

Contents / 目录

10/28

欢度佳节 Celebrating Festivals

- 10.1 新年快乐 Happy New Year
- 10.2 中国的传统节日食品 Chinese traditional festival food
- 10.3 年夜饭 New Year's Eve family dinner

11/64

管住嘴、迈开腿 Eat Less and Exercise More

- 11.1 我胖了 I am overweight
- 11.2 看医生 See a doctor
- 11.3 假期健康生活方式指南 A guideline for healthy lifestyle during holidays

12/98

读万卷书，行万里路 Read Ten Thousand Books and Travel Ten Thousand Miles

- 12.1 旅行计划 Travel plan
- 12.2 一日游小册子 A one-day tour brochure
- 12.3 樱子的日记 Sakurako's diary

13/138

好好学习，天天向上 Study hard and Make Progress Every Day

- 13.1 新学年要开始了 The new school year is about to begin
- 13.2 北京国际学校开发日 The Open Day of Beijing International School
- 13.3 未来计划 Future plan

14/172

心想事成 May All Your Wishes Come True

- 14.1 保罗的申请信 An application letter from Paul
- 14.2 招聘广告 Job advertisement
- 14.3 大卫的面试 David's interview

15/216

同一片蓝天下 Under the Same Blue Sky

- 15.1 国际青年艺术节 International Youth Arts Festival
- 15.2 《同一片蓝天下》影评 A review of "Under the same blue sky"
- 15.3 电视节目访谈 TV programme interview

Unit 4

节庆与旅游

Festival Celebrations and Tourism

Themes and Topics:

身份认同 Identities

- 饮食 Eating and drinking
- 身体健康 Health

体验 Experiences

- 节庆 Festivals and celebration
- 假期和旅游 Holidays and tourism
- 休闲 Leisure

共享地球 Sharing the planet

- 气候 Climate
- 自然地理 Physical geography

Unit 5

学校与社会

School and Society

Themes and Topics:

社会组织 Social organization

- 教育 Education
- 职场 The workplace
- 社会问题 Social issues

人类发明创造 Human ingenuity

- 科技 Technology
- 娱乐 Entertainment
- 媒体 Media

共享地球 Sharing the planet

- 全球问题 Global issues

16/264

从小事做起

Starting from the Little Things

- 16.1 保护环境 Protect the environment
- 16.2 垃圾分类 Garbage sorting
- 16.3 地球日 Earth Day

17/299

友谊地久天长

Auld Lang Syne

- 17.1 毕业慈善义卖 Graduation charity sale
- 17.2 谢师宴 Teacher appreciation banquet
- 17.3 友谊地久天长 Auld Lang Syne

附录 Appendix

一 每课练习答案 / 370

Appendix 1 Answer Key to the Exercises

二 词汇表（以汉语拼音为序） / 405

Appendix 2 Vocabulary List (In order of Chinese Pinyin)

Unit 6

美好的未来

A Bright Future

Themes and Topics:

共享地球 Sharing the planet

- 气候 Climate
- 环境 Environment
- 全球问题 Global issues

社会组织 Social organization

- 教育 Education

身份认同 Identities

- 个人关系 Personal relationships

Unit 4

Festival Celebrations and Tourism

Jieqing 节庆与旅游



Themes and Topics

体验 Experiences

- 节庆 Festivals and celebration
- 假期和旅游 Holidays and tourism
- 休闲 Leisure

身份认同 Identities

- 饮食 Eating and drinking
- 身体健康 Health

共享地球 Sharing the planet

- 气候 Climate
- 自然地理 Physical geography

Inquiry Questions

Before studying this unit, consider the following questions and discuss them with your classmates and Chinese teacher. Please try your best to express ideas in Chinese.

- What are the similarities and differences in terms of customs and traditions across cultures?
- How and why do festival celebrations mark important moments in life?
- How do we keep a healthy lifestyle especially during the festival/holiday season?
- A Chinese saying goes: "It is better to travel ten thousand miles than to read ten thousand books." Do you agree with it or not, why?

Text

Sakurako had an unforgettable Christmas in Beijing. She wrote to her friend, Xiao Yue, recalling her Christmas celebration as well as asking Xiao Yue's plan for the upcoming new year.

发件人: 樱子 sakurako720@bjis.edu.cn

收件人: 小月 yue2004@gmail.com

主题: 新年快乐!

日期: 2020 年 12 月 26 日



亲爱的小月:

最近怎么样? 学校放假了吗?

昨天,我和朋友们在宿舍聚会,一起庆祝圣诞节。宿舍厨房里油、盐、糖、醋、酱油,什么调料都有,做饭非常方便。乌兰做了马来炸鸡,大卫煎了牛排,我做了水煮鱼,李春叫了“全聚德”的烤鸭外卖,保罗还从家里带来了巧克力蛋糕。我们一边吃饭一边聊天,聚会结束时,大家还交换了礼物。今年的圣诞节我过得超开心!

