

我是青花菜，我也想被愛。

I am a broccoli and I want to be loved.

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This is a heartwarming story about a broccoli who yearns to be loved by children. After hearing that he's the most disliked vegetable, the broccoli becomes disheartened but resolves to win the kids' affection by imitating popular foods. However, his attempts, like turning pink to look like sausages or curling his florets like noodles, don't work.

The broccoli then seeks advice from the wise Cantaloupe Master, who hands him a magical stick promising popularity by becoming a popsicle. Yet, even as a broccoli pop, his efforts fail, and he feels even more discouraged, realizing that he doesn't need to change himself to be loved.

In a moment of self-discovery, the broccoli creates the delicious broccoli cream soup, which becomes popular. He learns that being true to himself is the key to winning others' hearts.

Key Takeaways:

- This story introduces the importance of balanced nutrition and encourages children to explore and appreciate vegetables.
- Help your child embrace their unique qualities and learn to appreciate themselves without comparing to others.

Glossary

想法 (xiǎng fǎ) - idea
錯覺 (cuò jué) - illusion/dream
邊境 (biān jìng) - border
牧羊犬 (mù yáng quǎn) - sheepdog
直播 (zhí bō) - live broadcast
維他命 (wéi tā mìng) - vitamin
十字花科 (shí zì huā kē) - Cruciferae (family of plants)
胡蘿蔔素 (hú luó bo sù) - carotene
抗氧化物質 (kàng yǎng huà wù zhì) - antioxidant
煩惱 (fán nǎo) - worry
諮詢 (zī xún) - consultation
受到歡迎 (shòu dào huān yíng) - to be popular
離開 (lí kāi) - to leave
熬夜 (áo yè) - to stay up late
攪拌 (jiǎo bàn) - to stir
模仿 (mó fǎng) - to imitate
魅力 (mèi lì) - charm
嚐嚐 (cháng cháng) - to taste
魅力十足 (mèi lì shí zú) - full of charm

Imagination
Sprout

Overview

Follow-up questions

1

Can you tell me which vegetables you like to eat? What do you like about them?

你喜歡吃哪些蔬菜？你喜歡它們的什麼特點？

2

What did the broccoli learn when he tried to be like other foods instead of being himself?

當青花菜試圖模仿其他食物而不是做自己時，他學到了什麼？

3

What makes you special and unique? Can you share some things about yourself that you really like?

什麼使你特別和獨特？你可以分享一些你喜歡的關於自己的事情嗎？

4

How can we celebrate the things that make us different from others? How can we feel good about being ourselves?

我們如何慶祝使我們與眾不同的事物？我們如何感覺自己很棒？



wǒ shì qīnghuācài wǒ yě xiǎng bèi ài

我是青花菜，我也想被愛。

I am broccoli, and I want to be loved too.

jiù zài zuótiān

就在昨天，

Just yesterday,

wǒ tīngshuō wǒ bèi háizimen xuǎn wèi

我聽說我被孩子們選為

I heard that kids chose me

zuì tǎoyàn de shūcài

最討厭的蔬菜。

as their least favorite vegetable.

wǒ kū le zhěnggè wǎnshang

我哭了整個晚上。

I cried all night.

xū zhè shì mìmì

噓！這是秘密。

Shh! It's a secret.

dànshì méiguānxi

但是沒關係，

But it's okay,

wǒ huì nǔlì yíngdé háizimen de xǐài

我會努力贏得孩子們的喜愛！

I will try to win the kids' love!

nǐ wèn wǒ yǒu shénme hǎo xiǎngfǎ ma dāngrán

你問我有什麼好想法嗎？當然！

Do I have any good ideas? Of course!

wǒ jiù zhào zhe nàxiē shòu háizimen huānyíng de shíwù qù zuò jiù xíng le ba

我就照著那些受孩子們歡迎的食物，去做就行了吧？

I'll just copy the foods that kids already like, right?

rúguǒ wǒ xiàng xiāngcháng yīyàng biànchéng fěnhóngsè

如果我像香腸一樣變成粉紅色，

If I turn pink like a hotdog,

yīnggāi jiù huì shòuhuānyíng le ba

應該就會受歡迎了吧？

maybe I will be popular?

yuánlái zhǐshì wǒde cuòjué

。。。原來只是我的錯覺。

...That was just my imagination.

rúguǒ wǒ xiàng pàomiàn yīyàng tàng gè quán quán de tóufa

如果我像泡麵一樣燙個捲捲的頭髮，

If I curl my hair like instant noodles,

yīnggāi jiù kěyǐ shòuhuānyíng le ba

應該就可以受歡迎了吧？

maybe I will be popular?

yuánlái yòu shì wǒde cuòjué

...原來又是我的錯覺。

...That was my imagination again.

