

**上海外国语大学 2020 –2021学年第一学期
期末考试试卷**

课程名称 中国文化概要

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Please write an essay about 500-800 words in English, explaining a cultural phenomenon in China. A comparative perspective is encouraged.

When it comes to China's famous cultural phenomenon, it is indispensable that food culture. According to incomplete statistics, the Chinese people are the most adept at studying food in the world. Due to China's vast territory, abundant resources and diverse climate, there is a great variety of food in China. What's more, the ancient Chinese people were industrious and brave, and they also created the eight major cuisines with sophisticated processes. It can be said that the Chinese nation is deeply influenced by the traditional food culture of a nation.

The Chinese obsession with "eating" is most directly reflected in the creation of a series of broad and profound Chinese characters: "stir-fry, burst, fry, boil, flesh, roast, stew, simmer, bake, grill, smoke, stew, steam, , sauce..." And these cooking vocabulary development to today, is a variety of, the process is complex, many words are in English can not be translated.

Speaking of food, we have to mention the differences between Chinese and Western food culture. In the Western food etiquette, foreigners are accustomed to eat their own food and seldom share food, even if many people eat together. If you eat in a restaurant, it is common for you to pay the bill, which is consistent with the independent life style of foreigners. In China, there is a lot of attention to table. For example, in the home host dinner, the guests must sit far away from the door, that is, the so-called "respect the left, respect the east", "facing the door for the noble"; The seat on the table also has to pay attention to, generally speaking, facing the door in the middle of the seat for the main person, which is generally the position of the elders or leaders, the other people according to the importance of points around and sit; When two people clink glasses to drink, the height of raising the glass will also be different depending on the two people's seniority and status.

Different eating habits create different eating cultures. The general characteristics of Chinese food culture are as follows:

First, the variety of flavors. Due to China's vast territory and abundant resources, there are differences in climate, products and customs. In ancient times, China has a saying of "rice in the south and rice in the north". Taste can be divided into "sweet in the south and salty in the north, sour in the east and spicy in the west".

Second, there are different seasons. Eating according to the seasons throughout the year is another major feature of Chinese cooking. Since ancient times, China has always seasoned and prepared dishes according to seasonal changes. Winter tastes mellow and thick, while summer tastes light and cool.

Third, pay attention to aesthetic feeling. Not only exquisite technology, but also pay attention to the beauty of dishes, pay attention to the food color, aroma, taste, shape, utensils of harmony. It gives people the enjoyment of high unity of spirit and material.

Fourth, pay attention to interest. There are not only strict requirements on the color, aroma and taste of the food and snacks, but also on their naming, the way of taste, the rhythm of eating, and the interspersed entertainment. The names of Chinese dishes can be said to be superb and both refined and popular. The names of dishes are based on the main, auxiliary, seasoning and cooking methods of the realistic name, but also according to the history and anecdotes, myths and legends, celebrity food interest, dishes to name the image.

Chinese diet life reflects the characteristics of traditional culture, the study of Chinese diet life is not only a necessary part of the study of Chinese culture, and can even become a key to the study of Chinese culture.