

Week 2 :

饮食——民以食为天

主讲人：胡芮佳
逦雅彬

聊一聊

——你吃过的美食

你最爱吃的香港菜是什么？



你还去过中国的哪些地方？



老北京炸酱面：

炸酱面是中国传统特色面食。最初起源北京，被誉为“中国十大面条”之一由炸酱拌面条而成。将黄瓜、豆芽、青豆、黄豆切好或煮好，做成菜码备用。然后做炸酱，将肉丁及葱姜等放在油里炒，再加入黄豆制作的黄酱或甜面酱炸炒，即成炸酱。面条煮熟后，捞出，浇上炸酱，拌以菜码，即成炸酱面。也可根据自己的口味加辣椒，醋等调味品。



烩（煇）面：郑州烩面是河南面食的代表作之一，口感劲道。还是河南的三大小吃之一。郑州烩面兴起于二十世纪八十年代，主要食材有面、羊肉、香菜等。要想把郑州烩面做好，功夫主要在于由小山羊肉和腿骨熬成的汤。



山西刀削面

(Shanxi sliced noodles) 是一种山西的特色传统面食，因其风味独特，驰名中外。刀削面全凭刀削，因此得名。用刀削出的面叶，中厚边薄。棱锋分明，形似柳叶。入口外滑内筋，软而不粘，越嚼越香，刀削面的调料也是多种多样的，有番茄酱、肉炸酱、羊肉汤、金针木耳鸡蛋打卤等，都深受喜食面食者欢迎



