





Reading Comprehension
of Chinese Culture



初中英语 阅读拓展训练 中华优秀传统文化精选




陈俊 王雪峰 / 主编

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答好英语试题 讲好中国故事 做好文化青年



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中华优秀传统文化精选



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前言 PREFACE

坚定文化自信要从青少年抓起

——写在《英语阅读拓展训练：中华优秀传统文化精选》丛书出版之际

中华民族几千年的灿烂文化，是我们的宝贵财富。蕴藏独特力量的传统经典，在每一代中国人的心里种下信念的种子，像烛火一般指引着后人前进。

当下，青少年对中华优秀传统文化的认同感逐渐下降，中国面临着文化断层的危险。鉴于此，国家将传承和弘扬中华优秀传统文化写入政府工作报告；教育部明确要求加强对青少年的中华优秀传统文化的教育；作为国家电视台的央视相继推出了《中国诗词大会》《中国成语大会》《经典咏流传》等一系列弘扬中华传统文化的精品节目，受到了广大电视观众的热烈欢迎，在社会上掀起了学习传统文化的热潮。

坚定文化自信，要从青少年抓起。少年强则国强，青少年是国家未来发展的顶梁柱。中华优秀传统文化教育应该覆盖青少年整个学习阶段。学习、掌握中华优秀传统文化，能让青少年“吃水不忘挖井人，乘凉不忘种树人”，让他们从优秀传统文化中汲取营养、找到动力，发现中华文化之美，将文化自信植根于心，潜移默化，身体力行，凝聚起建设伟大中国梦的强大力量。掌握中华优秀传统文化，也有利于讲好中国故事，传播好中国声音。

《英语课程标准》指出，学生在学习和综合运用英语基础知识和基本技能，发展语言能力的同时，形成良好的文化意识和思维品质，学会学习，加深对多元世界的认识，形成开放、包容的态度，深刻体会祖国文化的博大精深，增强爱国情怀，树立正确的人生观和价值观。为加强对

广大青少年的中华优秀传统文化的教育，教育部明确要求在中高考试题中扩大对传统文化知识的考查范围，分值有逐年上升的趋势。近年来，中高考英语试题的选材体现了国际视野和中国情怀，既借鉴了英语国家文化、科技中积极励志的元素，又兼顾了中华优秀传统文化中具有特色的元素，这给今后的外语教学一个非常明确的导向。多角度开发课程，引导学生深度了解西方文化与中国文化差异，逐步形成跨文化沟通能力，在培养学生国际视野的同时，也能更多了解中华优秀传统文化，促进他们在学习养成国家情怀，培育和践行社会主义核心价值观，增强文化自觉和文化自信，对民族文化和国家发展保有信心。

中华优秀传统文化是中华五千年历史传承发展的智慧结晶，是中华民族的精神根源和支柱，也是中国人信仰力量的坚实基础。对民族文化认知的缺失就是对自我认知的缺失，会使人在现实生活中迷失方向，造成精神空虚、道德丧失、民族认同感下降、国家观念淡薄。文化是一个很广博的概念，包括思想、艺术、礼仪、饮食、服饰、工艺、建筑、习俗等方面。为了使青少年对中华传统文化感兴趣，同时增强跨文化沟通、传播中华文化的能力，我们策划编写了《英语阅读拓展训练：中华优秀传统文化精选》。

这套丛书以中华优秀传统文化的英文语篇为载体，提高学生英语阅读能力的同时，帮助学习中华优秀传统文化，提升跨文化交流与传播的能力。本册初中版所选内容主要包括**文化传承、节日节气、历史人物、名胜古迹、文化交流、艺术和工艺、饮食文化、科技成就及其他等**。学生通过阅读能对中华优秀传统文化有初步的感知，牢记传统文化的精髓，促进学生对传统文化的认同，拓宽其相关领域的知识面，体会中华优秀传统文化的博大精深，并从中汲取知识、智慧和力量，培养语言能力、文化意识、思维品质和学习能力，为现在的考试及将来的跨文化沟通、传播中华文化添力。



目录 CONTENTS

一、文化传承 1

The Spirit of Lei Feng / 雷锋精神	2
The Year of Dog / 狗年	4
The Year of Rabbit / 兔年	5
Shuxiang / 属相	7
Readers / 《朗读者》	9
Chinese Poetry Conference / 《中国诗词大会》	11
Everlasting Classics / 《经典咏流传》	12
National Treasure / 《国家宝藏》	14
Traditional Chinese Medicine / 中医	16
Chinese Character Dictation Contest / 《中国汉字听写大会》	18
Family Instructions / 家训	19

