

中一級 中國歷史科 教學設計示例
(供收錄非華語學生的學校參考使用)

唐代婦女的生活面貌與地位

一. 建議教節：3 節

二. 預期學習成果：

完成本課題後，學生能：

1. 認識長安城內的文化交流情況。(知識內容)
2. 了解唐人生活的胡化情況。(知識內容)
3. 認識唐代婦女服裝和髮式的特點。(知識內容)
4. 透過閱讀文字資料、地圖、圖像等，分析史事。(知識內容、技能)
5. 學習尊重不同的文化。(情意、態度)

三. 教學建議：

1. 因應非華語學生的中文能力，工作紙較多圖像，部分題目輔以英文，協助學生理解內容。
2. 題型包括選擇、短答等，思考題可以口語回答。
3. 教師可按學生學習情況加入討論環節，以增加學生之間的互動。
4. 教師教授課題時，除教授相關史實外，亦須指導學生認識中國的文明和文化，促進他們認識並尊重中國文化的特色。
5. 教師可因應學生的程度而選取適合的部分或教學活動施教。

四. 教學方案：

內容重點	流程
課節一 (1 節)： 唐代中外文化交流的情況	1. 講解關鍵詞； 2. 透過地圖及其他資料，帶出以下重點： - 長安城內的文化交流情況； - 唐人生活的胡化情況。
課節二至三 (2 節)： 唐代婦女的生活	1. 透過歷史文物、圖像及其他資料，帶出以下重點： - 唐代婦女服裝和髮式的特點。

備註：

1. 學校可參考本教材，並按學生的需要，以調適課程；
2. 可因應學生的中文程度減少或刪去當中的英文句子或詞彙；

3. 可同時參考課程發展處所出版的其他教材或為本調適課綱準備的其他示例；
4. 可考慮向學生提供更多全方位學習的經驗如到內地考察、參觀博物館等等。

XXX 中學
 中一級 中國歷史科課堂工作紙
 唐代婦女的生活面貌與地位
 (The Lives and Social Statuses of Tang Dynasty Women)

姓名 Name :

成績 Grade :

班別 Class :

批改日期 Date of Marking :

_____ ()

學習重點：

1. 認識長安城內的文化交流情況 (To know the cultural exchanges in Capital Chang'an)
2. 了解唐人生活的胡化情況 (To understand the nomadic culture and its influence on the Tang people)
3. 認識唐代婦女服裝和髮式的特點 (To know the hair and clothing styles of Tang women)

一. 本節關鍵詞 (Key Terms)

	英文詞彙	中文詞彙/粵語拼音	中文詞彙/普通話拼音
1	Taiji Palace	太極宮(taai3 gik6 gung1)	太極宮(tài jí gōng)
2	Daming Palace	大明宮(daai6 ming4 gung1)	大明宮(dà míng gōng)
3	Xingqing Palace	興慶宮(hing1 hing3 gung1)	興慶宮(xīng qìng gōng)
4	The East Market	東市(dung1 si5)	東市(dōng shì)
5	The West Market	西市(sai1 si5)	西市(xī shì)
6	Han clothing	漢服(hon3 fuk6)	漢服(hàn fú)
7	Hu clothing	胡服(wu4 fuk6)	胡服(hú fú)
8	head coverings	面幕(min6 mok6)	面幕(miàn mù)
9	hair buns	髮髻(faat3 gai3)	髮髻(fà jì)
10	jacket and dress	襦裙(jyu4 kwan4)	襦裙(rú qún)
11	noblewomen	仕女(si6 neoi5)	仕女(shì nǚ)
12	handmaid	婢女(pei5 neoi5)	婢女(bì nǚ)
13	makeup	妝扮(zong1 baan3)	妝扮(zhuāng bǎn)

二. 本節概要 (Key Points of the Chapter)

<p>1. 長安有兩個大市場—東市和西市，都聚集了大量外國商人，他們很多是經過絲綢之路前來中國經商的，唐朝人叫他們做胡商。在長安這個國際大城市內，胡人和漢人融洽相處，並互相學習。</p>	<p>There were two big markets in Chang'an---the East Market and the West Market. Many foreign merchants gathered there. Many of them came to China through the Silk Road. They were called "hushang" (non-Han merchants) by the people of Tang. In Chang'an, a large international city, "Hu people" (foreigners) and Han people lived together and even learned from each other.</p>
<p>2. 在胡人文化影響下，唐朝的女子不時走出戶外，活動也很多姿多采。</p>	<p>Due to the influence of Hu culture, Tang Dynasty women began to occasionally go outdoors and enjoyed a variety of activities.</p>
<p>3. 唐代婦女生活在一個相對寬鬆的社會環境，非常重視自己的社交儀容，而不同的場合會有不同的打扮。</p>	<p>Women in the Tang Dynasty lived in a relaxed social environment. As they valued their social appearance very much, they would dress differently on different occasions.</p>

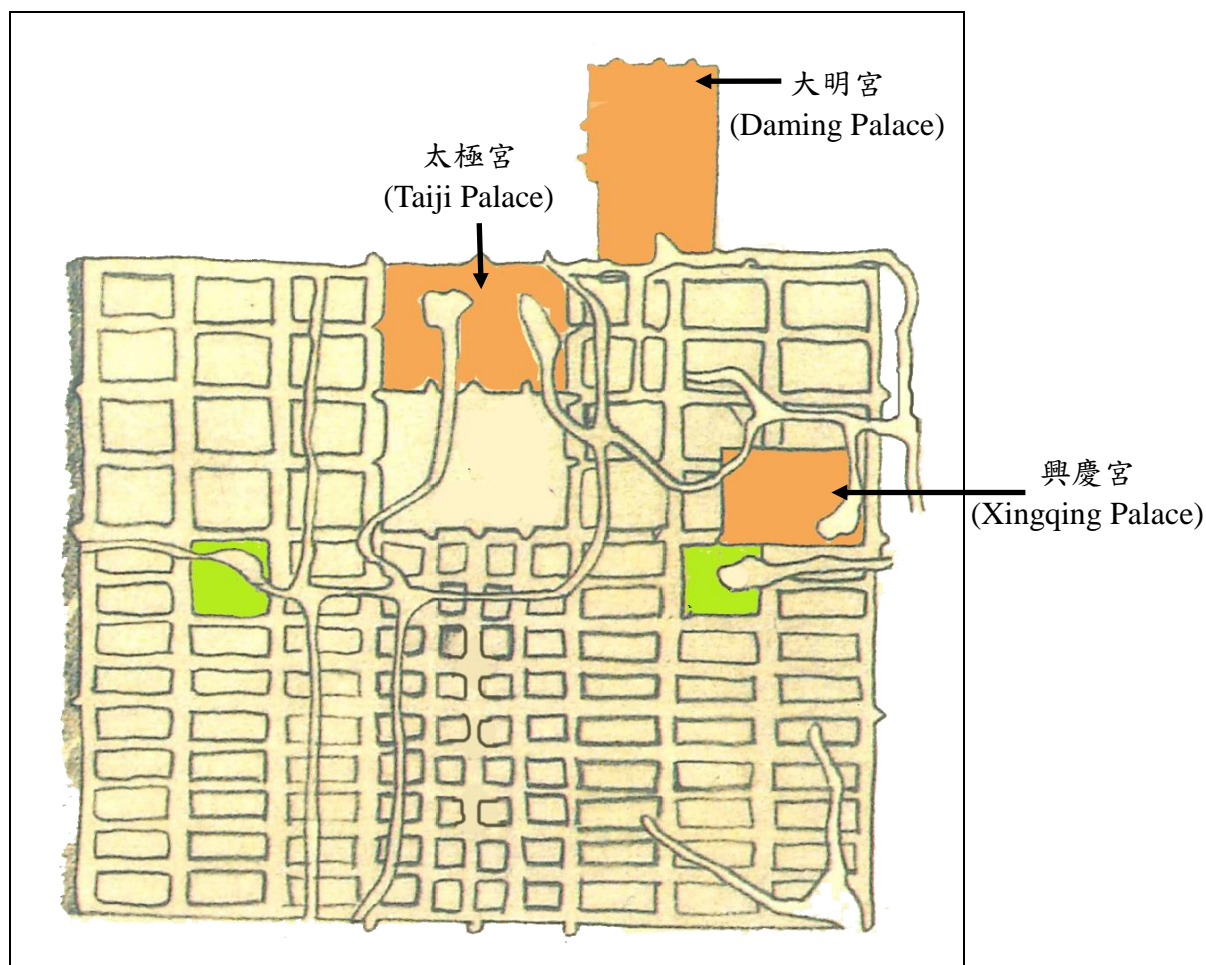
課節一：唐代中外文化交流的情況 (The cultural exchanges between China and foreign countries in the Tang Dynasty)

