

# CHINA CLOSE-UP

# 当代中国近镜头

Living Chinese Culture

中国人的多彩生活

杨丹 主编

**Sinolingua**  
华语教学出版社

# CHINA CLOSE-UP 当代中国近镜头

Living Chinese Culture  
中国人的多彩生活

杨丹 主编



**Sinolingua**  
华语教学出版社

策划编辑：韩 颖 张 超  
责任编辑：杨 晗  
英文编辑：韩 芙 芸  
封面设计：几何创想  
印刷监制：汪 洋

#### 图书在版编目(CIP)数据

当代中国近镜头：中国人的多彩生活：汉英对照 / 杨丹主编. -- 北京：华语教学出版社，2019.7  
ISBN 978-7-5138-1738-7

I .①中… II .①当… III .①中华文化—汉、英 ②民间工艺—中国—汉、英 IV .① K203 ② J528

中国版本图书馆 CIP 数据核字 (2019) 第 068723 号

## 当代中国近镜头：中国人的多彩生活

杨丹 主编

\*

© 华语教学出版社有限责任公司  
华语教学出版社有限责任公司出版  
(中国北京百万庄大街 24 号 邮政编码 100037)

电话：(86)10-68320585, 68997826

传真：(86)10-68997826, 68326333

网址：www.sinolingua.com.cn

电子信箱：hyjx@sinolingua.com.cn

北京玺诚印务有限公司印刷

2019 年 (16 开) 第 1 版

2019 年第 1 版第 1 次印刷

(汉英)

ISBN 978-7-5138-1738-7

定价：79.00 元

## “当代中国近镜头”编委会

### 总策划

陈 实 王晓辉 王君校 韩 晖

### 主 编

杨 丹

本册图书中的视频由中国网《中国范儿》栏目提供

### 主创人员

李虹霖 孙婉露 宋若冰 刘颖颖 林凡凡 刘 璟 吴 婧

潘 登（约稿） 曾爱平（约稿）

### 特别感谢

冯薇薇（特约改稿） 陈 超（视频英文编审）

First Edition 2019



ISBN 978-7-5138-1738-7

Copyright 2019 by Sinolingua Co., Ltd

Published by Sinolingua Co., Ltd

24 Baiwanzhuang Street, Beijing 100037, China

Tel: (86)10-68320585, 68997826

Fax: (86)10-68997826, 68326333

<http://www.sinolingua.com.cn>

E-mail: [hyjx@sinolingua.com.cn](mailto:hyjx@sinolingua.com.cn)

Facebook: [www.facebook.com/sinolingua](http://www.facebook.com/sinolingua)

Printed by Beijing Xicheng Printing Co., Ltd

*Printed in the People's Republic of China*

## PREFACE 前言

70年前，中国是一个刚刚平息战乱实现统一、积贫积弱的落后国家；70年后，特别是经历了40年的改革开放，中国经济取得了飞跃性的发展，国家实力显著提升，人民生活水平大幅提高。2019年，新中国成立70周年，中国70年来的巨大变迁世界有目共睹。面对中国的发展，世界上充满了各式各样的目光，有热情的、好奇的，也有怀疑的、惧怕的……不管怎样，中国一直以友好的姿态敞开大门，欢迎各国朋友来了解中国的变化、中国的现实，了解百姓的真实生活……怀疑和惧怕往往因为不了解，一旦近距离接触，也许你就会交上中国朋友，并爱上这个表面很神秘其实很友善的国度——中国。

“当代中国近镜头”系列丛书就是一个让外国朋友了解当代真实中国的小窗口。通过这个窗口，读者可以深入了解发展的中国、人文的中国和作为世界大家庭重要一分子的中国。这套中英双语对照的、图书配视频的丛书，从中国特色文化、中国人的多彩生活、科技改变中国、走向世界的中国，以及中国方案合作共赢五个方面，讲述当代中国的真实故事。这些故事由丛书编者从中国互联网新闻中心和中国外文局融媒体中心制作的百余则微纪录片精选出来并精心编辑成书，每个主题独立成册，每册包含十余篇有温度、有深度的文章，配有图片。读者在阅读文章的同时，还可以通过随书视频光盘和扫描书内二维码两种方式收看视频故事。