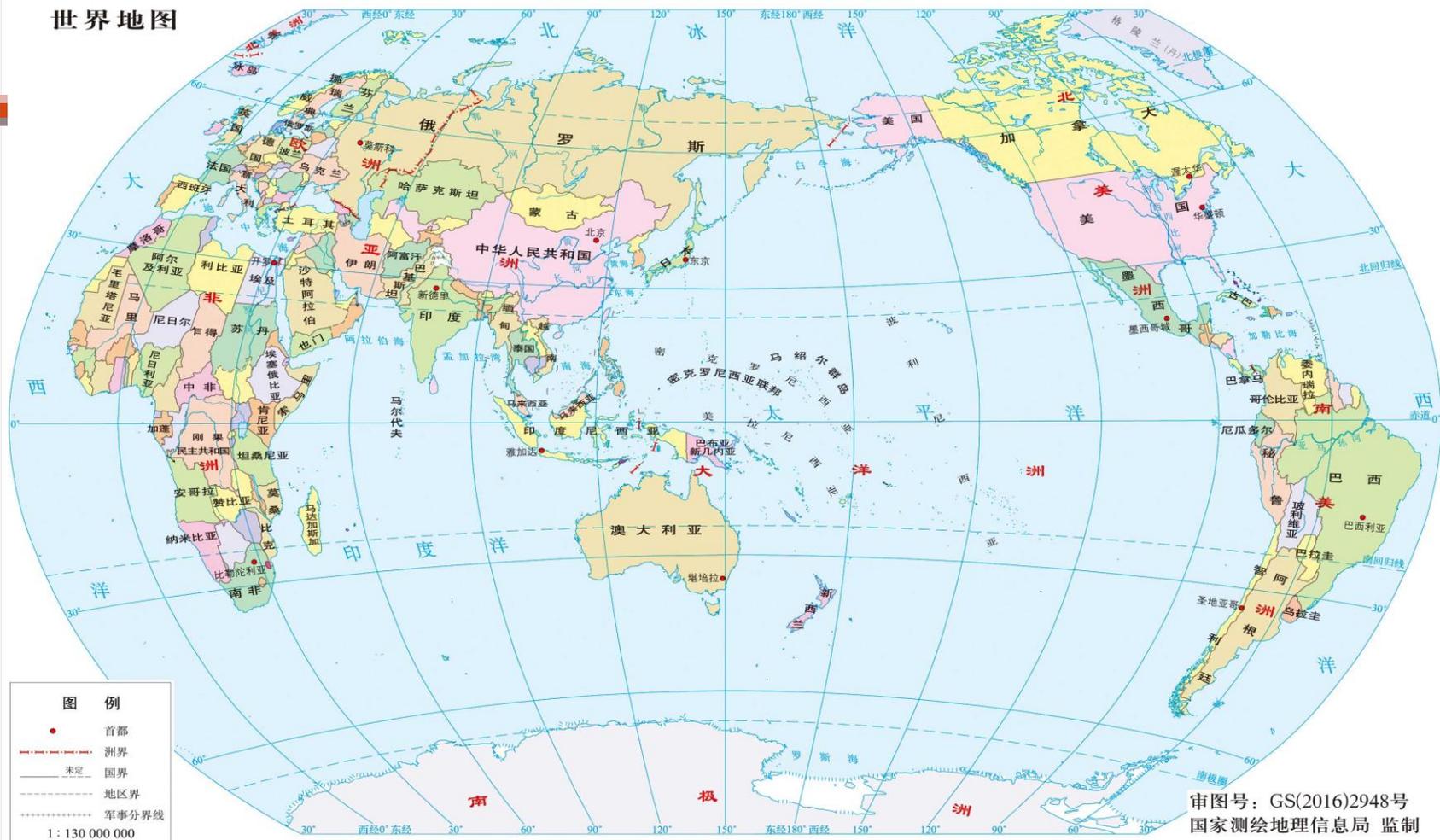
武汉热干面

(Hot dry noodles) 是中国十大面条之一，是湖北武汉最出名的小吃之一，有多种做法。以油、盐、芝麻酱、色拉油、香油、细香葱、大蒜子、量卤水汁、生抽为辅助材料。其色泽黄而油润，味道鲜美，由于热量高，也可以当作主食，营养早餐，补充机体所需的能量



