

**Kindergarten Education Scheme**  
**School-based Learning Activity of Chinese Culture**

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

School Year 2024-2025

Grade K3

**Name of Activity**

**Cooking rice**

**Objective(s)**

- Understand the daily staple food of Chinese - rice, and the process of changing from rice to rice
- Perceive the significance of Chinese food culture – Sharing rice
- Feel the joy of sharing with others

**Brief Descriptions:**

K3 students are exploring the "rice" of cereals in the food pyramid. Students bring their own rice from home, including red rice, black glutinous rice, millet, pearl rice, ..... Everyone first observes and compares the colour, size, shape, texture, smell and sound of each rice, then takes turns to eat, wash, and wash the rice, and put it into the rice cooker. Wow, there's smoke! It smells so good! The hot rice is out of the cooker. Why that "Rice" not white? It's not the same colour as the rice we usually eat. It's funny, it was hard before, it's soft now. "It's time to eat!" Everyone picked up chopsticks and shared the "Rice" full with their younger to taste. "Rice" symbolizes the convergence and sharing of different families and cultures. Through this food experience, students not only tasted a variety of different flavors of rice, but also felt the warmth and beauty of family and community. Let the taste of happiness be passed on to the people around you.

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



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