

## UNIT 3 TOPIC 6 CHINESE CLOTHING, FOOD, MUSIC, SPORTS AND ATTRACTIONS

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### Pre-knowledge

Before class, students should read Unit 3 Topic 6 and watch some videos on the traditional and modern ways of leisure and entertainment in China.

### Aim and Objectives

Topic 6 aims to provide students with some knowledge of the traditional ways of entertainment in China, including the different styles of clothing, food, musical instruments, sports and cultural and historical attractions. It helps them understand the diverse cultures in China, which include subcultures formed in different periods or areas over the thousands of years in China's history.

### Teaching and Learning Activities

#### Activity 1

Have your students choose a type of traditional Chinese clothing each and conduct an online research on it. They then have to present their findings to the class.

Students may use these questions for their research:

- A. What is this type of clothing like?
- B. Why did you choose this type of clothing?
- C. What cultural elements are reflected in this type of clothing?
- D. Do you think modern Chinese should wear this type of clothing?

#### Activity 2

Divide your students into groups of three or four. Have each group choose a famous historical attraction in China and design a poster for it.

They should include in their poster:

- A. The Chinese name and location of the attraction.
- B. Information on the person/people who ordered the building of the attraction.
- C. Background information on the dynasty during which the attraction was built.
- D. The artistic value of the attraction.
- E. The historical value of the attraction.

#### Activity 3

Watch the movie *The Grandmaster* (一代宗师) directed by Wong Kar-Wai in 2013 and then have a class discussion on Chinese martial arts.

You may ask these questions:

- A. What is the movie about?
- B. What are the main characters in the movie?
- C. What happens to the masters in the movie? Why do they have such fates?
- D. Which character do you think should take the title of "Grandmaster"? Why do you think so?
- E. Can you talk about at least three types of Chinese martial arts in detail?
- F. Do you like Chinese martial arts? Do you think it is useful to learn martial arts in the modern society? Why do you think so?

#### Activity 4

Have your students choose two Chinese cuisines and find out their characteristics and how and why these characteristics were formed. For example, they may choose Sichuan cuisine and find out why it is spicy, or they may choose Guangdong cuisine and find out why it frequently features seafood.

#### Activity 5

Let your students form groups of four or five themselves. Each group will then choose one Chinese cuisine and three dishes from this cuisine. They will have to research and share the taste of each of these three dishes with the class. Students from other groups will guess the Chinese cuisine each group introduces.

#### Activity 6

Have a class discussion on food in Northern China and Southern China.

You may ask these questions:

- A. Do you prefer the food from Northern China or Southern China?
- B. What are the dishes that can best represent Chinese cuisine?
- C. How are the cuisines of China affected by its neighbouring countries? How are the cuisines of these neighbouring countries affected by China?

#### Activity 7

Watch the movie *Eat Drink Man Woman* (饮食男女) directed by Ang Lee in 1994 and then have a class discussion on Chinese food culture.

You may ask these questions:

- A. What did you understand from this movie?
- B. Some people say that the food culture in China plays an important part in family life. Do you agree with this? Why?
- C. Do you think that the food culture in China is different from that in Western countries? How is it different or similar?

#### Activity 8

Have your students choose a Chinese instrument and a Western one each. They then have to find out the similarities and differences between the two instruments in terms of the material they are made of, their tone colour and functions.

#### Activity 9

Have your students do Exercise 6 of the Workbook according to your teaching needs and progress.

### **Resources/Materials**

Apart from those listed in the activities, you may also consult these resources/materials:

1. Chen, P., Chow, Chung Wah & Eimer, D. (2011), *Lonely Planet Discover China*. Lonely Planet.
2. Neville, P. (con) (2007), *China: People Place Culture History*. DK Publishing.
3. "Chinese Clothing". *Travel China Guide*.  
Available at: <https://www.travelchinaguide.com/intro/clothing/>

4. *The Grandmaster* (2013). Directed by Wong Kar-Wai. Sil-Metropole Organization, Jet Tone Production. (Note: the film is in Mandarin.)

