

《中国文化入门》是一套为海外学习者设计的中国文化入门级通识型教学资源。如果你对中国文化抱有长久的兴趣，如果你已经具备一定的汉语知识和运用能力，如果你准备参加IB或AP的中文考试，这本通识型教材一定会让你受益匪浅！当然，作为一本文化教材，如果你的汉语基础还达不到要求，也不要放弃哦，本书为你准备了所有文字的英文翻译，帮助你摆脱语言困境。

《中国文化入门》由四个单元16课组成，每个单元名都是一个汉字，分别是“美、智、礼、和”。从第一单元“美”开始，到第四单元“和”结束，四个汉字带领你完成一趟由浅入深、由表及里的中国文化旅程，内容涉及地理山水、建筑设计、书画瓷器、文学音乐、衣食住行、古代科技、礼仪制度及儒释道思想等多个方面，包罗万象却并不艰涩难懂。若在这趟行程中，你对汉字、汉语或中国其他文化产生了更加浓厚的兴趣，我们将感到荣幸之至。当然，在深入阅读的过程中，我们也希望你能时时与自己国家或民族的文化做对比，看看它们与中国文化之间有什么相似点与不同点，在相互理解中，求同存异，培养起全球化的视野与胸怀。

《中国文化入门》，称之为通识型教学资源，是因为它不仅是一套由上下册组成的印刷材料，还配有独立的在线学习小程序。在这个小程序上，你可以看到与本教材相关的教学课件、视频、动画、游戏、图集等教学资源。最值得你关注的，还有我们为该书专门摄制的学习微课。我们为每一课都配备了教师真人讲授的微课，时长为5-8分钟，包含每课所有知识点。它们不是教材的简单复制和背诵，而是对书上内容进行的提炼和补充，观看过程可以加深你对文化知识的二次理解。所以，在使用纸质资源之前，你可以先看一下微课，就像你平时刷YouTube的短视频一样，轻松地打开看看。也许从这里开始，你就喜欢上了这套学习资源。

最后，祝你拥有一趟完美的中国文化学习之旅！

编者

2022年10月



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## Preface

*Threshold of Chinese Culture* is a set of guiding interdisciplinary textbooks on Chinese culture for overseas learners. If you have a long lasting interest in Chinese culture, if you have certain knowledge about Chinese language and language proficiency certificates, or if you are ready to participate in the Chinese test of IB or AP, this set of interdisciplinary books will benefit you! Certainly, as a cultural textbook, if your Chinese proficiency is not up to the requirements, don't give up! This set of books provides you the translations of the whole content.

It consists of 16 lessons, divided into four units, and the title of each unit is one single character, respectively meaning "beauty", "wisdom", "etiquette", "harmony", beginning with the first unit "beauty", and ending with the fourth one "harmony". These characters lead us to a Chinese cultural journey which proceeds from the outside to the inside, including the geographical landscape, architectural designs, calligraphy, paintings, and porcelains, literature and music, livelihood, ancient science and technology, etiquette systems, and the fusion of Confucianism, Buddhism and Taoism, etc, all-inclusive but not hard to understand. We would be honoured if you've got a stronger interest in Chinese characters, Chinese language or other aspects of Chinese culture after learning it. Of course, in this thorough reading process, we also hope that you constantly compare Chinese culture with that of your own country or ethnic group, checking the similarities and differences between the two, seeking common ground while reserving differences in mutual understanding, and cultivating a globalized vision and mind.

This set of books is classified into the interdisciplinary teaching material, because it's not only a set of printing books consisting of two volumes, but also has an online mini program for further learning. Through this program, you could find a variety of media forms such as teaching coursewares, videos, cartoons, games and atlases about the books. What deserves your attention most is the micro-lectures we specially filmed for the books. There is a micro-lecture for each lesson in the books, lasting 5 to 8 minutes with all the knowledge points of it. This is not a simple copy and recitation of the books, but a refinement and supplement to the contents of the books. It can enhance your understanding of the cultural knowledge. So, before reading the books, you can watch the micro-lectures first, just like watching the short videos on YouTube. Maybe from it, you will enjoy this set of textbooks.



