands?

413

Kěkǒukělè suān yīdiǎn

可口可乐酸一点

Coca-Cola is a bit more sour.

414

Nà nǐ xǐhuan nǎ yīge?

那你喜欢哪一个?

Which one do you like better?

415

Xǐhuan bǎishì kělè

喜欢百事可乐

I like Pepsi.

416

Jiù jù nǐmen de guānchá,

就据你们的观察,

Based on your observation,

417

Is Western Food Making Chinese Fat?

nǐ juéde Zhōngguó rén zài yòngcān de shíhòu huì

你觉得中国人在用餐的时候会

do you think Chinese people

418

xíguàn pèi yī bēi yǐnliào hē ma?

习惯配一杯饮料喝吗?

usually have a drink with their meals?

419

Huì | Shì tián de?

会 | 是甜的?

Yes. | Sweet drinks?

420

Duì, yībān pèi nǎichá bǐjiào duō

对, 一般配奶茶比较多

Yes, usually bubble tea.

421

Nà nǐ juéde xiàng zhège xíguàn zài xiàng nǐmen xiǎoshíhòu yǒu ma?

那你觉得像这个习惯在像你们小时候有吗?

Do you think this habit existed when you were kids?

422

Xiǎo de shíhòu méiyǒu

小的时候没有

No, it didn't.

423

Is Western Food Making Chinese Fat?

Xiànzài shì màn màn jiù jīng cháng pèi yī bēi yǐn pǐn lái hē

现在是慢慢就经常配一杯饮品来喝

Nowadays, people often have a drink with their meals.

424

Nà xiàng nà ge xī shì de yī xiē tián diǎn a, dàn gāo

那像那个西式的一些甜点啊、蛋糕

What about Western-style pastries, cakes,

425

miàn bāo zài Zhōng guó shòu huān yíng ma?

面包在中国受欢迎吗?

and bread? Are they popular in China?

426

Shòu huān yíng

受欢迎

Yes, they are.

427

Nǐ men zì jǐ chī de duō ma? | ǒu 'ěr huì chī

你们自己吃得多吃吗? | 偶尔会吃

Do you eat them often? | Occasionally.

428

Nǐ jué de xiànzài jiù shì Zhōngguó rén zài yòng cān de shíhòu,

你觉得现在就是中国人在用餐的时候,

Do you think Chinese people usually have

429

Is Western Food Making Chinese Fat?

chīfàn de shíhou huì hē tián de yǐnliào ma?

吃饭的时候会喝甜的饮料吗?

sweet drinks with their meals?

430

Huì a, nǐ xiàng kělè, xuěbì a, wánglǎojí

会啊，你像可乐、雪碧啊，王老吉

Yes, like cola, Sprite, or Wang Lao Ji.

431

jīběishang nǐ fànzuō shàng dōu shǎobuliǎo zhèxiē yǐnliào de.

基本上你饭桌上都少不了这些饮料的。

These drinks are basically a staple on the dinner table.

432

Nǐ píngcháng chīfàn shì huì pèi yǐnliào hē de ma?

你平常吃饭是会配饮料喝的吗?

Do you usually have a drink with your meals?

433

Yǒushíhou huì

有时候会

Sometimes.

434

Dōu xǐhuan hē shénme yǐnliào?

都喜欢喝什么饮料?

What kind of drinks do you like?

435

Is Western Food Making Chinese Fat?

Kělè nǎichá zhèxiē ba

可乐奶茶这些吧

Cola, bubble tea, and stuff like that.

436

Nà zhèxiē dōu shì gāorèliàng gāo táng de,

那这些都是高热量高糖的,

These are all high-calorie, high-sugar drinks.

437

nǐmen dān bù dānxīn xiǎoháizi huì fāpàng huòzhě duì shēntǐ bùhǎo?

你们担不担心小孩子会发胖或者对身体不好?

Are you worried that your kids might get fat or that it's bad for their health?

438

Wǒ chī bù pàng | Nǐ quèdìng?

我吃不胖 | 你确定?

I can't get fat. | Are you sure?

439

Māma chī de pàng

妈妈吃得胖

My mom gets fat from eating.

440

Nǐ shì juéde māma pàng ma? Māma hái hǎo ba!

你是觉得妈妈胖吗? 妈妈还好吧!

Do you think your mom is fat? She's okay, right?

441

Is Western Food Making Chinese Fat?

Māma zìjǐ rènwéi ne?

妈妈自己认为呢?

What does mom think?

442

Háishi huì yǒu yīdiǎndiǎn pàng de

还是会有一点点胖的

I am a little fat.

