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## Monologue: 5 a day the colour way

Posted by 馬先生 under [MP3 - Monologues](#)



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今日個題目係蔬果。

gam1 jat6 go3 tai4 muk6 hai6 so1 gwo2.

Today's topic is fruit and vegetables.

每一日食五種唔同顏色嘅蔬果係非常之重要嘅。

mui5 jat1 jat6 sik6 ng5 zung2 m4 tung2 ngaan4 sik1 ge3 so1 gwo2 hai6 fei1 soeng4 zi1 zung6 jiu3 ge3.

It's extremely important to eat 5 types of different-coloured fruits and vegetables everyday.

噉，究竟係邊五種顏色呢？

gam2, gau3 ging2 hai6 bin1 ng5 zung2 ngaan4 sik1 ne1?

So, which 5 colours are they?

第一，係藍色，紫色。

dai6 jat1, hai6 laam4 sik1, zi2 sik1.

First is blue and purple.

第二係綠色。

dai6 ji6 hai6 luk6 sik1.

Second is green.

第三係白色。

dai6 saam1 hai6 baak6 sik1.

Third is white.

第四係黃色同橙色。

dai6 sei3 hai6 wong4 sik1 tung4 caang2 sik1.

Fourth is yellow and orange.

第五係紅色。

dai6 ng5 hai6 hung4 sik1.

Fifth is red.

第一種係藍色同埋紫色。

dai6 jat1 zung2 hai6 laam4 sik1 tung4 maai4 zi2 sik1.

The first type is blue and purple.

噉，有乜嘢蔬果係藍色同埋紫色嘅呢？

gam2, jau5 mat1 je5 so1 gwo2 hai6 laam4 sik1 tung4 maai4 zi2 sik1 ge3 ne1?

So, what fruits and vegetables are blue and purple?

例如藍莓，黑加侖子，提子，同埋矮瓜。

lai6 jyu4 laam4 mui4\*2, hak1 gaa1 leon4 zi2, tai4 zi2, tung4 maai4 ai2 gwa1.

For example blueberries, blackcurrants, grapes and eggplants.

佢嘅好處係可以幫助小便系統健康啲，同埋記憶好啲。

keoi5 ge3 hou2 cyu3 hai6 ho2 ji5 bong1 zo6 siu2 bin6 hai6 tung2 gin6 hong1 di1, tung4 maai4 gei3 jik1 hou2 di1.

Its benefits are that it can help your urinary system be healthier and improve your memory.

第二種係綠色，例如牛油果，青蘋果，奇異果，西蘭花，青豆，芹菜同埋蔥都係屬於綠色嘅蔬果。

dai6 ji6 zung2 hai6 luk6 sik1, lai6 jyu4 ngau4 jau4 gwo2, ceng1 ping4 gwo2, kei4 ji6 gwo2, sai1 laan4 faa1, ceng1 dau2, kan4 coi3 tung4 maai4 cung1 dou1 hai6 suk6 jyu1 luk6 sik1 ge3 so1 gwo2.

The second type is green, for example, avocados, green apples, kiwi fruit, broccoli, green peas, celery, and onions all belong to (the category of) green fruit and vegetables.

佢嘅好處係可以令到視力健康啲，骨質同埋牙齒強壯啲。

keoi5 ge3 hou2 cyu3 hai6 ho2 ji5 ling6 dou3 si6 lik6 gin6 hong1 di1, gwat1 zat1 tung4 maai4 ngaa4 ci2 koeng4 zong3 di1.

Its benefits are that it can make your eyesight healthier, and make your bones and teeth stronger.

第三種係白色，例如香蕉，椰菜花，蒜頭，薑，洋蔥都係屬於白色嘅蔬果。

dai6 saam1 zung2 hai6 baak6 sik1, lai6 jyu4 hoeng1 ziu1, je4 coi3 faa1, syun3 tau4, goeng1, joeng4 cung1 dou1 hai6 suk6 jyu1 baak6 sik1 ge3 so1 gwo2.

The third type is white, for example bananas, cauliflowers, garlic, ginger and onions all belong to (the category of) white fruit and vegetables.

佢嘅好處係可以維持已經係健康嘅膽固醇水平。

keoi5 ge3 hou2 cyu3 hai6 ho2 ji5 wai4 ci4 ji5 ging1 hai6 gin6 hong1 ge3 daam2 gu3 seon4 sei2 ping4.

Its benefits are that it can maintain an already healthy level of cholesterol.

第四種係黃色同埋橙色。

dai6 sei3 zung2 hai6 wong4 sik1 tung4 maai4 caang2 sik1.

The fourth type is yellow and orange.

例如檸檬, 芒果, 橙, 蘿蔔, 南瓜同埋番薯。

lai6 jyu4 ning4 mung4\*1, mong4\*1 gwo2, caang2, lo4 baak6, naam4 gwa1 tung4 maai4 faan1 syu2.  
For example lemons, mangoes, oranges, radishes, pumpkins and sweet potatoes.

佢嘅好處係可以令到免疫系統健康啲。

keoi5 ge3 hou2 cyu3 hai6 ho2 ji5 ling6 dou3 min5 jik6 hai6 tung2 gin6 hong1 di1.  
Its benefits are it can make your immune system healthier.

最後一種係紅色, 例如紅蘋果, 車厘子, 士多啤梨, 西瓜同埋番茄。

zeoi3 hau6 jat1 zung2 hai6 hung4 sik1, lai6 jyu4 hung4 ping4 gwo2, ce1 lei4 zi2, si6 do1 be1 lei4, sail gwa1 tung4 maai4 faan1 ke2.

The last type is red, for example red apples, cherries, strawberries, watermelons and tomatoes.

佢嘅好處係可以令到心臟健康啲, 記憶功能好啲, 同埋小便系統健康啲。

keoi5 ge3 hou2 cyu3 hai6 ho2 ji5 ling6 dou3 sam1 zong6 gin6 hong1 di1, gei3 jik1 gung1 nang4 hou2 di1, tung4 maai4 siu2 bin6 hai6 tung2 gin6 hong1 di1.

Its benefits are that it can make your heart healthier, your memory (function) better, and your urinary system healthier.

呢五種唔同顏色嘅蔬果都有共通嘅好處, 就係可以預防老化, 減低癌症嘅機會同埋心臟嘅疾病。

ni1 ng5 zung2 m4 tung4 ngaan4 sik1 ge3 so1 gwo2 dou1 jau5 gung6 tung1 ge3 hou2 cyu3, zau6 hai6 ho2 ji5 jyu6 fong4 lou5 faa3, gaam2 dai1 ngaam4 zing3 ge3 gei1 wui6 tung4 maai4 sam1 zong6 ge3 zat6 beng6.

These 5 types of different-coloured fruit and vegetables all have common benefits, which are that they can prevent ageing, and decrease the risk of cancer and heart disease.

Created and Recorded by my wife, and Transcribed by Wai Ming. Thanks everyone.

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1. *William* says:  
[November 14th, 2006 at 4:47 am](#)

These are very useful, thank you for your time and effort and keep up the good work too.

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