



大学外语系列丛书

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# 体验文化教程

( 第一册 )



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# 体 验 文 化 教 程

## ( 第 一 册 )

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哈尔滨工程大学出版社

## 内 容 简 介

《体验文化教程》系列教程旨在为中国的英语学习者和美国文化爱好者提供一幅以美国文化理念和价值观为主线,以美国人民族特性和行为方式为内容,以美国社会结构和地区特色为衬托的“美国社会文化全景图”。

本册书分为风俗篇和社交篇两部分,分别选取几个不同的话题独立成章。各章内容主体为文化背景知识和课文赏析,同时附有相应的文化小知识和针对大学生的语言测试题。

本教程可作为高等院校的文化教材和辅助课外阅读材料,也可作为准备大学英语四六级等语言测试的绝好教程。

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# 前言

## PREFACE

著名的萨丕尔-沃尔夫假说的基本思想是语言、思维和文化是相互依存的关系。众所周知,语言的背后是文化,文化的背后是良知,良知的背后是人性。因此,无论是从现实主义或者实用主义,还是从道德良知或者人文精神的角度来说,知晓和领悟美国文化不仅有助于我们对英语的切实掌握和灵活运用,而且有助于我们人文素质的提升和思想情操的修炼。本系列教程旨在为中国的英语学习者和美国文化爱好者提供一幅以美国文化理念和价值观为主线,以美国民族特性和行为方式为内容,以美国社会结构和地区特色为衬托的“美国社会文化全景图”。

本系列教程共分为四册,每册都围绕美国文化的两个方面,分两部分展开。其中,第一册关于风俗与社交,第二册关于历史与地理,第三册关于教育与传媒,第四册关于文学与艺术体育。每部分又选取几个不同的话题独立成章,每章内容主体为文化背景知识和课文赏析,同时附有相应的辅助阅读、文化小知识和针对大学生的语言测试题。本系列教程具有如下特点:

1. 信息量大。每册的“文化链接”部分涉及了大量不同方面的美国文化背景知识,以期帮助同学们拓展视角。

2. 语言学习和文化习得的巧妙结合。本教程中所有背景知识部分和辅助阅读部分都选自原汁原味的英语文章,同时提供译文,并提供生词注释。在提供文化知识的同时,每章都配有精心选择的相关话题的课文赏析,并后附大学英语四六级水平的语言测试题,以帮助学生夯实语言基础。

3. 知识性和趣味性相结合。在教程编写中,编者注重学生语言文化习得的过程,每章以文化问答方式激发学生求知欲;同时,每章后附电影赏析、名人传记等阅读材料,增加趣味性。

4. 注重实用性。本教程既可作为英语学习的课外辅助阅读材料,又可作为准备大学英语四六级等语言测试的绝好教程。

本系列教程由马冬担任主编,由九位教师共同编写。编者均为长期从事大学英语教学的教师,有丰富的实践经验。本册书主编为马冬,副主编为孙晶和戴洪波。其中,马冬编写了前四章,约9万字;孙晶和戴洪波合编了后六章,各编写了约8.1万字。参加本书编写的还有那晓丹、白茹雪、万鹏飞等。



在编写过程中,我们参考了大量的文献资料,在此,我们谨向这些文献资料的作者表示诚挚的谢意。由于编者水平有限,编写中定会存在不当和疏漏之处,敬请广大读者批评指正。

马 冬  
2011 年 5 月

# CONTENTS

## 风 俗 篇

Chapter One Food .....	3
第 1 章 食物 .....	3
Chapter Two American Holiday .....	17
第 2 章 美国节日 .....	17
Chapter Three Wedding Customs .....	37
第 3 章 婚礼习俗 .....	37
Chapter Four Clothes .....	51
第 4 章 服装 .....	51
Chapter Five Taboo .....	70
第 5 章 禁忌 .....	70

## 社 交 篇

Chapter Six Nonverbal Communication .....	99
第 6 章 非言语交际 .....	99
Chapter Seven Views on Values .....	115
第 7 章 价值观 .....	115
Chapter Eight Views on Time .....	136
第 8 章 时间观 .....	136
Chapter Nine Views on Interpersonal Relations .....	151
第 9 章 人际观 .....	151
Chapter Ten Social Etiquette .....	174
第 10 章 社交礼仪 .....	174
Appendixes I Key to the Exercises .....	193
Appendixes II Nicknames for States in the U. S. ....	204
References .....	206

风  
俗  
篇









# Chapter One Food

## 第 1 章 食 物

### 1.1 Quiz 文化竞技场

1. What is the typical food in USA?
2. What is the flavour of the Americans?
3. What are the staple food for the Americans?
4. Do Americans have the American tea?
5. What do the Americans like to drink after meal?
6. What is the aperitivo for the Americans?
7. Do the Americans drink alcoholic during their meal?
8. What are the main European restaurants in USA?
9. What is the hours of opening of the restaurants in USA?
10. What is the seasoning of the American food?