### Assessment

1. Collect the notes taken by your students during all group and class discussions.
2. Prepare some questions and assess your students when they answer them verbally.
3. Each student is required to write a list of traditional and modern forms of entertainment in China.
4. Students are required to prepare a PowerPoint presentation to show their understanding of the different forms of entertainment and leisure activities in China.
5. Compare the differences between entertainment and leisure in China and Western countries.

### Workbook Answer Key

#### 1. Internet Search

How do the Chinese view leisure and entertainment? In what ways are their views different from that of Australians or Westerners? Write down the key points for discussion.

The Chinese also call leisure time “free time” as it is a duration of time free from compulsory activities such as work, schooling and house chores. It is also a time when people are free from daily stresses. They view entertainment as an activity that holds the attention and interest of an audience, or gives pleasure and delight.

Comparing leisure activities between Western culture and Chinese culture, students may list these activities:

- Western: Saltwater fishing, bird watching, skiing, snowboarding, snowshoeing, backpacking (overnight), skateboarding, trail running
- Chinese: Jianzi (毽子, hacky sack), Taiji Quan (太极拳), *tuoluo* (陀螺, one of China's oldest toys), calligraphy (书法), *majiang* (麻将, one of China's top pastimes), kite flying

#### 2. Internet Search

Find out more about the major types of clothes in Chinese history. Choose two types of Chinese clothing and compare them with clothes from the West from similar periods in history. How are they similar or different?

Students may consider these points:

- The Greeks wore light, loose clothes as the weather was hot for most of the year. Long pieces of colourful fabric were used to make the Greek clothes.
- The main item of clothing for men was a tunic. Called a chiton, it consisted of big squares of cloth held in place by pins at the shoulders and a belt at the waist. Chitons worn in winter were made of wool while those worn in summer were made of linen.
- Women also wore clothing made from big square pieces of linen or wool. They used pins in various places to hold it together. Unlike men's clothes, the dresses always went down to the ankles.
- The ancient Greeks could buy cloth and clothes at the agora (marketplace) but that was expensive. Many of the clothes were made by women and female slaves.

- Wealthy people wore colourful tunics while the poor wore plain ones.
- In cold weather, cloaks were worn.
- Most Greeks went barefoot. If they needed shoes, they put on leather sandals or boots.

3. Internet Search

Find and print out an image of the *Hanfu*. Try your hand at redesigning it to give it a modern look. Paste the chosen image and draw your design in the box below.

4. What is your impression of Chinese food?

5. In what ways is the food in Northern China different from the food in Eastern China?

Students may consider these points:

1. Northern China food

- Northern China experiences harsh, cold and dry winters, as well as hot summers, which makes calories and salt replacement very important for people living here.
- Because of this need, food in Northern China has strong flavours from using a lot of oil, salt and seasoning.
- Most popular seasonings: soy sauce, vinegar, sweet bean sauce, sesame oil, garlic, scallion, ginger, leek, star anise, chilli pepper
- Abundance of wheat products as wheat is the staple crop in Northern China: noodles (like hand-pulled noodles and sliced noodles served in soups or stir-fried), dumplings (with various meat and vegetable fillings and served with vinegar and chilli oil), steamed buns, stuffed buns (with fillings like meat, vegetables or red bean paste), pancakes (often eaten with porridge)
- More meat, especially red meat, and dairy products eaten:
  - commonly eaten meat: mutton, pork, beef, chicken, duck, fish
  - location-specific: mutton in Northwest with large populations of Muslims, seafood in coastal Shandong Province, beef and dairy products (such as cheese, butter and yoghurt) in Inner Mongolia with large areas of grasslands
- Fresh vegetables are not readily available due to the cold weather:
  - people dry and pickle vegetables for the winter
  - commonly eaten vegetables: cabbage, carrot, radish, tomato, potato, cucumber, eggplant, green bean, chive