443

Nà yǒu zài jiǎnféi ma?

那有在减肥吗?

So, are you trying to lose it?

444

Jiǎnféi, jiéshí jiǎnféi

减肥, 节食减肥

Yes, I am on a diet.

445

Yǒu xiàoguǒ ma?

有效果吗?

Any result?

446

Yǒu xiàoguǒ kěndìng yǒu xiàoguǒ

有效果肯定有效果

It definitely works,

447

Is Western Food Making Chinese Fat?

dànshì fǎntán yě huì bǐjiào kuài yīdiǎn.

但是反弹也会比较快一点。

but the weight comes back quickly.

448

Xīshì de miànbāo a, dàngāo zhèxiē tiándiǎn

西式的面包啊、蛋糕这些甜点

Are Western-style bread and pastries like cakes

449

zài Zhōngguó shòuhuānyíng ma?

在中国受欢迎吗?

popular in China?

450

Qíshí xiàng zhèzhǒng hōngbèidiàn,

其实像这种烘焙店,

Actually, you can see bakeries

451

zài dàjiēxiǎoxiàng yě shì suíchùkějiàn de ma

在大街小巷也是随处可见的嘛

everywhere on the streets.

452

Měitiān zǎoshang māma dōu shì

每天早上妈妈都是

Every morning, my mom

453

Is Western Food Making Chinese Fat?

mǎi miànbāo huílai gěi wǒmen zǎoshang chī.

买面包回来给我们早上吃。

buys bread for us as breakfast.

454

Zhèxiē yě shì tǐng gāorèliàng de | Quèshí

这些也是挺高热量的 | 确实

These are also quite high-calorie. | Indeed.

455

Nǐ zài nàlǐ hǎo yǒu cúnzài gǎn, yào bù yào shànglái shuō liǎngjù a?

你在那里好有存在感，要不要上来说两句啊？

You seem to have a strong presence there. Do you want to come up and say something?

456

Bùyòng le bùyòng le

不用了不用了

No, that's okay.

457

Nà jù nǐ de guānchá,

那据你的观察，

Based on your observation,

458

xiànzài Zhōngguó rén zài yòngcān de shíhòu huì pèi yī bēi yǐnliào hē ma?

现在中国人在用餐的时候会配一杯饮料喝吗？

do you think Chinese drink beverages during meal time?

Is Western Food Making Chinese Fat?

459

Jiù wǒ zìjǐ de qíngkuàng láishuō shì huì de

就我自己的情况来说是会的

In my case, yes.

460

Nà wǒ juéde kěnéng yě yào kàn bùtóng rén de xuǎnzé ba

那我觉得可能也要看不同人的选择吧

But I think it also depends on the person.

461

Zhègè xíguàn pǔbiàn ma zài Zhōngguó?

这个习惯普遍吗在中国?

Is this habit common in China?

462

Zài Zhōngguó wǒ bù gǎn shuō, jiù bùhǎoshuō

在中国我不敢说，就不好说

I can't really say for the whole of China.

463

Nǐ shēnbiān de rén ba

你身边的人吧

Just talk about people around you.

464

Wǒ shēnbiān dehuà wǒ juéde hái mǎn pǔbiàn de.

我身边的话我觉得还蛮普遍的。

I think it's quite common among people around me.

Is Western Food Making Chinese Fat?

465

Jiùshì chīfàn zhīqián jiùshì yào xiān mǎi nǎichá,

就是吃饭之前就是要先买奶茶,

We order bubble tea before

466

huòzhě chī dào zhōngjiān wǒ yào diǎn yī bēi nǎichá zhèyàngzi

或者吃到中间我要点一杯奶茶这样子

or during a meal.

467

Nàge xīshì de, xiàng nàxiē tiándiǎn a

那个西式的, 像那些甜点啊

Are Western-style pastries,

468

bāokuò dàngāo a, miànbāo zài Zhōngguó nǐ juéde shòuhuānyíng ma?

包括蛋糕啊、面包在中国你觉得受欢迎吗?

including cakes and bread, popular in China?

469

Niánqīngrén chī de duō ma?

年轻人吃得多吗?

Do young people eat them a lot?

470

Píngshí chī de hái suàn duō

平时吃得还算多

They do eat them quite often.

Is Western Food Making Chinese Fat?

471

Yīnwèi yǒu yuèláiyuè duō de xiàng zhèzhǒng miànbāo diàn a

因为有越来越多的像这种面包店啊

There are more and more bakeries now,

472

bāokuò gèzhǒng pǐnpái de

包括各种品牌的

with various brands.

