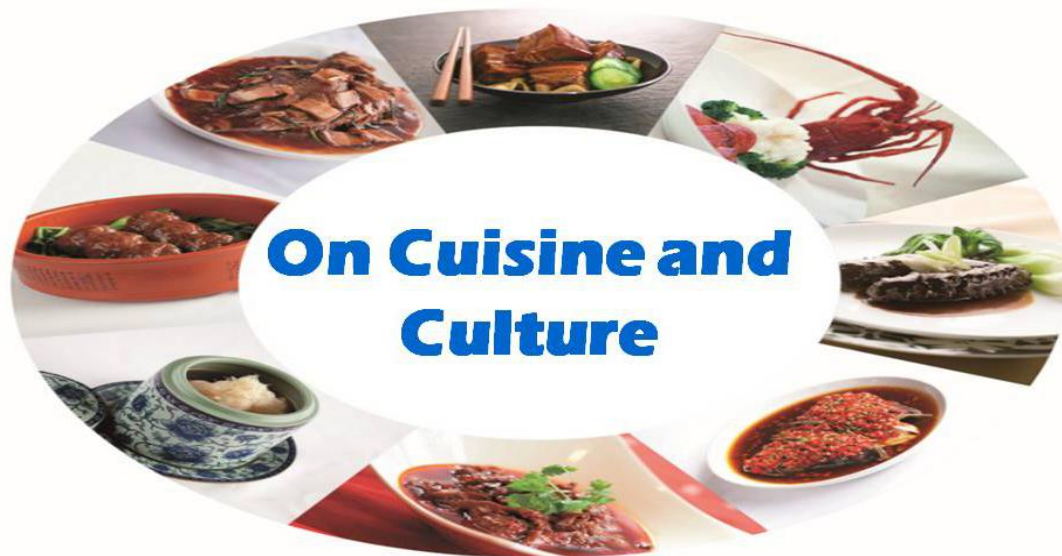
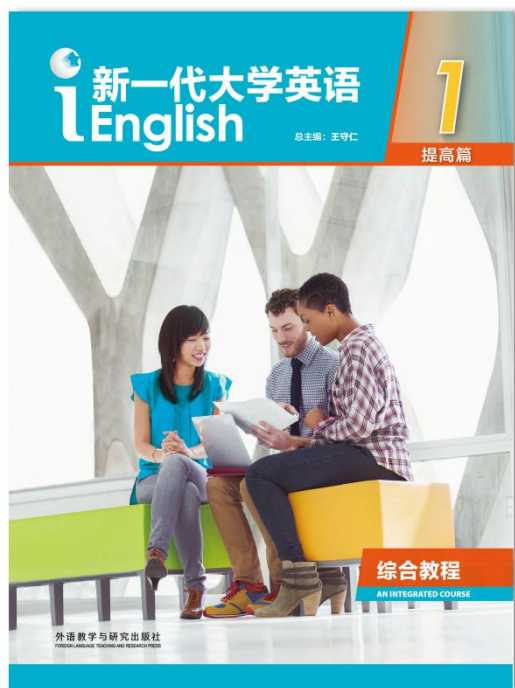


Why are we Chinese so crazy about EATING ?

CHINESE
吃



Unit 5 A Taste of Culture



Unit Project

Making a group presentation

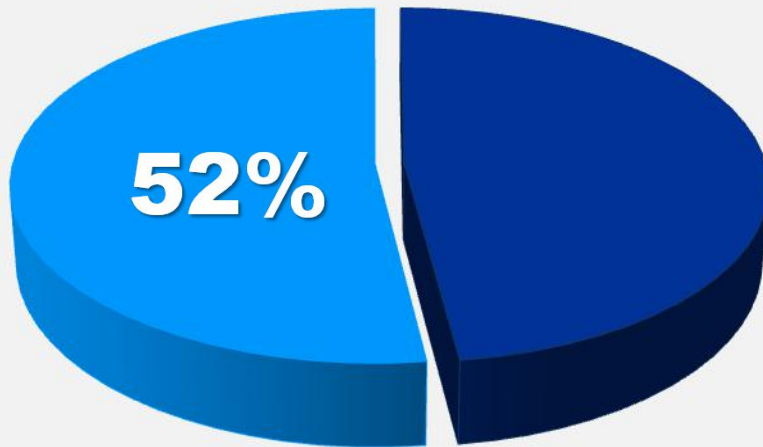
Introducing an aspect of Chinese cultural heritage