2. Eastern China food

- Refers to food of the Yangtze Delta region, which includes cities like Shanghai, Hangzhou, Suzhou, Nanjing, Xiamen and the Yellow Mountains.
- Also refers to the similar cuisines of Jiangsu, Zhejiang, Anhui and Fujian Provinces, which form four of the Eight Great Regional Cuisines of China.
- Features light flavours, which are mostly sweet and subtle
- Most popular seasonings: sugar, wine, vinegar, soy sauce, chilli, pickles
- Abundance of dishes featuring seafood, pork and vegetables as the delta region is blessed with:
  - vast fertile farmlands which, nourished by the subtropical climate, allow a wide variety of vegetables and animals to be produced and reared;
  - large numbers of lakes and river tributaries, that supply lots of fish and shellfish, and proximity to the sea, which gives it lots of seafood.
- Widely used cooking methods: stir-frying, steaming, braising, simmering

6. Internet Search + Pair Work

We have learnt about the Eight Great Regional Cuisines of China. With a partner, choose two or three cuisines and find out more about them. Prepare a PowerPoint presentation on

these cuisines that you have chosen. You may include famous dishes from each cuisine and give a brief description of each dish. Your presentation should last about 5-6 minutes.

7. Internet Search

What is Chinese food therapy? Choose one dish that is eaten as food therapy. Explain briefly the basis for using it as food therapy.

Refer to pages 173 and 174 of the Textbook.

General principles of Chinese medicinal cuisine:

1. Balance

The fundamental idea is to balance the *Qi* and fluids in our body. It is thought that in a healthy body or organ, these fluids and *Qi* are properly balanced. When they are out of balance, we become ill. This balance can be disrupted by physical injury or the environment. For example, in cold weather, our body will lack *Qi* or have a high level of *Yin*. We have to eat food high in *Yang*. In hot weather, when there is naturally too much *Yang* in our body, we have to eat food high in *Yin*.

2. Adding Medicinal Herbs

Healing herbs or parts from animals can be added to the diet to heal diseases. Many of the herbs used in Chinese medicinal cuisine are also used by herbalists in the West and other parts of the world for the same conditions, so this strongly suggests that the herbs have real medicinal effects.

3. Using Heats and Flavours

All types of food are categorised by their *Qi* temperature, from high *Yang* to high *Yin*, and one of the five food flavours (sour, sweet, bitter, spicy and salty). The *Qi* temperature and flavour of each type of food influences our body in a different way. It is thought that we should include all the flavours in every meal to balance the "heat" in our body. Most Chinese think that consuming too much of any one type of food will cause an imbalance in the body.

8. What traditional Chinese musical instruments do you know? Given a chance, which instrument would you like to learn? Why? Do you know any Chinese music piece? Can you introduce it briefly?

Refer to pages 174-177 of the Textbook.

Suggested video: *Introduction to Chinese Music Ensemble Instruments*

Published by eagle3x8 on 27 May, 2012

Available at: <https://www.youtube.com/watch?v=tHLmmQqiD14>

Students may consider introducing the Erhu:

- One of the most important Chinese instruments, the Erhu has a history of over 4,000 years. It conveys a wide range of emotions with just two strings.
- The Erhu has been called the Chinese violin but it differs greatly from it. It is played vertically, often resting on the musician's lap. The player must hold and vibrate the strings by pressing against them with his fingers as it has no fingerboard. Its bow is already fixed between the two strings, and the bow hair is either pushed forward or backward to catch a string. The music resonates from the instrument's wooden drum, which acts as a natural amplifier. Intonation is one of the instrument's greatest challenges, as different positions and degrees of pressure can dramatically change the free-floating strings' pitch.
- The Erhu is incredibly expressive, capable of imitating sounds from chirping birds to neighing horses. An alto instrument with a middle-high musical range, its melodies can

be tender or sonorous. In its lowest and middle ranges, the Erhu is especially stirring and sombre, a quality eminently suitable for conveying the grand pageant of China's history and the emotions of its people.

Suggest video: *Moon Reflected on Erquan Pond – Erhu solo by Zhou Wei*

Published by semjase76 on 12 February, 2008

Available at: [https://www.youtube.com/watch?v=L\\_K54nEqfSo](https://www.youtube.com/watch?v=L_K54nEqfSo)

9. Class/Group Oral Presentation

Choose one of the Chinese traditional instruments we have learnt about. Find out more about its history, characteristics and representative pieces. Share with your classmates what you have learnt about it.