一. 大唐帝國的長安：

A. 皇宮 (Chang'an in the Tang Empire: Imperial palaces)

資料一：皇宮位於長安的位置 (Source A: The locations of the imperial palaces in Chang'an)

「宮」：皇帝的居所和接見大臣的地方。在唐朝出現過三個大型的皇宮。
("Palace": The residence of the emperor and the place where he met with ministers. During the Tang Dynasty, three large palaces were built.)



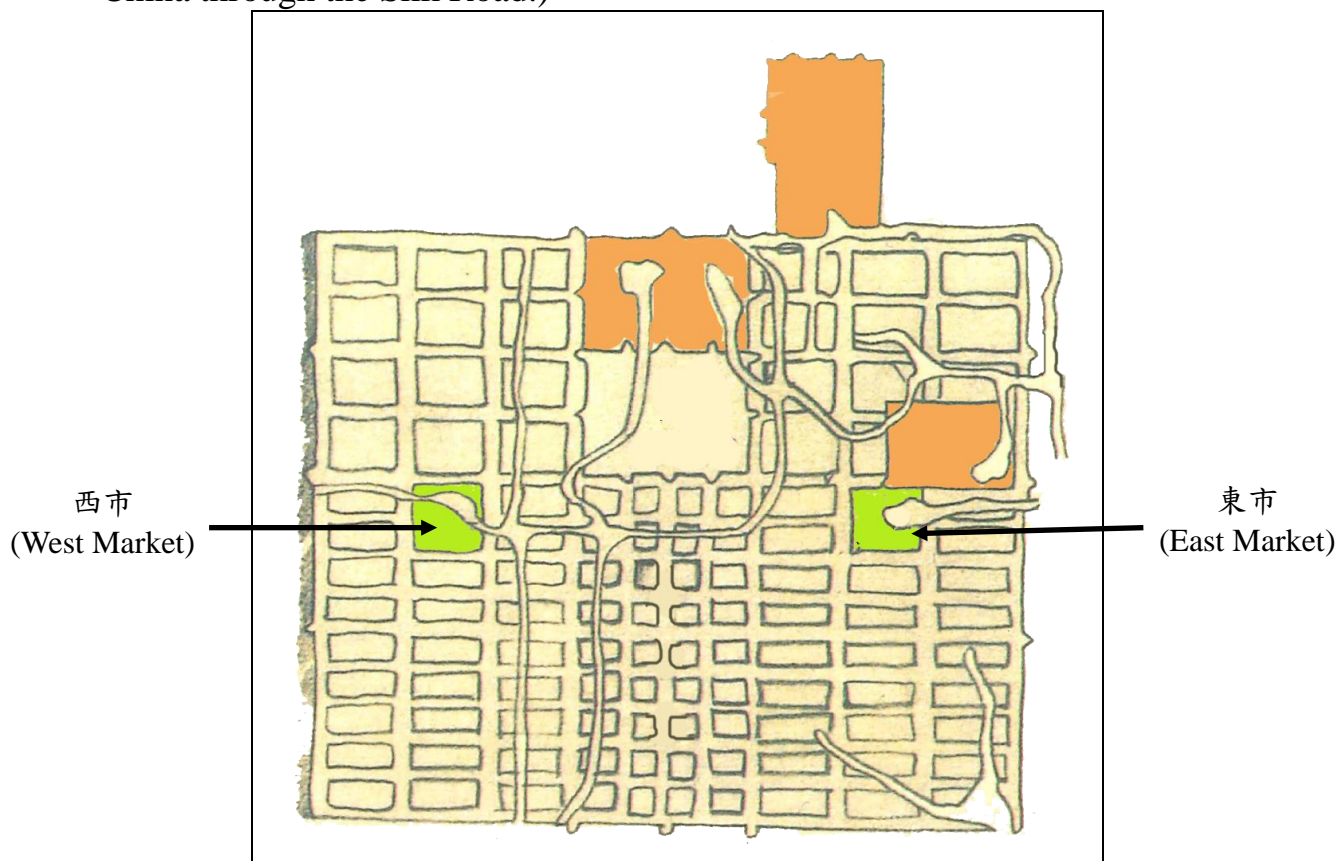
太極宮(Taiji Palace)	<ul style="list-style-type: none">建於公元 582 年，是隋朝留下來的皇宮，唐朝第一任皇帝唐高祖（李淵）也是在這裏居住和處理政務。(Built in 582 AD, it was a palace left over from the Sui Dynasty. Tang Gaozu, the founder of the Tang Dynasty, also lived and handled government affairs here.)
大明宮 (Daming Palace)	<ul style="list-style-type: none">唐朝第二任皇帝唐太宗（李世民）於 634 年修建，是整個長安最宏偉的建築物。(It was built by the Tang Taizong, the second Emperor of the Tang Dynasty in 634. It is the most magnificent building in the whole of Chang'an.)

