

ENGLISH READING FOR
CHINESE CULTURE OF ETHNIC GROUPS

中国民族文化 英语赏析

刘雪莲 胡新梅 常媚◎主编



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前 言

近期颁布的《国家中长期教育改革和发展规划纲要(2010—2020年)》为高校教育未来十年的发展指明了方向,提出了新的要求。它指出:“鼓励学校优势学科面向世界,支持参与和设立国际学术合作组织、国际科学计划,支持与海内外高水平教育、科研机构建立联合研发基地。加快创建世界一流大学和高水平大学的步伐,培养一批拔尖创新人才,形成一批世界一流学科,产生一批国际领先的原创性成果,为提升我国综合国力贡献力量”。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。这样的国际学术交流与合作背景,势必要求各高等院校重视培养学生跨文化交际的意识与能力,使学生成为文化交流的使者,在进行学术交流的同时也能比较深入地将有着几千年文明历史的中国文化介绍给感兴趣的外国人,让世界各国人民全面、深入地认识中华民族。中国少数民族文化是中华文化的重要组成部分。多姿多彩的中国少数民族文化为中国文化增添了活力和魅力。各民族文化的交相辉映才会使中华民族更加团结和和谐,才会使中华文明生机勃勃,充满活力。民族院校的大学生和其它院校的少数民族大学生在学术交流的国际化过程中更要肩负起传承与弘扬少数民族文化的神圣使命和传递中国民族文化的责任,因此学习中国民族文化的英语表达应该是民族学子在接受高等教育过程中必不可少的学习课程。

目前的民族高校英语课程多以介绍英美国家文化为主,缺少中国文化内容,关于中国少数民族传统文化的教材几乎没有,这与社会发展的现实和人才的文化需求不符,因此急需调整民族院校英语课程设置以适应新的形势和要求。基于以上考虑,我们中央民族大学外国语学院三位老师着手编写了这本《中国民族文化英语赏析》。我们希望通过这本教材中对中国文化生动而通俗的介绍以及大量的思维拓展练习,帮助英语学习者形成一种对中国民族文化的新鲜的、

有深度的认识,以提高他们的跨文化交际能力。本教材主要取材于国内外报刊杂志网站中有关中国民族文化的介绍性文章,以具有中国特色的少数民族和传统文化现象为主线,通过阅读、翻译、欣赏和学习,消除学生在向外国友人介绍中国民族文化时经常出现的语言障碍,增进学生对中国民族文化的一些基本特征和基本概念的理解,帮助学生提高英语表达能力和跨文化交际能力。

《中国民族文化英语赏析》选材精良,编写严谨,体现了深厚的文化底蕴与思想内涵,是以英语教授中国民族文化的首选教程,也可作为英语学习者的自我提高用书。语言是文化的组成部分,语言也是文化的媒介,而文化则通过语言得以体现,因此语言与文化学习不可分割。《中国民族文化英语赏析》以生动的事例和材料,对中国文化最具特色的少数民族文化内容进行深入浅出的介绍,引导学生领悟中国民族文化的精髓,学会相应的英语表达,从而向世界展示中国的多彩民族文化。因此,本书的编写力求在提高学生英语运用能力的同时,帮助学生更加深刻地理解中国民族文化的内涵,提高自己的中国文化素养,加强学生用英语介绍、解释和传播中国民族文化的能力。本书要求学习使用者具有一定的英语基础,能听懂英语授课,能阅读英语文章,热爱中国民族文化,有进一步了解中国文化的学習需求。学习者通过广泛的英语阅读,学会对信息进行加工、分析并形成自己的观点,并且能用适当的英语进行有效的表达。

《中国民族文化英语赏析》是基于中国文化的英语阅读类教材,适用于民族院校的英语专业本科生、非英语专业的本科生,民族预科生、非英语专业的研究生和喜欢中国民族文化的英语学习者和教师。本教材适用于大学英语提高阶段选修课、中国文化英语通识课、研究生公共英语阅读课,也可作为其他类型英语课的补充阅读材料。

