

身份认同 Identities

A 健康和幸福 Health and well-being

饮食

均衡饮食 / 偏食

健康饮食 / 不健康饮食

主食 / 水果 / 蔬菜

肉类 / 海鲜 / 蛋类 / 奶制品

油炸食品

* 加工食品

* 含糖饮料

高脂肪 / 高蛋白 / 高糖食品

蛋白质

* 碳水化合物 / 碳水

维生素 / 维他命

矿物质

脂肪

热量 / 卡路里

高热量 / 低热量

营养丰富 / 营养均衡

少油少盐

* 控制糖分 / 脂肪摄入

多吃蔬果，少吃油炸食物

避免暴饮暴食

定时定量吃饭

读营养标签

摄入足够的蛋白质和维生素

健康的饮食习惯对身体健康非常重要。

我们应该少吃快餐，多吃新鲜蔬菜和水果。

现代人由于生活节奏快，常常忽视饮食营养。

均衡饮食可以增强免疫力，预防疾病。

我一直努力养成均衡饮食的习惯，比如每天吃蔬菜水果，少吃油炸食品。

健康的饮食习惯应该包括蛋白质、蔬菜、水果和适量的碳水化合物。

Diet

balanced diet/unbalanced diet

healthy diet/unhealthy diet

staple food/fruit/vegetable

meat/seafood/egg/dairy product

fried food

processed food

sugary drink

high-fat/high-protein/high-sugar food

protein

carbohydrate/carb

vitamin

mineral

fat

calorie

high in calories/low in calories

rich in nutrients/nutritionally balanced

low in oil and salt

to control sugar/fat intake

to eat more fruit and vegetables and eat less fried food

to avoid overeating/binge eating

to eat at regular times and in appropriate portions

to read nutrition labels

to consume enough protein and vitamins

Healthy eating habits are essential for physical health.

We should eat less fast food and eat more fresh fruits and vegetables.

Modern people often neglect proper nutrition due to their fast-paced lives.

A balanced diet can boost immunity and prevent illness.

I've been trying to develop the habit of eating a balanced diet; for example, having fruits and vegetables every day and avoiding fried food.

A healthy diet should include protein, vegetables, fruit, and a moderate amount of carbohydrates.



现代人常常忽视营养结构，喜欢吃高油、高糖的食物。

我的父母一直教育我要三餐规律、营养均衡。

吃得太咸或太甜对身体都有害。

身体健康

保持身体健康

锻炼身体

缺乏运动

充足睡眠 / 缺乏睡眠

* 预防疾病

* 增强免疫力 / 降低免疫力

* 增强体质

每年做体检

注重饮食与锻炼

心理健康

* 情绪管理

* 情绪低落

* 情绪不稳定

面对学习 / 工作压力

焦虑

抑郁

心理咨询

寻求心理帮助

心理问题

自我认知

调整心态

放松心情

* 保持积极的心态

* 幸福 / 满足 / 归属 / 安全 / 成就感

疾病

得了感冒 / 流感 / 流行感冒

发烧了

咳嗽 / 流鼻涕 / 打喷嚏

嗓子疼 / 头疼 / 肚子疼

Modern people often ignore nutritional balance and prefer high-fat, high-sugar foods.

My parents have always taught me to eat regularly and maintain a balanced diet.

Eating food that is too salty or too sweet is harmful to the body.