473

Jiùshì yīdàn bǐrú shì zài yī gè méiyǒu de chéngshì kāiyè le zhīhòu,

就是一旦比如是在一个没有的城市开业了之后,

Once a new one opens in a city,

474

nà jiù huì yǒu hěn duō rén qù páiduì gòumǎi.

那就会有很多人去排队购买。

there will be a lot of people lining up to buy.

475

Wǒ juéde yī gè shì kěnéng tā quèshí wèidao hěn bùcuò,

我觉得一个是可能它确实味道很不错,

I think one reason is that they really taste good,

476

ránhòu zài yī gè ne jiùshì kěnéng xiàng yǒu hěn duō táng...

然后再一个呢就是可能像有很多糖...

and another is that they're sweet...

Is Western Food Making Chinese Fat?

477

Jiùshì yīnwèi tián ma, jiù huì ràng rén juéde hěn kuàilè a, jiù xiǎng chī a

就是因为甜嘛，就会让人觉得很快乐啊，就想吃啊

Because they're sweet, they make people feel happy and want to eat them.

478

suǒyǐ shēngyì hǎoxiàng dōu hái bùcuò

所以生意好像都还不错

So the business seems to be pretty good.

479

Xiàng zhèzhǒng yǐnliào diàn, nǐ kàn nǐ pángbiān jiùshì yǐnliào diàn,

像这种饮料店，你看你旁边就是饮料店，

What about beverage shops? There is one right beside you.

480

zhèzhǒng tián yǐn zài Zhōngguó shòuhuānyíng ma?

这种甜饮在中国受欢迎吗？

Are sweet drinks popular in China?

481

Shòuhuānyíng

受欢迎

Yes, they are.

482

Wǒ xiǎoháizi dehuà zhǐyào shì yī fàngjià dōu huì lái hē

我小孩子的话只要一放假都会来喝

When my kids are on holidays, they always buy these drinks.

Is Western Food Making Chinese Fat?

483

Wǒ shì hěn shǎo hē nǎichá, dànshì yǒushíhou mǎi diǎn yǐnliào hē

我是很少喝奶茶，但是有时候买点饮料喝

I rarely drink bubble tea, but sometimes I buy beverages.

484

Tián yǐn? | Tián yǐn

甜饮? | 甜饮

Sweet drinks? | Yes.

485

Qíshí yǐnliào dehuà, tā yě shì tángfèn hěn gāo de, duì ba?

其实饮料的话，它也是糖分很高的，对吧？

Actually, drinks are also high in sugar, right?

486

Jiù yě háishi děi jiè? | Duì

就也还是得戒? | 对

So they should be limited too? | Yes.

487

Wǒ yī tiān yǒushíhou méishì, máng gòule, bù máng le

我一天有时候没事，忙够了，不忙了

Sometimes when I'm not busy,

488

Wǒ jiù zài ménkǒu zhèlǐ, zài zhège wèizhi pào diǎn xiǎo chá zìjǐ hē.

我就在门口这里，在这个位置泡点小茶自己喝。

I just sit here at the entrance and brew some tea for myself.

Is Western Food Making Chinese Fat?

489

Yǒushíhòu péngyou lái le, hé péngyou yìqǐ hē

有时候朋友来了，和朋友一起喝

Sometimes when friends come over, we drink (tea) together.

490

quēshǎo duànliàn ma, jiùshì duō hē shuǐ

缺少锻炼嘛，就是多喝水

It's just that I lack exercise, so I need to drink more water

491

gěi tā pái nàge... pái diǎn dú

给它排那个... 排点毒

to help clear out toxins out of my system.

492

Xīnchéndàixiè? | Duì

新陈代谢? | 对

(To speed up) metabolism? | Yes.

493

Hē diǎn chá yě mán hǎo

喝点茶也蛮好

Drinking some tea is quite good.

494

érqiě nǐmen zhège yě méiyǒu zhōumò xiūxi shénmede

而且你们这个也没有周末休息什么的

Also, you don't have weekends off.

Is Western Food Making Chinese Fat?

495

Jiù tiāntiān yào shàngbān de shì ba?

就天天要上班的是吧?

You work every day, right?

496

Wǒ dehuà, jīběnshàng yī nián dehuà

我的话, 基本上一年的话

For me, basically in a year,

497

xiūxi dehuà jiùshì dàniánsānshí, dà nián chūyī xiūxi liǎng tiān

休息的话就是大年三十、大年初一休息两天

I only take two days off on Chinese New Year's Eve and the first day of the New Year.

