

● 大学英语拓展课程系列

拓展课程



Insights into China:
An English Reading Course of Chinese Culture
中国文化英语阅读教程

黄建滨 主编

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of Chinese Culture*

**中国文化
英语阅读教程**

出版说明

教育部最新颁布的《大学英语课程教学要求》将大学英语的教学目标确定为“培养学生的英语综合应用能力,特别是听说能力,使他们在今后学习、工作和社会交往中能用英语有效地进行交际,同时增强其自主学习能力,提高综合文化素养,以适应我国社会发展和国际交流的需要”,并提出:“将综合英语类、语言技能类、语言应用类、语言文化类和专业英语类等必修课程和选修课程有机结合,确保不同层次的学生在英语应用能力方面得到充分的训练和提高。”《大学英语课程教学要求》明确要求大学英语教学中开设选修课,以满足大学生的实际需求。

依据《大学英语课程教学要求》,上海外语教育出版社邀请国内外英语教学专家开发编写了选修教材,通过教材的出版引领、促进了大学英语选修课程设置的发展,丰富了我国大学英语教学。这些教材品种丰富,涵盖面广,包括以下多个系列:大学英语应用提高阶段专业英语系列教材、大学英语综合应用能力选修课系列教材、职场英语选修教程系列、大学目标英语、牛津专业英语基础丛书等。这些年来,全国数百所高校使用了这些教材,部分老师对教材的内容和编写形式提出了宝贵的建议,为我们进一步完善教材提供了实践依据。

虽然很多高校多年来一直尝试开设选修课,专家学者也进行了理论研究,但目前此类课程在大学英语教学中所占比重并不大,仍处于探索阶段。多数教学专家对大学英语选修课程的具体教学目标和教学内容范围未形成统一认识,教育主管部门亦未出台具体的选修课教学要求。为了进一步推动大学英语选修课教学的发展,外教社在多年选修课教材使用情况调研的基础上,结合专家学者的最新研究成果和建议,充分考虑我国目前的大学英语教学现状、师资条件、实际需求等因素,重新策划编写了“大学英语拓展课程系列”,该系列教材包括EAP、ESP和EOP三个子系列。

- EAP (English for Academic Purposes)

学术英语类,侧重高级水平英语听、说、读、写、译等技能的培养,为大学生出国留学、攻读研究生、进行科研等学术活动打下更扎实的英语基础。此类课程包括:演讲听说、跨文化交际、文学赏析、学术英语写作等,适合需要继续在学术上深造的大学生使用。

- ESP (English for Specific Purposes)

专业英语类,侧重提升专业英语能力,在培养学生听、说、读、写、译等基本语言技能的基础上,教授与该专业相关的英语词汇和表达,并尽可能传授专业知识,以使大学生轻松通过英语媒介获取本专业知识和信息。此类课程适合相关专业学生学习,针对性强。

- EOP (English for Occupational Purposes)

职场英语类,侧重提升职场英语能力,为大学生将来在英语环境中工作打下扎实的职场交际基本功。此类课程多数适合所有大学生使用,有部分教程与专业结合,适合相应专业学生使用。

除了重新修订已出版的教材外,我们还通过邀请更多海内外英语教学专家参与编写、和国外出版社合作出版等方式,扩大本系列教材的选题规模,以满足各专业大学生的学习需求。本系列教材具有时代感强、实用性强、课堂可操作性强等特点,相信会给我国大学英语教学带来新风向。