- Choose your topic
- Work out your outline
- Use examples
- Rehearse your presentation
- Give your presentation



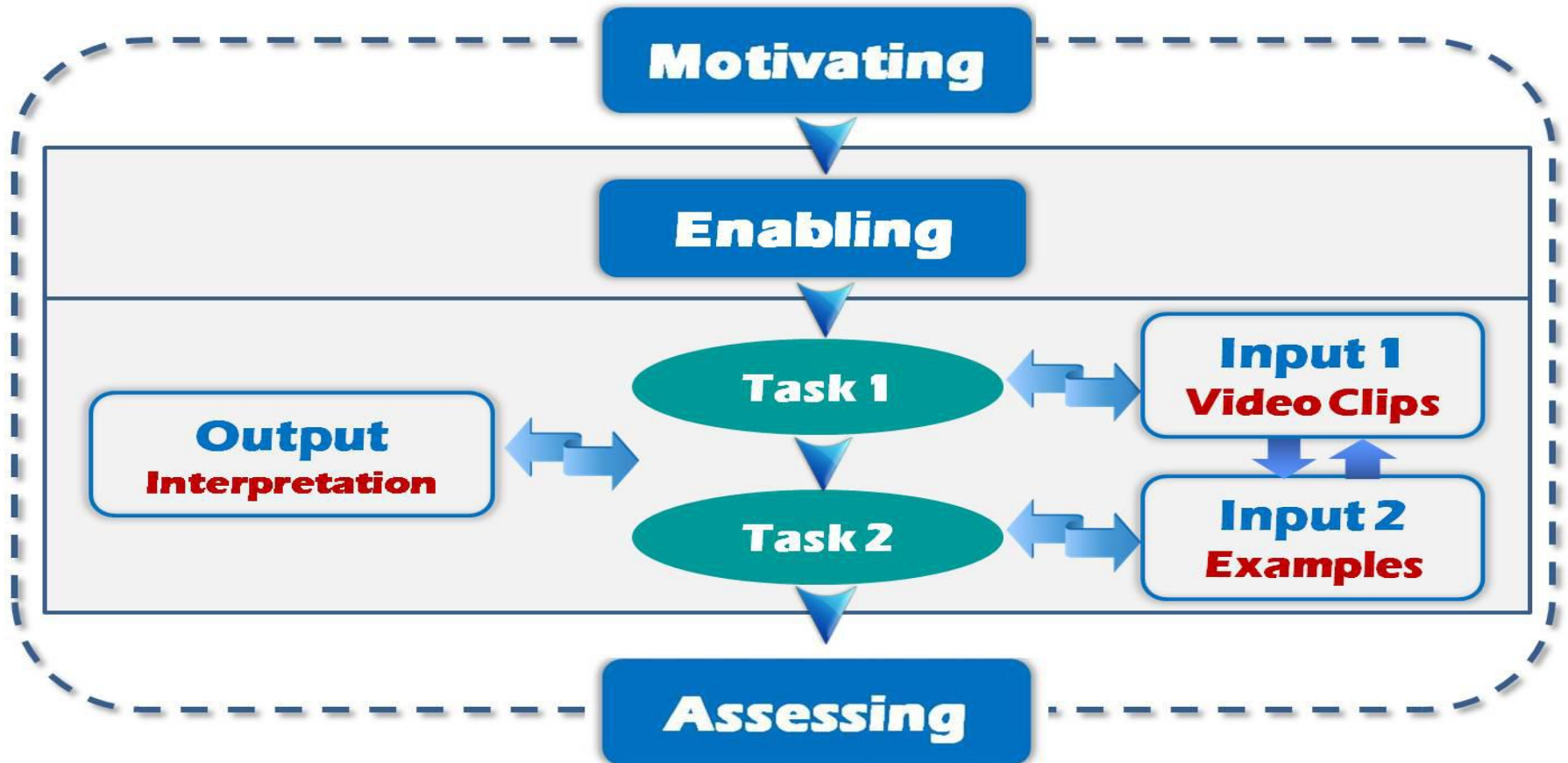
Survey Question: Which aspect of Chinese food culture do you expect to learn about?

