

HSIN YEY TAIWANESE MANDARIN



Cathy

一日之計在於晨，這句話大家聽過嗎？

Have you all heard the saying "The whole day's work depends on a good start in the morning"?

Cindy

這句話的意思是，早晨是一天當中最重要時間，因為所有的一切都從早上開始。

This saying means that the morning is the most important time of the day because everything starts from the morning.

Cathy

沒錯，我覺得台灣有一個文化很好的體現了這句話，那就是早餐店~

Exactly, and I think there's a culture in Taiwan that really reflects this saying—breakfast shops!

Cindy

早餐店真的是台灣很特別的文化欸，我知道很多地方都有吃早餐的習慣，但大多數是在家裡吃，而且吃的東西也比較簡單，像是麵包、牛奶、吐司、巧克力餅乾、咖啡。但是台灣的早餐就蠻豐富的，而且通常吃完會很飽。

Breakfast shops are really a unique part of Taiwanese culture. I know a lot of places have the habit of eating breakfast, but most people eat it at home, and it's usually something simple like bread, milk, toast, cookies, or coffee. But Taiwanese breakfast is quite rich, and it usually fills you up.

Cathy

對阿，因為用了很多雞蛋跟肉，幾乎都是蛋白質居多的餐點。而且還會有飲料。

Yeah, because they use a lot of eggs and meat, so the meals are mostly protein-heavy. And there's always a drink too.

Cindy

真的，像是火腿蛋吐司、豬排蛋吐司、卡啦雞漢堡，通常都超大一份，有時候都會覺得我自己以前都怎麼自己吃完這些的。

Exactly, like ham and egg toast, pork chop toast, or crispy chicken burgers—usually, the portions are huge. Sometimes I wonder how I used to finish all that on my own.

Cathy

我也是! 尤其是國高中的時候很常點什麼卡啦雞漢堡配大冰奶阿、起司鮭魚蛋餅配米漿阿, 當時都覺得沒什麼, 但如果現在點一樣的組合我可能會吃不完。

Same here! Especially during high school, I used to order things like crispy chicken burgers with large iced milk tea or cheese and tuna egg pancakes with rice milk. Back then, it felt like nothing, but if I ordered the same thing now, I probably couldn't finish it.

Cindy

而且還會脹氣...

And I'd get bloated too...

Cathy

真的是年紀有差欸, 過了24歲就開始感覺到消化能力的下降, 早餐稍微吃飽一點就會很難消化, 胃就會很不舒服。

There really is a difference with age. After 24, you start to notice your digestion slowing down. If you eat just a bit too much for breakfast, it's hard to digest, and your stomach feels uncomfortable.

Cindy

所以阿, 近期我比較少去早餐店了。因為阿, 我仔細想想, 早餐店的東西其實...有點不健康。

That's why I've been going to breakfast shops less often recently. Because when I think about it, the food there is actually... a bit unhealthy.

Cathy

我現在也這麼覺得, 雖然我是每天都會吃早餐的人, 但是我現在越來越不喜歡去早餐店吃早餐, 原因就是早餐店的餐點都太油膩了, 而且用的料也很...一言難盡。

I feel the same way now. Even though I eat breakfast every day, I've started to dislike going to breakfast shops because the food is too greasy, and the ingredients they use are just... let's say questionable.

Cindy

就是大家可以想想看為什麼台灣的早餐店賣的東西可以這麼便宜又好吃, 其實就是因為用的原料不是很好啊, 加了很多人工添加物跟調味料, 大家不是都說好吃的東西不健康、健康的東西不好吃嗎?

Exactly, think about why the food at Taiwanese breakfast shops is so cheap and tasty. It's because they use low-quality ingredients and add a lot of artificial additives and flavorings. People always say tasty food is unhealthy, and healthy food isn't tasty, right?

Cathy

是阿, 我想跟大家說一個真的蠻不健康的早餐選項, 就是肉排蛋餅, 應該蠻多家早餐店都有賣的, 其實那個肉排看起來就超級不ok, 整塊咖啡色的, 吃起來又很鹹, 我之前點過幾次之後就不敢再點了。

Right, I want to mention a really unhealthy breakfast item—pork patty egg pancakes. A lot of breakfast shops sell them, but the pork patty looks really sketchy, all brown, and it tastes super salty. After trying it a few times, I didn't dare order it again.

