



普通高等教育“十一五”国家级规划教材

高等学校英语 **拓展** 系列教程

中国文化概况 (修订版)

A GLIMPSE OF CHINESE CULTURE

◎ 主编：廖华英

语言文化类

外语教学与研究出版社
FOREIGN LANGUAGE TEACHING AND RESEARCH PRESS





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前言

随着世界经济的日益全球化，国际间的文化交流也日益频繁，展示“软实力”的文化推广活动成了许多国家对外交往的战略选择。中国几千年的璀璨文明以及近年来在经济、科技等领域的突飞猛进，使得中国及其文化越来越为世人所关注。因此，将中国丰富绚丽的文化充分展现给世界不但是加强国际文化交流的需要，更是大学生义不容辞的责任和义务。

目前，在全国许多高校的英语教学中，母语文化元素有所缺失，大学生们用英语表达中国文化的能力较低，这不仅会造成对外交流的障碍或失败，还会影响中国文化的传播。为了改变这种状况，作为教学一线的英语教师，编者从2006年起便开始在本校的英语教学中进行“中国文化概况”课程的试点工作，教材的编写亦同期进行。期间不断基于学生的需求和各领域专家的建议进行修改完善。2008年，《中国文化概况》正式出版。该教材在实际使用中得到了全国许多高校师生的认可，部分高校的留学生使用之后也收效良好。它先后被评为国家级“十一五”规划教材、2011年江西省高等院校优秀教材一等奖，同时也被列为2009年“CCTV杯”全国英语演讲大赛推荐参考书目以及中国对外图书推广计划书目。

教材出版后，编者不断收到全国高校教师和学生的来信，共同探讨如何使该课程更有效、更有趣、更接近新时代的要求。为了更好地满足他们的需求，编者从2013年开始着手对教材进行修订。

本次修订适当调整了原有框架：将全书划分为国家概况、文学宗教艺术、教育科技体育、民俗风情和旅游览胜五个部分，各部分比例更加平衡。全书从哲学、宗教、文学、艺术、传统节日、饮食文化、服饰、建筑、旅游景点等方面对中国文化进行了介绍，不仅包括中国文化的基本知识点，也涵盖了中国的茶、酒、戏曲、中医、武术、杂技、书法、绘画、体育等传统文化瑰宝。同时，修订版教材介绍了中国在科技、教育、文学、饮食等方面的最新发展和成就，呈现了时代发展的面貌，例如：科技部分介绍了“天宫一号”、“嫦娥三号”月球着陆器和“玉兔号”月球车等，教育部分添加了对孔子学院的介绍，文学部分介绍了莫言等当代文学家和新兴的网络作家，饮食方面涵盖了在国际上被啧啧称道的《舌尖上的中国》。

此外，在修订过程中，编者对练习作出了较大的调整，不仅关注练习的灵活性和趣味性，而且力求体现培养语言实际运用能力的教学理念；不仅强调对文化信息和知识的掌握，更注重通过不同话题和模拟场景培养学习者的思辨能力和文化交流传播能力。

本教材信息量大，为帮助学习者顺利阅读，对于本教材中出现的“较高要求”和“最高要求”的词汇（依据《《大学英语课程教学要求》》），编者在文中标注了中文释义。同时，为了帮助学生更好地理解，书中的一些重点注释均采用英汉双语对照的形式。此外，图文并茂、充满中国文化元素的版式设计不仅是内容和形式的有机结合，还有助于学习者更直观地了解中国文化，在阅读中感受中国文化之美。

本教材供全国本科院校非英语专业开展文化类课程使用，也可供本科院校英语专业开展选修课使用，还可供旅游或涉外专业开展专业课程使用。此外，来华留学生及对中国文化感兴趣的外国友人也可使用本教材。

在此次修订的过程中，东华理工大学英籍专家 Robin Lou Meng Chua 和 Alan Clegg 对本书的语言进行了认真的审阅，同时对练习设置进行了精心的修改，东华理工大学的唐东堰、汤昱、王琨、陈小松老师，山西大学鲁纳川为本书修订提供了一定的指导和帮助，在此一并表示感谢。