前言

随着中国改革开放步伐的加快,随着中国经济进一步地融入世界,世界已经越来越感受到中国的存在,各国人民也越来越想了解中国。但是目前的大学英语教学还仍然基本停留在基础阶段的教学,主干教材仍然以学习语言基础知识和西方文化为主,结果造成大学生毕业时仍然感到从中学到大学学了十年的英语,却还是无法和外国人进行深层次的交流。当然,他们经过十年的英语学习,实际上已经掌握了一般交流所需要的英语词语、结构和表达方式,但是到了和外国人交流时(口头或笔头),他们却感到想说的说不出,想写的写不出。那么问题到底出在哪里呢?根据我们的观察和调查,我们的大学生在和国外友人交流的过程中,遇到的主要问题是外国人真正想向中国学生了解的是中国的文化、中国的风俗、中国的经济、中国的政治体制、中国的历史、中国的风光等等,可是有关这些中国特有内容的英文材料在我们的大学和中学教材中却很少出现。这才是“哑巴英语”的症结所在。本教材的编写正是为了适应国家和社会对大学生英语能力的要求,改变上述现象。

本教材从多角度反映具有中国特色的社会与文化现象,而不是仅仅局限于一般意义的中国文化。我们的选材主要是国内外报刊杂志中有关中国社会和文化的介绍,这些选文的作者不少是在中国工作过或仍在中国工作的外国友人。我们也选取了部分中国近现代作者所写的关于中国的文章,他们从不同角度用地道的英语介绍了中国的社会和文化。本教材内容涉及节日习俗、人际关系、旅游、饮食、中医、武术、音乐、语言、思想意识等等,基本涵盖了中国社会的方方面面。每单元包括两篇阅读材料,一篇课内使用,属于精读性质;一篇补充阅读材料,可以用于泛读。每单元还附有单词表、词组表、专有名词表和注释,以方便学习者使用。

为了使学习者更好地理解课文内容,我们编排了形式多样、生动活泼的练习,如课前活动、边读边想、阅读理解、词汇练习、英译汉、汉译英、问答、课后活动。课前活动和课后活动的形式包括辩论、访谈、讲故事、游戏、问卷调查、演示、角色表演等。这些活动的设计旨在使学习者在活动中使用所学到的表达方式,通过语言的使用达到对语言的掌握,从而提高语言运用的能力。

本教材的编者都是长期从事大学英语教学的教师,有相当的教学和教材编写经验。日本立命馆太平洋大学大桥克洋教授也参与了本教材的编写,使本教材更加国际化。本教材由黄建滨主编,编者有:大桥克洋(日本)、盛跃东、徐莹、景敏言、郑惠卿;其他参与编写的还有:张昀、斯隼、富瑜、于书林、叶文文、张俊贤、陈颖、杨建平、张颖、隋红升、杨仙菊、柯苹、徐尔清。

