GLOBAL ACADEMY OF LIFELONG LEARNING / 全球银龄

Cooking for One or Two

一人食・二人餐 - 8 Sessions / 共8课



Cooking well for one or two people is a skill of its own - and a joyful one. This course shows you how to shop in small quantities, cook fresh, tasty meals without waste, and turn leftovers into tomorrow's lunch on purpose, not by accident.

为一两个人做饭，是一门独立的学问，也是一件乐事。本课程教您少量采购、做出新鲜可口的饭菜、减少浪费，并有计划地把剩菜变成明天的午餐。

Format / 形式: Self-study, learn at your own pace - no live classes / 自学课程，按自己的节奏学习，无直播课

Length / 课时: 8 lessons, about 60 minutes of study and cooking each / 共8课，每课约60分钟学习与实践

Level / 级别: All levels - beginners welcome / 所有水平，欢迎初学者

How this course works

本课程如何进行

This is a self-study course. There are no live classes and no set schedule. You work through each lesson on your own, in your own kitchen, at your own pace - one lesson a week works well, but you choose. Read a lesson through first, shop from its list, then cook the featured dish step by step, following the checklist as you go.

这是一门自学课程：没有直播课，也没有固定时间表。您在自己的厨房里，按自己的节奏学习每一课 - 一周学一课是很好的节奏，但完全由您决定。先通读一课，按清单采购，再一步一步做出本课菜品，边做边对照清单自查。

HOW TO STUDY EACH LESSON / 每课学习方法

1. Read (10 min) - Read the whole lesson and the recipe before you touch a pan. **2. Prepare (10 min)** - Set out every ingredient and tool first. **3. Cook (25 min)** - Follow the steps in order; tick them off as you finish each one. **4. Taste and adjust (5 min)** - Season, taste, and note what you would change. **5. Store and reflect (10 min)** - Store leftovers safely, complete the checklist, and write one line in your notebook.

WHAT YOU NEED / 您需要准备

A basic kitchen: one medium pot, one frying pan or skillet, a small baking dish, a sharp knife and cutting board, measuring cups and spoons. An apron, a notebook for your own recipe notes, and small storage containers with lids for leftovers.

基本厨房用品：一口中号锅、一口平底锅、一个小烤盘、一把锋利的刀和砧板、量杯和量勺；一条围裙、一个记自己食谱的笔记本，以及几个带盖的小保鲜盒存放剩菜。

FOOD SAFETY FIRST / 食品安全第一

Wash hands before cooking. Keep raw meat separate from vegetables. Refrigerate leftovers within two hours, eat refrigerated leftovers within 3-4 days, and reheat until steaming hot. When in doubt, throw it out.

> **By the end, you can...** set up a kitchen that works for small cooking, shop without over-buying, make nourishing breakfasts, soups, salads and one-pan suppers, cook a favourite dish for two, store food safely, and plan a simple week of meals you actually look forward to.

Course at a glance

课程一览

Eight self-paced lessons, from setting up your kitchen to cooking a complete meal for two. Each lesson features one dish you cook yourself, step by step, plus one simple variation and a practice task to complete in your own kitchen before moving on.

#	Session	中文	Featured dish / 本课菜品
1	**A Kitchen That Works for One or Two**	适合小份量的厨房	Pantry basics + herb omelette
2	**Shopping Smart in Small Quantities**	聪明少量采购	Market soup from a small basket
3	**Breakfasts Worth Waking Up For**	值得早起的早餐	Vegetable egg muffins
4	**Soups for Supper and Lunch**	汤：晚餐与午餐	Chicken and vegetable soup
5	**Salads and Light Lunches**	沙拉与清淡午餐	Warm grain and roasted vegetable salad
6	**Simple Suppers: One Pan, One Pot**	简单晚餐：一锅到底	One-pan chicken and vegetables
7	**Cook Once, Eat Twice**	做一次，吃两餐	Roast chicken, then fried rice
8	**Your Favourite Meal for Two - Showcase**	为您最爱的一餐 - 结业展示	Your own signature dish

Checking your own progress / 自我检查: There are no exams. Each lesson ends with a short checklist - tick each item honestly, and repeat any step you are unsure of before moving on. In Lesson 8 you bring it all together: cook your favourite dish and write your own one-week meal plan.

