

中国茶品尝课

CHINESE TEA TASTING CLASS



- China is the birthplace of tea.
- According to legend, tea was discovered by Emperor Shen Nong (神农) around 2737 BCE, when tea leaves accidentally fell into his pot of boiling water.
- In Chinese culture, tea represents calmness, respect, peace, and friendship.
- Serving tea is a gesture of politeness and gratitude.
- Offering tea is also a traditional part of Chinese weddings, symbolizing family unity and respect.
- Tea is rich in antioxidants and can help with digestion, relaxation, and focus.
- In southern China, people often greet guests with “请喝茶” (qǐng hē chá – Please have some tea).



六种茶叶

SIX TYPES OF TEA LEAVES



1. Green Tea (绿茶 - Lǜchá)

Uncooked & Fresh

Light, grassy flavor.

Example: Longjing (龙井茶)

2. White Tea (白茶 - Báichá)

Delicate & Sweet

The least processed; very subtle.

Example: Silver Needle

3. Yellow Tea (黄茶 - Huángchá)

Mellow & Rare

A smooth, slightly fruity version of green tea.

Example: Junshan Silver Needle

4. Oolong Tea (乌龙茶 - Wūlóngchá)

The Perfect Balance

Partially oxidized; between green and black tea.

Example: Tieguanyin

5. Black Tea (红茶 - Hóngchá)

"Red Tea" in Chinese for its color.

Strong & Bold

Example: Keemun

6. Pu-erh Tea (普洱茶 - Pǔ'ěrchá)

Aged & Earthy

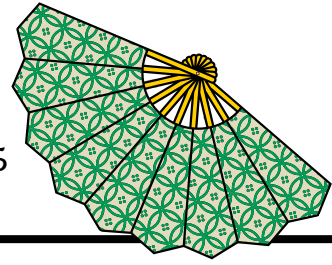
Fermented and often pressed into cakes.

From: Yunnan Province



单词 和 句子

VOCAB & SENTENCES



茶叶 chá yè tea leaves

茶壶 chá hú teapot

茶杯 chá bēi teacup

热水 rè shuǐ hot water

泡茶 pào chá to brew tea

倒茶 dào chá to pour tea

品茶 pǐn chá to taste tea

喝茶 hē chá to drink tea

茶道 chá dào tea ceremony

闻一闻 wén yī wén take a sniff

尝一尝 cháng yī cháng taste it

试一试 shì yī shì try it

小心 xiǎo xīn be careful

小心一点哦!

很烫 hěn tàng very hot

很好喝 hěn hǎo hē very tasty
(for drinks)

我有一个问题。

你想喝什么？

我来给你倒茶。

谢谢(你的茶)。

不客气。

这是什么茶？

我觉得 这个茶 很好喝。

我最喜欢这个茶。

我不太喜欢这个。



茶道精神

The Spirit of Chinese Tea (茶道精神 chá dào jīng shén) is about much more than drinking tea — it reflects a way of life.

Through making and sharing tea, people learn harmony (和 hé), tranquility (静 jìng), respect (敬 jìng), sincerity (真 zhēn), and purity (洁 jié). Tea reminds us to slow down, stay calm, and connect with others in peace.

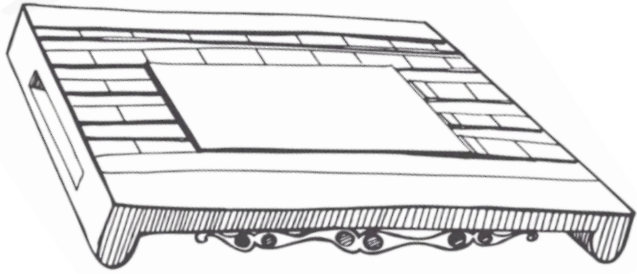
Every step — from 泡茶 (pào chá, brewing tea) to 品茶 (pǐn chá, tasting tea) — teaches balance, mindfulness, and appreciation.