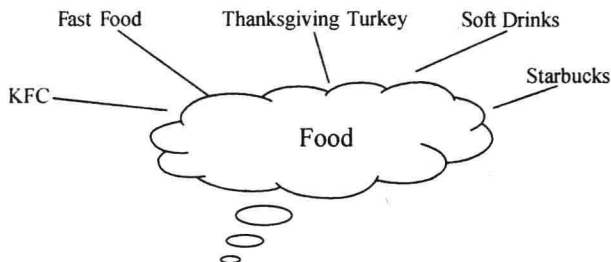
#### Keys:

1. Fast food.
2. Light.
3. Meat, fish and vegetables.
4. No, they don't.
5. Coffee.
6. Orange juice.
7. No, they don't.
8. French restaurant and Italian restaurant.
9. 11:30 am to midnight.



## 10. Salad and sauce.

## 1.2 Brainstorming 文化热身



## 1. KFC

KFC Corporation (KFC), founded and also known as Kentucky Fried Chicken, is a chain of fast food restaurants based in Louisville, Kentucky, in the United States. In 1939, Sanders altered the cooking process for his fried chicken to use a pressure fryer, resulting in a greatly reduced cooking time comparable to that of deep frying. KFC has been a brand and operating segment, termed a concept of Yum! Brands. Until the end of 2003, KFC had had 12,878 restaurant chains. KFC insists on producing new products continually or processing the old products with new appearance. This fantastic idea which grasps people's eyes brings about the great profit in business. Armed with the Pepsi CO., Inc. KFC sells carbonated drinks which are provided by the Pepsi CO., Inc. (but except some countries such as Japan, Korea).

## 肯德基炸鸡店

KFC 公司(英文简称 KFC),因肯德基炸鸡而建立并且出名。它是总部位于美国肯塔基州路易维尔市的一家连锁餐饮店。在 1939 年,哈兰德·桑德斯上校采用油炸锅改进了他的炸鸡烹调技术,与传统油炸相比大大缩短了煎炸时间。KFC 已经成为了一种品牌,隶属于全球百胜餐饮集团。截止到 2003 年年底,肯德基在世界各地开了 12 878 家连锁店。肯德基的经营理念是不断推出新的产品,或将以往销售产品重新包装,针对人们尝鲜的心态,从而获得利润。肯德基与百事可乐公司结成了战略联盟,餐厅固定销售百事可乐公司提供的碳酸饮料(但在部分国家除外,如日本、韩国)。

## 2. Fast Food

Fast food is the term given to food that can be prepared and served very quickly. While



any meal with low preparation time can be considered to be fast food, typically the term refers to food sold in a restaurant or store with preheated or precooked ingredients, and served to the customer in a packaged form for take-out/take-away. As automobiles became popular and affordable following the First World War, drive-in restaurants were introduced. The American company White Castle, is generally credited with opening the second fast food outlet and first hamburger chain, selling hamburgers for five cents each. Among its innovations, the company allowed customers to see the food being prepared. The United States has the largest fast food industry in the world, and American fast food restaurants are located in over 100 countries. Approximately 2 million U. S. workers are employed in the areas of food preparation and food servicing including fast food in the USA.

