

1 Symbols of Culture

Unit

PART I

Teaching Focus and Topic Exploration

Teaching Focus

	Text A	Text B
Theme	<i>Jiaozi</i> : The Taste of Home	What's Your Cup of Tea
Vocabulary	essential, trace, specialty, symbolize, fortune, wrap, skip, stir, process, edge, seal, neat, boil, associate, recall, expand, attract, affordable, despite, unique, guilty	beverage, origin, cultivate, refresh, necessity, atmosphere, demonstrate, preparation, presentation, moral, character, serve, lifestyle, typical, consist, delicate, wherever, local, differ
Phrases and Expressions	play down; by no means; and the like; have fun; in large quantities; nothing more than; even so	come as no surprise; warm up; fill in; cool down; calm down; pass around; one after another; with all your heart
Grammar	1) How to use "nothing more than" 2) How to use "even so" (“Focusing on Sentence Structure”)	
Writing	1) How to make sure that the subject and verb agree (“Basic Writing Skills”) 2) Understanding and writing invitations (“Practical Writing”)	
Chinese Wisdom	1) Learning more about the symbols of Chinese culture 2) Discussing how college students can raise their awareness of Chinese culture	

Topic Exploration

Every culture has its own set of symbols to represent its unique language, traditions, beliefs and values. This allows people who share and value these symbols to identify their cultural roots, giving them a sense of belonging and pride, and encouraging them to maintain and develop their cultures.

In this unit, both Text A and Text B deal with symbols of culture and demonstrate how these

symbols matter.

In Text A, the author describes how Chinese dumplings, or *jiaozi*, are cherished by the Chinese people as the taste of home. For Chinese families, dumplings are many things. They are a Chinese New Year specialty symbolizing fortune and prosperity, an everyday family dish, and more importantly, a way to show love for each other at family gatherings, a reason for team bonding activities in colleges and companies, and a dish for overseas Chinese who want to make up for missing the festivities of Chinese New Year. As the author says at the end of the text, “They are nourishing, delicious, and unpretentious. They are just like home—nothing to fuss about but always there when you need it.” Indeed, for the Chinese people, *jiaozi* is, and will always be, the taste of home. *Jiaozi* is therefore a great symbol of Chinese culture.

Text B shows us how tea culture is valued in different countries and what cultural implications it has. The *gongfu* tea ceremony is a good example of Chinese tea culture, which sees tea not only as a daily beverage but also as an art form and a spiritual enjoyment. In Britain, afternoon tea is a key part of social life. Mate tea in Argentina is drunk to maintain good health and a sense of belonging.

From the two texts, we can see that symbols of culture mean a lot to people who share and value them. Learning about and sharing cultural symbols can promote understanding and trust. It is therefore important to think about the following questions: What are the cultural symbols of China? Why should we also learn about the cultural symbols of other countries? What can we do to maintain and develop Chinese culture? What can we do to promote cultural exchange between China and the rest of the world?

PART II

Understanding and Learning

Reading Through

Background Information

The Ming Dynasty and the tradition of *jiaozi*

The tradition of having *jiaozi* during Chinese New Year is said to have started in the Ming Dynasty (1368–1644). Since *jiaozi* looked like the silver or gold ingots (铸锭) used as money during the Ming Dynasty, serving *jiaozi* at this special time was believed to bring fortune and prosperity. Some even put a clean coin inside the *jiaozi* for a lucky person to find. This tradition is carried on to this day.

Suggestions for Teaching Text A

To help students better understand the text, begin by asking them about 1) the significance of *jiaozi*, or Chinese dumplings, in Chinese people's life; and 2) the reasons why dumplings are loved by the Chinese people.

Many Chinese dishes are loved as part of Chinese culture, and *jiaozi* is probably the most important example. After completing the exercises in the Exploring the Topic part in the Student's Book, the teacher can ask questions such as: "Do you make *jiaozi* on Chinese New Year's Eve?" "How often do you wrap *jiaozi* at home?" "Have you attended a *jiaozi* wrapping event outside your family?" Ask students to read the first sentence of each paragraph and to guess what specific things about *jiaozi* will be mentioned in each one. Then go on to explain the text in detail.

Please note how some conjunctions and adverbs are used to express a change of thought. For example:

- "However, to simply describe dumplings as a Chinese New Year specialty that symbolizes fortune and prosperity is to play down the dish's popularity." (Para. 2)
- "Popular as they are, these half-moon-shaped dumplings are by no means quick to make." (Para. 2)
- "But both seem to have fun making those irregular-shaped dumplings, which somehow manage to never fall apart in the boiling pot." (Para. 3)
- "Despite these changes, small dumpling restaurants remain popular." (Para. 5)
- "Even so, we keep visiting it for its unique home-made dumplings." (Para. 5)
- "The celebration usually falls on an especially busy time at work, but a plate of dumplings is enough to make my friend less guilty for skipping most of the festivities." (Para. 6)
- "They are just like home—nothing to fuss about but always there when you need it." (Para. 7)

After students have read the whole text, ask them to talk about which part of the text touches them most, what dumplings mean to them or their own family, and why it is important to maintain the tradition of having dumplings as a Chinese New Year specialty. Ask students to use some of the conjunctions mentioned above when giving their opinions.

Text Structure

The text is made up of three parts: Introduction, Body and Conclusion. The text structure is shown in the following table:

Parts	Paragraphs	Main ideas
Introduction	1-2	<i>Jiaozi</i> , or Chinese dumplings, are not only important in celebrating Chinese New Year, but also enjoyed by people throughout the year.
Body	3-6	Reasons why dumplings are loved: 1. Dumpling wrapping has always been a joyful weekend project for the author and his/her family. (Para. 3) 2. Dumplings can get everyone involved. (Para. 4) a) Parents make dumplings and store them in the refrigerator for their visiting children. b) Colleges and companies organize dumpling wrapping events as a team bonding activity. 3. Dumplings are available everywhere in China. (Para. 5) 4. Overseas Chinese have dumplings so that they feel connected to the festivities of Chinese New Year. (Para. 6)
Conclusion	7	The Chinese people love dumplings because they are the taste of home: nourishing, delicious, unpretentious, and most important of all, full of family love.

Detailed Study of Text A

Jiaozi: The Taste of Home

1. For most Chinese families, *jiaozi*, or Chinese dumplings, are an **essential** part of the celebration of Chinese New Year, and this tradition can likely be **traced back to the Ming Dynasty**. (Para. 1)

Meaning:

For most Chinese families, *jiaozi*, or Chinese dumplings, are extremely important and necessary when celebrating Chinese New Year, and this practice probably began as early as the Ming Dynasty.

essential

adj. **extremely important and necessary** 极其重要的; 必不可少的

Having a good diet is **essential** for maintaining good health. 良好的饮食对于保持健康极为重要。

trace

vt. 1) **find the origins of when something began or where it came from** 追溯

Her wealth can be **traced** back to her family's successful oil business in the last century. 她的财富源于家族上世纪成功的石油生意。

- 2) **find someone or something that has disappeared by searching for them carefully** 仔细找寻

Police are trying to **trace** the driver of the car in this accident. 警察正努力寻找该起事故中的汽车驾驶员。

trace sth. (back) to

find the origin or cause of something 将某事追溯到

The style of these paintings can be **traced back to** early medieval influences. 这些绘画的风格可以追溯到中世纪早期的影响。

dynasty

- n.* 1) **[C] a period of time when a particular family ruled a country or area** 朝代

