1. 二十四节气 24Solar Terms

More than 2,000 years ago, ancient Chinese people created an overall framework to mark the annual passage of time, based on observations of the sun's motion, called"The 24 Solar Terms".

在两千多年以前，中国人通过观察太阳的运动轨迹，创立了二十四节气这个古老而科学的时间制度。称为“二十四节气”。

In the international meteorological field, the 24 solar terms are hailedas "thefifthgreat invention of China". In 2016, the 24 solar terms were included intheUNESCO'sRepresentitive List of the Intangible Cultural Heritage of Humanity.

在国际气象界，二十四节气被誉为“中国第五大发明”。2016 年，二十四节气被正式列入联合国教科文组织人类非物质文化遗产代表作名录

The 24 solar terms are, Start of Spring, Rain Water, Insects Awaken, SpringEquinox,Clear and Bright, Grain Rain; Start of Summer, Grain Buds, Grain in Ear, Summer Solstice,Minor Heat, Major Heat; Start of Autumn, The End of Heat, White Dew, AutumnEquinox, Cold Dew, Frost's Descent; Start of Winter, Minor Snow, Major Snow, WinterSolstice, Minor Cold and Major Cold.

二十四节气具体包括：立春、雨水、惊蛰、春分、清明、谷雨、立夏、小满、芒种、夏至、小暑、大暑、立秋、处暑、白露、秋分、寒露、霜降、立冬、小雪、大雪、冬至、小寒、大寒。

Summer Solstice and Winter Solstice are the two days of the year withthelongestand shortest amount of daylight respectively, while Spring Equinox andAutumnEquinox are days with the most balanced amount of daytime and nighttime. Throughthese four points, a year is divided to four parts: Spring, Summer, AutumnandWinter.

它分别以夏至、冬至、作为一年之中白昼最长、最短的时间点；以春分、秋分作为昼夜最平衡的点。通过这四个时间点一年分为四个部分：春、夏、秋、冬。

In ancient tmes, this system not only guided agricultural production, instructingfarmers to expect the changes in temperature, spring planting and autumnharvest,but also directed Chinese folk customs. For example, Winter Solstice was thefirstonecoined among the 24 solar terms, and later evolved into as a festival toworshipHeaven and ancestors. 在古时，这套时间制度不仅是农业生产的指南针，指导农民预测冷暖、春种秋收。还是民俗文化的风向标。例如：冬至是二十四节气中最早被制订的一个，后来逐渐演变成祭天祭祖的节日。

Every year at Winter Solstice, emperors of Ming and Qing dynasties wouldgototheTemple of Heaven to hold a ceremony to worship Heaven, praying for goodweatherfor their crops, and peace and prosperity for their country.

在明清时期（公元 1368 年-1912 年），每逢冬至皇帝便到天坛举行祭天大典，祈求来年风调雨顺、国泰民安。

Nowadays, the 24 solar terms could not only be applied to farming, but alsoguideChinese in everyday life. They remind people to adapt to the changes intheseasonsthrough suitable foods and cultural rituals.

现在二十四节气早已超越传统的农耕生活，深入到中国人的衣食住行。它通过特殊的节令食物和文化仪式提示人们顺应季节的交替.

Seasonal customs are still the rage（固定用法 be the rage/ be all the rage非常流行，风靡）, such as eating spring pancakes at Start of Spring, sweeping ancestors' tomsatQingming, gaining weight to keep warm at Start of Autumn, and eatingnutritiousfoodto store energy at Start of Winter. They have actually become indispensableritualsinChinese life.

节气饮食习俗依然流行。像立春日吃春饼；清明日扫墓踏青；立秋时贴秋膘；立冬补冬等鲜活的节气依然流行。成为了中国人生活中不可缺少的仪式感。

With deepening of people's understanding of traditional culture, cultural productsinspired by the 24 solar terms have emerged, including creative cuisines anddesigns.This ancient time system has gained new charm and vitality in the newera.

随着人们对传统文化的认知不断加深。以二十四节气为灵感的美食菜品，创意设计等文化产品层出不穷。这个古老的时间制度在新时代换发出新的魅力和生机。

The 24 solar terms are a common cognitive（认知的）systemamongChinese. Itreflects the emotional bond, the wisdom and creativity of the Chinese, whorespectandlive in harmony with nature. It has a profound impact on the way people thinkandtheircodes of conduct（行为准则）.

对中国人来说，二十四节气是一个共同的认知体系。体现的是一种集体认同的情感纽带。体现的是中国人尊重自然与自然和谐相处的智慧和创造力。它深刻影响着中国人的思维方式和行为准则。