# 探索中國

# Discovering China

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UAB

TED Master's Degree, 2011



Student's book



We would like to extend our most sincere thanks to our tutor at UAB, Oriol Pallarés for his invaluable help and advice throughout the creation and development of our Teaching Unit, to our mentor at Escola Industrial, Salvador Orquín for his valuable quidance and support during implementation of our Teaching Unit, to teachers of Escola Industrial Maria Calzada, Patrícia Martínez, Joan Rocamora & Maria Ortega for their help and guidance, to Professor Zhou Minkang for his generosity in lending us calligraphy material and, last but not least, to our families for their help, support, patience and understanding throughout the Teaching Unit and master. Without any of them, our Teaching Unit would not have been possible.

We would also like to thank 2<sup>nd</sup> ESO C and 2<sup>nd</sup> ESO D students of Escola Industrial (academic year 2010-2011) for their positive attitude, eagerness, cooperation, respect and liveliness throughout the implementation of our Discovering China Teaching Unit. It has been a pleasure working with them.





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#### Introduction

This Teaching Unit will bring students through a brief journey around China, giving them a brief insight of Chinese culture.

Throughout the implementation of this Teaching Unit students will cover speaking, reading, writing and listening skills. Students will be assessed taking into account all the above-mentioned skills, but the most important percentage of the final mark will come from communication and use of English.

We have carefully selected the materials for this Teaching Unit so that students will be motivated to learn more about China. Whenever possible, we have used physical objects so that students could not only read about the culture but somehow feel the culture, for instance an abacus so they understood the mechanics of mathematical operations with a traditional counting device or a bamboo steamer so they can appreciate other cuisines.

In a particular case, they could not only understand but "taste" the culture since they were given typical Chinese snacks.

All in all, we believe this Teaching Unit is a great opportunity for students to experience a variety of unfamiliar knowledge.





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### **UNIT OVERVIEW**

Session	Activities	Interaction	Skills	ICT	Comments
1	Guessing the topic	T- Class	•	<b>V</b>	Students need to guess what the unit is about
Introduction	Pre-assessment test	Ss			
to China	Geography of China	Ss-Ss	•		
	Discovering China	Ss	<u> </u>	$\checkmark$	
	Conclusion activity	Ss	Ø		
	Chinese name tags	T-Ss			Students are given their names in Chinese in a name tag holder
2	Introductory video of Chinese language	T-Class	9 🖍	$\checkmark$	
Language	Explanation of tones in Chinese & learning a few words in Chinese	T- Class/Ss	9		
	Running victation	Ss-Ss	<b>9 ♠</b>	<b>√</b>	Funny Chinese commercials are used for this activity
	Match characters and pinyin	Ss-Ss	<u> </u>		
3 Food	Visual Recipes	Ss-Ss	<u> </u>	$\checkmark$	
	Visual recipes presentations	Ss-Class	<b>\$</b> :		
4	TCM Introduction	T-Class	9 🗪	<b>V</b>	
Traditional	Becoming experts	Ss-Ss			
Chinese Medicine	Let's play	Ss-Ss			Students will test their newly acquired knowledge by playing a game
5 Calligraphy	Guessing game	T-Class/ Ss-Ss	9 🖍		Students practice Chinese calligraphy with Chinese ink
	Horoscope	Ss	Ø		
6	Introduction to Chinese art	T-Class	9 🗪	<b>V</b>	
Art	Exploring Chinese art	Ss-Ss	<u> </u>	<b>√</b>	
	Chinese Art glog	Ss	B	$\checkmark$	





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Session	Activities	Intera	Skills	ICT	Comments
7 Curiosities	Abacus listening	T- Class/Ss -Ss	8	$\checkmark$	A physical abacus is used to show its mechanism
	Voki about Chinese Horoscope	T- Class(Ss -Ss		$\checkmark$	
8 Feng Shui	Introduction to Feng Shui	T- Class/Ss -Ss	9 🗪	<b>√</b>	Different practical situations are explained as to understand the basic principles of Feng Shui
	Feng Shui – True or False	Ss-Ss			
9	China dictogloss	Ss-Ss	9 🖍	<b>V</b>	
Wrap-up	Creative writing	Ss-Ss	Z P	<b>V</b>	
	Glog presentations	Ss-Class	•	<b>V</b>	
10 Final	Final reflexions & Post- assessment test	Ss	\( \text{\tin}\text{\tetx{\text{\tetx{\text{\text{\texi}\text{\text{\texi}\text{\text{\text{\text{\ti}\text{\text{\text{\text{\text{\texi}\tint{\text{\ti}\ti}\text{\text{\ti}\tinttit{\text{\texi}\tinz{\text{\texi}\text{\ti		
Session	Glog presentations	Ss-Class	•	<b>V</b>	





