

# Oat folk songs

By Acting Troupe from Zhangbei,  
Zhangjiakou, Hebei Province

- 众家姐妹走上前
- 夸夸坝上土特产
- 欢迎大家到草原
- 燕麦产品在表演
- 哎 咱们大家在表演
- We sisters are walking on the stage , praising on the Chinese traditional naked oat foods.
- Welcome to China.
- The Chinese traditional oat foods are showing in front of you.

- 张北莜麦味道美
- 吃完更让人陶醉
- 窝窝捏成气筒筒
- 鱼鱼搓的细整整
- Chinese traditional oat foods are very delicious.
- Their deliciousness fascinated everyone.
- Oat Wowo is made into round barrel-shape.
- Oat Yuyu is made into special thin noodle shape.

- 打拿糕，贴锅饼
- 锅巴饺子擀饨饨
- 汗炒面，香喷喷
- 傀儡打得碎纷纷
- 山药鱼，山药饼
- 喝完熬鱼灌缝缝
- 那是一吆嗨
- 欢迎大家来品尝
- Chinese traditional oat foods also contain Danagao, Tieguobing, Guoba dumplings, Gandundun, Hanchaomian, Kuilei, Shanyao(potato)yu , Shanyaobing, Aoyu and so on.
- Welcome to have a taste of them.

- 坝上的莜面是个宝
- 祖祖辈辈离不了
- 各种各样的面食品
- 谁吃谁说就是好
- Chinese traditional oats are very precious.
- People in planting regions can not live without them.
- There are many kinds of oat foods.
- Every one likes to eat them.

- 少年吃了发育好
- 青年吃了个头高
- 中年吃了会创业
- 老年吃了永不老
- The children who eat them can grow better.
- The Youngers who eat them can become wiser.
- The middle-aged person who to eat them can start a business.
- The Olders who eat them can live longer.

- 说莜面，道莜面
- 莜面特产说不完
- 每年张北音乐节
- 请你旅游带尝鲜，带尝鲜
- We have said so many things about traditional oat foods.
- But that is not enough.
- Welcome to China.
- We invite you to tour and have a taste.

- 张北风情地貌就是好
- 各国贵宾来旅游
- 原始草原，蜂蝶飞舞
- 百灵鸟唱歌身心爽
- 湿地风车，六代长城
- 魅力商道，神秘中都
- 天堂氧巴，欧洲风光
- 绿色蔬菜，美丽草原
- 一路顺风欢迎来观看
- The landscape of Zhangbei is very nice.
- Distinguished guests from many countries have been there.
- There are original grasslands, flying butterflies, singing Larks, wetland and wind power, the 6th generation Great Wall, charming old business way, mysterious Zhongdu, nature oxygen bar, European landscape, green vegetables and beautiful grasslands.
- Welcome and have a nice journey.

- 绿色蔬菜人人爱，味美色艳无公害
- 富了菜民惠市民，畅销全国及海外
- Every one like the green vegetables, they are delicious and pollution free.
- The green vegetables make the farmers rich and make the citizens healthy, they are well-selling in and abroad.

- 有一个美丽的传说
- 神奇的燕麦会唱歌
- 过去它能让坝上人吃饱饭
- 现在它做保健品那叫一个火
- 只要你懂得它的珍贵呀
- 山高那个路远 也能获得
- .....
- Once there was a beautiful folk story
- The magic oat can sing a song
- In the past time, it make the people in Bashang area eat full
- Now, it is very popular as a kind of healthy food
- If only you can understand its value
- Then you can get it no matter how high the mountain is and how long the way is.

- 有一个美丽的传说
- 神奇的燕麦会唱歌
- 传统的做法四十多种
- 它会让你越吃越快活
- 只要你经常吃燕麦食品呀
- 天长地久永远快活
- Once there was a beautiful folk story
- The magic oat can sing a song
- The traditional food are more than 40 kinds
- After eating them, you will become happier.
- If you always eat oat foods, you will happy all of your life.

- 莜面香来香莜面
- 莜面飘香万里远
- 各地游客齐称赞
- 不品莜面不回还。
- Chinese traditional oats are very delicious.
- Their savory scents float long distances.
- All visitors praise their delicious.
- One who fails to eat traditional oat foods does not want to go back.