Lastly, wish you a perfect learning journey of Chinese culture!

Coming soon online in December 2022.

The Authors  
October 2022



## 致 谢

《中国文化入门》的基本思路和主体内容来自于北京语言大学出版社2011年出版的多媒体数字产品《中国文化》。这个产品当时的几位作者是上官雪娜、周志宇、段宏江和高玉峰，向诸位表示感谢！此次将其作为教材改编，我们在文化教学需求调研基础上，对《中国文化》的结构和内容进行了完善和调整，修订和增补了大量内容，使之成为便于教学使用的文化教学资源，并将产品名字确定为《中国文化入门》。我们希望，借由《中国文化入门》，教师们有所凭恃，自然而畅达地带领学生展开精彩的中国文化之旅。此次编写的三位作者是上官雪娜、阮吕娜和刘晶，向三位老师表示感谢！

对于如何进行中国文化教学，如何进行文化教学产品的开发，除了诸位创作者付出的心血和努力，许多专家和同仁也提出了宝贵的意见和建议。在此一并致以感谢！产品出版后，请各位继续关注，不吝灼见！

《中国文化入门》编写组

2022年6月





## Acknowledgments

The basic idea and main contents of *Threshold of Chinese Culture* come from the multi-media digital product “Chinese Culture” published by BLCUP in 2011, the authors of which were Shangguan Xue’na, Zhou Zhiyu, Duan Hongjiang and Gao Yufeng, great gratitude to you all! Now, based on the investigation needs of cultural teaching, we have improved and adjusted the structure and contents of “Chinese Culture”, adapting it into textbooks, revising and enriching large amounts of details, to make it convenient for cultural teaching, fixing the title *Threshold of Chinese Culture*. We hope that, depending on *Threshold of Chinese Culture*, teachers would take students to a wonderful journey of Chinese culture naturally and fluently. The three main authors of *Threshold of Chinese Culture* are Shangguan Xuena, Ruan lüna and Liu Jing, heartly thanks to the three scholars!

Apart from the painstaking efforts of the creators, many experts and colleagues have also put forward valuable opinions and suggestions on how to carry out Chinese culture teaching and how to develop cultural teaching products. We would like to express our appreciation to all. Please continue to pay attention to the textbooks and share your penetrating ideas!

The authoring group of *Threshold of Chinese Culture*

June, 2022



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第一單元

美

Beauty



## 单元导入 | INTRODUCTION

中国，在北半球的太平洋西岸，亚洲东部。

中国人，黄皮肤，黑头发。

中国话，有声调，像唱歌，比如“中国”，不能说成“钟过”“种果”。

中国字，很古老，像图画。

在世界上，提到中国文化，人们脑海中会浮现出许多象征性符号。那么你首先想到的是什么呢？是瓷器、丝绸，还是长城、故宫？是京剧脸谱，还是中国功夫？

中国人有句俗语：“一方水土养一方人。”要了解中国文化，就必须了解中国人；而要了解中国人，就要先了解养育中国人的山山水水。

China is located on the west shore of the Pacific Ocean in the northern hemisphere in the east of Asia.

Most Chinese people have yellow skin and black hair.

Chinese language has tones, like a song. For example, Zhōngguó (China) cannot be pronounced as zhōngguò or zhòngguǒ.

Chinese characters are age-old and picture-like.

In the world, when it comes to Chinese culture, many symbols will come to people's mind. Then, what's the first thing that comes to your mind? Is it porcelain or silk, the Great Wall or the Imperial Palace? Is it Beijing opera or kung fu?

There is a Chinese saying that "the environment shapes the people". If you want to understand Chinese culture, you must first understand Chinese people, and if you want to understand Chinese people, you should first understand the land that raises them.







