# Unit

# In the Restaurant

餐廳用餐



foie gras 鵝肝醬

# Useful Expressions



### 餐廳資訊 ①

desserts. This French restaurant is famous for their 1

foie gras. ratatouille.

這家法國餐廳以 聞名。 甜點 鵝肝醬

It's considered | the best restaurant in town. the most popular

普羅旺斯雜燴

最好的 這家餐廳是鎮上公認 餐廳。 最受歡迎的

3 proper French cuisine. They serve authentic

> 他們供應「正統的」法國菜。 道地的



Unit





### 詢問用餐資訊

What are your dinner hours?

你們的晚餐時間是幾點到幾點?

5 a dress code? Does your restaurant | have enforce

你們餐廳有衣著規定嗎?

Do you have vegetarian dishes? 6

你們有素菜嗎?

How much is your dinner set?

你們的晚餐套餐多少錢?

Do you have a  $\mid$  cover charge  $\mid$  ? 8 service

> 你們有「低消入場嗎 收服務費嗎



This French restaurant is famous for their desserts.



## 3 顧客要求 🕠

9 I'd like to make a reservation for tonight.

我要訂今天晚上的位置。

10 Could you get us a table close to the window puptairs in the garden ?

可以給我 靠窗的 座位嗎? 樓上的 花園的

11 What's your most | proper | dish? famous |

你們 | 人氣最高的 | 是哪一道菜? | 最有名的 |

12 What's today's special? ?

今日特餐 是什麼? 主廚推薦



Does your restaurant have a dress code?



# Useful Expressions



Do you know that 20 percent of American adults are overweight obese

你知道美國20%的成年人都 | 超重 | 嗎?

2 She's in good great excellent

3 How do you keep fit?

你怎麼保持身材的?

4 I can't fit in my pants anymore.

我的 | 褲子 | 穿不下了。

5 He's lost 30 pounds. 15 kilos.

他已經減了| 30磅 | 。 | 15公斤 | \*

#### Good vs. Bad 好壞比一比

人體要正常運作,除了 要維他命(vitamins)、 要維他命(vitamins)、 領質(minerals)、 会有 (protein),還需要脂 (protein),還需要脂 (fat)、糖類(sugar)和 水化合物(carbohydrates) 或澱粉類食物(starchy foods)。我們應該和糖類 們吃的是好的脂肪和糖類和 脂肪屬於醇和減少脂肪和 降低的機率;飽和脂肪屬於 疾病的機率;飽和脂肪屬於 不好的脂肪,多存在於動物 肉類、人造奶油等食品內。

## 減重 (2)

I'm trying to 6 lose weight. shed a few pounds.

我正在努力

減肥

甩掉幾磅肉

overweight. 7 She's heavy.

了。 超重 太重

8 I'm so out of shape.

我的身材完全走樣了。

9 special diet. I'm on a weight-watch program.

我正在|實行特別的飲食計畫 實行減重計畫

What is the best

weight-loss program

diet

最好的

減重方案 飲食

是什麼?

You need to reduce the amount of 11

carbohydrate<sup>1</sup>

in your diet.

你要減少飲食中的

脂肪 碳水化合物 攝取量。

#### © COSMOS CULTURE LTD



12 I tend to | eat a lot | while watching TV. snack a lot |

我看電視時會 吃很多東西 吃很多零食

13 I like to eat when I'm feeling depressed.

當我沮喪時,我就想吃東西。

14 Don't eat out of boredom.

不要因為沒事做就吃東西。



diet 15 Your is not healthy. eating habit

> 你的 飲食 飲食習慣

不健康。

You're eating too much food. fatty starchy<sup>2</sup> sugary

你吃太多

油膩的 澱粉類 含糖分的 食物了。



素食

starchy food

17 She's a vegan.

她吃全素。

18 I've quit eating red meat. fast food.

> 我已經不吃 了。 紅肉 速食

Tofu is a major source of protein for vegetarians.

豆腐是素食者蛋白質的主要來源。

- carbohydrate [ˌkɑ:rbou'haɪdreɪt] (n.) 碳水化合物
- starchy ['stɑ:rtʃi] (a.) 含澱粉的



# Useful Expressions





I'd like to get information make enquires ask a few questions

問一些

about your cooking classes. lessons.

我想要 詢間一下 打聽一下

你們烹飪課程的資訊。

I'm interested in learning how to cook Japanese dishes. Do you have any class that is suitable for me?

我想學做日本料理,請問你們有適合我的課程嗎?

3 I'd like to know more about the seminar on

Food **Hygiene**<sup>1</sup>. French Dining Culture.

我想知道更多

食品衛生 法國餐飲文化 的研討會訊息。

Could you give me detailed information about the cooking trip Italy?

Paris?

可以給我

義大利 巴黎

烹飪之旅的詳細資訊嗎?

- hygiene ['haɪdʒi:n] (n.) 衛生保健
- session ['seʃən] (n.) (授課活動的) 時間

#### © COSMOS CULTURE LTD

Unit



5 Do you have a cooking class for

beginners? restaurant cooks?

有 初學者 職業廚師

的烹飪課嗎?

6 How many dishes will you teach in

one lesson? one session?

你們 | 一堂課 | 會教多少道菜? | 一期 |

7 What's the | cost | c | price |

of the cooking lesson?

烹飪課的費用是多少?

8 I prefer the afternoon evening sessions<sup>2</sup>.

我比較想要 下午

下午 的時段。 晚上



Do you have a

cooking class for beginners?



9 Where can I buy the equipment for the cooking class?
get materials ingredients

10 Do I have to pass an exam in order to be a **certified**<sup>3</sup> | cook? chef?

要成為一個合格的 | 廚師 | ,需要通過考試嗎?

11 The course outline will tell what ingredients you need to notes

prepare before the class.

課程 | 綱要 | 上有説明上課前需要準備的 | 食材。 | 要點 | 材料。

3 certified ['sɜ:rtɪfaɪd] (a.) 有執照的

© COSMOS CULTURE LTD



### 2 烹飪課程 (2

12 I'd like to learn how to make | Italian | style pizza. American | Mexican |

我想學做 | 義大利式 | 披薩。 | 美式 | 墨西哥式 |

13 How does the pizza oven food processor dish washer

披薩烤箱 食物調理機 洗碗機 要怎麼操作?



Could you