

Postgraduate Assignment coversheet & feedback form

THIS SHEET MUST BE THE FIRST PAGE OF THE ASSIGNMENT YOU ARE SUBMITTING
(DO NOT SEND AS A SEPARATE FILE)

For completion by the student:		
Student Name: Xinyu Zhang		
Module code: SICH7021 Module title: Confucian Classics Studies	Student ID number: 2016173	Educational support needs: Yes / No
Module tutor: Assignment due date:		
If your module has multiple submissions please indicate which piece of work this is. 1 st ☒ 2 nd ☐ 3 rd ☐ 4 th ☐ 5 th ☐ 6 th ☐		
Word count:		
I confirm that this is my original work and that I have adhered to the University policy on plagiarism. Signed <i>Xinyu Zhang</i>		
Email submission: if you are submitting this form via email, please tick this box ☐ (as a substitute for your signature) to confirm that you agree to the above declaration.		

Assignment Mark	
1st Marker's Provisional mark	
2nd Marker's/Moderator's provisional mark	
Agreed Internal Mark:	
External Examiner's mark (if relevant)	
Final Mark	
NB. All marks are provisional until confirmed by the Final Examination Board.	

For completion by Marker 1:

Comments:

Marker's signature:

Date:

For completion by Marker 2/Moderator:

Comments:

Marker's Signature:

Date:

AGREED INTERNAL MARK (where necessary):

Comment on process on arriving at agreed mark:

External Examiner's comments (if relevant)

External Examiner's Signature:

Date:

AI Acknowledgement

☒ I have not used AI in my assignment

I confirm that I have not used any AI tools in the research and creation of this assignment. I confirm that I have not presented any AI generated materials as my own work. I confirm I have copies of my drafts, notes, and other resources I used, which I may be asked to provide in evidence.

☐ I have used AI in my assignment

I acknowledge the use of [AI Tool 1] [(AI Tool 1 url)] on [Date] to [Purpose my work: (e.g. support my research/proofread/edit photographic material etc.)]. I used the prompt(s):

1. [Prompt]
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(Delete or continue list as required)

I acknowledge the use of [AI Tool 2] [(AI Tool 2 url)] on [Date] to [Purpose my work (e.g. support my research/proofread/edit photographic material etc.)]. I used the prompt(s):

1. [Prompt]
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I confirm that I have not presented any AI generated text as my own work. I confirm I have copies of my drafts, notes, and other resources I used before, and after the use of AI tools which I may be asked to provide in evidence.

《論語》論食

授課老師：黃忠天教授

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日 期：二〇二六年一月二十日



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- 研究動機與目的



- 研究動機與目的

可食
與否

何時
可食

可食
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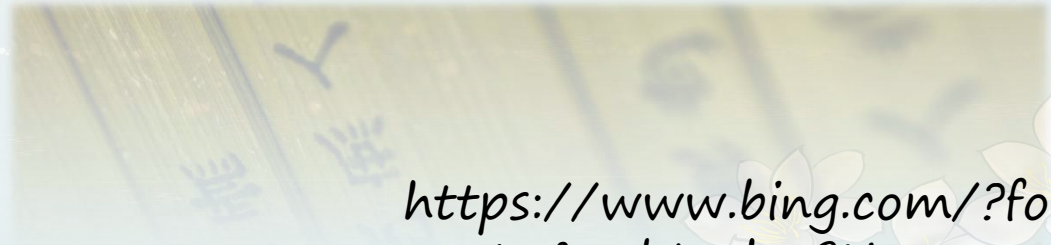
僅討論與「食」相關之某一方面

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有所忽略

• 本文研究方法



正文

一、飲食有節 科學養生

二、食必以禮 至誠恭敬

三、食無求飽 安貧樂道



貳、正文

The background features a light blue misty landscape with faint outlines of mountains and a body of water. In the upper left and lower right corners, there are branches with white flowers and yellow centers. The title text is centered in a dark blue, traditional Chinese font.