An exhibition of paintings from the Ming and Qing **dynasties** was opened to the public yesterday. 一个明清两代的绘画展于昨天向公众开放。

- 2) **[C] a series of rulers of a country who all belong to the same family** 王朝

The Habsburg **dynasty** ruled in Austria from 1278 to 1918. 哈布斯堡王朝在1278至1918年间统治奥地利。

2. However, to simply describe dumplings as a Chinese New Year specialty that symbolizes fortune and prosperity is to play down the dish's popularity. (Para. 2)

Meaning:

However, if we just describe dumplings as a special food for Chinese New Year and as a symbol of good luck and wealth, we are not attaching enough importance to how popular the dish is.

specialty

- n.* 1) **[C] a type of food that a person, restaurant, or area is well known for** 特色食品

Although Beijing duck is the **specialty** of this restaurant, its dim sum is also great. 虽然北京烤鸭是这家饭店的特色，但这家店的点心也很棒。

- 2) **[C] a subject or job that you know a lot about or have a lot of experience of** 专业；专长

My **specialty** is Chinese literature. 我的专业是中国文学。

symbolize

- vt.* **be a symbol of something** 象征；代表

The red rose is often used to **symbolize** love in poems and songs. 在诗歌和歌曲里，红玫瑰经常被用来象征爱情。

fortune

- n.* 1) **[U] chance or luck, especially in the way it affects people's lives** 运气；机遇

Fortune smiled on me. 我交了好运。

- 2) **[C] a large amount of money** 大笔的钱；巨款

He made a **fortune** in real estate. 他在房地产上发了财。

prosperity

- n.* **[U] the state of being successful, especially in making money** 兴旺；繁荣

A happy life for the individual is only possible with the **prosperity** of the whole nation. 只有整个国家繁荣，个人的幸福生活才有可能实现。

play down

try to make something seem less important than it really is 淡化; 贬低

He tried to **play down** the seriousness of his mistake. 他试图淡化他所犯错误的严重性。

popularity

n. **[U] the state of being liked, enjoyed or supported by a large number of people** 受欢迎; 普及; 流行

Traditional Chinese medicine is increasing in **popularity** among foreigners. 中医药在外国人中日益受欢迎。

3. Popular as they are, these half-moon-shaped dumplings are by no means quick to make. (Para. 2)

Meaning:

Although they are popular, these dumplings, in the shape of a half moon, are not at all quick to make.

by no means

not at all 决不; 一点都不

This is such a good movie that we would **by no means** want to pass it up. 这部电影太好看了, 我们绝不想错过。

4. In my family, dumpling making, or “dumpling wrapping” as it’s called in Chinese, has always been a joyful weekend project. (Para. 3)

Meaning:

In my family, making dumplings, or as we say in Chinese, “dumpling wrapping,” has always been a happy activity for the weekend.

wrap

vt. **put paper, cloth, etc. over something to cover it** 包; 裹

It’s always better to **wrap** the gift up and make it look beautiful. 最好把礼物包起来, 让它显得漂亮。

5. My mom sometimes skips store-bought wrappers and makes them by hand herself. My dad, the better cook, prepares the filling. (Para. 3)

Meaning:

My mom sometimes does not buy wrappers from the store, and instead makes the wrappers by herself. My father, who is better at cooking, makes the food that goes into the dumpling wrappers.

skip

vt. **not do something that you usually do or that you should do** 不做 (本来常做或应做的事)

Lisa had to **skip** the meeting today because of an appointment with the doctor. 因为约好了去看医生, 莉萨今天只好不参加会议。

filling

n. [C; U] the food that you put inside a pie, sandwich, etc. 馅

Can you tell me how to make this delicious cake with chocolate **filling**? 你能告诉我这个美味的巧克力馅蛋糕怎么做吗?

6. He cuts vegetables into fine pieces, mixes them with ground meat, adds some ginger and the like, and stirs them hard. (Para. 3)

Meaning:

He cuts vegetables into small pieces, puts them together with very finely cut meat, adds some ginger and other similar things, and mixes them well.

ground

adj. [only before noun 仅用于名词前] (of food) cut or crushed into very small pieces or powder 磨细的; 磨碎的

This dessert is made with **ground** rice, coconut, and milk. 这个甜点由米粉、椰子肉和牛奶做成。

and the like

and similar things 诸如此类; 等等

During the break, we serve coffee, tea, **and the like**. 休息期间, 我们提供咖啡、茶等。

stir

vt. 1) **move a liquid or substance around with a spoon or stick in order to mix it together** 搅; 搅拌

After adding ice, use a spoon to **stir** the drink until it is completely cold. 加冰块后, 用勺把饮料搅一搅, 让它完全冰镇。

2) **make somebody excited or make them feel something strongly** 打动; 激发

She was **stirred** by his sad story. 他那悲惨的故事打动了她。

7. When I was a kid, I was only allowed to participate in wrapping the dumplings, a less messy process. (Para. 3)

Meaning:

When I was a small child, my parents only let me do the job of wrapping up the dumplings, because this part is less likely to make a mess.

messy

adj. 1) **making someone or something dirty or untidy** 使肮脏的; 使不整洁的

House painting is a **messy** task, so you'd better put on some old clothes. 给房子刷漆是个脏活, 所以你最好穿些旧衣服。

2) **dirty or untidy** 脏的; 不整洁的

After walking in the storm, she appeared at our doorstep with **messy** hair and wet clothes. 在风暴中行走后, 她头发乱了, 衣服湿了, 出现在我们的门口。

process

n. [C] **a series of things that happen and have a particular result** 过程; 进程

The **process** of making a cup of tea starts with boiling the water and preparing the tea set. 泡茶的过程从烧水和准备茶具开始。

8. I was told to put the right amount of filling into a wrapper, and pinch the edge to seal it. (Para. 3)

Meaning:

My parents asked me to fill a wrapper with the right quantity of filling, and close it by pressing its side tightly between my fingers so that the filling would not come out.

pinch

vt. **press something, especially someone's skin, strongly between two hard things such as a finger and a thumb, usually causing pain** 捏住; 捏紧

When you write with a writing brush, hold it steadily but do not **pinch** it too tightly. 用毛笔书写时, 拿笔要稳, 但是不要捏得太紧。

edge

n. **[C] the part of an object that is furthest from its center** 边缘

The bottle fell off the **edge** of the table and broke into pieces on the floor. 瓶子从桌边掉下来, 在地上摔碎了。

seal

vt. **(also seal up) close a container or space with something so that air or other substances cannot get in or out** 把……封住

Seal the bag tightly so that water or dust won't get into it. 把袋子封密实, 这样水或灰尘就进不去了。

n. **[C] a sea animal that eats fish and lives around coasts** 海豹
a colony of **seals** 一群海豹

9. My parents have somehow never mastered the craft of shaping dumplings into a perfect half-moon shape and sealing them with neat pleats. (Para. 3)

Meaning:

For some unknown reasons, my parents have never learned how to wrap dumplings into the correct half-moon shape, and make them tightly closed along the side with tidy folds.

craft

n. **[C; U] a job or activity in which you make things with your hands, and that you usually need skill to do** 工艺; 手艺

Tibetan carpet making is a traditional **craft** with a long history. 藏毯制作是一项有着悠久历史的传统手艺。

neat

adj. 1) **tidy and carefully arranged** 整齐的; 整洁的

Taking notes in a **neat** and tidy way can help you remember what you have learned. 做清晰整洁的笔记有助于你记住所学的内容。