二、节日节气 23

The Spring Festival / 春节	24
The Chongyang Festival / 重阳节	26
The Mid-Autumn Festival / 中秋节	28
Guyu / 谷雨	29

三、历史人物 33

Min Sun / 闵损	34
Mei Lanfang / 梅兰芳	35
Lu Xun / 鲁迅	37
Abing / 阿炳	39
Bing Xin / 冰心	41

Yuan Zhen / 元稹	42
Li Shizhen / 李时珍	44
Confucius / 孔子	45
Cao Chong / 曹冲	47
Zheng He / 郑和	49
Mo Yan / 莫言	51
Tu Youyou / 屠呦呦	53

四、名胜古迹 55

The Great Wall / 长城	56
The Ancient City of Pingyao / 平遥古城	57
Dongting Lake / 洞庭湖	59
Yangzhou / 扬州	60
Shaoyang / 邵阳	62
Mount Langshan / 崑山	63
The Forbidden City / 紫禁城	64
Famous Mountains & Lakes / 名山名湖	66
Hong Kong / 香港	67
Kunming / 昆明	69

五、文化交流 71

Chinatown / 唐人街	72
Celebrations of Chinese New Year in Britain / 英国的中国新年庆祝活动	73
Marco Polo / 马可·波罗	75
An Interesting Story About Hot Pot / 火锅的趣事	77
Differences Between Western Culture and Chinese Culture / 中西文化差异	78
The Silk Road / 丝绸之路	80
Experiences in China / 在中国的体验	82
Chinese Culture Centers Abroad / 海外中国文化中心	84
The Five-day Trip to China / 中国五日游	85
International Students Studying in China / 国际学生在中国学习	87
Mandarin Excellence Program / 中文培优项目	89

六、艺术和工艺

91

Beijing Opera / 京剧	92
Sky Lanterns, Paper Cutting & Chinese Clay Art / 孔明灯、剪纸和泥塑	93
Chopsticks / 筷子	95
Kites / 风筝	97
Schoolbag / 书包	99

七、饮食文化

101

Chinese Cultures About Fish / 中国的鱼文化	102
Tanghulu / 糖葫芦	103
Tea / 茶	105
Noodles / 面条	106
Smashed Cucumber / 拍黄瓜	108
Snacks / 小食品	109

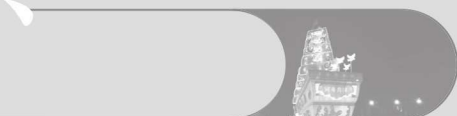
八、科技成就及其他

113

China's Manned Space Program / 中国载人航天计划	114
Liaoning / 辽宁号	116
Children's Games in Ancient China / 中国古代儿童游戏	117
The Secret of Lucky Numbers / 幸运数字的秘密	119
Hooking Pinkies / 小手指拉钩	121
Chinese Food, Calendar, Zodiac & Language / 中国的食物、历法、生肖和语言	123
Chrysanthemum / 菊花	124
Peach Blossom / 桃花	126
Children Education in Ancient China / 古代中国儿童教育	128
Martial Art / 武术	129
Sleep on Brushwood and Taste Gall / 卧薪尝胆	130

答案解析

133



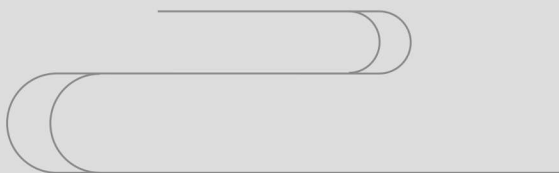
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The Spirit of Lei Feng

雷锋精神

语篇解读

本文是一篇记叙文，主要讲述了华北水利水电大学的学生张凯当志愿者帮助别人的同时，加深了对雷锋精神的理解，并从中获得快乐的故事。

Zhang Kai is a student at *North China University of Water Resources and Electric Power* (华北水利水电大学). He has led a group of college student volunteers since last year. They help children at a primary school with their studies and daily lives.

“When I was a small child,” Zhang said, “I knew March 5th was a day for people to learn from Lei Feng and help others, but I didn’t know the real meaning of the *spirit* (精神) of Lei Feng. Now when I see the smiling faces of the kids I have helped, I deeply understand Lei Feng. Helping others makes me happy.”

