



外傭 廣東話 秘笈

李兆麟
編著



Cantonese for Domestic Helpers

中英對照 · CHINESE · ENGLISH

8 個主題

- + 生活情景對話
- + 常用詞語及造句
- + 常用短句
- + 粵語拼音
(jyutping)



daap³ baa¹ si²
搭巴士

zip³ fong³ hok⁶
接放學

cing¹git³ gaa¹ geoi¹
清潔家居



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1. 清潔廚房 Cleaning the kitchen

 c101.mp3



情境一 (Scene 1)

Sir: Help me to clean the kitchen. Need to wash vent hood, stove and wipe the cooktop. (Help me to clean the kitchen. You need to wash vent hood, stove and wipe the cooktop.)

先生

bong¹ ngo⁵ cing¹ git³ cyu⁴ fong² jiu³ sai²
 幫我清潔廚房。要洗

cau¹ jau⁴ jin¹ gei¹ zyu² sik⁶ lou⁴
抽油煙機 ①、煮食爐 ①


tung⁴ maat³ zou³ toi⁴
 同抹灶台 ①。

Helper: Understand, Sir. (Yes, Sir.)

外傭

Ming⁴ baak⁶ sin¹ saang¹
 明白，先生。

① 廚具 Kitchen furniture and appliances * 只要把詞彙
 代入 _____ ① 就可以造句 (Make sentences by substituting vocabulary
 items in _____ ①)

 c102.mp3



kitchen cabinet cyu ⁴ gwai ⁶ 廚 櫃	sink sing ¹ pun ² 鋅 盤	pendant light diu ³ dang ¹ 吊 燈
refrigerator syut ³ gwai ⁶ 雪 櫃	microwave mei ⁴ bo ¹ lou ⁴ 微 波 爐	oven guk ⁶ lou ⁴ 焗 爐
toaster do ¹ si ² lou ⁴ 多 士 爐	blender gaau ² bun ⁶ gei ¹ 攪 拌 機	wok wok ⁶ 鑊
kettle jit ⁶ sei ² wu ² 熱 水 壺	water pot sei ¹ bou ¹ 水 煲	pot bou ¹ 煲
frying pan zin ¹ peng ¹ ping ⁴ dai ² wok ⁶ 煎 pan / 平 底 鑊		

■ 情境二 (Scene 2)



🔊 c103.mp3

Sir: Help me to go to supermarket to buy something. Need plastic wrap, compact bags and can opener. (Help me to buy something in the supermarket. We need plastic wrap, compact bags and a can opener.)

先生

bong¹ ngo⁵ heoi³ ciu¹ kap¹ si⁵ coeng⁴ maa⁵ di¹ je⁵
幫 我 去 超 級 市 場 買 啲 嘢 。

jiu³ bou² sin¹ zi² mat⁶ sat⁶ doi²
要 保 鮮 紙 ① 、 密 實 袋 ①

tung⁴ gun³ tau² dou¹
同 罐 頭 刀 ① 。

Helper: Understand, Sir. (Yes, Sir.)

外傭

Ming⁴baak⁶ sin¹saang¹
明白，先生。

① 廚房用品 kitchen necessities and utensils * 只要把詞彙代入 _____ ① 就可以造句 (Make sentences by substituting vocabulary items in _____ ①)

 c104.mp3



aluminium foil sek ⁶ zi ² 錫紙	food containers bou ² sin ¹ hap ⁶ 保鮮盒	oven gloves gaak ³ jit ⁶ sau ² tou ³ 隔熱手套
pot holder gaak ⁶ jit ⁶ din ³ 隔熱墊	apron wai ⁴ kwan ² 圍裙	bottle opener hoi ¹ ping ⁴ hei ³ 開瓶器
fruit knife saang ¹ gwo ² dou ¹ 生果刀	Chinese chef's knife coi ³ dou ¹ 菜刀	chopping board zam ¹ baan ² 砧板
spatula wok ⁶ caan ² 鑊鏟	lid bou ¹ goi ³ 煲蓋	dish soap sai ² git ³ zing ¹ 洗潔精
all-purpose cloth baak ³ git ³ bou ³ 百潔布	colander saau ¹ gei ¹ 筲箕	

2. 清潔客廳 Cleaning the living room



🎧 c201.mp3

Sir: The living room is a bit dirty, help me to vacuum, mop the floor, clean the teapoy and sofa. (The living room is a bit dirty, help me to vacuum and to mop the floor. Please also clean the teapoy and sofa.)

先生

go³ (haak³) teng¹ jau⁵ di¹ wu¹ zou¹
個 (客) 廳 有 啲 污 糟 ，
bong¹ ngo⁵ kap¹ can⁴ to¹ dei⁶
幫 我 吸 塵 、 拖 地 、
maat³ haa⁵ caa⁴ gei¹ tung⁴ so¹ faa²
抹 吓 茶 几 ① 同 梳 化 ① 。

Helper: Understand, Sir. Need to wash curtains? (Yes, Sir. Do I need to wash the curtains?)

