**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

课程编号 TRL3140.1402

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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.**

**Chinese traditional food culture**

**Last year was my first visit to China, I went to China to study my master's degree at Shanghai  International Studies University ,Which is located in Shanghai . After I came to China I found everything is completely different from  my home country Sudan ,  differences in  culture ,tradition customs and all aspects of life . During the period that I stayed in China I travelled to many cities in China and the most unique thing I observed in China and Chinese culture is that China has a lot of multicultural and diverse cultures , I found that the culture of the people of northern china is completely different from the southern people , the differences between the north and the south is not limited to culturaldifferences  but also in the weather , so their food culture is different as well . During my residence in China I impressed and loved the Chinese food , I find Chinese food is  Chinese food is completely different from the rest of all foods in the world Chinese food is more healthier and more delicious ,  with its different characteristics, features and traditions  my passion and interest led me to read about the ancient Chinese culture and the history of People's Republic of   China . I found that the Chinese food culture has a long history, rich in forms and contents. From the development of food resources to the processing and preservation, from the exquisite cooking skills to the exquisite food utensils, they are all broad and profound. In the long-term life practice, people not only formed cooking skills with regional characteristics, but also inherited various dietary customs and dietary etiquette, reflecting the Chinese dietary concepts.**

**The main food crops are millet, rice, sesame, big and small beans, barley and wheat. These food crops were generally available in the pre-Qin Dynasty.**

**Non-staple food in the Chinese diet is vegetables and meat.**

**Non-staple meat food includes five livestock such as horses, cattle, sheep, chickens, and pigs. But people do not eat horse meat and beef easily, and often eat pigs, sheep, and chickens.**

**Chinese food pays attention to color, fragrance and taste .**

**Chinese are more likely to eat hot food and vegetables , they also like to drink hot water.In terms of eating ways, Chinese also have their own characteristics. One of the characteristic is they more likely  to eat together . and this reflect that Chinese emphasis family concepts in . Sitting around the table and eating, both seemed warm and solemn. The other most unique characteristic that I fount in Chinese culture is that  they eat with chopsticks. honestly  at the beginning It was difficult for me to use, but now I extremally like to eat by Chinese chopsticks  .**

**Some common etiquette for use chopsticks :**

**1\_The chopsticks should be of equal length and hold with the same length as well.**

**2\_Do not chew both ends of chopsticks, even if they are of plasti**

**3\_ It can be washed and reused unless it is for a single use only.**

**4\_Do not use chopsticks to move bowls or saucers.**

**5\_No one should dig or search another person’s plate for anything specific.**

**People who eat with knives and forks are mainly distributed in Europe and North America, those who eat with chopsticks are mainly distributed in most of East Asia, and those who eat with fingers are mostly in Africa, the Middle East, Indonesia and many parts of the Indian subcontinent.In my country we use our hands, fork and knife.**

**Chinese foods, which are still witnessing a spread in various countries of the world, Chinese food surpasses its counterpart in Europe and America, as well as Chinese cooking methods that excel over cooking methods in Africa, Europe and America.**