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中央民族大学素质教育通识课程项目

Talking About

Traditional Chinese Culture

中国传统文化

英语

口语教程

◎ 刘立 李盛 李凤 / 编著

中央民族大学出版社  
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# 前 言

在2012年7月举办的“教育部建设有中国特色的大学英语课程体系专题研修班”里，教育部各级领导不断强调大学英语教育应从关注学生语言技能的训练转向关注学生综合外语文化素质的培养，并明确了大学英语教育的工具性、人文性和专业性及“三位一体”的思想。语言学习已经不再只是学习语言，而是学习文化、交流文化。作为新时代的少数民族大学生，我们不仅需要学习好英语和英语国家文化，而且更为重要的是用英语表达、传播我国各民族文化，把丰富绚烂的中国文化展现给世界各国人民。

本教材正是在这个思想指导下编写的，力求学习者通过读与说的训练掌握中国文化的常用词汇和表达方式，为成功的跨文化交际打下基础。本书共分十章，分别是概论、哲学宗教、文学艺术、教育科技、体育运动、节日与民俗、饮食文化、民族服饰、传统建筑以及中医养生。第一章概论部分主要介绍了中国的历史、地理、人口分布、政治体制等方面，同时还补充了关于中国的朝代变迁和文房四宝等内容。第二章主要围绕中国传统的哲学思想和宗教变迁展开。第三章介绍中国古代文学、国画、戏曲艺术和民间艺术等。第四章介绍中国的四大发明、教育机构和教育家等。第五章介绍传统体育项目武术、蹴鞠等和民间体育项目划龙舟、舞狮等。第六章主要围绕中国传统节日展开，介绍这些传统节日的由来以及中国人如何庆祝传统节日。第七章介绍丰富多彩的中国饮食文化，如八大菜系和酒文化，还介绍颇具中国特色的餐具——筷子。第八章介绍中国服饰的历史变迁，还有民间服饰和皇族服饰。第九章围绕中国传统建筑特色和风格展开，介绍中国园林以及风水八卦。第十章展现中国传统医学的主要概念、主要人物以及诊疗手段等。所有章节既相互联系，又自成一体，交织成一幅中国传统文化的画卷。

本教材图文并茂，形式活泼，适合民族院校的大学生选修课和对中国文化英文表达感兴趣的各位同学。本教材既侧重阅读输入，也侧重口语输出，学以致用。每单元围绕一个话题设计七个模块：

Warm - up (导入部分)



Let's Speak (你问我答)



Let's Read (阅读文章)

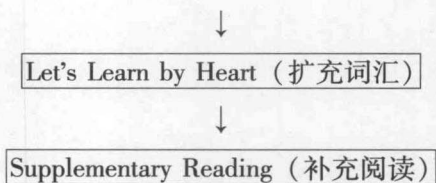


Let's Discuss (讨论文章)



Let's Talk (拓展练习)

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其中, Let's Speak 主要是将学习者引入本单元的话题和核心概念, Let's Read 包含一篇 1000 字左右的文章, 学习者需要仔细阅读, 而后回答 Let's Discuss 中的阅读理解问题, Let's Talk 是拓展性口语练习, 形式多样, 有对话、小组讨论、辩论等。除此之外, 每单元还附带两篇和该单元话题相关的补充阅读, 开拓学生的视野, 提高学生的阅读能力。同时, 教师还可利用补充阅读组织课堂活动。另外, 每单元 Let's Talk 中的部分问题设有参考答案, 请见 Cues for Let's Talk。书末附有整本教材的单词表和参考文献, 方便读者查阅。

本教材的部分内容参考了国内外出版的一些书籍和一些网络资源, 请参阅所附的参考文献。本书的讲义稿在中央民族大学素质通识课程、中央民族大学朝鲜语系二外课程以及中央民族大学文博专业硕士课程上数次讲授, 效果良好。本书的出版得到了 2012 年度北京市教改共建项目“中央民族大学新型大学英语课程体系建设研究”(项目编号: 0120040203) 和 2012 年度中央民族大学素质通识课程“中国传统文化(英语课程)”项目的资助。本教材的各位编者长期从事大学英语教育, 有着丰富的教学经验和知识积累。中央民族大学外国语学院领导、老师和学生们提出了许多宝贵意见和建议, 在此一并致谢!

