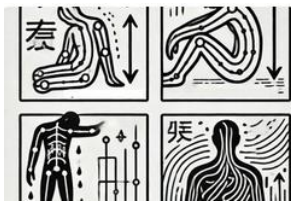


# Language Plaza Meet-Up Quizzes

March 28, 2025



Kahoot

## Traditional Chinese Medicine and Chinese language (18)

This is a kahoot template that will support you to refresh your knowledge about Chinese while learn language.


▶ 1 plays    👤 3 players

Are you ready to get started?




- ▲ Yes! ✓
- ◆ Let's do this! ✓
- I'm ready ✓
- Here we go! ✓

Is this sentence correct? ["Qi 气(Qi)" in Traditional Chinese Medicine (TCM) mainly refers to "Vital energy" 生命能量.]




- ◆ True ✓
- ▲ False

Which of the following symptoms is most likely related to "Qi Deficiency" 气虚 (Qixū)?




- ▲ Pale complexion, fatigue ✓
- ◆ Chest and abdominal bloating
- Sudden facial redness, shortness of breath
- Dizziness, light-headedness

What are the typical symptoms of "Qi Stagnation" 气滞 (Qì zhì)?



- ▲ Hyperactivity, insomnia
- ◆ Fear of cold
- Low mood, chest tightness ✓
- Dry skin, thirst

"Qi Reversal 气逆 (Qì nì)" is most commonly associated with which condition?




- ▲ Itchy skin
- ◆ Dizziness, vomiting, upward-rushing Qi ✓
- Cold hands and feet
- Joint pain

Acupuncture can help regulate Qi and blood, improving "Qi Stagnation."




- ◆ True ✓
- ▲ False

"Qi Trap" refers to Qi sinking, leading to dizziness, chest tightness, organ drooping, and abdominal bloating.



- ◆ True ✓
- ▲ False

Tai Chi and deep breathing exercises help regulate Qi and blood, boosting body energy.



- ◆ True ✓
- ▲ False



In TCM, \_\_\_\_ (1 word) is the fundamental force that sustains life activities & circulates with blood to nourish body.



- Qi ✓
- 气 ✓
- qi ✓
- qi4 ✓

Which of the following three factors is the main cause of "Qi Stagnation 气滞"? Move the answer to the pin and submit.

- emotional stress  
情绪不畅  
Qíngxù bù chāng
- improper diet  
饮食不当  
yǐnshí bù dāng
- lack of exercise  
缺乏运动  
quēfá yùndòng

Acupuncture 针灸 (zhēnjiǔ) primarily affects which system of the body?



- ▲ Nervous system
- ◆ Meridian system ✓
- Digestive system
- Respiratory system

Acupuncture is effective in improving which of the following conditions?



- ▲ Headaches and insomnia 头痛和失眠 ✓
- ◆ Bone fractures 骨折
- Bacterial infections 细菌感染
- Myopia 近视

Which of the following is one of the twelve meridians in TCM?



- ▲ Cervical Meridian 颈椎经
- ◆ Stomach Meridian 胃经 ✓
- Cardiovascular Meridian 呼吸经
- Respiratory Meridian 呼吸经

In the "4Methods: Observat./auscultat./questi./palpation 望闻问切 (Wàng Wén Wèn Qiè)" of TCM, what does "闻 wén" mainly refer to?



- ▲ Observing the patient's complexion
- ◆ Touching the meridians with hands
- Listening to voice and smelling odors ✓
- Asking about medical history

Acupuncture helps regulate Qi and blood circulation, improving overall blood flow.



- ◆ True ✓
- ▲ False

The meridian system is connected by \_\_\_\_\_ (two Chinese characters), regulating Qi and blood circulation in the body.



- 穴位 ✓
- xuewei ✓
- Acupoints ✓
- Acupunctuurpunten ✓

Which one is not a good way to 'regulate Qi'?



- ▲ Regulating the mind 调神
- ◆ Acupuncture 针灸
- Tai Chi 太极
- Anaerobic exercise 无氧运动 ✓

How do you say "thank you" in Mandarin Chinese? Thank you for joining today!



- ▲ Nihǎo! 你好!
- ◆ Duibuqi. 对不起.
- Xièxie! 谢谢! ✓
- Nǎli nǎli. 哪里哪里.