一、 飲食有節 科學養生

一、飲食有節 科學養生

- 食不厭精，膾不厭細。食饅而餲，魚餒而肉敗，不食。
色惡，不食。臭惡，不食。失飪，不食。不時，不食。
割不正，不食。不得其醬，不食。肉雖多，不使勝食氣。
惟酒無量，不及亂。沽酒市脯不食。不撤薑食。不多食。
祭於公，不宿肉。祭肉不出三日。出三日，不食之矣。

——〈鄉黨〉

一、飲食有節 科學養生

- 食不厭精，膾不厭細。

食精則能養人，膾麤則能害人。

不厭，言以是為善，非謂必欲如是也。

——朱熹

一、飲食有節 科學養生

- 失飪，不食。

失飪，失生熟之節。

——《論語注疏》

Marlene Geiger: Tender vs Less Tender Cuts of Meat (2025.10)

AnswerLine

Tender vs Less Tender Cuts of Meat

📅 October 21, 2025 👤 Marlene Geiger

Tenderness refers to how easily meat can be cut or chewed and is an important factor when it comes to meat quality. Tenderness is affected by two types of proteins—myofibrillar and collagen—and the part of the animal from which the cut comes. Genetics, age, diet, and postmortem handling of the animal also influence meat tenderness. Lastly, meat tenderness is influenced by heat and the cooking method used.

Proteins

Myofibrillar proteins are the major proteins in muscle tissue responsible for structure and function. They account for a significant proportion of the total protein in meat. These proteins play a crucial role in muscle contraction and contribute to the texture, water-holding capacity, and overall quality of meat products.



Connect with us!



Email: answer@iastate.edu

Phone: (Monday-Friday, 9 am-noon;
1-4 pm)

1-800-262-3804 (in Iowa)

1-800-854-1678 (in Minnesota)

Tags

4-H 50th Anniversary AnswerLine team

canning cleaning Crafts egg safety

fermentation Food Preservation food safety

food waste freezing

Gardening Goals Gravy grilling

一、飲食有節 科學養生

Marlene Geiger: Tender vs Less Tender Cuts of Meat (2025.10)

Cooking

For cuts that are high in collagen (less-tender cuts), cooking low and slow with moisture, such as stewing or braising, is the best method. Low-temperature cooking is anything at or below **325°F (163°C)**. At these temperatures, there is no Maillard browning, so the flavor of the meat is more pronounced. Collagen is soluble in water and when it is cooked slowly with moist heat, it becomes gelatin. Collagen can also be made less tough by slicing meat into smaller pieces, making the fibers smaller and easier to break apart. A lower heat is also beneficial to the myofibrillar proteins which tend to harden with heat. Less tender cuts tend to be less expensive than tender cuts.



一、飲食有節 科學養生

Meat Cooking Temperatures

Item	Internal Temperature
Beef, Lamb, Veal	
<i>Ground products</i>	
Hamburger (prepared as patties, meatloaf, meatballs)	160°F
<i>Non-ground products</i>	
Roasts and steaks	
Medium-rare	145°F *
Medium	160°F
Well-done	170°F
Poultry	
Ground chicken, turkey	165°F
Whole chicken, turkey	165°F
Boneless turkey roasts	165°F