限于编者的水平, 其中错误与不当之处在所难免, 敬请读者不吝指正。

编者  
2013. 2

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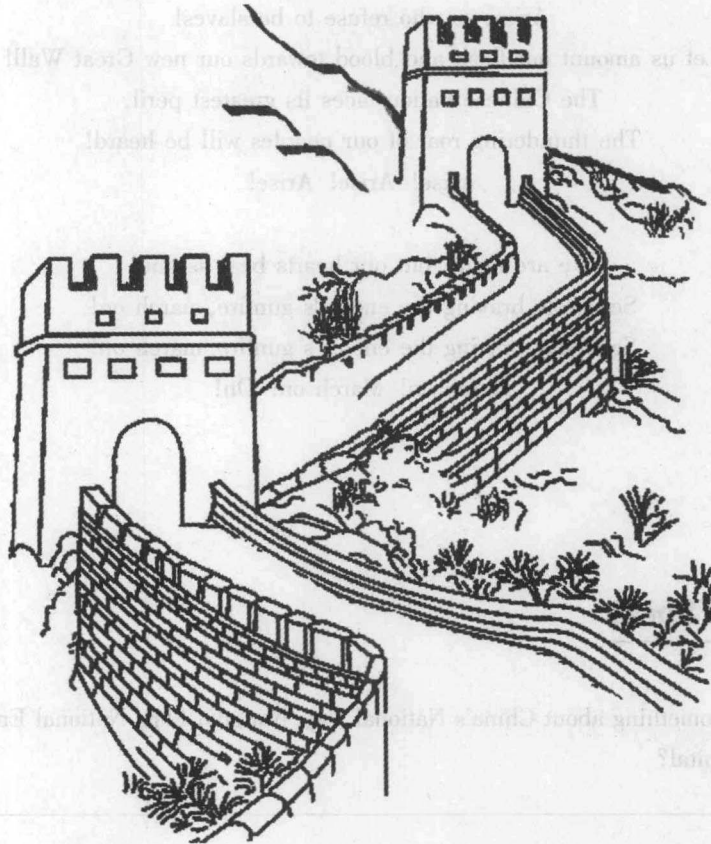
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# Unit 1

## An Overview



Let's Warm up



The Great Wall of China was built by several dynasties for over two thousand years to protect the agricultural regions of the Chinese interior from invasions by nomadic pastoralists of the northern steppes.

《义勇军进行曲》

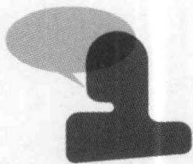
起来，不愿做奴隶的人们，  
用我们的热血筑成我们新的长城。  
中华民族到了最危险的时候，  
每个人被迫着发出最后的吼声，  
起来，起来，起来！

我们万众一心，  
冒着敌人的炮火，  
前进！  
冒着敌人的炮火，  
前进，前进，前进进！

“March of the Volunteers”

Arise, ye who refuse to be slaves!  
Let us amount our flesh and blood towards our new Great Wall!  
The Chinese nation faces its greatest peril,  
The thundering roar of our peoples will be heard!  
Arise! Arise! Arise!

We are many, but our hearts beat as one!  
Selflessly braving the enemy's gunfire, march on!  
Selflessly braving the enemy's gunfire, march on!  
March on! March on! On!



**Let's Speak**

1. Can you tell us something about China's National Day, National Flag, National Emblem, National Anthem and National Capital?

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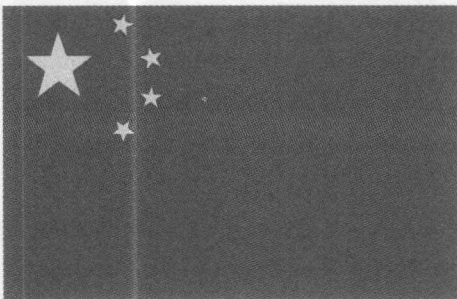
2. What do you know about China's dynasties?