Students may consider introducing the Guzheng:

- The Guzheng is a plucked-string musical instrument with a history of over 2,500 years. It has beautiful sounds and enjoys great popularity worldwide.
- The Guzheng is believed to have been invented during the Qin Dynasty. It is a plucked half-tube wood zither with movable bridges, over which several strings are stretched. In the 2<sup>nd</sup> century BC the Guzheng was described as having 12 silken strings and high narrow jade bridges.
- The Guzheng has played an important role in Chinese history and folk music. It is also the parent instrument of the Asian long zither family. The modern Guzheng, Japanese koto, Korean gayageum and Mongolian yatga are developed from the traditional Chinese Guzheng, making the instrument an extremely important piece in Asian musical culture.

Suggested video: *Guzheng: "Spring River Flower Moon Night" 古筝—春江花月夜*

Published by SoundofChina Guzheng on 9 December, 2009

Available at: <https://www.youtube.com/watch?v=ujzMHLac404>

10. What do you know about modern Chinese sports? Which Chinese sports do you know? Explain briefly how it/they is/are played. Do you know any famous Chinese athlete?

While China has always been associated with Chinese martial arts, there is a wide variety of sports people participate in in China. Major popular sports include badminton, football, basketball and table tennis.

Students may consider the 10 most popular sports in China:

1. Volleyball

The national women's volleyball team is one of the leading teams in the world. It has won the Olympic title twice, in 1984 and 2004, and the World Cup in 2003. The national team won five consecutive world titles in the 1980s.

2. Table tennis

Chinese table tennis players have won close to two-thirds of the men's World Championships since 1959 and almost all of the women's World Championships since 1971. It has played an important role in China's history. In 1972, the American team visited China and played with the Chinese team. This became the well-known "Ping Pong Diplomacy".

3. Shooting

Xu Haifeng, a male Chinese pistol shooter, won the gold medal for China at the 1984 Olympic Games and became the first Chinese to win an Olympic gold.

4. **Cycling**  
China is dubbed the "Kingdom of Bicycles". Bicycles are an important means of transport and can be found everywhere in the country.
5. **110 Metres Hurdles**  
Liu Xiang broke the Western monopoly of track and field success. He won China's first gold medal in men's track and field at the 2004 Greece Olympic Games.
6. **Basketball**  
The most famous Chinese basketballer is Yao Ming, who joined the National Basketball Association in 2002, opening a new window to the world for Chinese basketball. He was the first Chinese athlete to have achieved international superstar status.
7. **Football**  
Football is a Chinese invention from more than 1,000 years ago. Chinese football has gone through many tribulations but is now on a strong rebound.
8. **Diving**  
Chinese diving started to surprise the world from the 1980s. Among all the sports in China, the Chinese diving "dream team" has won the greatest number of Olympic gold medals.
9. **Chinese martial arts**  
Chinese martial arts are considered the essence of traditional Chinese culture. There are many schools of martial arts. Martial artists and actor Bruce Lee is perhaps the most lasting icon of Chinese martial arts.
10. **Badminton**  
Badminton is one of the favourite sports of the Chinese in China. The most famous Chinese badminton player is perhaps Lin Dan, a two-time Olympic champion, five-time World champion and six-time All England champion.
11. **Internet Search + Pair Work**  
With a partner, find and watch a video clip that introduces Chinese martial arts on YouTube or any other video sharing website. Prepare a PowerPoint presentation on the different types of Chinese martial arts. Give a brief history of each type and describe how it is performed.

Students may consider these points:

- There are hundreds of different styles, each with their own set of techniques and philosophy.
- Before the Ming Dynasty, martial arts were differentiated only by lineage. Starting from the Ming Dynasty, martial arts were grouped by families, sects, classes or schools.
- Some styles mimic animal movements while others get inspiration from Chinese philosophies or myths.
- Some styles focus on the harnessing of *Qi*, while others concentrate on competition or exhibition. The rich variety of styles has led to the creation of numerous classification schemes.
- **Classification:**
  - By geographical location such as regional affiliation: a style can be known as a northern or southern fist depending on its origin; additional details such as province or city can further identify the style.
  - By the concept of external and internal: this concerns the training focus of a style.
  - By religious affiliation of the group that found the style: the three key religions, Daoism, Buddhism and Confucianism, have associated martial arts styles.