# 一方水土一方人

The Environment Shapes the People

## 热身 Warm-up

“长江、长城，黄山、黄河，在我心中重千斤。无论何时，无论何地，心中一样亲……”这是全球华人都熟悉的歌曲——《我的中国心》。这句歌词告诉我们，这四个地方在中国人心中非常重要。为什么呢？因为它们在某种程度上代表着中国，它们的意义远远超出一个地理名词本身，就像尼罗河和金字塔对于埃及人的意义，自由女神像对于美国人的意义，凯旋门对于法国人的意义。了解了它们，你就开始接近中国了。

“The Yangtze River and the Great Wall, Mount Huangshan and the Yellow River, weigh in my heart a thousand pounds. No matter when and where, my motherland is very close to my heart...” This is from *My Chinese Heart*, a song familiar to Chinese people all over the world. The lyrics tell us that these four places are extremely important in the minds of Chinese people, because to a certain extent they represent China – they are much more than geographical terms, just like the Nile and the Pyramids for Egyptians, the Statue of Liberty for Americans, or the Arc de Triomphe for French. Understanding them is the beginning of understanding China.

- 想一想，自己国家有哪些独特的地理名词呢？

What are the unique geographical terms in your country?





## 1.1

## 黄河，中国人的母亲河

The Yellow River, the Mother River of Chinese People

英文课文见P151

黄河在中国只是第二大河。源头还是清清的小溪，经过西部的黄土地时，大量泥沙汇入，河水变成泥土一样的黄色，于是得名“黄河”。黄河一路向东流淌，曲曲折折，从地图上看，就像中国人的图腾——龙，穿过九省区<sup>①</sup>，流入大海。

由于泥沙造就了黄河中下游肥沃的土地，华夏<sup>②</sup>民族最初的农业文明在这里诞生。因此，中国人把黄河称为“母亲河”。黄河流域的城市中，西安<sup>③</sup>、洛阳<sup>④</sup>、开封<sup>⑤</sup>，都是中国古代非常重要的城市。







## 注释 Notes

- ① 省区：指省和自治区，它们都是中国一级行政区划单位，比如安徽省、河北省、西藏自治区、新疆维吾尔自治区等。

Provinces and autonomous regions: They are first-level administrative units in China, such as Anhui Province, Hebei Province, Tibet Autonomous Region, and Xinjiang Uygur Autonomous Region.

- ② 华夏：中华的古称，所以“中华民族”也常称为“华夏民族”。

*Huaxia*: It is an ancient name of *Zhonghua* (China), and thereby, *Zhonghua Minzu* (Chinese nation), is also known as *Huaxia Minzu*.

- ③ 西安：陕西省省会，中国重要的历史文化名城。历史上先后有十三个王朝在这里建都。

Xi'an: It is the capital city of Shaanxi Province. Xi'an is an important historic and cultural city in China, and it has been the capital of 13 dynasties in Chinese history.

- ④ 洛阳：河南省地级市，中国重要的历史文化名城。历史上先后有十三个王朝在洛阳建都。

Luoyang: It is a prefecture-level city of Henan Province. It is an important historic and cultural city in China, and has been the capital of 13 dynasties in Chinese history.

- ⑤ 开封：河南省地级市，中国重要的历史文化名城，有“八朝古都”之称。

Kaifeng: It is a prefecture-level city of Henan Province. Kaifeng is an important historic and cultural city in China, and it is known as the “Capital of Eight Dynasties”.



