

折线图 line graph

事实上，这也可以算是炊具的诞生。食物可以煮熟，人们有机会吃到更好质量的食物。 In fact, this can be considered as the birth of cookware. Food could be cooked and people had the opportunity to eat better quality food.

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春秋文化的交错，口味的融合 Crossing of cultures, fusion of flavors
秦汉西域美食 culinary cultures (Western Cuisine)

The discovery of fire enabled primitive humans to cook food, making it easier to digest and absorb, and improving human survival ability. This is the origin of Chinese cuisine.

Chinese cuisine has begun to have initial development. Cooking methods are gradually becoming more diverse, and seasonings are also beginning to appear.

Chinese cuisine has reached its first peak. During this period, due to frequent wars and increased exchanges between countries, various ingredients and cooking techniques began to merge.

The development of Chinese cuisine has reached a new height. The opening of the Silk Road has led to the exchange of culinary cultures between China and other countries.

Chinese cuisine has reached its second peak. The rise of tea culture has made tea snacks an important component of Chinese cuisine.

Chinese cuisine is widely spread worldwide. New cooking techniques, ingredients, and flavors are constantly emerging, injecting new vitality into the development of Chinese cuisine.

Traditional Chinese cuisine is renowned for its rich diversity, intricate cooking techniques, and strong emphasis on the balance of flavors and nutritional elements. It is characterized by a harmonious blend of five fundamental tastes: sweet, sour, bitter, spicy, and salty, which are believed to achieve a balanced diet and enhance overall health.

One of the unique features of Chinese food is its regional variation, with each province or region having its own distinct culinary style. This regional diversity reflects the vast differences in climate, resources, and cultural preferences across China.

Another key feature is the importance of seasonal ingredients. Chinese chefs ensure that meals are not only delicious but also helpful in maintaining health according to the season. This seasonal dietary approach is deeply rooted in traditional Chinese medicine and philosophy

叙述结构 Narrative structure

南宋中国首都 Capital of China in the Southern Song Dynasty