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#### SYMBOLS LEGEND





Writing activity





Speaking activity





Reading activity

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Working with computers

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Listening activity

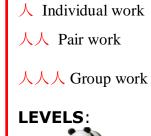




Presentation

















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#### **Pre-assessment test**

### **What do we know about China?**

Name:

Date:

#### 1. What is the capital of China?

- a. Shanghai
- b. Tianjin
- c. Beijing
- d. Tokyo

#### 2. China is in:

- a. Africa
- b. Oceania
- c. Asia
- d. Europe

#### 3. In China they speak:

- a. Mandarin and Japanese
- b. Mandarin and other dialects
- c. Mandarin only
- d. Japanese

#### 4. It is said that the Great Wall:

- a. Was built 100 years ago
- b. Was built by the British
- c. Can be seen from the moon
- d. It goes from China to Europe

#### 5. A wok is:

- a. A Chinese box
- b. A kind of ancient toy
- c. A counting device
- d. A cooking utensil





## What do we know about China?

Name:

Date:

#### 6. The Yin and Yang are:

- a. Twins in China
- b. A Chinese brand of shoes
- c. Two opposing elements of the Universe
- d. A Chinese famous singer

#### 7. Acupuncture is:

- a. A traditional Chinese medical approach
- b. A traditional Chinese game
- c. Needles
- d. A Chinese TV programme

#### 8. Feng Shui is:

- a. The Chinese art of cooking
- b. The Chinese art of positioning things so the yin and yang are balanced
- c. A kind of Chinese food
- d. A kind of Chinese religion

#### 9. The Forbidden City is:

- a. A place in China which is forbidden to foreigners
- b. A castle on the Great Wall
- c. An imperial palace
- d. A city in the North of China

#### 10. An abacus is:

- a. The name of a plane
- b. The name of a football team in China
- c. An ancient counting device
- d. A music instrument







中



說話

Session 1



#### STUDENT A

Look at your map. By asking questions to Student B, try to find where the pictures can be placed in the map:







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### 人人 Exercise 1

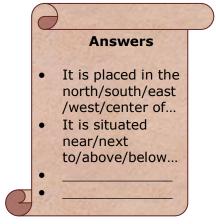
說話

#### **STUDENT B**

Look at your map. By asking questions to Student A, try to find where the pictures can be placed in the map:















用電腦

Write a description about China using the sentences in the box. Complete each sentence with information from the map (mountains, cities, countries, etc). Include photos in your description. You will find more instructions in

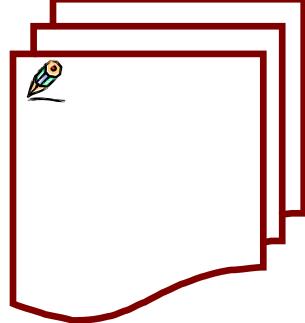
Wikispaces.

寫字

- China is situated in Asia. It borders.....
- The capital city of China is...
- The Great Wall is placed...
- There is an important mountain range called...
- Something I didn't know about China is that...
- Something very surprising about China is that...
- Something I like about China is that...



Write a list of things you learned today











China has a total of 292 different languages. But Mandarin is the official national spoken language. So many people speak a different language at home and Mandarin at school.



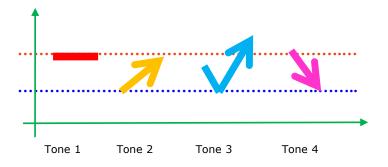


Image 11

First tone: <u>dā</u> 搭 (take a bus/boat/train)

Second tone: dá 答 (to answer)

Third tone: dă (to hit)

Fourth tone: dà 🔨 (big)











Link each Chinese expression with the English one.







## RUNNING VICTATION

number to each member of the group. When your number is called to see the video. Once you have watched it, you have to explain it to the rest of the group.