来吧，亲爱的读者朋友，透过“当代中国近镜头”，近距离地看看中国吧！

# CONTENTS 目录

- Laba* Porridge Sweetens Run-up to Chinese New Year  
腊八：过了腊八就是年  
----- 01
- Flower Lamps: Lighting up the Lantern Festival  
花灯：春灯万盏闹元宵  
----- 15
- New Year's Eve Dinner: Special Taste of Reunion  
年夜饭：团圆的独特味道  
----- 27
- Mooncakes: A Bond among Chinese Families  
月饼：中国人亲情的纽带  
----- 41
- Temple Fair: A Taste of the Most Authentic Chinese New Year  
庙会：中国年味最浓处  
----- 55

*Qixi: A Romantic Chinese Festival*

七夕：中国情人节

-----• 67

*Water-Sprinkling Festival: A Charming Dai Culture*

泼水节：傣族的文化魅力

-----• 79

*Paper-cutting: Scissors Art*

剪纸：指尖上的剪刀艺术

-----• 93

*Blown Candy: The Sugar Blowing Art*

吹糖人儿：“气球”之上的捏塑

-----• 107

Artistically Decorated Steamed Buns: A Steamed  
Artwork

花馍：蒸出来的艺术品

-----• 121

Miao Silver Jewelry: A Cultural Heritage You Can  
Wear

苗族银饰：穿在身上的文化遗产

-----• 135

Chopsticks Are More Complex Than They Look

筷子：这个餐具绝没那么简单

-----• 149



*Laba* Porridge Sweetens Run-up to Chinese  
New Year

腊八：过了腊八就是年



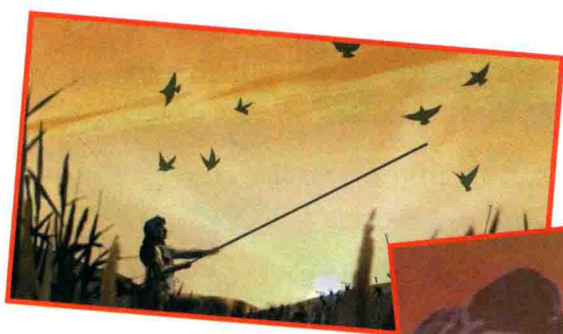
## ***Laba* Porridge Sweetens Run-up to Chinese New Year**

By stewing a mixture of such grain as rice, millet, and glutinous rice with red beans, kidney beans, red dates, peanuts, lotus seeds, and other dried fruits, one can make a bowl of steamy, savory *Laba* porridge. In the traditional Chinese lunar calendar, the eighth day of the twelfth lunar month (or *layue chuba*) is called *Laba*. This day is also

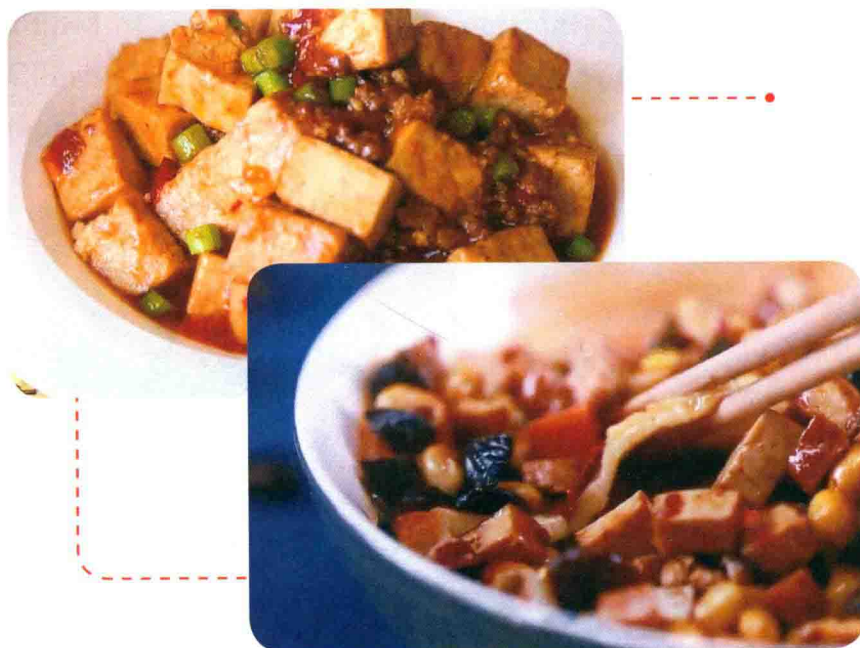


known as the *Laba* Festival. It is a tradition to eat a bowl of warm *Laba* porridge on this day to warm up the body while enjoying the upcoming Chinese New Year's festivities.

