



# CONVERSATION STARTER KIT FOR SENIORS

SERIES 2 : LIFESTYLE





*Singapore Traction Company Bus, 1960s*

新加坡电车公司 巴士， 1960 年代

Courtesy of the National Museum of Singapore, National Heritage Board

Despite best efforts, NHB is unable to trace the copyright holder for this object.  
It apologises for any infringement and invites the rightful owners to make contact.

# Singapore Traction Company Bus, 1960s

新加坡电车公司 巴士, 1960 年代

---

1. *What was the public transport system in Singapore like?*  
从前新加坡的公共交通系统是怎么样的?
2. *How did you get around Singapore?*  
从前你出门时用什么交通工具?
3. *How is it different from now?*  
现在和从前的公共交通系统有什么不同?



*Granite Mortar and Pestle, 1960s*

搥臼和搥槌， 1960年代

Courtesy of the National Museum of Singapore, National Heritage Board

## Granite Mortar and Pestle, 1960s

搥臼和搥槌， 1960年代

---

1. *What do you usually use the mortar and pestle for?*  
这个器具是用来在做什么的？
2. *What do you like to cook?*  
你喜欢下厨煮饭或烹饪吗？ 你最喜欢煮什么食物？
3. *Who do you cook for?*  
你煮饭给谁吃？



Washing Board  
洗衣板

# Washing Board

## 洗衣板

---

1. *Who washes the clothes in your family?*  
在家里，谁负责洗衣？
2. *How do you do the laundry?*  
你习惯怎么样洗衣服？
3. *What was the style of dressing for men and women in the past?*  
从前流行什么样的穿着？  
你年轻时喜欢穿什么样的衣服？



*Meat Safe, 1940s-1970s*

"菜厨" / "碗柜" / "食物柜", 1940 - 1970 年代

Courtesy of the National Museum of Singapore, National Heritage Board

# Meat Safe, 1940s-1970s

“菜厨” / “碗柜” / “食物柜”

1940 - 1970 年代

---

1. *What was this used for?*  
这个器具是用来在做什么的？
2. *Who does the cooking in your family?*  
在家里, 谁负责煮饭或下厨？
3. *How was cooking done in the past?*  
从前的厨房是怎么样的？  
煮饭做菜跟现在有什么不同？



*Tiffin Carrier, early mid-20th century*

多层搪瓷提盒 / 手提饭盒 / 饭格 / "格蓝", 20 世纪上半叶

Courtesy of the National Museum of Singapore, National Heritage Board

## *Tiffin Carrier, early mid-20th century*

多层搪瓷提盒/手提饭盒/饭格/“格蓝”，  
20 世纪上半叶

---

1. *What was this used for?*  
这个器具是用来在做什么的？
2. *What kind of food did you buy from the hawkers? What was your favourite food during your childhood?*  
你去小贩中心会买什么食物吃？  
小时候，你最喜欢吃什么？
3. *How much did food cost?*  
跟现在比起来，从前的食物是不是比较便宜？



*Timber Abacus, 20th century*

算盘, 20 世纪

Courtesy of the National Museum of Singapore, National Heritage Board

## Timber Abacus, 20th century

算盘, 20 世纪

---

1. *What type of businesses uses this?*  
通常什么生意或店家会用算盘?
2. *Do you or any of your family members know how to use this?*  
你会用算盘吗? 你的家人或朋友会用算盘吗?
3. *What were the common trades or jobs in the early days of Singapore?*  
在你小时候, 什么商业或行业是最普遍的?



*Men's Vintage Bicycle, 1940s*

自行车/脚踏车/ 单车, 1940 年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *Men's Vintage Bicycle, 1940s*

自行车/脚踏车/ 单车, 1940 年代

---

1. *Do you know how to ride a bicycle?*  
你会骑脚踏车吗?
2. *Who taught you to ride a bicycle?*  
是谁教你骑脚踏车的?
3. *Where did you go to on a bicycle?*  
你去哪里骑脚踏车? 为什么?



*Rediffusion set, 1950s*

丽的呼声，1950年代

Courtesy of the National Museum of Singapore, National Heritage Board

Despite best efforts, NHB is unable to trace the copyright holder for this object.  
It apologises for any infringement and invites the rightful owners to make contact.

