

Kindergarten Education Scheme
School-based Learning Activity of Chinese Culture

Name of School Yan Chai Hospital Yau Oi Kindergarten/Child Care Centre

School Year 2023-2024 Grade Level N-K3

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Name of Activity

Traditional festivals and solar terms with elements of color, fragrance, and taste.

Objective(s)

- By involving young children in the process of food preparation, they can learn about the ingredients and methods used, thus gaining an understanding of the featured foods associated with traditional Chinese festivals or solar terms.
- Children can learn to express gratitude and appreciate the individuals involved in food preparation. This cultivates a sense of cherishing and gratitude towards the efforts put into providing nourishment.
- Working collaboratively and helping one another in the food preparation process allows children to experience the festive atmosphere of traditional Chinese celebrations. They can also learn about the climate changes associated with the 24 solar terms and understand the importance of consuming appropriate foods according to each solar term for maintaining good health.

Brief Descriptions:

During different Chinese festivals and solar terms, it's a great idea to involve young children in making traditional foods. Here are some examples:

- On October 20, 2023, before the Double Ninth Festival, you can have the children taste chrysanthemum tea. They can observe chrysanthemum flowers and learn about their characteristics and benefits. Then, they can participate in brewing and tasting the tea. You can also share the origins and traditional customs of the Double Ninth Festival.
- On November 7, 2023, during the solar term of "立冬" (the Beginning of Winter), you can have the children make dumplings. Prepare the ingredients for dumplings and let

the children participate in kneading the dough and shaping the dumplings. You can explain the significance of "立冬" and the symbolic meaning of dumplings in Chinese culture.

- On January 18, 2024, during the Laba Festival, you can introduce the festival to the children and engage them in game activities. Then, you can teach them about the ingredients of Laba porridge and guide them in making and tasting the porridge together. This way, they can experience the festive atmosphere of the Laba Festival.
- Before the Lunar New Year, you can invite parent volunteers to the school to make various traditional New Year foods with the children. They can make items such as nian gao (sticky rice cake), jiaozi (dumplings), and yuanxiao (glutinous rice balls). This allows the children to feel the participation and care of their parents while experiencing teamwork and mutual assistance.
- On April 3, 2024, before the Qingming Festival, you can make mugwort cakes with the children. Introduce the meaning and customs of the Qingming Festival and involve the children in the process of making mugwort cakes. They can learn about the importance of mugwort during the festival and taste this traditional holiday food.
- On April 9, 2024, you can explore Chinese tea and have a tea tasting session. Organize an activity related to Chinese tea culture and introduce different types of Chinese tea, such as green tea, black tea, and pu-erh tea. Share relevant knowledge with the children and let them taste different types of tea, experiencing the unique charm of Chinese tea culture.

Record of Activity (E.g. Children's Work / Photos / Videos of the activity)



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