Video 1: Coca-cola Commercial

Video 2: KCF Commercial

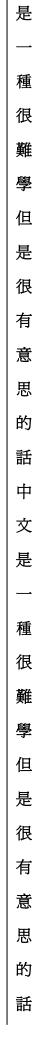
Video 3: Mentos Commercial

Video 4: Pepsi Commercial

Video 5: McDonald's Commercial Video 6: Burger King Commercial







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### Video 1

- Mobile phone To pretend

### Video 4

- Monks
- Buddhist temple
- Training
- To achieve
- Shape

### Video 2

- Political meeting
- Fish burger
- Falling from ....

### Video 3

- Chewing gum
- Shapes
- Fountain

#### Video 6

- Wiggle
- Snake Burger
- Office

### Video 5

- French fries
- Aquarium
- Music director
- Scared



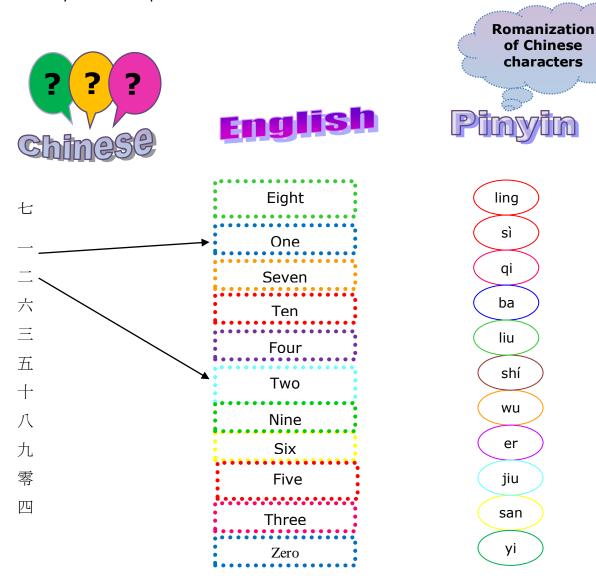


A G E

### 人人 Exercise 3

寫字

Can you guess what the following characters mean? Work in pairs and try to come up with an answer.







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Food Session 3

讀書

寫字

Look at the example below. The pictures are the ingredients needed to make a sponge cake.

### Language Tips (utensils)

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- Wok
- Chopsticks
- Bowl
- Bamboosteamer
- Spatula

**Example**: egg, flour, butter, sugar, yoghurt, yeast=<u>sponge cake</u>



Crack the eggs and beat them. Then add melted butter and sugar. Mix well. Then add a spoon of yeast. When the mixture is smooth, add the flour. Mix well and put it in the oven.

#### Language Tips

- stir fry
- mix
- add
- cut
- boil
- slice
- pinch of salt

**分**人人人 Exercise 1



Make Visual recipes

Make as the one in the example, for the recipes below. You can search for the ingredients in the internet and then copy and paste the pictures in a word file. Then you will present your recipe and the steps to be taken to the rest of the class.







### Recipes:

- 1. mochi
- 2. fried rice
- 3. lemon chicken
- 4. noodles pak choi mushroom
- 5. steamed choi sum
  - Fresh ginger, spring onion, peanut oil, pak choi, dry mushrooms, soya sauce, noodles and salt
  - b. Rice flour, water, red bean, green bean, sugar
  - c. Steamed rice, prawns, peas, egg, soya sauce, oyster sauce and salt
  - d. Chicken, lemon, flour, salt
  - e. Choi sum, peanut oil, salt, soya sauce, oyster sauce





Now the representative of each group has to present the recipe to the class.









Session 4

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# TEXT 1 Introduction to Traditional Chinese Medicine: Yin Yang & Qi

Traditional Chinese Medicine is based on the Theory of Yin and Yang and the Theory of Five Elements.

#### **Theory of Ying and Yang**

Yin and yang are two opposing elements of the universe.



Yang originates from the sun and it represents warmth, **brightness**, excitement and high-speed.

Yin originates from the moon and it represents coldness, darkness, quiescence and weakness.



In Traditional Chinese Medicine, when yin and yang are unbalanced in our bodies, we can have illnesses.



Qi is the **energy** of heaven and earth. In the human body, Qi flows through **energy pathways** or **meridians** and it communicates different organs. When Qi can not circulate, we can have health problems.