Lei Feng (1940—1962) is one of the most famous soldiers in Chinese history. He lost his parents when he was very young. His neighbors brought him up. He died in an accident at 22. He did many good *deeds* (好事) in his short life. For example, he gave his own money to the parents of another soldier. And he bought tickets for a woman he didn’t know without telling her his name.

On March 5th, 1963, Chairman Mao called on people to “Learn from Lei Feng” and made the day “Learn from Lei Feng Day”.

Today more than 50 years has passed since Lei’s death. Some people say that the spirit of Lei Feng is *outdated* (过时的).

But many people think we need to *advocate* (提倡) that spirit again. There have been many reports about the coldness of people toward strangers. This has made many Chinese people think deeply about themselves.

“The most important thing is that we must be ready to help others and make it a habit,” said Huang Tianze, a student from Jianlan High School in Zhejiang.

- Zhang Kai and his group do good deeds like Lei Feng by _____.
A. helping the old man B. helping the poor
C. helping primary school students D. helping his classmates
- Which of the following words can best describe Lei Feng?
A. Clever. B. Kind-hearted. C. Handsome. D. Lovely.
- Which of the following is TRUE?
A. Lei Feng died on March 5th, 1963.
B. March 5th, 2018 is the 55th “Learn from Lei Feng Day”.
C. Few people remember Lei Feng now.
D. Lei Feng had a lot of money.

4. What's the most important thing this passage wants to tell us?

- A. Lei Feng is Zhang's role model.
- B. The Lei Feng spirit is outdated.
- C. Helping others is a good thing.
- D. We must be ready to help others.

Writing

Please answer the following questions with at most five sentences according to the text.

Lei Feng set a good example to us. As a student, how do you think you should learn from Lei Feng?

译文

张凯是华北水利水电大学的学生。自去年以来，他带领了一群大学生志愿者。他们帮助一所小学中的孩子们学习和生活。

“当我还是个小孩子的时候，”张凯说，“我就知道3月5日是人们向雷锋学习和帮助别人的日子，但我不知道雷锋精神的真正含义。现在，当我看到我帮助的孩子们的笑脸时，我深深地理解了雷锋。帮助别人让我快乐。”

雷锋（1940—1962）是中国历史上最著名的士兵之一。他很小的时候就失去了父母。他的邻居把他抚养成人。他在22岁时死于意外。在他短暂的一生中，他做了许多好事。例如，他把自己的钱给了另一个士兵的父母。他为一位素不相识的女子买了一张票，但没有告诉她自己的名字。

1963年3月5日，毛主席号召人们“向雷锋学习”，使这一天成为“学雷锋纪念日”。

今天，雷锋去世50多年了。有人说雷锋精神已经过时了。

但很多人认为我们需要再次弘扬这种精神。已经有很多关于人们对陌生人冷漠的报道，这使得许多中国人深深地反省自身。

“最重要的是，我们必须时刻准备着去帮助他人，使之成为一种习惯。”浙江建兰中学的学生黄天泽说。

词句积累

volunteer <i>n.</i> 志愿者	meaning <i>n.</i> 含义，意义	stranger <i>n.</i> 陌生人
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On March 5th, 1963, Chairman Mao called on people to “Learn from Lei Feng” and made the day “Learn from Lei Feng Day”.

1963年3月5日，毛主席号召人们“向雷锋学习”，使这一天成为“学雷锋纪念日”。

The most important thing is that we must be ready to help others and make it a habit.

最重要的是，我们必须时刻准备着去帮助他人，使之成为一种习惯。

The Year of Dog

狗年

语篇解读

本文是一篇说明文，主要介绍了中国十二生肖中的狗年以及与狗相关的一些短语。

请阅读下面短文，在文后的横线上填入与文章意思最相符的内容，每空一词。

According to the traditional Chinese custom, 2018 is just the Year of Dog. Ranking as the eleventh animal in the *Chinese zodiac*(生肖) — the *Shengxiao*, Dog is a symbol of *loyalty*(忠诚) and honesty.

● *Self-mocker*(自嘲者)

Words and phrases including dogs are commonly used by young people when telling jokes about themselves. For example, you can say, “Valentine’s Day has nothing to do with me since I am a single dog.” It is believed that dog-related words and phrases usually have good humour.

● *Close relationship*

Among some young people, adding “dog” to a friend’s name has the meaning of a close relationship. One of the most famous examples in China is that the actor Lin Gengxin is called “Lin Gou” by his close friends and beloved fans.