《中国民族文化英语赏析》共有 15 个单元,每个单元均有 1 篇文章,共 15 篇文章,每篇文章各有侧重,难度和长度均等,并附有形式多样的练习,每个单元可以自成一体,教师在使用时可以根据学生的实际英语水平、专业特点和兴趣爱好,结合学期的周课时数,选择合适的文章以确定教学的内容。每篇文章后面都配备包含课文内重点词汇的单词表和富有民族特色的文化背景介绍。课后的练习题部分分为课前练习、课后练习、拓展练习和课后练习答案四个部分。课前练习部分主要针对文章的话题进行课前提问和讨论;课后练习主要包括针对课文内容的问题回答、重点词汇的选词填空、课文内精选句子的英译汉练习和针对文

章主题而设计的多种多样的口语练习;拓展练习部分主要是针对各种文化内容方面的段落的汉译英翻译练习;课后练习答案部分提供了前面各个部分练习题的标准答案和参考答案。

由于编者水平所限,目前关于少数民族文化的参考英文资料不太齐全,本书难免出现一些疏漏和不足,希望读者和同行批评并积极提出修改意见和建议,以便将来进一步进行完善和修改。

编 者

2014年10月

于中央民族大学

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Unit One Chinese People

As a large united multi-national state, China is composed of 56 ethnic groups. According to the Sixth National Population Census conducted in 2010, of the country's total population 91.51% belong to the Han people, and 8.49% belong to minority ethnic groups. As the combined population of these other minorities is far fewer than that of the Han, they form the 55 minorities of China.

These numerous ethnic groups share China's vast lands, but at the same time, many live in their individual communities. The relationships between them have been formed over many years.

Chinese Han People

With a population of 1225.9 million, the Han Chinese can be found in almost every part of China. However, they mainly live in the middle and lower reaches of the Yellow River, Yangtze River and the Pearl River, and also in the Northeast Plain Region (Songliao Plain). They form the largest ethnic group within China and also the largest in the world. The Han people have their own distinctive way of life.

Language and Character

Chinese belongs to the Sino-Tibetan family of languages. The language is divided into seven dialects, namely Mandarin, Wu Dialect, Xiang Dialect, Gan Dialect, Min Dialect, Cantonese and Hakka. The Mandarin is the standard designated language on the Chinese mainland and Taiwan; while Cantonese is the prime dialect of Hong

Kong.

Chinese is written in two forms by the Han people—the traditional and simplified Chinese characters. The latter is derived from the former and is now widely and frequently used.

Religion

Confucianism, Taoism and Buddhism are the main religions. Many people also belong to various Christian denominations due to the influence of western culture.

Food and Food Culture

The staple food is rice and wheat. Rice is versatile and can be served in a variety of ways including porridge, rice cake, glutinous rice dumpling and rice noodles. Wheat is used in the production of steamed bread, noodles, steamed stuffed buns and wonton. Han people living in different regions of China have formed unique styles of cooking. The eight Culinary Traditions of China are the representative.

Tea and alcohol are the traditional drinks. Han People like to entertain their honored guests with tea and alcoholic drinks.

Housing

House styles and materials of the Han people vary in different regions of China. Those built in North China are mostly made of bricks in the courtyard style. The Chinese quadrangle courtyard (Sihe Yuan) in Beijing is a representative building. For houses in Northeast China, the style is almost the same as that in North China except for the walls. As Northeastern China is extremely cold, walls are built thicker and more solid than those of other places to retain warmth. However, in southern China, the Han people build their houses mainly of timber. The unique style of their buildings can be admired in the earthen buildings (Tulou) in Fujian and pavilions in Suzhou.

All the houses of Han are suggested to be positioned in the north facing south to catch the maximum sunlight.

Festivals

Festivals are rich in variety. The most important of these are the Spring Festival, Lantern Festival, Dragon Boat Festival and the Mid-autumn Festival.