498

Qǐng yī gè rén ma, shēngyì zhème hǎo?

请一个人嘛, 生意这么好?

Can't you hire someone since business is so good?

499

Zhīqián qǐng le yī gè shīfu de,

之前请了一个师傅的,

I did hire someone before,

500

jiù jiǎng dehuà yǒushíhou bùshì hěn máng

就讲的话有时候不是很忙

but sometimes it was not so busy (that we needed a helper).

Is Western Food Making Chinese Fat?

501

Yǒuxiē jìshù zhèzhǒng dōngxi háishi yào zìjǐ qù bǎkòng

有些技术这种东西还是要自己去把控

Also, in terms of quality control, we have to do it ourselves.

502

Nǐ qǐng de shīfu jìshù hěn duō dōngxi,

你请的师傅技术很多东西,

With the hairdresser you hire, many things...

503

zuòwéi yī gè guǎnlǐ zhě láijiǎng,

作为一个管理者来讲,

As a manager,

504

nǐ bùshì hěn hǎo qù jiǎng de, jiǎng duō le yě bùhǎo

你不是很好去讲的, 讲多了也不好

it's difficult to criticize (their skill) and it's not good to do it often.

505

Suǒyǐ shuō háishi zìjǐ qù rènzhēn de qù jiùshì...

所以说还是自己去认真地去就是...

So, it's better to do it myself and...

506

Bǎ kǒubēi zuò chūlai | Duì

把口碑做出来 | 对

Build a good reputation? | Yes.

Is Western Food Making Chinese Fat?

507

Zìjǐ qù zuò hái hǎo yīdiǎn

自己去做还好一点

It's better to do it myself.

508

Nà nǐ zhège zuò le duōshao nián?

那你这个做了多少年?

So, how many years have you been doing this?

509

Wǒ kāi zhège diàn dehuà shì kāi le yī nián le

我开这个店的话是开了一年了

I've had this shop for a year.

510

Zuò měifà ne?

做美发呢?

(How long have you) been in this industry?

511

Zuò měifà wǒ shì zuò le èrshí jǐ nián le

做美发我是做了二十几年了

I've been in the hairdressing business for over twenty years.

512

Chūzhōng bìyè wǒ jiù qù xué zhège jiǎntóufa

初中毕业我就去学这个剪头发

I started learning how to cut hair right after graduating from middle school.

Is Western Food Making Chinese Fat?

513

Hǎoxiàng yǐqián hěn liúxíng xué měifà?

好像以前很流行学美发?

It seemed like hairdressing was very popular (to do) back then, right?

514

Yǐqián shì, dànshì xiànzài niánqīngrén dehuà

以前是, 但是现在年轻人的话

It was popular before, but nowadays, young people,

515

jiùshì gāo wénhuà de, jiāshàng jiātíng tiáojiàn hǎo le, dōu fù'èrdài

就是高文化的, 加上家庭条件好了, 都富二代

with higher education and better family conditions, being "rich second-generation,"

516

bùzěnme àihào xué zhè yī háng.

不怎么爱好学这一行。

don't really like this profession.

517

Suǒyǐ shuō dehuà, jiùshì zhǐyǒu wǒmen dehuà,

所以说的话, 就是只有我们的话,

So, it's just us,

518

yǒukěnéng shì yǐqián bā líng hòu zhǐnéng kào zìjǐ, jiānchí xiàlai le

有可能是以前八零后只能靠自己, 坚持下来了

who were born in the 80s and had no (rich family) to rely on, continued to do this.

Is Western Food Making Chinese Fat?

519

jiānchí dào xiànzài, zuò le èrshí jǐ nián le

坚持到现在，做了二十几年了

I've been doing it for over twenty years

520

yīzhí hái zài jiānchí, yě tǐng pèifú zìjǐ.

一直还在坚持，也挺佩服自己。

and still doing it. I'm quite proud of myself.

521

Zhù nǐ shēngyìxīnglóng

祝你生意兴隆

Good luck with your business!

522

Xīwàng rúguǒ yǒu wàiguó yǒurén láidào Guìlín dehuà,

希望如果有外国友人来到桂林的话，

If any foreign friends come to Guilin,

523

yě kěyǐ lái zhā zhā huī de lǐfàdiàn zhǎo zhège lǎobǎn jiǎntóufa.

也可以来渣渣辉的理发店找这个老板剪头发。

you should visit Zaza Hui's barbershop and get a haircut from this boss.

524

Huānyíng guójì yǒurén guānggù wǒ zhège xiǎodiàn.