	<ul style="list-style-type: none"> • 大明宮的偉大，可觀看電腦動畫：《大明宮--大唐盛世》 https://www.youtube.com/watch?v=6rGEVAN5qa0（簡體字字幕，沒旁述）(To see the greatness of Daming Palace, you can watch the following video: "Daming Palace-Great Tang Dynasty" https://www.youtube.com/watch?v=6rGEVAN5qa0 (no narration, but with simplified Chinese subtitles))
<p>興慶宮 (Xingqing Palace)</p>	<ul style="list-style-type: none"> • 曾是唐朝王子的住宅區，公元 712 年，王子李隆基登基，成為唐朝第九位皇帝唐玄宗。他命令其他王子遷出，將這區域重修築成皇宮。(It was once a residential area for the princes of the Tang Dynasty. In 712 AD, Prince Li Longji became the ninth emperor of the Tang Dynasty, Emperor Xuanzong. He ordered the other princes to move out and rebuilt the area into a palace.)

B. 市場 (Chang'an in the Tang Empire: The Market)

資料二：市場位於長安的位置 (Source B: The locations of the markets in Chang'an)

長安有兩個大市場—東市和西市，都聚集了大量外國商人，他們很多是經過絲綢之路前來中國經商的，唐朝人叫他們做胡商。(There were two big markets in Chang'an--the East Market and the West Market. Many "foreign merchants" (hushang 胡商) gathered there. Many of them came to China through the Silk Road.)



請觀看短片《大唐長安—盛世皇朝的外國商人》(普通話, 簡體字和英文字幕), 然後回答以下問題。

(Watch the short film "Chang'an in the Tang Dynasty — The Foreign Merchants of the Golden Age"

(Mandarin, simplified characters and English subtitles), then answer the following questions.) <https://www.youtube.com/watch?v=cTO-nuicbJI>

1. 課堂討論(Discussion during the class) :
 - a. 在唐代, 如何判斷一個人是否是中國人 / 大唐人? (In the Tang Dynasty, how did people determine whether a person was Chinese / Tang people?)

答案(Answer): 是文化認同, 而非基因或血緣。(看短片: 4:46-5:40) (cultures (language, culture for example) (Watch the video: 4:46-5:40))

- b. 短片中出現什麼東西, 因為是胡人傳進來, 被加上了「胡」的稱呼? 請在以下適當的位置加上✓。
(Which things in the short film had the adjective "Hu" (foreign) added as it was brought in by northern ethnic minorities? Please put a ✓ in the appropriate place.)

- 胡蘿蔔(huluobo (carrot))
 - 胡椒(hujiao (pepper))
 - 胡琴(huqin (non-Han musical instrument))
 - 胡姬(huji (non-Han women))
 - 胡旋舞(huxuanwu (non-Han dances))
- (看短片 10:08-10:37) (Watch the video 10:08-10:37)

C. 城內的文化融和 (Cultural Integration in the City)

資料三：長安城內的胡人和漢人正在進行絲綢買賣 (Source C: The Hu and Han people are trading silk in Capital Chang'an)

在長安這個國際大城市內，胡人和漢人融洽相處，並互相學習，於是出現了兩種情況 (In Chang'an, a large international city, "Hu people" (foreigners) and Han people coexisted together and even learned from each other. As such, two situations arose) :

- i. 胡人漢化(說漢語、穿漢服、吃中國食物)(Hu people became Sinicized. They spoke Chinese, wore Han clothing, and ate Chinese food)
- ii. 漢人胡化(穿胡服、享受胡人娛樂)(Han people adopted parts of Hu culture. They wore Hu clothing and enjoyed the Hu people entertainment)



(圖片來源：《兒童歷史百科全書；商貿，從貝殼到絲綢》，中國歷史博物館著，北京：人民郵電出版社，2018年。)

2. 上圖顯示長安城內的胡人和漢人正在進行絲綢買賣。試根據服飾，把兩個漢人圈出來。(The above source shows the Hu and Han people are trading silk in Capital Chang'an. Try to circle the two Han Chinese according to their clothing.)

二. 唐人的服裝：胡服與漢服 (Clothing in the Tang Dynasty: Hu clothing and Han clothing)

資料四：唐朝陶俑 (Source D: The Tang figurine)

唐朝貴族的墓葬多以陶俑陪葬，透過這些陶俑，我們可以知道當時人們的生活和服飾。(The tombs of nobles in the Tang Dynasty were mostly buried with pottery figurines. Through these pottery figurines, we can know the lives of the people at that time.)

唐朝陶俑，常展現胡人勇悍的一面。(These pottery figurines often show the courageous side of the Hu people.)



(圖片來源：袒身胡人騎馬俑 (陝西博物館藏))

3. 以下這兩圖：一張是胡服，一張是漢服，試加以分辨。(The following two images show Hu clothing and Han clothing. Please try to distinguish them.)

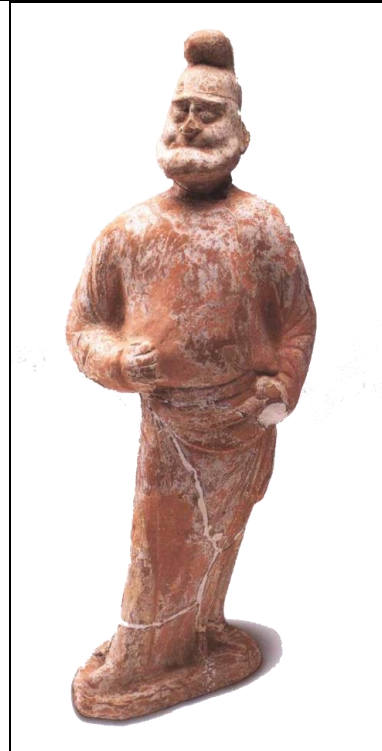


(圖片來源：胡人騎馬帶犬狩獵俑(陝西博物館藏))

胡服(Hu clothing)	<input checked="" type="checkbox"/>
漢服(Han clothing)	<input type="checkbox"/>

教師參考：

胡服：翻領上衣，是理想的戶外服裝，而窄身長褲，方便騎馬。(Teacher reference: Hu clothing: the collared jacket was ideal as outdoor clothing while tight fitting trousers were convenient for riding horses.)



(圖片來源：胡人文吏俑(陝西博物館藏))

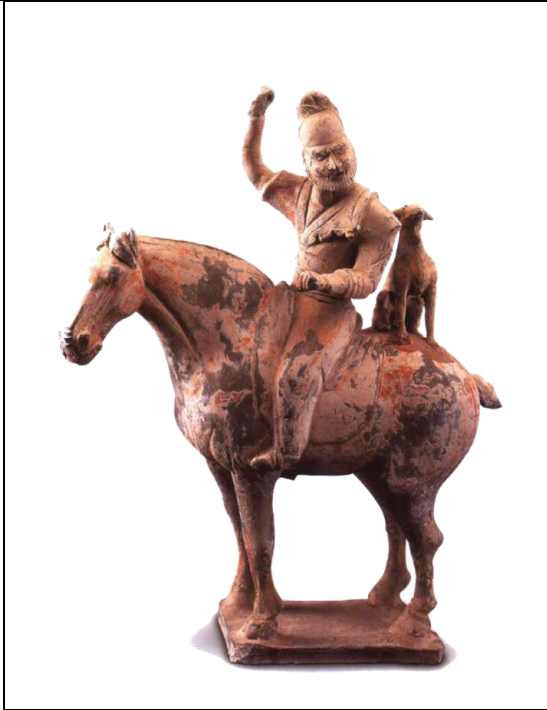
胡服(Hu clothing)	<input type="checkbox"/>
漢服(Han clothing)	<input checked="" type="checkbox"/>

教師參考：

漢服：長袍遮蓋全身，限制大動作，卻因此表現出儒雅的一面。(Teacher reference: Han clothing: A long robe covered the whole body and restricted large movements. However, it created a refined impression.)

