

A stylized landscape illustration featuring rolling green hills in the foreground and background. On the left, there is a green tree and a purple flower. A small red bird is flying in the sky. The sky is composed of horizontal bands of blue and white. The text is centered in the upper half of the image.

整全教育2026-2027年AP中文

第七周

2026年10月17日

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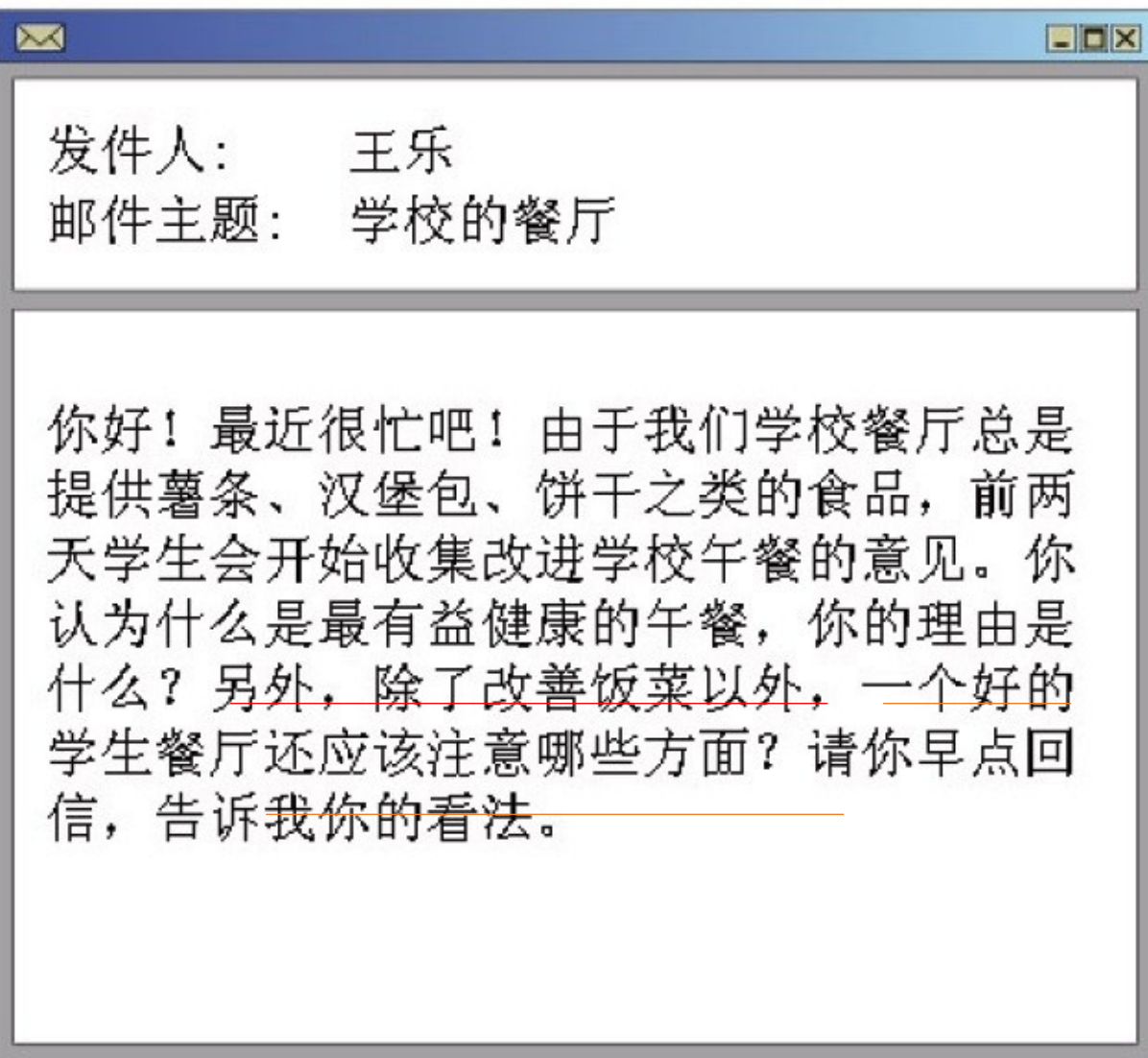
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Read this e-mail from a friend and then type a response.

