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## 第一课

# 盘古开天地

传说远古的时候，天和地没有分开，黑暗的宇宙像一个大鸡蛋，没有太阳也没有月亮。在这个大鸡蛋里睡着一个神，他就是盘古。

一万八千年后，沉睡的盘古醒了。他睁眼一看，周围很黑，闷得连气都透不过来。他伸手四处摸，摸到了一把大斧头。盘古就举起大斧头，朝黑暗砍去。  
“哗啦啦”<sup>huā</sup>一声巨响，大鸡蛋破了！这时，轻又清的东西向上升，变成了蓝天；重又浊的东西往下沉，变成了大地。





天和地分开了，盘古非常高兴。但是天不够高，他担心天地又会合起来，就用头顶着天，脚踩着地，像一根巨大的石柱，站在天地之间。盘古的身体每天都长高一丈。又过了一万八千年，他的身子长到九万里高，天、地再也合不到一起了。盘古终于松了一口气，这时的他感到非常疲劳。他抬头望了望天空，又低头看了看大地，笑了笑，便倒在地上，再也没有醒过来。

盘古死时嘴里呼出的气，变成了风和云；他的身体变成了大山；他的血液变成了江河湖海，肌肉变成了良田，筋脉变成了四通八达的道路；他的左眼变成了光辉的太阳，右眼变成了洁白的月亮，头发和胡子变成了亮闪闪的星星；他皮肤上的汗毛变成了花草树木；他的牙和骨头变成矿物，石头和珠宝；他的声音变成了闪电和雷；就连他的汗水，也变成了雨水。

盘古开天辟地，又用自己的整个身体装点世界，使世界变得十分美丽。



### 生词

hēi àn 黑暗	dark	jī ròu 肌肉	muscle
yǔ zhòu 宇宙	universe	jīn mài 筋脉	tendons and nerves
fǔ tóu 斧头	ax	sì tōng bā dá 四通八达	extend in all directions
jù dà 巨大	huge	guāng huī 光辉	brilliant
zhuó 浊	turbid	jié bái 洁白	white
zhàng 丈	<i>a unit of length</i>	pí fū 皮肤	skin
sōng kǒu qì 松口气	relax one's breath	kuàng wù 矿物	mineral
pí láo 疲劳	tired	kāi tiān pì dì 开天辟地	create the universe
hū chū 呼出	breath out	zhuāng diǎn 装点	decorate
xuè yè 血液	blood		

### 听写

宇宙 血液 肌肉 光辉 洁白 巨大 呼出 皮肤  
斧头 黑暗 矿物 四通八达 \*装点 疲劳

注: \*以后的字词为选做题, 后同。



## 加偏旁再组词

音—暗（黑暗）	虫—浊（混浊）	由—宙（宇宙）
主—柱（柱子）	军—辉（光辉）	几—肌（肌肉）
夜—液（血液）	夫—肤（皮肤）	父—斧（斧头）
皮—疲（疲劳）	永—脉（筋脉）	广—矿（矿物）