● *Easy to raise*

Kids with peasant names are easy to bring up, according to an ancient Chinese saying. Parents in the countryside *prefer*(更喜欢) to give nicknames including “Gou Sheng” and “Gou Dan” to their kids in the hope that they are as easy to be raised as dogs.

● *Metaphor*(隐喻)

Since dogs are considered to have many good *qualities*(品质), the word is included in more than 10 Chinese metaphors. For example, “serve like a dog or a horse”, is used to describe someone who is ready to work hard for the people who have powers.

1. A dog is a loyal and _____ animal.
2. The dog-related words and phrases are commonly used by young people when telling _____.
3. Adding “dog” to a person’s name _____ that you have a closer relationship with him or her than others.
4. Parents hope that kids can grow up as _____ as dogs by giving nicknames to them.
5. Please translate “serve like a dog or a horse” into Chinese. (不超过5个汉字)

译文

按照中国传统习俗,2018年是狗年。作为十二生肖中的第十一个动物,狗是忠诚和诚实的象征。

自嘲者

有关狗的词语和短语通常被年轻人用来自嘲。例如,你可以说:“情人节与我无关,因为我是一只单身狗。”人们相信与狗相关的词语和短语通常很幽默。

亲密的关系

在一些年轻人中,给朋友的名字加上“狗”意味着亲密的关系。中国最有名的一个例子是演员林更新被他的密友和心爱的粉丝们称为“林狗”。

易于养活

中国有句古话说:“贱名好养活。”农村的父母更喜欢给孩子取小名,包括“狗剩”和“狗蛋”,希望他们像狗一样容易养活。

隐喻

因为狗被认为有很多好的品质,所以这个字包含在10多个汉语隐喻中。例如,“犬马之劳”用来形容那些准备为有权势的人努力工作的人。

词句积累

symbol <i>n.</i> 象征	humour <i>n.</i> 幽默	close <i>adj.</i> 亲密的	saying <i>n.</i> 谚语	raise <i>vt.</i> 抚养
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Valentine's Day has nothing to do with me since I am a single dog.

情人节与我无关,因为我是一只单身狗。

Kids with peasant names are easy to bring up, according to an ancient Chinese saying.

中国有句古话说:“贱名好养活。”

The Year of Rabbit

兔年

语篇解读

本文是一篇说明文,主要介绍了十二生肖中的兔年以及在兔年发生的重要事情。

阅读下面短文,并用英语回答问题。

The rabbit is a symbol of kindness and a love of beauty in Chinese culture. People born in the Year of Rabbit are quick-minded. Although they are sometimes shy, they have a strong mind and will try their best to make their dreams come true all their lives.

Rabbit people are *talented*(有才干的) and are interested in artistic activities, such as music and painting.

They are so friendly and *well-organized*(有条理的) that they can be great teachers. There are some famous people who were born in the Year of Rabbit, such as US actress Angelina Jolie and England soccer star David Beckham.

In China, famous director Zhang Yimou and kungfu star Li Lianjie are rabbits, too.

There are some big events in the Year of Rabbit. *The International Horticultural Exposition*(世界园艺博览会) was held in Xi'an. It lasted six months, from April to October, 2011.

In Britain, the *wedding*(婚礼) of Prince William and Kate Middleton took place on April 29, 2011.

The 26th World University Games took place in Shenzhen in August, 2011.

1. What does “rabbit” stand for in Chinese culture?

2. What do you think of the people born in the Year of Rabbit?

3. What are rabbit people interested in?

4. What took place in August, 2011, in Shenzhen?

5. What year is 2023 in China?

译文

兔子是中国文化中善良和爱美的象征。兔年出生的人思维敏捷。虽然他们有时害羞，但他们的意志都很坚强，并会终身为使自己的梦想成真而竭尽全力。

属兔的人都是有才干的，并且对音乐、绘画等艺术活动很感兴趣。

他们非常友好且很有条理，以至于可以成为伟大的教师。有些名人出生在兔年，比如美国女演员安吉丽娜·朱莉和英国足球明星大卫·贝克汉姆。

中国著名导演张艺谋和功夫明星李连杰也是属兔的。

兔年有一些大事发生。2011年，世界园艺博览会在西安举行，从4月到10月，它持续了六个月。

在英国，威廉王子和凯特·米德尔顿的婚礼于2011年4月29日举行。

第二十六届世界大学生运动会于2011年8月在深圳举行。

词句积累

kindness *n.* 善良，友善

quick-minded *adj.* 思维敏捷的

last *v.* 持续，延续

The rabbit is a symbol of kindness and a love of beauty in Chinese culture.