发件人: 王乐

邮件主题: 学校的餐厅

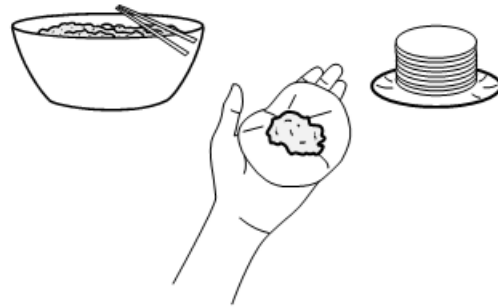
你好！最近很忙吧！由于我们学校餐厅总是提供薯条、汉堡包、饼干之类的食品，前两天学生会开始收集改进学校午餐的意见。你认为什么是最有益健康的午餐，你的理由是什么？另外，除了改善饭菜以外，一个好的学生餐厅还应该注意哪些方面？请你早点回信，告诉我你的看法。三个问题

Presentational Writing: Story Narration * Complete before reading the Sample Answer

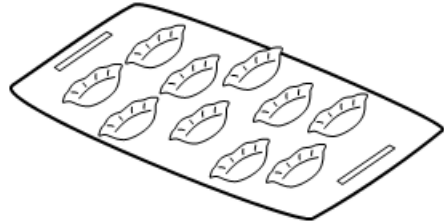
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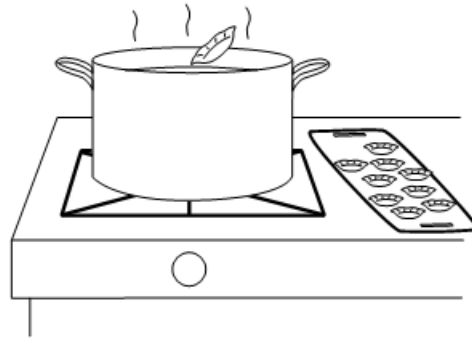
2



3



4



Sample Answer

怎样做饺子

饺子是中国的传统食品，既方便又好吃，也受外国人喜爱。而且大家在一起包饺子又是一个很好的社交活动。下面就介绍怎样做饺子。

做饺子需要饺子皮和饺子馅，饺子皮可以自己做，也可以去商店买，这次就用从商店买来的饺子皮。饺子馅根据个人的爱好有不同的做法，一般说来，需要猪肉末 (如果包素饺子，就不要肉了)、蔬菜、葱、生姜、鸡蛋和油。

先把蔬菜切碎，放入一个大碗或盆子里，再拌一些盐，放置一会儿。等蔬菜里的水出来后，把水倒掉。加入肉末、鸡蛋、油、切碎的葱、姜，慢慢拌匀。

把一张饺子皮摊开，用筷子夹一些饺子馅放在上面，再用两手把饺子皮从两端合起来，用力挤压，饺子就做成了。在放饺子的菜板上或盘子里事先放些干面粉，这样饺子就不会粘在上面了。

煮饺子前，把水烧开，一个一个地轻轻放进去。等水又开了之后，再加点凉水，继续煮。水再开之后，再加点凉水，再开之后，就可以捞起来吃了。

Interpersonal Writing: E-mail Response

发件人：牛银

邮件主题：做东

马石：你好！

最近忙吗？你上次送给我的一盆昙花昨天晚上开花了，我照了相片，暂时发两张比较好的给你。

这个周末有几位朋友从外地来上海旅游，我打算做东，招待他们吃顿饭，想问你一下去哪里比较好。他们当中有一位广东人、一位四川人，两位北京人。我本人没有特殊的要求，什么餐馆都可以，但是不要太高档。另外，也可以考虑面馆、自助餐或大排档之类的。谢谢！

