**Unit 1**

The Analects is one of the Confucian classics. The book records the sayings and behaviors of Confucius and his disciples. It teaches the central themes of Confucianism: humaneness, righteousness, propriety, and wisdom, of which humaneness is the kernel value. Humaneness is taken as love for parents and respect for elder brothers. If the feelings for family members are extended to other people in the society, harmonious relationships among individuals will be built up.

**Unit 2**

In the Dao De Jing, Laozi established a philosophy system centered on Dao. He refers Dao as invariable and constant Dao. He holds that Dao is the origin of the cosmos and that Dao is characterized by non-action, opposition, shapelessness, namelessness, obscurity, etc. Many Daoist principles have already been Chinese people’s important ideals and norms and have exerted a profound influence on the development of Chinese culture.

**Unit 3**

Chinese characters, in general, are composed of a dozen basic strokes, which have similar functions to the letters of most European languages, though they do not combine into syllables. There are eight basic strokes: dot, horizontal stroke, turning stroke, vertical stroke, hook stroke, right-upward stroke, left-downward stroke and right-downward stroke.

In a small square space, characters are composed of different strokes linked and arranged in various ways, thus they are easy to be recognized, and look neat. These strokes are placed in various positions in the square — upper or lower, left or right, separate or linked, crossed, going through, overlapping, piling up or surrounding.

**Unit 5**

Chinese cuisine, which is world famous, is a pearl of world cuisine. It has various styles of cooking and its cooking techniques are different as well. Chinese cuisine features four elements — color, shape, aroma and taste. The four elements decide how good the dish is and are also the criteria of judging its quality. The northern foods and southern foods have their unique characteristics. The northern dishes attach great importance to bright color and heavy taste, with the greatest feature of using local food materials and controlling cooking time and temperature. While in some parts of southern China, the dishes feature light taste and remain the original flavor of the food materials.

**Unit 7**

From the day garments became part of people’s lives, they have been endowed with connotations concerning the social status, lifestyles, aesthetics and cultural concepts. Garments have always been the truest and most straightforward reflection of the social and historical scenes of any given time. In this sense, the history of garments is also a vivid development history of civilization. In our country with a long history of garments and ornaments, there is a wealth of archeological findings showing the development of garments, as well as their portrayals in ancient mythology, history books, poems and songs, novels and drama.

**Unit 12**

TCM is a heritage of world medicine. The effect and way to heal people of TCM make it more and more popular in the world. Originated from the ancient time, TCM has developed in a long time and has collected various ways to treat different illness. TCM pays attention to the balance of the body system. It is said that once the body system is in balance, the illness will disappear.