55 Minorities in China

Although they make up only a small proportion of the overall Chinese population, the 55 minority ethnic groups are distributed extensively throughout different regions of China. The regions where they are most concentrated are Southwest China, Northwest China and Northeast China. No matter whether it is in Inner Mongolia, Xinjiang, Ningxia, Guangxi, Tibet, Yunnan, Guizhou, Qinghai or Sichuan, Gansu, Hubei, Hunan or any other province, one can find Chinese minorities. From the areas listed above, the greatest number of minorities can be found in Yunnan Province (25 ethnic groups). Zhuang has the largest population (more than 16 million) of minority ethnic groups.

In order to ensure that the 56 Chinese ethnic groups live together in harmony, the government introduced a series of policies to secure the equality and unity of ethnic groups, including giving regional autonomy to ethnic minorities and promoting respect for the faith and customs of ethnic groups. Among these the policy of regional autonomy for ethnic minorities is the most fundamental. Under this policy, five autonomous regions: Inner Mongolia, Xinjiang, Guangxi, Ningxia and Tibet, as well as numerous autonomous prefectures, counties, nationality townships and towns have been set up. With the guidance of the Chinese government, the minorities in areas that have been given regional autonomy are entitled to deal with their own affairs. Together with the Han people, the Chinese minorities are making great efforts to build a prosperous China.

Pre-reading Activities

Warm-up questions:

1. Where do you come from? Tell something about your hometown to your classmates in terms of its location, climate and so on.

2. What are the eight major different cuisines in China?

While-reading Activity

New words

census['sensəs] *n.* [C] 人口普查 [统计] official counting of a country's population or of other classes of things

numerous['nju:mərəs] *adj.* 很多, 许多 very many

ethnic['eθnik] *adj.* 1. 种族的, 部落的 of a national, racial or tribal group that has a common cultural tradition

2. 某文化群体的 typical of a particular cultural group

distinctive[dɪ'stɪŋktɪv] *adj.* 独特的, 有特色的, 与众不同的 of a feature that helps to distinguish a person or thing

dialect['daɪrəlekt] *n.* [C] [U] 方言, 土语 a variety of a language, spoken in one part of a country

Cantonese[ˌkæntə'ni:z] *n.* 广东人, 广东话 the dialect of Chinese spoken in Canton and neighboring provinces and in Hong Kong and elsewhere outside China

Hakka['hækə] *n.* 客家, 客家人, 客家语 a dialect of Chinese spoken in southeastern China; this form of Chinese is not well known outside China because few of the Hakka people have migrated

designate['deziɡneɪt] *vt.* 任命; 指派 appoint to a position or office
vt. 标明 mark clearly; indicate

denomination [dɪˌnɒmɪˈneɪʃn] *n.* 1. 宗派, 教派 a group of religious congregations having its own organization and a distinctive faith

2. 面额, 单位, (尤指钱的) 面额, 面值 a class of one kind of unit in a system of numbers or measures or weights or money

3. 名称, 种类名, 名目 identifying word or words by which someone or something is called and classified or distinguished from others

Confucianism [kənˈfjuːʃənɪzəm] *n.* 孔子思想; 儒家思想 the teachings of Confucius emphasizing love for humanity; high value given to learning and to devotion to family (including ancestors); peace; justice; influenced the traditional culture of China

Taoism [ˈdaʊɪzəm] *n.* 道教 a Chinese sect claiming to follow the teaching of Lao-tzu but incorporating pantheism and sorcery in addition to Taoism

Buddhism [ˈbʊdɪzəm] *n.* [U] 佛教 a religion of east and central Asia growing out of the teaching of Gautama Buddha that pureness of spirit is the answer to suffering

staple [ˈsteɪpl] *n.* 钉书钉 a small piece of thin wire with two square corners which is driven into sheets of paper, etc. and bent over on the other side to hold them together

vt. 用钉书钉钉住 fasten with staples

adj. 最基本的, 最重要的 necessary foods or commodities

versatile [ˈvɜːsətaɪl] *adj.* 1. 有多种学问、技能或职业的; 多才多艺的 turning easily or readily from one subject, skill or occupation to another

