

Chinese Made Easy (Books 1-7) adopts a unique approach to teaching Chinese as a foreign/second language. The teaching approach adapts widely-accepted foreign language teaching theories to the teaching of the Chinese language.

This series is designed for young students taking exams such as SAT II, IGCSE, IB, HSK, or for those students who are starting to learn Chinese on their own. Here is a table for reference:

- Books 1-3 IGCSE Foreign Language (UK)
- Books 1-4 HSK Levels 1-4 (China)
- Books 1-5 IGCSE Second Language (UK), HSK Levels 1-5 (China)
- Books 6-7 HSK Level 6 (China), IB BS Level (four skills), IB BH (oral and written)

This series will introduce approximately 1800 characters.  
The textbook and workbook are separate for books 1-4, and are combined for books 5-7.

**Topics explored in the series**

- Personal introduction
- Appearance and personality
- School subjects and facilities
- Social relationships
- Food and health
- Entertainment and tourism
- Communication and media
- Environment
- Technology
- Customs, traditions and festivals
- Global issues
- Chinese geography and history

**The series includes**

- Textbook, Workbook, Teacher's book, word cards, picture cards, additional exercises, reading materials and digital resources.
- Audio recordings of new words, texts, rhymes and listening exercises are available for download from the publisher's website.

**About the authors**

- Ms. Yamin Ma has an M.Ed. in Curriculum Design and Instruction from Queen's University, Canada.
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- Both authors have teaching experience in China and abroad, and are currently teaching Chinese in an international school in Hong Kong.

**Other books in the same series**

Chinese Made Easy for Kids, Books 1-4 (for primary school students)

**Topics of Book 2**

- |                                  |                       |
|----------------------------------|-----------------------|
| • House and rooms                | • Appearance          |
| • Articles in the house          | • Hobbies             |
| • Daily articles and accessories | • Making appointments |
| • Food and drinks                | • Holiday plans       |
| • Seasons and weather            | • School facilities   |
| • Illness                        | • School subjects     |
| • Pets                           | • Daily routine       |
| • Neighbourhood                  |                       |

**The course features**

- A wide variety of texts and practice materials
- Up-to-date topics relevant to young students' lives
- Careful pacing for gradual progress in language skills
- Clearly focused goals for each unit
- Practical tasks and activities to practise using the language
- Regular consolidation and reinforcement of learning
- Language materials presented in a fun and interesting way
- Clear and colourful page design
- Both simplified and traditional Chinese script in the vocabulary list



3rd Edition



Chinese Made Easy

轻松学汉语 (课本)

Yamin Ma & Xinying Li



轻松学汉语

Yamin Ma  
Xinying Li



Please scan the QR code or visit our website ([www.chinesemadeeasy.com/download/CME/](http://www.chinesemadeeasy.com/download/CME/)) to download the recording.





## 简介

- 《轻松学汉语》系列（第三版）是一套专门为汉语作为外语 / 第二语言学习者编写的国际汉语教材，主要适合小学高年级学生、中学生使用，同时也适合大学生使用。
- 本套教材旨在帮助学生奠定扎实的汉语基础；培养学生在现实生活中运用准确、得体的语言，有逻辑、有条理地表达思想和观点。这个目标是通过语言、话题和文化的自然结合，从词汇、语法等汉语知识的学习及听、说、读、写四项语言交际技能的训练两个方面来达到的。
- 本套教材遵循汉语的内在规律。其教学体系的设计是开放式的，教师可以采用多种教学方法，包括交际法和任务教学法。
- 本套教材共七册，分为两个阶段：第一册至第四册是第一阶段，第五册至第七册是第二阶段。第一册至第四册课本和练习册是分开的，而第五册至第七册课本和练习册合并为一本。
- 本套教材包括：课本、练习册、教师用书、词卡、图卡、补充练习、阅读材料和电子教学资源。

## 课程设计

### 教材内容

- 课本综合培养学生的听、说、读、写技能，提高他们的汉语表达能力和学习兴趣。
- 练习册是配合课本编写的，侧重学生阅读和写作能力的培养。其中的阅读短文也可以用作写作范文。
- 教师用书为教师提供了具体的教学建议、课本和练习册的练习答案以及单元测试卷。
- 阅读材料题材丰富、原汁原味，旨在培养学生的语感，加深学生对中国社会和中国文化的了解。