兔子是中国文化中善良和爱美的象征。

They are so friendly and well-organized that they can be great teachers.

他们非常友好且很有条理，以至于可以成为伟大的教师。

Shuxiang

属相

语篇解读

本文是一篇说明文，主要介绍了十二属相的特点。

In China, people talk about “Shuxiang”, which is very interesting. For example, 2018 is a “dog year”, and when a baby is born in this year, we say he or she is a little dog. Shuxiang usually brings people good luck. There are 12 animals below.



Rat: social, having rich feelings, friendly but complaining.



Ox: hard, ordered, but keeping old.



Tiger: brave, confident, but careless.



Rabbit: peaceful, having a good manner, a business head but cold emotion.



Dragon: active, outgoing, popular but selfish.



Snake: *fascinating*(迷人的), thoughtful, but doubtful.



Horse: active, self-confident, wise but proud and angry.



Sheep: kind, helpful, elegant but sad.



Monkey: wide, clever, warm, unsatisfied but *slick*(圆滑的).



Rooster: confident, helpful, happy, but dressy.



Dog: realistic, *loyal*(忠诚的), practical.



Pig: hard, honest, simple, lucky but careless.

- When a baby is born in 2020, we can say he or she is a little _____.
A. pig B. rat C. tiger D. snake
- If we call a boy a little horse, when was he born?
A. In 1998. B. In 2000. C. In 2002. D. In 2004.
- Mr. Lu, our English teacher, was born in 1976, a dragon year. Can you choose the right description of his characteristics?
A. He is active, self-confident, resourceful but proud and angry.
B. He is kind, helpful, artistic but sad.
C. He is active, outgoing, popular but selfish.
D. He is fascinating, thoughtful but dressy and doubtful.
- If someone is brave, confident but careless, we can guess he was born in a _____ year.
A. rat B. dog C. horse D. tiger
- Which of the following is NOT true?
A. In China, when I talk about “Shuxiang”, it means twelve animals.
B. From the passage, we can know 2010 is a rabbit year.
C. Shuxiang perhaps brings you good luck, but we shouldn’t believe it.
D. A rooster year always comes after a monkey year.

译文

在中国,人们谈论“属相”,这非常有趣。例如,2018年是“狗年”,如果婴儿出生在这一年,我们就说他或她是一只小狗。属相通常会给人们带来好运。下面介绍十二属相。

鼠:爱社交,感情丰富,友好但爱抱怨。

牛:勤劳、顺从但保守。

虎:勇敢、自信但马虎。

兔:安静、礼貌,有商业头脑,但缺乏情感。

龙:活泼、外向、受欢迎的但自私。

蛇:迷人、体贴但多疑。

马：活泼、自信、聪明但易骄傲和易怒。
羊：善良、乐于助人、优雅但多愁善感。
猴：好动、聪明、热情、上进但圆滑。
鸡：自信、乐于助人、快乐但爱打扮。
狗：现实、忠诚、踏实。
猪：勤劳、诚实、朴素、幸运但粗心。

词句积累

feeling <i>n.</i> 情感	thoughtful <i>adj.</i> 体贴的	helpful <i>adj.</i> 乐于助人的
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Readers

《朗读者》

语篇解读

本文是说明文，主要介绍一档电视节目——《朗读者》，包括其与观众见面的时间，策划者、朗读嘉宾，带来的影响及其意义。

阅读下面短文，并用英语回答问题。

Have you ever listened to the sound in your heart? Have you ever met an article which has the same idea as yours?

The TV program, *Readers*, has been popular since it came out on CCTV-1 on February 18th, 2017. It is produced by Dong Qing, a famous hostess. *Readers* invites many guests to read something that influences them most. Not only famous people but also common people can be the guests.

Liu chuanzhi, *the founder of Lenovo*(联想集团创始人), came to *Readers* as a common father. He said, “As long as you are an honest man, you are my good son whatever your job is!” Xu Yuanchong, a 96-year-old translator, shared some of his personal experiences of translating Chinese poems into English and French. His words were simple but moving. He read a love poem with tears in his eyes.

This program has turned reading into a new fashion. It shows the beauty of Chinese language and the power of reading. Now *Reading Booths*(朗读亭) are set up in many cities. Though it rained, people in Hangzhou even waited in long lines to read in the booths. All kinds of reading activities are going on in schools. Lots of students take an active part in them.