一、飲食有節 科學養生

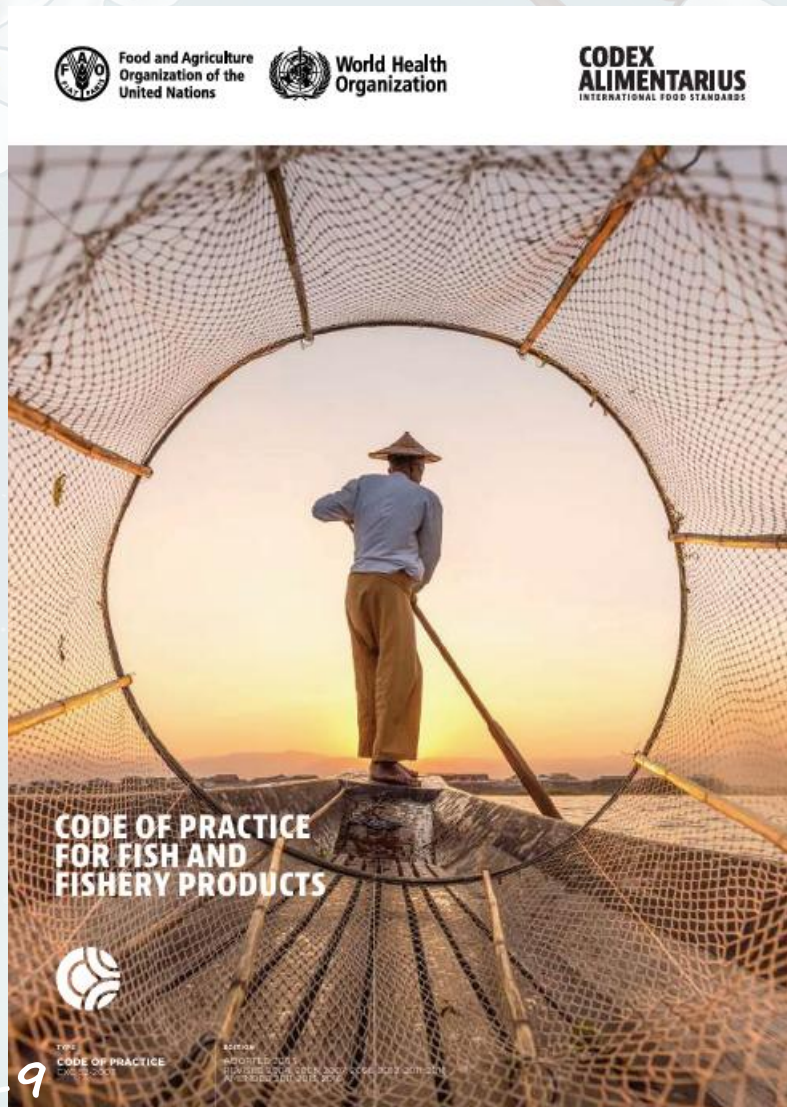
- 食饅而餲，魚餒而肉敗，不食。色惡，不食。臭惡，不食。失飪，不食。

饅，飯傷熱濕也。餲，味變也。魚爛曰餒。肉腐曰敗。色惡臭惡，未敗而色臭變也。飪，烹調生熟之節也……此數者皆足以傷人，故不食。

——朱熹

一、飲食有節 科學養生

• 【不食】



Code of practice for fish and fishery product

27 January 2021 | Publication

9.1 Finfish preparation

The hygienic conditions and technical manner in which fish is prepared are similar and not influenced greatly by the intended purpose (for direct distribution or for further processing). However, variations will exist in the form in which the fresh fish flesh is to be utilized. The forms may include, but are not limited to, dressed, fillets or steaks.

9.1.1

Raw, fresh or frozen fish reception (Processing Step 1)

Potential hazards: microbiological contamination, viable parasites, biotoxins, scombrototoxin, chemicals (including veterinary drug residues) and physical contamination.

Potential defects: decomposition, parasites, physical contamination

2021年出台〈魚及漁產品工作守則〉

[<https://www.who.int/publications/i/item/9789240013179>]

9.1.1.1

Sensory evaluation of fish

The best method of assessing the freshness or spoilage of fish is by sensory evaluation techniques.¹³ It is recommended that appropriate sensory evaluation criteria be used to evaluate the acceptability of fish and to eliminate fish showing loss of essential quality provisions of the appropriate Codex standards. As an example, fresh whitefish species are considered unacceptable when showing the following characteristics:

Skin/slime	dull, gritty colours with yellow-brown dotting slime.
Eyes	concave, opaque, sunken, discoloured.
Gills	grey-brown or bleached, slime opaque yellow, thick or clotting.
Odour	flesh odour amines, ammonia, milky lactic, sulphide, faecal, putrid, rancid.

表皮/粘液	无光泽、有斑点且具有棕黄色点状粘液
眼睛	凹陷、不透明、内陷处变色
鳃	棕 - 灰色或变白、粘液不透明呈黄色、粘稠或凝块状
气味	鱼肉呈胺味、氨水味、酸味、硫化物味、粪便味、腐烂味、酸败味

一、飲食有節 科學養生

- 肉雖多，不使勝食氣。

言有肉雖多，食之不可使過食氣也。

——《論語注疏》

一、飲食有節 科學養生

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Meat in your diet

Meat is a good source of protein, vitamins and minerals in your diet. However, it is recommended that you do not eat too much red, processed or fatty meat.

How much meat should I eat?

A [healthy balanced diet](#) can include protein from meat, as well as from fish and eggs or non-animal sources such as beans and pulses. Meats such as chicken, pork, lamb and beef are all rich in protein.

Red meat provides us with iron, zinc and B vitamins. Meat is one of the main sources of vitamin B12 in the diet.

