



Research on the Integration of TCM Health Proverbs into the Teaching Strategy of Chinese as a Foreign Language

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Abstract. TCM health proverbs are an important part of the treasure house of Chinese medicine, and TCM health proverbs, as the language carrying TCM culture, embody the unique cultural characteristics of the nation. There is currently a lot of research on TCM health culture, but most of them are based on a single subject area. On this basis, this research will analyze the strategy of integrating TCM health proverbs into the teaching of Chinese as a foreign language, and provide teaching ideas for the majority of teachers of Chinese as a foreign language.

Keywords: Teaching Chinese as a Foreign Language; TCM health proverbs; Teaching strategies

1 Introduction

In the context of the "Belt and Road" strategy, many countries and regions have issued decrees to incorporate Chinese into the national education system. In recent years, more and more students are learning Chinese, and the cause of Chinese as a foreign language in China has shown a vigorous development trend. President Xi Jinping emphasized the importance of the era of Chinese medicine culture inheritance and innovation, emphasizing that the teaching of Chinese as a foreign language should undertake the heavy responsibility of publicizing Chinese medicine culture, and insist on combining "bringing medicine with literature" and "bringing literature with medicine" to jointly promote the development of Chinese medicine culture and teaching Chinese as a foreign language.

2 The characteristics of the proverb of TCM health care

Traditional Chinese medicine health care was first found in the "Zhuangzi Inner Chapter". "Birth" has the meaning of life, survival, and growth. "Nurture" has the meaning

of maintenance, nourishment, and nourishment." "Health" not only reflects the way to maintain the body and extend the life of the Chinese, but also reflects the cultural concept of Chinese health.

2.1 Emphasize the balance of form and God, with God as the mainstay

TCM health care pays attention to both form and spirit. While exercising, we must also pay attention to the cultivation of "essence, qi and spirit". For example, "anger hurts the liver, joy hurts, sorrow hurts the lungs, panic hurts the kidneys, and thoughts hurt the spleen." "Idyllic nothingness, true qi from it, spiritual guarding, illness and peace from never." "Endure anger with full yin qi, and suppress joy to nourish yang qi." "If the heart is big, everything is connected, and if the heart is small, everything is sick." Emphasizing the harmony of will and the spirit of keeping it in, both are indispensable.

2.2 Emphasize the importance of conforming to nature and paying attention to the unity of nature and man

The Chinese concept of health care and China's simple philosophy have something in common, and the pursuit of the unity of nature and man is pursued. It is necessary to conform to the harmonious unity of the internal mechanism of the human body, and then achieve harmony with nature and society. For example, "spring and summer to raise yang, autumn and winter to raise yin", "eat three dates a day, do not look old for life." Both emphasize that human activities should conform to the seasonal changes of nature to achieve harmony between man and nature."

2.3 Emphasize the whole and pay attention to the harmony of yin and yang

TCM Health Care emphasizes that man is an integral part of the natural world, composed of two major substances, yin and yang. Yin and yang are both opposites and unified, always in the midst of movement and change^[1]. In the "Su Qing, Yin and Yang Should Be Like the Great Treatise", it is mentioned: "The yin and yang, the way of heaven and earth, the outline of all things....." The cure must be based on this". Proverbs such as "Yin and Yang Balance is Health" and "Yin Ping Yang Secret Spirit is Rule" are unique cultural concepts in Chinese culture, containing rich cultural connotations, all telling us to grasp the "degree" and achieve the balance of yin and yang in the human body.

3 The necessity of TCM health proverbs to be used in vocabulary teaching

3.1 It is conducive to helping to improve students' ability to remember and use vocabulary

The proverb pays attention to the beauty of sound and rhythm. It's catchy to read and easy to remember. Through proverbs to memorize these morphological changes, students can intuitively feel the charm of proverbs, adjectives and nouns are combined to remember, verbs can also be combined with the tense and personal names of proverbs to conjure, and various irregular forms of change no longer appear in isolation, achieving the effect of doubling the results with half the effort. Proverbs help students master the collocation and use of vocabulary. Sentences do not simply string together several words, and the connection between words is achieved through certain logical relationships or collocation rules.

3.2 Helps students develop a sense of intercultural communication

Language is the carrier of culture and an important means of cultural dissemination and inheritance. The vocabulary contains the understanding and attitude of the people towards things. Language learners must not only master the combination of sound, form and meaning of vocabulary, but also master the accompanying meaning of vocabulary, understand the culture of different countries, use the right words in the right context, and avoid cultural barriers and conflicts in communication.

