

# The Connotation and Training Methods of Tea Culture in Education and Teaching

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**Abstract :** My country has a history of 5,000 years. It is precisely because of such a long history that my country's national culture has produced countless branches, not only Chinese character culture, totem culture, national costume culture and other common national cultures, but also with tea culture, it can be said that it is these different cultural thoughts that together constitute the cultural nation of the Chinese nation. In this regard, the main national culture studied in this paper is tea culture. By analyzing the connotation of tea culture, thinking about the significance of tea culture education, and putting forward the cultivation methods of tea culture education, we can guide students to pay attention to tea culture and have a better understanding of tea culture. Culture has the correct perception.

**Keywords :** Tea Culture; Cultural Education; Training Method; Cultural Connotation

Choosing to introduce content related to tea culture in modern education can not only allow more students to correctly understand tea culture, pay attention to tea culture, but also allow students to cultivate themselves and exercise themselves under the influence of tea culture. Improve your own shortcomings and shortcomings in the process of growing up. It can be said that the integration of tea culture into modern education has very positive practical significance, and has a significant positive impact on enriching students' horizons and improving students' interest in learning. So if we want to reflect the influence value of tea culture, we need to conduct research based on tea culture to explore how to integrate tea culture into modern education and think about the cultivation method of tea culture.

## 1. Analysis of the connotation of tea culture

As an important part of Chinese traditional culture, tea culture is not only one of the carriers of national culture, but also the essence of Confucianism and Taoism. Therefore, tea has a very rich cultural connotation. First of all, the first connotation is that tea culture is essentially an organic combination of the product of "tea" and the culture of tea, so in different times and in different social stages, it has different meanings, reflecting the spirit of the time. The combination of civilization and material civilization. The second connotation is that tea culture represents the combination between tea art and spirit, and tea culture is to show the spirit of tea people in the form of tea art. The tea art was most prosperous in the Tang Dynasty in my country. In the later Song and Ming dynasties, the tea art developed to its peak. However, the Qing Dynasty made the tea art gradually decline, and now it is possible to understand the tea culture, carry out the inheritance of the tea culture, and learn about the tea art. relatively few people. The third connotation is that tea culture has unique rules of tea culture. For example, Chinese tea ceremony pays attention to the beauty of five realms, namely tea leaves, tea water, heat, tea set and environment. For another example, tea tasting is divided into three-point tea and three-point tea. Among them, three-point refers to a new tea, clean ware and Ganquan. Second, the weather is good, the environment is good, and the third-order tea is good; three-point refers to the One tea must not be new, the spring must not be unwilling, the utensils must not be unclean, the second weather must be bad, the scenery must be beautiful, and the third tea person must be elegant.

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## **2. The significance of tea culture education**

### **2.1 Enhance the sense of national cultural identity**

Tea culture is also an important part of the Chinese national culture. Therefore, integrating tea culture into classroom teaching can enrich the content of classroom teaching, so that students can learn about national culture through tea culture and broaden their horizons. Enrich one's own knowledge; On the other hand, tea culture is a relatively new content for many students, so integrating tea culture into classroom teaching can improve students' enthusiasm in the classroom and make classroom teaching more efficient. Moreover, Chinese tea culture also promotes the spirit of tea people, so using tea to educate people can not only let students understand the noble spirit in the national culture, but also cultivate them to have such a noble spirit. Moreover, the reason why there are so many cultural branches in the Chinese nation is that many cultures are naturally generated in social activities. Therefore, only by touching these contents more, you can be subtly influenced by their connotations, and finally understand what culture is. In the same way, the same is true for tea culture. Only by allowing students to have more contact with tea culture and understand tea culture can they gradually deepen their experience and understanding of tea culture, and can improve students' sense of identity with tea culture, and even more and the sense of identity with our national culture.