中国文化博大精深，然而编者水平有限，错误与不当之处在所难免，敬请读者和专家不吝指正。

编者

2015年2月



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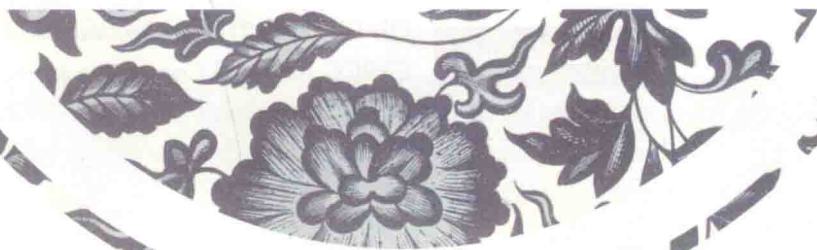
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Overview

China is a vast land with various landforms, different climate zones and a large number of rivers and lakes. As one of the four oldest recorded civilisations in the world, China has a long history without being interrupted. From ancient times till now, Chinese people, consisting of people of the Han nationality and other ethnic groups, have been living on the vast land, creating and developing her unique culture.



Lead-in Questions

- ① How many neighbouring countries does China have? Can you name them?
- ② Do you know when the recorded Chinese history begins? Can you make a list of the dynasties before the People's Republic of China?
- ③ How many ethnic groups are there in China? Which ethnic group gives you the deepest impression?
- ④ When did China begin its reform and opening-up policy?

National Day

The Chinese celebrate 1 October as the National Day in honour of the founding of the People's Republic of China (PRC) on 1 October 1949.

National Flag

On 27 September 1949, the First Plenary Session of the Chinese People's Political Consultative Conference (CPPCC: 中国人民政治协商会议) approved the proposal for using the red five-star flag as the National Flag of the PRC. The red colour of the flag symbolises revolution and the yellow colour of the stars the golden brilliant rays radiating from the vast red land. The design of four smaller stars surrounding a bigger one signifies the unity of the Chinese people under the leadership of the Communist Party of China (CPC).

National Emblem

On 18 June 1950, the Second Session of the First CPPCC National Committee adopted the design and illustration of the National Emblem of the PRC. On 20 September that year, Chairman Mao Zedong ordered the promulgation (公布) of the National Emblem.

4 May Movement: On 4 May 1919 a revolutionary movement broke out, in which the Chinese people struggled against imperialism and feudalism. It marked the transition of the Chinese revolution from the old-democratic stage to the new-democratic stage. 五四运动，爆发于1919年5月4日的一场反对帝国主义和封建主义的革命运动。它标志着中国革命从旧民主阶段向新民主阶段的转变。

Composed of patterns of the National Flag, the Tian'anmen Gate, a cogwheel and ears of grain, it symbolises the New-Democratic Revolution of the Chinese people since the 4 May Movement in 1919 and the birth of New China under the people's democratic dictatorship led by the working class on the basis of the worker-peasant alliance.

National Anthem

March of the Volunteers was written in 1935 with lyrics by the poet Tian Han and music by the composer Nie Er, honouring those who went to the front to fight the Japanese invaders in northeast China in the 1930s. Decided upon as the provisional National Anthem of New China on 27 September 1949, at the First Plenary Session of the CPPCC, the song was officially adopted as the National Anthem of the PRC on 4 December 1982 by the National People's Congress (NPC: 全国人民代表大会).

The lyrics of *March of the Volunteers* go as follows:

Arise, we who refuse to be slaves;
 With our very flesh and blood
 Let us build our new Great Wall!
 The peoples of China are at their most critical time,
 Everybody must roar defiance.
 Arise! Arise! Arise!
 Millions of hearts with one mind,
 Brave the enemy's gunfire,
 March on!
 Brave the enemy's gunfire,
 March on! March on! March on, on!

National Capital

On 27 September 1949, the First Plenary Session of the CPPCC unanimously adopted a resolution



Tian'anmen Gate
(天安门)

making Beiping, renamed Beijing as of the day, capital of the PRC.

Beijing is not only the nation's political centre, but also serves as its economic, scientific, cultural, and educational heart. As one of the famous ancient capital cities in China, Beijing is famous for its many places of historic interest and scenic beauty, like the Forbidden City, the largest and best-preserved collection of ancient buildings in China; the Temple of Heaven, a platform for the Ming and Qing emperors to perform sacrifices and solemn rites; the Summer Palace; the Ming Tombs; the Badaling section of the Great Wall.