2) **someone who is neat and likes to keep things tidy** 爱整洁的

My mom is a **neat** person: She always keeps the house tidy and clean. 我妈妈是一个爱整洁的人, 她总是把房子保持得井井有条、干干净净。

pleat

n. **[C] (usually plural) a flat narrow fold in a skirt, a pair of trousers, a dress, etc.** 褶

The new skirt is made of silk and has **pleats** in the front and back. 这条新裙子是丝绸做的，而且前后都打了褶。

10. But both seem to **have fun** making those **irregular-shaped** dumplings, which somehow manage to never **fall apart** in the **boiling** pot. (Para. 3)

Meaning:

Both of my parents seem to enjoy making dumplings. Although the dumplings they make are not perfectly shaped, they always manage to stay unbroken when being boiled in the pot.

have fun

have an enjoyable time 玩得高兴

The kids **had a lot of fun** at Mike's birthday party. 在迈克的生日派对上，孩子们玩得很高兴。

irregular

adj. 1) **having a shape, surface, pattern, etc. that is not even, smooth, or balanced** 不规则的；不整齐的

The printed words have **irregular** sizes and must be reprinted. 打印出来的字大小不一，必须重新打印。

2) **not happening at times that are at an equal distance from each other** 无规律的；间隔不均匀的

Irregular eating habits can lead to serious stomach problems. 不规律的进食习惯会导致严重的胃病。

apart

adv.&adj. 1) **if something comes apart, or you take it apart, it is separated into different pieces** 成零碎（的）

We quickly took the engine **apart** and immediately found out what was wrong. 我们迅速拆开发动机，马上发现哪里出了问题。

2) **if things are apart, they are not close to each other or touching each other** （空间）分开（的）；相隔（的）

Though we lived only five miles **apart**, we didn't actually see each other very often. 虽然我们住的地方相距仅五英里，但是我们其实不常见面。

fall apart

1) **break into different pieces** 破碎；散开

The coffee pot **fell apart** and sent boiling coffee all over the kitchen floor. 咖啡壶掉落摔碎了，滚烫的咖啡洒了厨房一地。

2) **(be falling apart) be in very bad condition** 破旧不堪

My computer is **falling apart**: The screen is broken and the battery won't charge. 我的电脑要散架了：显示屏碎了，电池也充不进电。

boil

v. 1) **(of a liquid) become hot enough to bubble and give off steam; (of a container) heat a liquid so that it boils** 煮沸；烧开

It is faster to bring a pot of water to **boil** if you keep the lid on. 如果你盖上盖子，就能更快地把一壶水烧开。

2) **cook something in boiling water** (用开水) 煮 (食物)

I prefer **boiled** eggs to fried eggs. 我更喜欢水煮蛋而不是煎鸡蛋。

11. Maybe because of the fun of having everybody involved, dumplings are often associated with family. (Para. 4)

Meaning:

Perhaps because everybody in the family plays a part in making dumplings and can have fun during the process, dumplings are often connected with family.

because of

used to say who or what causes something to happen or is the reason for something 因为

Because of his experience, Tom was paid a high salary at the company. 汤姆因为经验丰富, 所以在公司里拿着很高的薪水。

associate

vt. **make a connection in your mind between one thing or person and another** 联想; 联系

For most people, beach is always **associated** with summer activities. 对于大多数人, 沙滩总是跟夏天活动关联在一起。

12. It is not uncommon for parents to make a lot of dumplings and store them in the refrigerator for the occasions when their grown-up children come to visit. (Para. 4)

Meaning:

Parents often make many dumplings and save them in the fridge so that they can treat their grown-up children when they come home to visit.

occasion

n. **[C] a time when something happens** (某事发生的) 时刻, 时节

The application is normally processed within 24 hours but there are **occasions** when it takes longer time. 申请一般在24小时内处理, 但有时时间更长。

13. I still recall with my best friend how we first met at such an event, where I watched in amazement as she made dumplings with extremely neat patterns. (Para. 4)

Meaning:

I still remember and talk about with my best friend how we met at an event like this. At that event, I watched her and was amazed how she made dumplings with really nice patterns.

recall

v. **remember a particular fact, event, or situation from the past** 回想; 回忆起

Looking at these photos, we **recall** the happy memories from our last trip to Hangzhou. 看着这些照片, 我们回想起上次去杭州的欢乐记忆。

14. Nowadays, this home-made dish is produced in large quantities in factories and packaged frozen dumplings can be easily bought in supermarkets. (Para. 5)

Meaning:

Now, factories are able to produce a large number of dumplings, which used to be made only at home, and it is easy to buy bags or boxes of frozen dumplings in superstores.

quantity

n. [C; U] **an amount of something that can be counted or measured** 数量

The exact **quantity** cannot be determined at present. 确切数量目前尚无法确定。

in large quantities

in large amounts 大量地

That company buys cotton **in large quantities**. 那个公司大量购买棉花。

►► We can also say “a large quantity of.” For example:

The school library bought **a large quantity of** new books last year. 学校图书馆去年购买了大量的新书。

package

vt. (**also package up**) **put food or other goods into a bag, box, etc. ready to be sold or sent** 将……包装好

The chocolate is nicely **packaged** in colorful boxes. 巧克力精美地装在彩色盒子里。

n. 1) [C] **something wrapped in paper, packed in a box, and then sent by mail or delivered** 包裹

A large **package** has arrived for you. 你收到了一个大包裹。

2) [C] (**packet BrE**) **the paper or plastic container that food or other goods are sold in** (英国英语用 **packet**) (包装食物等的) 盒, 包

I bought several **packages** of instant noodles at the convenience store on my way home. 回家路上, 我在便利店买了几包方便面。

frozen

adj. 1) **preserved by being made extremely cold and stored at a very low temperature** 冷冻的; 冷藏的

Frozen meat should always be cooked thoroughly before being served. 冷冻肉一定要彻底煮熟才能食用。

2) **extremely cold** 冻僵; 极冷

With those clothes, you must be **frozen** out there in the storm. 穿着那些衣服, 你在风暴中一定冻坏了。

15. Huge dumpling chain restaurants have expanded across the country, attracting people with standardized recipes and affordable prices. (Para. 5)

Meaning:

Big dumpling chain restaurants have spread all over the country, and people visit them because of their reliable products and reasonable prices.

chain

n. 1) [C] **a number of shops, hotels, cinemas, etc. owned or managed by the same**

company or person 连锁店; 连锁集团

With more than 7,500 hotels, it is one of the world's largest hotel **chain**. 这是一家拥有7,500多家酒店的世界最大酒店连锁企业之一。

- 2) [**C; U**] **a series of metal rings which are joined together in a line and used for fastening things, supporting weights, decoration, etc.** 链子; 链条

You should replace your bike's **chain** every 2,000 miles. 你应该每骑2,000英里更换一次自行车链条。

expand

- v. 1) **if a company, business, etc. expands, or if someone expands it, they open new shops, factories, etc.** 扩展(业务)

We've **expanded** the business by opening two more stores. 我们新开了两家门店来扩展生意。

- 2) **become larger in size, number, or amount, or make something become larger** (使)扩大; (使)增加

Metals **expand** when they are heated. 金属受热会膨胀。

attract

- vt. **make someone interested in something, or make them want to take part in something** 吸引; 引起……的兴趣

The blooming flowers in the garden **attract** butterflies and bees. 花园里盛开的花朵引来蝴蝶和蜜蜂。

standardize

- vt. **make all the things of one particular type the same as each other** 使标准化; 使规格统一

Attempts to **standardize** English spelling have never been successful. 统一英语拼写的尝试从未成功过。

recipe

- n. [**C**] **a set of instructions for cooking a particular type of food** 烹饪法; 食谱