欢迎国际友人光顾我这个小店。

Welcome international friends to visit my little shop!

Is Western Food Making Chinese Fat?

525

Měishì fēnggé zhā zhā huī lǐfà guǎn

美式风格渣渣辉理发馆

American-style Zaza Hui Barbershop.

526

Wǒ zhèlǐ píngshí dehuà dōu hěn duō guójì yóukè lái wǒ zhèlǐ de,

我这里平时的话都很多国际游客来我这里的,

Many international tourists have come to my place.

527

huānyíng dàjiā!

欢迎大家!

Welcome, everyone!

528

Nà nǐ juéde guónèi de língshí huòzhě shì guónèi de yǐnshí,

那你觉得国内的零食或者是国内的饮食,

Do you think there are differences between domestic snacks or Chinese cuisine

529

gēn guówài chuán guòlái de yǒuméiyǒu shénme qūbié? Qūbié shì shénme?

跟国外传过来的有没有什么区别? 区别是什么?

and those from abroad? What are the differences?

530

Xiāngjiào yú qūbié, jiùshì guówài de tā bǐjiào piānxiàng yú...

相较于区别, 就是国外的它比较偏向于...

Regarding the differences, foreign food tends to be more...

Is Western Food Making Chinese Fat?

531

yīnwèi guówài zhǔshí jiù nàzhǒng yóuzhá bǐjiào duō,

因为国外主食就那种油炸比较多,

Foreign main dishes often involve more deep-frying,

532

zánmen Zhōngguóhuà bǐjiào qīngdàn de ba

咱们中国话比较清淡的吧

while Chinese food is generally lighter.

533

Qīngdàn yě yǒu, là de yě yǒu

清淡也有, 辣的也有

We have lighter food and spicy food too.

534

dànshì Zhōngguó de méiyǒu xiàng guówài nàzhǒng jiùshì zhǔshí

但是中国的没有像国外那种就是主食

But Chinese food doesn't have something like burgers as a staple,

535

jiùshì hànǎo zhèzhǒng

就是汉堡这种

which is common in foreign countries.

536

Wǒ juéde kěnéng jiùshì yǐnshí de zhèzhǒng

我觉得可能就是饮食的这种

I think the composition

Is Western Food Making Chinese Fat?

537

zhǒnglèi de gòuchéng kěnéng bù tài yīyàng ba,

种类的构成可能不太一样吧,

of the diet

538

bāokuò háiyou jiù pēngtiáo de fāngshì bù tài yīyàng.

包括还有就烹调的方式不太一样。

and the cooking methods are probably different.

539

Nǐ juéde nǎ yīzhǒng gèngwéi jiànkāng?

你觉得哪一种更为健康?

Which one do you think is healthier?

540

Qíshí shuōshíhuà, wǒ juéde rúguǒ zhēnde yào shuō dehuà,

其实说实话, 我觉得如果真的要说的话,

To be honest, if I really have to say,

541

wǒ juéde xīshì de kěnéng huì gèng jiànkāng yīdiǎn ba

我觉得西式的可能会更健康一点吧

I think Western food might be a bit healthier.

542

yīnwèi tāmen yībān huì yòng gèng shǎo de yóu

因为他们一般会用更少的油

This is because they generally use less oil,

Is Western Food Making Chinese Fat?

543

huòzhě shuō yǒu hěn duō huì yòng shénme

或者说有很多会用什么

or they often use

544

bǐrúshuō xiàng gǎnlǎnyóu zhèyàng

比如说像橄榄油这样

olive oil or something like that.

545

qíshí duìyú wǒmen xiànzài de yǐnshí de jiégòu láishuō,

其实对于我们现在的饮食的结构来说,

In terms of our current dietary structure,...

546

kěnéng duō chī yīdiǎn gǎnlǎnyóu huì gèngjiā jiànkāng yīdiǎn,

可能多吃一点橄榄油会更加健康一点,

It might be healthier if we consume more olive oil

547

ránhòu shǎo yóu shǎo yán yě tǐnghǎo de.

然后少油少盐也挺好的。

and using less oil and salt is also pretty good.

548

Ránhòu xiàng tāmen yě huì bǐjiào shǎo yòng dào

然后像他们也会比较少用到

They also tend to use less of

Is Western Food Making Chinese Fat?

549

Xiàng bàochǎo a zhèyàng de yīzhǒng pēngrèn de shǒufǎ,

像爆炒啊这样的一种烹饪的手法,

certain cooking methods, such as stir-frying

550

wǒ juéde huì... kěnéng huì jiànkāng yīdiǎn.

