**2021下半年四级预测**

# 水稻

## 水稻（大米），是中国人日常饮食中的主角之一，是中国南方主食。米饭营养丰富，几乎可以供给全身所需营养。大米饭含有人体90%的必需营养元素，且各种营养素十分均衡，所以是最佳主食。米饭的面世，可追溯至粥。中国人用筷子吃米饭，用勺子喝粥。如果掌握吃米饭的健康原则，日积月累，不知不觉就能起到防病抗衰的作用，对身体极为有益。

### Rice (rice), one of the main characters in Chinese daily diet, is the staple food in southern China. Rich in nutrients, rice can provide almost all the nutrients needed for the whole body. Rice is the best staple food because it contains 90% of the essential nutrients in the human body and is well balanced. Rice can be traced back to porridge. Chinese people eat rice with chopsticks and porridge with spoons. If you master the healthy principle of eating rice, over a long period of time, you will unconsciously play a role in disease prevention and aging, which is extremely beneficial to the body.

# 面食

## 中国的面食文化博大精深，种类繁多，十分美味。面食是指主要以面粉制成的食物，世界各地均有不同种类的面食，中国的面点小吃历史悠久，风味各异，品种繁多，主要有面条、饺子、包子等。面条是一种非常古老的食物，它起源于中国，有着源远流长的历史。最早的记载出现于东汉年间，至今超过一千九百年。各地依其物产及民俗风情，又演化出许多具有浓郁地方特色的风味小吃。

### China's pasta culture is extensive and profound, with a wide variety of delicious foods. Pasta refers to food mainly made of flour. There are different kinds of pasta all over the world. Chinese pastry snacks have a long history with different flavors and varieties, mainly including noodles, dumplings, steamed buns and so on. Noodles are a very old food. They originated in China and have a long history. The earliest records appeared in the Eastern Han Dynasty, more than 1800 years. According to its products and folk customs around the evolution of many flavor snacks with strong local characteristics.

# 扇子

## 扇子是引风用品，夏令必备之物。中国传统扇文化有着深厚的文化底蕴，是中华民族文化的一个集成部分。在中国传统社会，扇子与民众的日常生活息息相关。扇子主要材料是：竹、木、纸。工艺扇造型优美，构造精致，经能工巧匠精心制作，或名人挥毫题诗作画，使扇子艺术身价百倍。现代生活使用扇子纳凉的作用相对减小，但扇子作为精美的工艺品，带给了人们美的享受。

### Fan is a summer necessity to make wind. Chinese traditional fan culture has profound cultural deposits and is an integrated part of Chinese national culture. In traditional Chinese society, fans are closely related to People's Daily life. The main materials of fans are bamboo, wood and paper. The craft fan is beautiful in shape and exquisite in structure. It is elaborately made by skilled craftsmen or famous people who write poems or paint pictures, which makes the art value of fans hundreds of times. In modern life, the role of using fans to cool off is relatively reduced, but as exquisite handicrafts, fans bring people beautiful enjoyment.

# 汉服

## 其实，在传统中国，服饰的地位是非常重要的，除了基本的遮羞、取暖、审美的意涵外，最重要的还是其所代表的文化、政治含义。汉族人装饰有一个重要特征就是喜饰玉佩玉。汉族服饰的装饰多采用动物、植物和几何纹样。图伴随着传统文化的复兴，汉服也越来越受到人们的重视，一度成为流行。汉服不是一种简单的服饰，它所承载的是具有五千年文明的礼仪之邦，象征着中国的灿烂文明和精神气质。

### In fact, in traditional China, the status of clothing is very important, in addition to the basic shading, heating, aesthetic implication, the most important is the cultural and political meaning it represents. Han decoration has an important characteristic is like to adorn jade. Animals, plants and geometric patterns are often used in the decoration of han costumes. With the revival of traditional culture, Hanfu has attracted more and more attention and became popular for a time. Hanfu is not a simple dress, it carries the country of etiquette with 5,000 years of civilization, symbolizing the splendid civilization and spiritual temperament of China.

# 算盘

## 算盘( abacus)是一种手动操作计算辅助工具形式。它起源于中国，迄今已有2600多年的历史，是中国古代的一项重要发明。在阿拉伯数字出现前，算盘是世界广为使用的计算工具。现在，算盘在亚洲和中东的部分地区继续使用，尤其见于商店之中，可以从供应中国商品和日本商品的商店里买到。在西方，它有时被用来帮助小孩子们理解数字，而一些数学家喜欢体验一下使用算盘计算出简单算术问题的感觉。

### The abacus is a form of manually operated computing aid. It originated in China and has a history of more than 2,600 years. It is an important invention in ancient China. Before the advent of Arabic numerals, the abacus was a widely used calculation tool in the world. Today, abacuses continue to be used in parts of Asia and the Middle East, especially in shops that offer Chinese and Japanese goods. In the West, it is sometimes used to help young children understand numbers, and some mathematicians like the experience of using an abacus to work out simple arithmetic problems.