Session 4

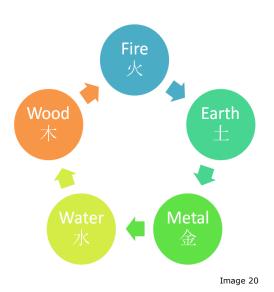
# TEXT 2 Introduction to Traditional Chinese Medicine: Five Elements

Traditional Chinese Medicine is based on the Theory of Yin and Yang and the Theory of Five Elements.

#### **Theory of Five Elements**

Image 19

Five Elements are the basic substances that constitute the world: wood, fire, earth, metal and water.



According to Traditional Chinese Medicine, our organs are related to a particular element.

Wood - liver

Fire - heart

Earth - spleen

Metal - lung

Water - kidney

The organs and elements work together to maintain a balance in our body. When the relationship between the organs is bad, we can have health problems.







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Session 4

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#### What is acupuncture?

It is a Traditional Chinese Medicine technique which uses fine **needles** inserted at specific points on the body in order to equilibrate the circulation of *Qi* along the meridians or channels in the body. The needles stimulate certain points of the body, which are called **acupuncture points** or **acupoints**.

#### How does it work?



In acupuncture, the practitioner first chooses acupoints depending on the health problem. Then, thin needles are inserted into these acupoints. The needles are usually left in situ for 15-30 minutes.



Image 21

#### What does it treat?

Acupuncture can be used for a wide range of **diseases** and pains such us depression, back pain, headache, and also if we want to lose weight, give up smoking, etc.











Session 4

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Image 22

#### What is it?

Cupping is one of the oldest methods of traditional Chinese medicine.

Glass cups are used in this method.

#### How does it work?

- 1. A burning **cotton ball** is placed inside the cup.
- 2. The fire eliminates the oxygen inside the cup.
- A vacuum is created and the skin is sucked.

4. The skin's pores are opened and this stimulates the flow of Qi and blood.



Image 23

**Qi**: the vital energy of our bodies.

#### What does it treat?

It is used to treat digestive diseases, respiratory diseases, insomnia, etc.









Session 4



### Exercise 2

Image 32

You are going to play a board game with your group. You have to use the dice and counter to move around the squares. Each colour corresponds to one of the texts you have. You have to complete the cards you will find inside the envelope to finish the game.

- It's your turn
- Throw the dice
- Move the counter
- We finished!
- We need a green/yellow/red/ blue card
- We are in this square







### DISCOVERING CHINA



Session 5







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Session 5







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Art Session 6



- When was the Great Wall of China built?
- Why was the Great Wall of China built?
- How tall is the Great Wall of China?
- How long is it?
- Write some curiosities about the Great Wall or something that impressed you.

You will find websites where you can find all the information in Wikispaces.









Art Session 6

# THE SILK ROAD

- What was the Silk Road?
- What kinds of products were transported along the Silk Road?
- · How long is it?

• Write some curiosities about the Silk Road or something that impressed you.

You will find websites where you can find all the information in Wikispaces.

Remember your
Glog will look better if
you add pictures, maps,
videos and songs.









Art

Session 6

# WARRIORS OF XI'AN

- What are the Warriors of Xi'an?
- How long ago were they created?
- Why did Emperor Qin want the warriors?

 Write some curiosities about Warriors of Xi'an or something that impressed you.

You will find websites where you can find all the information in Wikispaces.











Art

Session 6

# THE FORBIDDEN CITY

- What is the Forbidden City?
- When was it built?
- Where is it situated?

 Write some curiosities about the Forbidden City or something that impressed you.

You will find websites where you can find all the information in Wikispaces.











Curiosities



#### **Exercise 1**





Watch the video and answer the following questions:

- 1. The Abacus is
  - A new invention
  - o An ancient Asian counting device
  - An ancient toy



- 2. What does the first column represent?
  - Number ones
  - Number tens
  - Number twenties
- 3. What does the second column represent?
  - Number ones
  - Number tens
  - Number hundreds
- 4. The beads in the lower column represent
  - Twenty
  - A single value
  - Two thousand
- 5. What do the beads in the upper column represent?
  - 4 units
  - 10 units
  - Groups of 5 of the lower column

