



A Balance of Opposites – Chinese Cuisine

"To the people, food is heaven."

This popular saying in China shows how important food is in Chinese culture. Chinese cuisine is (1)_____ because it is full of different flavors, colors, and textures. What makes it special is the balance between sweet, salty, sour, and spicy tastes. This balance reflects the idea of *yin* and *yang*, where opposites like hot and cold or soft and crunchy come together to create harmony.

Chinese dishes are often (2)_____ with rice or noodles. Vegetables, tofu, and a variety of meats like chicken, pork, and (3)_____ are also commonly used. Ginger, garlic and onions are fried together to make the dishes even more delicious, while soy sauce, fish sauce and rice vinegar create a unique blend of flavors.

Common cooking methods include stir-frying, steaming, and deep-frying. Stir-frying is (4)_____ because it is quick and keeps the food fresh. Steaming is often used for healthier dishes, while deep-frying gives food a crunchy texture.

Some famous Chinese main dishes are sweet and sour pork, *Kung Pao* chicken (a spicy stir-fry with peanuts), and fried rice. *Bao* dumplings are very popular: these are soft, steamed buns filled with meat or vegetables. *Mapo tofu*, a dish made with tofu and a flavorful sauce, is also well-known. For dessert, people often enjoy mooncakes, which are (5)_____ during festivals. A popular hot drink in China is (6)_____ tea, which is famous for its health benefits. When it comes to alcohol, Chinese people often drink *mijiu*, a (7)_____ made from rice.

In conclusion, Chinese cuisine is (8)_____ for its rich flavors, healthy ingredients, and variety of cooking methods. It is one of the most popular (9)_____ in the world and continues to (10)_____ people with its delicious dishes.



Word Bank

cuisines, popular, beef, special, green, eaten, paired, famous, wine, impress