



zhèng cān

正餐

noun · main meal; dinner

Example Sentences

wǎn fàn shì zhèng cān

晚饭是正餐。

Dinner is the main meal.

tā zhōng wǔ zhǐ chī líng shí méi chī zhèng cān

他中午只吃零食，没吃正餐。

He only ate snacks at noon and didn't have a proper meal.

zhèng cān yīng gāi bāo kuò zhǔ shí shū cài hé dàn bái zhì

正餐应该包括主食、蔬菜和蛋白质。

A main meal should include staple food, vegetables, and protein.

Trace each character, then write the word on your own.

正	正	正	正	正	正	正	正				
餐	餐	餐	餐	餐	餐	餐	餐	餐	餐	餐	餐
餐	餐	餐	餐	餐	餐	餐	餐				