Physical health

to maintain physical health/stay healthy

to exercise/work out/stay physically active

to lack physical activity/be physically inactive

adequate sleep/lack of sleep

to prevent illness/disease

to strengthen immunity/to weaken immunity

to improve physical fitness/build up physical strength

to have an annual check-up/physical exam

to pay attention to diet and exercise

Mental health

emotional/mood management

to feel down/depressed/low

to experience mood swings/be emotionally unstable

to face academic/work pressure

anxiety/to feel anxious

depression/to feel depressed

psychological counselling/therapy

to seek psychological/mental health support

mental health issues/psychological problems

self-awareness

to adjust one's mindset/shift one's attitude

to relax the mind/calm one's mood

to maintain a positive mindset/stay optimistic

sense of happiness/contentment/belonging/
security/achievement

Illness

to have caught a cold/the flu/influenza

to have a fever

to cough/to have a runny nose/to sneeze

to have a sore throat/to have a headache/to have a
stomachache

拉肚子	to have diarrhoea
看起来脸色不好	to look pale/not look well
中暑 / 晕车 / 晕船了	to have heatstroke/to be carsick/to be seasick
对……过敏	to be allergic to...
食物中毒	food poisoning
病毒感染	viral infection
感觉头晕 / 没精神	to feel dizzy/to feel weak or tired
去医院看医生 / 挂号 / 拿药	to go to the hospital to see a doctor/register at the hospital/get medicine
打针 / 打疫苗	to get an injection/to get vaccinated
吃药	to take medicine
去医院看急诊	to go to the emergency room/ER
打电话叫救护车	to call an ambulance
找医生开病假条	to ask a doctor for a sick note/medical certificate
医生建议多休息、多喝水	The doctor advised getting more rest and drinking plenty of water.
我今天感觉不太舒服，头有点疼。	I don't feel well today, I have a bit of a headache.
她咳嗽得很厉害，可能是感冒了。	She's coughing badly, she might have caught a cold.
他发烧到三十八度五，还全身酸痛。	He has a fever of 38.5°C and body aches all over.
他一吃海鲜就过敏，皮肤起红疹。	He has an allergic reaction whenever he eats seafood, red rashes appear on his skin.
我去诊所看了医生，拿了点药。	I went to the clinic to see a doctor and got some medicine.
她被送到医院急诊室，打了点滴。	She was sent to the emergency room and put on an IV drip.
医生建议我做全面体检。	The doctor recommended I have a full health check-up.
他现在感觉好多了。	He is feeling much better now.
早日康复!	Get well soon!

‘养生’文化：强调通过饮食、作息、运动等日常生活方式，预防疾病、延年益寿。比如，喝热水、少吃生冷食物、吃时令蔬果、按时睡觉。

重视家庭，以家庭幸福为中心：‘家和万事兴’、‘子孙满堂’是传统幸福的重要象征。节假日团圆饭、孝顺父母、三代同堂常被认为是‘幸福家庭’的象征。

‘Yangsheng’ culture emphasizes preventing illness and prolonging life through daily lifestyle habits such as diet, sleep, and exercise. For example, drinking warm water, eating fewer raw or cold foods, eating seasonal fruits and vegetables, and going to bed on time.

Great importance is placed on the family, and happiness is often centred around family harmony and unity. Traditional sayings such as ‘When the family lives in harmony, all things will prosper’ (家和万事兴) and ‘a house full of children and grandchildren’ (子孙满堂) are symbols of true happiness. Holiday reunion dinners, filial piety towards parents, and multigenerational households are all considered hallmarks of a happy family life.

Walk 100 steps after a meal, and you'll live to be 99

饭后百步走，能活九十九

This is a traditional Chinese saying that suggests light walking after meals is good for digestion and long-term health.

例句：吃完晚饭后，我和爷爷常常去小区里散步，爷爷总说：‘饭后百步走，能活九十九。’

病从口入

Illness enters through the mouth

This saying means that many illnesses are caused by what we eat or drink, so we must take care with food hygiene and diet.

例句：妈妈经常提醒我不要吃不干净的路边摊，说‘病从口入’，要注意饮食安全。

***知足常乐**

Contentment brings happiness

This phrase expresses the idea that if you are content with what you have, you will always feel happy and peaceful.

例句：她的生活虽然简单，但每天都笑容满面，真正做到了‘知足常乐’。

早吃好，午吃饱，晚吃少

Have a good breakfast, a full lunch, and a light dinner

This is a traditional guideline for healthy eating habits in China. It emphasizes the importance of eating according to the body's energy needs throughout the day.

例句：为了保持好身体，我一直坚持‘早吃好，午吃饱，晚吃少’的饮食习惯。

生命在于运动

Life lies in movement

This saying emphasizes that regular physical activity is essential to maintaining good health and vitality. It encourages people to stay active instead of living a sedentary lifestyle.

例句：医生常说：‘生命在于运动。’我们每天哪怕只是散散步、做做伸展运动，也对身体非常有益。