Survey Result



Chinese Medicated Diet

The POA in Use



Motivating

Learning Objectives

Output

Interpret Chinese Medicated Diet to your foreign friend.



Chinese Medicated Diet

Cultural awareness of Chinese Diet

Chinese cuisine confidence

Input



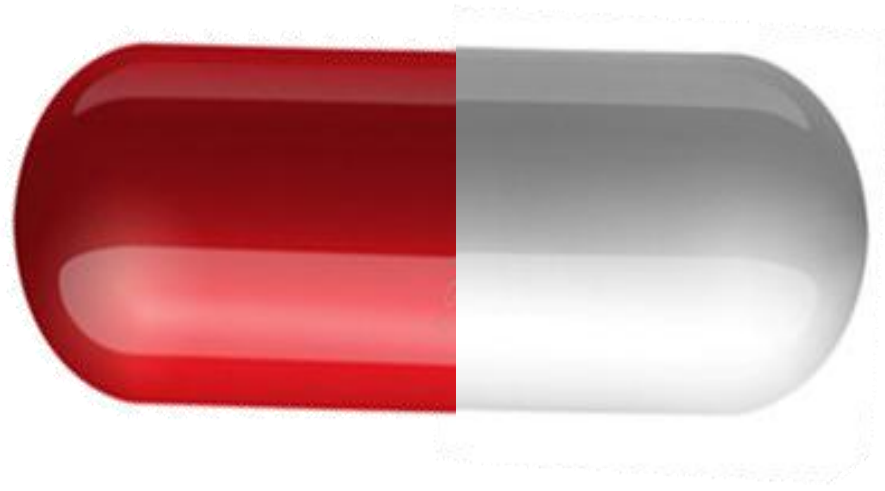
- Cultural Extension
Prevention
Balance
– Food properties
- Language Build-up
Vocabulary
Using examples

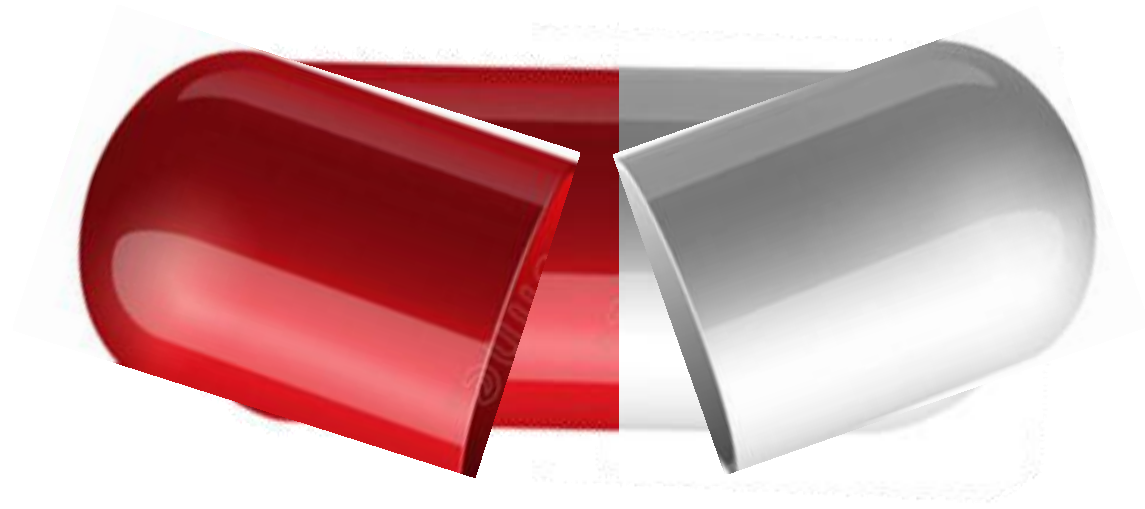
Assessing



Teaching Demo









'Medicine and food share the same origin.'