Materials / 材料: This lesson plan, a notebook, and the free Daily Motivation messages for encouragement between lessons.

A Kitchen That Works for One or Two

适合小份量的厨房

Goal / 目标: Set up your kitchen and pantry for small cooking, and cook your first dish: a herb omelette for one.

YOU WILL NEED / 准备

Small frying pan, medium pot, small baking dish, knife and board, measuring cups. Pantry basics: eggs, olive oil, salt, pepper, rice, pasta, canned tomatoes, canned beans, onions, garlic.

STEP BY STEP / 一步一步做

1. Move the tools you use daily to the easiest-to-reach shelf. Donate or store what you never use.
2. Check dates on pantry items. Throw out anything expired; list what is missing.
3. Whisk 2 eggs with a pinch of salt and 1 tablespoon of water.
4. Heat 1 teaspoon of oil in the small pan over medium heat. Pour in the eggs.
5. As the edges set, gently push them to the centre. Sprinkle with chopped herbs or spring onion.
6. Fold in half, slide onto a warm plate, and eat straight away.

PRACTICE TASK / 厨房练习

Write your own pantry list on one page of your notebook: what you have, what you need, and three dishes you could make from it this week.

CHECK YOURSELF / 自我检查

- I can reach my everyday tools without stretching or bending.
- My pantry list is written down and up to date.
- I cooked the omelette without help and it was fully set, not runny.

Study rhythm: Read (10) - Prepare (10) - Cook (25) - Taste and adjust (5) - Store and reflect (10)

Shopping Smart in Small Quantities

聪明少量采购

Goal / 目标: Learn to buy just enough - fresh, good value, and nothing wasted - and make a market soup from one small basket.

KEY IDEAS / 重点

Buy loose, not pre-packed	散买，不买大包装 - take 2 carrots, not a 2 kg bag
Shop from a list	照清单买 - plan 3-4 days, not a whole week of fresh food
Frozen is fresh	冷冻也新鲜 - frozen peas, fish and berries keep without waste
One ingredient, two meals	一种食材，两餐用 - half a chicken today, soup tomorrow

FEATURED DISH: MARKET SOUP / 本课菜品：市场蔬菜汤

1. Buy one each of: onion, carrot, potato, courgette (zucchini), plus a small tin of tomatoes.
2. Chop everything into bite-size pieces. Soften the onion in oil for 5 minutes.
3. Add the rest, 500 ml water or stock, salt and pepper. Simmer 20 minutes.
4. Taste, adjust, and serve with bread. Freeze the second portion in a labelled container.

PRACTICE TASK / 厨房练习

Plan your next shop on paper: list only what three days of meals need. At the store, buy nothing that is not on the list.

CHECK YOURSELF / 自我检查

- I shopped from a written list.
- Everything fresh I bought has a meal planned for it.
- I labelled and dated the frozen portion.

Study rhythm: Read (10) - Prepare (10) - Cook (25) - Taste and adjust (5) - Store and reflect (10)

Breakfasts Worth Waking Up For

值得早起的早餐

Goal / 目标: Build three reliable breakfasts you can make half-awake, starting with vegetable egg muffins you can reheat all week.



FEATURED DISH: VEGETABLE EGG MUFFINS / 本课菜品：蔬菜鸡蛋杯

1. Heat the oven to 180 C / 350 F. Lightly oil 4 cups of a muffin tin (or use 4 ramekins).
2. Whisk 4 eggs with 2 tablespoons of milk, salt and pepper.
3. Divide chopped peppers, spinach and a little grated cheese between the cups.
4. Pour in the egg. Bake 15-18 minutes, until just set in the centre.
5. Eat one warm. Cool the rest, refrigerate, and reheat 30 seconds for tomorrow.

Two more to try this week: overnight oats (oats + milk + grated apple, made the night before) and avocado toast with a boiled egg.

PRACTICE TASK / 厨房练习

Make the overnight oats tonight. Tomorrow, note in your notebook: time taken, taste, and one change for next time.

