

健康和甜點

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我最愛吃甜點，我有點兒上癮。蛋糕、餅乾和巧克力我都喜歡。雖然我喜歡甜點，我也很注意健康。所以，我喜歡吃的東西都是比較健康的甜點。如果我想吃甜的東西時我先吃水果，不吃餅乾。

我最喜歡的甜點是“芒果糯米飯”。這是一個泰國菜，叫“Khao niao mamuang”。這是一個很簡單的菜，只有四個成份：米飯，糖，椰子汁和芒果。做這個菜，先煮糖跟椰子汁。然後把糯米跟甜椰子汁拌在一起。最後切芒果片，放在甜糯米飯上。椰子汁有一點兒飽和脂肪，芒果有很多維生素 C。

我也很喜歡黑巧克力。黑巧克力對身體有好處，因為有很多抗氧化劑。我也常常放可可粉跟燕麥片一起吃，味道很好。我還喜歡鍛鍊以後喝巧克力牛奶，因為有很多蛋白質和維生素。

有的時候要吃得健康不太容易，但是只要你多注意，有很多甜點也是很健康的。

Vocab List

上癮—shang4yin3, addicted to
注意—zhu4yi4, pay attention to
健康—jiànkāng, health
巧克力—qiao3ke4li4, chocolate
餅乾—Bǐnggān, cookies
芒果—mang2guo3, mango
糯米—nuo4mi3, sticky rice
簡單—jian3dan1, simple
成份--cheng2fen4, ingredients
糖—tang2, sugar
椰子汁—ye1zichi1, coconut milk
煮—zhu3, cook
拌—ban4, mix
切片—qie1pian4, slices
飽和脂肪--Bǎohé zhīfáng
不良—Bùliáng; bad, unhealthy

Podcast Essay

身體—shēntǐ, healthy
抗氧化劑--kàng yǎng huà jì, antioxidant
可可粉--kěkě fěn, cocoa powder
燕麥片--yànmài piàn, oatmeal
牛奶--Niúniǎi, milk
蛋白質—Dàn bái zhì, protein
維生素—Wéi shēng sù, vitamins

Sweet and Healthy Things

I love dessert, and I am a bit addicted to it. Cakes, cookies, and chocolate, I love them all. Although I like dessert, I also pay attention to my health. Therefore, I like to eat desserts that are relatively healthy. If I want to eat something sweet, I eat fruit, not cookies.

My favorite dessert is called "Mango with sticky rice." It's a Thai dish, and they call it "Khao niao mamuang". This is a very simple dish, with only four ingredients: rice, sugar, coconut, and mango. To make the dish, first mix the sugar with the coconut milk. Then mix the sticky rice with sweetened coconut milk. Finally, cut the mango into slices and put it on the sweet sticky rice. There is a little bit of saturated fat in the coconut milk, but the mango has lots of vitamin C.

I like dark chocolate. Dark chocolate is good for you, because it has lots of antioxidants. I often put cocoa powder in my oatmeal, which is tasty. I also like to drink chocolate milk after I exercise, because it has a lot of protein and vitamins.

Sometimes it's not easy to eat healthy, but as long as you pay a lot of attention, dessert can be both tasty and healthy.