我觉得会... 可能会健康一点。

which I think might be a bit healthier.

551

Háiyǒu tāmen kěnéng huì chī hěn duō nàzhǒng

还有他们可能会吃很多那种

And they often eat a lot of things like

552

bǐrú cūliáng de miànbāo a

比如粗粮的面包啊

whole-grain bread

553

háiyǒu bǐrú shūcài shēngcài zhīlèi de,

还有比如蔬菜生菜之类的,

and vegetables like lettuce,

554

wǒ juéde kěnéng shì wǒmen hěn duō rén kěnéng huì bǐjiào shǎo chī de.

我觉得可能是我们很多人可能会比较少吃的。

which I think many of us might eat less of.

Is Western Food Making Chinese Fat?

555

Nǐ juéde xiànzài dàjiā chī shénme...

你觉得现在大家吃什么...

What do you think people are eating...

556

jiùshì dàjiā fāpàng de yuányīn yǒu nǎxiē?

就是大家发胖的原因有哪些?

What are the reasons people gain weight nowadays?

557

Tāmen de yǐnshí shì zěnmeyàngzi de?

他们的饮食是怎么样子的?

What is their diet like?

558

Shì chī xīfāng de shíwù bǐjiào duō yīdiǎn

是吃西方的食物比较多一点

Do they eat more Western food

559

háishi chī Zhōngguó de guónèi de zhèzhǒng yǐnshí duō yīdiǎn?

还是吃中国的国内的这种饮食多一点?

or more Chinese food?

560

Wǒ gǎnjué háishi guónèi de yǐnshí duō yīdiǎn.

我感觉还是国内的饮食多一点。

I feel like they eat more Chinese food.

Is Western Food Making Chinese Fat?

561

Yīnwèi wǒ gǎnjué xīfāng guójiā...

因为我感觉西方国家...

Because I feel that Western countries...

562

suīrán shuō wǒ gǎnjué chī, dànshì bùshì nàzhǒng jīngcháng chī,

虽然说我感觉吃，但是不是那种经常吃，

Although we do eat (Western food), we don't do it often,

563

zhǐshì ǒu'ěr chī

只是偶尔吃

just occasionally.

564

dànshì wǒ gǎnjué háishi chī wǒmen guójiā de yǐnshí huì pàng yīdiǎn.

但是我感觉还是吃我们国家的饮食会胖一点。

I feel that Chinese diet is more likely to make people fat.

565

Qíshí wǒ juéde wǒmen guójiā de yǐnshí hái tǐng róngyì pàng de

其实我觉得我们国家的饮食还挺容易胖的

Actually, I think our diet can be quite fattening.

566

Nǎ yīxiē dōngxi?

哪一些东西？

What kind of things?

Is Western Food Making Chinese Fat?

567

Wǒmen dōu bǎ zhèngcān fàng zài wǎnshang,

我们都把正餐放在晚上,

We usually have our main meal in the evening,

568

dànshì wǒ juéde xīfāng guójiā dōu shì fàng zài zhōngwǔ.

但是我觉得西方国家都是放在中午。

but I feel that in Western countries, the main meal is at noon.

569

Qíshí wǎnshang chī nǐ huì fāxiàn qíshí háishi gèng róngyì pàng

其实晚上吃你会发现其实还是更容易胖

Actually, eating in the evening makes it easier to gain weight.

570

wǎnshang chī dōngxi

晚上吃东西

Eating late at night.

571

érqiě wǒmen chī yèxiāo

而且我们吃夜宵

And we eat late-night snacks.

572

Duì, wǒ juéde háishi yǐnshí jiégòu de wèntí

对, 我觉得还是饮食结构的问题

Yes, I think it's still a problem with our diet.

Is Western Food Making Chinese Fat?

573

Nǐmen píngcháng chī yèxiāo ma?

你们平常吃夜宵吗?

Do you guys usually have late-night snacks?

574

Ōu'ěr ba, xiànzài nǚlì kèzhì yīxià

偶尔吧, 现在努力克制一下

Occasionally, and I'm trying to control myself now.

575

Nà nǐ juéde zhōngshì de gēn xīshì de yǐnshí xíguàn nǎyīge gèng jiànkāng?

那你觉得中式的跟西式的饮食习惯哪一个更健康?

Which one do you think is healthier, Chinese or Western eating habits?

576

Zhōngshì ba | Wèishénme?

中式吧 | 为什么?

Chinese, probably. | Why?