CHECK YOURSELF / 自我检查

- I can now make three different breakfasts without a recipe book open.
- My muffins were set in the middle, not wet.
- Leftover muffins are stored in a covered container in the fridge.

Study rhythm: Read (10) - Prepare (10) - Cook (25) - Taste and adjust (5) - Store and reflect (10)

Soups for Supper and Lunch

汤：晚餐与午餐

Goal / 目标: Master one base soup method you can vary endlessly - today a chicken and vegetable soup for supper, with lunch already made for tomorrow.

THE BASE METHOD / 基本方法

1. Soften onion, carrot and celery in a little oil - 5 minutes, no browning needed.
2. Add stock or water (about 600 ml for two bowls) and bring to a gentle boil.
3. Add firm vegetables and raw chicken pieces first; simmer 15 minutes.
4. Add soft vegetables, noodles or cooked beans for the last 5 minutes.
5. Check the chicken is cooked through - no pink - then season and rest 5 minutes off the heat.

Vary it: tomato and white bean; carrot and ginger; mushroom and barley. Same method, new soup.

PRACTICE TASK / 厨房练习

Cook the full pot. Eat one bowl for supper. Refrigerate the second bowl within two hours and eat it for lunch tomorrow - notice how the flavour deepens.

CHECK YOURSELF / 自我检查

- I kept the soup at a simmer, not a hard boil.
- I checked the chicken was fully cooked before serving.
- Leftovers were refrigerated within two hours, in a covered container.

Study rhythm: Read (10) - Prepare (10) - Cook (25) - Taste and adjust (5) - Store and reflect (10)

Salads and Light Lunches

沙拉与清淡午餐

Goal / 目标: Make a warm grain and roasted vegetable salad that is a real meal - filling, colourful, and good warm or cold.

FEATURED DISH / 本课菜品：温热谷物沙拉

1. Heat the oven to 200 C / 400 F. Chop sweet potato and courgette into chunks.
2. Toss with 1 tablespoon of oil, salt and pepper. Roast 25 minutes, until soft at the edges.
3. Meanwhile cook 80 g couscous or rice per person following the packet; fluff with a fork.
4. Whisk a simple dressing: 1 tablespoon olive oil, 1 teaspoon lemon juice or vinegar, a pinch of salt.
5. Fold vegetables through the grain with a handful of leaves and the dressing. Serve warm.

Make it yours: add chickpeas, feta, a boiled egg, or tinned tuna for protein.

PRACTICE TASK / 厨房练习

Make double the roasted vegetables. Use half in today's salad and keep half, covered in the fridge, for tomorrow's lunch with a different dressing.

CHECK YOURSELF / 自我检查

- I washed salad leaves and dried them so the dressing clings.
- My salad had a protein, a grain, and at least two vegetables.
- I dressed only what I was eating now; the rest stays crisp.

Study rhythm: Read (10) - Prepare (10) - Cook (25) - Taste and adjust (5) - Store and reflect (10)

Simple Suppers: One Pan, One Pot

简单晚餐：一锅到底

Goal / 目标: Cook a complete supper in a single pan - one-pan chicken and vegetables - with very little washing up.



FEATURED DISH / 本课菜品：一锅鸡肉蔬菜

1. Cut 2 chicken thighs (or 1 breast) and small potatoes, carrots and onions into even chunks.
2. Brown the chicken in 1 tablespoon of oil, 4 minutes each side. Set aside.
3. In the same pan, cook the vegetables 5 minutes. Add a splash of water and scrape up the tasty bits.
4. Return the chicken, cover, and cook on low 20 minutes, until potatoes are tender and chicken is cooked through.
5. Rest 5 minutes. Serve straight from the pan.

PRACTICE TASK / 厨房练习

Repeat the method with what you have: sausages, fish fillets (10 minutes only), or tofu and mushrooms. Write your version in your notebook.

CHECK YOURSELF / 自我检查

- I cut pieces evenly so everything cooked at the same speed.
- I checked the chicken was cooked through - juices run clear.
- Only one pan to wash.