本教材的课文广泛选自国内外有关中国的出版物,在此向原作者表示衷心的感谢。

本教材是我们在弘扬中国文化方面的一次初步尝试,疏漏和不妥之处还望专家和读者不吝指教。

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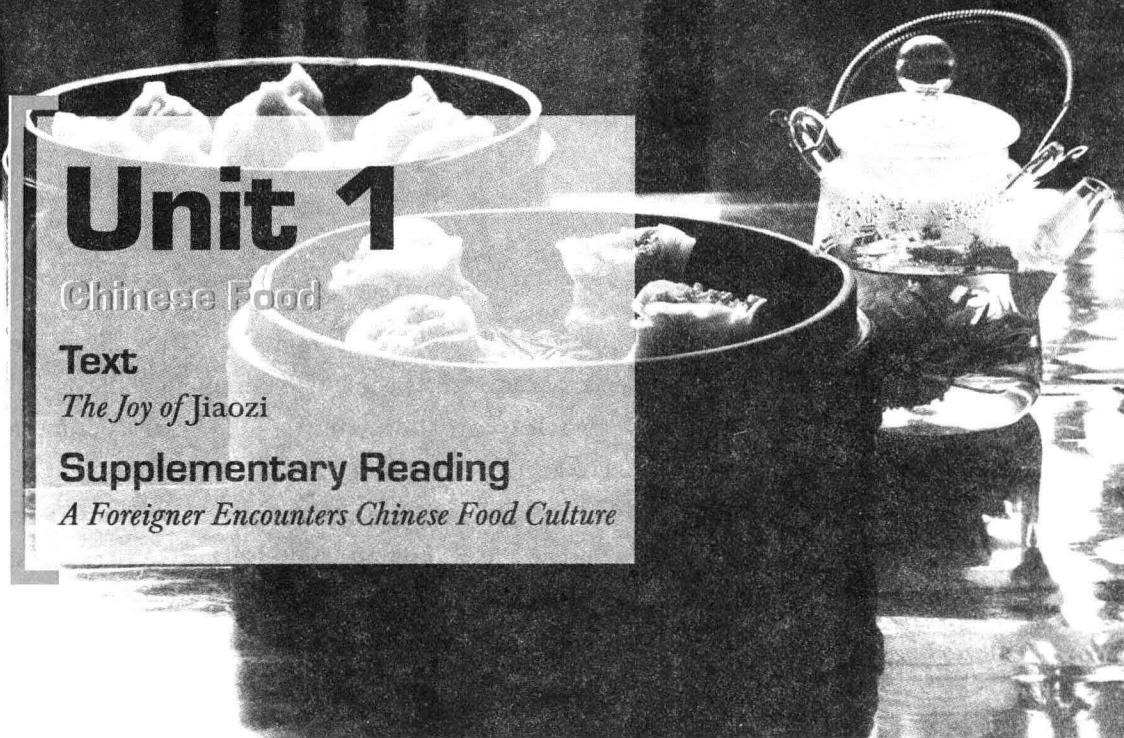
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Unit 1

Chinese Food

Text

The Joy of Jiaozi

Supplementary Reading

A Foreigner Encounters Chinese Food Culture

Pre-reading Activity

Work in groups to list as many traditional Chinese foods as you can in each category and write them down in the table.

Appetizer	Vegetable	Soup	Meat	Drink	Dessert

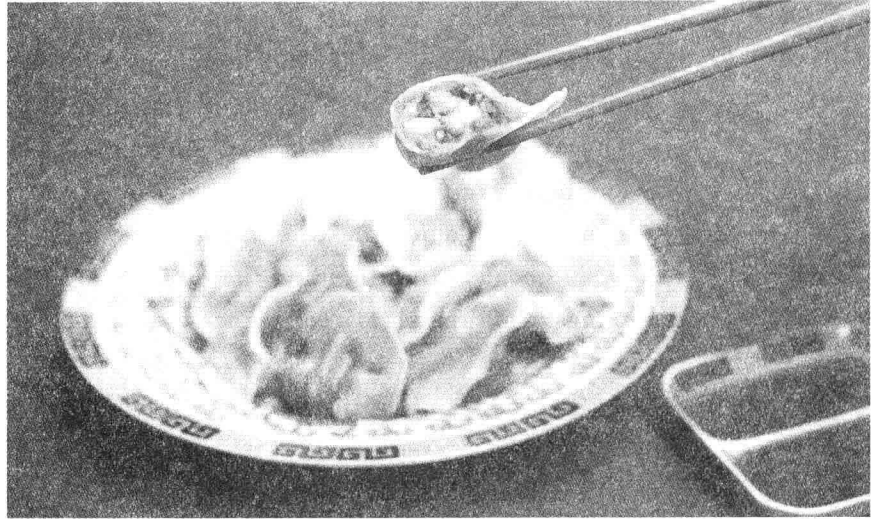
While-reading Activity

Think about the following question while you read the text.

Which foods you have listed above are mentioned in the text, and which are not?

