

大学英语综合应用能力选修课系列教材

# 感悟中国

## ——中国文化英语阅读教程

Insights into China:  
An English Reading Course of Chinese Culture

主编 黄建滨



上海外语教育出版社  
外教社 SHANGHAI FOREIGN LANGUAGE EDUCATION PRESS

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## 前 言

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。但是目前的大学英语教学还仍然基本停留在基础阶段的教学,主干教材仍然以学习语言基础知识和西方文化为主,结果造成大学生毕业时仍然感到从中学到大学学了十年的英语,但却还是无法和外国人进行深层次的交流。当然,他们经过十年的英语学习,实际上已经掌握了一般的交流所需要的英语词语、结构和表达方式,但是到了和外国人交流时(口头或笔头),他们却感到想说的说不出,想写的写不出。那么问题到底出在哪里呢?根据我们的观察和调查,我们的大学生在和国外友人交流的过程中,遇到的主要问题是外国人真正想向中国学生了解的是有关中国的文化、中国的风俗、中国的经济、中国的政治体制、中国的历史、中国的风光等等。可是有关这些中国特有的内容的英文材料在我们的大学和中学教材中却很少出现。这才是“哑巴英语”的关键所在。本教材的编写正是为了适应国家和社会对大学生英语能力的要求,为了改变上述现象而编写的。

本教材从多角度反映具有中国特色的社会与文化现象,而不是仅仅局限于一般意义的中国文化。我们的选材主要是国内外报刊杂志中有关中国社会和文化的介绍,这些选文的作者不少是在中国工作过或仍在中国工作的外国友人。我们也选取了部分中国近现代作者所写的关于中国的文章。他们从不同角度用地道的英语介绍了中国的社会和文化。本教材内容涉及节日习俗、人际关系、旅游、饮食、中医、武术、音乐、语言、思想意识等等,基本涵盖了中国社会的方方面面。每单元包括两篇阅读材料,一篇课内使用,属于精读性质,一篇补充阅读,可以用做泛读。每单元还附有单词表、词组表、专有名词表和注释,以方便学习者使用。

为了使学习者更好地理解课文内容,我们编排了形式多样、生动活泼的练习,如课前活动、边读边想、阅读理解、词汇练习、英译汉、汉译英、问答、课后活动。课前活动和课后活动的形式包括辩论、访谈、讲故事、游戏、问卷调查、演示、角色表演等。这些活动的设计旨在使学习者在活动中使用所学到的表达方式,通过语言的使用达到对语言的掌握,从而提高语言运用的能力。

本教材的编者都是长期从事大学英语教学的教师,有相当的教学和教材编写经验。日本立命馆太平洋大学大桥克洋教授也参与了本教材的编写,使本教材更加国际化。本教材由黄



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**Unit**

# One

## **Chinese Food**

**Text**

*The Joy of Jiaozi*

**Supplementary Reading**

*A Foreigner Encounters Chinese Food Culture*

## Pre-reading Activity

Work in groups to list as many traditional Chinese foods as you can in each category and write them down in the table.

Appetizer	Vegetable	Soup	Meat	Drink	Dessert

## While-reading Activity

Think about the following question while you read the text.

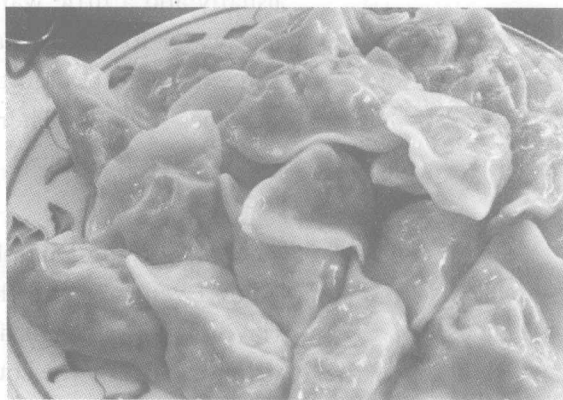
Which foods you have listed above are mentioned in the text, and which are not?

## Text

## The Joy of Jiaozi

By Xiao Wen

1 In the northern part of China, people often say: “Dumplings are the best to eat.” Indeed, because of its cold, arid climate, people spend the winters eating vegetables stored away in the fall. *Jiaozi* — Chinese dumplings — have become a specialty in the north.



2 Dumplings are made by wrapping a dough around meat and vegetables. In the past, people ate dumplings only on festive occasions; now they have become common fare in the home, and several brands of frozen dumplings are available in stores. However, it is still the custom in the north to make and eat dumplings on the eve of Spring Festival. During this time it is common to hear people say, “Dumplings are the best to eat.”