### 快餐

快餐是一种能够快速制作并销售的食物。而所有花较少时间制作的食物都被认为是快餐。典型的是那些提前烹制好的在餐馆销售的食物,他们可以提供让客人带走的服务。由于在一战之后汽车的使用越来越广泛,将车开进餐馆也就在那时出现了。美国公司白色城堡开创了第二家快餐店和第一家汉堡连锁,而每个汉堡只收五美分。在新技术推出过程中,公司也允许顾客观看食物制作过程。美国拥有全球最大的快餐产业,同时快餐店也遍布 100 多个国家。几乎 200 万的美国工人在美国的快餐食物制作和销售服务岗位上工作。

### 3. Thanksgiving Turkey

Because turkey is the most common main dish of a Thanksgiving dinner, Thanksgiving is sometimes called “turkey day”. In 2006, American turkey growers were expected to raise 270 million turkeys, to be processed into five billion pounds of turkey meat valued at almost \$ 8 billion, with one third of all turkey consumption occurring in the Thanksgiving-Christmas season. Most Thanksgiving turkeys are stuffed with a bread-based stuffing and roasted. Sage is the traditional herb added to the stuffing (also called dressing), along with chopped celery, carrots, and onions. Of all the symbols of Thanksgiving, the turkey is most familiar and widespread. It is considered as the most famous exemplary might be due to its sharp features, bright hues and majestic appearance.

### 感恩节火鸡

由于火鸡是在感恩节晚餐上的最常见的一道主菜,所以感恩节有时也被称作为“火鸡节”。在 2006 年,预计美国火鸡养殖商们养殖了两亿七千万只火鸡,相当于价值 80 亿美金的 50 亿磅火鸡肉,其中三分之一的火鸡都会在感恩节到圣诞节期间被销售。大多数的感恩节火鸡都会被面包填充,并被烤制。鼠尾草是传统的作为填充材料的香草,同时还配以剁碎的芹菜、胡萝卜和洋葱。在所有感恩节的象征物中,火鸡是最被大家所



熟悉和广泛流传的。也许是因为火鸡独具特点,色泽亮丽,外表又雄健,拿它作为感恩节的象征是再贴切不过了。

#### 4. Soft Drinks

A soft drink is a non-alcoholic beverage that typically contains carbonated water, a sweetening agent, and a flavoring agent. The sweetening agent may be sugar, high-fructose corn syrup, or a sugar substitute (in the case of diet drinks). A soft drink may also contain caffeine or fruit juice. Products such as energy drinks, and pure juice are not considered to be soft drinks. Other beverages not considered to be soft drinks are hot chocolate, hot tea, coffee, milk. Soft drinks are called “soft” in contrast to “hard drinks” (alcoholic beverages). Small amounts of alcohol may be present in a soft drink, but the alcohol content must be less than 0.5% of the total volume if the drink is to be considered non-alcoholic. Widely sold soft drink flavors are cola, lemon-lime, orange, grape, ginger ale, fruit punch, sparkling lemonade. Soft drinks are rarely heated.

##### 软性饮料

软性饮料是一种不含酒精的饮料,通常是这种饮料含有苏打水、甜味剂和香料。甜味剂可能是糖、高果糖谷物糖浆,或者是糖的替代物。软性饮料也可能含有咖啡因或果汁成分。像能量饮品和纯果汁则并不算是软性饮料。还有一些饮料也不能被看做是软性饮料,像热巧克力、热茶、咖啡、牛奶等。软性饮料中的“软”字实际是和硬性饮料(含酒精饮品)相对的。当然,软性饮料也可能含有少量的酒精成分,但是如果饮品是非酒类的,酒精含量就不应该超过总量的0.5%。销售比较广泛的软性饮料有可乐、柠檬、橙汁、葡萄汁、姜汁无酒精饮料、果汁喷趣酒、闪闪柠檬姜汁。软性饮料是很少被加热的。

#### 5. Starbucks

Starbucks Corporation (NASDAQ: SBUX) is an international coffee and coffeehouse chain based in Seattle, Washington. Starbucks is the largest coffeehouse company in the world, with 17,009 stores in 50 countries, including over 11,000 in the United States, over 1,000 in Canada, and over 700 in the UK. Starbucks sells drip brewed coffee, other hot and cold drinks, coffee beans, salads, hot and cold sandwiches, snacks. Starbucks-brand ice cream and coffee are also offered at grocery stores. In the 1990s, Starbucks was opening a new store every workday, a pace that continued into the 2000s. The first store outside the United States or Canada opened in the mid-'90s, and overseas stores now constitute almost one third of Starbucks' stores.

