

School-based Learning Activity of Chinese Culture

Yan Chai Hospital Wing Lung Kindergarten / Child Care Centre

School Name

2022-2023

Academic Year

K2-3

Class

Activity Name

"Rekindling Chinese Sentiments" Event (Part 12) –Traditional Chinese Snack - Dumplings

Activity Objectives

- Understand that dumplings are a traditional folk snack in China
- Know the origin of dumplings
- Be able to make dumplings
- Empower children to wrap dumplings by hand, enhancing finger dexterity
- 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 dumplings - originally called "jiaoer," it is said to have been invented by the Chinese medical saint Mr. Zhang Zhongjing. At the end of the Eastern Han Dynasty, Zhang Zhongjing used dough to wrap medicinal herbs for dispelling cold and minced meat into ear-shaped "jiaoer," which were then made into soup dumplings. Zhang Zhongjing's act of giving out medicine continued until the thirty-first of the lunar twelfth month. After that, every Chinese New Year, to celebrate the new year and the recovery of ears, people imitated the shape of "jiaoer" to make a New Year's food, and ate it on the morning of the first day of the new year. This food made in imitation of "jiaoer" is the dumpling.

In class, the teacher first demonstrates and explains the precautions for wrapping dumplings, and then asks staff to help steam the dumplings. 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)