Shennong's Herbal Classic

《神农本草经》





FOOD AS
MEDICINE

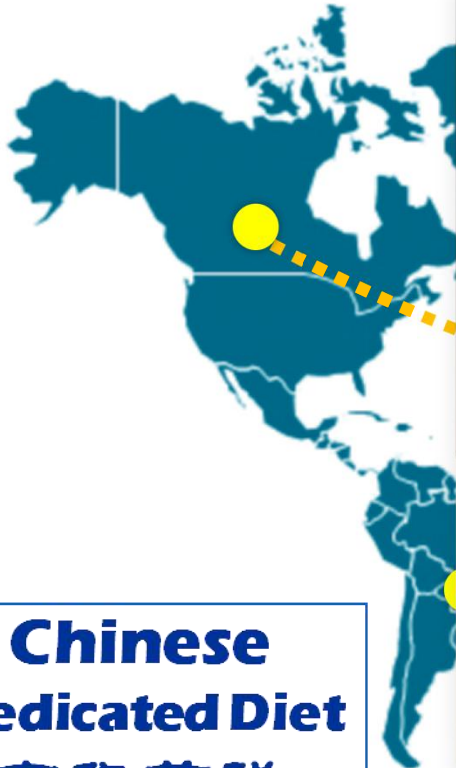


Chinese Medicated Diet

中华药膳

Task

How to introduce Chinese Medicated Diet to the world?



**Chinese
Medicated Diet**
中华药膳







What is the problem?



Actually, in Chinese cuisine

clear

dispel

tonify

moisten



clear body heat.



has moistening effects.



dispels coldness and moistness.



tonify the spleen and stomach.

	clear	to free from (body heat)	清 (热)
	moisten	to make sth. slightly damp	润 (燥)
	dispel	to drive away (coldness, dampness)	驱 (寒、湿)
	tonify	to nourish	滋补



A man with a beard and dark hair, wearing a dark jacket, is seated at a table in a restaurant. He is looking slightly to his right. In the background, there are large windows with light blue curtains, several brown upholstered chairs, and a table with a white tablecloth. A plate of food is visible on the table in front of him.

Laoshi, are you feeling unwell?

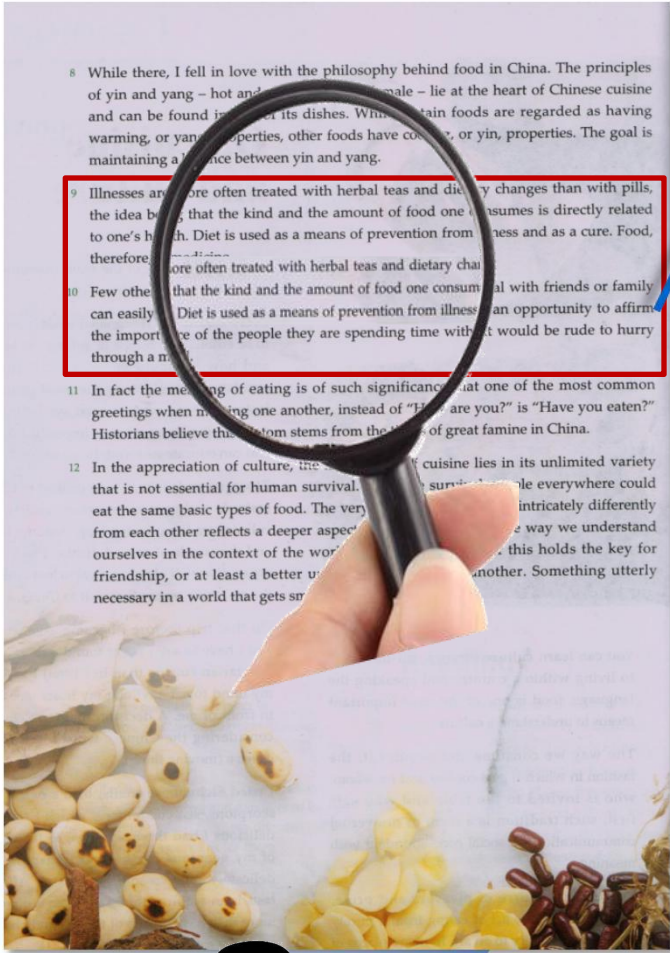


Prevention comes first.

黃帝內經



The superior doctor prevents sickness;
the inferior doctor treats actual sickness.