資料五：唐朝騎馬俑 (Source E: The Tang figurines riding horses)

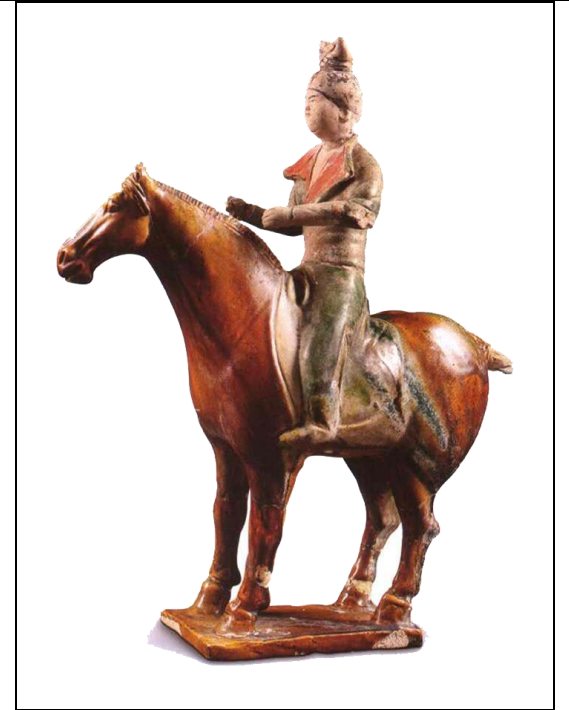
兩種文化相遇，很快便各取所長。胡人善於騎馬打獵，他們的騎馬服裝，成為唐朝漢人最為時尚的獵裝，而且無分男女。
(When the two cultures met, they each quickly learned the respective strengths of the other culture. Hu people were good at hunting on horseback and their horse-riding clothes became the most fashionable hunting clothes for Han people in the Tang Dynasty. Both men and women wore them.)



胡人騎馬俑(Figurine of Hu person riding a horse)



漢人胡服騎馬俑(Figurine of a Han man wearing Hu clothing while riding a horse)



漢女胡服騎馬俑(Figurine of a Han woman wearing Hu clothing while riding a horse)

(圖片來源：陝西博物館藏)

課節二至三：唐代婦女的生活 (The Lives of Tang Dynasty Women)

一. 唐代女子的面幕 (The Head Coverings of Tang Women)

資料一：戴笠帽騎馬女俑 (Source A: The pottery figurine of a woman dressed for horseback riding)

中國傳統文化，對女子日常行為有嚴格的要求，尤其是不能隨便離開居所，以免容貌被陌生人看到。(Traditional Chinese culture had strict expectations on the everyday behavior of women. Particularly, women were expected not to leave their homes casually to prevent having their faces seen by strangers.)

不過在胡人文化影響下，唐朝的女子不時走出戶外，活動也很多姿多采。(However, due to the influence of Hu culture, Tang Dynasty women began to occasionally go outdoors and enjoyed a variety of activities.)

下圖的陶俑展示了唐代女子盛裝騎馬出遊的樣子，時間是唐朝初年。在笠帽之下，她以面幕把頭部的大部分位置遮蓋，這種面幕，當時叫做「冪籬」。(The pottery figurine below shows a woman in the early years of the Tang Dynasty dressed for horseback riding. Under the hat, she covered most of her head with a cloth.)



(圖片來源：陝西博物館藏)

資料二：中國古代婦女服飾 (Source B: The ancient clothing of Chinese women)



(圖片來源：中國古代婦女服飾圖譜，頁 141)

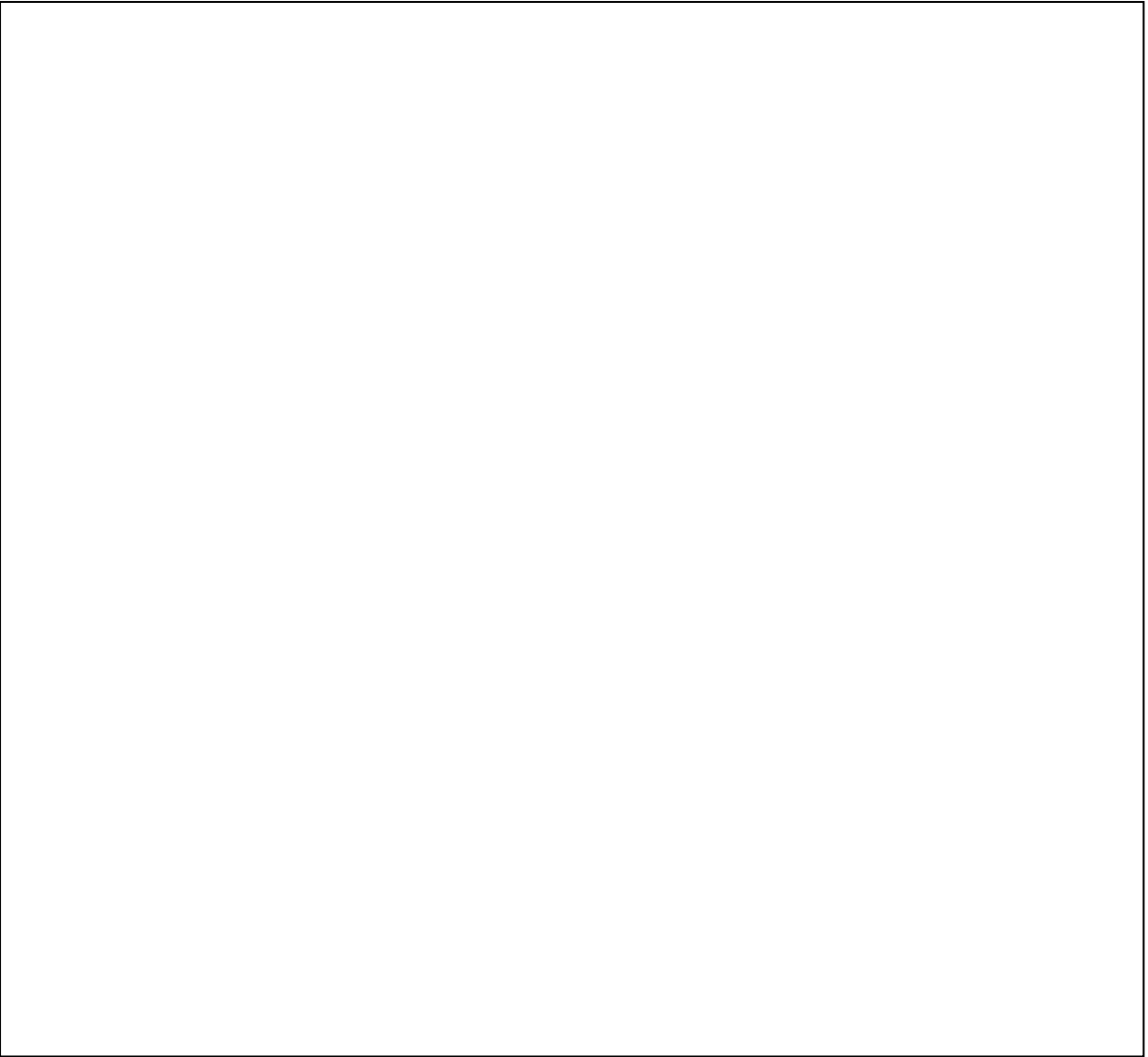
1. 課堂討論：請同學說說婦女戴面幕，除了美觀外，還有什麼好處？
(Classroom Discussion: Please explain the benefits of the head coverings for women beyond simply being beautiful?)