Study rhythm: Read (10) - Prepare (10) - Cook (25) - Taste and adjust (5) - Store and reflect (10)

Cook Once, Eat Twice

做一次，吃两餐

Goal / 目标: Plan leftovers on purpose: roast chicken today, chicken fried rice tomorrow - two meals, one effort.

DAY 1: SIMPLE ROAST CHICKEN / 第一天：烤鸡

1. Heat the oven to 190 C / 375 F. Rub a small whole chicken or 4 thighs with oil, salt, pepper and lemon.
2. Roast 45-60 minutes, until the juices run clear. Rest 10 minutes before carving.
3. Eat one portion with vegetables. Strip the remaining meat from the bones.
4. Refrigerate the meat in a covered container within two hours. Save any juices.

DAY 2: CHICKEN FRIED RICE / 第二天：鸡肉炒饭

1. Cook rice in the morning (or use yesterday's) and refrigerate it - cold rice fries best.
2. Fry chopped spring onion and any leftover vegetables in oil. Add the cold rice; stir-fry 3 minutes.
3. Add the chicken pieces and a beaten egg; stir until the egg is set. Season with soy sauce.

PRACTICE TASK / 厨房练习

In your notebook, design your own cook-once pair: one cooked ingredient, two different meals. Examples: lentils - soup, then salad; mince - pasta sauce, then stuffed peppers.

CHECK YOURSELF / 自我检查

- Cooked meat was refrigerated within two hours and eaten within 3 days.
- I reheated leftovers until steaming hot, and only reheated once.
- My second meal tasted like its own dish, not like leftovers.

Study rhythm: Read (10) - Prepare (10) - Cook (25) - Taste and adjust (5) - Store and reflect (10)

Your Favourite Meal for Two - Showcase

为您最爱的一餐 - 结业展示

Goal / 目标: Bring the course together: plan, shop for, and cook your favourite meal for two (or a double portion for one, with lunch tomorrow), and write your first one-week meal plan.

YOUR SHOWCASE, STEP BY STEP / 结业步骤

1. Choose the dish from this course you enjoyed most - or combine two ideas into your own.
2. Write the shopping list using the Lesson 2 method: loose, listed, just enough.
3. Prepare everything before you start cooking, as in Lesson 1.
4. Cook calmly, step by step. Set the table nicely - even, and especially, for yourself.
5. Take a photo of your plate, or describe the meal in your notebook: what worked, what you would change.

YOUR ONE-WEEK MEAL PLAN / 您的一周餐单

Day	Breakfast	Lunch	Supper
Mon - Tue	Egg muffins	Chicken soup (Lesson 4)	One-pan chicken (Lesson 6)
Wed - Thu	Overnight oats	Grain salad (Lesson 5)	Roast chicken, then fried rice (Lesson 7)
Fri - Sun	Avocado toast	Market soup (Lesson 2)	Your showcase dish

Congratulations / 恭喜您! You can now feed yourself - and one lucky guest - well, simply, and without waste. Keep your notebook going: every dish you repeat makes the next one easier.

Your self-study progress checklist

自学进度清单

Tick each lesson only when you have cooked its dish at least once. There is no deadline - this page is your record, for you alone.

- ☐ Lesson 1 - My kitchen is set up for small cooking, and I made the herb omelette.
- ☐ Lesson 2 - I shopped from a list in small quantities and made market soup.
- ☐ Lesson 3 - I can make three breakfasts, including egg muffins.
- ☐ Lesson 4 - I made the base soup and ate the second bowl next day.
- ☐ Lesson 5 - I made a warm grain salad that was a full meal.
- ☐ Lesson 6 - I cooked a one-pan supper and checked it was cooked through.
- ☐ Lesson 7 - I cooked once and ate twice, storing leftovers safely.
- ☐ Lesson 8 - I cooked my favourite meal for two and wrote a one-week plan.

