

School-based Learning Activity of Chinese Culture

Yan Chai Hospital Wing Lung Kindergarten / Child Care Centre

School Name

2022-2023

Academic Year

K1

Class

Activity Name

"Rekindling Chinese Sentiments" Event (Part 11) –Traditional Chinese Snack - Candied Fruit on Sticks

Activity Objectives

- Understand that candied fruit on sticks is a traditional folk snack in China
- Be able to make candied fruit on sticks
- Empower children to string grapes, enhancing their hand-eye coordination
- Children can observe how sugar melts when heated
- Through the food education activity of making and tasting, children enhance their love and understanding of traditional Chinese food

Activity Overview

During the annual graduation party, children are involved in preparing snacks for the event. In class, the teacher introduces the origin of candied fruit on sticks - a concubine in the palace suffered from indigestion and sought various remedies; a folk doctor suggested eating five to ten pieces of candied fruit on sticks before meals after diagnosing her pulse. Following this recipe, the concubine recovered. This practice spread to the public and gradually evolved into candied fruit on sticks.

In class, the teacher first demonstrates and explains the precautions for stringing the fruits. After cooking the sugar syrup, the children are assisted in dipping the fruit skewers into the syrup. The party becomes a time to share and enjoy the treats made during the activity.

Activity Records (e.g., children's works, photos of the activity, videos)