答案 (Answer)：可自由發揮，無一定答案，如可以遮擋風沙、保持化妝不受天氣影響等。(Please feel free to elaborate. There is no correct answer. Examples include protecting the face and makeup from wind, sand, and harsh weather.)

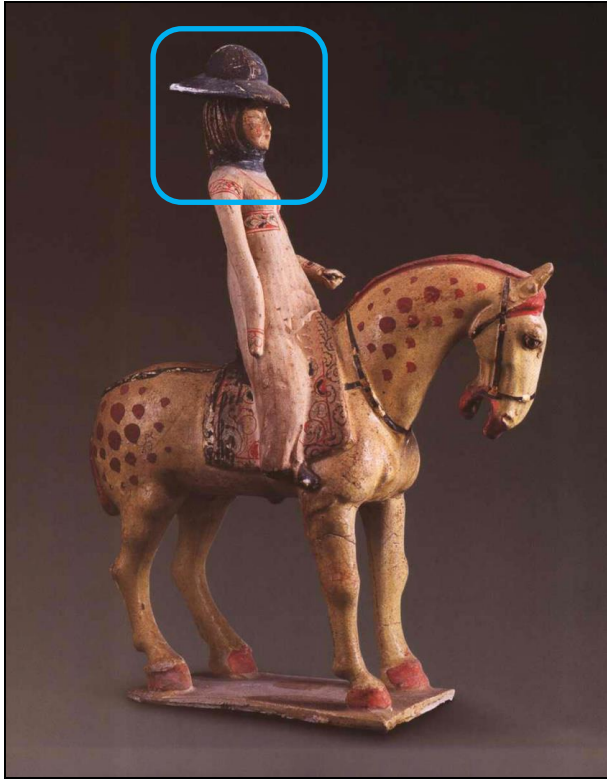
2. 請同學為這位唐朝女子設計多一款面幕。(Please design an alternative head covering for this Tang Dynasty woman.)



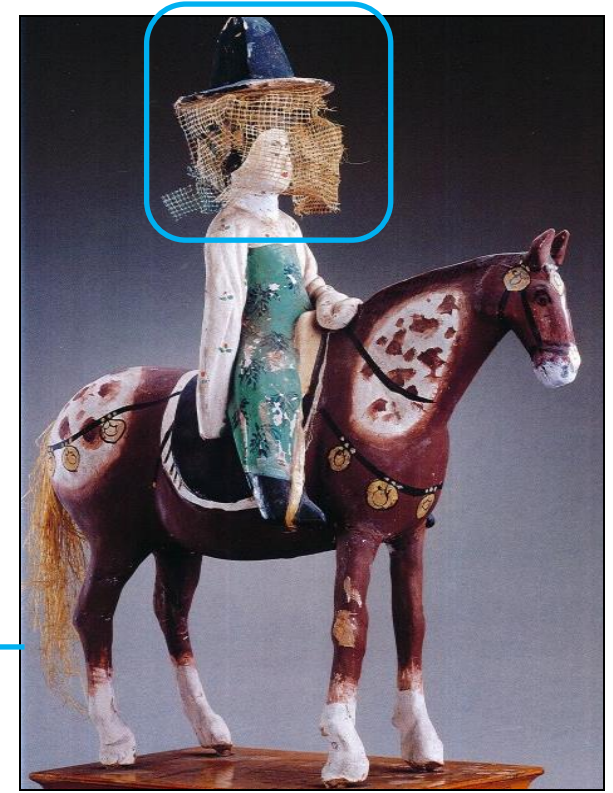
我的要求是美觀而實用。(I require beauty and practicality.)



資料三：唐代婦女服飾的轉變 (Source C: Changes in the clothing of Tang Dynasty women)



唐初：笠帽+幕籬(Early Tang: Hat + Head Covering)



唐中葉：這叫「帷帽」：帽身較高，在帽的邊緣縫上紗網。(Mid Tang: The hat was taller and the gauze was sewn onto the round brim.)

3. 問題思考：參考唐初女子和唐中葉女子的潮流髮式(A 和 B)，為什麼到了唐中葉，婦女放棄了冪籬，改戴帷帽？(提示：女子的髮式有什麼轉變？)
(Questions to consider: With reference to the images of the early and mid Tang fashionable head coverings for women (A and B), why do you think mid Tang Dynasty women gave up the head covering and adopted the curtain hat?)(Hint: Is there any changes of women's hairstyles?)



答案 (Answer)：冪籬不能配合新的潮流高髻髮式，於是改成高高的帷帽。
(The head covering could not match the new trends of the high bun hairstyle. So, it was changed to the tall hat with the veil.)

二.唐代女子的髮髻 (The Hair Buns Of Women In The Tang Dynasty)

資料四：〈虢國夫人游春圖〉 (Source D: “Lady Guoguo's Spring Tour”)

這是唐中葉畫家張萱的畫作—〈虢國夫人游春圖〉，描繪了唐玄宗時楊貴妃的三個姐姐（其中一個抱著小孩）帶著隨從郊遊的情景。(This is a painting by Zhang Xuan, a famous painter in the mid-Tang Dynasty. The painting is called “Lady Guoguo's Spring Tour”. It depicts the three elder sisters of Yang Guifei, a beloved consort of Emperor Xuanzong (reign 712-756) of the Tang Dynasty. One sister is holding a child.)



4. 問題：請你在畫中用筆圈出這三名仕女（仕女即貴族婦女）（提示：其中一個抱著小孩）(Please circle these three noblewomen in the painting (hint: one of them was holding a child).)

