**8年级（上）英语第48课时（第12周）**

**《入乡随俗—帮助外国人了解中国习俗》学程拓展**

**请阅读文章，了解更多的中国餐桌礼仪。**

In China, there are rules and customs when dining in a restaurant or in someone’s home. Learning the **appropriate** way to act and what to say will not only help you feel like a native, but will also make those around you more comfortable. It’s a good idea to understand and follow all of the rules.

1. The food is served by way of large **communal** dishes, and in nearly every case, you will be **supplied** with communal chopsticks for getting food from the main dishes to your own. You should use the communal chopsticks if they are supplied. If they are not or you are unsure, wait for someone to serve food to their own plate, and then copy what they do. Sometimes a Chinese host may place food into your bowl or on your plate. This is **normal**.

2. It is rude not to eat what you are given. If you are offered something you can’t stomach, finish everything else, you can leave the rest on your plate. Leaving a little food generally **indicates** that you are full.

3. Don’t **stab** your chopsticks into your bowl of rice. Placing two chopsticks down in a bowl of rice is what happens at a funeral.

4. Do not play with your chopsticks, point at others with them, or [drum](http://dict.hjenglish.com/w/drum" \t "_blank) them on the table - this is rude. Do not [tap](http://dict.hjenglish.com/w/tap" \t "_blank) them on the side of your dish, either, as this is used in restaurants to indicate that the food is taking too long, and it will **offend** your host.

5. When setting down your chopsticks, place them **horizontally** on top of your plate, or place the ends on **a chopstick rest**. Do not set them on the table.

6. Hold the chopsticks in your right hand between the thumb and index finger, and when eating rice, place the small bowl in your left hand, holding it off the table.

7. Do not stab anything with your chopsticks, unless you are cutting vegetables or similar. If you are with your close friends, then stabbing smaller so as to grab items is okay, but never do this at a formal dinner or around those who **adhere strictly to** tradition.

8. When [tapping](http://dict.hjenglish.com/w/tap" \t "_blank) glasses for a cheer, be sure that the edge of your drink is below that of **a** **senior member**, as you are not their equal. This will show respect.

9. When eating something with bones, it is normal to **spit** them **out** onto the table to the right of your plate.

10. When you’re at a dinner, it’s best to mute your phone. If necessary, just send a text message.

**Word Bank:**

1. appropriate 适当的 2. communal 全体共用的 3. supply 供给

4. normal正常的 5. indicate 指示，表示 6. stab 戳（某物）

1. offend 冒犯 8. horizontally水平的 9.a chopstick rest 筷子架

10. adhere strictly to 严格遵守 11. a senior member 年长者 12. spit... out 吐出来