3. Can you list some characteristics of China's landscape?

4. Why does the world use the term "Han culture" to refer to Chinese culture?



### Let's Read and Think



The People's Republic of China (PRC), is a multi-ethnic nation with a long history in East Asia. The ancient Chinese civilization—one of the world's earliest—flourished in the *fertile* basin of the Yellow River in the North China Plain. China's political system was based on *hereditary monarchies*, known as dynasties, beginning with the semi-mythological Xia of the Yellow River basin (around 2000 BC) and ending with the fall of the Qing Dynasty in 1911. The dynasties are generally as follows: Xia, Shang, Zhou, Spring and Autumn Period, Warring States Period, Qin, Han, Three Kingdoms Period, Jin, North and South States Period, Sui, Tang, Song, Yuan, Ming and Qing. Since 221 BC, when the Qin Shi Huang first conquered several states to form a unified Chinese empire, the country has expanded, *fractured* and been reformed numerous times until the People's Republic of China was founded on Oct. 1, 1949.

China covers approximately 9.6 million square kilometers, and lies between *latitudes* 18° and 54°N, and *longitudes* 73° and 135°E. Its territory is vast and diverse, with forest *steppes* and the Gobi and Taklamakan deserts

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occupying the arid north and northwest near Mongolia and Central Asia, and subtropical forests being prevalent in the wetter south near Southeast Asia. The *terrain* of western China is rugged and elevated, with the Himalaya, Karakoram, Pamir and Tian Shan mountain ranges separating China from South and Central Asia. The Yangtze and Yellow Rivers, the third- and sixth-longest in the world, originate in the Tibetan Plateau and flow down to the densely populated eastern seaboard. China's coastline along the Pacific Ocean is 14,500 kilometres long and is bounded by the Bohai, Yellow, East and South China Seas. China shares *maritime* boundaries with South Korea, Japan, Vietnam and the Philippines. In addition, China has the longest combined land border in the world, measuring 22,117 km from the mouth of the Yalu River to the Gulf of Tonkin. China borders 14 nations: Vietnam, Laos, and Burma in Southeast Asia; India, Bhutan, Nepal and Pakistan in South Asia; Afghanistan, Tajikistan, Kyrgyzstan and Kazakhstan in Central Asia; a small section of Russian Altai and Mongolia in Inner Asia; and the Russian Far East and North Korea in Northeast Asia.

Due to its vast territory and highly complex *topography*, China's climate differs greatly. Since it is mainly dominated by dry seasons and wet *monsoons*, there are pronounced temperature differences between winter and summer. In the winter, northern winds coming from high-latitude areas are cold and dry; in summer, southern winds from coastal areas at lower latitudes are warm and moist.

China is the world's most populous country with a population of over 1.3 billion at the end of 2005. Since the late 1970s, the Chinese government has been implementing the policy of family planning, or "one-child policy", hoping to control the population increase, improve population quality, promote the development of the economy and society, and protect the environment. There are 56 officially-recognized ethnic groups in China with the Han Chinese being the largest one. The Han Chinese—the world's largest single ethnic group—outnumber other ethnic groups in every province, *municipality* and autonomous region except Tibet and Xinjiang, and are *descended* from ancient Huaxia tribes living along the Yellow River. "Han culture" is the word frequently used to refer to Chinese culture. The other 55 minority ethnic groups, *nestled* away in China's vast frontiers, maintain their own rich traditions and customs. Great contributions have been made by the minority ethnic groups to China's culture and science. Many of China's beautiful poems, myths, folk tales, songs, and dances come directly from minority ethnic groups.

The Constitution of the PRC is the fundamental law of the state. The National People's Congress is the highest organ of state power. Local people's congresses are local organs of state power. The Standing Committee of the NPC is the permanent organ of the NPC. Both of them are *empowered* with the rights of legislation, decision, supervision, election and removal. The Communist Party is the sole party in power in China. Apart from it, there are eight democratic parties in China. Multi-party cooperation and political *consultation* under the leadership of the CPC is the basic political system in China.