Text**The Joy of *Jiaozi*** / By Xiao Wen

- 1_ In the northern part of China, people often say: “Dumplings are the best to eat.” Indeed, because of its cold, arid climate, people spend the winters eating vegetables stored away in the fall. *Jiaozi* – Chinese dumplings – have become a specialty in the north.
- 2_ Dumplings are made by wrapping a dough around meat and vegetables. In the past, people ate dumplings only on festive occasions; now they have become common fare in the home, and several brands of frozen dumplings are available in stores. However, it is still the custom in the north to make and eat dumplings on the eve of Spring Festival. During this time it is common to hear people say, “Dumplings are the best to eat.”
- 3_ Laobian’s Dumplings¹ are distinctive for their fried meat and variety of vegetable stuffing. They can be found at the 160-year-old Laobian’s Dumplings Shop in Shenyang, a large city in northeast China. This kind of dumplings is called “Old Bian” because the shop’s founder was Bian Fu. During that time Bian Fu tried his best to improve the stuffing so that his dumplings were out of the ordinary. Because the meat is fried before it is mixed with the vegetables, Laobian’s Dumplings are easier to cook than other kinds of dumplings.
- 4_ The popularity of Laobian’s Dumplings has traveled south. In Hai-kou, Hainan – the southernmost province of China – a Laobian’s Dumplings Shop has been opened. The northerners who live there can satisfy their craving for their local cuisine. Even Hainaners like to eat Laobian’s Dumplings. One Hainaner not only likes to eat the dumplings but also enjoys seeing how they are made up north.² “I was born and brought up near the ocean, so I love seafood. But dumplings are also good to eat. I enjoy eating a full plate of dumplings with meat and vegetable stuffing,” he said.



- 5_ *Yuanyang* Dumplings have beef and mutton stuffing. Because this kind of stuffing will contract and become tough when it is boiled, people usually add a little water to it. This is a task that calls for skill. You must add water to the beef and mutton separately, but can only add a little each time and you shouldn't stop mixing while adding the water until the stuffing becomes smooth. There is no need to add other vegetables to the stuffing besides green Chinese onion and ginger. This dumpling tastes a lot like a meatball.
- 6_ *Yuanyang* Dumplings are a favorite with the Hui People as well as the Han. Even the soup that *Yuanyang* Dumplings are boiled in has a special flavor. It is said that drinking the soup helps the digestion. It is common to drink a bowl of the soup after eating the dumplings. It's a pity if you don't try at least one bowl of *Yuanyang* Dumplings' soup after enjoying the dumplings themselves.
- 7_ The Dumpling Banquet in Xi'an³ is becoming more popular as tourism develops in China. Today a Xi'an Dumpling Banquet can be found on Chang'an Avenue in Beijing. The banquet entails offering a wide variety of dumplings in a banquet setting. Guests are encouraged

to try as many different kinds as possible. Women from the Loess Plateau in northwest China make the dumplings with special stuffing and wrappers, so that they look like fish, insects, birds, animals and flowers. They're almost too pretty to eat. A dumpling banquet is a good way to welcome or to say farewell to friends.

8__ Dumpling banquets held on the eve of Spring Festival are most enjoyable because traditionally, the entire family joins in to make dumplings. Children always come back to their parents' house on this occasion.

9__ Southerners and northerners have different ways of making the dumplings. Northerners roll out a wrapper for each dumpling, but southerners roll out a large sheet of dough and then use a small bowl turned upside down to cut out the wrappers.

10__ Each family in China makes its own kind of dumplings, which translates to thousands of different kinds of *Jiaozi* being made all over the eve of Spring Festival. It is truly a state banquet!

11__ “*Hao chi bu guo Jiaozi.*” Dumplings are the best to eat.

(Adapted from *Women of China*, translated by Zhao Ning)

New Words

arid /'ærid/ *a.* (气候、地区等) 干旱的, 干燥的

banquet /'bæŋkwɪt/ *n.* 宴会, 盛宴

craving /'kreɪvɪŋ/ *n.* 渴望, 迫切的需要

cuisine /kwi:'zi:n/ *n.* 烹饪

dumpling /'dʌmpɪŋ/ *n.* 饺子, 汤团

entail /ɪn'teɪl/ *vt.* 使承担, 必需

fare /feə(r)/ *n.* 伙食; (车、船等) 费

festive /'festɪv/ *a.* 节日的

ginger /'dʒɪndʒə(r)/ *n.* 生姜

mutton /'mʌtən/ *n.* 羊肉

setting /'setɪŋ/ *n.* 环境

specialty /'speʃəltɪ/ *n.* 特色菜, 特产

stuffing /'stʌfɪŋ/ *n.* 馅

Phrases and Expressions

bring up

养育

call for

需要, 要求

out of the ordinary

特殊的, 不同寻常的

roll out

碾平, 展开

Proper Names

Bian Fu

边福(老边饺子创始人, 1808-1870)