## *Rediffusion set, 1950s*

丽的呼声，1950年代

---

- 1. What were your favourite programmes on Rediffusion?*  
你最喜欢哪个丽的呼声的节目？
- 2. Who were your favourite Rediffusion personalities?*  
你最喜欢的丽的呼声广播员是谁？  
例如李大傻 (Cantonese/广东), 王道 (Hokkien/福建),  
黄正经 (Teochew/潮州), 周顺发 (Hakka/客家).
- 3. What did you learn from the programmes?*  
你听节目时学到了什么知识？



*Singer Sewing Machine, 1930s-1940s*

胜家缝纫机（缝衣机/针车），1930 - 1940年代

Courtesy of the National Museum of Singapore, National Heritage Board

Despite best efforts, NHB is unable to trace the copyright holder for this object.  
It apologises for any infringement and invites the rightful owners to make contact.

# Singer Sewing Machine, 1930s-1940s

胜家缝纫机（缝衣机/ 针车），  
1930 - 1940 年代

---

1. *Do you or your family members sew?*  
你会缝纫或裁缝吗？你有家人或朋友会  
针线活（裁缝）吗？
2. *Why did most women learn to sew?*  
为什么从前有很多女子都学缝纫（裁缝）？
3. *What were the occasions for which you  
will sew for?*  
你会在什么日子或特别的日子做新衣服？



*Spittoon, 1927*

痰盂（痰桶），1927年

Courtesy of the National Museum of Singapore, National Heritage Board

# Spittoon, 1927

痰盂（痰桶），1927年

---

1. *What did you use this for?*  
这个器具是用来在做什么的？
2. *Why was it necessary to use it?*  
为什么会需要用这个器具？
3. *Who in your family used it?*  
从前，你的家人中有谁曾用这个器具？



*Back Scratcher*

抓背器 (不求人)

Courtesy of the National Museum of Singapore, National Heritage Board

# Back Scratcher

抓背器（不求人）

---

1. *What is this used for?*  
这个器具是用来在做什么的？
2. *Who uses it in your family?*  
你的家人中有谁用这个器具？
3. *How do you use this?*  
这个器具是如何使用的？

Heritage in Episodes: Season 1 – The Last Rattan Weaver

Video: <https://roots.sg/Roots/learn/resources/Videos/heritage-in-episodes-season-1-the-last-rattan-weaver>



*Setron Television Set, 1960s-1970s*

视特朗电视机，1960 - 1970 年代

Courtesy of the National Museum of Singapore, National Heritage Board

Despite best efforts, NHB is unable to trace the copyright holder for this object.  
It apologises for any infringement and invites the rightful owners to make contact.

## Setron Television Set, 1960s-1970s

视特朗电视机, 1960 - 1970 年代

---

1. *What television programmes did you enjoy watching?*  
你喜欢看什么电视节目?
2. *Where did you watch the television programmes?*  
你在哪里看电视节目?
3. *How has the television set changed?*  
从前的电视机跟现在有什么不同?

Former Tanglin Halt Industrial Estate

Landmark Info and Related Trail: <https://roots.sg/Content/Places/landmarks/my-queenstown-heritage-trail/former-tanglin-halt-industrial-estate>



*View of Street Market at Chinatown, 1960-1990*

牛车水街道，1960 - 1990 年

Courtesy of the National Museum of Singapore, National Heritage Board

## *View of Street Market at Chinatown, 1960-1990*

牛车水街道, 1960 - 1990 年

---

- 1. Where did you and your family buy fresh produce?*  
你和家人都去哪里买菜?
- 2. What was the street/wet market like in the past?*  
早前的菜市场或湿巴刹是怎么样的?
- 3. How has the market changed?*  
现在买菜的方式或地方和从前什么不同?



*Charcoal Stove, 1960s*

煤炭炉 / 火炉, 1960 年代

Courtesy of the National Museum of Singapore, National Heritage Board

## Charcoal Stove, 1960s

煤炭炉/ 火炉, 1960 年代

---

1. *How did you cook your meals?*  
从前煮饭或做菜是怎么做的?
2. *What was the kitchen like?*  
从前的厨房是怎么样的?
3. *What are the dishes you would prepare for special occasions?*  
在特别节庆日时, 你会煮什么?