According to the Constitution of the PRC, China's administrative units are currently based on a three-tier system, dividing the nation into provinces, counties and townships. (1) The country is divided into provinces, autonomous regions and municipalities directly under the Central Government; (2) provinces and autonomous regions are divided into autonomous prefectures, counties, autonomous counties, and cities; (3) counties and autonomous counties are divided into townships, minority townships, and towns. At present, China has 23

provinces: Hebei and Shanxi in the north; Liaoning, Jilin and Heilongjiang in the northeast; Shaanxi, Gansu and Qinghai in the northwest; Shandong, Jiangsu, Zhejiang, Anhui and Jiangxi in the east; Fujian and Taiwan in the southeast; Sichuan, Guizhou and Yunnan in the southwest; Henan, Hubei and Hunan in the central south; Guangdong and Hainan in the south. Five autonomous regions are: the Inner Mongolia Autonomous Region (north); the Ningxia Hui Autonomous Region (north); the Xinjiang Uygur Autonomous Region (northwest); the Guangxi Zhuang Autonomous Region (south) and the Tibet Autonomous Region (southwest). Four municipalities directly under the control of the Central Government are: Beijing, Shanghai, Tianjin, and Chongqing. Hong Kong and Macao are two special administrative regions.

Since the introduction of economic reforms in 1978, China has become one of the world's fastest-growing major economies. The PRC has been a United Nations member since 1971 as a permanent member of the U. N. Security Council. China is also a member of numerous formal and informal *multilateral* organizations, including the WTO, APEC, BRICS, the Shanghai Cooperation Organization, the BCIM and the G-20.



(974 words)



### Cultural Tips

**Taklamakan desert:** (塔克拉玛干沙漠) is a desert in the southwest portion of the Xinjiang Uygur Autonomous Region. It is bounded by the Kunlun Mountains to the south, and the desert Pamir Mountains and Tian Shan to the west and north. The name is probably an Uyghur meaning “to leave alone/out/behind, relinquish, abandon” + *makana*, “place”. Popular accounts claim that *Takla Makana* means “go in and you will never come out”. It may also mean “The point of no return” or “The Desert of Death”.

**Gulf of Tonkin:** (北部湾) is a body of water located off the northern Vietnam and southern China. It is a northern arm of the South China Sea. The Gulf is defined in the west by the northern coastline of Vietnam, in the north by China's Guangxi province, and to the east by China's Leizhou Peninsula and Hainan Island.

**BRICS:** (金砖集团) is an association of emerging national economies: Brazil, Russia, India, China and South Africa. With the possible exception of Russia, the BRICS members are all developing or newly industrialized countries, but they are distinguished by their large, fast-growing economies and significant influence on regional and global affairs. Presently, India holds the chair of the BRICS group.

**BCIM:** (孟中印缅区域经济合作) Bangladesh-China-India-Myanmar Forum for Regional Cooperation (BCIM) is a sub-regional organization of Asian nations aimed at greater integration of trade and investment between the four countries.

**G-20:** (20国集团) is a group of finance ministers and central bank governors from 20 major economies: 19 countries plus the European Union, which is represented by the President of the European Council and by the European Central Bank.



**Let's Discuss**

1. What is the main feature of ancient China's political system? Can you give an example?

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2. What is special about China's land border?

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3. Please describe China's three-tier administrative system.

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4. Please list some of the organizations in which China participates.

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5. Do you think that China is now playing a more and more important role in world's arena? Why or why not?

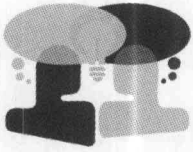
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## Let's Talk

1. Interview your classmates about their hometowns. Try to make your interview from the following aspects: location, topography, history and economic development.

Interviewer	Interviewee
Where is your hometown?	
Is your hometown located in a mountainous/plain/plateau/coastal... area?	
What is the weather like in your hometown?	
Are there any famous people in history in your hometown? Who are they?	
Are there any scenic spots in your hometown? What are they?	
Does your hometown mainly rely on agriculture or industry?	
How is the economic development of your hometown?	

2. Read the supplementary readings and try to explain the following terms in English to your foreign friends: traditional Chinese calendar, 24 seasonal division points, Heavenly Stems and Earthly Branches, Chinese calligraphy, Chinese traditional painting?

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*words that you may use:*

traditional Chinese calendar, 24 seasonal  
division points, Heavenly Stems and Earthly  
Branches, Chinese calligraphy, Chinese  
traditional painting

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3. Your department is expecting to have a group of foreign visitors, and you are assigned to offer them a tour in Beijing. Have a group discussion and prepare for the commentaries.