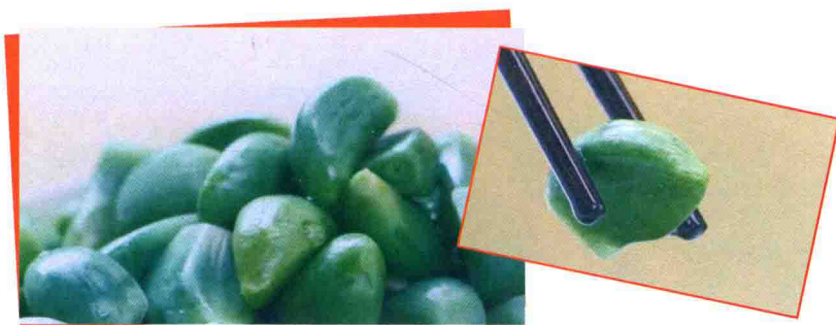
In ancient times, the Chinese used game meat to make sacrifices to their ancestors and gods at the end of each year. This practice is known as “hunting sacrifices”. In ancient Chinese, the word for “hunting” can be used in a similar way to the word *la*. As a result, the last month of the year is called *layue*. This tradition was later incorporated into celebrations held on the day Sakyamuni became the Buddha thousands of years ago, which was set at the eighth day of *layue* during the Northern and Southern Dynasties. In this way, the *Laba* Festival came into being.



China has a vast territory and abundant resources, resulting in a variety of unique seasonal foods that are enjoyed in different regions during the festival. Besides the most popular dish, *Laba* porridge, local people in China's eastern Anhui Province eat *Laba* tofu, those in China's western Qinghai Province cook the wheat kernels with beef and mutton to make a special wheat dish, and those in China's central Shaanxi Province stay true to their love for noodles on this day by eating noodles instead of porridge. While these foods have distinctive regional features, there is one thing in common, that is, selecting local simple ingredients. In this way, people throughout the country can enjoy their harvests in a bowl after a hard year of work.



In addition to the variety of dishes made from grain, other unique foods are popular during this time throughout China. For example, in northern China people marinate fresh garlic cloves in vinegar to make *Laba* garlic which is eaten with *jiaozi* on the eve of the Spring Festival.



The eighth day of the twelfth lunar month coincides with the coldest period of winter in northern China. The arrival of *Laba* also indicates that the Spring Festival is just around the corner. For many Chinese people, *Laba* marks the start of the festive period that culminates in the Spring Festival. After finishing a bowl of warm *Laba* porridge and looking outside, one might notice the streets and alleyways are also warm and festive. As one popular folk children rhyme goes, “Kids, kids, don’t let your mouth water, for the Spring Festival comes shortly after *Laba*.”



It's fair to say that *Laba* precedes the Chinese New Year. Shortly after the time, people butcher pigs, go shopping for the New Year, marinate bacon, and prepare for a happy and auspicious Chinese New Year.





Scan for a Video





là bā guò le là bā jiù shì nián  
**腊八：过了腊八就是年**

dà mǐ xiǎo mǐ nuò mǐ děng gè zhǒng gǔ  
 大 米、小 米、糯 米 等 各 种 谷  
 lèi dā pèi hóng dòu yún dòu děng dòu lèi zài jiā  
 类，搭 配 红 豆、芸 豆 等 豆 类，再 加  
 shàng hóng zǎo huā shēng lián zǐ děng gān guǒ kě yǐ  
 上 红 枣、花 生、莲 子 等 干 果，可 以  
 áo zhì chū yì wǎn rè qì téng téng xiāng qì sì yì de  
 熬 制 出 一 碗 热 气 腾 腾、香 气 四 溢 的