QUICK REFERENCE: STORING FOOD SAFELY / 速查：安全储存

Food	Fridge	Freezer
Cooked meat and poultry / 熟肉禽	3-4 days	2-3 months
Soups and stews / 汤与炖菜	3-4 days	2-3 months
Cooked rice / 熟米饭	1 day (cool quickly first)	1 month
Hard cheese / 硬奶酪	3-4 weeks opened	6 months, grated
Eggs in shell / 带壳鸡蛋	3-5 weeks	Do not freeze in shell

Always label frozen food with the dish name and the date. Reheat leftovers until steaming hot throughout, and reheat only once. When in doubt, throw it out.

> **Keep going / 继续前行:** Repeat your favourite three dishes until they feel easy - that is real progress. Then try one new recipe a week, in a small portion, and add the good ones to your notebook.

Self-Graded Quizzes

自我测验

Cooking for One or Two / 一人食・二人餐

Global Academy of Lifelong Learning / 全球银龄

How to use these quizzes / 如何使用： There is one short quiz for each of the 8 lessons. Answer from memory first — do not look at the lesson while you answer. Then turn to the answer key at the end (**Check your answers / 核对答案**) and mark your own score. There are no exams and no grades to send anyone: the quizzes are only for you.

每课配有一份小测验。先凭记忆作答，答题时不要翻看课文；答完后再

翻到最后的答案页（核对答案）自己打分。没有考试，也不用把成绩交

给任何人——测验只为您自己服务。

Scoring / 计分： 4–5 correct: well done — you know this

lesson. / 答对 4–5 题：很好，您已经掌握了本课。

2–3 correct: good start — re-read the lesson and try the dish

once more. / 答对 2–3 题：不错的开始——再读一遍课文，再做一

次菜。

0–1 correct: no worry — cook the lesson dish again, then retake

the quiz. / 答对 0–1 题：不要着急——再做一次本课菜品，然后重新

测验。

Lesson 1 Quiz / 第 1 课测验：A Kitchen That Works for One or Two / 适合小份量的厨房

1. Where should the tools you use every day go? / 每天用的厨具应该放在哪里?

A. On the easiest-to-reach shelf / 最容易拿到的架子上

B. On the highest shelf / 最高的架子上

C. In a box in another room / 另一个房间的箱子里

2. True or False / 判断正误：Expired pantry items should be thrown out. / 过期的干货应该扔掉。

True / 对　False / 错

3. For the herb omelette, you whisk 2 eggs with… / 做香草煎蛋时，2 个鸡蛋要加入……搅打。

A. A cup of milk / 一杯牛奶

B. A pinch of salt and 1 tablespoon of water / 一小撮盐和 1 汤匙水

C. Nothing at all / 什么都不加

4. True or False / 判断正误：The omelette is ready when it is fully set, not runny. / 煎蛋完全凝固、不流汤时才算做好。

True / 对　False / 错

5. What is the first step of the study rhythm for every lesson? / 每课学习方法的第一个步骤是什么?

A. Start cooking right away / 马上开始做菜

B. Read the whole lesson first (10 minutes) / 先通读整课（10 分钟）

C. Write the shopping list last / 最后再写购物清单

Lesson 2 Quiz / 第 2 课测验：Shopping Smart in Small Quantities / 聪明少量采购

1. "Buy loose, not pre-packed" means… / "散买，不买大包装"的意思是……

A. Take 2 carrots, not a 2 kg bag / 拿 2 根胡萝卜，而不是一大袋 2 公斤装

B. Always buy the biggest bag to save money / 总是买最大包装才省钱

C. Buy only canned food / 只买罐头食品

2. True or False / 判断正误：You should shop from a written list. / 采购应该照着写好的清单买。

True / 对　False / 错