## INTRODUCTION

- The third edition of "Chinese Made Easy" is written for primary 5 or 6 students and secondary school and university students who are learning Chinese as a foreign/second language.
- The primary goal of the 3rd edition is to help students establish a solid foundation of vocabulary, grammar, knowledge of Chinese and communication skills through natural and graduate integration of language, content and culture. The simultaneous development of listening, speaking, reading and writing is especially emphasized. The aim is to help students develop skills to communicate in Chinese in authentic contexts and express their viewpoints appropriately, precisely, logically and coherently.
- The unique characteristic of the 3rd edition is that the programme allows the teacher to use a combination of various effective teaching approaches, including the Communicative Approach and the task-based approach, while taking into account the Chinese language system.
- The 3rd edition consists of seven books and in two stages. The first stage consists of books 1 through 4 (the textbook and the workbook are separate), and the second stage consists of books 5 through 7 (the textbook and the workbook are combined).
- The "Chinese Made Easy" series includes Textbook, Workbook, Teacher's book, word cards, picture cards, additional exercises, reading materials and digital resources.

## DESIGN OF THE SERIES

### The series includes

- The textbook is designed to help students develop the four language skills simultaneously: listening, speaking, reading and writing. The textbook plays an important role in helping students develop their communication skills and enhance their interest in learning Chinese.
- In order to support the textbook, the workbook is designed to help the students develop their reading and writing skills. Engaging reading passages also serve as exemplar essays.
- The Teacher's Book provides suggestions on how to use the series, answers to exercises and end of unit tests.
- Authentic reading materials that cover a wide range of subjects help the students develop a feel for Chinese, while deepening their understanding of contemporary China and the Chinese culture.

## 教材特色

- 考虑到社会的发展、汉语学习者的需求以及教学方法的变化，本套教材对第二版内容做了更新和优化。
- ◇ 课文的主题是参考 IGCSE 考试、AP 考试、IB 考试等最新考试大纲的相关要求而定的。课文题材更加贴近学生生活。课文体裁更加丰富多样。
- ◇ 生词的选择参考了 IGCSE 考试、IB 考试及 HSK 等考试大纲的词汇表。所选生词使用频率高、组词能力强，且更符合学生的交际及应试需求。此外还吸收了部分由社会的发展而产生的新词。
- 语音、词汇、语法、汉字教学都遵循了汉语的内在规律和语言的学习规律。
- ◇ 语音练习贯穿始终。每课的生词、课文、韵律诗、听力练习都配有录音，学生可以聆听、模仿。拼音在初级阶段伴随汉字一起出现。随着学生汉语水平的提高，拼音逐渐减少。
- ◇ 通过实际情景教授常用的口语和书面语词汇。兼顾字义解释生词意思，利用固定搭配讲解生词用法，方便学生理解、使用。生词在课本中多次复现，以巩固、提高学习效果。
- ◇ 强调系统学习语法的重要性。语法讲解简明直观。语法练习配有大量图片，让学生在模拟真实的情景中理解和掌握语法。
- ◇ 注重基本笔画、笔顺、汉字结构、偏旁部首的教学，让学生循序渐进地了解汉字构成。练习册中有汉字练习，帮学生巩固所学。
- 全面培养听、说、读、写技能，特别是口语和书面表达能力。
- ◇ 由听力入手导入课文。
- ◇ 设计了多样有趣的口语练习，如问答、会话、采访、调查、报告等。

