



National Customs

民族习俗

1 思维拓展及如何审题 Brainstorm

National Customs 是七级里比较简单的话题。如果你考过了五级并认真复习过 Festivals 及 Special Occasions 这两个话题，那么准备这个 Topic 就更加易如反掌了！因为民族习俗主要还是体现在传统节日里，而传统节日无非就是我们在五级里曾提到的那几个：春节（the Lunar New Year / Spring Festival）、端午节（the Dragon Boat Festival）、中秋节（Mid-Autumn Day）、圣诞节（Christmas）、复活节（Easter）、万圣节（Halloween）等。

回答节日习俗问题时，可以从节日的日期、庆祝方式（比如那天人们通常做什么、吃什么、玩什么），以及这些活动的意义入手。如果你能从节日的文化寓意或历史起源谈起，那当然就更能得到高分了！



考官常会问到的问题



问题

1

春节有什么习俗?

What are the traditions during the Lunar New Year (Spring Festival)?

春节是中国最重要的传统节日，被问到的可能性也比较大。提到春节我们会自然而然地想到与家人团聚 (family reunions)、看春节晚会 (watch TV programmes)、吃饺子 (eat dumplings)、看望亲戚 (visit relatives) 等。

句型示例

The Lunar New Year is the most important traditional festival in China. It is often celebrated in ... (when / which month). Generally speaking, the Lunar New Year lasts for ... (how many) days. During the festival, all family members get together. On New Year's Eve, people ... (what do they watch) and they ... (what do they eat). Throughout the festival, people often ... (what else do they do).

问题

2

中秋节有什么习俗?

What are the customs on Mid-Autumn Day?

说到中秋节，就不得不提一提中秋的满月 (full moon)，甜甜的月饼 (mooncake)，还有全家团圆 (family reunions) 了。

句型示例

People often celebrate Mid-Autumn Day in ... (when / which month). On that day, the whole family ... and ... (what do they do and eat). ... (how is the mooncake).

问题
3

端午节有什么习俗？

What are the customs of the Dragon Boat Festival?

端午节的由来想必同学们都再熟悉不过了，它是纪念爱国诗人屈原的节日。端午节的习俗主要是吃粽子 (eat Zongzi) 和赛龙舟 (dragon boat race)。如果你能在回答时讲讲吃粽子和赛龙舟的起源，那就更好了！

句型示例

People often celebrate the Dragon Boat Festival in ... (when/which month). The festival originally started as a way to ... (honour Qu Yuan). He ... (what did Qu Yuan do). When people heard about this, they jumped from their boats into the river to ... (what for). And they also ... (make Zongzi) to ... (what for). Today, people still ... (what do people do).

问题
4

你认为有必要按照传统习俗办事吗？

Is it important to follow customs and traditions?

凡事都应该一分为二地看待。习俗是老祖宗留下来的东西，follow 习俗就是在传承文化；但是，有的习俗也不能一味地 follow，比如“男主外女主内”的传统观念如今正在慢慢被打破。习俗也可以随着时代前进的步伐而灵活变通。

句型示例

Well, I think it is good to follow customs and traditions because ... (why). However, some customs are old and they may no longer be suitable for modern society. For example, ... (an example). Therefore, ... (what should we do).

2 词汇讲解 Vocabulary

基础词汇 Basic Vocabulary

<p>the Lunar New Year (Spring Festival) 春节</p>	<p>family reunion 全家团圆 make dumplings 包饺子 give best wishes 送上祝福 light firecrackers 放鞭炮 light fireworks 放烟花 receive red envelope money 收红包</p>
<p>the Lantern Festival 元宵节</p>	<p>lantern riddles 灯谜 eat sweet dumplings 吃元宵</p>
<p>the Dragon Boat Festival 端午节</p>	<p>dragon boat race 赛龙舟 eat Zongzi 吃粽子</p>
<p>Mid-Autumn Day 中秋节</p>	<p>enjoy the bright full moon 赏满月 eat mooncakes 吃月饼</p>
<p>Qingming Festival 清明节</p>	<p>sweep the tomb 扫墓 ancestor <i>n.</i> 祖先, 先人</p>
<p>Chongyang Festival 重阳节</p>	<p>climb mountains 登山 appreciate chrysanthemums 赏菊</p>
<p>sense of philosophy and value 人生观与价值观</p>	<p>value the strong family ties 重视家庭关系 family relationship 家庭关系 be treated equally 被公平对待 culture shock 文化冲击 save face 留面子 lose face 丢面子</p>

