Dr. Chuck Braithwaite- University of Nebraska-Lincoln

"Hello, my name is "

"Today I would like to **talk to you about**: "

"This is topic **important** for **you and me** because:

"

"**The two points I would like to make are**: (*just mention the main points here; then go into detail on each below)*

"**First**,

"

"**Second**,

"

"And these points are important to remember because:

**SAMPLE:**

"Hello, my name is

"Binh Gia”

"Today I would like to **talk to you about**:

"My favorite Chinese foods”

"This is topic **important** for **you and me** because:

“The introduction most people in the USA have to Chinese culture is through its food. When people ask me about China, I find they will understand me better if I start by talking about something I think they will enjoy. And food is something they will always understand.”

"**The two points I would like to make are**:(*just mention the main points here; then go into detail on each below)*

My two favorite Chinese foods are **Buddha's delight** (***lo hon jai***) and **Mooncake** (yuè bĭng).

"**First**, I like Budda’s Delight because it is a vegetarian dish that is available in most Chinese restarants around the world. It is a good introduction to Chinese food because it is made with at least 10 ingredients, and sometimes even with 35 ingredients! Also, the way in which the dish is prepared varies from chef to chef and family to family, so it teaches you something about what they consider to be good food. My favorite version has black mushrooms, bamboo shoots, tigerlily buds, cellophane noodles and “tree ears.”

"**Second**, I like Mooncakes because they are associated with special times in Chinese life. Mooncakes are offered between friends or on family gatherings while celebrating festivals such as the Mid-Autumn Festival, one of the four most important Chinese festivals. Typical mooncakes are round pastries stuffed with sweet red bean paste. They also vary by region, so they will also teach you something about the origin of the cook. They often have imprints on time with sayings associated with good fortune, such as the Chinese characters for “longevity” or “harmony.” I remember when my friends brought home a baby from China, they only Chinese food she really like was mooncakes.

In conclusion: “I talked about these two Chinese dishes because I use them to introduce my friends to Chinese culture. When we go out, I always order Budda’s Delight so I can then talk about regional differences in China. And I make mooncakes so I can talk about important Chinese festivals and traditions. They help me make Chinese culture appetizing to my friends!”