- By other criteria: imitative style, legendary style, historical style, family style.

Suggested video: *Styles of Chinese martial arts*

Published by Audiopedia on 7 January, 2016

Available at: [https://www.youtube.com/watch?v=4rEvXf\\_NTjA](https://www.youtube.com/watch?v=4rEvXf_NTjA)

12. What spirit does Chinese martial arts embody? Do you think Chinese martial arts could be entered into the Olympic Games as a competition category? Why?

“Life is wide, limitless. There is no border, no frontier.”

– Bruce Lee

Students may consider the Spirit of Shaolin:

- The Shaolin Temple (少林寺, literally Young Forest Temple) is arguably the most famous Buddhist monastery in China and also world famous for its Kung Fu.
- The legendary Shaolin warriors were not just monks who liked to fight. They were martial scientists and engineers, philosophers and artists. Most of the famous Kung Fu styles originated from the temple, including the Shaoling Long Fist (少林长拳), Arhat's 18 Hands (罗汉十八手) and the animal styles of the Crane, Tiger, Monkey, Snake and Mantis.
- Although the Shaolin monks were legendary for their physical conditioning and athleticism, it was their warrior mindset that really set them apart. Five essential elements were at the heart of these amazing achievements:
  - Meta-learning  
The Shaolin monks mastered an algorithm for successfully learning and synthesising new skills, turning it into a daily routine for continual improvement.
  - Creativity and innovation  
Their emphasis on creativity and innovation led to the development of many new Kung Fu styles, some original and some inspired by nature, and yet others blending older knowledge in new ways.
  - Problem-Solving  
The very essence of martial arts training on the grounds of a Buddhist temple – the study of violence in a place that advocates non-violence – is an exercise in problem-solving of the highest order. From questions of survival to the meaning of existence, problem-solving was a Shaolin monk's greatest skill.
  - Discipline and motivation  
The unrelenting Kung Fu training, the spiritual study and a whole host of other duties required a Shaolin monk to have great self-discipline and self-motivation.
  - Peak Performance  
The Shaolin monks were expected to maintain high levels of physical conditioning and mental agility.

13. Where is the Forbidden City? What are the characteristics of the architecture of the Forbidden City?

Students may consider these points:

- The Forbidden City is in the centre of Beijing, China's capital.
- The architecture of Forbidden City has a symmetrical layout constructed along a central north-south axis. In Confucianism, the emperor had supreme status, so the imperial city was built in the heart of the city.
- The wide comparative method is used in the colour design of the Forbidden City to achieve a vivid and magnificent effect.
- Walking from Tiananmen to Wumen (Meridian Gate) and into the palaces, one can see the yellow tiles of the roofs of the buildings set against the blue sky. The red gates and



green doors, windows and columns of each building as well as the white steps leading to each building contrast sharply with the ground. A feeling of majesty is invoked.

- The architecture of the buildings on the central axis follows this general effect. Other areas are designed more creatively and flexibly according to the functions of each building and its surroundings. For instance, the roof design of Wenyuange (文渊阁) uses black glazed tiles with a green rim.
- The colours for a large number of pavilions and towers were also freely chosen. Two examples are the Imperial Garden and Qianlong Garden. freely colour such as in Imperial Garden and Qianlong Garden.

14. Watch the video clip *China's First Emperor: The Lost Tomb* on YouTube. Why did Emperor Qin create the Terracotta Army? What have you learnt about him from this video clip?

Qin Shi Huang (259-210 BC) was the emperor of the Chinese State of Qin, from 246 to 221 BC, during the Warring States Period. He became the first emperor of a unified China in 221 BC. He ruled until he died at the age of 49 in 210 BC. Calling himself the First Emperor after China's unification, Qin Shi Huang was a pivotal figure in Chinese history, as he ushered in nearly two millennia of imperial rule. After unifying China, he and his chief advisor Li Si passed a series of major economic and political reforms. He undertook big scale projects that included building and combining various sections of the Great Wall of China, the now famous mausoleum guarded by the life-sized Terracotta Army and a massive national road system.

