

《中小学生将学习做饭、种菜引热议，今天你的孩子劳动了吗？》

这些年，经济条件好了，生活条件提升了，孩子们餐餐都是大鱼大肉。加上现代家长的过分宠爱，孩子们肚子大了，手却“养废了”！

现在的孩子动手能力真的差，上幼儿园不会自己穿衣服，一年级了不会系鞋带，吃饭还要家长喂！洗下碗发个朋友圈还能得无数点赞。哪像我们那个时候，小小年纪每天帮家里做饭，还要下地插秧！

不过，最近教育部门出台了新政策，下学期开始，中小学生要学习做饭、种菜啦。



China ' s Ministry of Education has issued the Life Skills Curriculum Standards for Compulsory Education (2022 edition), which will be implemented in the fall semester of 2022. The classes will officially become part of the curriculum in primary and secondary schools from September, according to a report from the Xinhua News Agency on Thursday.

新华社5月5日报道，教育部近日发布《义务教育劳动课程标准（2022年版）》（下称《标准》），于2022年秋季学期开始执行。今年九月起，劳动课将正式成为中小学的一门独立课程。

The learning objectives include “ organization and storage, household cleaning and cooking. ” They have been formulated according to different school stages, according to the curriculum standards.

根据《标准》，劳动课的学习目标根据不同学段制定，包括整理与收纳、清洁与卫生、烹饪与营养等。

Primary school students will be required to understand and master the basics of home cooking, from preparing vegetables to finally being able to complete the whole process of home cooking independently.



《标准》要求小学生能够理解和掌握基本的家庭饮食烹饪技法，学会从择菜、洗菜开始到独立完成家庭餐的烹饪。

解放家长的双手，让孩子们学着去做一些力所能及的事情，是对家长自己的解放，也是对孩子独立能力的培养。

将劳动课程重新加入到中小学生课程中，是非常明智的事情，那么，各年级的中小学生们要学会做些什么劳动呢？

Primary school students in first and second grades need to do basic cleaning, wash vegetables and peel fruit, and learn to raise one or two kinds of plants or small animals.

小学一二年级学生要学习基本的清洗。洗菜、削水果并学习养一两种植物或者小动物。

Third and fourth graders should clean their classrooms, wash their underwear, socks and shoes, know how to make cold dishes and use home appliances.

三四年级学生应当打扫教室并洗自己的内衣裤、袜子和鞋子，还要学习做凉菜和使用家电。

Fifth and sixth graders should master the skills of cooking two or three common dishes, such as fried eggs, or scrambled eggs with tomato.

五六年级学生应当掌握两三道家常菜的做法，如煎鸡蛋或者西红柿炒蛋。

For middle school students, they are encouraged to cook three or four dishes independently, learn how to make one or two kinds of traditional handicrafts, and experience one or two types of industrial labor, new technologies, modern service or volunteer work.

鼓励中学生独立做三四道菜，学会做一两样传统手工，并体验一两种工业劳动、新技术或者志愿者服务。

The curriculum has been widely discussed on social media and became the top trending topic on Sina Weibo.



《标准》一经推出，就在社交媒体上引起了热议。中小學生將學做飯、種菜的話題也上了熱搜。

很多家长表示，就应该让孩子们多动手，通过这种家校联合的方式来让孩子们加入劳动中，必然会收获不少！

《标准》在社交媒体上被广泛讨论，并在新浪微博上成为了热搜话题。

Netizens welcomed the inclusion of such courses and said it is necessary to teach young students basic skills. Some have regretted not learning such skills during their school days.

市民们欢迎这类话题的加入，并表示，很有必要教学生一些基本技能。有的学生很后悔在学校的时候没有学会这样的技能。

对于秋季学期，中小学生将开始学习做菜、种菜、养家禽这些活，大家有什么看法呢？

重点词汇

middle school 中学；(英国为9到13岁儿童所设的)中间学校；
(美国为11到14岁儿童所设的)中学，初中

encouraged 支持；鼓励；激励；鼓动；劝告；怂恿；促进；助长；刺激；
encourage的过去分词和过去式

dishes 碟；盘；餐具；一道菜；菜肴；盛于碟盘中；分发，提供；
使某人的希望破灭，破坏某人的机会，使某人不能成功；dish的第三人称单数和复数

how to 如何；怎样；怎么样；怎么做；如何做

make one 制作一个；争做第一；横线

kinds of 各种各样的；不同种类；是很多种

handicrafts 手工艺；手工艺品；handicraft的复数

one or two 一两个；几个

types of 类型；的型态；债券的种类

volunteer work 志愿者工作