Geography

Location and Boundary

Located in the east of the Asian continent, on the western shore of the Pacific Ocean, the PRC has a land area of about 9.6 million square kilometres, and is the third largest country in the world, next only to Russia and Canada.

From north to south, the territory of China stretches from the midpoint of the Heilongjiang River, north of the town of Mohe, to Zengmu'ansha at the southernmost tip of the Nansha Islands. From west to east, the country extends from its westernmost point on the Pamir Plateau to the confluence (交汇处) of the Heilongjiang River and Wusulijiang River.

China is bordered by the Democratic People's Republic of Korea, Mongolia, Russia, Kazakhstan, Kyrgyzstan, Tajikistan, Afghanistan, Pakistan, India, Nepal, Bhutan, Myanmar, Laos, Vietnam, the Republic of Korea, Japan, the Philippines, Brunei, Malaysia and Indonesia.

The Chinese mainland is flanked to the east and south by the Bohai Sea, Yellow Sea, East China Sea and South China Sea. A total of 5,400 islands scatter across the seas. The largest of these is the Taiwan Island. The Diaoyu Island and Chiwei Island are located to the northeast of the Taiwan Island. China's southernmost island groups are called the Dongsha, Xisha, Zhongsha, Nansha and Zengmu'ansha.

Topography (地形)

China is a country of varied topographical features with highlands in the west and plains in the east. Mountainous land and very rough terrains make up about 67% of Chinese territory, basins and plains about 33%.

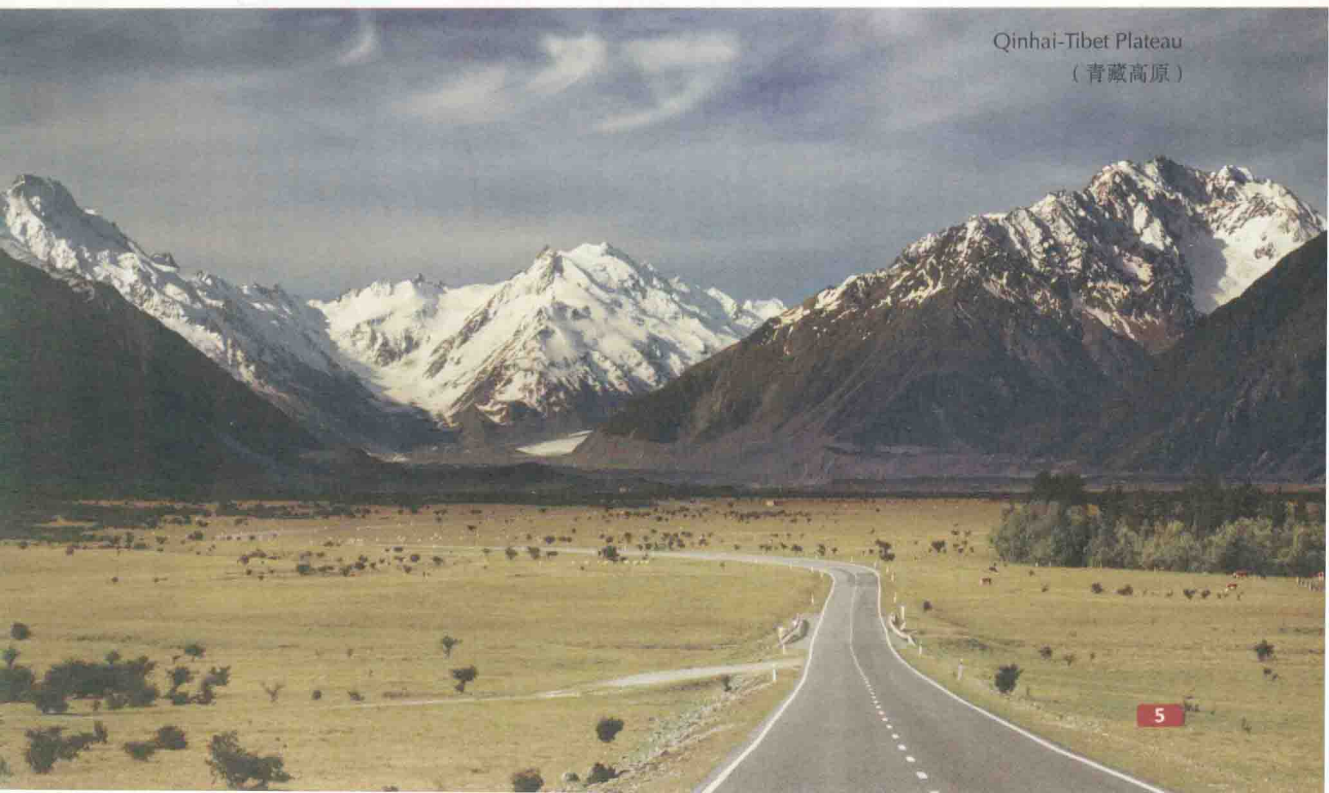
Taking a bird's-eye view of China, the terrain gradually descends from west to east like four steps of a staircase.