2. (指工具、机器等)多用途的,多功能的 (of a tool, machine, etc.) having various uses

porridge ['pɔ:ri:dʒ] *n.* 粥; 麦片粥 soft food made by boiling oatmeal or other meal or legumes in water or milk until thick

glutinous ['glu:tənəs] *adj.* 黏的, 胶质的; 粘 having the properties of glue

culinary ['kʌlɪnəri] *adj.* 厨房的; 烹调的 of or relating to or used in cooking

quadrangle ['kwɔ:dɹæŋgl] *n.* 1. 四边形 a four-sided polygon

2. 方形庭院 a rectangular area surrounded on all sides by buildings

timber ['tɪmbə(r)] *n.* 1. [U] 木料, 木材 wood for building

2. [C] 树木, 横梁 piece of wood, especially a beam, used in constructing a house or ship

pavilion [pə'vɪliən] *n.* 大帐篷; 观众席; 楼阁; 馆 large and often sumptuous tent

autonomy [ɔ:'tɒnəmi] *n.* 1. [U] 自治; 自治权 the freedom for a country, a region or an organization to govern itself independently

2. [U] 自主; 自主权 the ability to act and make decisions without being controlled by anyone else

autonomous [ɔ:'tɒnəməs] *adj.* 1. 自治的; 有自治权的 able to govern itself or control its own affairs

2. 自主的; 有自主权的 (of a person) able to do things and make decisions without help from anyone else

prefecture ['pri:fektʃə(r)] *n.* 任期; 管区; 县 the district administered by a prefect (as in France or Japan or the Roman Empire)

prosperous ['prɒspərəs] *adj.* 成功的, 繁荣的, 兴旺的 successful or thriving, especially financially

Phrases and Expressions

be composed of 由……组成

account for (在数量方面)占; 说明(原因等); 对……负责; 导致, 引起

divide into 分为,分成

derive from 起源于;来自;得到;获得;来源于

a variety of 种种;多种多样

be entitled to 有权(做);有资格(做)

together with 同……一起;连同

Notes to the Text

1.Sino-Tibetan Family of Languages:汉藏语系。汉藏语系,用汉语和藏语的名称概括与其有亲属关系的语言群。汉藏语系是语言学家按照谱系分类法划分的一组语群,但是划分的形式很多。这个语系至少包含汉语和藏缅语族,共计约400种语言,主要分布在中国大陆、中国香港、中国澳门、中国台湾、越南、老挝、柬埔寨、缅甸、泰国、印度等亚洲各地。按使用人数计算,是仅次于印欧语系的第二大语系。

2.Mandarin:普通话;国语;中国官话。普通话即现代标准汉语。普通话以北京语音为标准音,以北方话为基础方言,以典范的现代白话文著作为语法规范,是通行于中国大陆及海外华人华侨间的共通语言。普通话是中华人民共和国的官方语言,是新加坡四种官方语言之一,也是联合国六种官方工作语言之一。

3.Chinese Eight Regional Cuisines:八大菜系。菜系,也称“帮菜”,是指在选料、切配、烹饪等技艺方面,经长期演变而自成体系,具有鲜明的地方风味特色,并为社会所公认的中国饮食的菜肴流派。早在春秋战国时期,中国汉族饮食文化中南北菜肴风味就表现出差异。到唐宋时,南食、北食各自形成体系。发展到清代初期时,鲁菜、苏菜、粤菜、川菜,成为当时最有影响的地方菜,被称作“四大菜系”。到清末时,浙菜、闽菜、湘菜、徽菜四大新地方菜系分化形成,共同构成中国汉族饮食的“八大菜系”。