8 While there, I fell in love with the philosophy behind food in China. The principles of yin and yang – hot and cold, male – lie at the heart of Chinese cuisine and can be found in almost all its dishes. While certain foods are regarded as having warming, or yang, properties, other foods have cooling, or yin, properties. The goal is maintaining a balance between yin and yang.

9 Illnesses are more often treated with herbal teas and dietary changes than with pills, the idea being that the kind and the amount of food one consumes is directly related to one's health. Diet is used as a means of prevention from illness and as a cure. Food, therefore, is more often treated with herbal teas and dietary changes than with pills.

10 Few other people care that the kind and the amount of food one consumes is directly related to one's health. Diet is used as a means of prevention from illness and as a cure. Food, therefore, is more often treated with herbal teas and dietary changes than with pills.

11 In fact the meaning of eating is of such significance that one of the most common greetings when meeting one another, instead of "How are you?" is "Have you eaten?" Historians believe this custom stems from the times of great famine in China.

12 In the appreciation of culture, the Chinese cuisine lies in its unlimited variety that is not essential for human survival. While people everywhere could eat the same basic types of food. The very different ways of preparing food intricately differently from each other reflects a deeper aspect of the way we understand ourselves in the context of the world. This holds the key for friendship, or at least a better understanding of another. Something utterly necessary in a world that gets smaller every day.

...**Diet** is used as a means of **prevention** from illness ... Food, therefore, is medicine.

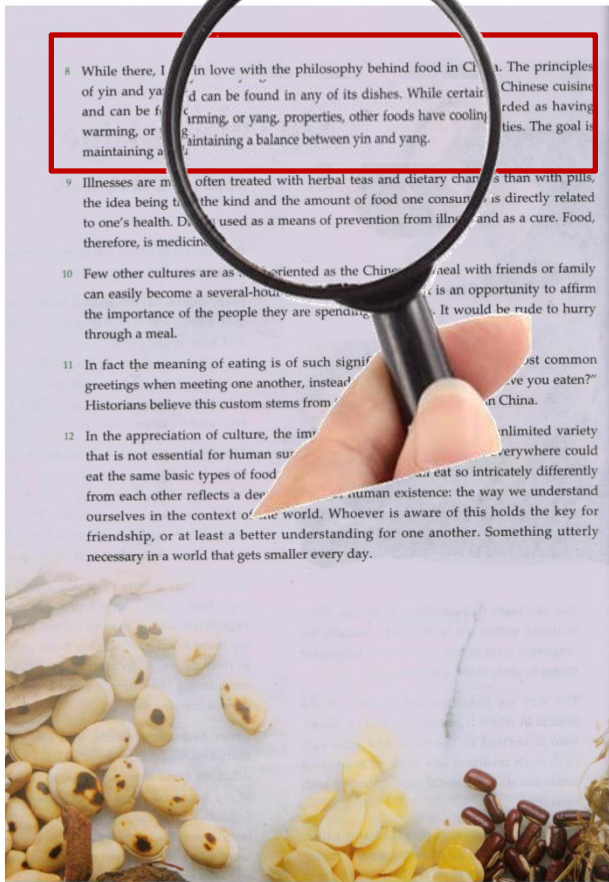
Para. 9 Sentence 3-4





Chinese Medicated Diet

What is the **philosophy** behind
Chinese Medicated Diet?



..., I fell in love with the **philosophy** behind food in China. The principles of yin and yang – hot and cold, male and female – lie at the heart of Chinese cuisine and can be found in any of its dishes. While certain foods are regarded as having **warming**, or yang, properties, other foods have **cooling**, or yin, properties. The goal is maintaining a **balance** between yin and yang.