外傭

Ming⁴ baak⁶ sin¹ saang¹
明 白 ， 先 生 。

sai² m⁴ sai² sai² coeng¹ lim² aa³
使 唔 使 洗 窗 簾 呀 ？

Sir: Wash curtain tomorrow. (You can wash the curtains tomorrow.)

先生

di¹ coeng¹ lim² ting¹ jat⁶ sai² laa¹
啲 窗 簾 聽 日 ② 洗 啦 。

Helper: Understand, Sir. (Yes, Sir.)

外傭

ming⁴ baak⁶ sin¹ saang¹
明 白 ， 先 生 。

常用短句 Useful sentences * _____ 為可替換詞彙。(Make sentences by substituting vocabulary items in _____)



d203.mp3

Sir: Tomorrow help me take this coat to laundry to dry clean.
(Please help me to take this coat to the laundry to dry clean tomorrow.)

先生

ting¹ jat⁶ bong¹ ngo⁵ lo² ni¹ gin³ daai⁶ lau¹ heoi³
聽 日 幫 我 攞 呢 件 大 樓 ① 去

sai¹ ji¹ pou² gon¹ sai²
洗 衣 舖 乾 洗 。

Helper: Understand, Sir.

外傭

zi¹ dou³ sin¹ saang¹
知 道 ， 先 生 。

① 衣服與衣飾 More clothes and accessories * 只要把詞彙代入 _____ ① 就可以造句 (Make sentences by substituting vocabulary items in _____ ①)



d204.mp3

necktie leng ² taai ¹ 領 呔	scarf geng ² gan ¹ 頸 巾	cap mou ² 帽
belt pei ⁴ daai ² 皮 帶	shawl pei ¹ gin ¹ 披 肩	silk scarf si ¹ gan ¹ 絲 巾

<p>pajamas seoi⁶ ji¹ 睡 衣</p>	<p>evening dress maan⁵ lai⁵ fuk⁶ 晚 禮 服</p>	<p>Mandarin gown kei⁴ pou² 旗 袍</p>
<p>down jacket jyu⁵ jung² 羽 絨</p>		

Sir: Help me to clean up the sport shoes, put them into the shoe cabinet. (Please help me to clean up the sport shoes and put them into the shoe cabinet.)

先生

bong¹ ngo⁵ zap¹ hou² di¹ bo¹ haai⁴
幫 我 執 好 啲 波 鞋 ② ,

fong³ jap⁶ haai⁶ gwai⁶
放 入 鞋 櫃 。

Helper: Understand, Sir.

外傭

zi¹ dou³ , sin¹ saang¹
知 道 , 先 生 。

② 鞋、袋 Shoes and bags * 只要把詞彙代入 _____ ② 就可以
造句 (Make sentences by substituting vocabulary items in _____ ②)



d205.mp3

high heels gou ¹ zaang ¹ haai ⁴ 高 蹻 鞋	sneakers bou ³ haai ⁴ 布 鞋	leather shoes pei ⁴ haai ⁴ 皮 鞋
boots hoe ¹ 靴	flats ping ⁴ dai ² haai ⁴ 平 底 鞋	scandals loeng ⁴ haai ⁴ 涼 鞋
slippers to ¹ haai ² 拖 鞋	rain boots seoi ² haai ⁴ 水 鞋	insole haai ⁴ din ³ 鞋 墊
shoelace haai ⁴ daai ² 鞋 帶	waistbag jiu ¹ baau ¹ 腰 包	backpack bui ³ nong ⁴ 背 囊
messenger bag ce ³ me ¹ doi ² 斜 頂 袋	briefcase gung ¹ si ⁶ baau ¹ 公 事 包	reusable bad waan ⁴ bou ² doi ² 環 保 袋



3. 燙衫晾衫

Ironing clothes and drying clothes

🔊 d301.mp3



Sir: This is a silk shirt, iron carefully, cannot be too hot. (This shirt is made of silk. Please iron it carefully with very low heat.)

先生

nei¹ gin⁶ si¹ zat¹ seot¹ saam¹ siu² sam¹ tong³
 呢 件 絲 質 ① 恤 衫 小 心 燙 ，
 m⁴ ho² ji⁵ taal³ jit⁶
 唔 可 以 太 熱 。

Helper: Understand, Sir.

外傭

zi¹ dou³ sin¹ saang¹
 知 道 ， 先 生 。

① 衣服材質 Clothes materials * 只要把詞彙代入 _____ ① 就可
 以造句 (Make sentences by substituting vocabulary items in _____ ①)

🔊 d302.mp3



cotton min ⁴ zat ¹ 綿 質	flannel jung ² 絨	velvet tin ¹ ngo ⁴ jung ² 天 鵝 絨
corduroy dang ¹ sam ¹ jung ² 燈 芯 絨	down jyu ⁵ jung ² 羽 絨	leather pei ² 皮
wool joeng ⁴ mou ⁴ 羊 毛	cashmere ke ¹ si ⁶ me ¹ 茄 士 咩	lace lei ¹ si ² 喱 士