对了,乌兰做的炸鸡味道好极了。她告诉了我马来炸鸡的做法,下次回台湾的时候,我做给你吃。说到吃,这个假期我吃了好多肉、零食和甜点,现在胖得脸都圆了。等假期结束以后,我得好好减肥!

新年快要到了,你有什么计划? 我很想你,来北京跟我一起跨年吧! 北京有很多好玩儿的地方,还有好吃的东西,你一定会喜欢这里的。

时间不早了,今天就写到这儿。期待你的回信!

樱 子

Pre-class Exercise



选出正确的答案。

1. 这篇文本是……

☐

- A. 日记。
- B. 演讲。
- C. 电子邮件。
- D. 信。

从①中,选出三个正确的叙述。

2. ☐

☐
☐

- A. 12 月 26 日,樱子和朋友们在宿舍聚会。
- B. 宿舍厨房里的调料很齐全。
- C. 虽然李春没有做饭,但是她叫了外卖。
- D. 保罗从商店买来了巧克力蛋糕。
- E. 聚会上的食物大多数都是樱子和朋友们做的。
- F. 樱子和朋友们一边吃饭一边交换礼物。

判断下面叙述的对错。在方框里打勾 [✓],并以文本内容说明理由。两个部分都答对才能得 1 分。(从①到②)

3. 樱子和朋友们聚会是为了庆祝新年。

对

☐

错

☐

理由:

4. 宿舍厨房里有各种各样的调料。

对

☐

错

☐

理由:

5. 李春去“全聚德”买了烤鸭。

对

☐

错

☐

理由:

6. 保罗没有做饭，但是他带来了甜点。

对

错

理由:

7. 聚会开始以前，樱子和朋友们交换了礼物。

对

错

理由:

根据③，回答下面的问题。

8. 为什么樱子在这个假期长胖了?

9. 为什么小月一定会喜欢北京?

Text Vocabulary



No.	Chinese	Pinyin	Part of Speech	English Definition
1	新年	xīnnián	n.	New Year
2	快乐	kuàilè	adj.	happy; merry
3	收件人	shōujiànrén	n.	To; recipient
4	发件人	fājiànrén	n.	From; sender
5	主题	zhǔtí	n.	subject
6	放假	fàng jià	v.	have a holiday
7	聚会	jùhuì	v.	get together
8	庆祝	qìngzhù	v.	celebrate
9	圣诞节	Shèngdàn Jié	n.	Christmas
10	油	yóu	n.	oil
11	盐	yán	n.	salt
12	糖	táng	n.	sugar
13	醋	cù	n.	vinegar
14	酱油	jiàngyóu	n.	soy sauce
15	调料	tiáoliào	n.	seasoning; flavouring
16	做饭	zuǒfàn	v.	cook
17	炸	zhá	v.	deep fry
18	煎	jiān	v.	fry in shallow oil
19	牛排	niúpái	n.	steak
20	煮	zhǔ	v.	boil
21	外卖	wàimài	n.	take-out; to-go

22	结束	jiéshù	v.	finish; end
23	交换	jiāohuàn	v.	exchange
24	超	chāo	adv.	super; ultra
25	味道	wèidào	n.	flavour
26	做法	zuòfǎ	n.	method; recipe
27	下次	xià cì	n.	next time
28	说到	shuōdao	prep.	speak of; as for
29	假期	jiàqī	n.	vacation; holiday
30	好多	hǎoduō	num.	a lot of; a good many
31	肉	ròu	n.	meat
32	零食	língshí	n.	snacks
33	甜点	tiándiǎn	n.	dessert
34	圆	yuán	adj.	round
35	减肥	jiǎn féi	v.	go on diet; lose weight
36	计划①	jìhuà	n.	plan
37	跨年	kuà nián	v.o.	step into the new year
38	好玩儿	hǎowánr	adj.	interesting; amusing
39	东西	dōngxī	n.	thing; stuff
40	期待	qīdài	v.	look forward to
41	回信	huíxìn	n.	reply
Proper Nouns				
42	台湾	Táiwān	p.n.	Taiwan
43	水煮鱼	shuǐzhǔyú	p.n.	sliced fish boiled in chilli oil
44	全聚德	Quánjùdé	p.n.	Quanjude (a Chinese restaurant known for its Peking roast duck and its longstanding culinary heritage since its establishment in 1864 in Beijing, China)

Self-study Vocabulary



★ **Matching**
We have learned some words about condiments and simple ways of cooking, such as 煎, 炒, 炸, 煮. However, there are much more useful words you may want to know in terms of ingredients and cooking methods. Can you match the word with its corresponding picture?