資料五：唐代的仕女與婢女 (Source E: Noblewomen and handmaid of the Tang Dynasty)

 <p>髮髻 (Bun)</p> <p>上衣 (Coat)</p> <p>長裙 (Long dress)</p>	<p>垂髻 (Hanging Bun)</p> <p>長袍(Long Robe)</p> <p>腰帶 (Belt)</p>
<ul style="list-style-type: none">• 唐中葉仕女流行將髮髻高梳。她們以頭髮濃密、髮髻高聳為美。(In the middle of the Tang dynasty, it was fashionable for noblewomen to have high hair buns. Thick hair in a tall bun was their beauty standard.)• 仕女衣服，則是襦裙，即短上衣加長裙。(The clothing of noblewomen consisted of a short coat and a long dress.)	<ul style="list-style-type: none">• 一般婢女不會把髮髻高梳。她們的髮髻垂在面部兩邊，綁上紅繩，稱為「垂髻」。(Most maids did not have high hair buns. Instead, they tied their hair buns low and let them hang. These were called "hanging buns".)• 衣服則是簡單的長袍，並圍上腰帶。(The clothes were simple long robes with a belt around it.)

5. 婢女髮式和衣著，與仕女不同。請比較以上兩圖，討論婢女髮式和衣著的特點。(The hairstyle and dress of a handmaid was different to that of a noblewoman. Please compare the above two images and discuss the main characteristics of the handmaid's clothing and hair.)

請在以下適當的位置加上✓，選取仕女和婢女採用的髮式和衣式。(Please put a ✓ in the appropriate place for noblewomen and handmaid.)

	仕女(Noblewomen)	婢女(Handmaid)
高髮髻(High bun)	✓	
垂髻(Hanging bun)		✓
襦裙(Jacket and dress)	✓	
長袍(Long robe)		✓

資料六：唐代婦女 (Source F: Women of the Tang Dynasty)

唐代婦女生活在一個相對寬鬆的社會環境，非常重視自己的社交儀容，而不同的場合會有不同的打扮。(Women in the Tang Dynasty lived in a relaxed social environment. As they valued their social appearance very much, they would dress differently on different occasions.)

 <ul style="list-style-type: none"> 高髻愈來愈高 (The bun was positioned higher and higher) (圖片來源：周昉〈簪花仕女圖〉) 	 <ul style="list-style-type: none"> 高髻在戶外活動尤其騎馬並不方便。這時仕女會轉梳另一種髮式「倭墮髻」。當婦女騎馬前進時，髮髻搖搖擺動，再配上色彩鮮艷的襦裙，極具風采。 (The high bun was inconvenient
---	---

	<p>for outdoor activities, especially horse riding. For these occasions, the women changed to another type of hair style, the hanging bun. When women went horse riding the hanging bun with a brightly coloured jacket and dress was very elegant.)</p>
--	--

唐代的仕女十分重視打扮，看看現代人如何復原圖右的簪花（即在頭髮插上不同飾物）仕女：https://www.youtube.com/watch?v=K4x317gz_L0
（普通話，中文字幕）


(The women of the Tang Dynasty saw fashion as very important. Please look at how modern people have restored the floral hairpins on the image on the right of the noblewomen (i.e. inserting different accessories into the hair):

https://www.youtube.com/watch?v=K4x317gz_L0

(Mandarin, Chinese subtitles))

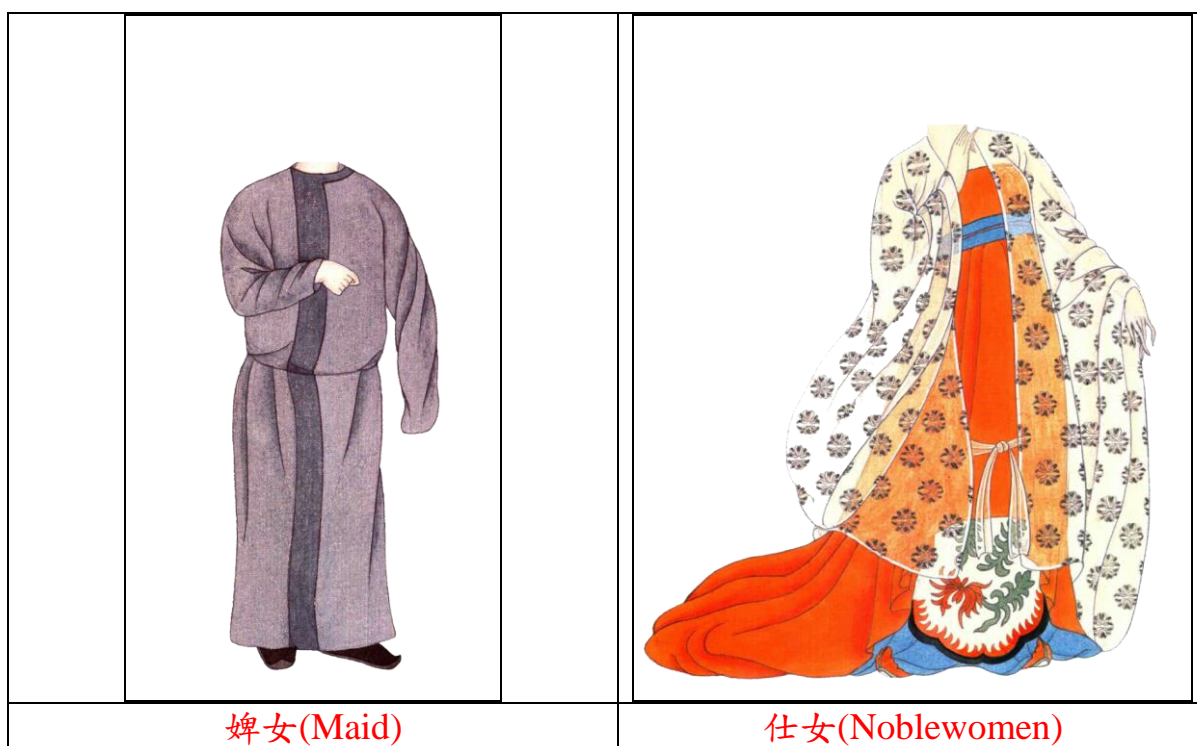
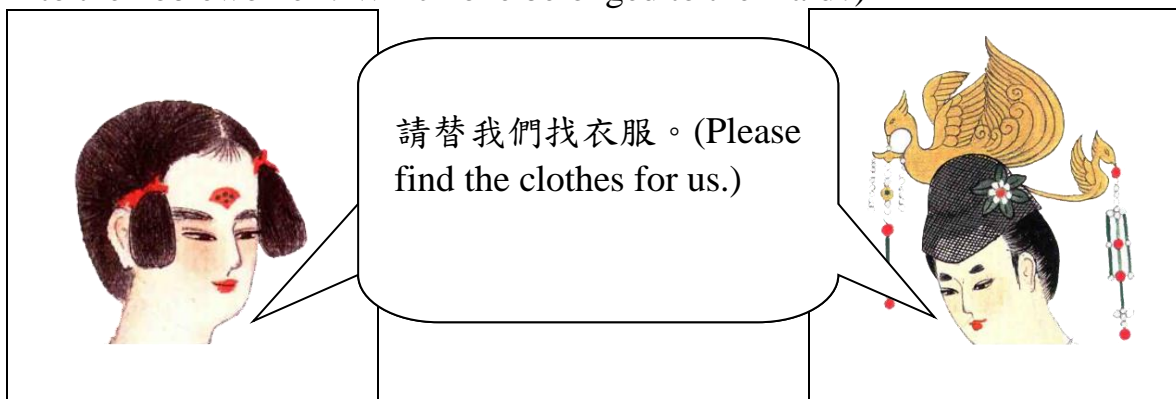
三.唐代女子的妝扮 (The makeup of women in the Tang Dynasty)

6. 活動：這四個女性中，有兩個是仕女，兩個是婢女。請根據髮式和飾物找她們出來。(Activity: Of these four women, two are noblewomen and two are maids. Please identify them based on their hair style and accessories.)