I 常用短句 Useful sentences

 d303.mp3



Wool sweater needs to be carefully air-dry, easy to change its shape. (Please air-dry the wool sweater carefully. Its shape might be changed.)

joeng⁴ mou⁴ laang¹ saam¹ jiu³ siu² sam¹ long⁶ hou² ji⁶ bin³ jing⁴
羊毛冷衫要小心晾，好易變型。

Underwears and underpants need to be washed separately from other clothes. (Please separate the underwears and underpants from other clothes when washing.)

dai² saam¹ dai² fu⁶ jiu³ tung⁴ kei⁴ taa¹ saam¹ fan¹ hoi¹ sai²
底衫底褲要同其他衫分開洗。

Baby clothes need to be washed separately from adults' clothes. (Please separate baby clothes and adults' clothes when washing.)

bi⁴ bi¹ saam¹ jiu³ tung⁴ daai⁶ jan⁴ saam¹ fan¹ hoi¹ sai²
B B 衫要同大人衫分開洗。

4. 處理食材 Handling ingredients



d401.mp3

Sir: Help me to freeze the fish and slice the beef.

先生

bong¹ ngo⁵ syut³ zo² tiu⁴ jyu² tung⁴ zoeng¹ di¹
幫 我 雪 咗 條 魚 ① , 同 將 啲

ngau⁴ juk⁶ cit³ pin²
牛 肉 ① 切 片 ② 。

Helper: Understand, Sir.

外傭

zi¹ dou³ sin¹ saang¹
知 道 , 先 生 。

① 主要食材 Major ingredients type * 只要把詞彙代入 _____ ① 就可以造句 (Make sentences by substituting vocabulary items in the _____ ①)



d402.mp3

pork zyu ¹ juk ⁶ 豬 肉	chicken meat gai ¹ juk ⁶ 雞 肉	mutton joeng ⁴ juk ⁶ 羊 肉	duck meat aap ³ juk ⁶ 鴨 肉
ham fo ² teoi ² 火 腿	bacon jin ¹ juk ⁶ 煙 肉	sausage coeng ² zai ² 腸 仔	spam ng ⁵ caan ¹ juk ⁶ 午 餐 肉

shrimp haa ¹ 蝦	crab haai ⁵ 蟹	clam hin ² 蜆	spiral shell lo ² 螺
seafood hoi ² sin ¹ 海鮮	vegetable coi ³ 菜	fruits saang ¹ gwo ² 生果	egg daan ² 蛋

② 處理食材方法 Ways to handle food ingredients * 只

要把詞彙代入 _____ ② 就可以造句 (Make sentences by substituting vocabulary items in _____ ②)

🎧 d403.mp3



pelletize/ cut into dice cit ³ nap ¹ 切 粒	shred cit ³ seoi ³ 切 碎	mash gaau ² seoi ³ 攪 碎
cut off zaam ² hoi ¹ 斬 開	chop into pieces zaam ² gin ² 斬 件	put in the refrigerator fong ³ jap ⁶ syut ³ gwai ⁶ 放入雪櫃
put in the freezer fong ³ jap ³ bing ¹ soeng ¹ 放入冰箱	frozen syut ³ cong ⁴ 雪 藏	marinate jip ³ 醃
wind dry ceoi ¹ gon ¹ 吹 乾	sun dry saai ³ gon ¹ 曬 乾	

常用短句 Useful sentences * 調味料 seasoning _____ ③ 為可替換詞彙。(Make sentences by substituting vocabulary items in the _____ ③)



🔊 d404.mp3

cut the beef as dice, put in the refrigerator (Please dice the beef and put in the refrigerator)

ngu⁴ juk⁶ cit³ nap¹ fong³ jap⁶ syut³ gwai⁶
牛肉切粒，放入雪櫃。

help me to cut the chicken, chop into pieces (Help me to chop the chicken into pieces)

bong¹ ngo⁵ zaam² hoi¹ zek³ gai¹ zaam² hoi¹ jat¹ gin⁶ gin⁶
幫我斬開隻雞，斬開一件件。

use corn starch, sugar and soya sauce to marinate the meat and cook tonight

jung⁶ sang¹ fan² tong⁴ tung⁴ si⁶ jau⁴ jip³ jat¹ jip³
用生粉 ③、糖 ③ 同 豉油 ③ 醃一醃

di¹ juk⁶ gam¹ maan⁵ zyu²
啲肉今晚煮。

外傭 廣東話 秘笈

Cantonese for Domestic Helpers

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外傭 廣東話 秘笈

適合初來港外傭
自學生活廣東話
適合僱主或僱傭
公司作培訓之用



本書共有**八大日常生活主題**，每個主題下面均設計生活情景會話，幫助外傭學習日常工作用語及處理相關工作。每課分為三部分：

1. **情景對話**：以精簡的對話帶出工作場景的語言技巧和合適用語。
2. **實用詞彙**：列出不同主題的實用詞彙。
3. **活用短句**：分類列出實用短句。

本書是一本有聲書，每課均附有英語、粵語、粵語拼音對照，一掃**二維碼**即可按篇章收聽廣東話發音範例，方便易學。



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