577

Zhōngshì dehuà bìjìng chī de shì dànmǐ ma

中式的话毕竟吃的是大米嘛

Because Chinese food is mainly based on rice,

578

tā méiyǒu jīngguò nàme duō cì de jiāgōng,

它没有经过那么多次的加工,

which hasn't been processed as much,

Is Western Food Making Chinese Fat?

579

ránhòu dehuà bǐjiào jiànkāng tiānrán yīdiǎn.

然后的话比较健康天然一点。

and it's healthier and more natural.

580

Nǐ juéde dànmǐ jiànkāng ma?

你觉得大米健康吗？

Do you think rice is healthy?

581

Dàmǐ kěndìng jiànkāng a

大米肯定健康啊

Rice is definitely healthy!

582

Nà nǐ juéde zhèxiē xīfāng guójiā chuán guòlai de yīxiē yǐnshí

那你觉得这些西方国家传过来的一些饮食

Do you think Western food

583

shì zàochéng mǒu yīxiē Zhōngguó rén féipàng de yuányīn zhīyī ma?

是造成某一些中国人肥胖的原因之一吗？

is one of the reasons for Chinese getting fat?

584

Quèshí, yīnwèi xīfāng nàbian féipàng lǜ mǎn gāo de, xiàng Měiguó nàbian

确实，因为西方那边肥胖率蛮高的，像美国那边

Yes, because the obesity rate is quite high in Western countries, such as the United States.

Is Western Food Making Chinese Fat?

585

Nǐ zài nǎlǐ kàndào de? | Dǒuyīn ba

你在哪里看到的? | 抖音吧

Where did you see that? | On Douyin (Chinese TikTok).

586

Jiùshì tāmen qióng rén dōu huì chī nàzhǒng kuàicān,

就是他们穷人都会吃那种快餐,

It seems that poor people there often eat fast food,

587

tā chī duō jiù huì zìrán huì biàn pàng, tā yě bù yùndòng

他吃多就会自然会变胖, 他也不运动

and naturally, they gain weight because they also don't exercise.

588

Zhōngguó de yǐnshí gēn xīfāng de yǐnshí qūbié zài nǎlǐ?

中国的饮食跟西方的饮食区别在哪里?

What are the differences between Chinese and Western diets?

589

Zhōngguó kěnéng bǐ tāmen fùzá hěn duō, yě yǒu wèidào hěn duō

中国可能比他们复杂很多, 也有味道很多

Chinese food is probably more complex and has a variety of flavors.

590

jiùshì tāmen xīfāng nàbian jīběnshàng shì xiē kuàicān jiǎn cān,

就是他们西方那边基本上是些快餐简餐,

Western food is mostly fast food and simple meals.

Is Western Food Making Chinese Fat?

591

wǒmen zhèbiān bǐjiào zhòngshì yíshì gǎn, hěn lóngzhòng yī dùn cān

我们这边比较重视仪式感，很隆重一顿餐

We place more emphasis on the ritual and grandeur of a meal.

592

Nà nǐ juéde nǎ yīzhǒng de gèng jiànkāng?

那你觉得哪一种的更健康?

Which one do you think is healthier?

593

Wǒ juéde Zhōngguó gèng jiànkāng

我觉得中国更健康

I think Chinese food is healthier.

594

Nà Zhōngguó de wèishénme gèng jiànkāng?

那中国的为什么更健康?

Why do you think Chinese food is healthier?

595

Hěn duō dào gōngxù ma

很多道工序嘛

There are many cooking processes involved.

596

Tā bǎ nàxiē yǒuhài de wùzhì guòlǜ diào,

它把那些有害的物质过滤掉,

It filters out harmful substances,

Is Western Food Making Chinese Fat?

597

yě huì zhùyì hěn duō de jiànkāng xiànzài

也会注意很多的健康现在

and we pay more attention to health now.

598

Bǐrúshuō Zhōngguó de yǐnshí

比如说中国的饮食

What kind of food

599

yībān wǒmen chī de shénmeyàng de dōngxi duō yīdiǎn?

一般我们吃的什么样的东西多一点?

do we usually eat in China?

600

Chī chǎo de, xiǎngdào bái zhǔ shū cài

吃炒的, 想到白灼蔬菜

We eat stir-fried dishes, blanched vegetables,

601

ránhòu hái yǒu yīxiē chǎo dòujiǎo shénmede, nàxiē dōu hěn hǎochī, wǒ juéde

然后还有一些炒豆角什么的, 那些都很好吃, 我觉得

and stir-fried green beans, which are all delicious, I think.

602

Wǒ juéde rèliàng bùsuàn tài gāo

我觉得热量不算太高

The calories aren't too high.