## 生词 Words and expressions

1	源头	yuántóu	headstream; source
2	泥沙	níshā	sediment; silt
3	汇入	huìrù	to blend in; to integrate; to infuse
4	流淌	liútǎng	to flow; to run

5	曲曲折折	qūqū zhézhé	zigzag; tortuous
6	图腾	túténg	totem
7	造就	zàojiù	to give rise to
8	肥沃	féiwò	fertile; rich
9	诞生	dànshēng	to be born; to come into being
10	流域	liúyù	drainage basin



## 练习 Exercises

- 1 阅读课文，判断黄河是否能站到领奖台上。如果能，请在它站的位置上打“√”。

Read the text and tell whether the Yellow River can stand on this podium. If yes, please tick "√" on the position where it stands.

能 ☐  
Can

不能 ☐  
Can't



中国河流长度排名  
Ranking of river length in China

- 2 查看中国地图，看看黄河的形状像哪个汉字？（ ）

Look at the map of China, and find out which Chinese character of the Yellow River resembles.

A. 人  
■ Person.

C. 工  
■ Work.

B. 几  
■ How many.

D. 口  
■ Mouth.



3 思考题：为什么中国人称黄河为“母亲河”？

Why is the Yellow River called the "Mother River" by Chinese people?

Four horizontal dotted lines for writing, each preceded by a small circle.

1.2

## 长城，英雄们的城墙

The Great Wall, the Wall of Heroes

英文课文见P152

长城，或许你并不陌生。甚至一度传说，外太空唯一能看到的建筑物是长城，虽然这并不是事实，但的确体现了长城的知名度。很多爬过长城的人都会与这块石碑相遇，上面写着：不到长城非好汉。在





中国，称一个人为好汉，几乎就是把他看成了英雄。

这座蜿蜒在中国北方的城墙，2000多年前就开始了它的修建史。在漫长的历史中，它不断地被破坏、再修建、再破坏、再修建，一直留存到今天。虽然历史上它长期被称为“万里<sup>①</sup>长城”，但它的实际长度直到近年经过精细测量才得到准确数据——各个时代的长城遗址总长超过2.1万千米。

虽然长城最初的修建是出于军事目的，但这座横亘于中国北方的城墙见证着中国的历史，已经与中国人的精神世界紧密联系在一起，成为勇气与力量的象征。



#### 注释 Note

① 里：中国传统长度计量单位，一里等于500米。

*Li*: It's a traditional Chinese measurement unit of length, and one *li* equals 500 meters.



#### 生词 Words and expressions

1	陌生	mòshēng	strange
2	传说	chuánshuō	legend
3	太空	tàikōng	outer space
4	蜿蜒	wānyán	to wind; to zigzag
5	修建	xiūjiàn	to construct; to build



6	留存	liúcún	to preserve; to keep
7	精细	jīngxì	elaborate; careful
8	测量	cèliáng	to measure; to survey
9	数据	shùjù	data
10	遗址	yízhǐ	ruins
11	横亘	hénggèn	to lie across
12	见证	jiànzhèng	to witness
13	象征	xiàngzhēng	symbol



## 练习 Exercises

- 1 阅读课文，你认为中国最早的长城可能是哪个年代开始修建的？（ ）

Read the text and find out when the earliest Great Wall in China may have been built.

- |                                     |                                  |
|-------------------------------------|----------------------------------|
| A. 公元前1000年左右<br>■ Around 1,000 BC. | B. 公元前700年左右<br>■ Around 700 BC. |
| C. 公元200年左右<br>■ Around 200 AD.     | D. 公元500年左右<br>■ Around 500 AD.  |

- 2 阅读课文，中国各个时代的长城遗址总长超过了多少里？（ ）

Read the text and find out how many *li* of the Chinese Great Wall ruins of all ages.

- |                         |                           |
|-------------------------|---------------------------|
| A. 1万<br>■ 10 thousand. | B. 2.1万<br>■ 21 thousand. |
| C. 2万<br>■ 20 thousand. | D. 4.2万<br>■ 42 thousand. |



- 3 长城由烽火台、城墙、敌楼、关城等部分组成。查阅资料，判断下面这张图片是哪个部分。（ ）



The Great Wall is composed of beacon towers, ramparts, watchtowers, fortresses, passes and other parts. Search the information and tell what the building in the following picture is.