## The characteristics of the series

- Since the 2nd edition, “Chinese Made Easy” has evolved to take into account social development needs, learning needs and advances in foreign language teaching methodology.
- ◇ Varied and relevant topics have been chosen with reference to the latest syllabus requirements of: IGCSE Chinese examinations in the UK, AP Chinese exams in the US, and Language B Chinese exams from the IBO. The content of the texts are varied and relevant to students and different styles of texts are used in this series.
- ◇ In order to meet the needs of students’ communication in Chinese and prepare them for the exams, the vocabulary chosen for this series is not only frequently used but also has the capacity to form new phrases. The core vocabulary of the syllabus of IGCSE Chinese exams, IB Chinese exams and the prescribed vocabulary list for HSK exams has been carefully considered. New vocabulary and expressions that have appeared recently due to language evolution have also been included.
- The teaching of pronunciation, vocabulary, grammar and characters respects the unique Chinese language system and the way Chinese is learned.
- ◇ Audio recordings of new words, texts, rhymes and listening exercises are available for students to listen and imitate with a view to improving pronunciation. Pinyin appears on top of characters at an early stage and is gradually removed as the student gains confidence.
- ◇ Vocabulary used in practical situations in both oral and written form is taught within authentic contexts. In order for the students to better understand and correctly apply new words, the relevant meaning of each character is introduced. The fixed phrases and idioms are learned through sample sentences. Vocabulary that appears in earlier books is repeated in later books to reinforce and consolidate learning.
- ◇ The importance of learning grammar systematically is emphasized. Grammatical rules are explained in a simple manner, followed by practice exercises with the help of ample illustrations. In order for the students to have a better understanding of and achieve mastery over grammatical rules, authentic situations are provided.
- ◇ In order for the students to understand the formation of characters, this series stresses the importance of teaching basic strokes, stroke order, character structures and radicals. To consolidate the learning of characters, character-specific exercises are provided in the workbook.
- The development of four language skills, especially productive skills (i.e. speaking and writing) is emphasized.
- ◇ Each text is introduced through a listening exercise.
- ◇ Varied and engaging oral tasks, such as questions and answers, conversations, interviews, surveys and oral presentations are designed.

- ◇ 提供了大量阅读材料，内容涵盖日常生活、社会交往、热门话题等方面。
- ◇ 安排了电邮、书信、日记等不同文体的写作训练。

- 重视文化教学，形成多元文化意识。
- ◇ 随着学生汉语水平的提高，逐步引入更多对中国社会、文化的介绍。
- ◇ 练习册中有较多文化阅读及相关练习，使文化认识和语言学习相结合。

- 在培养汉语表达能力的同时，鼓励学生独立思考 and 批判思维。

## 课堂教学建议

- 本套教材第一至第四册，每册分别要用大约 100 个课时完成。第五至第七册，难度逐步加大，需要更多的教学时间。教师可以根据学生的汉语水平和学习能力灵活安排教学进度。
- 在使用本套教材时，建议教师：
  - ◇ 带领学生做第一册课本中的语音练习。鼓励学生自己读出新的生词。
  - ◇ 强调偏旁部首的学习。启发学生通过偏旁部首猜生字的意思。
  - ◇ 讲解生词中单字的意思。遇到不认识的词语，引导学生通过语境猜词义。
  - ◇ 借助语境展示、讲解语法。
  - ◇ 把课文作为写作范文。鼓励学生背诵课文，培养语感。
  - ◇ 根据学生的能力和水平，调整或扩展某些练习。课本和练习册中的练习可以在课堂上用，也可以让学生在家庭做。
  - ◇ 展示学生作品，使学生获得成就感，提高自信心。
  - ◇ 创造机会，让学生在真实的情景中使用汉语，提高交际能力。

马亚敏  
2014 年 6 月于香港

- ◇ Reading materials are chosen with the students in mind and cover relevant topics taken from daily life.
- ◇ Composition exercises ensure competence in different text types such as E-mails, letters, diary entries and etc.

- In order to foster the students’ multi-cultural awareness, the teaching of Chinese cultural elements is emphasized.
- ◇ As students’ Chinese language skills increase, an effort has been made to introduce more about contemporary China and Chinese culture.
- ◇ Plenty of reading materials and related exercises are available in the workbook, so that language learning can be interwoven with cultural awareness.

- While cultivating the ability of language use in Chinese, this series encourages students to think independently and critically.

## HOW TO USE THIS SERIES

- Each of the books 1, 2, 3 and 4 covers approximately 100 hours of class time. The difficulty level of Books 5, 6 and 7 increases and thus the completion of each book will require more class time. Ultimately, the pace of teaching depends on the students’ level and ability.
- Here are some suggestions as how to use this series. The teachers should:
  - ◇ Go over with the students the phonetics exercises in Book 1, and at a later stage, the students should be encouraged to pronounce new pinyin on their own.
  - ◇ Stress the importance of learning radicals, and encourage the students to guess the meaning of a new character by applying their understanding of radicals.
  - ◇ Explain the meaning of each character, and guide the students to guess the meaning of a new phrase using contextual clues.
  - ◇ Demonstrate and explain grammatical rules in context.
  - ◇ Use the texts as sample essays and encourage the students to recite them with the intention of developing a feel for the language.
  - ◇ Modify or extend some exercises according to the students’ levels and ability. Exercises in both textbook and workbook can be used for class work or homework.
  - ◇ Display the students’ works with the intention of fostering a sense of success and achievement that would increase the students’ confidence in learning Chinese.
  - ◇ Provide opportunities for the students to practise Chinese in authentic situations in order to improve confidence and fluency.