The first step is the Qinghai-Tibet Plateau in southwest China. With an average elevation of between 4,000 metres and 5,000 metres, it is known as the "roof of the world". Its highest peak is called Mount Qomolangma. The surrounding snow-capped mountains are the origins of many of China's large rivers.

The second step includes the Inner Mongolia Plateau, Loess Plateau (黄土高原), Yunnan-Guizhou Plateau, Tarim Basin, Junggar Basin and Sichuan Basin, with an average elevation of between 1,000 metres and 2,000 metres.

Mount Qomolangma: the highest mountain in the world. It lies in the Himalayas, crossing the border of China and Nepal. Mount Qomolangma was first climbed in 1953 by Edmund Hillary, from New Zealand, and Tenzing Norgay, from Nepal, who were members of a British team. People sometimes mention the name "Qomolangma" when they are talking about an extremely difficult achievement. 珠穆朗玛峰，世界最高峰，位于中国与尼泊尔边界的喜马拉雅山脉。1953年，英国登山队的新西兰人埃德蒙·希拉里和尼泊尔人丹增·诺盖首次登上该峰。人们有时用 Qomolangma 指来之不易的成就。

Qinghai-Tibet Plateau
(青藏高原)



The third step, dropping to 500—1,000 metres in elevation, begins at a line drawn around the Greater Hinggan, Taihang, Wushan and Xuefeng mountain ranges and extends eastwards to the coast of the Pacific Ocean. Here, from north to south, are the Northeast Plain, North China Plain and Middle-Lower Yangtze Plain. Interspersed amongst the plains are hills and foothills.

East of the third step is the fourth step of the staircase formed by the shallow waters of the continental shelf, an extension of the land into the ocean. The water here is mostly less than 200 metres deep.

Rivers and Lakes

China abounds with rivers. Most of the large rivers have their source on the Qinghai-Tibet Plateau, and drop greatly between source and mouth. As a result, China is rich in water-power resources, leading the world in hydropower potential.

China's rivers can be categorised as exterior and interior systems. The catchment area (汇水面积) of the exterior rivers that empty into the oceans accounts for 64% of the country's total land area. The catchment area of the interior rivers that flow into inland lakes or

Yangtze River
(长江)



disappear into deserts or salt marshes (沼泽地) makes up about 36% of China's total land area.

The Yangtze River is the longest river in China (6,300 kilometres), and the third longest river in the world. Its source is in the Tanggula Mountains on the Qinghai-Tibet Plateau. It flows through 11 provinces, autonomous regions and municipalities (直辖市). The Yangtze River is one of the main arteries of water transportation between eastern and western China. Many important ports and economic centres are located along it.

China's second longest river, the Yellow River, originates in Qinghai province and flows 5,464 kilometres to the Bohai Sea. As the most heavily silt-laden river in the world, the Yellow River has formed a raised-bed river (地上河) in the lower reaches. The Yellow River is seen as the cradle of Chinese civilisation and the spiritual home of the Chinese people.

Scattered throughout China are approximately 2,800 natural lakes. Most of which are found on the Middle-Lower Yangtze Plain and Qinghai-Tibet Plateau. Freshwater lakes such as the Poyang Lake, Dongting Lake, Taihu Lake, and Hongze Lake mostly lie in the former area, while in the latter are saltwater lakes such as the Qinghai Lake and Nam Co Lake (纳木错湖). The Poyang Lake, in the north of Jiangxi province, is the largest of its kind. The Qinghai Lake, in northeast Qinghai province, is the largest of its kind.