- A. 烽火台      B. 城墙  
■ Beacon towers.      ■ Ramparts.  
C. 敌楼      D. 关城  
■ Watchtowers.      ■ Fortresses and passes.

- 4 思考题：你怎么理解“不到长城非好汉”这句话？它体现了长城的什么特点？  
In your opinion, what characteristics of the Great Wall are reflected in the saying “He who fails to the Great Wall is not a real man (不到长城非好汉)”?

Four sets of horizontal dotted lines for writing answers, each preceded by a small circle.

### 1.3

## 长江，中国最长的河

The Yangtze River, the Longest River in China

英文课文见P152

虽然黄河是中国的母亲河，但它的长度在中国只是排名第二，中国的第一大河是长江。长江全长6000多千米，穿越中国的西部与东部，是一条名副其实的长河。





长江与黄河一样，孕育出了中国中南部多样的文化。同时，长江沿岸富饶的农业资源，对中国历史上各个王朝都具有非常重要的经济意义。长江的入海口在上海，从近代起，上海逐渐成为世界知名的国际大都市。



## 生词 Words and expressions

1	穿越	chuānyuè	to pass through
2	名副其实	míngfù-qíshí	to be worthy of the name
3	孕育	yùnyù	to breed; to gestate
4	沿岸	yán'àn	coastal; offshore (bank of a river)
5	富饶	fùráo	richly endowed; fertile
6	知名	zhīmíng	well-known





## 练习 Exercises

### 1 阅读课文，长江入海口在哪个城市？（ ）

Read the text and find out in which city the Yangtze River enters the sea.

- |                      |                     |
|----------------------|---------------------|
| A. 杭州<br>■ Hangzhou. | B. 西安<br>■ Xi'an.   |
| C. 上海<br>■ Shanghai. | D. 北京<br>■ Beijing. |

### 2 查阅资料，请根据长度为下面四条河流排序。

Search the information and rank the following four rivers according to their length.

- |                               |                          |
|-------------------------------|--------------------------|
| A. 黄河<br>■ The Yellow River.  | B. 尼罗河<br>■ The Nile.    |
| C. 长江<br>■ The Yangtze River. | D. 亚马孙河<br>■ The Amazon. |

>  >  >

### 3 阅读课文，长江穿越了中国的哪些地区？（ ）

Read the text and find out which part of China the Yangtze River passes through.

- |  |   |
|--|---|
| A. 北部和南部<br>■ North China and south China. | B. 北部和西部<br>■ North China and west China. |
| C. 东部和西部<br>■ East China and west China.   | D. 东部和南部<br>■ East China and south China. |

### 4 如果黄河和长江也有朋友圈，查阅资料，看看下列城市分别属于哪条河的“朋友圈”呢？

If both the Yellow River and the Yangtze River have WeChat Moments, find out which river's "Moments" the following cities belong to based on the information consulted.





西安  
Xi'an



上海  
Shanghai



南京  
Nanjing



兰州  
Lanzhou

长江  
the Yangtze River

黄河  
the Yellow River

开封  
Kaifeng



武汉  
Wuhan



重庆  
Chongqing



洛阳  
Luoyang



## 1.4

## 黄山，自然的恩赐

Mount Huangshan, a Gift from Nature

英文课文见P152

长江一路流淌，在中下游的安徽省，我们能看到歌中所唱的黄山。在梦境一样的云雾中，我们能看到一棵造型奇特的树，它是黄山有名的迎客松，也是黄山的标志。1000多年来，迎客松优美而挺拔地站在这里，迎接各方来客。除此以外，山上千奇百怪的石头、常年弥散不去的云海、四季热气腾腾的温泉，也都是黄山有名的美景。

对于中国的山，民间有一句流传很广的诗句：“五岳归来不看山，黄山归来不看岳。”五岳是中国另外五座名山，看完黄山，那些名山都可以不看了，黄山在中国自然美景中的地位就可见一斑了。