Heritage in Episodes: Season 1 – A Traditional Teochew Confectionary

Video: <https://roots.sg/learn/resources/Videos/heritage-in-episodes-season-1-a-traditional-teochew-confectionary>



*Chinese Opera Performance, 1970s-1980s*

华人传统戏剧/ 街戏或大戏, 1970 - 1980 年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *Chinese Opera Performance, 1970s-1980s*

华人传统戏剧/ 街戏或大戏, 1970 - 1980 年代

---

1. *Where could you watch Chinese operas?*  
在哪里或什么时候可以看到大戏?
2. *What is your favourite Chinese opera?*  
你最喜欢看哪一出大戏?
3. *Who are your favourite Chinese opera performers?*  
你最喜欢的京剧、粤剧或潮剧演员是谁?



*A Malay Wedding Procession at a Kampong, c.1970s*

传统马来婚礼， 1970年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *A Malay Wedding Procession at a Kampong, c.1970s*

传统马来婚礼， 1970年代

---

1. *What was a Malay wedding like?*  
从前的马来婚礼是怎么样的？
2. *How is it different today?*  
现在的马来婚礼有什么不同？
3. *How was a family involved in a wedding preparation?*  
婚礼要做什么准备？ 家人怎么参与婚礼的准备？



*Pressure Lamp, 1960s*

汽灯（土油灯/火水灯），1960年代

Courtesy of the National Museum of Singapore, National Heritage Board

## *Pressure Lamp, 1960s*

汽灯（土油灯/火水灯），1960年代

---

1. *How did you use a kerosene lamp?*  
煤油灯是怎么用的？
2. *How was life different when there was electric lamp?*  
有电灯后，生活有什么不同？
3. *How did you and your family spend the evenings?*  
你和家人吃过晚餐后会做什么？



*Mosquito Coil Box Packaging, mid-20th century*

蚊香，20 世纪上半叶

Courtesy of the National Museum of Singapore, National Heritage Board

Despite best efforts, NHB is unable to trace the copyright holder for this object.  
It apologises for any infringement and invites the rightful owners to make contact. We were unable to locate the company.

## *Mosquito Coil Box Packaging, mid-20th century*

蚊香，20 世纪上半叶

---

1. *How do you use a mosquito coil?*  
蚊香是怎么用的？
2. *How effective was it?*  
用蚊香有效防蚊子吗？
3. *What other ways did you and your family use to keep pests away?*  
你和家人还有用其他方法来防蚊虫吗？

Kampong Bedok

Landmark Info and Related Trail: <https://roots.sg/Roots/Content/Places/landmarks/bedok-trail/kampong-bedok>



Traditional Games

传统游戏

# Traditional Games

## 传统游戏

---

1. *What were your favourite games and toys?*  
你最喜欢的传统游戏或玩具是什么？
2. *Who were your playmates?*  
谁是你小时候的玩伴？
3. *How do you play some of these games?*  
你会玩这些游戏吗？请教我怎么玩。



*A Mobile Tea Stall, c.1970*

流动拉茶小贩，约 1970 年

Courtesy of the National Museum of Singapore, National Heritage Board

## A Mobile Tea Stall, c.1970

流动拉茶小贩， 约 1970 年

---

1. *What are your memories of eating at a roadside stall?*  
你对在街边档口吃东西有什么记忆？ 你怀念吃街边档口的食物吗？
2. *What are your favourite foods at the roadside stalls?*  
你最喜欢吃的街边档口食物是什么？
3. *How are the roadside stalls different from today's hawker centres, food courts and coffee shops?*  
街边档口和现在的小贩中心， 食阁和咖啡店有什么不同？

Heritage in Episodes: Season 1 – An Encounter with a Street Barber

Video: <https://roots.sg/Roots/learn/resources/Videos/heritage-in-episodes-season-1-an-encounter-with-a-street-barber>

RECOGNISING THE POTENTIAL OF SENIORS AND ENABLING THEM TO  
MAKE INDEPENDENT CHOICES TO THRIVE MEANINGFULLY.

AN INITIATIVE BY :



IN COLLABORATION WITH :