## 字词运用

### 盘古 盘子

盘古是传说中开天辟地的英雄。

妈妈正在洗盘子。

### 顶着 一顶

下雨了，弟弟用头顶着书包往家跑。

朋友送我一顶黄色的草帽。

### 筋脉 山脉

盘古死后，他的筋脉变成了道路。

天山山脉位于中国的新疆。



## 词语解释

四通八达——道路通向各方，交通方便。

例句：

北京的街道十分整齐，像个棋盘四通八达。

上海交通方便，道路四通八达。

## 阅读

shì

### 中国的姓氏

从盘古开天地以来，中国人到底有多少个姓氏呢？

早在五千年前，中国人就有了姓。那时是母系社会，人们只知道母亲，不知道父亲，每个人的姓都是跟着母亲的，所以就连“姓”字，也是由“女”和“生”组成的。

传说“炎”和“黄”两大部落合并时，共有一百个氏族，因此把众人叫作“百姓”。

中国有本古书叫《百家姓》，里面一共收集了单姓、复姓共500多个，其中张、王、李是中国最大的三个姓。目前“李”姓



是中国最大的姓，很可能也是全世界最大的姓了，单是姓李的就有近一亿人。另外张、王、李、赵、陈、杨、吴、刘、黄、周这十个姓占世界华人人口的40%，共约四亿人。

中国各省都有一些比较集中的姓。如：广东的梁姓和罗姓，江苏的徐姓和朱姓，浙江的毛姓和沈姓，湖北的胡姓，四川的何姓和邓姓，贵州的吴姓，云南的杨姓，宁夏的万姓，新疆的马姓，山东的孔姓，东北三省的于姓。科学家统计：从古到今中国人的姓氏已超过两万个。

## 问题

说一说你认识的中国人，他们姓什么？请写下来。

译

文

English Translation

## Pangu Creates the Universe

Long long ago, the heaven and earth was united as a whole and the dark universe was like a huge egg without the light of either the sun or the moon. A god was sleeping inside the egg and his name was Pangu.

Pangu slept 18,000 years and one day, he woke up, opened his eyes, saw nothing but darkness. He felt suffocating and groped about inside the egg. He found a giant ax, grabbed it tightly and chopped at the darkness. Along with a thunder, the huge egg was broken. The clear and light substance inside it rose and became the blue sky; while the muddy and heavy substance sank and became the earth!

Pangu was overjoyed at separating the heaven and earth. But the sky was not high enough and he worried about their reuniting. Therefore, he stood up, stepping firmly on the earth and supporting the sky



with his head like a giant rock pillar. Everyday, Pangu grew up by one zhang (about 3.3 meters) and after another 18,000 years, Pangu was 90,000 li tall, then the heaven and the earth would never unite again. Pangu was relieved eventually, however he felt extremely tired then. He looked up to the sky, then looked down to the earth, smiled and fell down, never woke up again.

At the time when Pangu died, his last sigh turned into wind and cloud. His body turned into huge mountains. His blood turned into rivers, lakes and seas. His muscles turned into fertile land. His tendons and nerves turned into roads extending to all directions. His left eye turned into brilliant sun and right eye into bright moon. His hair and whiskers turned into twinkling stars. His fine body hairs turned into trees, flowers and grass. His teeth and bones turned into minerals, rocks and precious stones. Even his voice turned into thunder and lightening. His sweat turned into raindrops.

Pangu created the universe and used his entire body to decorate the world, making it a beautiful place.

## Surnames in China

Since Pangu created the universe, how many surnames on earth do Chinese have?

Chinese have surnames as early as 5,000 years ago. At that time, it was matriarchal clan society and people could only tell who their mothers were, not knowing who their fathers were for sure. Therefore, they all used the surnames of their mothers. Even the Chinese character for “surname(姓)” was composed of two parts of “female(女)” and “birth(生)”.

According to the legend, when two main tribes led by Emperor Yan and Emperor Huang merged, there were one hundred clans. That’s why people are also known as “bai-xing” (one hundred surnames) in China.

In an ancient Chinese book entitled *One Hundred Surnames (Bai-Jia-Xing)*, there are more than 500 one-character and two-character surnames. Zhang, Wang and Li are the top three surnames in China and there are about 100 million Chinese surnamed Li, which is probably the No. one surname in the entire world. The first ten surnames among Chinese are Zhang, Wang, Li, Zhao, Chen, Yang, Wu, Liu, Huang, Zhou and about 40% Chinese, about 400 million, belong to these families.

In different provinces in China, certain surnames rank top among others. For example, Liang and Luo in Guangdong Province, Xu and Zhu in Jiangsu Province, Mao and Shen in Zhejiang Province, Hu in Hubei Province, He and Deng in Sichuan Province, Wu in Guizhou Province, Yang in Yunnan Province, Wan in Ningxia, Ma in Xinjiang, Kong in Shandong and Yu in three provinces in northeast China. According to academic statistics, there are more than 20,000 surnames in China from ancient times till today.