



lián zǐ

莲子

Noun · Lotus seed

Example Sentences

nǐ zhī dào rú hé tiāo xuǎn pǐn zhì shàng chéng de lián zǐ ma
你知道如何挑选品质上乘的莲子吗？

Do you know how to select high-quality lotus seeds?

zhè dào tāng lǐ bìng méi yǒu fàng lián zǐ ér shì yòng le bǎi hé
这道汤里并没有放莲子，而是用了百合。

This soup does not contain lotus seeds; instead, lily bulbs were used.

gēn jù chuán tǒng yào shàn lǐ lùn lián zǐ jù yǒu ān shén yǎng xīn de gōng xiào
根据传统药膳理论，莲子具有安神养心的功效。

According to traditional medicinal cuisine theory, lotus seeds have the effect of calming the nerves and nourishing the heart.

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

莲	莲	莲	莲	莲	莲	莲	莲	莲	莲	莲
莲	莲									

子	子	子	子	子	子					