	
<p>仕女(Noblewomen) <input checked="" type="checkbox"/> 婢女(Maid) <input type="checkbox"/></p>	<p>仕女(Noblewomen) <input type="checkbox"/> 婢女(Maid) <input checked="" type="checkbox"/></p>
	
<p>仕女(Noblewomen) <input checked="" type="checkbox"/> 婢女(Maid) <input type="checkbox"/></p>	<p>仕女(Noblewomen) <input type="checkbox"/> 婢女(Maid) <input checked="" type="checkbox"/></p>

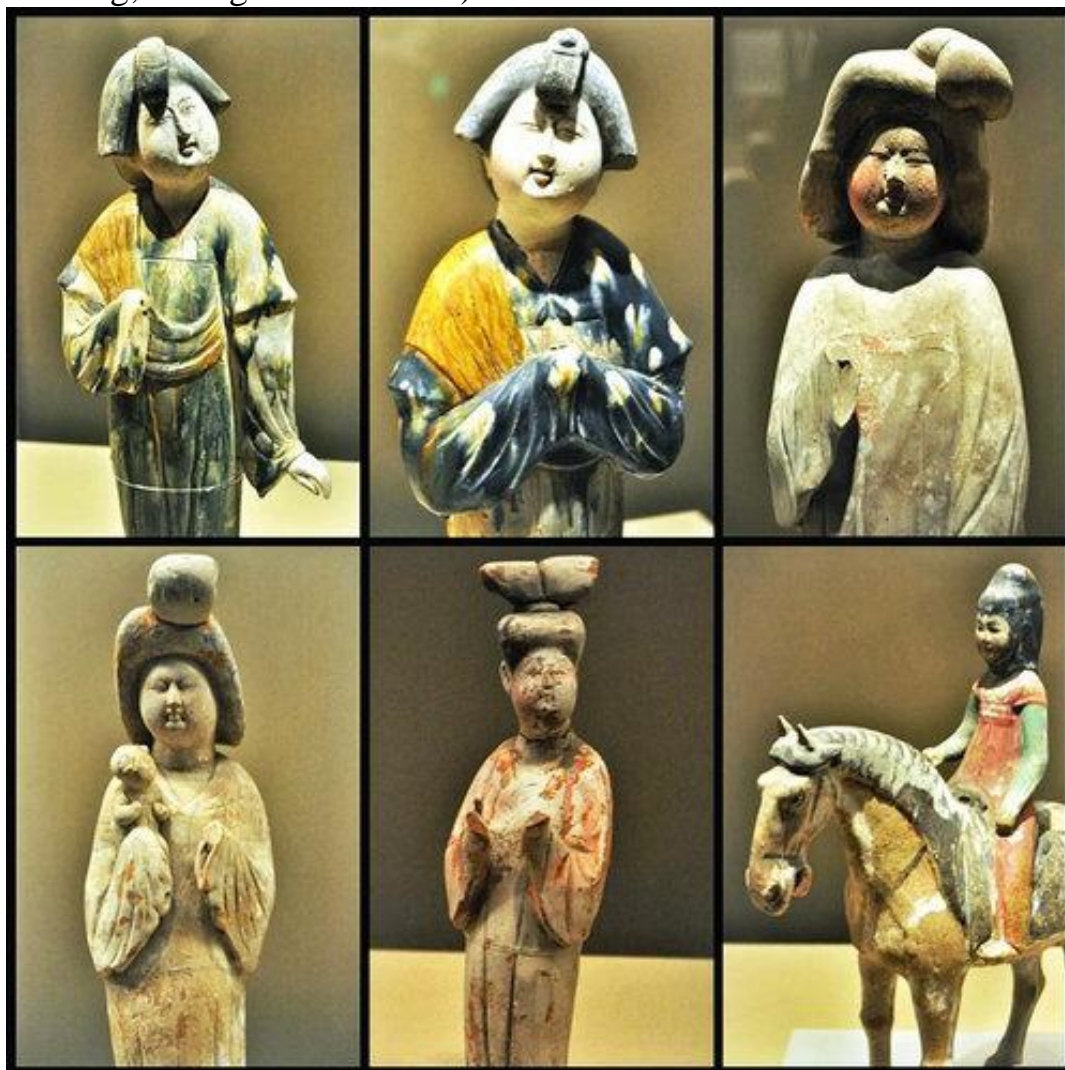
(圖片來源：中國古代婦女服飾圖譜，頁 116-117，125，137)

7. 活動：身份不同，衣著也不同。請替這兩位唐代女士找衣服。哪一件屬於仕女？哪一件屬於婢女？(Activity: Social Status and Clothing: Please identify the clothes for these two Tang Dynasty women. Which one belonged to the noblewomen? Which one belonged to the maid?)



資料七：唐代婦女 (Source G: Women of Tang Dynasty)

因為個性的解放，唐代女士發展出獨特的審美觀。美的標準包括以下三項：1. 體態豐滿；2. 衣著華麗；3. 舉止優雅。(The women of the Tang Dynasty developed a unique sense of fashion. Their standards of beauty included the following three items: 1. a rich plump body; 2. beautiful clothing; 3. elegant behaviour.)



(圖片來源：互聯網圖片(Internet picture))

唐朝女子喜愛化妝，以下是現代人復原唐朝女士的化妝：

<https://www.youtube.com/watch?v=YtC-TaZKyr8>

Tang Dynasty China: The History of Makeup

(英語，英文字幕)

(Tang women loved makeup. The following is a modern copy of the Tang dynasty women's makeup.

<https://www.youtube.com/watch?v=YtC-TaZKyr8>

“Tang Dynasty China: The History of Makeup”

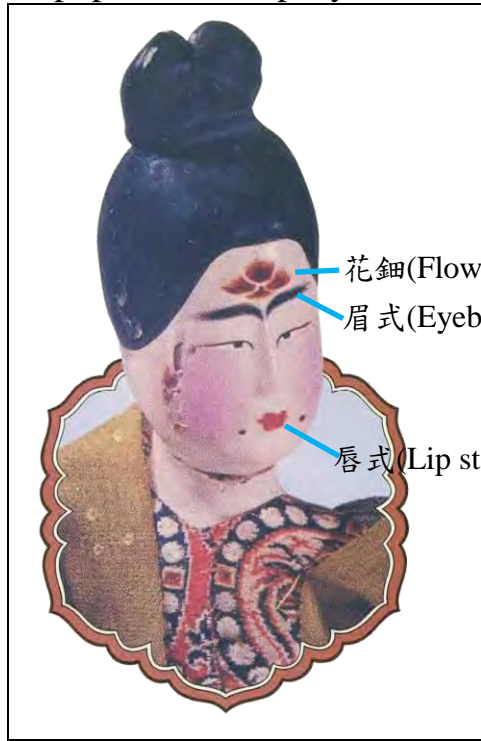
(English, English subtitles))

8. 上述的短片中，女士塗了哪個唇式？請你找出來。(In the above short video, which lip style did the woman wear? Please find out.)