3. Plan fresh food for how many days at a time? / 新鲜食材一次计划几天的量?

A. A whole month / 整整一个月

B. 3–4 days / 3–4 天

C. One day only / 只一天

4. True or False / 判断正误：Frozen peas, fish and berries keep well without waste. / 冷冻豌豆、鱼和浆果保存得好，不浪费。

True / 对　False / 错

5. What should you do with the second portion of market soup? / 市场蔬菜汤的第二份应该怎么处理?

A. Leave it on the counter overnight / 放在台面上过夜

B. Throw it away / 扔掉

C. Freeze it in a labelled container / 装进贴好标签的容器冷冻

Lesson 3 Quiz / 第 3 课测验：Breakfasts Worth Waking Up For / 值得早起的早餐

1. At what oven temperature do the vegetable egg muffins bake? / 蔬菜鸡蛋杯在什么烤箱温度下烤?

A. 120 °C / 250 °F

B. 180 °C / 350 °F

C. 240 °C / 475 °F

2. True or False / 判断正误：The muffins bake 15–18 minutes, until just set in the centre. / 鸡蛋杯烤 15–18 分钟，直到中间刚刚凝固。

True / 对　False / 错

3. Overnight oats are made from… / 隔夜燕麦是由……做成的。

A. Oats + boiling water, made in the morning / 燕麦＋开水，早上现做

B. Oats + cream + sugar only / 只有燕麦＋奶油＋糖

C. Oats + milk + grated apple, made the night before / 燕麦＋牛奶＋磨碎的苹果，前一晚做好

4. True or False / 判断正误：Leftover muffins are refrigerated in a covered container and reheated for about 30 seconds. / 剩下的鸡蛋杯放进有盖容器冷藏，吃时加热约 30 秒。

True / 对　False / 错

Lesson 4 Quiz / 第 4 课测验：Soups for Supper and Lunch / 汤：晚餐与午餐

1. What is the first step of the base soup method? / 基本汤做法的第一步是什么?

A. Soften onion, carrot and celery in a little oil for 5 minutes, no browning needed / 用少许油把洋葱、胡萝卜、芹菜炒软 5 分钟，不用炒黄

B. Boil the chicken hard for 30 minutes / 把鸡肉大火煮 30 分钟

C. Add the noodles first / 先放面条

2. True or False / 判断正误：Firm vegetables and raw chicken pieces go in first and simmer 15 minutes. / 质地硬的蔬菜和生鸡肉先放，小火煮 15 分钟。

True / 对　False / 错

3. About how much stock or water is used for two bowls of soup? / 两碗汤大约用多少高汤或水?

A. About 200 ml / 约 200 毫升

B. About 600 ml / 约 600 毫升

C. About 2 litres / 约 2 升

4. True or False / 判断正误：Before serving, check the chicken is cooked through — no pink. / 上桌前要确认鸡肉完全熟透——没有粉红色。

True / 对　False / 错

5. Leftovers from the soup should be refrigerated within… / 剩汤应该在多长时间内冷藏?

A. The next morning / 第二天早上

B. Two hours / 两小时内

C. Three days / 三天内

Lesson 5 Quiz / 第 5 课测验：Salads and Light Lunches / 沙拉与清淡午餐

1. At what oven temperature and time are the sweet potato and courgette roasted? / 红薯和西葫芦在什么温度下烤多久?

A. 150 °C / 300 °F for 10 minutes / 150°C 烤 10 分钟

B. 200 °C / 400 °F for 25 minutes / 200°C 烤 25 分钟

C. 220 °C / 425 °F for 60 minutes / 220°C 烤 60 分钟

2. True or False / 判断正误：Dress only what you are eating now; the rest stays crisp. / 只给马上要吃的部分拌调料，其余保持爽脆。

True / 对　False / 错

3. How much couscous or rice is cooked per person? / 每人煮多少谷物（蒸粗麦粉或米饭）？

A. 200 g / 200 克

B. 30 g / 30 克

C. 80 g / 80 克

4. True or False / 判断正误：A salad that is a full meal has a protein, a grain, and at least two vegetables. / 能当正餐的沙拉应有蛋白质、谷物和至少两种蔬菜。