This cake **recipe** is passed down to me by my grandmother who was a master chef. 这个蛋糕的配方是我外婆传给我的, 她曾是一名大厨。

affordable

- adj. **cheap enough for most people to afford** 负担得起的; 价格合理的

We aim to offer **affordable** nursing services to more elderly people. 我们旨在为更多老年人提供能负担得起的护理服务。

16. Despite these changes, small dumpling restaurants remain popular. (Para. 5)

Meaning:

Even though there are these changes, small dumpling restaurants are still liked by a lot of people.

despite

- prep. **used to say that something happens or is true even though something else might have prevented it** 尽管; 虽然

Despite the fact that we have increased production, products are still in short supply. 尽管我们提高了产量, 但是产品仍然供不应求。

17. The one my mom and I often go to is nothing more than a stall. Even so, we keep visiting it for its unique home-made dumplings. (Para. 5)

Meaning:

The small dumpling store that mom and I often visit is very small. However, we often go there because we like its special home-made dumplings.

nothing more than

only 仅仅；只不过

Owning a private car was **nothing more than** a dream for us thirty years ago. 三十年前，拥有一辆私家车对我们而言只不过是一个梦想。

stall

n. [C] a table or a small shop with an open front, where goods are sold 货摊，摊位

The food market has **stalls** selling Chinese food, Indian food, and Japanese food. 食品市场有摊位出售中国食品、印度食品和日本食品。

even so

in spite of what has just been said; though that is true 尽管如此

I had a terrible headache, but **even so** I went to the concert. 我头疼得厉害，但是尽管如此，我还是去听音乐会了。

unique

adj. **being the only one of its kind** 独一无二的；独特的

Physical education plays a **unique** role in self-improvement for college students. 体育对大学生的自我提高起着独一无二的作用。

18. For overseas Chinese who are used to studying or working through the Chinese festival season, dumplings have become an important link to the festivities on the other side of the earth. (Para. 6)

Meaning:

Some Chinese people who live abroad study or work during the celebration of Chinese New Year. For them, dumplings have become an important way of connecting with the festival activities that are going on in China.

overseas

adj. **connected with foreign countries, especially those separated from your country by the sea or ocean** 海外的；国外的

The English version is intended for **overseas** readers. 英文版是为海外读者准备的。

adv. **to or in a foreign country, especially those separated from your country by the sea or ocean** 在海外；向国外

He is a famous writer whose books are popular both at home and **overseas**. 他是一位著名作家，作品在海内外均受到青睐。

festivity

n. 1) (**festivities**) [plural] **things such as drinking, eating, or dancing that are done to celebrate a special occasion** 庆祝活动；庆典

As it's snowing outside, let's bring the **festivities** indoors. 外面在下雪，我们把庆祝活动

移到室内吧。

- 2) [U] **a happy feeling that exists when people celebrate something** 欢乐; 欢庆

There was an air of **festivity** in the village when the annual celebration began. 一年一度的庆祝活动开始时, 村子呈现出欢庆的气氛。

19. The celebration usually falls on an especially busy time at work, but a plate of dumplings is enough to make my friend less guilty for skipping most of the festivities. (Para. 6)

Meaning:

When it is time to celebrate Chinese New Year, my friend is usually very busy at work but having a plate of dumplings will make sure my friend feels less sorry for missing most of the festival activities she would otherwise enjoy.

guilty

- adj.* 1) **feeling very ashamed and sad because you know that you have done something wrong** 羞愧的; 内疚的

I always say “yes” to other people’s requests because I feel **guilty** about saying “no.” 我总是对别人的要求说“行”, 因为说“不行”我会感到不好意思。

- 2) **having done something that is a crime** 犯了罪的; 有罪的

The man was found **guilty** and sentenced to six years in jail. 这个人被判有罪, 并获刑入狱六年。

20. They are nourishing, delicious, and unpretentious. They are just like home—nothing to fuss about but always there when you need it. (Para. 7)

Meaning:

They are healthy, tasty, and simple. They are just like home. It is not complicated or stressful, but it is always there for you when you want it.

nourishing

- adj.* **containing substances necessary for growth, health, and good condition** 有营养的; 滋养人的

Our restaurant aims at providing healthy, **nourishing** and enjoyable food for our customers. 本餐厅旨在为顾客提供健康、有营养、可口的食物。

unpretentious

- adj.* **not trying to seem better, more important, etc. than you really are** 不炫耀的; 不装模作样的

Her performance is **unpretentious**, and every smile is sincere and lovely. 她的表演大方自然, 每个微笑都真诚而可爱。

fuss

- vi.* 1) **worry about things that are not very important** (为小事) 烦恼

Be optimistic and stop **fussing** about nothing. 乐观点, 不要无事自扰。

- 2) **pay too much attention to small unimportant details** 过于讲究细节

Paul was **fussing** with his clothes, trying to get his tie straight. 保罗在不厌其烦地整理衣服, 试图把领带弄直。

Reading More

Background Information

1. *Gongfu* tea ceremony

Gongfu tea ceremony is a famous Chinese tea ceremony involving the ritual preparation and presentation of tea. In Chinese, the term means “making tea with skill.” Popular in southeast China, the ceremony requires special small tea brewing vessels and involves great attention to the way in which the tea is served and drunk.

2. *Mate*

Mate is a traditional South American caffeine-rich drink. It is made by soaking the dried leaves of the *Yerba mate* shrub or tree in hot water and is served with a metal straw in a container typically made from a gourd. Drinking *mate* has a long history in South America and it is the national beverage of countries like Argentina.

3. *Guaraní*

The *Guaraní* is a group of indigenous people of South America. The native *Guaraní* lived in present-day Paraguay, Argentina, and Brazil. It is believed that the *Guaraní* people were the first in history to consume *mate* tea.

Suggestions for Teaching Text B

Normally, Text B is intended for students to read after class. If you have time or if you want to teach or talk about Text B in class, you could ask students to read the text (as homework) before discussing it in class.

Text B is about tea culture in different countries. In the text, the author describes how tea is enjoyed in three countries, namely China, Britain, and Argentina, and what tea drinking means to their people.

At the end of the text, the author concludes that although different countries have different types of tea culture, there are some common reasons for tea’s popularity: People enjoy tea because it can benefit one’s body, mind and social relationships.

In order to help students to grasp the main idea conveyed in the text, ask them to write down and compare the features of tea drinking in the three different countries in a table like the following one.

Country	Origin	Tea drinking process	Significance
China	<ul style="list-style-type: none"> cultivated as a herbal medicine becoming popular for its refreshing and calming effects 	<ul style="list-style-type: none"> focusing on the environment, atmosphere, music, techniques, and relationships tea ceremonies to show respect for guests 	<ul style="list-style-type: none"> a daily necessity a spiritual enjoyment an art form a means of cultivating moral character and nourishing the mind
Britain	<ul style="list-style-type: none"> the afternoon tea: a light meal to fill in the long gap between two main meals 	<ul style="list-style-type: none"> a typical afternoon tea: tea with finger sandwiches, scones, and small cakes many people having several cups a day 	<ul style="list-style-type: none"> warming up cooling down boosting energy calming down for any emotional situation
Argentina	<ul style="list-style-type: none"> mate tea: traced back to the native Guaraní people 	<ul style="list-style-type: none"> shared with a group of family members or friends drinking one after another 	<ul style="list-style-type: none"> bringing health and a sense of belonging

In addition, you could also ask students to pay attention to the words and expressions the author uses to talk about the origins of something. Examples are:

- “Tea has its origins in China and it therefore comes as no surprise that the Chinese tea culture is one of the most famous cultures in the world. Originally cultivated and drunk as a herbal medicine, tea soon became popular for its refreshing and calming effects.” (Para. 2)
- “The tradition of an afternoon tea evolved as a light meal to fill in the long gap between two main meals at a time when dinner was served as late as 8 p.m.” (Para. 5)
- “Mate can be traced back to the native Guaraní people.” (Para. 7)

Detailed Study of Text B

What's Your Cup of Tea?