Suggested video 1: *The First Emperor of China*

Published by d b on 17 February, 2013

Available at: <https://www.youtube.com/watch?v=Yb1CcvqJ0gc>

Suggested video 2: *Imperial China – The First Emperor's Terracotta Warriors (Episode 2)*

Published by Warllam Stureon on 5 December, 2017

Available at: <https://www.youtube.com/watch?v=dl4otx9JS8o>

15. Internet Search

We have read about the Humble Administrator's Garden, one of the classical gardens of Suzhou. Choose another garden and find out more about it. Prepare a PowerPoint presentation on its layout and design. You may include a brief history of its creation.

Students may consider introducing the Lingering Garden:

- The Lingering Garden is one of nine "Classical Gardens of Suzhou" entered into the UNESCO World Heritage List and also one of China's four famous gardens. It is a classic example of garden landscaping techniques from the Qing Dynasty.
- The garden is about 23,000 square metres, or 5.6 acres, in size. Divided into four distinctly themed sections, namely the East, Central, West and North Gardens, the garden has striking architecture, perfectly combined corridors, artificial hills, rocks and water features.
- The garden also showcases demonstrations of two UNESCO Intangible World Heritages, the Pingtan (评弹) and Guqin music.
- Pingtan music is a style of classical music in which singers sing and talk, almost like a rap. It may be performed as a solo or duet piece. The singers may provide their own accompaniment with hand-held percussion instruments such as clappers (板) or a drum.
- Guqin music is instrumental music played on a traditional instrument called the Guqin. It usually has seven strings and can be played in several ways. It is like a harp or a Japanese koto (箏).

Suggested video: *The Lingerin Garden, Suzhou, China*  
Published by tianji4517 on 3 September, 2007  
<https://www.youtube.com/watch?v=kauuSaHRtfM>

#### 16. Internet Search + Class/Group Oral Presentation

Find out the different types of art the Chinese like to collect. Which type of art is the most widely collected? Why? Which is the most expensive piece of art that has ever been collected?

Students may look at the comments from two modern Chinese art collectors:

- Collector 1:

“Whether I am collecting or managing my gallery, my principal goal is clear: gather post-Opium War painting and calligraphy. Artistic creativity during this period took on a new appearance. The invasion of China by foreign forces had an earth-shaking influence on politics, culture and the economy. Artists sought innovative new techniques to express themselves in Chinese painting. Artists like Xu Beihong, Lin Fengmian, Wu Guanzhong, Wu Zuoren and Fu Baoshi ventured abroad and brought home new artistic interpretations, having absorbed a wide repertoire of artistic elements and influences.

Sometime after 2002 I began to look at Chinese painters such as Wu Guanzhong, Zao Wou Ki, Chu Teh Chun, Lin Fengmian and Sanyu. My interest shifted towards Chinese artworks. I like Wu Guanzhong’s works the most because he was a genius. His artistic prowess is apparent in his oil and watercolour paintings and sketches. Much has been written about his art, so I would be able to judge an artwork of his if it is offered at Christie’s. I have used this ability and my passion to acquire wonderful artworks.”

- Collector 2:

“Art is interlinked. It is a means by which mankind expresses itself. Although each ethnicity or country will express different things, it is all an expression of the culture of mankind. Collecting is no different. The world of today is a globalised one. Cultural exchange is happening more and more, and there is no longer a clear distinction between Western and Eastern art. Appreciating and being awed by beautiful things are an inherent part of human nature.

I buy paintings to make a living and can hardly be called a collector. With finite resources and a fiercely competitive market, the path of the collector is extremely difficult. There are occasions where one comes across a good painting, but there is no way to obtain it. Once I had the chance to buy Xu Beihong’s *Put Down Your Whip*, with the oil painting even spending an evening in my house. But I was unable to obtain the funds to buy it and so I had to watch it slip away. For a collector, nothing is more challenging than this.”

- Most expensive piece of art: *Twelve Landscapes* by Qi Baishi, auctioned off for RMB931.5 million (about AUD185.5 million) in 2017

Note: All URLs listed herein were ascertained to be accessible on 10 September, 2020.