英國國民保健署
(NHS)

一、飲食有節 科學養生

- 惟酒無量，不及亂。

唯人飲酒無有限量，但不得多，以至困亂也。

——《論語注疏》

一、飲食有節 科學養生



World Health Organization

Health Topics ▾

Countries ▾

Newsroom ▾

Emergencies ▾

Data

Alcohol

28 June 2024

Key facts

- Alcohol or alcoholic beverages contain ethanol, a psychoactive and toxic substance that can cause dependence.
- Worldwide, around 2.6 million deaths were caused by alcohol consumption in 2019. Of these, 1.6 million deaths were from noncommunicable diseases, 700 000 deaths from injuries and 300 000 deaths from communicable diseases.
- The alcohol-attributable mortality was heaviest among men, accounting for 2 million deaths compared to 600 000 deaths among women, in 2019.
- An estimated 400 million people, or 7% of the world's population aged 15 years and older, lived with alcohol use disorders. Of this, 209 million people (3.7% of the adult world population) lived with alcohol dependence.
- Alcohol consumption, even at low levels can bring health risks, but most alcohol related harms come from heavy episodic or heavy continuous alcohol consumption.
- Effective alcohol control interventions exist and should be utilized more, at the same time it is important for people to know risks associated with alcohol consumption and take individual actions to protect from its harmful effects.

عربية

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More

Ne

世界衛生組織
(WHO)

[<https://www.who.int/news-room/fact-sheets/detail/alcohol>]