4 The selection criteria of TCM health proverbs

4.1 Meet the practical standards of the content of teaching materials

The selection of TCM health proverbs is, in the final analysis, the compilation of textbook content. Similarly, the selection of TCM health proverbs should also conform to the most important practical principles in the preparation of teaching materials, and "practicality" includes the practicality of teaching content and the practicality of teaching methods [2]. The teaching content meets the students' communication needs, which can stimulate their enthusiasm for learning. When choosing TCM health proverbs to teach, teachers of Chinese as a foreign language should give full play to the principle of practicality, be close to the use of daily life, and create authentic contextual teaching. This not only meets the requirements of the learner's goals, but also helps students to effectively use the learning of proverbs to achieve the purpose of improving the level of communication.

4.2 Select appropriate TCM health proverbs according to the classification of Chinese proverbs ontology

TCM health proverbs are based on traditional classification according to meaning, which is the perspective of ontology, so when choosing proverbs, it is necessary to consider the level stage of students, and also to study according to the characteristics of students in different countries and regions^[3]. Considering the difficulty of student acceptance, within the scope of student level is more acceptable, choose Chinese medicine vocabulary that is easy to visually display and easy to understand as the key content of teaching.

5 Teaching Strategies of TCM Health Proverbs and Vocabulary

5.1 Teachers need to be very familiar with the syllabus

Teachers should clearly know the extent to which the syllabus requires each vocabulary, and the difficulty of choosing proverbs should not exceed the requirements of the syllabus, so as not to cause additional burdens on students. Since a phrase or sentence once it becomes a proverb, the interpretation of its meaning does not only exist in the superficial meaning, but may be given a new meaning in the sentence. If a student's understanding of a proverb stays only on the literal meaning, it may not only feel obscure, but also misunderstood^[4]. Therefore, in vocabulary teaching, teachers should guide students to learn TCM health proverbs step by step, from the surface to the inside. It is necessary not only to understand the original meaning of the words but also to improve students' understanding of the nature of cultural content.

5.2 Teachers should reasonably arrange teaching time in the process of vocabulary teaching

Proverbs are only auxiliary tools for vocabulary teaching, in order to let students better grasp the vocabulary, do not dominate, deviate from the purpose of vocabulary teaching. Proverbs are a great helper for teaching vocabulary. Interspersing proverbs in vocabulary teaching can help teachers and students interact and improve the quality of teaching^[5]. At the same time, it also enables students to acquire knowledge, improve learning efficiency, stimulate students' interest in learning, and enhance their enthusiasm and initiative in learning.

Use the aggregation and combination relationship of words to learn words in the system.

The vocabulary system is a subsystem of language, and there is a close relationship between words. In terms of aggregation relationship, the synonymous relationship, antonymous relationship, upper and lower relationship, homophonic relationship, etc. of

the word can be used to help grasp the meaning of the word; In the combination relationship, you can grasp the combination law of word meaning through word meaning collocation and syntactic collocation.

5.3 Use Chinese lexical construction methods and attach importance to the teaching of morphemes

Lexical construction includes (subject, verb, bias, juxtaposition, narrative object, narrative complement) to make full use of the knowledge of Chinese lexical composition and explain the meaning of words through semantic meaning, and at the same time expand the vocabulary.

5.4 Pay attention to contextual teaching

The teaching of words should be combined with sentence learning to master vocabulary in a certain context. The key vocabulary or more difficult to understand vocabulary of the explanation is placed in the familiar things of the students to set the situation, students are more likely to understand and accept, the knowledge of the explanation should also be hierarchical, do not "full of classroom" style will be abstract, boring meaning and usage to the students, give full play to the role of classroom teaching, fully create context in the classroom, let students actively participate in sentence practice, and conduct communication training^[6].

6 Conclusion

In the process of teaching Chinese vocabulary as a foreign language for international students in TCM schools, teachers should explore the timing of the integration of TCM health proverbs according to the characteristics of TCM health proverbs, and select the principles of deep cultural connotation and practicality of health care proverbs. Teaching strategies such as the difficulty and appropriateness of TCM health proverb vocabulary teaching strategies, multi-faceted contact with Chinese language knowledge and language application environment.

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