

第一套：

茶拥有 5,000 年的历史。传说，神农氏(Shen Nong)喝开水时，几片野树叶子落进壶里，开水顿时散发出宜人的香味。他喝了几口，觉得很提神。茶就这样发现了。自此，茶在中国开始流行。茶园遍布全国，茶商变得富有。昂贵、雅致的茶具成了地位的象征。今天，茶不仅是一种健康的饮品，而且是中国文化的一个组成部分。越来越多的国际游客一边品茶，一边了解中国文化。

听课笔记：

参考翻译：

*Tea has a history of 5,000 years. There is a legend that when Shen Nong was about to drink boiling water, a few wild tree leaves fell into the kettle and the boiling water immediately gave off pleasant fragrance. He drank a little water, feeling very refreshed. Therefore, tea was found in this way. Since then, tea has begun to be popular in China. Tea gardens spread all over the country, and tea merchants became rich. Expensive and elegant tea sets have become a symbol of social status. Today, tea is not only a healthy drink, but also a part of Chinese culture. More and more international tourists learn about Chinese culture when they drink tea.*

第二套：

在中国，火锅已有 2,000 多年的历史，最早流行于最寒冷的地区，然后在很多地区盛行，出现了具有地方特色的种类。吃火锅时，家人和朋友围坐在桌边，桌子中间放着热腾腾的火锅。吃火锅时，人们可以根据自己的口味放肉、海鲜、蔬菜和其他配料，自己烹饪。人们可以一边尽情地聊天，一边享受美食。

听课笔记：

参考翻译：

Hot pot has a history of more than 2,000 years in China. It first enjoyed popularity in the coldest regions, and then prevailed greatly in many regions with the emergence of many varieties of local features. When having hot pot, family members and friends sit around the table, with a boiling hot pot in the middle. When enjoying hot pot, people can add meat, seafood, vegetables and other ingredients according to their own taste and cook by themselves. People could be free to chat with each other while enjoying a good meal.

## 第三套

茅台（Moutai）是中国最有名的白酒，在新中国成立前夕，被选为国宴用酒。据说赤水沿岸的村民四千年前就开始酿造茅台。在西汉时期，那里的人们生产出了高质量的茅台，并把它献给皇帝。自唐朝开始，这种地方酒通过海上丝绸之路运往海外。茅台味道柔和，有一种特殊的香味；适量饮用可以帮助缓解疲劳，有镇静作用，因而广受国内外消费者的喜爱。

## 参考翻译：

Moutai, the most famous liquor of China, was selected as the drink in the state banquet before the founding of the People's Republic of China. It is said that villagers along the Chishui River began to make Moutai 4,000 years ago. In the Western Han Dynasty, the people there produced high-quality Moutai, which was treated as a tribute to the emperor. Since the Tang Dynasty, the local liquor has been shipped overseas through the Maritime Silk Road. Moutai has mild flavour and a special fragrance. Drinking in moderation can help to relieve fatigue and has a calming effect, so it is widely loved by consumers at home and abroad. .

第四套：

你如果到北京旅游，必须做两件事：一件是登长城，另一件是吃北京烤鸭。闻名遐迩的北京烤鸭曾仅限于宫廷，而现在北京数百家餐厅均有供应。

北京烤鸭源于 600 年前的明代。来自全国各地的厨师被挑选出来到京城为皇帝做饭。人们认为在皇宫做饭是一种莫大的荣誉，只有厨艺出众者才能获得这份工作。事实上，正是这些宫廷厨师使北京烤鸭的烹饪艺术日臻完善。

参考翻译

If you visit Beijing, you must do two things: one is to visit the Great Wall and the other is to eat Peking duck. The famed Peking duck, once confined to the imperial court, is now served in hundreds of restaurants across The capital.

Peking duck originated 600 years ago in the Ming Dynasty. Cooks from all over the country were selected to come to the capital to cook for the emperor. It was considered a great honor to cook in the imperial palace, and only those who excelled in cooking could get the job. In fact, it is these palace chefs who have perfected the culinary art of Peking duck.

## 第五套：

生活在中国不同地区的人们饮食多种多样。北方人主要吃面食，南方人大多吃米饭。在沿海地区，海鲜和淡水水产品人们在饮食中占有相当大的比例，而在其他地区人们的饮食中，肉类和奶制品更为常见。四川、湖南等省份的居民普遍爱吃辛辣食物，而江苏和浙江人更喜欢甜食。然而，因为烹饪方式各异，同类食物的味道可能会有所不同。

## 参考翻译：

People living in different parts of China have a variety of diets. People in the north mainly eat flour while people in the south mostly eat rice. In coastal areas, seafood and fresh water products occupy a large proportion of people's diet, while in other areas, meat and dairy products are more common in people's diet. People in Sichuan and Hunan provinces generally prefer spicy food, while people in Jiangsu and Zhejiang prefer sweet food. However, food may taste different from one another because it is cooked differently.