Chang'an Avenue

长安街(北京一街道)

Haikou

海口(海南省省会)

Laobian's Dumplings

老边饺子

Loess Plateau /'ləʊs 'plætəʊ/

黄土高原

Xi'an Dumpling Banquet

西安饺子宴

Yuanyang Dumplings

鸳鸯饺

Notes to the Text

1. Laobian's Dumplings: 老边饺子。坐落于沈阳北市场的老边饺子馆, 始建于1829年, 至今已有160多年的历史, 是沈阳最负盛名的风味餐馆, 经营的饺子有100多种。老边饺子素以皮薄馅大、鲜香味美、浓郁不腻、松散易嚼而闻名遐迩。老边饺子之所以令人交口称赞, 关键在于制馅。扁馅的制作, 要求选料精细。肉馅, 春、夏多用瘦, 秋、冬多用肥。取一半肉馅放在炒锅里, 经加入甜面酱、调料炒制后, 和另一半生肉馅混合, 做成扁馅。
 2. 此句意为: 有一位海南人不仅喜欢吃饺子, 而且喜欢看饺子在北方是怎么包的。句子中的 up 相对于 down, 意思是: 在北部, 在北方。
 3. The Dumpling Banquet in Xi'an: 西安饺子宴。在西安的特色小吃中, 最称得上绝的非“饺子宴”莫属。它是由千姿百态的饺子组成的宴宾筵席。尤为中外游客称道的是, 上百种饺子, 配以不同的馅, 捏成不同的形状, 玲珑剔透, 或蒸或煮, 好吃好看, 每一款都有一个雅致的名称和传说, 让人眼花缭乱, 赞不绝口。“西安饺子宴”分为“百花宴”、“牡丹宴”、“龙凤宴”、“宫廷宴”、“八珍宴”等5个高、中、低档次, 由180余种色彩、造型、香味俱佳的饺子分别组成, 真可谓“一饺一格、百饺百味”。
-

Post-reading Activities

I. Comprehension of the Text

There are eight questions or incomplete sentences in this part. Each of them is followed by four suggested choices marked A, B, C and D. You

should decide on the best choice according to the text.

1. *Chinese dumplings have become a specialty in the northern part of China because of ____.*
 - A. the easy cooking
 - B. the cold and dry weather
 - C. the delicious taste
 - D. the available stuffing
2. *Which of the following makes Laobian's Dumplings distinctive?*
 - A. A 160-year-old history.
 - B. Special wrappers.
 - C. Delicious cuisine.
 - D. Unusual stuffing.
3. *One of the main reasons why the popularity of Laobian's Dumplings has traveled south is that ____.*
 - A. the dumplings can cater to the needs of the northerners living south
 - B. the dumplings suit the taste of the southerners
 - C. the dumplings are easy to make
 - D. the dumplings are as delicious as seafood
4. *We know from the text that Yuanyang Dumplings ____.*
 - A. only have two kinds of stuffing
 - B. are made with special wrappers, looking like birds
 - C. need more skill than any other brand of dumplings when boiled
 - D. are liked by both the Hui people and the Han
5. *According to the passage, it's a pity if you don't drink Yuanyang Dumplings' soup because ____.*
 - A. it helps the digestion
 - B. there are a lot of ingredients in it
 - C. there is no need to pay extra money for it
 - D. it is boiled in a special way
6. *Which of the following might make the Dumpling Banquet in Xi'an popular?*