### **2.2 Improve the comprehensive quality of students**

Schools educate students not only to impart knowledge to students, but more importantly to cultivate students into people with good morals and correct three views, so it is inevitable to integrate the content of moral education in the process of knowledge cultivation. Tea culture itself is one of the branches of my country's national culture, so the education of tea culture can enable students to understand a richer Chinese national culture, generate a sense of national pride, and cultivate students' patriotism. At the same time, tea culture not only includes tea and its connotations, but also tea ceremony and tea art. When conducting tea ceremony and tea art education, related activities can improve students' hands-on ability, interpersonal skills, teamwork ability, and innovation and creativity. And so on, these abilities are not only helpful for students when they are studying, but can also play a greater role after graduation. Therefore, through the education of tea culture, the purpose of improving students' comprehensive quality can be achieved, which is very important for cultivating talents, cultivating adults have obvious value and significance.

### **2.3 Helping students to cultivate themselves**

Most of the post-00s students started to contact the Internet when they were very young, and the information on the Internet is mixed, maybe there is some bad information, which may erode the students' thinking. Then, in order to ensure that students can still have correct personal views and good morals in the noisy and diverse Internet world, it is necessary to guide students' thoughts through moral education. Tea culture itself has a nurturing effect, and integrating the content of tea culture into teaching can enlighten students' minds, improve students' aesthetics, and strengthen students' moral cultivation. Therefore, for modern education, the educational content of tea culture, which has its own moral connotation, is very worth integrating into daily education, so as to teach students to have a correct attitude to life, a healthy personal mentality, and a correct moral concept.

## **3. Analysis of the cultivation methods of tea culture**

### **3.1 Offer courses related to tea culture**

If you want to cultivate tea culture, the most direct and effective way is to open a course related to tea culture in the existing courses, and through this course, teach students to know tea, understand tea art, and learn tea-related courses. Etiquette, etc., so as to be influenced by tea culture. In addition, the teaching content related to tea culture can also be integrated into the existing courses. For example, in the Chinese class, when we talk about the traditional national culture of our country, we can expand to talk about different branches of the national culture, and then integrate the content of tea culture into it. For another example, in the history class, when talking about the Song and Ming dynasties, it can be mentioned that the development of tea culture was in the Song Dynasty and the Ming Dynasty reached its peak. Of course, in addition to liberal arts courses such as Chinese history and art courses such as music and art, tea culture can also be integrated into it. For example, in music class, you can enjoy tea songs and tea dances, and in art class, you can use tea leaves to create shapes.

Then, in order to ensure that tea culture-related courses can be set up, or when tea culture is integrated into other courses, the connotative value of tea culture can be reflected. First, teachers need to design teaching plans in a targeted manner to ensure that tea culture can be integrated with other teaching contents. Second, when teaching tea culture, teachers need to take into account the characteristics of students' learning, so that students can better receive tea culture education; Finally, when teaching tea culture, they should arrange the content of tea culture education reasonably to avoid excessive education at one time, which makes it difficult for students to understand, or too little education at one time, which makes students and students not impressed.

### 3.2 Organizing activities related to tea culture

In addition to setting up courses related to tea culture, or integrating tea culture into other courses, you can also organize classroom activities or campus activities related to tea culture. Taking campus activities as an example, the school can hire some excellent local tea masters to explain the connotation of tea culture to students through lectures, and can also make students interested in tea culture through live demonstrations of tea art. Interested in tea art. Taking classroom activities as an example, teachers can use the time of class meetings to set up a theme class meeting with the theme of tea culture. In this theme class meeting, teachers can lead everyone to taste tea together, learn about the story behind the tea, and go together. Thinking and exploring the connotation of tea and tea culture, etc.

### 4. Conclusion

In general, by researching and analyzing tea culture and discussing how to integrate tea culture into modern education cultivation methods, we can know that tea culture is one of the branches of national culture and has profound connotations. Therefore, tea culture education, It has positive practical significance for cultivating students, which can improve students' national cultural identity, personal comprehensive quality, and help students to cultivate themselves. So if you want to effectively cultivate tea culture, you can try to set up courses related to tea culture, or integrate tea culture into other courses, or you can set up campus activities, classroom activities, etc. related to tea culture.

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