亮点词汇 Advanced Vocabulary

<p>take responsibility for ... 对……负责任</p>	<p>In China, the man is supposed to take responsibility for the entire family. 在中国，男人理应承担整个家庭的责任。</p>
<p>social network 社交网络</p>	<p>A wide social network is highly valued in the Chinese society. 中国社会高度重视广泛的社交网络。</p>
<p>get used to sth. /doing sth. 习惯于（适应）某事/习惯于做某事</p>	<p>When you are abroad, you should get used to the new culture as quickly as possible. 当你在国外的時候，你应该尽快适应新的文化环境。</p>
<p>honour v. 尊重，给……荣誉</p>	<p>The Dragon Boat Festival originally started as a way to honour the patriotic poet Qu Yuan. 端午节起源于纪念爱国诗人屈原。</p>
<p>throughout <i>prep.</i> 自始至终</p>	<p>Throughout the Lunar New Year, people visit their relatives and send them their warmest wishes. 在整个春节里，人们走亲访友，并送上他们最温暖的祝福。</p>

问题2

What are the traditions during the Lunar New Year (Spring Festival)?

及格回答 Survival answer:

The Lunar New Year is the most important festival in China. It's often celebrated in late January or early February. During the festival, family members **reunite**. On New Year's Eve, they watch the CCTV New Year's Gala and eat dumplings together.

高分回答之一 Better to say:

The Lunar New Year is the most important festival in China. It's often celebrated in late January or early February. Generally speaking, the festival **lasts for** 15 days, during which family members get together. On New Year's Eve, people watch CCTV New Year's Gala **while eating** dumplings. In my family, my mom often wraps a coin into one of the dumplings when she makes them. The person who eats that dumpling will have the best luck in the coming year. Throughout the festival, people often visit relatives and give them their warmest wishes for the new year.



高分回答之二 Or:

The Lunar New Year is a nice time for **family bonding**. It's especially important to those who are not living in the same city with their parents because they have the opportunity to go back home for a visit. **For me**, the best part of the festival is receiving red envelope money from my grandparents. I use the money to buy a lot of nice things such as stationery and books. I also like to light firecrackers and fireworks. This custom comes from ancient times, when people wanted to **scare away evils** and welcome a new year.

点睛之笔

- 两个高分回答都运用了定语从句，这是七级的一个重要考点，也是英语学习中的一个难点。定语从句句子较长且逻辑关系较复杂，但同学们不用害怕，每遇到一个定语从句就仔细分析一下它的句式结构，每个话题都背上几个好句子，这样“应战”时就自信满满了。用高分回答之一中的一个定语从句举个例子：

The festival lasts for 15 days, **during which** family members get together.

定语从句简单来说就是将两个有重叠内容的完整句合并成一个长句。那么这句话的两个完整句是什么呢？

1) The festival lasts for **15 days**.

2) During **the 15 days** family members get together.

which 在句中指代 the 15 days。

每遇到一个定语从句就做一次这样的拆分练习，直到深入理解从句的概念，可以“出口成句”，你就算达标了！

- 被动语态也是七级的新增语法点，范文中用到了一般现在时的被动语态：

It is often celebrated in late January or early February.

直译为“春节通常在一月下旬或二月上旬（被）庆祝”。为了避免拗口，我们可以意译为“人们通常在一月下旬或二月上旬庆祝春节”。

加分表达法

reunite *v.* 重逢，再相聚

last for ... 持续（一段时间）

... while doing sth. 在做某事的同时做另一件事

family bonding 家人增进感情

for me ... 对于我来说

scare away evils 吓走恶魔

问题3 What are the customs of the Dragon Boat Festival?

及格回答 Survival answer:

People often celebrate the Dragon Boat Festival in early June. This festival **originally started as a way to** honour the **patriotic poet** Qu Yuan. During the festival, it's **customary** to go dragon boat racing and eat Zongzi. Zongzi **is made of** sticky rice and it's very delicious. I can eat three at a time.

高分回答 Better to say:

People often celebrate the Dragon Boat Festival in early June. The origin of this festival can be **traced back to the Warring States Period**. There was a patriotic poet named Qu Yuan. He was removed from office by **treacherous officials** and was sent to a remote area. When he heard his country was **conquered** by his enemies, he was very sad. He jumped into the river and **drowned** to show his **loyalty**. When people heard about this, they threw Zongzi, which was made of sticky rice, into the river to feed the fish and protect Qu Yuan's remains. Today people still make Zongzi and go dragon boat racing in memory of Qu Yuan.



点睛之笔

- 高分回答讲述了端午节的由来，也就是爱国诗人屈原投江报国的历史故事，简明扼要，展示出了更多的词汇量和更深的文化底蕴。

- 学习高分回答中的定语从句：

People threw Zongzi, **which** was made of sticky rice, into the river ...