PINYIN

hēng biānjìng mùyángquǎn de yīngwén míngzi gēn wǒde yīngwén
míngzi nàme xiàng píngshénme tā néng shòudào háizimen de
huānyíng

哼，邊境牧羊犬的英文名字 border collie 跟我的英文名字 brocolli
那麼像，憑什麼他能受到孩子們的歡迎？

Hmm., the border collie's English name sounds so much like mine, but
kids love it and not me. Why?

huòxǔ wǒ yīnggāi bǎ míngzi gǎi dé gēn tā gèng xiàng yīdiǎn biānjìng
qīnghuācài huā huā mùyáng cài
或許我應該把名字改得跟他更像一點？邊境青花菜？花花牧羊
菜？

Maybe I should change my name to sound more like it? Border
Broccoli? Fluffy Shepherd Veggie?

wánquán méiyǒurén fāxiàn wǒ huàn le míngzi
... .. 完全沒有人發現我換了名字。
...No one noticed my name change.

shénme xiǎohuángguā kào zhíbō bàohóng le
什麼？小黃瓜靠直播爆紅了？

What? Cucumber became famous through live streaming?

xiǎohuángguā dōu zuòdào le
小黃瓜都做到了，
If cucumber can do it,

wǒ wèishénme zuòbùdào ne
我為什麼做不到呢？
why can't I?

dàjiā hǎo wǒ shì bǐ níngméng duō liǎngbèi wéitāmìng de qīnghuācài zàicǐ
xiàng dàjiā wènhòu

大家好！我是比檸檬多兩倍維他命 C 的青花菜，在此向大家問候。
Hello everyone! I am broccoli, with twice the vitamin C of a lemon. Nice to
meet you.

wǒ ne shì shízihuākē de shēn lǜsè shūcài hái yǒu wéitāmìng gài
húluóbosù děng

我呢，是十字花科的深綠色蔬菜，還有維他命 C，鈣，胡蘿蔔素等
。

à hái yǒu fēngfù de kàng yǎng huà wùzhì
啊！還有豐富的抗氧化物質。

I am a dark green vegetable from the cruciferous family, and I have vitamin
C, calcium, beta-carotene, and lots of antioxidants.

wèishénme yīdiǎn xiàoguǒ yě méiyǒu à
為什麼一點效果也沒有啊？
Why is nothing working?

yīnwèi wǒ shì lǜsè de yīnwèi wǒ bùhǎo chī háishi gēnběn zhǐshì yīnwèi
因為我是綠色的？因為我不好吃？還是根本只是因為 ...
Is it because I'm green? Because I don't taste good? Or is it just because...

wǒ shì qīnghuācài
我是青花菜？
I'm broccoli?

qīnghuācài wúliáo yòu fáwèi
“青花菜無聊又乏味”
"Broccoli is boring and bland"



qīnghuācài tài nánchī le
“青花菜太難吃了”
"Broccoli tastes bad"

wǒ yě tǎoyàn qīnghuācài
“我也討厭青花菜”
"I hate broccoli too"

yí zhè shì shénme hāmiguā dàshī de fánnǎo zīxún
咦，這是什麼？哈密瓜大師的煩惱諮詢？
Huh, what is this? Melon Master's Advice Corner?

huòxǔ
或許 ...
Maybe...

hāmiguā dàshī néng gěi wǒ yīxiē jiànyì
哈密瓜大師能給我一些建議？
Melon Master can give me some advice?

hāmiguā dàshī wǒ yě néng dédào dàjiā de xǐài ma
“哈密瓜大師，我也能得到大家的喜愛嗎？”
“Melon Master, can I also be loved by everyone?”

dāngrán à
“當然啊！”
“Of course!”

zhēn de ma yǒu shénme tè biéde fāngfǎ ne
“真的嗎？有什麼特別的方法呢？”
“Really? Is there a special way?”

dāngrán yǒu à
“當然有啊！”
“Of course there is!”

hāmiguā dàshī náchū yī gēn xìcháng de gùnzi duì qīnghuācài shuō
哈密瓜大師拿出一根細長的棍子，對青花菜說：
Melon Master took out a long stick and said to broccoli:

lái zhǐyào yǒule zhège nǐ jiù huì gēn wǒ yīyàng shòudào dàjiā de huānyíng
le
“來，只要有了這個，你就會跟我一樣受到大家的歡迎了。”
“Here, with this, you will be as popular as me.”