Para. 8

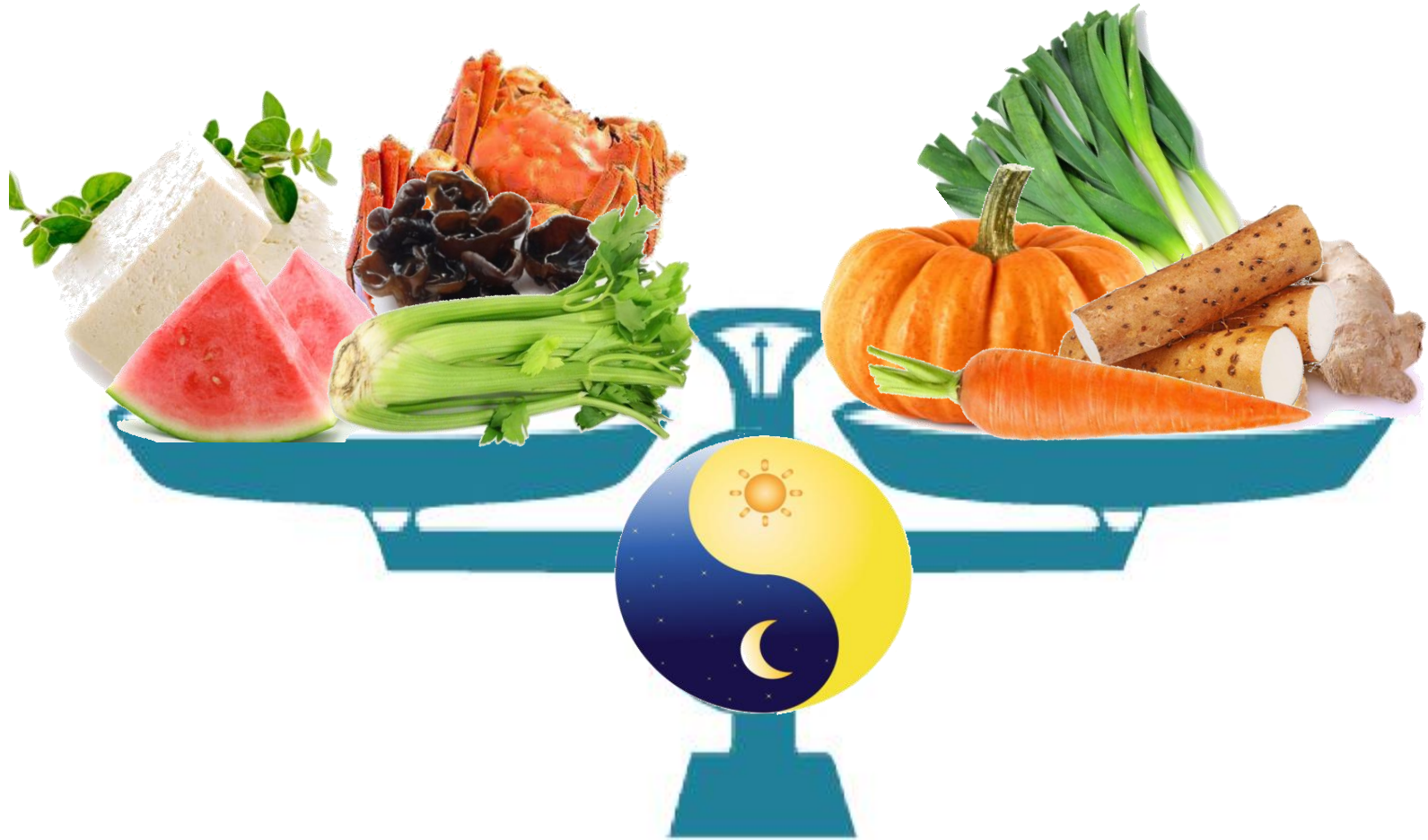


The **Philosophy** behind Chinese Medicated Diet



Cooling Foods

Warming Foods







What will it be like?



Output Task



Welcome, winter is the best season to have hotpot.
According to the concept of balance in TCM, 配、荤素搭配, 例如, 有滋补 (tonify) 作用的食材要与润燥 (moisten)、泻火 (clear) 的食材搭配食用, 这样既利于身体健康, 也有助于防病。

Assessment



He (She) has used proper words and structures.



He (She) has a good command of background knowledge.



He (She) has shown cultural confidence.



Suggested Answer



- Welcome, winter is the best season to have hotpot.
- According to the concept of **balance** in TCM, it's better to balance **cooling foods** with **warming foods**, meat with vegetables.
- While taking foods with **tonifying effects**, you'd better also have foods with **moistening** and **clearing effects**, which not only does good to your health, but also helps in disease **prevention**.

Assignment

□ Essay Writing

Comment on the saying *The best hospital is your kitchen and the best doctor is yourself.*

□ Oral Presentation

Make a group presentation on the local medicated diet in your hometown to the whole class.



Thank you!