##### 星巴克公司

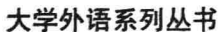
星巴克公司是一家全球性的咖啡连锁店,总部设在美国华盛顿州西雅图。星巴克是全球最大的咖啡店公司,在50个国家共有17 009家店铺,其中美国有11 000多家店

# 第1章 食物

## 1. American Food

•

Americans on the go also tend to eat a lot of “junkfood”. Potato chips, candy bars, soft drinks and other goodies are popular treats. Many people eat too many of these unhealthy snacks. But others opt for more healthy eating habits. Some even go “all natural”. They refuse to eat any food prepared with chemicals or additives. American culture is a good illustration of the saying “you are what you eat”. Americans represent a wide range of backgrounds and ways of thinking. The variety of foods enjoyed in the U. S. reflects the diversity of personal tastes. Because the United Kingdom immigrant in American is more and



## 美国食物

在某些情况中,美国人把外国的食物视为最爱。美国人喜欢吃意大利比萨饼,墨西哥玉米饼和中国鸡蛋卷。但是美国版的这些食物与原版食物还是很不同的。每个地方都夸自己的食物有特色。去美国的南部可以享用到乡村风味的美食;去路易斯安那州旅行可以吃到风靡那里的辣菜;去新英格兰旅行可以吃到美味的海鲜;去中西部可以吃到很多美味的烤品;去美国的西南部,可以吃到得克萨斯-墨西哥风味的饭菜;而在太平洋西北部地区,就可以享用到美式咖啡,结束你的美食之旅。生活在快速步调之下的美国人通常只能“很快地吃几口”,但花生酱和果冻却一直是他们喜爱的食物。

忙碌的美国人总是选择吃一大堆“垃圾食物”：炸薯条、糖块、软饮料和其他的好吃的一直都很受欢迎。很多人会吃大量不健康的食品，但其他人则会更倾向于健康的饮食习惯，有些人甚至追求纯天然食品，拒绝吃一些含有化学制剂或者添加剂的熟食。美国文化就很好地阐述了谚语——“你吃什么就成为什么样子”的观点。美国人代表了范围广泛的背景和想法。在美国人们享受的多种多样的食物反映了个人品味的多样性。由于越来越多的英国移民的到来，一盘盘美味的菜肴主要都是以英国人的饮食习惯为基础的。另外，由于美国的历史短，传统、守旧思想较少，美国本地富厚的农牧产品，结合欧洲的生活习惯，形成了独特的美国口腹文化。

## 2. Fast Food

Fast-food chains, American-style, are on the increase all over the world. Most of these places work on a similar principle. There is a long counter, above which is displayed a list (often with pictures) of the items available, and behind which several people (often students working for the minimum wage) are serving. The most widespread type of fast-food restaurant is that serving hamburgers, such as the chains of MacDonald. All the different chains have their own specialties. Arby's restaurants serve large roast beef, ham and cheese, and turkey



(火鸡) “sandwiches”. Some restaurant chains specialize in serving steaks quickly and cheaply. And then there's Kentucky Fried Chicken.

#### Chips

Chips in America are called “French fries” or “fries” for short. (Note that in the USA “chips” mean crisps.) “French fries” are normally thinner than chips. Americans generally put ketchup on their chips, and you will not normally find vinegar(醋)。

#### Pizzas

There are many specialty pizza restaurants in America, and many of them take telephone orders and deliver pizzas to your home, which can often be convenient. They come in different sizes, and a large one can be big enough for a party of four people. If you want to share a pizza but can't agree on the ingredients, it is possible to order two different sets of toppings, one set on each half.

#### Soft Drinks

Fast-food restaurants do not serve alcohol. The soft drinks most often sold are Coca-Cola and Pepsi-Cola, plus fizzy drinks (which are like lemonade) and root beer (which is like cough medicine). Fizzy drinks are known as “carbonated beverages”(碳酸饮料) or, more colloquially, “soda”, “pop”, and “soft drinks”. All these drinks come with lots of ice. In fact, you will probably find as much ice as drink in your drink. If you ask for a soft drink without ice, they will think you are funny but will probably oblige. (They may charge you a bit extra, for ice is cheaper than Coke.)