1. In many countries, tea is more than just a beverage. (Para. 1)

Meaning:

In many countries, tea is not just a hot or cold drink.

beverage

n. [C] a hot or cold drink 饮料

Both coffee and tea are **beverages** which can be served warm or cold. 咖啡和茶都可以作

为热饮或冷饮。

►► The structure “more than just” means “not just (不仅仅).” For example:

True learning will take **more than just** remembering what is in the textbook. 真正的学习要求不仅仅是记住书上的内容。

2. Tea has its origins in China and it therefore comes as no surprise that the Chinese tea culture is one of the most famous in the world. (Para. 2)

Meaning:

It was in China that tea began to be drunk, so it is natural that the Chinese tea culture is one of the most well-known in the world.

origin

n. [C; U] (*also origins*) the place or situation in which something begins to exist 起源; 起因

Scientists have been working to understand the **origin** of life. 科学家们一直在探究生命的起源。

come as no surprise

not be surprising 不足为奇

It was clear Lucy was unhappy. Therefore, it **came as no surprise** that she decided to quit the job. 很显然，露西不开心。所以她决定辞职并不让人惊讶。

3. Originally cultivated and drunk as a herbal medicine, tea soon became popular for its refreshing and calming effects. (Para. 2)

Meaning:

At the beginning, tea was planted and taken as a herbal medicine, but soon many people began to like it because it could make them feel clear-minded and peaceful.

cultivate

vt. 1) **plant and take care of a particular crop** 种植; 培育

Most villagers **cultivate** potatoes and beans. 大多数村民种植土豆和豆类。

2) **prepare and use land for growing crops and plants** 耕作; 开垦

The area is hilly and difficult to **cultivate**. 这个地区崎岖不平，很难开垦。

3) **work hard to develop a particular skill, attitude, or quality** 培养; 养成

My parents tried to **cultivate** my love for art. 我父母曾试着培养我的艺术爱好。

herbal

adj. [only before noun 仅用于名词前] **made of herbs** 药草的; 香草的

My mother prefers **herbal** tea to coffee. 我妈妈喜欢药草茶胜过咖啡。

refresh

vt. **make someone feel less tired or less hot** 使提神; 使清凉

You've been working too hard. Take a few days off to rest and **refresh** yourself. 你工作太辛苦了。请几天假，让自己休息恢复一下。

4. As a Chinese saying goes, “Firewood, rice, oil, salt, sauce, vinegar, and tea are the seven necessities to begin a day.” (Para. 2)

Meaning:

As a Chinese saying puts it, “Firewood, rice, oil, salt, sauce, vinegar and tea are the seven things you must have to begin a day.”

saying

n. [C] a well-known short statement that expresses an idea most people believe is true and wise 格言; 谚语; 警句

A **saying** goes that practice makes perfect. 俗话说熟能生巧。

necessity

n. 1) [C] something that you must have in order to live, work, or do something 必需品
Mobile phones used to be a novelty but now have become a **necessity** for people. 手机过去曾是一个新奇事物, 而如今已经成了人们的必需品。

2) [U] the fact that something must happen or be done; the need for something 必要; 需要

We must understand the **necessity** of education. 我们必须懂得教育的必要性。

5. While enjoying tea, the Chinese focus on the environment, atmosphere, music, techniques, and relationships. (Para. 4)

Meaning:

When the Chinese people are having tea, they pay special attention to the place where they have the tea, the feeling that the place gives them, the music being played for them, their skill in preparing the tea, and the people they are drinking the tea with.

atmosphere

n. 1) [C; U] the feeling that an event or place gives you 气氛; 氛围

We work best in a friendly **atmosphere**. 我们在友好的气氛中工作最出色。

2) (the atmosphere) the mixture of gases that surrounds the earth (地球的) 大气(层)

The new regulation stops factories from releasing poisonous gases into the **atmosphere**. 新的规定禁止工厂向大气中排放有毒气体。

6. This is best demonstrated in the practice of tea ceremonies. (Para. 4)

Meaning:

This is perfectly shown in the special tea making and drinking rituals.

demonstrate

vt. 1) show or prove something clearly 说明; 证明

These figures clearly **demonstrate** the size of the economic growth. 这些数字清楚显示了经济增长规模。

2) show or describe how to do something or how something works 示范; 演示

My assistant will now **demonstrate** how to use the machine. 我的助理将演示如何使用这台机器。

ceremony

- n.* 1) [C] **an important social or religious event, when a traditional set of actions is performed in a formal way** 仪式; 典礼
Their wedding **ceremony** will be held in May. 他们的婚礼将于五月举行。
- 2) [U] **the special actions and formal words traditionally used on particular occasions** 礼仪; 礼节
The national flag is raised with due **ceremony** every morning on Tian'anmen Square. 每天早晨, 国旗按照规定的礼仪在天安门广场上升起。

7. For example, the *gongfu* tea ceremony is a formal preparation and presentation of tea for guests as a way to show them respect. (Para. 4)

Meaning:

An example of this is the *gongfu* tea ceremony, in which tea is formally made and given to guests as a means of showing respect for them.

formal

- adj.* 1) **very correct and suitable for official or important occasions** 正式的; 庄重的
You should wear a suit and tie to a wedding because sports clothes or jeans are not fit for a **formal** occasion. 你应该着西装领带参加婚礼, 因为运动服或者牛仔裤不适合正式场合。
- 2) **made or done officially or publicly** 官方的; 正式的
They agreed to draw up a **formal** agreement. 他们同意起草一份正式协议。

preparation

- n.* [singular; U] **the process of preparing something or preparing for something** 预备; 准备
If you want to get a good score, you should do some planning and **preparation** before the exam. 如果你想得到好成绩, 就应该在考前做些计划和准备。

presentation

- n.* 1) [U] **the way in which something is said, offered, shown, or explained to others** 呈现; 展现
The **presentation** of food is as important as the taste. 食物的摆盘跟食物的味道一样重要。
- 2) [C] **the act of giving someone a prize or present at a formal ceremony** 授予; 颁发
The **presentation** of prizes began after the speeches. 颁奖仪式在讲话后进行。
- 3) [C] **a formal talk about a particular subject** 报告; 演说
The speaker gave an interesting **presentation** on urban transport. 发言者做了一个关于城市交通的有趣报告。

8. The whole process involves many steps such as warming up the tea set, boiling the water to the right temperature, and pouring tea in the right manner, with the last step being the actual drinking of the tea. (Para. 4)

Meaning:

The *gongfu* tea ceremony consists of many parts, such as heating the teapot and teacups, heating the water until it is hot enough, adding tea to the cups in the proper way, and finally actually drinking the tea.

warm up

become warm, or make someone or something warm (使)变暖; (使)暖和

The fireplace **warms up** the house in winter. 壁炉在冬天让房子暖和。

actual

adj. **existing in fact** 实际的; 真实的

Coffee and tea will be served at 6 p.m., but the **actual** dinner party will not start until 7 p.m. 晚上六点会供应咖啡和茶, 但是晚宴本身要等到晚上七点才开始。

