

# 《中国饮食》

## 图书基本信息

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## 前言

When it comes to food, the Chinese have a common saying, “ The masses regard food as their heaven, ” which means that food is people's primal want. It should clearly justify the importance that eating holds in Chinese people's lives. Eating is not just meant to fill the stomach; having food at one's disposal, being able to consume a good amount of food, and knowing what and how to eat are all viewed as a good fortune. Those who promote food culture often use the words of Chinese philosopher Confucius, diet and love-making, all primal needs of every human being, finding an aspiring and positive thought basis for such an epicurean lifestyle. There's probably not another place in this world that has as great a variety of delicious.

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## 内容概要

《中国饮食(英文版)》内容简介：When it comes to food, the Chinese have a common saying, “ The masses regard food as their heaven, ” which means that food is people's primal want. It should clearly justify the importance that “ eating ” holds in Chinese people's lives. Eating is not just meant to fill the stomach; having food at one's disposal, being able to consume a good amount of food, and knowing what and how to eat are all viewed as a good “ fortune. ” Those who promote food culture often use the words of Chinese philosopher Confucius, “ diet and love-making, all primal needs of every human being, ” finding an aspiring and positive thought basis for such an epicurean lifestyle. Today, in this world where even the farthest corners can seem as close as one's back yard, Chinese food can be enjoyed in each and every metropolitan throughout the world.

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## 作者简介

作者：刘军茹（美国）王（William W.Wang）Liu Junru associate professor of Beijing Language and Culture University, boasts a wealth of experience in Chinese language teaching for international students and the international promotion of Chinese culture.

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## 章节摘录

插图：Humans evolved from the primitives, who plucked the hairs and feathers from animals and drank blood, into intelligent and skillful beings that can make today's gourmet foods. Gone were the days of seizing food with bare hands, people now dine with chopsticks, knives, forks and spoons. Apparently, changes in the ways of eating and dining utensils can reflect the path of human evolution, from a primitive state to modern men. The cooking and dining utensils of the Chinese have an inseparable connection with their culinary techniques and dietary habits. Today, people can learn about history through artifacts and a written language that were passed down through the generations. Chinese dining ware has gone through changes in material, from stone and pottery to bronze, iron and other metals. The one form of made in China product that is well known throughout the world is porcelain, or fine china. As productivity levels heightened, dining utensils not only underwent changes in material and craftsmanship, but also a typical change from large to small, rough to delicate, and thick to thin. The earliest cooking utensils included earthenware ding, li, hu, zeng, yah and more. Later came more elegant and larger successors to these utensils with the same names, but made from bronze and iron. Some of these cooking utensils doubled as vessels for food, such as the ding that was used to both cook and hold meat. Usually large in size, the ding is usually round in shape and has three pedestals for support; certain ones are square with four pedestals.

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## 精彩短评

- 1、书有点旧，可能是放久了的缘故。学术型的外国友人很喜欢。
- 2、写论文时可以参考，从各个时代叙述了中国饮食的发展史
- 3、中国人对饮食比较讲究，尤其是广东东莞人，会吃。本书包括食品和饮料文化的起源，精细洁具，食物及卫生，饮食禁忌，都比较详细。
- 4、哈哈，用外国人的眼光看中国美食。



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