## 第六套

春节前夕吃团圆饭是中国人的传统。团圆饭是一年中最重要的晚餐,也是家庭团聚的最佳时机,家人生活在不同地方的家庭尤其如此。团圆饭上的菜肴丰富多样,其中有些菜肴有特殊含义。例如,鱼是不可缺少的一道菜,因为汉语中的“鱼”字和“余”字听上去一样。在中国的许多地方,饺子也是一道重要的佳肴,因为饺子象征着财富和好运。

## 参考翻译

It is a Chinese tradition to have a family reunion dinner on the eve of Spring Festival. The reunion dinner is the most important dinner of the year and the best time for families to get together, especially those whose families live in different parts of the country. There are a variety of dishes, some of which have special meanings. For example, fish is an indispensable dish because the Chinese word for "fish" sounds the same as the word for "yu". Dumplings are also an important delicacy in many parts of China as they symbolize wealth and good luck.

## 第七套：

鱼是春节前夕餐桌上不可或缺的一道菜, 因为汉语中“鱼”字的发音与“余”字的发音相同。正由于这个象征性的意义, 春节期间鱼也作为礼物送给亲戚朋友。鱼的象征意义据说源于中国传统文化。中国人有节省的传统, 他们认为节省得愈多, 就感到愈为安全。今天, 尽管人们愈来愈富裕了, 但他们仍然认为节省是一种值得弘扬的美德。

## 参考翻译

Fish is an indispensable dish on the Chinese New Year's Eve, as the Chinese word for "fish" is pronounced the same as the Chinese word for "yu". Because of this symbolic significance, fish are also given as gifts to relatives and friends during the Spring Festival. The symbolic meaning of fish is said to come from traditional Chinese culture. The Chinese have a tradition of saving. They believe that the more they save, the safer they feel. Today, although people are getting richer and richer, they still think saving is a virtue worth promoting.

## 第八套

铁观音(Tieguanyin)是中国最受欢迎的茶之一，原产于福建省安溪县西坪镇，如今安溪全县普遍种植，但该县不同地区生产的铁观音又各具风味。铁观音一年四季均可采摘，尤以春秋两季采摘的茶叶品质最佳。铁观音的加工非常复杂，需要专门的技术和丰富的经验。铁观音含有多种维生素，喝起来口感独特。常饮铁观音有助于预防心脏病、降低血压、增强记忆力。

## 参考翻译

Tieguanyin is one of the most popular teas in China. It was originally produced in Xiping Town, Anxi County, Fujian Province. Nowadays, It is widely grown in Anxi County, but Tieguanyin produced in different parts of the county has its own flavor. Tieguanyin can be picked all the year round, especially the spring and autumn tea picked the best quality. The processing of Tieguanyin is very complicated and requires special technology and rich experience. Tieguanyin contains a variety of vitamins and tastes unique. Drinking tieguanyin regularly can help prevent heart disease, lower blood pressure and improve memory.



## 第九套：

普洱茶深受中国人喜爱。最好的普洱茶产自云南的西双版纳，那里的气候和环境为普洱茶树的生长提供了最佳条件。普洱茶颜色较深，味道与其他许多茶截然不同。茶泡的时间越长越有味道。许多爱喝茶的人尤其喜欢其独特的香味和口感。茶含有多种有益健康的元素，常饮普洱茶有助于保护心脏和血管，还有减肥、消除疲劳和促进消化的功效。

## 参考翻译

Pu 'er tea is loved by the Chinese. The best Pu 'er tea is produced in Xishuangbanna, Yunnan province, where the climate and environment provide the best conditions for the growth of Pu 'er tea trees. Pu 'er is dark in color and tastes quite different from many other teas. The longer the tea brews, the more flavorful it becomes. Many tea lovers especially enjoy its unique aroma and taste. Tea contains a variety of healthy elements, regularly drinking Puyang tea can help protect the heart and blood vessels, as well as weight loss, eliminate fatigue and improve digestion.

## 第十套

饺子原名“娇耳”，是古老的汉族传统面食，距今已有一千八百多年的历史了。它是我国东汉时期医圣张仲景首先发明作为药用，后演化为深受中国人民喜爱的传统特色食品。作为一种历史悠久的民间吃食，深受老百姓的欢迎，每逢新春佳节，饺子更成为一种应时不可缺少的佳肴。

### 参考翻译

Dumpling, formerly known as jiao er, is an ancient traditional flour food of the Han people. It has a history of more than 1,800 years. It was first invented as medicine by Zhang Zhongjing, a medical master in the Eastern Han Dynasty. Later, it evolved into the traditional characteristic food favored by the Chinese people. As a folk food with a long history, it is very popular among the common people. During the Spring Festival, Jiaozi becomes an indispensable delicacy.