Yamin Ma  
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# 第三课 我的一日三餐

## 生词 1

- ① 餐 cān meal; food      ② 中 zhōng Chinese      中餐 zhōng cān Chinese food
- ③ 西 xī Western      西餐 xī cān Western food      中餐 zhōng cān、西餐 xī cān, 我都喜欢吃。 wǒ dōu xǐ huan chī
- ④ 快 kuài fast      快餐 kuài cān fast-food
- ⑤ 面 miàn (麵) wheat flour; noodles      面包 miàn bāo bread      ⑥ 条 tiáo long narrow piece      面条 miàn tiáo noodles
- ⑦ 鸡 jī (雞) chicken      ⑧ 蛋 dàn egg      鸡蛋 jī dàn egg      ⑨ 奶 nǎi milk      牛奶 niú nǎi milk
- ⑩ 汁 zhī juice      果汁 guǒ zhī juice
- ⑪ 或者 huò zhě either; or      我喝牛奶或者果汁。 wǒ hē niú nǎi huò zhě guǒ zhī
- ⑫ 还是 hái shì or      你喜欢吃中餐还是西餐? nǐ xǐ huan chī zhōng cān hái shì xī cān
- ⑬ 热 rè (熱) hot      ⑭ 狗 gǒu dog      热狗 rè gǒu hotdog      ⑮ 三明治 sān míng zhì sandwich
- ⑯ 饼 bǐng (餅) round flat cake      比萨 bǐ sà (薩) 饼 bǐng pizza
- ⑰ 比如 bǐ rú for example; such as      我一般吃快餐, 比如热狗、三明治、比萨饼。 wǒ yì bān chī kuài cān bǐ rú rè gǒu sān míng zhì bǐ sà bǐng
- ⑱ 炒 chǎo stir-fry      炒面 chǎo miàn fried noodles      ⑲ 饭 fàn cooked rice      炒饭 chǎo fàn fried rice
- ⑳ 盒 hé box      盒饭 hé fàn box meal      ㉑ 可乐 kě lè coke      ㉒ 做 zuò make      做饭 zuò fàn cook

**Grammar:** a) The object can be put in the front of a sentence for emphasis.  
b) Sentence Pattern: Object, Subject + Verb

**Grammar:** “或者” is used in statements.

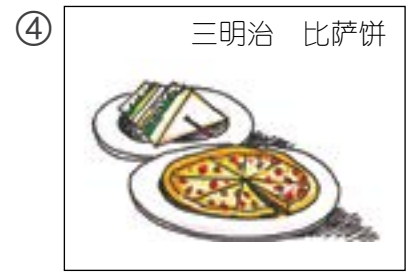
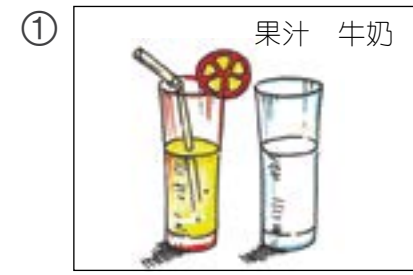
**Grammar:** “还是” is used in questions.

## 1 模仿例子, 编对话

例子:  
A: 你喜欢吃中餐还是西餐?  
B: 中餐、西餐, 我都喜欢吃。

### 你可以用

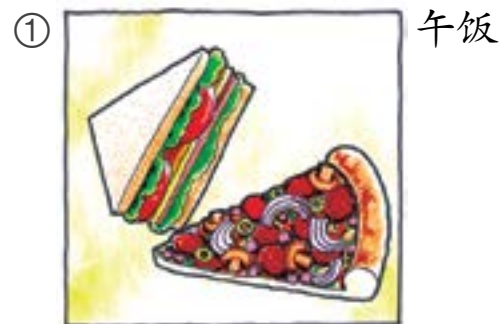
- a) 你早饭吃面包还是鸡蛋?
- b) 你会做炒面还是炒饭?
- c) 你想吃热狗还是三明治?
- d) 你明天穿短裤还是裙子?
- e) 你家住在十楼还是十一楼?