1) People threw **Zongzi** into the river.

2) **Zongzi** was made of sticky rice.

which 在句中指代 Zongzi。

- 被动语态解析：Zongzi is made of sticky rice. 其中 be made of 译为“用……制成的”。

加分表达法

originally started as a way to ...	起初是……的一种方式
patriotic poet	爱国诗人
treacherous official	奸臣
customary <i>adj.</i>	通常的
conquer <i>v.</i>	征服
trace back	追溯
drown <i>v.</i>	溺水而死
the Warring States Period	战国时期
loyalty <i>n.</i>	忠心, 忠诚

问题4 What are the customs on Mid-Autumn Day?

及格回答 Survival answer:

People often celebrate Mid-Autumn Day in late September or early October. On that day, the whole family reunite and eat mooncakes together. They believe the mooncake can bring them good luck.

高分回答 Better to say:

People often celebrate Mid-Autumn Day on the 15th day of the eighth lunar month. On that day, the moon turns into a full one. Family members reunite to admire the bright moon.

Legend has it that there were once ten suns in the sky. It was very hot on the earth and many crops died in the heat. The earth was saved by a young man named Hou Yi, who succeeded in **shooting** down nine of the suns. As a reward, Yi got a **precious elixir**, which would send the person who ate it to the moon, from the **goddess**. He gave it to his wife Chang E. One day, Yi wasn't at home and a hunter came to **steal** the elixir. To protect it, Chang E drank it herself. Suddenly she became lighter and flew to the moon. Yi was very sad when he found out about this. He looked up to the moon with tears and saw that the moon was very round and bright on that night. To honour Chang E and Hou Yi, people began to celebrate this day as a festival for family reunions.



点睛之笔

• 高分回答不光讲述了中秋节家庭团圆吃月饼的习俗，还道出了中秋节的由来，展示了丰富的知识面和词汇量。在保证语言准确的前提下给你的回答加点“料”，你一定能取得更理想的成绩。

• 及格回答中：On that day, the whole family reunite and eat mooncakes together. 同学们可能有点疑惑，the whole family 到底是单数还是复数呢？原来，family 是一个集体名词：

1) 当把 family 当成一个整体，也就是“家庭”时，它是单数。例句：My family is large. 可译为“我的家庭有很多成员”。

2) 而当考虑 family 中的各个成员时，它便是复数。例句：My family are all teachers. 可译为“我家的每个人都是老师”。

在本句中，the whole family 显然是在说家庭的每一个成员都会相聚一堂，共同吃月饼庆祝中秋节，所以此处应该把 family 当成复数名词，reunite 和 eat 后面也就无需加 s 了。

加分表达法

legend *n.* 传说

elixir *n.* 长生不老药

shoot *v.* 射（箭）

goddess *n.* 女神，王母娘娘

precious *adj.* 珍贵的

steal *v.* 偷窃

问题5

Why did people use to think that sons were more important than daughters for families in China?

及格回答 Survival answer:

In China, people used to think sons were more important than daughters because sons stayed with their parents even after marriage. They were supposed to **continue the family tree**.

高分回答 Better to say:

In China, people used to prefer sons to daughters because boys stayed with their parents even after marriage. They were supposed to **provide for** their ageing parents and continue the family tree. However, such attitudes have changed **over time**. Nowadays women are taking a much more important position in society than before. In my family, sons and daughters **are treated equally**.



点睛之笔

- 高分回答指出了事物的变迁，用 however 作转折，讲述了不同时期人们观念上的变化，从重男轻女到男女平等，内容深刻，思想进步。
- 高分回答用到了两个值得借鉴的被动语态，解析如下：

- 1) They were supposed to provide for their ageing parents and continue the family tree.
儿子被认为（意译为“理应”）要赡养父母及传宗接代。
- 2) In my family, sons and daughters are treated equally.
在我家，儿子和女儿被（意译为“受到”）平等对待。

加分表达法

continue the family tree 传宗接代 over time 随着时间的推移
provide for one's ageing parents 赡养父母 be treated equally 被平等地对待

问题6 Can you talk about the wedding traditions in China?

及格回答 Survival answer:

Usually the **groom** goes to the **bride's** house in the morning and picks her up to his home. When the new **couple** arrives at the groom's house, they eat sweet

dumplings together and chat with all the relatives and friends. Then they **head to** the reception hall. An MC will **host the wedding reception**. After his speech, all relatives and friends will **toast** together and give the new couple their best wishes.