二、
食必以禮 至誠恭敬

三、食必以禮 至誠恭敬

- 「夫禮之初，始諸飲食。」

——《禮記·禮運》

- 「色難。有事弟子服其勞，
有酒食先生饌，曾是以為孝乎？」

——〈為政〉

三、食必以禮 至誠恭敬

(一) 長幼尊卑不可亂



飲食之禮：
長先幼後

- 「鄉人飲酒，杖者出，斯出矣。」

——〈鄉黨〉



「君賜食，必正席先嘗之；君賜腥，必熟而薦之；
君賜生，必畜之。侍食於君，君祭，先飯。」



「仁君之惠，無故不敢殺也。」

——〈鄉黨〉

- 「禮有五經，莫重於祭。」

——《禮記·祭統》

三、食必以禮 至誠恭敬

(一) 長幼尊卑不可亂

(二) 莊嚴祭祀不可省



三、食必以禮 至誠恭敬

(一) 長幼尊卑不可亂

(二) 莊嚴祭祀不可省

● 「齊必變食」

「不飲酒、不茹葷」——〈鄉黨〉

- 「菲飲食，而致孝乎鬼神。」

——〈泰伯〉

邢昺：「以常人之情，飲食務於肥濃，禹則淡薄之。」

- 「雖疏食菜羹瓜，祭，必齊如也。」

——〈鄉黨〉

朱熹：「孔子雖薄物必祭，其祭必敬。」

三、
食無求飽 安貧樂道

二、食無求飽 安貧樂道

求道

食必以
禮

科學
養生

二、食無求飽 安貧樂道

- 「貪於飲食，惰於作務。」

——《墨子·非儒》

求道

二、食無求飽 安貧樂道

- 子曰：「飯疏食飲水，曲肱而枕之，
樂亦在其中矣。」

——〈述而〉

程子：「非樂疏食飲水也，

雖疏食飲水，不能改其樂也。」

二、食無求飽 安貧樂道

- 「賢哉，回也！一簞食，一瓢飲，在陋巷。人不堪其憂，回也不改其樂。賢哉，回也！」

——〈雍也〉

邢昺：「他人見之不任其憂，
唯回也不改其樂道之志」

二、食無求飽 安貧樂道

- 子曰：「君子食無求飽，居無求安，敏於事而慎於言，就有道而正焉，可謂好學也已。」

——〈學而〉

邢昺：「言學者之志，樂道忘飢，
故不暇求其安飽也。」

二、食無求飽 安貧樂道

- 子曰：「士志於道，而恥惡衣惡食者，未足與議也。」

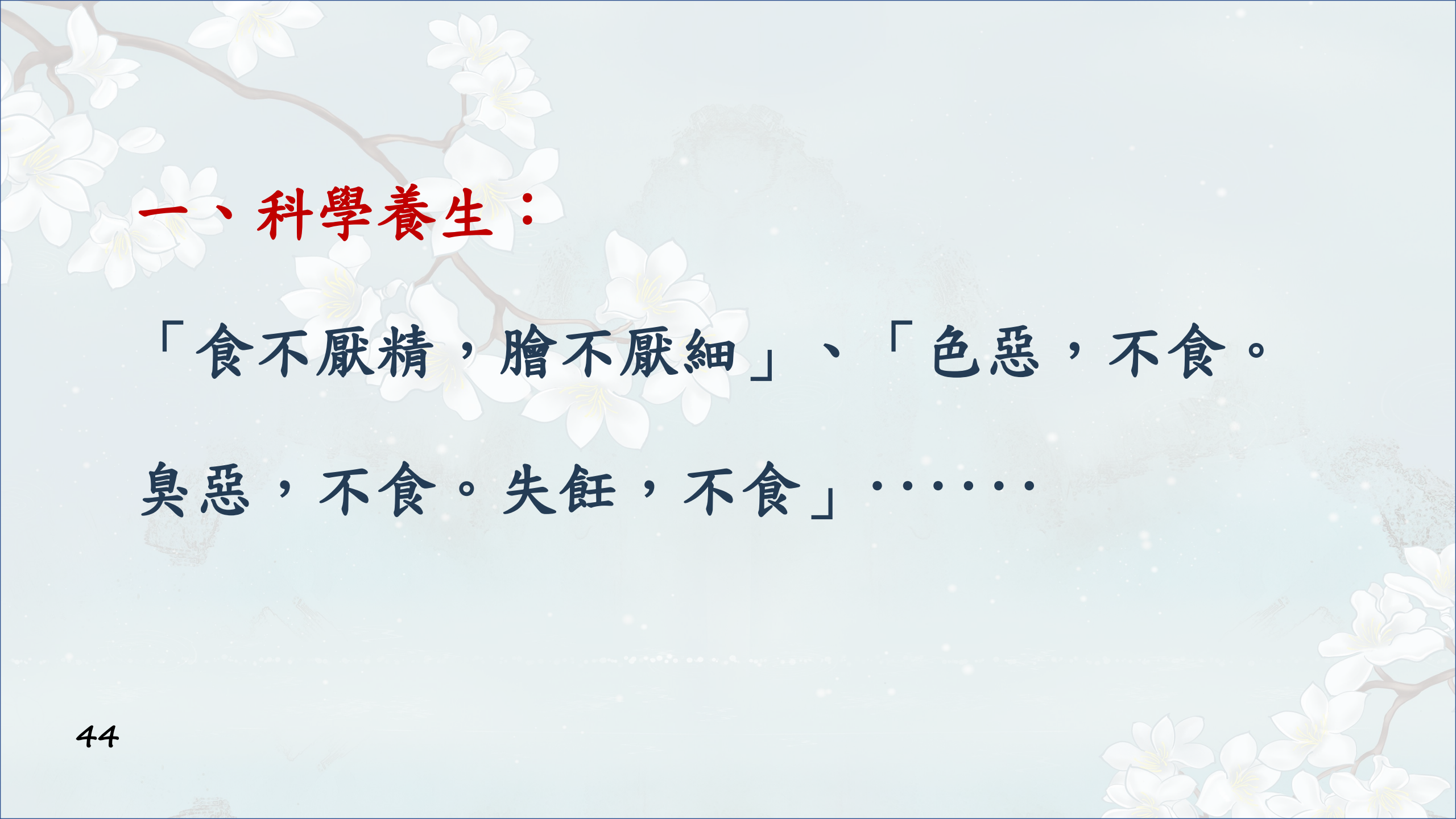
——〈里仁〉

「士者，人之有士行者也。言士雖志在善道，而衣服飲食好其華美，恥其麤惡者，則是志道不篤，故未足與言議於道也。」

——《論語註疏》



叁、結語



一、科學養生：

「食不厭精，膾不厭細」、「色惡，不食。
臭惡，不食。失飪，不食」……

二、飲食之禮：

◆ 長幼尊卑不可亂：（有酒食先生饌；君賜食，必正席先

嘗之；君賜腥，必熟而薦之……）

◆ 莊嚴祭祀不可省：（菲飲食，而致孝乎鬼神；雖疏食菜

羹瓜，祭，必齊如也……）

三、食無求飽：

食與道 ↔ 利與道

堅守



感恩聆聽