### 2 用所给结构看图说话

结构：我晚饭吃炒面或者炒饭。



### 3 听课文录音，回答问题

- 1) 周冰每天都吃早饭吗?
- 2) 她早饭吃什么? 喝什么?
- 3) 她午饭一般吃快餐还是中餐?
- 4) 她经常吃什么快餐?
- 5) 她晚饭吃什么?
- 6) 她喜欢吃中餐还是西餐?
- 7) 她会做饭吗?
- 8) 她想学做饭吗?

### 课文 1



zhōubīng nǐ měi tiān dōu chī zǎo fàn ma  
周冰, 你每天都吃早饭吗?

duì wǒ měi tiān dōu chī  
对, 我每天都吃。

nǐ zǎo fàn chī shén me  
你早饭吃什么?

wǒ chī miànbāo jī dàn hē niú nǎi huò zhě guǒ zhī  
我吃面包、鸡蛋, 喝牛奶或者果汁。

wǔ fàn ne  
午饭呢?

wǒ yì bān chī kuài cān bǐ rú rè gǒu sān míng zhì bǐ  
我一般吃快餐, 比如热狗、三明治、比  
sà bǐng wǒ yǒu shí hou yě chī zhōng cān bǐ rú miàntiáo  
萨饼。我有时候也吃中餐, 比如面条、  
chǎo fàn hé fàn wǒ jīng cháng hē kě lè hé guǒ zhī  
炒饭、盒饭。我经常喝可乐和果汁。

nǐ men jiā wǎn fàn chī shén me  
你们家晚饭吃什么?

zhōng cān xī cān wǒ men dōu chī  
中餐、西餐, 我们都吃。

nǐ xǐ huan chī zhōng cān hái shì xī cān  
你喜欢吃中餐还是西餐?

zhōng cān xī cān wǒ dōu xǐ huan chī  
中餐、西餐, 我都喜欢吃。

nǐ huì zuò fàn ma  
你会做饭吗?

wǒ bú huì dàn shì wǒ xiǎng xué wài pó nín jiāo wǒ zuò chǎomiàn ba  
我不会, 但是我想学。外婆, 您教我做炒面吧!



4 角色扮演

Fill in what you eat and drink for your three meals in a day. Complete the conversation below.

例子:

周冰: 你每天都吃早饭吗?

你: 对, 我每天都吃。你呢?

周冰: 我也每天都吃早饭。我早饭吃  
面包、鸡蛋, 喝牛奶或者果汁。  
你早饭吃什么?

你: 我早饭吃……

周冰: 你午饭吃什么?

……



你可以用

- a) 粥 porridge; congee
- b) 包子 steamed stuffed bun
- c) 酸奶 yoghurt
- d) 米饭 cooked rice
- e) 汤 soup
- f) 牛排 beef steak
- g) 炒菜 stir-fried dish
- h) 蒸鱼 steamed fish
- i) 土豆 potato
- j) 胡萝卜 carrot

周冰的一日三餐	你的一日三餐
早饭: 面包、鸡蛋、牛奶 / 果汁	早饭:
午饭: 快餐 (热狗 / 三明治 / 比萨饼) 中餐 (面条 / 炒饭 / 盒饭)	午饭:
晚饭: 中餐 / 西餐	晚饭:

生词 2



- 1 酸 sour 酸奶 yoghurt
- 2 常常 often
- 3 猪 (猪) pig
- 4 肉 meat 猪肉 pork 牛肉 beef
- 5 最 most 我最喜欢吃肉。
- 6 排 ribs 猪排 pork chop 我中午经常吃猪排饭和牛肉饭。
- 7 米 rice 米饭 cooked rice
- 8 菜 dish 炒菜 stir-fried dish
- 9 蒸 steam
- 10 鱼 (鱼) fish
- 11 汤 (汤) soup 我们吃米饭、炒菜、蒸鱼, 还喝汤。
- 12 粥 porridge; congee
- 13 包子 steamed stuffed bun
- 周末, 我们家早饭一般喝粥, 吃包子。
- 14 总 (总) always 总是 always 中午我们总是去一家上海饭店吃饭。
- 15 饭菜 meal
- 16 好吃 delicious 他们做的饭菜很好吃。
- Grammar: Pattern: ( Noun + Verb ) + 的 + Noun
- 17 那里 there
- 18 笼 (笼) steamer 小笼包 small steamed meat dumplings 那里的小笼包最好吃。