葱 (Yàzhōu)

姜 (jiāng)

蒜 (suàn)

辣椒 (làjiāo)

番茄酱 (fānqiéjiàng)

胡椒粉 (hújiāofěn)

咖喱粉 (gālífěn)

切 (qiē)

泡 (pào)

腌 (yān)

熬 (áo)

烧 (shāo)



搅拌 (jiǎobàn)

大火 (dàhuǒ)

中火 (zhōnghuǒ)

小火 (xiǎohuǒ)







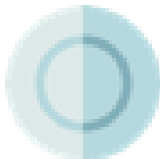




★ Word Search

We have learned 炉子 and 烤箱 in Text 8.1 of Coursebook 1. Well, what about other kitchen appliances? Please find the correct word from the box and fill the table below. The first one is an example for you.

- 勺子
- 盘子
- 杯子
- 叉子
- 锅
- 刀子
- 筷子
- 瓶子
- 微波炉
- 碗

Fill in the correct Chinese word according to Pinyin and its English definition.

Item	Pinyin	Chinese
	wēibōlú	microwave
		
		
		

Language Notes



• Expressing “all” with 什么……都

什么……都 (shénme...dōu) is a pattern often used to express “all” or “everything”. In this text, the structure is:

什么 + Noun + 都 + Verb/Adjective

For example

- | | |
|----------------|--|
| ① 宿舍厨房里什么调料都有。 | 1. There are all kinds of seasonings in the dormitory kitchen. |
| ② 保罗什么运动都喜欢。 | 2. Paul likes all kinds of sports. |
| ③ 这个饭馆什么菜都好吃。 | 3. All of the dishes of this restaurant are tasty. |

In some sentences, the structure is as simple as below.

什么 + 都 + Verb/Adjective
The negation form is: 什么 + 都 + 不/没 + Verb

For example

- | | |
|-------------------|--|
| ① 他什么都知道。 | 1. He knows everything. |
| ② 大卫什么都好，就是有点儿内向。 | 2. David is all good, but just a little introverted. |
| ③ 她什么都不想说。 | 3. She doesn't want to say anything. |
| ④ 今天我什么都没吃。 | 4. I didn't eat anything today. |

• Use 超 as an adverb (before adjectives) to express “super”

In Coursebook 1, we have learned some adverbs, such as 很(hě, very), 非常(fēicháng, very), 有点儿(yǒudiǎnr, a little)... to describe the degree of the adjectives. Similar to that, 超(chāo) is another adverb used in front of adjectives, meaning “super~”. This pattern is frequently seen in the informal contexts, or the spoken form.

For example

- | | |
|-----------------|--|
| ① 今年的圣诞节我过得超开心。 | 1. I have had a super happy Christmas this year. |
| ② 乌兰做的炸鸡超好吃。 | 2. The fried chicken made by Wulan is super tasty. |
| ③ 这部电影超无聊。 | 3. This movie is super boring. |

• Expressing “speaking of...” with 说到

说到..... (shuō dào...) is a pattern used to extend the topic that just mentioned, meaning “speaking of...” or “talking about...”.

For example

- | | |
|---------------------|---|
| ① 说到吃，你喜欢吃什么中国菜？ | 1. Speaking of eating, what Chinese dishes do you like? |
| ② 说到学汉语，我觉得最难的是写汉字。 | 2. Talking about learning Chinese, I think the most difficult thing is to write Chinese characters. |
| ③ 说到圣诞节，今年你想怎么庆祝？ | 3. Speaking of Christmas, how would you like to celebrate this year? |

• Use 好 as an intensifier

好 can be used before adjectives and verbs as an intensifier, meaning “very”. In this case, 好 is a synonym for 很, but it is more casual than 很.

For example

- | | |
|----------------------|---|
| ① 这个假期樱子吃了好多肉、零食和甜点。 | 1. akurako ate a lot of meat, snacks and desserts this holiday. |
| ② 我好喜欢这条裙子。 | 2. I like this dress very much. |
| ③ 你的女朋友好漂亮啊！ | 3. Your girlfriend is very beautiful! |

● **Expressing “all” with 什么……都**

都……了 (dōu...le) is a pattern used to express something has already happened. This pattern helps the speaker to express a particular attitude regarding the event rather than just simply stating the facts. For example, in this text, Sakurako’s intension on her writing “胖得脸都圆了” was not merely telling Xiao Yue that she gained weight, but to express how regretful she felt of eating too much during the holiday.

Subject + 都 + Verb/Adjective + 了
or
都 + Time Word/Phrase + 了, Subject + 还

For example

- ① 这个假期我都胖了。
- ② 他都来了，你就见见他吧！
- ③ 都半夜十二点了，你还不睡？
- ④ 都一个星期了，她还不跟我说话。

- 1. I have already put on weight during this holiday.
- 2. He has already come. Please just meet him.
- 3. It's already 12 o'clock in the midnight. Aren't you going to bed?
- 4. It's already been a week and she still doesn't talk to me.