Cindy

類似的還有很多吧! 如果你仔細觀察台灣的早餐店菜單, 妳會發現蠻多油炸的東西, 像是雞塊、薯條、雞米花、雞柳條之類的, 這些東西其實都很不健康, 都是加工品, 而且早餐吃油炸食品對身體的負擔很大。

There are many similar items! If you carefully look at the menu of a Taiwanese breakfast shop, you'll see a lot of fried items, like chicken nuggets, fries, popcorn chicken, chicken strips, and so on. These are all unhealthy processed foods, and eating fried food for breakfast is really hard on your body.

Cathy

是阿! 所以我現在真的很少去早餐店, 都是在家裡自己做。我剛剛突然想到一個早餐也是很受歡迎, 但是超級不健康的就是火腿蛋吐司。

Exactly! That's why I hardly ever go to breakfast shops anymore and just make my own at home. I just thought of another popular but super unhealthy breakfast item—ham and egg toast.

Cindy

對, 其實火腿蛋吐司沒有很健康, 大家知道為什麼嗎?

因為裡面加了很多的台灣式美乃滋跟便宜的火腿肉, 這些東西吃多了都對身體不好。

Right, ham and egg toast isn't actually healthy. Do you know why?

Because it's loaded with Taiwanese-style mayonnaise and cheap ham, and eating too much of these things is bad for your health.

Cathy

也是因為年紀大了之後才會特別注重養生吧! 當學生的時候都不會覺得火腿蛋吐司有什麼不健康的。

It's probably because we've gotten older and started to care more about health. When we were students, we never thought ham and egg toast was unhealthy.

Cindy

對阿, 以前國中跟高中時期真的是什麼都吃欸, 完全沒有健不健康的考量。

Yeah, during junior high and high school, we really ate anything without worrying if it was healthy or not.

Cathy

這樣想也很可怕，我們當學生的期間都吃很不健康的東西當早餐。

It's kind of scary to think about how we used to eat such unhealthy things for breakfast when we were students.

Cindy

對阿，從國小開始到大的這段期間好像都不會特別在意吃的東西到底健不健康。

Yeah, from elementary school onward, we never really cared about whether what we ate was healthy.

Cathy

因為年輕，所以代謝能力也很好吧！就算吃不健康的東西也能活得很好。

Probably because we were young and had good metabolism! We could eat unhealthy things and still be fine.

Cindy

但年紀開始大了之後真的不行了，一定要多少注意一下養生，不然身體會受不了。

But as we get older, we really can't do that anymore. We have to pay more attention to our health, or our bodies won't be able to take it.

Cathy

是阿！或許下次我們可以來討論我們的養生習慣，或許大家會有興趣。

Exactly! Maybe next time we can talk about our health habits; maybe people would be interested.

Cindy

應該會吧！可以試試看～因為養生跟保健應該蠻多人都很在意。

It should be interesting! Let's give it a try—many people are concerned about health and wellness.

Cathy

哈哈對阿～總之，今天我們聊了很多關於台灣早餐店的事情，雖然台灣的早餐店很受歡迎，但是長期吃的話對身體其實不太好。

Haha, yes! Anyway, today we talked a lot about Taiwanese breakfast shops. Even though they're very popular, eating from them long-term isn't really good for your health.

Cindy

太油膩了，而且用的食材都不是很好...

They're too greasy, and the ingredients used aren't very good...

Cathy

哈哈哈哈哈我們會不會得罪很多人啊

Hahaha, do you think we might offend a lot of people?

Cindy

搞不好喔！這集撥出之後被台灣開早餐店的人討厭

Maybe! After this episode airs, people who run breakfast shops in Taiwan might dislike us.

Cathy

因為我們把實話說出來了... 哈哈

Because we're speaking the truth... Hahaha.

Cindy

好啦！我們今天就聊到這裡，大家掰掰～

Alright! That's it for today. Bye, everyone~