

Name:

Day One

Real Chinese Food

Part 1: Silent read

→ How is real Chinese food different? Read silently.

On the menu: beef with broccoli, sweet-and-sour pork, and General Tso’s chicken. Have you eaten food at a local Chinese restaurant? If so, you may have tried some of these dishes. Maybe one is your favorite. But what about chicken gizzards in soy sauce, pickled bamboo shoots, or salted duck eggs? You won’t see these dishes on the menu at many American Chinese restaurants. These foods are much more typical of real food in China.

Jennifer Lee grew up in New York City. But her parents came to the U.S. from China. Jennifer writes and speaks about American Chinese food. She also writes about true, authentic Chinese food. Jennifer loves both kinds.

When she was interviewed on *NPR*, Jennifer talked about some of the differences. In American restaurants, she said, “There’s no reminder ever that the thing on your plate ever flew or walked or swam. But in China, it’s like, bring it on . . . you have, like, hooves and tongue and blood and ears.”

Jennifer also writes about the ways that food is prepared and eaten. In China, people cook with less oil and more vegetables. People like sour, pickled foods more than sweet foods. And nobody really eats fortune cookies in China.

Why is Chinese food in U.S. restaurants so different from what people eat in China? Jennifer thinks Americans like to try different styles of food. But they also don’t want the ingredients and flavors to be too different from what they know at home.

Source: “Where Does General Tso Chicken Actually Come From?” *NPR*, November 15, 2013.



Day One

// one minute

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Part 2: First timed read

WPM _____

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Part 3: Comprehension and discussion

How is Chinese food at restaurants in America different from food in China?

Do people in China prefer sweet foods or sour foods?

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Real Chinese Food

Part 4: Phrase-cued reading

- Read the passage **out loud** in phrases to your partner.
- Pause at each / mark for a phrase.
- Also pause at each // mark that shows the end of a sentence.

On the menu: / beef with broccoli, / sweet-and-sour pork, / and General Tso’s chicken. //
Have you eaten food / at a local Chinese restaurant? // If so, / you may have tried some of
these dishes. // Maybe one is your favorite. // But what about chicken gizzards in soy
sauce, / pickled bamboo shoots, / or salted duck eggs? // You won’t see these dishes on
the menu / at many American Chinese restaurants. // These foods are much more typical /
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cook with less oil / and more vegetables. // People like sour, / pickled foods more than
sweet foods. // And nobody really eats fortune cookies / in China. //

Why is Chinese food in U.S. restaurants / so different from what people eat in China? //
Jennifer thinks / Americans like to try different styles of food. // But they also don’t
want / the ingredients and flavors to be too different / from what they know at home. //

I read the passage in phrases out loud to my partner.