



## 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