3 Laobian’s Dumplings<sup>1</sup> are distinctive for their fried meat and variety of vegetable stuffing. They can be found at the 160-year-old Laobian’s Dumplings Shop in Shenyang, a large city in northeast China. This kind of dumplings is called “Old Bian” because the shop’s founder was Bian Fu. During that time Bian Fu tried his best to improve the stuffing so that his dumplings were out of the ordinary. Because the meat is fried before it is mixed with the vegetables, Laobian’s Dumplings are easier to cook than other kinds of dumplings.

4 The popularity of Laobian’s Dumplings has traveled south. In Hainan, Hainan — the southernmost province of China — a Laobian’s

Dumplings Shop has been opened. The northerners who live there can satisfy their craving for their local cuisine. Even Hainaners like to eat Laobian's Dumplings. One Hainaner not only likes to eat the dumplings but also enjoys seeing how they are made up north.<sup>2</sup> "I was born and brought up near the ocean, so I love seafood. But dumplings are also good to eat. I enjoy eating a full plate of dumplings with meat and vegetable stuffing," he said.

5 *Yuanyang* Dumplings have beef and mutton stuffing. Because this kind of stuffing will contract and become tough when it is boiled, people usually add a little water to it. This is a task that calls for skill. You must add water to the beef and mutton separately, but can only add a little each time and you shouldn't stop mixing while adding the water until the stuffing becomes smooth. There is no need to add other vegetables to the stuffing besides green Chinese onion and ginger. This dumpling tastes a lot like a meatball.

6 *Yuanyang* Dumplings are a favorite with the Hui People as well as the Han. Even the soup that *Yuanyang* Dumplings are boiled in has a special flavor. It is said that drinking the soup helps the digestion. It is common to drink a bowl of the soup after eating the dumplings. It's a pity if you don't try at least one bowl of *Yuanyang* Dumplings' soup after enjoying the dumplings themselves.

7 The Dumpling Banquet in Xi'an<sup>3</sup> is becoming more popular as tourism develops in China. Today a Xi'an Dumpling Banquet can be found on Chang'an Avenue in Beijing. The banquet entails offering a wide variety of dumplings in a banquet setting. Guests are encouraged to try as many different kinds as possible. Women from the Loess Plateau in northwest China make the dumplings with special stuffing and wrappers, so that they look like fish, insects, birds, animals and flowers. They're almost too pretty to eat. A dumpling banquet is a good way to welcome or to say farewell to friends.

8 Dumpling banquets held on the eve of Spring Festival are most enjoyable because traditionally, the entire family joins in to make dumplings. Children always come back to their parents' house on this occasion.

9 Southerners and northerners have different ways of making the

dumplings. Northerners roll out a wrapper for each dumpling, but southerners roll out a large sheet of dough and then use a small bowl turned upside down to cut out the wrappers.

10 Each family in China makes its own kind of dumplings, which translates to thousands of different kinds of *Jiaozi* being made all over the eve of Spring Festival. It is truly a state banquet!

11 “*Hao chi bu guo Jiaozi.*” Dumplings are the best to eat.

(Adapted from *Women of China* translated by Zhao Ning)



### New Words

arid	/ 'æɪɪd /	a.	(气候、地区等)干旱的,干燥的
banquet	/ 'bæŋkwɪt /	n.	宴会,盛宴
craving	/ 'kreɪvɪŋ /	n.	渴望,迫切的需要
cuisine	/ kwɪ:'zi:n /	n.	烹饪
dumpling	/ 'dʌmplɪŋ /	n.	饺子,汤团
entail	/ ɪn'teɪl /	vt.	使承担,必需
fare	/ feə(r) /	n.	伙食;(车、船等)费
ginger	/ 'dʒɪndʒə(r) /	n.	生姜
mutton	/ 'mʌtən /	n.	羊肉
setting	/ 'setɪŋ /	n.	环境
specialty	/ 'speʃəltɪ /	n.	特色菜,特产
stuffing	/ 'stʌfɪŋ /	n.	馅



### Phrases and Expressions

bring up  
call for

养育  
需要,要求

**roll out** out of the ordinary 特殊的,不同寻常的  
碾平,展开



### Proper Names

<b>Bian Fu</b>	边福(老边饺子创始人,1808 - 1870)
<b>Chang'an Avenue</b>	长安街(北京一街道)
<b>Haikou</b>	海口(海南省省会)
<b>Laobian's Dumplings</b>	老边饺子
<b>Loess Plateau</b> / 'ləʊs 'plætəʊ /	黄土高原
<b>Xi'an Dumpling Banquet</b>	西安饺子宴
<b>Yuanyang Dumplings</b>	鸳鸯饺