## 生词 Words and expressions

1	梦境	mèngjìng	dreamland; dreamworld
2	云雾	yúnwù	cloud and mist; mist
3	造型	zàoxíng	modelling
4	奇特	qítè	peculiar
5	挺拔	tǐngbá	tall and straight
6	弥散	mísàn	dispersion
7	可见一斑	kějiàn-yìbān	to get a rough idea of somebody or something





## 练习 Exercises

### 1 阅读课文，选出黄山有名的美景。[多选] ( )

Read the text and find out the famous scenic spots in Mount Huangshan. (Multiple Answer Question)

A. 奇松

■ Wondrous pines.

B. 温泉

■ Hot springs.

C. 奇石

■ Strangely-shaped stones.

D. 云海

■ Pervading clouds.

### 2 阅读课文，黄山在中国的哪个省份? ( )

Read the text and find out which province Mount Huangshan is located in.

A. 安徽省

■ Anhui Province.

B. 浙江省

■ Zhejiang Province.

C. 江苏省

■ Jiangsu Province.

D. 江西省

■ Jiangxi Province.

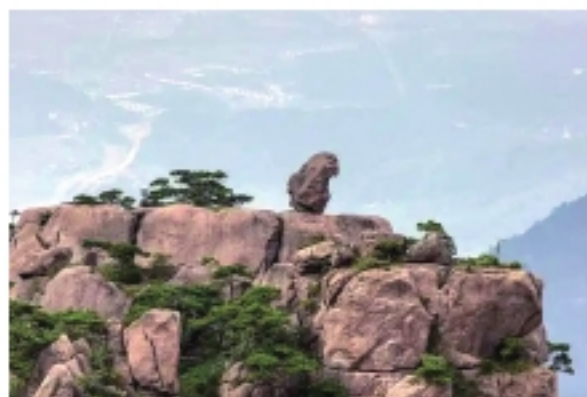
### 3 阅读课文，下面哪幅图是黄山的标志? ( )

Read the text and find out which picture below is the symbol of Mount Huangshan.

A.



B.



C.



D.





4 查阅资料，“五岳”指的是哪五座山？（ ）

Search the information and find out what the "Five Sacred Mountains" refer to.

A. 泰山、庐山、衡山、恒山、华山

■ Mount Tai, Mount Lu, Mount Heng (Hunan Province), Mount Heng (Shanxi Province), Mount Hua.

B. 嵩山、泰山、庐山、恒山、华山

■ Mount Song, Mount Tai, Mount Lu, Mount Heng (Shanxi Province), Mount Hua.

C. 泰山、衡山、恒山、华山、嵩山

■ Mount Tai, Mount Heng (Hunan Province), Mount Heng (Shanxi Province), Mount Hua, Mount Song.

D. 衡山、嵩山、华山、泰山、庐山

■ Mount Heng (Hunan Province), Mount Song, Mount Hua, Mount Tai, Mount Lu.

1.5

## 泰山，有“高度”的山

Mount Tai, a "High" Mountain

英文课文见P153

事实上，在中国传统文化中，还有一座在自然和文化意义上都具有重要地位的山，这就是泰山。在古代中国，如果要形容一个事物分量很重，就说“重如泰山”。另外有一句古语，“登泰山而小天下”<sup>①</sup>，意思是说，如果登上了泰山，就会觉得世界上一切事物都尽在眼底，变得渺小了。

泰山在孔子的家乡——山东省，海拔1500多米。说起来，这个高度在中国群山中并不起眼。但要论中国古代名气最大的山，就非泰山莫属了。因为几乎所有的中国古代君王都以在泰山封禅<sup>②</sup>为荣，似乎只有在泰山上，才能表明，我当上这个皇帝是上天认可的。这种朝拜延续了几千年，在世界上恐怕也是独一无二的。