(圖片來源：互聯網圖片(Internet picture))

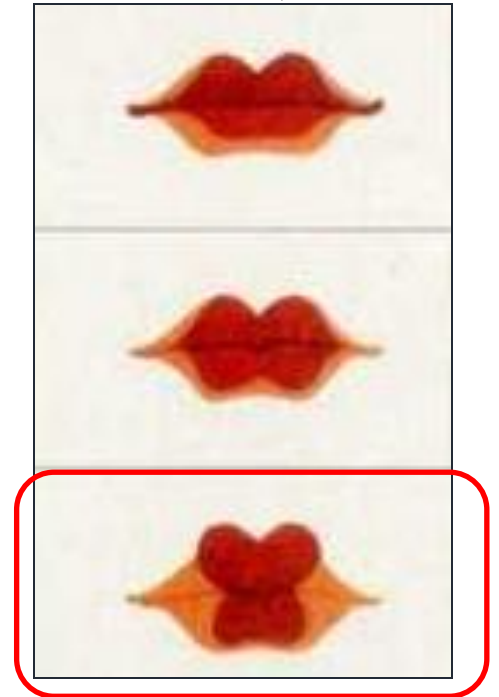
9. 活動：下圖是唐代女性流行的化妝式樣。請找出這位女子用了哪幾種臉上的化妝配搭。(Activity: The picture below shows a popular makeup style for women in the Tang Dynasty. Please find out which makeup combinations this woman used.)



花鈿(Flower ornament)

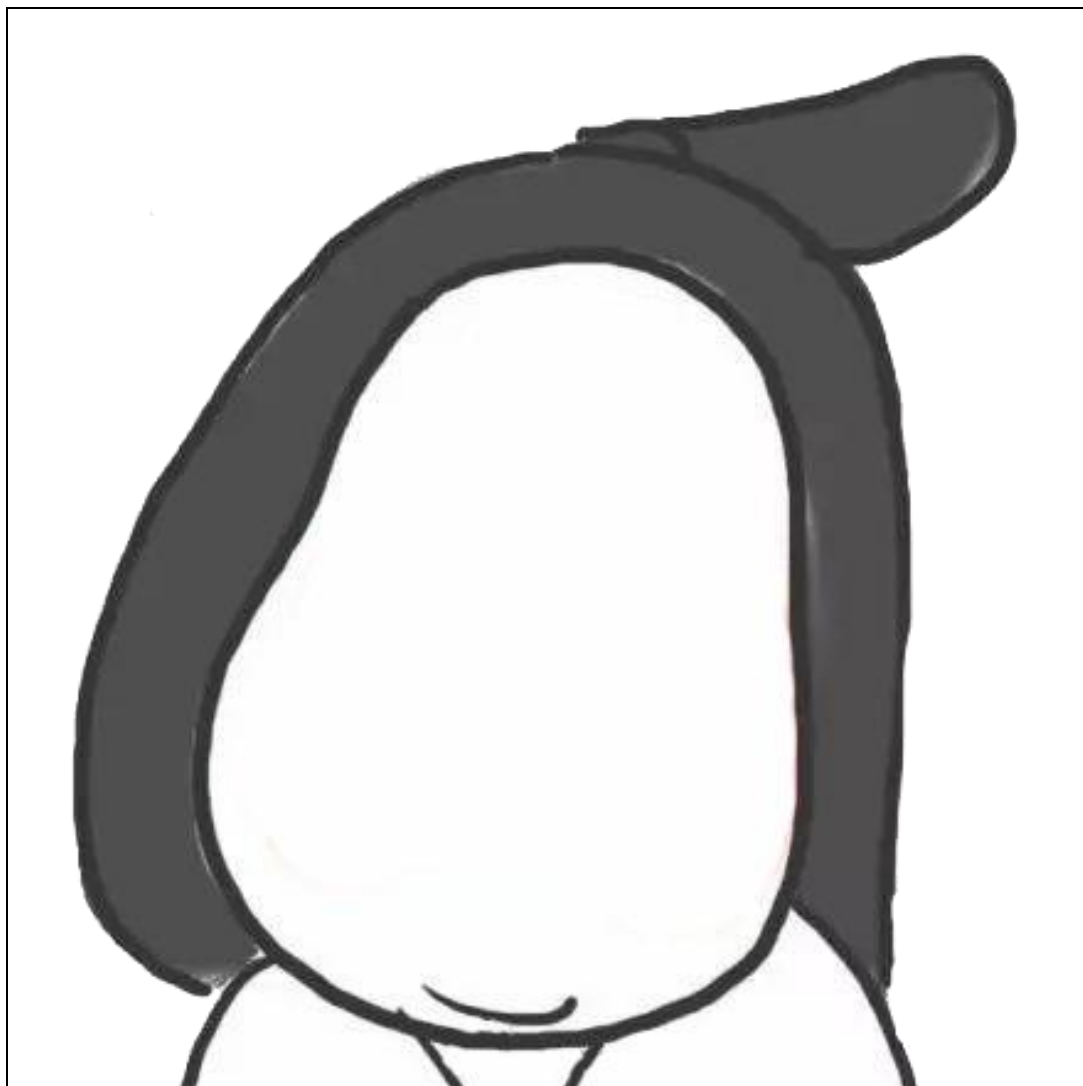
眉式(Eyebrow style)

唇式(Lip style)



(圖片來源：周汛、高春明，《中國歷代婦女裝飾》，頁 131，138，140)

10. 試根據唐朝的流行裝扮，加上自己的設計，繪畫一個唐朝女士的面譜。
(Try to draw the face of a Tang Dynasty woman and add your own design according to the popular styles of the Tang Dynasty.)



- 11.請在這裏貼上或繪上你族群傳統女性化妝的樣子，並以2分鐘向班中同學講述這些妝扮的特色及含義。(Please glue or draw the traditional female makeup of your ethnic group here. Tell your classmates about the characteristics and meaning of this makeup in 2 minutes.)

我的族群女性的傳統妝扮(The traditional makeup of the women of my ethnicity)

如對本教材有任何意見，可聯絡課程發展處個人、社會及人文教育組：
黃浩明先生（erichmwong@edb.gov.hk; 35406829）或
羅嘉恩女士（lokayan@edb.gov.hk; 28925882）

發佈日期：18/1/2022