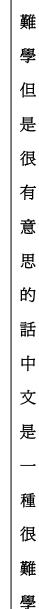












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Image 26 Curiosities

Session 7



#### 人 Exercise 1



Watch the video and answer the following questions



Image 26

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- 1. The Abacus is
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  - Number twenties
- 3. What does the second column represent?
  - Number ones
  - Number tens
- 4. The beads in the lower column represent
  - Twenty
  - o A single value
- 5. What do the beads in the upper column represent?
  - 4 units
  - o Groups of 5 of the lower column















Image 26 Curiosities

Session 7

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入 Exercise 2

Check the information below and write what animal you are according to Chinese Horoscope. Write also your father's, mother's, brother's, sister's, cousin's, uncle's, auntie's, best friend's, etc. In addition, write who are friends and who are enemies for that animal.

- ♣ Rat: If you were born in 1960, 1972, 1984, 1996, 2008 you are a Rat. You get along well with Dragons and Monkeys. Stay away from Horses.
- ♣ Ox: If you were born in 1961, 1973, 1985, 1997, 2009 you are an Ox. Your friends are the Snake and the Rooster. Your opposite is the Goat.
- **◆ Tiger:** If you were born in 1962, 1974, 1986, 1998, 2010 you are a Tiger. The Dog and the Horse are your best signs. The monkey is trouble.
- **♣ Rabbit:** If you were born in 1963, 1975, 1987, 1999, 2011 you are a Rabbit. You are most compatible with the Goat and the Pig. Your opposite is the Rooster.
- **◆ Dragon:** If you were born in 1964, 1976, 1988, 2000, 2012 you are a Dragon. Look to the Monkey or the Rat and watch out for Dogs.
- **♣ Snake:** If you were born in 1965, 1977, 1989, 2001 you are a Snake. Befriend the Rooster and the Ox but not the Pig.
- **Horse:** If you were born in 1966, 1978, 1990, 2002 you are a Horse. You get along with Tigers and Dogs but never with Rats.
- Monkey: If you were born in 1968, 1980, 1992, 2004 you are a Monkey. Your friends are the Dragon and the Rat but not the Tiger.
- **Rooster:** If you were born in 1969, 1981, 1993, 2005 you are a Rooster. You will be fine with Snakes and Oxen, but Rabbits are trouble.
- **Dog:** If you were born in 1958, 1970, 1982, 1994, 2006 you are a Dog. Your friends are the Tiger and the Horse. Watch out for Dragons.
- ♣ Pig: If you were born in 1959, 1971, 1983, 1995, 2007 you are a Pig. You get along with Rabbits and Goats but must avoid other Pigs.
- **♣ Goat:** If you were born in 1967, 1979, 1991, 2003 you are a Goat. The Ox is trouble. Rabbits and Pigs are OK.







Image 26
Curíosities

Session 7

Exercise 3

用電腦

寫字

Write a short paragraph about who you get along with/do not get along with according to the Chinese Horoscope. You can have a look at the example below. Once you have your paragraph written, record it in a



#### Example



Image 49

Hello!!! My name is Montse. I was born in the year of the Dragon. I get along with people born in the year of the Monkey or the year of the Rat. Watch out for people born in the year of the Dog.

#### Language Tips

- I get along with...
- I am compatible with ...
- I do not get along with ...
- I am not compatible with ...









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人人 Exercise 1

說話

# Feng Shui Ax

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What is Feng Shui? Feng Shui is the Chinese practice of positioning objects, buildings, furniture and **graves** in a way that the **yin** and **yang** are balanced. In addition, the flow of **qi** (氣) will have a positive or negative effect.

What has changed in this room? In pairs discuss the differences.



#### Language Tips

- In front of
- Next to
- o Behind
- o Near
- o Beside
- Between
- AboveFar from

**EXAMPLE:** The sofa should not be **facing** the door directly. The dining table should not be **in front of** the door. The main entrance should not be **near** the bathroom door. The window should be **closer** to the kitchen.













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**Avoid** electronic devices here, as they are not compatible with the energies needed for this space. Avoid all kind of distractions, such as TV, sound systems, computers, etc.



#### **Exercise 2**

寫字

Mark with a  $\checkmark$  the electronic devices that you can find in your room, your parents' room and another room in the house.