你还去过世界上哪些地方？

世界地图





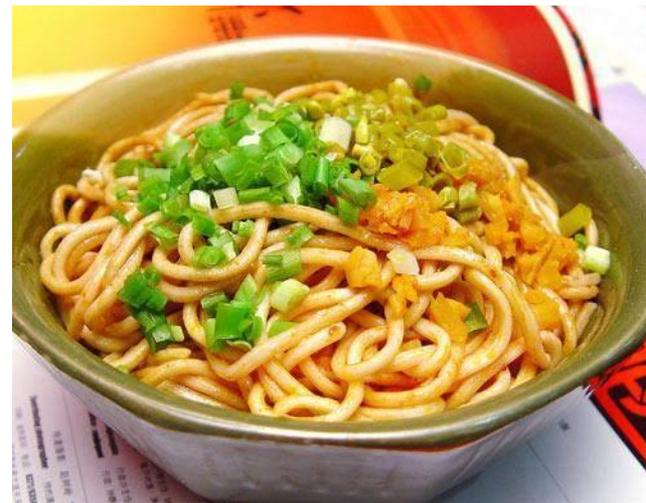


去餐厅吃饭你最看重的是什么？

- A. 环境（装修、干净…）
- B. 味道（色、香、味…）
- C. 服务（态度、上菜速度…）

你喜欢在家吃饭吗？

- 1. 有没有尝试过下厨/烹饪？
- 2. 会有什么烹饪方法？
- 3. 你的拿手菜是什么？
- 4. 有什么有趣的烹饪经验？



烹饪方法

烹饪方法之多估计是出乎人所料的，光是一般的煎、炒、蒸、煮、炸、烤、烧、卤等就能制作出各式各样的美食。加上微波炉和烤箱等现代烹饪手段，能做出美食的就越来越多了！



相声贯口——报菜名

有蒸羊羔儿、蒸熊掌、蒸鹿尾儿、烧花鸭、烧雏鸡、烧子鹅、卤猪、卤鸭、酱鸡、腊肉、松花小肚儿、晾肉、香肠儿、什锦苏盘儿、熏鸡白肚儿、清蒸八宝猪、

江米酿鸭子、罐儿野鸡、罐儿鹌鹑、卤什件儿、卤子鹅、山鸡、兔脯、菜蟒、银鱼、清蒸哈什蚂、烩鸭丝、烩鸭腰、烩鸭条、清拌鸭丝儿、黄心管儿、

焖白鳝、焖黄鳝、豆豉鲇鱼、锅烧鲤鱼、烋烂甲鱼、抓炒鲤鱼、抓炒对虾、软炸里脊、软炸鸡、什锦套肠儿、卤煮寒鸦儿、麻酥油卷儿、

溜鲜蘑、溜鱼脯、溜鱼肚、溜鱼片儿、醋溜肉片儿、烩三鲜儿、烩白蘑、烩鸽子蛋、炒银丝、烩鳗鱼、炒白虾、炝青蛤、炒面鱼、炒竹笋、芙蓉燕菜、炒虾仁儿、烩虾仁儿、烩腰花儿、烩海参、炒蹄筋儿、

锅烧海参、锅烧白菜、炸木耳、炒肝尖儿、桂花翅子、清蒸翅子、炸飞禽。炸汁儿、炸排骨、清蒸江瑶柱、糖熘芡仁米、拌鸡丝、拌肚丝、什锦豆腐、什锦丁儿、

游戏：报菜名



读一读

——同样的食物，不同的名称

草莓



猪舌



猪肝



黄瓜



苦瓜



三明治



烤面包



煎蛋卷



练一练

——怎么点餐

你在点餐中遇到过什么问题？

服务员



欢迎光临，您几位？



菜单

•有菜单吗？

REPLACE YOUR RESTAURANT NAME

MEAL OF THE DAY

SUBTITLE MESSAGE

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing request (CSR) and

MAIN MENU

LOREM IPSUM

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing request (CSR) and sending it to a CA in accordance with the CA's enrollment process. After

\$215

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$160

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$70

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$85

SWEET FOOD

LOREM IPSUM

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing request (CSR) and sending it to a CA in accordance with the CA's enrollment process. After conducting some

\$57

GRILL MENU

LOREM IPSUM

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$21

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$14

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$43

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$65

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$37

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$22

DRINK

LOREM IPSUM

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$11

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$19

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$14

Obtain a signed certificate. Obtaining a signed certificate involves creating a certificate signing

\$14

昵图网 www.nipic.com By:cuijiujiang No:20170109102720150000

● 您好，点菜。

● -马上来。

● 服务员，点菜。

● -来了。

招牌菜

最有名的菜

三松大酒店
SANSONG HOTEL
SHUNGHANG CHINA

招牌菜

SIGNATURE
DISHES

小米鲍汁扣辽参
68半只



68份
锅仔浓汤千丝笋



石锅萝卜
58份



榴莲酥
5粒



鲍鱼捞饭
28/位



广告图片仅供参考，消费以实物为准。

• 哪个是招牌菜？

• 好，我要这个。

你有什么忌口吗？

忌口：不吃的东西。



您想喝点什么？



热/凉/冰

•我要一杯_____水。



够

• 我们两个人，够吃吗？



• 我们还有一个菜没上。



买单/结账

- 服务员，买单。
- 您好，结账。



现金 刷卡



关于美食的四字词语

芳香四溢 (fāngxiāngsìyì)

香飘十里 (xiāngpiāoshílǐ)

油而不膩 (yóuérbùnì)

香脆可口 (xiāngcuìkěkǒu)

咸甜适中 (xiántiánshìzhōng)

甘脆爽口 (gāncuìshuǎngkǒu)

五味俱全 (wǔwèijùquán)

酸甜可口 (suāntiánkěkǒu)

鲜美多汁 (xiānměiduōzhī)

清爽可口 (qīngshuǎngkěkǒu)

质嫩爽口 (zhìnènshuǎngkǒu)

麻辣鲜香 (málàxiānxiāng)

香甜软糯 (xiāngtiánruǎnnuò)

味同嚼蜡 (wèitóngjiáolà)

淡而无味 (dànrúwúwèi)

难以下咽 (nányǐxiàyàn)

粗茶淡饭 (cūchádànfàn)

淡而无味 (dànrúwúwèi)

少油无盐 (shǎoyóuwúyán)

现在试一试吧！

感谢您的参加！

下周见！