#### Ice-Cream

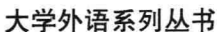
Shops selling large number of different flavors of ice-cream are very common in America. If you are not sure what flavor you want, generally you can sample a small spoonful of a particular flavor to see if you like it. You can either have your ice-cream in a “plain cone”(普通型锥形物) or in a “sugar cone”(甜脆型锥形物)。

#### 快餐食品

美国式的快餐连锁店在世界范围内正在增长。大多数的连锁店都遵循一个简单的原则:长柜台的正上方,列着出售食品的菜单(通常都有图片),柜台后面有几个人负责接待(通常是打工的学生,赚取的工资很少)。卖汉堡包的快餐店是最普遍的,比如麦当劳连锁店。所有连锁店都有他们自己的特色。Arby 餐厅就卖一些烤牛肉、芝士火腿、火鸡三明治。有些餐馆以提供便捷实惠的牛排而有特点,再有就是肯德基店。

#### 油炸土豆片

在美国,油炸土豆片又叫做法式炸薯条或者简称炸薯条(在美国,薯条就是薯片的意思)。法式炸薯条通常要薄一些。美国人喜欢在薯条上蘸番茄酱,而不加醋。所以通



## 比萨饼

## 软饮料

冰淇淋

在美国,出售种类繁多的冰淇淋的商店随处可见。如果你不确定想买什么样口味的冰淇淋,你可以试吃一小勺某种口味的,看看是否喜欢,再决定买哪种。冰淇淋可以放在普通的蛋筒里或者甜脆的蛋筒里。

## Is Chocolate A Healthy Food?

A beautifully wrapped box of chocolates has always been considered a very romantic gift. So if the special person in your life is a self-confessed chocolate, you know one surefire way to please them on special occasions. But the surprising news from the scientific community is that this reputedly decadent treat actually has some health benefits, especially if you choose your chocolate wisely.

Chocolate contains over 300 chemicals, and has been the subject of a number of studies by universities and other scientific organizations. Here's a quick rundown of the results. We have no way of proving or disproving these claims so we offer them here as a stimulus for further research. If you're really interested in the subject, this may provide you with a starting point.







Cacao, the source of chocolate, contains antibacterial agents that fight tooth decay. Of course this is counteracted by the high sugar content of milk chocolate. The smell of chocolate may increase theta brain waves, resulting in relaxation. Chocolate contains phenyl ethylamine, a mild mood elevator. The cocoa butter in chocolate contains oleic acid, a mono-unsaturated fat which may raise good cholesterol. Drinking a cup of hot chocolate before meals may actually diminish appetite.

Men who eat chocolate live a year longer than those who don't. The flavanoids in chocolate may help keep blood vessels elastic. Chocolate increases antioxidant levels in the blood. Mexican healers use chocolate to treat bronchitis and insect bites. The carbohydrates in chocolate raise serotonin levels in the brain, resulting in a sense of well-being.

**What Chocolate Won't Do.** Studies show that chocolate is not a causative factor in acne. Cacao contains the stimulants caffeine and bromine, but in such small quantities that they don't cause nervous excitability. Chocolate is not addictive. Chocolate contains stearic acid, a neutral fat which doesn't raise bad cholesterol. Chocolate doesn't make you 'high'. You'd need to eat a huge quantity (about 25lbs at one sitting) to feel any noticeable effect.

**But on the Negative Side ...** Chocolate may trigger headaches in migraine sufferers. Milk chocolate is high in calories, saturated fat and sugar. What about chocolate and your pets? Chocolate is considered dangerous to animals because it contains a stimulant called theobromine, which they can't digest. Dark chocolate and baking chocolate are even more dangerous because they contain higher concentrations of the substance. If a pet becomes ill after eating chocolate, take it to the vet immediately. This applies whether chocolate is in candy bar form, or an ingredient in cake, cookies, puddings or ice cream.

**Dark Chocolate Versus Milk Chocolate.** Dark chocolate contains more cacao and less sugar than milk chocolate. It follows that any health benefits would be more pronounced in dark chocolate. You'll need to do a little research if you have any health concerns about eating chocolate. But with products like gluten-free and sugar-free brands finding their way onto supermarket shelves, you're sure to find some form of chocolate you can enjoy with a clear conscience.

### 巧克力是健康食品吗？

如果你是个巧克力钟爱者,那么你有很多志趣相投的伙伴。数百年来巧克力是世界上人们最喜爱的甜食之一。但关于巧克力有这么个说法:它如此美味,定然有害健康,这使人们形成禁食巧克力的意识。

一盒包装精美的巧克力通常被看做是非常浪漫的礼物。所以如果你生命中有特别的人坦言自己贪恋巧克力,那么你就有了在特别场合下取悦他们的万全之法。但来自