	τv	MP4	IPOD	Electronic alarm clock	Charger	Computer/ Laptop	Others
Your bedroom							
Your parents' bedroom							
Another bedroom							







Feng Shuí Session 8



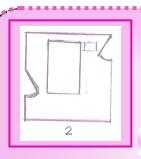
#### 人人 Exercise 3

Here you have some Feng Shui examples. Discuss how you can improve your room setting according to these examples.



Image 28

Never place the head of the bed directly beside the bedroom door. Does your room have this layout? If so, what would you do to improve it?



Language Tips
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- I would move ...
- I would put...
- I would
- bring... I would not change...

Image 29

Do not let the door seem to cut directly into the bed. Does your home have this layout in any of the rooms? If so, what would you do to improve it?



Image 30

Feng Shui is commonly used all over the world when designing buildings

Never set a bed across from a room's entrance, so that either the head or feet point directly towards it.





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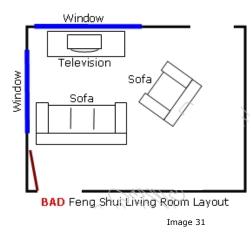
Feng Shui

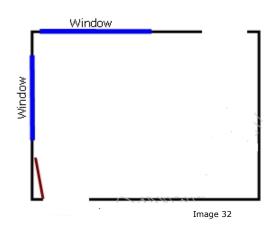
Session 8



寫字

In the following drawing, what would you change now that you know the **basic principles** of Feng Shui.











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寫字

Check the following sentences and according to what you have learned, circle the sentences which are **NOT** correct:

- 1) According to the principles of Feng Shui, no electronic device should be present in a bedroom
- 2) Feng Shui is a new fashion
- 3) Feng Shui is based on the balance of yin and yang
- 4) It is important that qi flows for a good Feng Shui
- 5) Feng Shui is only used in China
- 6) The Chinese characters of Feng Shui (風水) mean wind and water
- 7) According to the principles of Feng Shui, the head of the bed should not be facing the door directly
- 8) According to the principles of Feng Shui, you should not face the door directly with your back while working
- 9) The Chinese characters of Feng Shui (風水) mean sun and moon
- 10) In many places around the world people build their houses according to the principles of Feng Shui













Image 26

Wrap-up

Session 9





Watch the video and order the cards according to the sequence they appear.

#### **Dictogloss cards**



8,600

Image 33



Image 34



Image 36



Image 35





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Wrap-up

Session 9

## CREATIVE WRITING



寫字

Using the following words, try to create a short story

Young girl

Daughter

Warriors

War

Hair

Fight

Men

Horse

Armor

Emperor

Rich

rour story.			







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#### Discovering China

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Final Session

Session 10

#### Post-assessment test

## What have we learnt about China?

Name

Date:

#### 1. What is the capital of China?

- a. Shanghai
- b. Tianjin
- c. Beijing
- d. Tokyo

#### 2. China is in:

- a. Africa
- b. Oceania
- c. Asia
- d. Europe

#### 3. In China they speak:

- a. Mandarin and Japanese
- b. Mandarin and other dialects
- c. Mandarin only
- d. Japanese

#### 4. It is said that the Great Wall:

- a. Was built 100 years ago
- b. Was built by the British
- c. Can be seen from the moon
- d. It goes from China to Europe

#### 5. A wok is:

- a. A Chinese box
- b. A kind of ancient toy
- c. A counting device
- d. A cooking utensil





#### Discovering China



Final Session

Session 10

## **What have we learnt about China?**

Name:

Date:

#### 6. The Yin and Yang are:

- a. Twins in China
- b. A Chinese brand of shoes
- c. Two opposing elements of the Universe
- d. A Chinese famous singer

#### 7. Acupuncture is:

- a. A traditional Chinese medical approach
- b. A traditional Chinese game
- c. Needles
- d. A Chinese TV programme

#### 8. Feng Shui is:

- a. Chinese art of cooking
- b. The Chinese art of positioning things so the yin and yang are balanced
- c. A kind of Chinese food
- d. A kind of Chinese religion

#### 9. The Forbidden City is:

- a. A place in China which is forbidden to foreigners
- b. A castle on the Great Wall
- c. An imperial palace
- d. A city in the North of China

#### 10. An abacus is:

- a. The name of a plane
- b. The name of a football team in China
- c. An ancient counting device
- d. A music instrument





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#### Annex 1



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