9. Tea tasting in China can thus be a spiritual enjoyment, an art form, and a means of cultivating moral character and nourishing the mind. (Para. 4)

Meaning:

In China, tasting tea can therefore be a process that brings mental pleasure, a kind of art, and a way of building up moral qualities and developing a good mind.

spiritual

adj. **relating to your spirit rather than to your body or mind** 精神的; 心灵的

A strong **spiritual** bond exists between them. 他们之间有很强的精神纽带。

enjoyment

n. [C; U] **the feeling of pleasure you get from having or doing something, or something you enjoy doing** 乐事; 快乐

Acting has brought me enormous **enjoyment**. 表演给我带来巨大的乐趣。

moral

adj. 1) [only before noun 仅用于名词前] **relating to the principles of what is right and wrong behavior, and to the difference between good and evil** 道德的

A true gentleman has high **moral** principles. 一位真正的绅士具有很高的道德原则。

2) [only before noun 仅用于名词前] **based on your ideas about what is right, rather than on what is legal or practical** 基于道德的; 道义上的

We have a **moral** obligation to protect the environment. 对于保护环境我们有着义不容辞的责任。

character

n. 1) [U] **a combination of qualities such as courage, loyalty, and honesty that are admired and regarded as valuable** 人格; 品性

Family education plays a key role in forming the most basic moral **character** of children. 家庭教育在塑造孩子最基本道德品质上起着关键作用。

- 2) [C] (*usually singular*) the particular combination of qualities that makes someone a particular type of person 个性; 性格
He has a cheerful **character** and laughs a lot. 他个性开朗, 很爱笑。
- 3) [C] a person in a book, play, film, etc. 人物; 角色
The main **character** of the play is a prince looking for revenge. 这部剧的主要角色是一个寻求复仇的王子。

10. The tradition of an afternoon tea evolved as a light meal to fill in the long gap between two main meals at a time when dinner was served as late as 8 p.m. (Para. 5)

Meaning:

The tradition of an afternoon tea developed gradually as a small meal to kill the long hours between two big meals at a certain time in the past, because at that time, dinner was not provided until 8 p.m.

evolve

- v. 1) **develop and change gradually over a long period of time** 逐步发展; 逐渐演变
Each school must **evolve** its own way of teaching. 每个学校必须逐步形成自己的教学方式。
- 2) **if an animal or plant evolves, it changes gradually over a long period of time** 进化; 进化形成
Hippos and whales may have **evolved** from the same ancestor. 河马和鲸鱼也许是从同一个祖先演化而来的。

fill in

spend time doing something while waiting for something more important 消磨, 打发(时间)

He **filled in** the rest of the evening watching TV. 他靠看电视来打发晚上剩下的时间。

serve

- v. 1) **give someone food or drink, for example at a restaurant or during a meal** 提供, 端上(饭菜等)
The soup must be **served** hot. 这个汤要趁热上。
- 2) **help a customer or sell them something in a shop** 接待; 服务
There was only one waiter **servicing** customers. 只有一个服务员在服务顾客。
- 3) **be useful or helpful for a particular purpose or reason** 适合作……用; 对……有用
This sofa bed **serves** as a couch for sitting on in the daytime and as a bed for sleeping in at night. 这张沙发床白天当沙发坐, 晚上则当床用来睡觉。

11. Over time, lifestyles have changed and the practice has become a key form of social life. (Para. 5)

Meaning:

Gradually, people's way of living has changed and having an afternoon tea has become an important way for people to meet each other and build relationships.

lifestyle

n. [C; U] the way a person or group of people live, including the place they live in, the things they own, the kind of job they do, and the activities they enjoy 生活方式

Giving up our car has completely changed our **lifestyle**. 放弃开车彻底改变了我们的生活方式。

12. A typical afternoon tea consists of delicate finger sandwiches, scones with jam and cream, and small cakes. (Para. 5)

Meaning:

Usually, an afternoon tea includes finely made mini sandwiches, scones eaten with jam and cream, and little cakes.

typical

adj. 1) **having the usual features or qualities of a particular group or thing** 典型的; 有代表性的

The cool weather at the moment is not **typical** for July in this area. 当下凉快的天气不是本地七月份的典型气候。

2) **happening in the usual way** 一贯的; 平常的

In a **typical** week, I spend three evenings doing yoga. 我一般一周有三个晚上做瑜伽。

consist of

be formed from two or more things or people 由……构成; 由……组成

Their diet **consisted largely of** vegetables and fruits. 他们的饮食主要由蔬菜和水果构成。

delicate

adj. 1) **made skillfully and with attention to the smallest details** 精致的; 精美的

The table had **delicate** bowed legs. 这张桌子有过精美的弓形桌腿。

2) **easily damaged or broken** 易碎的; 脆弱的

Be careful! These china teacups are **delicate**. 小心! 这些瓷茶杯易碎。

13. And the tea—usually with milk added—is drunk with the above. (Para. 5)

Meaning:

And the tea, which often has milk added to it, is drunk with the food just mentioned.

14. People drink tea to warm up in winter, to cool down in summer, to boost energy, and to calm down. (Para. 6)

Meaning:

People drink tea to get warmer in winter, to stay slightly cooler in summer, to become stronger, and to feel more peaceful.

cool down

1) **become slightly colder, or make someone or something slightly colder** (使)变凉; (使)冷却下来

I'm going for a swim to **cool down**. 我去游个泳凉快一下。

2) **become calm after being angry** 冷静下来

She's very angry. Give her some time to **cool down**. 她很生气。给她点时间冷静下来。

energy

- n.* 1) [U] **the physical and mental strength that makes you able to do things** 力量; 活力
Helping people takes time and **energy**. 帮助别人需要付出时间和精力。
- 2) [U] **power that is used to provide heat, operate machines, etc.** 能源
It wastes **energy** to run the dryer empty. 让干衣机空转是在浪费能源。

calm down

become quiet and relaxed after you have been angry, excited, nervous, or upset, or make someone become quiet and relaxed (使) 平静; (使) 镇定
Deep breathing helps you **calm down** quickly. 深呼吸能帮助你迅速平静下来。

15. In many South American countries such as Argentina, wherever you go, you will see someone sipping mate tea from a gourd, using a straw. (Para. 7)

Meaning:

In many South American countries such as Argentina, in any place that you go, you will see someone using a straw to drink mate tea from a gourd.

wherever

adv. **to or at any place** 无论去哪里; 无论在哪里

None of the tables has been booked, so you can sit **wherever** you like. 所有的桌子都没预定, 所以你喜欢坐哪里就坐哪里。

sip

v. **drink something slowly, taking very small mouthfuls** 小口地喝; 抿

An old man sat in an armchair, **sipping** slowly at a beer. 一位老人坐在扶手椅中, 慢悠悠地呷着啤酒。

n. [C] **a very small amount of a drink** 一小口(饮料); 一啜之量

I took a little **sip** of my coffee. 我呷了一小口咖啡。

16. People sit down in a circle and pass the mate gourd around, drinking the tea one after another. (Para. 7)

Meaning:

A group of people sit down in the shape of a circle and pass the mate gourd from one person to the next, drinking the tea one by one.

pass around

give something to another person, who gives it to somebody else, etc. until everyone has seen it 挨个传递

The birthday card was **passed around** for everybody to write down their birthday wishes for Mary. 大家挨个在那张生日卡上写下他们给玛丽的生日祝福。

one after another

if a series of events or actions happen one after another, each one happens soon after the previous one 一个接一个

