

【ChinaBlick 播客】第 011 期：

什么是白开水



学习指南与核心词汇解析



1. 本期简介 (Episode Overview)

本期播客探讨了中国人喝“白开水”的习惯及其背后的健康文化。不仅解释了“白”和“开水”的字面意义，还通过中医中“温能通，通则不痛”的理念，带大家了解了“多喝热水”这种独特的养生观念。

This episode explores the Chinese habit of drinking "plain boiled water" and the health culture behind it. It not only explains the literal meaning of "plain" and "boiled water," but also introduces the health concept of "drinking more hot water" through the traditional Chinese medicine philosophy of "warmth promotes flow, and flow prevents pain."

2. 核心词汇与文化概念 (Core Vocabulary & Concepts)

1) 白开水 (bái kāi shuǐ)

煮沸后的纯水。“开”指煮开（100度），“白”指里面什么都不加（没有茶或咖啡）。

Plain boiled water. "Kai" means boiled (100 degrees Celsius), and "Bai" means plain or adding nothing (no tea or coffee).

2) 凉白开 (liáng bái kāi)

水煮开之后，放在室温下自然放凉的水。很多中国人夏天也会选择喝凉白开，而不是冰水。

Room-temperature boiled water. Boiled water that has been allowed to cool down naturally. Many Chinese people prefer this over ice water even in summer.

3) 养生 (yǎng shēng)

保持身体健康的方法。中国人喝热水、用保温杯、吃枸杞等习惯，都是为了保护肠胃和身体健康。

Wellness / Health preservation. The Chinese habits of drinking hot water, using a thermos, and eating goji berries are all practices to protect the stomach and maintain good health.

4) 温能通，通则不痛 (wēn néng tōng, tōng zé bù tòng)

中医里的经典养生理念。意思是：身体暖和了，血液运行就会通畅；通畅了，身体就不会觉得疼痛。

Warmth promotes circulation, and circulation relieves pain. A classic concept in Traditional Chinese Medicine (TCM) explaining why keeping the body warm (like drinking hot water) is beneficial and prevents pain.

5) 多喝热水 (duō hē rè shuǐ)

中国人关心别人时最常说的一句话。无论是感冒还是肚子疼，大家都习惯建议对方多喝热水。

Drink more hot water. The most common phrase Chinese people use to show care. Whether someone has a cold or a stomachache, people habitually suggest drinking more hot water.



3. 思考与讨论 (Discussion Questions)

1) 在你的国家，去餐厅吃饭时服务员一般会给你什么水？（冰水、常温水还是热水？）

(In your country, what kind of water do waiters usually serve when you dine at a restaurant? Ice water, room-temperature water, or hot water?)

2) 你有自己的“养生”习惯吗？听完这期播客，你觉得“多喝热水”这个建议有道理吗？

(Do you have your own "wellness" habits? After listening to this podcast, do you think the advice to "drink more hot water" makes sense?)