èn zhè shì zěnmehuìshì
“嗯，這是怎麼回事？”
“Huh, what's going on?”

háizimen bùshì zuì ài chī bīng ma
孩子們不是最愛吃冰嗎？
Don't kids love ice cream the most?

dàjiā zěnméi dōu méi xìngqù à
大家怎麼都沒興趣啊？
Why is no one interested?

yīnggāi bùhuì ba
應該不會吧？
No way...

nándào nándào nándào
難道 ... 難道 ... 難道
Could it be... could it be... could it be...



mǎshàng jiù mài guāngguāng le ne

“馬上就賣光了呢！”

“Sold out immediately!”

qīnghuācài jiāyóu wo

青花菜，加油喔！”

Broccoli, keep it up!”

dàjiā hǎo guòfèn

“大家好過份...”

“Everyone is so mean...”

xiànzài wǒ zhōngyú dǒng le

現在我終於懂了，

Now I finally understand,

qīnghuācài gēnběn jiù bùkěnéng dédào dàjiā de xǐài

青花菜根本就得不到大家的喜愛。

broccoli can never be loved by everyone.

wǒ yào líkāi le dào yī gè méiyǒurén de dìfang

我要離開了！到一個沒有人的地方！

I'm leaving! To a place with no people!

zuòwán zhè jiàn shì wǒ jiù yào líkāi le bù yào zǔzhǐ wǒ

做完這件事我就要離開了，不要阻止我！

After I finish this, I'm leaving, don't stop me!

zuòwán zhè jiàn shì wǒ zhēn de jiù yào líkāi le bù yào zǔzhǐ wǒ

做完這件事，我真的就要離開了，不要阻止我！

After I finish this, I'm really leaving, don't stop me!

wǒ zhēn de zhēn de yào líkāi le

我真的真的要離開了！

I'm really, really leaving!

jiào dàjiā bù yào zǔzhǐ wǒ jiéguǒ zhēn de méiyǒurén zǔzhǐ wǒ

叫大家不要阻止我，結果真的沒有人阻止我...

I told everyone not to stop me, and no one really stopped me...

líkāi qián wǒ bǎ zhège liúxià lái le bùshì shénme tè bié de dōngxi jiù zhǐshì yī

gè xiǎoxiǎo de líbié lǐwù zhè shì wǒ áoyè yòngxīn zuò de bùzhīdào dàjiā

huìbùhuì xǐhuan

離開前，我把這個留下來了，不是什麼特別的東西，就只是一個小小的離別禮物。這是我熬夜用心做的，不知道大家會不會喜歡。

Before I leave, I'll leave this behind, it's nothing special, just a little goodbye gift. I worked hard on it overnight, I wonder if everyone will like it.

zhècì wǒ zhēn de yào zǒu le zàijiàn

這次我真的要走了。再見！

This time I'm really going. Goodbye!

xiù xiù

嗅嗅

Sniff sniff

hǎo hào chī

好好吃！

It tastes so good!

èn nǐ gāng shuō shénme le nǐ shuōhǎo hào chī ma

嗯？你剛說什麼了？你說好好吃嗎？

Hmm? What did you just say? You said it tastes good?

yángcōng hé mǎlíngshǔ yòng nǎiyóu chǎo yī chǎo jiārù lǜ lǜ de
qīnghuācài jiǎobàn zài dào rù xuěbái de niúǎi gūlu gūlu de zhǔ gǔn tā
洋蔥和馬鈴薯用奶油炒一炒，加入綠綠的青花菜攪拌，再倒入
雪白的牛奶，咕嚕咕嚕的煮滾它。

Sauté onions and potatoes in butter, add green broccoli, stir, and then
pour in white milk, let it boil.

wā chāo hào chī de qīnghuācài nóngtāng jiù wánchéng le
哇！超好吃的青花菜濃湯就完成了！
Wow! Delicious broccoli cream soup is ready!

shìde jiùshì zhèyàng gēnběn bùxūyào qù mófǎng biéren
是的，就是這樣。根本不需要去模仿別人！
Yes, that's it. There's no need to imitate others!

nǐ yǐwéi zhǐyǒu yīgèrén huì xǐhuan qīnghuācài ma zěnmé kěnéng wǒ
huì ràng dàjiā cháng cháng wǒ chōngmǎn mèilì de wèidao dàjiā yīdīng
huì xǐhuan wǒde nǐ wèn wǒ shì zěnmé zhīdào de
你以為只有一個人會喜歡青花菜嗎？怎麼可能！我會讓大家嚐
嚐我充滿魅力的味道，大家一定會喜歡我的！你問我是怎麼知
道的？

Do you think only one person will like broccoli? No way! I will let
everyone taste my charming flavor, and everyone will like me! You ask
how I know this?

nàshi yīnwèi wǒ jiùshì mèilì shízú de qīnghuācài à
那是因為，我就是魅力十足的青花菜啊！
That's because I am the charming broccoli!