牛银

Sample Answer

牛银：你好！

听你说昙花开了，非常高兴。看来你是个养花能手，相片也照得很好，你是不是学过摄影？

“有朋自远方来，不亦乐乎？”恭喜你们在上海相聚。如果要吃正宗川菜的话，我本人比较喜欢花园街上那家“峨眉山”，在中国电信对面；如果喜欢面条的话，可以考虑红星路上那家重庆人开的“一根面”，就在市人民医院旁边；如果选自助餐的话，可以去白杨路上的“红筷子”，离中医院不远；如果要吃大排档，就去人民广场东面的“韩亚龙”店，正宗韩国烧烤。愿你们玩得开心！

马石



Class starter: 谈一谈节日和其意义(significance)

Explanations

中国菜的特点被总结为：色、香、味、意、形；味道有酸、甜、苦、辣、香、麻、咸等

中国菜常用的烹 调方法：凉拌、煮、煎、蒸、炒、爆、烧、烤、炸、焖、卤、熏等。

国外流行的中国料理有：左宗鸡、抄手、饺子、炒饭、糖醋里脊(sweet and sour pork)、春卷(spring rolls)、炒面(chow mein)、麻婆豆腐(Mapo tofu)、北京烤鸭(Peking roasted duck)、腰果虾仁(fried shrimp with cashews)、宫保鸡丁(Kung Pao chicken)等。

Vocabulary

pí jiǔ

啤酒: beer

mǎ yǐ shàng shù

蚂蚁上树: a classic Sichuan dish

hàn bǎo

汉堡: hamburger

xuě bì

雪碧: Sprite

cù

醋: vinegar

là jiāo

辣椒: hot pepper, chili

zhú sǔn

竹笋: bamboo shoot

bāo zhuāng

包装: package, wrap

tóu sù

投诉: complaint

chái

柴: firewood

jiān

煎: fry

máo tái

茅台: a Chinese liquor

bǐ sà bǐng

比萨饼: pizza

shā lā

沙拉: salad

shǔ tiáo

薯条: French fry

wèi jīng

味精: monosodium glutamate (MSG)

huā jiāo

花椒: peppercorn

suí dì tǔ tán

随地吐痰: to spit on the ground

shú shí pǐn

熟食品: cooked food

huang

慌: awfully, unbearably

jiàng

酱: sauce

yàn wō

燕窝: bird's nest

dà mǔ zhǐ

大拇指: thumb

lǜ dòu zhōu

绿豆粥: green bean porridge

zhèng zōng

正宗: original, authentic

zì jué

自觉: consciously

gōng kuǎn

公款: public funds

fù dān

负担: share, pay

zhū yuán zhāng

朱元璋: first Ming dynasty emperor

jiǔ cài

韭菜: chives

yōu jiǔ

悠久: long-standing

bì mén gēng

闭门羹: cold shoulder

lěng yù

冷遇: cold shoulder

lóng zhòng

隆重: grand, ceremonious

mǎn tóu

馒头: steamed bread

chāo shǒu

抄手: wonton soup

jiē

皆: all

jīng fèi

经费: funds

dūn

吨: ton

luó bo |

萝卜: radish

tān guān

贪官: corrupt official

guān sī

官司: lawsuit

qiàn

堑: chasm, setback

wán qiáng

顽强: tenacious, determined

tǎo jià huán jià
讨 价 还 价: haggle over price
dòu jiǎo
豆 角: string bean
chā yāo
叉 腰: stand with hands on hips
dà zhòng
大 众: the majority of people
tiáo liào
调 料: condiment, seasoning
dòu bàn jiàng
豆 瓣 酱: spicy bean sauce
lāo
捞: fish out
fān chǎo
翻 炒: stir-fry
fā jiào
发 酵: ferment
zuǒ zōng jī
左 宗 鸡: General Tso's chicken
jiān bing
煎 饼: Chinese pancake
dòu fu nǎo
豆 腐 脑: jellied tofu