One after another, all of the children fell asleep. 孩子们一个接一个都睡着了。

17. For the locals, drinking mate brings them health and a sense of belonging. (Para. 8)

Meaning:

For the local people, drinking mate tea gives them a healthy body and a feeling that they are part of a particular group.

local

n. [C] (*usually plural*) someone who lives in the place where you are or the place that you are talking about 本地人；当地居民

We asked one of the **locals** to recommend a restaurant. 我们向一位当地人打听，让他推荐一家饭店。

adj. relating to the particular area you live in, or the area you are talking about 地方性的；本地的；当地的

Recent data shows that more and more Chinese consumers prefer **local** brands. 最近的数据表明，越来越多的中国消费者青睐本土品牌。

sense of belonging

a feeling that you are happy and comfortable somewhere 归属感

People who say they have a **sense of belonging** feel closely connected to their work and to their co-workers. 称自己有归属感的人都觉得跟自己的工作 and 同事紧密相连。

18. Truly, in different countries, the customs of tea making and drinking may differ greatly. (Para. 9)

Meaning:

It is true that different countries may have very different traditions of making and drinking tea.

differ

vi. 1) **be different from something in some way** 不同；不一样

The two teachers **differ** greatly in terms of their teaching methods. 这两位教师在他们的教学方法上有很大的区别。

2) **if two people or groups differ about something, they have opposite opinions** 有异议；（意见）有分歧

The two brothers **differed** on their business goals. 这对兄弟在他们的商业目标上有分歧。

19. Whatever your cup of tea is, enjoy it with all your heart! (Para. 9)

Meaning:

No matter what type of tea you like, enjoy it wholeheartedly.

with all your heart

with all one's strength, energy, or emotion 全心全意地；真心实意地

Mark loved Susan **with all his heart**. 马克全身心地爱着苏珊。

Practical Writing

Suggestions for Teaching Practical Writing

- I. In this section, students are supposed to have a clear understanding of the following points:**
1. Invitations can be divided into two kinds—invitation letters and invitation cards. Invitation cards tend to be more formal than invitation letters.
 2. Formal invitation letters and cards are used between people, companies, schools or some other institutions (机构), for more formal social events. Informal invitations are often used among friends or relatives.
 3. Learn the typical form of the invitation letter or card by looking at the samples at the beginning of Practical Writing of the Student's Book.
 4. Learn how to write invitation letters and cards properly.
- II. The following are some sentence patterns commonly used in invitation cards or letters.**
1. I'd like...to come to dinner.
 2. ...request(s) the pleasure of...
 3. The favor of a reply is requested.
 4. May I have the honor of your company at dinner?
 5. We sincerely hope you can attend...
 6. Please confirm your participation at your earliest convenience.
 7. The reception will be held in...on...
 8. We feel it would be pleasant to have some of our friends to celebrate...
 9. We shall be looking forward to your kind presence...
 10. We'll be awaiting your arrival on the twelfth.

III. Group Activities

Divide students into several groups. Suppose each group is a company and the group can choose a name for their company. Each group (company) is planning a big event to take place in the near future. Therefore, each group needs to invite a VIP guest or other companies to take part in this event. Ask each group to discuss and work out a formal invitation letter and to make an invitation card for their event.

Chinese Wisdom

Suggestions for Teaching Chinese Wisdom

- I. In this section, students are supposed to**
1. learn more about the symbols of Chinese culture;
 2. discuss how college students can spread Chinese culture.
- II. Teaching steps**
1. Ask students to do Task A. Ask them to look at the pictures and write down the English names for these symbols. Ask them to search the Internet for any English names they are not sure

about.

2. Ask students to talk about their favorite symbol of Chinese culture. The following are some sentence patterns and useful expressions for the discussion:

- I like...best.
- I find...most impressive/appealing.
- My favorite symbols of culture are...
- ...are the three most important/significant symbols of culture.
- It symbolizes/represents/stands for...
- It is a symbol of...
- We can make and post videos online about...
- We can share...with our foreign friends.

3. Ask students to do Task B. Ask them to read the passage and discuss the importance of educating students on aspects of Chinese culture such as Peking opera and promoting Chinese culture to the world. Encourage students to learn more about Chinese history, culture and art forms, and to learn English well so that they can share Chinese culture with people from other countries.

PART III

Key to Exercises

Exploring the Topic

- A** 1. China 2. the U.S. 3. Egypt
4. Scotland, the U.K. 5. Russia 6. Australia

- B** (Open-ended)

Reading Through

Reading Out

-
- (1) quantities (2) expanded (3) with (4) Despite (5) Even so (6) unique

Getting the Message

1. fortune and prosperity
2. never mastered; never fall apart in the boiling pot
3. unique home-made dumplings
4. the festivities on the other side of the earth
5. describe how popular and important dumplings are in China and explain the reasons

Using the Right Word

- | | | | |
|--------------|-------------|-----------|--------------|
| 1. expanding | 2. recall | 3. guilty | 4. process |
| 5. essential | 6. attracts | 7. edges | 8. associate |

Working with Expressions

1. by
2. in
3. in
4. down
5. apart
6. of
7. to
8. despite

Focusing on Sentence Structure

- A**
1. My goal is nothing more than to be a little bit better than I was yesterday.
 2. The workers expected nothing more than a new machine to replace the broken one.
 3. Courage is nothing more than taking one step more than you think you can.
- B**
1. He raised the radio close to his ear. Even so, he could not hear anything at all.
 2. The team was defeated again yesterday. Even so, there is still hope of winning in the final round.
 3. The man had not received any formal education. Even so, he became a famous writer.

Translating

- A**
1. She got the job by playing down her lack of experience and emphasizing her interest in the job.
 2. Writing a report of 1,500 words in English is by no means an easy task.
 3. Go, Tai Chi, dragon boat racing and the like are well-known symbols of Chinese culture.
 4. Museums are a good place for children to be educated and have fun.
- B**
1. 对大多数中国家庭而言，饺子，又称中式饺子，是欢度春节的必备食物。
 2. 小时候，我只被允许参与包饺子这一过程，因为不容易搞得一团糟。
 3. 大学和公司喜欢组织包饺子，作为一项增进团队凝聚力的活动。
 4. 如今，这种家庭食品在工厂里大批量生产，包装好的冷冻饺子很容易就可以在超市里买到。

Using Topic-related Terms

(1) traced (2) essential (3) symbolizing (4) wrapping (5) associated (6) affordable

Basic Writing Skills

1. is 2. is 3. enjoys 4. is 5. needs 6. was 7. were 8. are

Reading More

Getting the Message

1. **C.** We can tell this from the whole passage, especially the first paragraph (“In many countries, tea is more than just a beverage. It’s often deeply connected with the culture and the people.”). The passage actually talks about the tea culture in China, Britain, and Argentina.
2. **C.** We can tell this from Para. 3 (“However, tea is not only a daily beverage for the Chinese people: It has also become a symbol of Chinese culture.”), and from the last sentence in Para. 4 (“Tea tasting in China can thus be a spiritual enjoyment, an art form, and a means of cultivating moral character and nourishing the mind.”).
3. **B.** We can tell this from Para. 6, especially its last sentence (“As you can see, tea in Britain is the beverage for any emotional situation.”).
4. **A.** We can tell this from the first sentence in Para. 8 (“For the locals, drinking mate brings them health and a sense of belonging.”).
5. **C.** We can tell this from the second sentence in Para. 9 (“However, around the world there are some common reasons for tea’s popularity: People drink it for better health, a better mind, and a better social life.”).