高分回答 Better to say:

In the early morning, a line of cars will take the groom to the bride's house. He needs to bring some red envelope money and give it to his bride's female friends **in exchange for** "letting the bride go". When the new couple arrives at the groom's house, they eat some sweet dumplings together, which represent smoothness and happiness in their future lives. Then they chat with their relatives and friends for a while and head to the reception hall. An MC will host the wedding reception. After his speech, all relatives and friends will toast together and give the new couple their best wishes. A wedding is such an important moment in one's life that he or she will never forget it.



点睛之笔

- 高分回答的条理十分清晰，将复杂的婚礼流程表达得很到位。同学们要培养自己的叙事能力，运用好连接性词语，如 first, then, and, upon ..., after ..., finally 等。

加分表达法

bride and groom 新娘和新郎

couple *n.* 夫妻

head to 前往

host the reception 主持招待会

toast *v.* 敬酒

in exchange for 交换

问题7

Have you ever been abroad and experienced culture shock?

及格回答 Survival answer:

Yes, I've been to Britain before. Culture shock occurs when a person is in a different country and feels uncomfortable in the new surroundings. When you face culture shock in a foreign country, you'll feel better if you communicate more with the local people.

高分回答 Better to say:

Yes, I've been to Britain before. **In my opinion**, culture shock occurs when a person is in a foreign country and he feels uncomfortable in the new surroundings. If you face culture shock in another country, **you'd better** study the foreign language and make more local friends. In this way, you won't feel **isolated**. When I was in Britain, I stayed with a local family. At first I felt **homesick** and difficult to communicate with the family members. But as I chatted with them more, I began to be interested in their lifestyle. Soon we became good friends. In this way, I **overcame** my homesick and started to enjoy my life overseas.



点睛之笔

- 高分回答用自己在英国的亲身经历举例，给人留下深刻的印象。
- 表达建议是七级的一个重要考点。范文中运用了 you'd better (译为“你最好……”)。表达建议的方法还有：you should do sth. , you ought to do sth. 等。

加分表达法

isolated *adj.* 孤独的；被隔离的

homesick *adj.* 思乡的，想家的 *n.* 思乡病

overcome *v.* 克服（困难）

4 拓展性阅读 Reading Extension

The concept of “face”

面子

The **concept** of “face” is Chinese in origin. It’s similar to the English ideas of **prestige**, **honour** or **reputation**. Chinese people care a lot about “saving face” and “not losing face”. For example, a person may say “maybe” even though he doesn’t intend to do you a favour at all. In this way, he avoids refusing you immediately, which may cause him to lose face. Another example could be when a **colleague** asks you to give some recommendations for improvement. You may **praise** his good work before giving your true opinion in order to “save face” in front of other colleagues. Many people think that it’s **hypocritical** to say **insincere** words, but it’s a **cultural norm** in China.

词汇表 >>

- concept /'kɒnsɛpt/ *n.* 概念
 prestige /pres'ti:ʒ/ *n.* 威信
 honour /'ɒnə/ *n.* 尊重
 reputation /ˌreɪpju'teɪʃən/ *n.* 名誉
 colleague /'kɒli:g/ *n.* 同事
 praise /preɪz/ *v.* 表扬
 hypocritical /ˌhɪpə'krɪtɪkəl/ *adj.* 虚伪的
 insincere /ˌɪnsɪn'siə/ *adj.* 言不由衷的
 cultural norm 文化规范



Guanxi

关系

Guanxi refers to the benefits gained from **social connections** and it usually **extends to** families, school friends and members of clubs. It's a custom for Chinese people to develop guanxi relationships, which may **expand** in many directions. **Reciprocal** favours are important to maintaining one's guanxi network. Failure to **reciprocate** is considered an **offence**. Basically, the more you ask from someone, the more you owe him.

词汇表 >>

social connection 社会联系

extend to 延伸到

expand /iks'pænd/ v. 扩张

reciprocal /ri'siprəkəl/ *adj.* 相互的

reciprocate /ri'siprəkeit/ *v.* 互换; 报答

offence /ə'fens/ *n.* 无礼, 冒犯



Go Dutch?

AA制，各自付费

“Going Dutch” is an unusual concept for many Chinese, especially for **the elderly**. In Chinese culture, it’s impolite to invite people for dinner without paying the bill for them. And Chinese people often **vie** to pay. You can always see several people arguing about who pays in front of the waiter, which makes the waiter **puzzled** about whose money to take.

词汇表 >>

the elderly 长者

vie /vai/ v. 竞争

puzzled /'pʌzld/ adj. 迷惑的