chán zhe
缠 着: pester
tān zhǔ
摊 主: vendor
hǒu
吼: shout
má diǎn
麻 点: acne scars
diàn fěn
淀 粉: starch
fèi shuǐ
沸 水: boiling water
jìn pào
浸 泡: soak
bàn yún
拌 匀: mix evenly
mò lì huā
茉 莉 花: jasmine
lāo miàn
捞 面: lo mein
dòu fu gān
豆 腐 干: dried tofu
bāi
掰: break off

luò shān jī

洛 杉 矶: Los Angeles

gāo dàng

高 档: superior quality

shè yǐng

摄 影: photography

fū qī fèi piān

夫妻肺 片: sliced beef offal in chili sauce

fěn zhēng ròu

粉 蒸 肉: pork steamed with ground rice

téng chū shǒu lái

腾 出 手 来: free one's hands

tán huā

昙 花: orchid cactus

dà pái dàng

大 排 档: open-air restaurant

yú xiāng qié zi

鱼 香 茄 子: eggplant with garlic sauce

táng cù pái gǔ

糖 醋 排 骨: sweet and sour pork ribs

sù cài

素 菜: vegetable dish

zhāo pái cài

招 牌 菜: chef's special

豆腐制作

https://www.holisticedu.us/text_book/book_seven_TM.php?url_cat=text_book&win_i=777_1

小王大学毕业以后找不到工作，就想自己开公司。做什么生意呢？她拿不定主意，只好问她妈妈。妈妈说：“做生意有风险，你从来没有做过生意，为了不亏本，我建议你做豆腐生意。为什么呢？因为做硬了是豆腐干，做稀了是豆腐脑，做薄了是豆腐皮，做失败了仍然是豆浆，放臭了是臭豆腐，都能卖得出去。”

45. Which statement is true?

- (A) Tofu is made from soybean milk.
- (B) If you fail, you will get bean curd.
- (C) Xiaowang runs a tofu company.
- (D) Xiaowang thinks that running a tofu business has no risk.

46. What is true about Xiaowang?

- (A) Her mother is good at business.
- (B) She was laid off.
- (C) She received a college degree.
- (D) Her mother is good at making tofu.

2027整全教育AP中文听力练习(1) 改错

Q 2 and 5

忌口： **dietary restrictions**

各位来宾：你们好！

欢迎你们来参加第一届国际营养学会。根据大家提交的忌口食物表，我们做了如下安排。1号和2号餐桌供应素餐；3号和4号餐桌的菜不含鸡蛋、牛奶和海鲜；5号和6号餐桌没有猪肉、牛肉，只有鸡肉。如果你没有以上的忌口，可以到其它任何一桌用餐。谢谢您的合作！

2. A Muslim should sit at
- (A) any table.
 - (B) table 5 or 6.
 - (C) table 1 or 2.
 - (D) B and C

2. A guest who avoids eggs, milk, and seafood should choose
- (A) tables 1 and 2.
 - (B) tables 5 and 6.
 - (C) any table.
 - (D) tables 3 and 4.

Selection 3

便利店: convenience store

亲爱的顾客朋友：大家好！

欢迎光临贵和超市，为了给大家提供优惠的价格、最佳的服务和舒适的购物环境，

请您理解并与我们合作。请不要在商场内吸烟、随地吐痰，不要随意拆开商品包装。看过的商品如果不想买的话，请您放回原处。水果和熟食品，未购买之前，不要食用。如果您对我们的商品和服务有任何意见或建议，请拨打投诉电话：101911。谢谢！

5. The announcement was made at a

(A) convenience store.

(B) grocery store.

(C) flea market.

(D) beverage store.

听力练习第二部分

昙花课文

03_2027整全教育AP中文听力练习(2)

第七周家庭作业

Choose ONE Chinese food that is associated with a particular holiday (moon cake, zongzi, etc.). In your presentation, describe this food that is associated with a particular holiday and explain its significance

时间、起源、意义等，说2-3分钟