True / 对　False / 错

Lesson 6 Quiz / 第 6 课测验：Simple Suppers: One Pan, One Pot / 简单晚餐：一锅到底

1. How long is the chicken browned on each side? / 鸡肉每面煎黄需要多久?

A. 1 minute each side / 每面 1 分钟

B. 4 minutes each side / 每面 4 分钟

C. 15 minutes each side / 每面 15 分钟

2. True or False / 判断正误：Cut pieces evenly so everything cooks at the same speed. / 把食材切得大小均匀，这样熟的速度一致。

True / 对　False / 错

3. After the chicken returns to the pan, it cooks covered on low for… / 鸡肉放回锅后，盖盖小火煮……

A. 5 minutes / 5 分钟

B. 45 minutes / 45 分钟

C. 20 minutes, until potatoes are tender and chicken is cooked through / 20 分钟，直到土豆软烂、鸡肉熟透

4. True or False / 判断正误：In the same one-pan method, fish fillets need only 10 minutes. / 用同样的一锅做法，鱼片只需 10 分钟。

True / 对　False / 错

Lesson 7 Quiz / 第 7 课测验：Cook Once, Eat Twice / 做一次，吃两餐

1. At what oven temperature is the roast chicken cooked? / 烤鸡在什么烤箱温度下烤?

A. 160 °C / 325 °F

B. 230 °C / 450 °F

C. 190 °C / 375 °F

2. True or False / 判断正误：Rest the roast chicken 10 minutes before carving. / 烤鸡出炉后静置 10 分钟再切。

True / 对　False / 错

3. Which rice fries best for chicken fried rice? / 做鸡肉炒饭，哪种米饭炒出来最好?

A. Freshly cooked hot rice / 刚煮好的热米饭

B. Uncooked rice / 生米

C. Cold rice (cooked earlier and refrigerated) / 冷米饭（提前煮好并冷藏的）

4. True or False / 判断正误：Reheat leftovers until steaming hot, and reheat only once. / 剩菜要加热到冒热气，并且只加热一次。

True / 对　False / 错

5. Cooked meat kept in the fridge should be eaten within… / 冷藏的熟肉应该在多长时间内吃完?

A. 2 weeks / 2 周内

B. 3 days / 3 天内

C. 1 day only / 只能 1 天

Lesson 8 Quiz / 第 8 课测验：Your Favourite Meal for Two — Showcase / 为您最爱的一餐 — 结业展示

1. The showcase shopping list uses which lesson's method? / 结业展示的购物清单用的是哪一课的方法?

A. Lesson 5: roast everything / 第 5 课：什么都烤

B. Lesson 2: loose, listed, just enough / 第 2 课：散买、照清单、刚刚好

C. No method — buy whatever looks good / 不用方法——看到什么买什么

2. True or False / 判断正误：Prepare everything before you start cooking, as in Lesson 1. / 像第 1 课那样，开始做菜前把一切准备好。

True / 对　False / 错

3. Besides cooking your favourite meal, what else do you complete in Lesson 8? / 第 8 课除了做最爱的一餐，还要完成什么?

A. Buy a new set of pans / 买一套新锅

B. Cook for ten guests / 给十位客人做饭

C. Write your first one-week meal plan / 写出您的第一份一周餐单

4. True or False / 判断正误：Set the table nicely — even, and especially, for yourself. / 把餐桌布置得漂亮些——即使是自己吃饭，尤其要这样。

True / 对　False / 错

Check Your Answers / 核对答案

Cover this page while you take the quizzes. Mark one point for each correct answer, then use the scoring guide on the first quiz page. / 答题时请盖住本页。每题答对得 1 分，然后对照测验首页的计分标准。

Lesson / 课	Answers / 答案
Lesson 1 / 第 1 课	1. A 2. True / 对 3. B 4. True / 对 5. B
Lesson 2 / 第 2 课	1. A 2. True / 对 3. B 4. True / 对 5. C
Lesson 3 / 第 3 课	1. B 2. True / 对 3. C 4. True / 对
Lesson 4 / 第 4 课	1. A 2. True / 对 3. B 4. True / 对 5. B
Lesson 5 / 第 5 课	1. B 2. True / 对 3. C 4. True / 对

Lesson 6 / 第 6 课	1. B　2. True / 对　3. C　4. True / 对
Lesson 7 / 第 7 课	1. C　2. True / 对　3. C　4. True / 对　5. B
Lesson 8 / 第 8 课	1. B　2. True / 对　3. C　4. True / 对

Well done! If a quiz score was low, simply re-read that lesson, cook its dish once more, and try the quiz again. That is exactly how self-study works. / **恭喜您！**如果某课得分不高，只需重读该课、再做一次菜，然后重新测验——自学就是这样进行的。