### Notes to the Text

1. **Laobian's Dumplings:** 老边饺子。坐落于沈阳市市场的老边饺子馆,始建于1829年,至今已有160多年的历史,是沈阳最享盛名的风味餐馆,经营的饺子有100多种。老边饺子素以皮薄馅大、鲜香味美、浓郁不腻、松散易嚼而闻名遐迩。老边饺子之所以令人交口称赞,关键在于制馅。煸馅的制作,要求选料精细。肉馅,春、夏多用瘦,秋、冬多用肥。取一半肉馅放在炒锅里,经加入甜面酱、调料炒制后,和另一半生肉馅混合,做成煸馅。
2. 此句意为:有一位海南人不仅喜欢吃饺子,而且喜欢看饺子在北方是怎么包的。句子中的“up”相对于“down”,意思是:在北部,在北方。
3. **The Dumpling Banquet in Xi'an:** 西安饺子宴。在西安的特色小吃中,最称得上绝的非“饺子宴”莫属。它主要是由千姿百态的饺子组成的宴宾筵席。尤为中外游客称道的是,上百种饺子,配以不同的馅,捏成不同的形状,玲珑剔透,或蒸或煮,好吃好看,每一款都有一个雅致的名称和传说,让人眼花缭乱,赞不绝口。“西安饺子宴”分为“百花宴”、“牡丹宴”、“龙凤宴”、“宫廷宴”、“八珍宴”等5个高、中、低档次,由180余种色彩、造型、香味俱佳的饺子分别组成,真可谓“一饺一格、百饺百味”。

## Post-reading Activities

### I. Comprehension of the Text

There are eight questions or incomplete sentences in this part. Each of them is followed by four suggested choices marked A, B, C and D. You should decide on the best choice according to the text.

- Chinese dumplings have become a specialty in the northern part of China because of \_\_\_\_\_.
  - the easy cooking
  - the cold and dry weather
  - the delicious taste
  - the available stuffing
- Which of the following makes Laobian's Dumplings distinctive?
  - A 160-year-old history.
  - Special wrappers.
  - Delicious cuisine.
  - Unusual stuffing.
- One of the main reasons why the popularity of Laobian's Dumplings has traveled south is that \_\_\_\_\_.
  - the dumplings can cater to the needs of the northerners living south
  - the dumplings suit the taste of the southerners
  - the dumplings are easy to make
  - the dumplings are as delicious as seafood
- We know from the text that *Yuanyang* Dumplings \_\_\_\_\_.
  - only have two kinds of stuffing
  - are made with special wrappers, looking like birds
  - need more skill than any other brand of dumplings when boiled
  - are liked by both the Hui people and the Han
- According to the passage, it's a pity if you don't drink *Yuanyang* Dumplings' soup because \_\_\_\_\_.
  - it helps the digestion
  - there are a lot of ingredients in it
  - there is no need to pay extra money for it
  - it is boiled in a special way
- Which of the following might make the Dumpling Banquet in Xi'an popular?



- legs, the web which it spins, and its \_\_\_\_\_ shape.
- A. graceful  
B. huge  
C. mysterious  
D. distinctive
7. If you want to be proud of your children when they are grown, you must \_\_\_\_\_ them \_\_\_\_\_ carefully.
- A. turn ... up  
B. bring ... up  
C. put ... up  
D. make ... up
8. "I've been promoted." "This \_\_\_\_\_ a celebration."
- A. calls on  
B. calls for  
C. calls at  
D. calls off
9. She has \_\_\_\_\_ the conditions for entry into the college.
- A. satisfied  
B. created  
C. met  
D. caught
10. The great \_\_\_\_\_ of goods in the supermarket simply confused her. She didn't know what to buy.
- A. edition  
B. style  
C. variety  
D. scale

### III. Translation from English to Chinese

*In this part there are five sentences or groups of sentences in English taken or adapted from the text. Translate them into Chinese.*

- In the past, people ate dumplings only on festive occasions; now they have become common fare in the home, and several brands of frozen dumplings are available in stores.
- During that time Bian Fu tried his best to improve the stuffing so that his dumplings were out of the ordinary.
- This is a task that calls for skill. You must add water to the beef and mutton separately, but can only add a little each time and you shouldn't stop mixing while adding the water until the stuffing becomes smooth.
- The banquet entails offering a wide variety of dumplings in a banquet setting. Guests are encouraged to try as many different kinds as possible.
- Each family in China makes its own kind of dumplings, which translates to thousands of different kinds of *Jiaozi* being made all over the eve of Spring Festival.