4.Chinese Quadrangle Courtyard(Sihe Yuan):四合院。四合院,又称四合房,是中国的一种传统合院式建筑,其格局为一个院子四面建有房屋,通常由正房、东西厢房和倒座房组成,从四面将庭院合围在中间,故名四合院。

5.Earthen Building(Tulou):土楼。土楼是分布在中国东南部的福建、江西、广东三省,以生土为主要建筑材料、生土与木结构相结合,并不同程度地使用石材的大型居民建筑。它们是几次中国乃至东亚历史动荡和民众大迁徙的产物。

其中分布最广、数量最多、品类最丰富、保存最完好的,是福建土楼。

6. Regional Autonomy: 民族区域自治。民族区域自治制度,是指在国家统一领导下,各少数民族聚居的地方实行区域自治,设立自治机关,行使自治权的制度。民族区域自治制度是我国的基本政治制度之一,是建设中国特色社会主义政治的重要内容。民族区域自治制度就是在统一的祖国大家庭里,在国家的统一领导下,以少数民族聚居的地区为基础,建立相应的自治机关,设立自治机关,行使自治权,自主地管理本民族、本地区的内部事务,行使当家做主的权利。

7. Autonomous Prefecture: 自治州。自治州是行政区划名称,所管辖的行政区域为县级行政区包括县、自治县、县级市。在中华人民共和国境内,自治州为民族自治地方,地位介于直属中央政府的省一级与县一级之间。

After-reading Activity

Comprehension of the Text

Answer the following questions.

1. How many dialects are there in Chinese language? What are they?
2. What are the three major religions in China?
3. How many ways rice can be served? Give some examples.
4. What are the housing differences between Northern China and Southern China?
5. Where are the most concentrated regions for 55 minority groups?

Vocabulary

Fill in the blanks with the words given below.

versatile	staple	ethnic	numerous	distinctive
glutinous	autonomous	prosperous	culinary	designated

1. Coffee is the _____ of this district.
2. This music would sound more _____ if you played it in steel drums.
3. Zongzi, with _____ rice wrapped into bamboo or reed leaves.
4. At no time has the country been more _____ than at present.

5. The chairman has _____ that boy as his successor.
6. He is one of the most _____ actors.
7. He has a _____ goatee, so I can recognize him easily.
8. _____ interruptions have prevented me from finishing my work.
9. Each of the U.S. states has (a) n _____ government.
10. The superb _____ technique make people exclaim.

Translation

Translate the following sentences into Chinese.

1. As a large united multi-national state, China is composed of 56 ethnic groups.
2. Chinese is written in two forms by the Han people—the traditional and simplified Chinese characters.
3. Many people belong to various Christian denominations due to the influence of western culture.
4. All the houses of Han are suggested to be positioned in the north facing south to catch the maximum sunlight.
5. Although they make up only a small proportion of the overall Chinese population, the 55 minority ethnic groups are distributed extensively throughout different regions of China.

6. In order to ensure that the 56 Chinese ethnic groups live together in harmony, the government introduced a series of policies to secure the equality and unity of ethnic groups, including giving regional autonomy to ethnic minorities and promoting respect for the faith and customs of ethnic groups.

Oral Activity

Discussion: There are many different languages people use to communicate. Discuss the following questions about language with your classmates.

1. Do you know some dialects? If yes, show them to us.
2. How many languages can you speak? What are they?
3. Do you think language learning is a difficult process? Why or why not?

Further-developing Activity

Translation

Directions: For this part, you are allowed 30 minutes to translate a passage from Chinese into English.

中华人民共和国,简称中国,位于东亚,与14个国家或地区接壤。它是世界上人口最多的国家,有13亿人口。中国有56个民族,其中汉族约占总人口的92%。汉语是世界上使用最广泛也是外国人最难懂的语言之一。汉语方言很多,使用最广的是普通话和粤语。汉语发源于象形文字(hieroglyph),有超过四万个汉字。受过良好教育的人能认识约六千个字。阅读报纸需要认识三千字左右。