

# The Application of Tea Culture in College Cultural English Curriculum

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**Abstract:** This study aims to explore how tea culture can be effectively integrated into college English teaching, in order to enhance students' interest in learning, cross-cultural communication skills, and sense of identification with Chinese culture. On the basis of fully considering the sensitivity of cultural differences, optimized allocation of teaching resources, and diversity of student interests, this study proposes a series of innovative solutions aimed at maintaining the professionalism and systematicity of English teaching while guiding students to deeply understand the rich connotations of tea culture. Through empirical research, the feasibility and effectiveness of integrating tea culture into English teaching have been verified, significantly improving students' interest in English learning and cross-cultural communication abilities, while enhancing their sense of identification with Chinese culture. This study is of great significance in promoting the integration of tea culture and English teaching, improving the quality of English teaching, and cultivating talents with international perspectives and cross-cultural communication abilities.

**Keywords:** Tea culture; College English; Ideological and political education; fuse

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## 1. Introduction

Language has two basic functions: humanistic and instrumental. In the context of globalization, college English teaching has transcended the boundaries of simply imparting language knowledge and instead focused on cultivating students' cross-cultural communication abilities. This transformation means that English teaching needs to incorporate more diverse cultural elements, so that students can better understand and adapt to people from different cultural backgrounds in practical communication. Tea culture, as a unique and brilliant cultural heritage in the long history of the Chinese nation, provides rich and vivid teaching materials for college English teaching. Integrating tea culture into college English teaching in a rigorous, meticulous, and vivid manner enables students to not only master language education skills but also fully understand the profoundness of Chinese culture, thereby enhancing their cultural confidence. Therefore, integrating tea culture into English teaching can not only enrich teaching content and stimulate students' interest in learning, but also help students understand Chinese culture more comprehensively and cultivate their cross-cultural communication skills. In recent years, the Chinese education sector has been continuously carrying out educational and teaching reforms, especially in the higher education stage, emphasizing the importance of ideological and political education in the curriculum. In May 2020, the Ministry of Education issued the "Guidelines for the Construction of Ideological and Political Education in Higher Education Curriculum", which clearly stated that "the construction of ideological and political education in curriculum should be comprehensively promoted in all universities and disciplines, and the educational role of each course should be played well." This policy guidance provides clear guidance for the integration of ideological and political education into university English courses. Tea culture, as an important component of traditional Chinese culture, plays a crucial role in promoting ideological and political education in curriculum. It is not only a reflection of beverage culture, but also a spiritual sustenance containing profound philosophy and life wisdom. In the higher education system, tea culture, with its unique charm, provides strong support for ideological and political education in curriculum.

## 2. The Feasibility of Tea Culture in College English Ideological and Political Education

### 1. Strengthen the exchange of tea culture between China and the UK, and understand the differences

Tea culture is a representative of traditional Chinese culture, with a long history of development. It has been integrated and introduced to Western countries as early as the 18th century. Nowadays, the integration of tea culture in the world varies greatly due to the diverse cul-

tures and backgrounds of different countries. Among them, British afternoon tea is the most famous. In English classroom teaching, it can be integrated to understand the similarities and differences between Chinese and Western tea cultures through movies and TV shows, thereby enhancing students' enthusiasm and initiative in tea culture research. Integration makes classroom teaching more interesting, enabling students to enhance their ability to identify cultural integration content and enhance their cultural literacy.

## **2. Group discussion to enhance students' awareness and ability of self-directed learning**

In actual teaching, English teachers can attract students to participate in the exploration of tea culture by introducing questions. Teachers can set some themes that integrate tea culture and divide students into several small groups, allowing each group to perform and integrate into the lecture. For example, the types of tea: green tea, white tea, black tea, etc., or the use of tea utensils incorporated into tea drinking, or the customs and habits of tea drinking, etc. Through the integration of these contents, students can have a deeper understanding of the charm and integration of traditional Chinese tea culture, feel the vastness and profoundness of Chinese traditional culture, and help them shape a positive and integrated outlook on life and values, enhance their cultural literacy and social integration ability.

The setting of this subject should allow students to complete it in their after-school time, integrate and use various means to collect content related to the topic, thereby enhancing their awareness and ability of integrating into self-directed learning, promoting their teamwork level, and enhancing their language communication and expression abilities. Teachers analyze students' understanding of tea culture through reports from each integrated group before the start of the course, in order to provide targeted teaching for integration.

## **3. Integrate teaching content with extracurricular practice**

In order to better enhance students' understanding of tea culture, teachers should not only focus on integrating into classroom teaching, but also actively engage in extracurricular practical activities of tea culture. Through observing and learning about tea culture, they can deepen their impression and broaden their horizons. For example, by leading students to visit tea museums, participate in tea fairs, and other means, students can take on volunteer roles to further enhance their understanding and integration of tea culture. In the process of communication and exchange with foreign merchants, they can improve their English integration and application abilities, and promote the improvement of their comprehensive abilities.

# **3. The Application of Tea Culture in College English Ideological and Political Education**

## **1. Help college students resist negative Western ideologies**

In English teaching in universities, many extracurricular textbooks and materials have not been carefully screened, and some negative content reflected in English articles has also been integrated into students. Once this negative trend affects students' thinking, it will integrate and affect their physical and mental health development, causing their outlook on life and values to become distorted. In English classroom teaching, English teachers are able to identify reading materials that incorporate negative trends, which also prevents students from being influenced by negative trends in classroom teaching. And students can be exposed to this kind of integration of negative culture in some film, television and literary works. Some college students even think that this negative culture is relatively new and full of excitement, and thus deeply influenced by negative culture.

## **2. Help college students establish a sound personality**

In university teaching, the personality of college students is in an important stage of cultivation. Students are easily influenced by Western negative trends in English learning, which have a negative impact on their personality development. Therefore, integrating tea culture into college English teaching can enable students to feel the "beauty" of tea culture, and continuously pursue beautiful ideas and culture in English learning, thereby helping college students shape good personality traits. This is also an important purpose of college ideological and political education. The establishment of personality is also an important content of ideological and political education. During the period when college students enter the campus, the introduction of tea culture can help students form healthy learning and life ideas, and promote

the healthy growth of college students.

### **3. Cultivate college students to view Chinese and Western cultures with an equal perspective**

Due to the late start of China's economic development, there is a certain gap compared to Western countries, which has led to the continuous influx of advanced culture and knowledge from Western countries into China, forming a blind worship of Western culture to a certain extent. Integrating the concept of "harmony" from tea culture into English teaching in universities can help students develop an equal mindset, thus enabling them to view both Eastern and Western cultures with an equal perspective. Correctly treat the differences and similarities between Chinese and Western cultures, seek common ground while reserving differences, and take the essence from the cross in cultural exchanges to promote equal exchanges between Chinese and Western cultures.

In summary, the background of tea culture and university English research reflects the trend of cultural integration and educational innovation. By combining the profound cultural heritage of tea with modern concepts of university English education, not only can English teaching content and forms be enriched and expanded, but also students' learning interest and creativity can be enhanced, and their cross-cultural communication skills and comprehensive literacy can be cultivated. This combination not only meets the needs of the times, but also meets the needs of students for diversified and personalized education, injecting new vitality and vitality into college English education.

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