Apart from the natural rivers and lakes, there are also many man-made canals. The most famous is the Grand Canal (大运河) between Beijing and Hangzhou, more than 1,700 kilometres in length. It passes through the city of Tianjin and four provinces (Hebei, Shandong, Jiangsu and Zhejiang) and links five major rivers: the Haihe River, the Yellow River, the Huaihe River, the Yangtze River and the Qiantangjiang River. The canal was open to navigation over 1,000 years ago. It played an important role in facilitating trade between the south and the north and was regarded as the country's transportation and information "highway" before the advent of the railway.

Today, some of the canal's sections have been widened, deepened or

straightened out, and some water conservancy and ship locks have been added. This old canal still provides water transportation from north to south, irrigation water for the farmland on both sides, and cruise tours to the travellers from home and abroad.

Climate

Most of China lies in the north temperate zone, characterised by a warm climate and distinctive seasons, a climate well suited for habitation.

Most of China has a marked continental monsoon (季风) climate characterised by variety. From September to April the following year, the dry and cold winter monsoons blow from Siberia and the Mongolian Plateau, resulting in cold and dry winters and great temperature difference between northern and southern China. From April to September, warm and humid summer monsoons blow from the seas in the east and south, resulting in overall high temperature and plentiful rainfall, and little temperature difference between northern and southern China.

In terms of temperature, the country can be sectored from south to north into the tropical zone, the subtropical zone, the warm-temperate zone, the temperate zone, the cold-temperate zone, and the Qinghai-Tibet Plateau alpine zone. Precipitation (降水量) gradually declines from the southeastern to the northwestern inland area, and the average annual precipitation varies greatly from place to place. In southeastern coastal areas, it reaches over 1,500 millimetres, while in northwestern areas, it drops to below 200 millimetres.

Outline History

China has a recorded history of nearly 4,000 years and is one of the four homes of the world's earliest civilisations. The first primitive man known to have existed in China is Yuanmou Man (元谋人), who lived about 1.7 million years ago. Peking Man, who existed more than 600,000 years ago at Zhoukoudian (周口店), in the vicinity (附近) of modern Beijing, could walk upright, make and use simple tools, and

make use of fire. They possessed basic human characteristics.

Chinese dynastic history can be divided into two periods: the ancient period (ancient times—1840) and the modern period (1840—present).

Ancient Period

Chinese history began with two legendary figures—Emperor Huang (黄帝) and Emperor Yan (炎帝), who, together with their tribes, inhabited the drainage area along the middle reaches of the Yellow River. By the time of the Xia dynasty (夏朝: 2070—1600 BC), after centuries of living side by side, these two tribes had gradually merged into one. Consequently, the Chinese people usually call themselves the “descendants of Yan and Huang (炎黄子孙)”.

It was during the Xia dynasty that the institution of slavery (奴隶制) began. There are many legends describing the life of the people in this period, especially of the three sage (贤明的) kings after Emperor Huang and Emperor Yan—Yao (尧), Shun (舜) and Yu (禹). Yao made great contributions to the lunar calendar (农历). His successor (继承人), Shun, was physically and intellectually gifted and was a man with great virtues. Yu was famous for conquering the floods. He inspired people to dig ditches to divert water away instead of building dams. He worked ceaselessly for 13 years and succeeded in controlling the floods. Legend has it that he was so busy that “thrice he had gone past his own house without even looking in”.

lunar calendar: traditional Chinese calendar, according to which a common year has 354 or 355 days in total, 12 months of 30 days or 29 days, and a lunar leap year has 383 or 384 days in 13 months. According to changes in the position of the sun, a solar year is divided into 24 seasonal division points to facilitate farming. The years are designated by pairing items from the Heavenly Stems and Earthly Branches respectively so that 60 years form a cycle. It is said that the lunar calendar was created during the Xia dynasty, hence the term, *Xiali*, or Xia calendar. 阴历, 中国的传统历法。平年 12 个月, 大月 30 天, 小月 29 天, 全年 354 天或 355 天。闰年 13 个月, 全年 383 天或 384 天。根据太阳的位置, 人们把一个太阳年分成 24 个节气, 便于农事。纪年用于和天干地支搭配, 60 年周而复始。这种历法相传创始于夏代, 所以又称夏历。

Following the Xia dynasty arose the Shang dynasty (商朝: 1600—1046 BC), the Western Zhou dynasty (西周: 1046—771 BC), the Spring and Autumn and Warring States periods (春秋战国: 770—221 BC).

In 221 BC, Ying Zheng, the highly gifted, ambitious king of the Qin