Is Western Food Making Chinese Fat?

603

Zhōngshì de bù jiù mántou ma

中式的不就馒头嘛

Chinese-style would be steamed buns, right?

604

Xīshì de jiùshì miànbāo pīsa zhèxiē

西式的就是面包披萨这些

Western-style would be bread, pizza, and such.

605

Nà nǐ juéde nǎ yīzhǒng gèng jiànkāng?

那你觉得哪一种更健康?

Which one do you think is healthier?

606

Nà yīnggāi mántou ba, zhōngshì de

那应该馒头吧, 中式的

Steamed buns, probably, the Chinese-style.

607

Miànbāo | Miànbāo ma?

面包 | 面包吗?

Bread. | Bread?

608

Nà nǐ píngcháng... nǐ shìbùshì chī miànbāo chī hěn duō ya?

那你平常... 你是不是吃面包吃很多呀?

Do you usually eat a lot of bread?

Is Western Food Making Chinese Fat?

609

Duì ya

对呀

Yes!

610

Nǐ zài nàlǐ chī shénme?

你在那里吃什么?

What are you eating there?

611

Nà língshí ne? Píngcháng nǐmen dōu huì chī shénme língshí a?

那零食呢? 平常你们都会吃什么零食啊?

What about snacks? What kind of snacks do you usually have?

612

Làtiáo | Wǒ chī làtiáo shǔpiàn zhèxiē

辣条 | 我吃辣条薯片这些

Spicy strips. | I eat chips, and so on.

613

Zhèxiē shì māma ràng nǐ chīde ma? Háishi zìjǐ tōutōu chī de?

这些是妈妈让你吃的吗? 还是自己偷偷吃的?

Did your mom permit you to eat these or did you do it secretly?

614

Wǒmen zìjǐ tōutōu chī de

我们自己偷偷吃的

Secretly.

Is Western Food Making Chinese Fat?

615

Xuéxiào fàngxué de shíhou zìjǐ mǎi yīdiǎn

学校放学的时候自己买一点

I buy some after school on my own,

616

ránhòu yǒushíhou māma xīngqīliù,

然后有时候妈妈星期六、

and sometimes on Saturdays

617

xīngqītiān huì mǎi diǎn miànbāo shénme fàng zài jiā lǐmiàn

星期天会买点面包什么放在家里面

and Sundays, my mom buys bread for us.

618

Nà píngcháng língqián huì gěi hěn duō ma?

那平常零钱会给很多吗?

Do you usually give them a lot of pocket money?

619

Yě bùhuì hěn duō de

也不会很多的

Not really.

620

Huì dānxīn tā tōutōu mǎi hěn duō zhèzhǒng bù jiànkāng de língshí ma?

会担心他偷偷买很多这种不健康的零食吗?

Are you worried that he might buy a lot of unhealthy snacks?

Is Western Food Making Chinese Fat?

621

Jiùshì yīnwèi huì dānxīn suǒyǐ língqián yě bùhuì gěi hěn duō

就是因为会担心所以零钱也不会给很多

That's exactly why I don't give them much pocket money.

622

Xiànzài yě zhùyì dào yuèláiyuè duō de zhèzhǒng língshí diàn

现在也注意到越来越多的这种零食店

Nowadays, we also notice more and more snack shops.

623

Bù shuō xiǎoháizi ba

不说小孩子吧

Kids aside,

624

Chéng rén de huà xiànzài chī zhèzhǒng língshí duō ma nǐ juéde?

成人的话现在吃这种零食多吗你觉得?

do you think adults eat a lot of snacks too?

625

Yě mǎn duō de

也蛮多的

Also a lot.

626

Qíshí yǒushíhòu chī língshí yě shì yīzhǒng jiěyā de fāngshì,

其实有时候吃零食也是一种解压的方式,

Sometimes eating snacks is a way to relieve stress,

Is Western Food Making Chinese Fat?

627

yě huì ǒu'ěr mǎi lái chī.

也会偶尔买来吃。

and I buy them occasionally.

628

Nǐ zìjǐ píngcháng huì mǎi shénmeyàng de?

你自己平常会买什么样的?

What kind of snacks do you usually buy?

629

Xiàng nàzhǒng xiǎo bǐnggān zhīlèi de a

像那种小饼干之类的啊

Biscuits and so on.

630

yīnwèi bàngōngshì dōu huì bèi zhe diǎn zhèzhǒng, yǒushíhou yě huì è

因为办公室都会备着点这种，有时候也会饿

We always keep some in the office, because sometimes we get hungry.