画一画：茶具

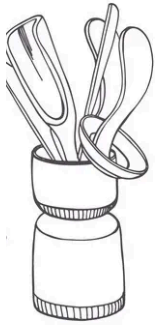
DRAW: TEA SET

茶盘



茶壶

茶道六君子



茶杯

盖碗

茶宠

ALL ABOUT 茶杯

- China is the birthplace of porcelain (瓷器 cí qì) – known in the West as “china.”
- The first true porcelain appeared during the Tang Dynasty, perfected during the Song (960-1279) and Ming (1368-1644) dynasties.
- Porcelain cups were valued for being light, thin, strong, and able to hold heat well – perfect for tea.
- A traditional teacup, called a 茶杯 (chá bēi), is small and often without handles, allowing tea drinkers to feel the temperature and connect with the tea.
- In a gongfu tea ceremony (功夫茶), each person drinks from a small cup – just a few sips – to fully appreciate the aroma and flavor.
- Blue and white porcelain (青花瓷 qīng huā cí) became world-famous during the Ming Dynasty and remains a symbol of Chinese art today.
- When Chinese porcelain reached Europe in the 16th-17th centuries through trade, it was considered more valuable than gold.
- European pottery later tried to imitate Chinese porcelain – the reason fine dishes are still called “china” today!

Common symbols on Chinese tea cups:

- 莲花 (lián huā / lotus) – purity and peace
- 龙 (lóng / dragon) – power and good fortune
- 梅花 (méi huā / plum blossom) – endurance and strength

25 种茶器经典杯型

经典主人杯都在此，赶紧收藏！



现代窑口龙纹作品



王 状 元 陶 瓷 研 究 所

我的茶—涂色

COLOR MY TEA

Color the tea leaves and the tea water based on what you see. Label the Chinese name for the tea under each cup.



Order the steps:

Number the steps from 1 to 5 to show the correct way to make tea.

___ 倒水。(Dào shuǐ.)

___ 放茶叶。(Fàng chá yè.)

___ 喝茶吧! (Hē chá ba!)

___ 水开了。(Shuǐ kāi le.)

___ 等一分钟。(Děng yī fēnzhōng.)

Practice the conversation with a partner.

Student A: 你好! 你喜欢喝茶吗?

Student B: 我喜欢喝 ____ 茶。

Student A: 我们一起泡茶吧!

Student B: 好! 水开了。

(一分钟后) 茶泡好了!

Student A: 请喝茶! 小心, 有一点儿烫。

Student B: 好的, 我会小心, 谢谢! 很好喝!

Student A: 不客气!

泡茶 和 喝茶

MAKE AND DRINK TEA

- Younger people often serve tea to elders or guests first.
- When serving, hold the cup or teapot with both hands to show politeness
- When receiving tea, take the cup with both hands and say 谢谢.
- When someone refills your cup, you can tap two fingers lightly on the table.
- A small sip shows appreciation. Admire the color and smell (闻一闻) before drinking.
- The atmosphere should be calm and pleasant, without loud talking or rushing.
- Pay attention to the color (色 sè), aroma (香 xiāng), and taste (味 wèi).



Simple Steps to 泡茶 (pào chá)

1. Heat water. Different teas need different water temperatures.

中文:水开了。(Shuǐ kāi le.) - The water is boiling.

中文:绿茶不要太热。(Lǜchá bú yào tài rè.) - Green tea shouldn't be too hot.

中文:

2. Put tea leaves in a cup or teapot.

中文:放茶叶。(Fàng chá yè.) - Put in the tea leaves.

中文:看! 这是绿茶。(Kàn! Zhè shì lǜchá.) - Look! This is green tea.

中文:

3. Pour hot water over the leaves.

中文:倒水。(Dào shuǐ.) - Pour the water.

中文: 请小心! (Qǐng xiǎoxīn!) - Please be careful!

中文:

4. Wait! Let the leaves steep and open up.

中文:等一分钟。(Děng yī fēnzhōng.) - Wait one minute.

中文:茶叶开了。(Cháyè kāi le.) - The tea leaves are opening up.

中文:

5. Drink!

中文:请喝茶吧! (Qǐng hē chá ba!) - Please drink tea!

中文:很好喝! (Hěn hǎohē!) - It's very tasty!

中文:小心, 有一点儿热。(Xiǎoxīn, yǒu yìdiǎn rè.) - Be careful, it's a little hot.

中文:

