

江苏省仪征中学 2021-2022 学年第一学期高一年级英语泛读材料（二）

（精读）关于中秋节：

What is Mid-Autumn Festival?

To the Chinese, Mid-Autumn Festival means family **reunion** and peace. The festival is celebrated when the moon is believed to be the biggest and fullest. To the Chinese, a full moon is a **symbol** of **prosperity**, happiness, and family reunion.

How the Chinese Celebrate Mid-Autumn?

Many traditional and meaningful celebrations are held in most **households** in China, and China's **neighboring** countries. The main traditions and celebrations include eating mooncakes, having dinner with family, gazing at and **worshipping** the moon, and **lighting** lanterns.

Why Mid-Autumn Festival is Celebrated and How it Started?

Mid-Autumn Festival **has a history of** over 3,000 years, **dating back to** moon worship in the Shang Dynasty (1600 - 1046 BC). It's such an important festival that many poems were written about it, stories and legends about the festival are widespread, and its origins have been guessed at and explained by generations of Chinese.

The term "Mid-Autumn" first appeared in the book Rites of Zhou (周礼), **written** in the Warring States Period (475 - 221 BC). But the term only **related to** the time and season; the festival didn't exist at that point.

In the Tang Dynasty (618 - 907 AD), it was popular to appreciate the moon. **Many poets liked to create poems related to the moon when appreciating it.** There is a **legend that** Emperor Xuanzong of the Tang Dynasty visited the Moon Palace in his dream and heard a wonderful song.

In the Northern Song Dynasty (960 - 1127 AD), the 15th day of the 8th lunar month was established as the "Mid-Autumn Festival". From then on, **sacrificing to the moon was very popular, and has become a custom ever since.**

The Mid-Autumn Festival falls on the 15th day of the 8th lunar month, usually in early September to early October of the Gregorian calendar with full moon at night. It is a time for family members and loved ones to **congregate** and enjoy the full moon—an **auspicious** (吉祥的, 吉利的) symbol of abundance, harmony and luck. Adults will usually **indulge in fragrant** mooncakes of many **varieties** with a good cup of piping hot Chinese tea, while the little ones run around with their brightly-lit lanterns.

The festival has a long history. In ancient China, emperors followed the **rite** (习俗) of offering sacrifices to the sun in spring and to the moon in autumn. Historical books of the Zhou Dynasty had had the word "Mid-Autumn". Later **aristocrats** (贵族) and **literary figures** (文人) helped **expand** the ceremony to common people. They enjoyed the full, bright moon on that day, worshiped it and expressed their thoughts and feelings under it. By the Tang Dynasty (618-907), the Mid-Autumn Festival had been fixed, which became even grander in the Song Dynasty (960-1279). In the Ming (1368-1644) and Qing (1644-1911) dynasties, it grew to be a major festival of China.

The Mid-Autumn Festival probably began as a harvest festival. The festival was later given a **mythological** (神话的) flavour (特色, 味道) with legends of Chang-E, the beautiful lady in the moon.

赏月 admire the full moon / watch the full moon to celebrate the festival

点灯笼 light lanterns

玩花灯 play with lanterns / scald fish

祭月 offering sacrifice to the moon

reunion: n. /ri : 'ju : nian/,
重逢; 团聚; 聚会
be believed to be / do sth: 被认为是 (做……)
a symbol of prosperity: 象征着繁荣
household: n. /'hausəʊld/,
一家人; 家庭
neighboring countries: 邻国
worship: v. /'wɜ : ʃɪp/, 敬奉
light: v. /laɪt/ (lit lit /lit/)
点燃; 点火

dating back to... = which
dates back to/ dates from 追溯到……

Written in the ...= which was
written ... 后置定语
relate to: 与……有关

关注 when appreciating it!
很多诗人喜欢在赏月时, 创作与月亮有关的诗。
There is a legend that... that
引导同位语从句, 意为“传说, ……”

动名词做主语。思考: 句子
两个谓语的时态为何不一致?

congregate v. /'kɒŋgrɪgeɪt/
聚集

indulge in 沉溺于, 满足
fragrant mooncakes of many
varieties: 各种各样美味的月饼

expand v. /ɪk'spænd/ 扩大

Task1 Read the passage and answer the questions:

1. When is the Mid-autumn Festival celebrated?

2. How do the Chinese celebrate the festival?

3. Surf the Internet and find out an English version of a poem written for the Mid-autumn Festival.

Task2 Translate the following sentences into English.

1. 每年农历八月十五日，是传统的中秋佳节，有三千多年历史，可以追溯到商代时对月亮的崇拜。

The Mid-Autumn Festival is celebrated on / falls on the 15th day of the 8th lunar month and it _____ over 3,000 years, _____ the moon worship in the Shang Dynasty.

2. 对中国人来说，中秋节意味着团聚、平安。在这天，每个家庭都团聚在一起，一家人共同观赏象征丰裕、和谐和幸运的圆月。

To the Chinese, Mid-Autumn Festival means _____ and peace. _____ family members and loved ones to _____ and enjoy the full moon — an **auspicious** _____ of _____, _____ and _____.

3. 唐代时赏月风靡，诗人在赏月之时佳作连连。

In the Tang Dynasty, it was popular _____ the moon. Many poets liked to create poems _____ the moon when _____ it.

译文参考：

对中国人来说，中秋节意味着团聚、平安。人们觉得，中秋节的月亮最大、最圆。满月象征着繁荣、幸福和团圆。大部分中国家庭以及中国的邻国都会举行许多传统的庆祝活动，主要庆祝方式包括吃月饼，吃团圆饭，赏月和点灯笼。

中秋节有三千多年历史，可以追溯到商代时对月亮的崇拜。因为中秋节的重要地位，历代诗人都会为中秋节写诗，关于中秋节的故事、传奇在民间广为流传，中秋节的起源也被历代中国人探究。“中秋”一词最早出现在战国时期《周礼》一书中，但是该词只和时间与季节有关，当时还没有中秋节。唐代时赏月风靡，诗人在赏月之时佳作连连。据传，唐玄宗曾在梦中去往月宫并听到优美的歌声。北宋时期，农历八月十五才被正式确立为中秋节，从那以后，为月亮献祭盛行，从那以后便成为风俗。

每年农历八月十五日，是传统的中秋佳节。这时是一年秋季的中期，所以被称为中秋。在这天，每个家庭都团聚在一起，一家人共同观赏象征丰裕、和谐和幸运的圆月。此时，大人们吃着美味的月饼，品着热腾腾的香茗，而孩子们则在一旁拉着兔子灯尽情玩耍。中秋节有悠久的历史，和其它传统节日一样，也是慢慢发展形成的，古代帝王有春天祭日，秋天祭月的礼制，早在《周礼》一书中，已有“中秋”一词的记载。后来贵族和文人士也仿效起来，在中秋时节，对着天上又亮又圆一轮皓月，观赏祭拜，寄托情怀，这种习俗就这样传到民间，形成一个传统的活动，一直到了唐代，这种祭月的风俗更为人们重视，中秋节才成为固定的节日，《唐书·太宗记》记载有“八月十五中秋节”，这个节日盛行于宋朝，至明清时，已与元旦齐名，成为我国的主要节日之一。

中秋节最早可能是一个庆祝丰收的节日。后来，月宫里美丽的仙女嫦娥的神话故事赋予了它神话色彩。

中秋节还有哪些习俗呢？

赏月 **admire the full moon / watch the full moon to celebrate the festival**

碧空如洗，圆月如盘。人们在尽情赏月之际，会情不自禁地想念远游在外、客居异乡的亲人。中国人历来把家人团圆、亲友团聚，共享天伦之乐看得极其珍贵，历来有“花好月圆人团聚”之谓。

点灯笼 **light lanterns**

中秋之夜，天清如水，月明如镜，可谓良辰之美景，然而对此人们并未满足，于是便有燃灯以助月色的风俗。

玩花灯 **play with lanterns / scald fish**

中秋玩花灯主要只是在家庭、儿童之间进行的，多集中在南方。

祭月 **offering sacrifice to the moon**

中秋祭月仪式是一种古老的祭祀礼仪，表达人们祈求月神降福人间的一种美好心愿。

(泛读) Thank your muscles (from TEENS)

疫苗为什么要打在胳膊上?

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Students take COVID-19 vaccinations at East China Normal University on March 28. XINHUA

Around the world, millions of people have **rolled up their sleeves** (袖子) for COVID-19 vaccinations (接种疫苗). By Sept 6, the total number of people **vaccinated** had reached 1.095 billion, **covering** 77.6 percent of China's total population.

When the needle touches the skin of your upper arm, have you ever thought about why it has to be there? Why not other body parts like your legs? It's worth noting that most, but not all, vaccines are injected into muscle.

Muscle tissue contains important immune cells (免疫细胞). These immune cells **recognize** the antigen (抗原), a tiny piece of virus or bacteria introduced by the vaccine that **stimulates an immune response**. **In the case of** the COVID-19 vaccine, the immune cells in the muscle tissue pick up these antigens and present them to the lymph nodes (淋巴结). As key parts of our immune system, lymph nodes contain more immune cells that recognize the antigens in vaccines and start the immune process of creating antibodies (抗体). Since the deltoid (三角肌) is close to lymph nodes located under the arm, it is the perfect choice for many vaccines, according to The Conversation.

Muscles can save you from getting a red rash (皮疹) and swelling up. "Muscle helps **localize** any adverse reactions (不良反应) and minimize them, so it's safer," Joanna Groom, an immunology (免疫学) researcher in Australia, told ABC News. If certain vaccines are **injected** into fat tissue, the chance of inflammation reaction (炎症反应) increases. Fat tissue has poor blood supply, **which** leads to poor absorption (吸收) of the vaccine, according to The Conversation.

Muscle size should also be **taken into consideration**. Usually, adults and children **aged 3 and older** tend to receive vaccines in their deltoid, while younger children are recommended to receive their vaccines in their mid-thigh (大腿中部) because their arm muscles are smaller and less developed.

Thank your deltoid for being the ideal spot for vaccinations. Can you imagine pulling down your pants at a mass vaccination clinic? Rolling up your sleeve is the easier and **preferred** way to go.

Choose the best answer:

1. The author mentions China's COVID-19 vaccinations in paragraph 1 in order to _____.
 - A. compare it with the vaccination in other countries
 - B. show China's success in COVID-19 prevention and control
 - C. attract readers' attention to healthcare
 - D. lead up to the topic of vaccine injection
2. Why are vaccines injected in our upper arm muscle?
 - A. The muscle tissue contains the most immune cells.
 - B. The lymph nodes stimulate an immune response.
 - C. It is easier for immune cells to recognize the antigen.
 - D. The location of the deltoid makes it easier to create antibodies.
3. What is the advantage of injecting a vaccine in the deltoid muscle over injecting it in fat tissue?
 - A. It reduces risks of inflammation reaction.
 - B. It helps improve blood supply.
 - C. It makes the body create more antibodies.
 - D. It won't cause soreness at the injection site.
4. Where are kids under 3 recommended to receive vaccines?
 - A. In the deltoid.
 - B. In the mid-thigh.
 - C. In the lymph node.
 - D. In the fat tissue.