当然，泰山的意义不在于它的海拔高度，也不在于它的自然美景。它的真正价值在你经过的每一座风格不同、信仰不同的建筑物中，在满山随处可见的文字与诗词中。泰山，包容了太多的中国历史与文化。今天人们再说“登泰山而小天下”，它包含的意义要远远丰富得多。



### 注释 Notes

- ① 登泰山而小天下：出自《孟子·尽心上》，说的是孔子登上泰山，天地一览无余。表面上指泰山高，实际上是指人要不断寻求突破，超越自我。

The world looks small from the top of Mount Tai: It comes from *Mengzi: Jinxin I*. It is said that Confucius ascended Mount Tai, the sky and the earth are in glance. It seems to refer to the fact that Mount Tai is high, but it actually tells people that we should



seek for breakthroughs to broaden the horizon and go beyond yourself.

- ② 封禅：“封”为“祭天”，“禅”为“祭地”，是中国古代帝王在太平盛世或天降祥瑞之时祭祀天地的大型典礼。

*Fengshan*: *Feng* means “to offer sacrifices to the heaven” and *shan* is “to offer sacrifices to the earth”. It is a major ceremony in ancient China when emperors worshiped the heaven and the earth in times of national peace or propitiousness.



## 生词 Words and expressions

1	分量	fèiliang	weight
2	眼底	yǎndǐ	below one's eyes
3	渺小	miǎoxiǎo	tiny; negligible
4	海拔	hǎibá	altitude; height above sea level
5	非……莫属	fēi……mò shǔ	none other than
6	朝拜	cháobài	to pay respects to (a sovereign); to worship
7	延续	yánxù	to continue; to go on; to last
8	独一无二	dúyī-wú'èr	the one and only; unique



## 练习 Exercises

- 1 阅读第一课课文，判断下面的表达是否正确。

Read Lesson 1 and tell whether the following statements are true or false.



1) 孔子的家乡在现在的山东省。 ( )

■ Confucius' hometown is in what is now Shandong Province.

2) 泰山是中国最高的山。 ( )

■ Mount Tai is the highest mountain in China.

3) 泰山是中国最有名的山。 ( )

■ Mount Tai is the most famous mountain in China.

4) 长城是外太空中唯一能见到的建筑物。 ( )

■ The Great Wall is the only construction visible from the outer space.

5) 黄河是中国第一长河。 ( )

■ The Yangtze River is the longest river in China.

6) 黄山不属于“五岳”。 ( )

■ Mount Huangshan is not among the "Five Sacred Mountains" in China.

2 阅读课文，泰山有名的最重要的原因是什么？ ( )

Read the text and find out what Mount Tai is most famous for.

A. 自然风景

■ Natural scenery.

B. 海拔高度

■ Altitude.

C. 历史文化

■ History and culture.

D. 珍稀动物

■ Rare animals.

3 思考题：今天人们说“登泰山而小天下”有什么样的含义呢？

How do you understand "the world looks small from the top of Mountain Tai (登泰山而小天下)"?

Four sets of dotted lines for writing answers, each preceded by a small circle.





## 小结 Summary

现在你是不是也能听懂《我的中国心》了？为什么一条大河曾经河水泛滥，冲毁家园，人们依然把它看成“母亲河”？为什么一座山，并不很高，景色也不独特，却不断地吸引着攀登的脚步？为什么一座破损的城墙会成为英雄的象征？为什么中国大地上有无数的美景，我们却首先要了解这些地方？因为它们是你了解中国的第一步。

Can you understand *My Chinese Heart* now? Why is a river that floods and destroys part of the homeland still called the “Mother River” by Chinese people? Why does a mountain that is neither particularly high nor exceptionally beautiful attract tourists? Why is the broken wall considered a symbol of heroism? Why do we need to know about these places first when there are so many beautiful places in China? Because they are the first step to understand China.