**Qian Men**

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**Chairman Mao's Memorial**

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**Great Hall of the People**

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The Forbidden City

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### Let's Learn by Heart

fertile [ 'fɜ: taɪl ]

*adj.* 1 ( of land / or soil ) able to produce much; rich in nutrients; 2 ( of plants or animals ) able to produce fruit or young; 3 ( of seeds or eggs ) capable of developing into anew plant or animal; fertilized; 4 ( of a person's mind ) full of new ideas; inventive

hereditary [ hi' redɪtəri ]

*adj.* 1 passed on from parent to child, or from one generation to following generations; 2 holding a position by inheritance

monarchy [ 'mɒnəki ]

*n.* 1 ( usually the monarchy ) [ singular ] system of government by a monarch; 2 [ C ] state governed by such a system

fracture [ 'fræktʃə ]

*n.* 1 [ C ] instance of breaking ( esp. a bone ); 2 [ U ] breaking or breakage, esp. of a bone



latitude [ 'lætitju: d]	<i>n.</i> 1 [ U ] distance of a place north or south of the equator, measured in degrees; 2 [ plural ] region, esp. with reference to climate, ie. regions far from/near to the equator
longitude [ 'lɒŋdʒitju: d]	<i>n.</i> [ U ] distance east or west of the Greenwich meridian, measured in degrees
steppe [ step]	<i>n.</i> ( usually plural ) flat grassy plain with few trees, esp. in SE Europe and Siberia
terrain [ tə'rein]	<i>n.</i> [ C, U ] stretch of land, with regard to its natural features
maritime [ 'mæritaɪm]	<i>adj.</i> 1 of the sea, sailing or shipping; 2 situated or found near the sea
monsoon [ ,mɒn'su: n]	<i>n.</i> 1 seasonal wind in S Asia, esp. in the Indian Ocean, blowing from SW from April to October and from NE from October to April; 2 very rainy season that comes with the SW monsoon
topography [ tə'pɒgrəfi]	<i>n.</i> [ U ] ( description of the ) features of a place or district, esp. the position of its rivers, mountains, roads, buildings, etc.
municipality [ mju: 'nɪsɪ'pæləti]	<i>n.</i> town, city or district with its own local government; governing body of such a town, etc.
descend [ di'send]	<i>v.</i> 1 ( formal ) come or go down ( sth. ); 2 ( formal ) ( of a hill, etc ) lead downwards; slope; 3 ( of properties, qualities, rights ) pass from father to son; be inherited by sb. from sb.
nestle [ 'nesl]	<i>v.</i> 1 settle comfortably and warmly in a soft place; 2 lie in a half-hidden or sheltered position; 3 hold ( sb. /sth. ) snugly, as if in a nest, cradle;
empower [ im'pauə(r)]	<i>v.</i> ( formal ) give lawful power or authority ( to sb. ) to act
consultation [ ,kɒnsəl'teɪʃn]	<i>n.</i> 1 [ U ] consulting or being consulted; 2 [ C ] meeting for discussion, meeting to discuss, or seek advice about, a sick person
tier [ 'taɪə]	<i>n.</i> any of a series of rows ( esp. of seats ) or parts of a structure placed one above the other
multilateral [ ,mʌlti'lætərəl]	<i>adj.</i> involving two or more participants

## Supplementary Reading A

Ink brushes ( 笔 ) are used in Chinese calligraphy and in Chinese painting and descendant brush painting styles. It was invented around 300BC. Together with the inkstone, inkstick and Xuan paper, these four writing implements form the Four Treasures of the Study.

Stalk of an ink brush is usually made of normal bamboo. Hairs source is normally made from goat, Siberian Weasel ( 黄鼠狼 ), pig, mouse, buffalo, wolf and rabbit hair. Some inkbrushes are made from human hair, from the first haircut a baby gets, since it is believed that this hair can bring good fortune while taking the Imperial examinations. Hairs texture is classified as soft ( 软毫 ), mixed ( 兼毫 ) or hard ( 硬毫 ) hairs. And certain textures are better for writing certain styles than others are.

Hairs size of an inkbrush is either big ( 大楷 ), medium ( 中楷 ) or small ( 小楷 ); most calligraphy is written with a medium-sized brush. The smallest brushes are used for very small pieces and for fashioning designs for seals. The largest brushes are used only for very large pieces. Currently, the finest brushes are made in the town