Using the Right Word

1. origin 2. consist 3. differed 4. moral
5. refresh 6. typical 7. preparation 8. demonstrated

Working with Expressions

1. down 2. after 3. as 4. up
5. with 6. around 7. in 8. down

Practical Writing

- A**
- (1) the pleasure/honor
 - (2) Mr. Zhang Hua and Ms. Liu Li
 - (3) Friday
 - (4) January 18
 - (5) 7
 - (6) No. 999 Jianguo Road
- B**
- (1) We take pleasure in inviting you to attend
 - (2) from October 12 to 15
 - (3) newly designed samples
 - (4) be exhibited
 - (5) please inform us of your date of arrival
- C**
- (1) your presence/company
 - (2) October 9
 - (3) 7 p.m.
 - (4) 8 p.m.
 - (5) Baiyun Hotel

Chinese Wisdom

- A**
1. The Great Wall
 2. The Palace Museum
 3. Confucius
 4. The National Stadium (Bird's Nest)
 5. porcelain/china
 6. kung fu/Chinese martial arts
 7. Chinese calligraphy
 8. acupuncture/traditional Chinese medicine
 9. panda/giant panda
- B**
- (Key for reference)
1. Peking opera artists have been giving shows and workshops across the country. They give an introduction before performances and invite students to come backstage to try on Peking Opera costumes and makeup. It is important to educate students on Peking opera. As one of the important symbols of Chinese culture, Peking opera helps promote traditional Chinese virtues, such as royalty, courage, honesty, love and kindness through fictional or historical stories. Besides, it can cultivate our ability to appreciate folk arts as it combines singing,

dancing, martial arts and acrobatics.

2. As a college student, I can do the following to help the world become more aware of Chinese culture and art forms such as Peking opera:
 - To learn more about Chinese history, culture and art forms through reading classic poems, stories and philosophical works, learning calligraphy, or playing folk musical instruments
 - To learn English well so I can share Chinese culture, history or art forms in English, for example, on social media
 - To get foreign friends to experience Chinese culture in person, e.g. by inviting them to see Peking opera performances or spending a Chinese holiday with my family

PART IV

Translation

Text A

饺子：家的味道

对大多数中国家庭而言，饺子，又称中式饺子，是欢度春节的必备食物，这一传统也许可以追溯到明代。

但是，如果仅仅把饺子说成是象征好运和财富的春节特色美食，那就把这一食品的受欢迎程度说低了。实际上，饺子一年到头都在吃，在中国北方尤其如此。虽然广受欢迎，但是这一“半月形”的饺子绝对不是一下子就能做好的。

在我家里，做饺子，或者按中国的叫法“包饺子”，一直是一项快乐的周末活动。我妈妈有时不用店里买来的饺子皮，而是自己手擀。我爸做饭更拿手，就准备馅儿。他把蔬菜切碎，拌入肉糜中，再加些生姜之类，然后用力搅拌。小时候，我只被允许参与包饺子这一过程，因为不容易搞得一团糟。他们让我把适量的馅放在饺子皮上，把边缘捏起来封口。不知怎的，我父母始终没有学会如何把饺子包成完美半圆形并用整齐的褶子封口。但他俩似乎对于制作这些形状各异的饺子乐此不疲，而这些饺子也不知怎的从未在开水锅里散架。

也许是因为人人参与的快乐，所以饺子经常与家庭联系在一起。父母做好许多饺子存放在冰箱里，等长大成人的孩子们回来探望时享用，这并不罕见。大学和公司喜欢组织包饺子，作为一项增进团队凝聚力的活动。我和我的最好朋友仍然记得我们在类似活动上第一次相遇的情景。在那次活动中，我满怀惊讶地看着她把饺子包出极其规整的形状。

如今，这种家庭食品在工厂里大批量生产，包装好的冷冻饺子很容易就可以在超市里买到。庞大的饺子连锁店开遍全国，凭借其标准化的做法和亲民的价格吸引大众。尽管有这些变化，但是小的饺子铺依然广受欢迎。我和我妈妈经常去的那家不过是个小摊位。即便如此，为了那份独一无二的私房饺子，我们会经常光顾。我们要上两种饺子分享着吃，心满意足。

对于那些习惯在春节期间上学或上班的海外华人来说，饺子已经成为与地球另一端年庆气氛相联系的重要纽带。我的一位朋友在纽约的一家会计师事务所工作，她最近对我说，对她而言，过中国新年就是“煮些超市买来的冷冻饺子”。春节时一般正值工作特别忙的时期，但一盘饺子就足以让我的朋友不会为错过大部分的年庆活动而过于愧疚。

也许这正是人们为什么在过年和平时都吃饺子的原因。饺子营养好，味道美，不张扬。饺子就像家一样，不必围着它转，但当你需要时，它始终为你守候。

Text B

哪杯茶是你的最爱？

在许多国家，茶不仅仅是一种饮料，它往往与文化与人有着深深的联系。

闻名遐迩的中国茶文化

茶源于中国，因此，中国的茶文化是全世界最负盛名的茶文化之一，这也便不足为奇了。茶最初是作为一种草药来培植和饮用的，但很快因其具有提神、静心的作用而广受欢迎。正如一句中国的俗语所说，“开门七件事，柴米油盐酱醋茶。”

然而，对于中国人来说，茶不仅是一种日常饮品，它也是中国文化的一种象征。

品茶时，中国人讲究环境、氛围、音乐、技巧及相互关系。这在茶道中得到最好体现。例如，工夫茶是一种备茶敬茶的正式仪式，以此向客人表达敬意。整个流程包括诸多环节，如烫茶具、加热水温至适宜、按正确方式倒茶入杯等等，最后一步才是品茶本身。所以说，在中国，品茶是一种精神享受、一种艺术，也是一种修身养性的方式。

英式下午茶

众所周知，英国人喜欢喝一杯好茶，而英式下午茶是英国最重要的传统之一。下午茶的传统是作为简餐慢慢发展起来的。那时，晚餐吃得很晚，一直要等到晚上八点，一顿简餐就填补了两顿正餐间长时间的空档。时过境迁，生活方式发生了变化，而这一习惯成为了社交活动的一种主要形式。典型的下午茶包括精致的小三明治、配上果酱和奶油的司康饼，还有小糕点。而通常加了牛奶的茶用来搭配上述点心。

茶在英国一直很受欢迎，许多人每天要喝上好几杯。工人一天要有一两次或者更多的茶歇。冬天人们喝茶暖身，夏天喝茶去暑，喝茶还能提神和静心。正如你所见，在英国，茶是适合各种心情的饮品。

在阿根廷分享马黛茶

在很多南美国家，如阿根廷，无论你去到哪里，都会看到有人用吸管从一个葫芦茶具里呷饮马黛茶。马黛茶可以溯源到土著瓜拉尼人。按照传统，这种草叶茶一定是与一众亲友分享。人们围坐成一个圆圈，把盛有马黛茶的葫芦从头至尾传递，大伙儿挨个饮茶。

对于当地人，喝马黛茶给他们带来健康和归属感。如今，更多的人离开家乡去到不同的城市工作，而马黛茶让他们不忘以前的友谊，也让他们结识新的朋友。

诚然，在不同国家，泡茶和喝茶的风俗习惯可能大不一样。但是，茶在世界各地深受喜爱有一些共同的原因：人们喝茶追求的是更健康的身体、更好的心灵，以及更好的社交生活。无论哪杯茶是你的最爱，请尽情享用吧！